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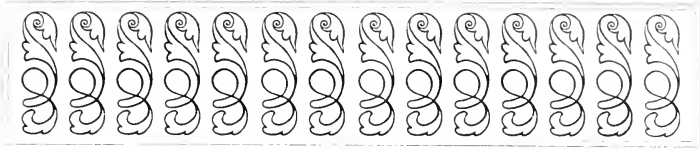
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PREFACE.

IN issuing a second and enlarged edition of the COLUMBIA COOK BOOK, the Ladies' Aid Society of the First Baptist Church of Columbia, Tennessee, has endeavored to respond to the earnest and urgent request of an appreciative public.

The first edition of this little book, which was published a few years since for the benefit of the Church, under the auspices and management of Misses FLORENCE SHEPPARD and SADIE KERR, met with unstinted praise and approval wherever it chanced to go, yielding a revenue to a worthy cause, for which they must ever feel profoundly grateful.

It is the desire of the Ladies' Aid Society, in launching this second edition for public favor, that it be known that no effort or labor, however arduous, has been spared in an honest endeavor to make this issue surpass in every respect the former one.

It is also desired that this edition, like the first, be respectfully dedicated to the Mothers, Wives, and Daughters of Columbia, Tenn., who have so kindly and cheerfully responded to our petition for the information and subject-matter contained in this book.

The many Recipes given have not been gathered at random from doubtful sources, but represent the actual experiences and practical tests of the many grand old housekeepers of our town,

who give them to you over their own signatures. *A recipe is only valuable from being tried and approved*, and it is a self-evident fact that even a *single* dish spoiled, resulting from any culinary failure in attempting to compound the worthless recipes which are daily bandied about in newspapers and pamphlets, may be more than an equivalent in money to the price of this book.

It is hoped that our efforts in compiling this edition may meet with generous judgment and consideration, and that it may serve to lessen in some degree the innumerable household cares and perplexities which sometimes overshadow even the most successful and happy homes. Should it do thus, and obtain the aim or end which prompted its publication, we shall not only feel more than repaid for our labors, but ever grateful toward a kind and generous people.

Respectfully,

THE LADIES' AID SOCIETY,
FIRST BAPTIST CHURCH.

COLUMBIA COOK BOOK



SOUPS.

WHITE BROTH.—Two large whole and well scraped carrots, one large whole well peeled turnip, one large whole peeled onion, one parsley root, two or three leaves of celery. Select a good knuckle of fine white veal, put in vessel and cover completely with cold water, adding one tablespoonful of salt, and allow it to come to a boil; skim as scum rises (this is very important); then add the above ingredients and boil slowly for about six hours on back of stove. Strain through cheese-cloth into stone crock.

MRS. W. B. HARRISON.

WHITE SOUP.—Put on to boil in cold water one chicken (a fat hen is best) cut into joints. Add one tablespoon salt, six pepper corns, one teaspoon of chopped onions, two tablespoons chopped celery. When tender remove chicken, which can be used for croquettes or other dishes, strain stock, and for one quart use one pint of heated milk or cream; add one tablespoon each of flour and melted butter. Pour stock in slowly and cook until slightly thickened; then strain it into a bowl in which an egg has been slightly beaten; strain again.

MRS. G. T. HUGHES.

CREAM OF CELERY SOUP.—A pint of milk, a tablespoonful of flour, one of butter, a head of celery, a large slice of onion and a small piece of mace. Boil celery in a pint of water from thirty-five to forty minutes; boil mace, onion, and milk together. Mix flour with two tablespoons of cold milk and add to boiling

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milk. Cook ten minutes. Mash celery in the water in which it has been cooked, and stir into boiling milk. Add butter, and season with salt and pepper to taste. Strain and serve immediately. The flavor is improved by adding a cupful of whipped cream when the soup is in tureen. MRS. W. P. MORGAN.

BLACK SOUP (*excellent*).—Put a knuckle of veal, beef, or a turkey frame on to boil about two hours before dinner. Slice some potatoes, carrots, and onions, which should be put into the pot after it has boiled an hour. Then add three tablespoons of browned flour, two of sugar, one-half teaspoon each of allspice, cloves, nutmeg, and black pepper, one cup of catsup, and a small bunch of thyme. A few moments before taking up add a wine glass of port wine. MRS. A. M. HUGHES.

CHEAP SOUP.—Put into as much water as you will need for soup, a small piece of fried beefsteak. After boiling add four

sticks of macaroni, half teacup of rice, one or two onions cut fine, and a small can of tomatoes. Boil till thick enough and add pepper and salt to taste. Serve very hot.

MRS. J. M. SHEPPARD.

TOMATO SOUP.—Place over the fire one quart of peeled tomatoes and a pinch of soda. Stew them soft and add one quart of boiling milk, seasoned with salt, pepper, and butter the size of an egg, and stir in a handful of rolled crackers. Canned tomatoes will take the place of fresh ones. If it be desired to remove the seed, strain.

MRS. W. C. HARRISON.

OYSTER SOUP.—One cup sweet milk, one cup cold water, two handfuls cracker dust, juice of two cans oysters; season with salt and pepper. A small lump butter. Boil the above about twenty minutes and add oysters. The canned oysters should be washed and picked.

MRS. D. W. LENEAVE.

GREEN CORN SOUP.—Take six well-filled ears of tender corn, run a sharp knife down the rows and split each grain; then with the back of the knife scrape from the large to the small end of the ear. press out the pulp, leaving the hulls on the cob. Break the cobs, if long, put in cold water sufficient to cover, and boil half an hour. Strain off the water, put the corn water on again, and when boiling add the corn pulp and cook fifteen minutes, or until the raw taste is destroyed. Rub through a rather coarse colander, add salt and a pint of hot milk; if too thin, thicken with a little flour. A teaspoon of sugar may be added if preferred. A small quantity of cooked macaroni makes a very pretty and palatable addition to the soup. The soup is also excellent flavored with celery.

MRS. W. B. HARRISON.

GUMBO FILE.—(*Mrs. Jefferson Davis' Recipe.*)—One old chicken cut into joints and bits; the bones broken, the head and legs omitted; one dozen large oysters with their liquor; three large slices of unboiled ham; half a large onion cut into slices; a bunch of sweet herbs tied in muslin; a carrot sliced

small, four cloves, half dozen allspice, three pinches of mace, a pinch of nutmeg, two-thirds of a teaspoon of salt (more if the ham has been boiled previously); a pinch of cayenne pepper, a little more white pepper, one tablespoon of file. Fry the chicken to a light brown; put in twice as much water as the amount of soup required; add the seasoning, the ham, the herbs, and simmer for several hours.

For a 6 o'clock dinner, put the gumbo over the fire at 1 o'clock. When the chicken is cooked to shreds, take out the muslin bags of herbs and spice. Put in the oysters, with their liquor, just long enough to plump them. An even tablespoon of the file should be stirred in after the pot has been taken from the fire. The file must not boil. This course must be eaten with rice, a tablespoon being first put in the soup plate and the gumbo poured over it.

File is composed of the young leaves of the sassafras, just as they have attained their maturity, but before they have reached their darkest shade of green. They are dried in the shade by the Indians, and finally pulverized. File may be obtained from the New Orleans French Market.

MRS. JEFFERSON DAVIS.

CREAM OF CORN SOUP.—Put one pint of grated corn over the fire to stew for twenty minutes, strain, and add salt and pepper to taste, three tablespoons of butter or two pints of chicken or veal stock. Have ready one quart of boiling milk thickened with one tablespoon of flour and a little cold milk rubbed smooth; add the corn, and cook together one minute; take from the fire, add the well-beaten yolks of two eggs; stir quickly and serve.

MRS. JOHN TROTWOOD MOORE.

CREAM OF ASPARAGUS SOUP.—Six teaspoons of flour and two ounces of butter; mix together in a saucepan, then add three quarts of white broth; put in a bunch of asparagus, a tablespoon of salt, twenty whole peppers, and boil thoroughly for about forty minutes. Strain through a fine sieve, add one cup of cream and serve.

MRS. W. B. HARRISON.

OYSTER GUMBO, OR GUMBO FILE INGREDIENTS.—One grown chicken, four medium-sized onions, heaping tablespoon of browned flour, heaping teaspoon of file, large tablespoon of butter, nine quarts of water, fifty oysters, pepper and salt to taste. Cut up the chicken and fry it; then put it in the kettle with the water and sliced onions, and boil slowly about five hours, reducing it to half. Take out the bones, leaving the meat, and thicken with flour. Add the file and oysters, and cook just enough to curl the lips of the oysters as in other oyster soup. Stir in the butter just before serving. Do not add any more water, as it injures the fine flavor of the soup. This is a favorite in the South, and is a most excellent, rich soup. File is a preparation of sassafras made by the Indians, and can be had in all large Southern cities. MISS ANNIE WALKER.

CREAM OF TOMATO SOUP.—Put one pint of tomatoes over the fire to stew, add a bay leaf, a blade of mace, and, if convenient, a sprig of parsley; let stew for fifteen minutes. Have ready a quart of boiling milk, to which has been added a tablespoon of butter and a thickening made of one tablespoon of flour and a little cold milk. Strain the tomatoes into a separate pan, add one-fourth teaspoon of soda and one teaspoon of sugar, now add tomatoes to the boiling milk, salt to taste, and do not allow the soup to cook after mixing the milk and tomatoes. Half a pint of chicken or veal stock added to the milk is a wonderful improvement. It is also more delicate if a spoon of whipped cream is dropped into each bowl when served. MRS. JOHN TROTWOOD MOORE.

TURTLE BEAN SOUP.—One quart of black beans, put to soak over night in cold water. The next morning drain and add three pints of fresh water, cook gently for four and one-half hours; add pepper, salt, and a little cloves while cooking, and put in a little meat either cooked or uncooked. When done strain thoroughly; place a half of large lemon and one hard boiled egg cut in thin slices, and small pieces of toasted bread on bottom of tureen, and upon this pour the soup.

MRS. JAMES ROCKWELL, U. S. ARSENAL.

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CREOLE SOUP.—One quart can of tomatoes, three pints of soup stock, one large onion, three slices of carrot. Cook for one-half hour, then turn into a strainer and rub all through, return the strained mixture to the fire and add one gill of rice. Rub one tablespoon of curry powder, one-eighth of a teaspoon of cayenne pepper, one tablespoon of salt, two tablespoons butter, one tablespoon flour, and one tablespoon sugar together and stir into the soup. Cook all together for half an hour longer, then serve.

MRS. C. W. BRADSHAW.

CONSOMME.—Into a frying pan put two tablespoons of butter, let melt, and add four tablespoons of minced onion, two tablespoons of minced carrot, two tablespoons minced celery; let cook slowly for twenty minutes, then draw over to a hotter part of the stove, and stir until a light brown. Add this to two and a half quarts of hot water in which a fowl has been boiled. Tie in a netting bag one-half teaspoon of whole black pepper, one sprig each of parsley, thyme, and savory, one bay leaf, one leaf of sage, two whole cloves, one small piece of stick cinnamon, one tiny bit of whole mace, and put it in the boiling soup, and boil very slowly for one hour, then add one level tablespoon of salt. Strain through a cloth and set away to cool. When cold, skim off all particles of fat, and the soup will be ready to be heated to the boiling point and served as a simple consomme, or it may have any kind of a garnish added to it.

MRS. C. W. BRADSHAW.

IRISH POTATO SOUP.—Chop fine one large onion, put in a pan with one large tablespoon butter, and let simmer about five minutes. Pour into this one quart sweet milk, and thicken with mashed potatoes run through a sieve.

MRS. ROBT. L. M'KINNEY.

NEW ORLEANS OKRA GUMBO.—Cut up a chicken and fry with two or three slices of ham or breakfast bacon, with a spoon of lard, a spoon of flour, an onion chopped fine, all put in at the same time. Fry brown; then put into the soup pot, add as much boiling water as necessary for the quantity of soup you wish to make. Add two quarts of okra cut in small dice. Put on early and boil slowly until dinner time; season with salt, pepper, and bay leaf. Serve very hot with rice.

MRS. E. H. HATCHER.

A GARNISH FOR SOUP.—Two well beaten eggs, to which add one-quarter teaspoon of salt and five teaspoons of cold consommé. Butter a cup and put the mixture in it; place the cup in a pan of tepid water, set in a moderate oven and cook for about a half hour; when thoroughly done, take from oven and let get cold. Turn out on a plate, cut in cubes, and place in soup tureen just before pouring in the soup.

MRS. C. W. BRADSHAW.

OYSTERS.

OYSTER STEW.—For two dozen oysters, one quart fresh sweet milk, one lump butter size of an egg, one-half pint cracker dust, one-half teaspoon salt and pepper. After milk has boiled, add oyster liquor, then pour over oysters.

MRS. H. P. FIGURES.

FRIED OYSTERS.—Draw liquor from large oysters, dredge well in sifted meal, and place them in a skillet of hot lard or butter; do not crowd; season with pepper and salt, and turn as

soon as light brown. Serve while hot. The skillet should be washed often while frying, as the lard burns easily, and this would injure the flavor of the oysters.

MRS. J. M. SHEPPARD.

GRILLED OYSTERS.—Drain oysters in a colander, and drop them with a little butter into a hot pan on the range. They will ruffle in a few moments; then toss them lightly about that they may ruffle and plump on both sides. On a platter arrange toast which has been browned and nicely buttered. On each slice of toast place a small heap of oysters which have been kept hot; then pour over all the liquid and melted butter seasoned with a pinch of pepper and salt.

MRS. ROBERT PILLOW.

SCALLOPED OYSTERS.—Toast slices of bread, and butter well on both sides, with which line baking dish. Pour in oysters after seasoning with butter, pepper, and salt; sprinkle bread crumbs on top, and bake fifteen minutes. Flavor with two tablespoons of sherry or grape wine.

MRS. H. P. FIGURES.

OYSTER COCKTAIL.—One quart small oysters with liquor, one teacup of tomato catsup, one tablespoon Worcester sauce, one-fourth teaspoon of ground cinnamon, ginger, and allspice, a little pepper, a few drops of Tobasco sauce, a little salt, juice of one lemon, one tablespoon Durkee's challenge sauce. Oysters must be ice cold.

MRS. ROBT. L. M'KINNEY.

FINE OYSTER PIE.—Make a rich puff paste, and after having greased the baking dish, line with paste. Then season one quart of oysters with pepper and salt, one half pound butter, and half a teacup bread crumbs. Put this in the oysters (without the liquor) and cover with paste (in strips). This pie will bake in one-half hour. If in baking the crust browns too fast put over it a paper doubled; if it looks too dry, pour over it some of the liquor, which must be boiled. Serve immediately. as paste is better when just from the oven.

MRS. S. A. ADKISSON.

OYSTER COCKTAIL.—Put crushed ice in champagne glasses. five or six oysters on top; pour over them a dressing of tomato catsup, lemon juice, Worcestershire sauce, a few drops of Tobasco sauce or cayenne pepper, and salt.

MRS. ROBERT PILLOW.

FRESH OYSTERS (*delicious*).—Drop into boiling water and let them remain until plump. Lift them out with perforated ladle and place on hot dish. Season with salt, butter, and pepper. Invalids should not eat the hard part of the oyster.

MRS. S. T. MAXWELL.

FISH.

BAKED FISH.—Prepare a fine red snapper for baking. Make a dressing as follows: One pint grated bread crumbs, three boiled potatoes mashed fine while hot, one teaspoon salt, one-half teaspoon black pepper, a pinch of cayenne pepper, one-half teaspoon ground cloves, with a small onion, minced very fine; a small lump of butter and one-half teaspoon celery seed. Mix the above ingredients, and put into a hot skillet with a tablespoon of lard; then stir in yolks of two eggs, well beaten, and brown nicely. Lard the inside of fish with finely cut strips of ham fat or nice bacon. Add one tablespoon of Worcester sauce to the dressing; then stuff fish, sew up with a large needle, dredge with brown flour, and add one cup of water. Bake until light brown; then remove from the oven, and pour over it one-half wineglass each of Madeira and Port.

MRS. E. LITTLEFIELD.

FISH.—Remove the scales, cut off the head, and take a sharp knife, run it along close to the backbone on each side, and open the fish out flat. You can, by so doing, be rid of so much bone; then either halve or quarter, as the size may

require. Wash the pieces, salt, pepper, and roll in flour; fry in the usual way. It does not require so much lard.

MRS. BEECHER.

BAKED FISH WITH OYSTERS.—Remove skin, head, and bone from a three-pound haddock. Rub well with salt and lemon juice, lay one-half on a greased baking sheet and cover thickly with oysters cleaned and dipped in seasoned and buttered cracker crumbs, lay on the other half of the fish, brush with beaten egg, cover with seasoned and buttered crumbs, and bake three-quarters of an hour. Serve with Hollandaise sauce. It is nice to bake fish on a fish sheet; if not, bake on cotton cloth which extends above the edges of the pan, as it is easier to remove whole to the platter. For one cup of crumbs use a saltspoon of salt and one-third of a cup of melted butter, a fourth of a saltspoon of pepper. The crumbs should be rather coarse. This is very nice.

MRS. R. H. OGILVIE.

FISH AND MEAT SAUCES.

CREAM OR WHITE SAUCE.—One pint milk, two tablespoons butter, four tablespoons flour, one-half teaspoon salt, one-half teaspoon white pepper, one-half teaspoon celery salt. Cook just a little, stirring constantly. This is delightful with salads, baked and boiled fish.

MRS. H. P. FIGURES.

SAUCE TARTAR.—To half a pint (more or less, as the occasion demands) of mayonnaise, mix two tablespoons of capers, one small shallot or quarter of small onion, two gherkins or two ounces of cucumber pickle, and one tablespoon of parsley, all chopped very fine. The sauce will keep a long time, and is delicious for fried fish, fried oysters, boiled tongue, or whenever an appetizing dressing is desired. Drain the capers, and do not put too much vinegar in the mayonnaise, as the pickles and capers are both sour.

MRS. W. B. HARRISON.

TARTAR SAUCE FOR FISH.—One tablespoon sugar, one table spoon lemon juice, one teaspoon Worcester sauce. Put together in a bowl over hot water. One-fourth cup of browned butter strained into the liquid.

MRS. S. T. MAXWELL.

MINT SAUCE FOR LAMB.—Four tablespoons chopped mint, two tablespoons sugar, one-fourth pint vinegar. Place together in bowl and let remain an hour before using.

MRS. J. M. SHEPPARD.

SAUCE FOR ROAST BEEF.—Fry half a cup of finely chopped onion in one tablespoon butter five minutes without browning, then add one tablespoon flour; stir until light brown, add half cup vinegar, one and one-half cups water, one bay leaf, six whole cloves, same of allspice and whole peppers, season with one teaspoon salt, half teaspoon pepper, one tablespoon sugar, and half a teaspoon beef extract; stir and cook ten minutes, then rub sauce through a sieve and pour over the meat.

MRS. J. W. SHELTON.

HORSE-RADISH SAUCE.—One teacup of grated horse radish, one teaspoon of sugar, mixed with sufficient cream to make a sauce.

MRS. W. B. HARRISON.

HOLANDAISE SAUCE.—Cream half a cup of butter, add the yolks of two eggs, and beat well; then add the juice of half a lemon, one saltspoon of salt, and a few grains of cayenne. Just before serving, add slowly one-third of a cup of boiling water and cook over hot water till slightly thick. This sauce, if well made, is particularly nice to serve with fish.

MRS. R. H. OGILVIE.

CHILI SAUCE.—Twenty-five ripe tomatoes, eight onions, four green peppers, four large cups vinegar, five tablespoons sugar, four spoons salt, one spoon cinnamon, nutmeg, and cloves. Cook tomatoes, onions, and pepper for a short while, then strain out seed. Boil all together to consistency of cream. Seal up while hot.

MRS. J. K. ORR.

CRANBERRY SAUCE.—Carefully remove all soft berries, and wash thoroughly. To one and a half pounds fruit stew in one pint of water for about fifteen minutes, or until quite soft; then strain through wire sieve, and add three-fourths pound of sugar, stirred into the pulp. Serve after it cools.

MRS. W. B. HARRISON.

MAYONNAISE (No. 1).—Yolks of three raw eggs; beat in very slowly, drop by drop, a half of a half-pint bottle of olive oil. Add one tablespoon of mixed mustard, one and one-half teaspoons salt, one large tablespoon Tarragon vinegar, two tablespoons cider vinegar.

MAYONNAISE (No. 2).—Put yolks of two eggs into a bowl with two saltspoons of salt, and beat until light. Then add a teaspoon of dry mustard and beat again. Then olive oil, drop by drop, till the mixture is thickening, then a few drops of vinegar and of lemon juice. Continue this process until the egg has absorbed two gills of oil, and finish by adding a very little cayenne pepper.

MRS. C. A. FORGEY.

MAYONNAISE.—Yolks of three eggs, one teaspoon salt, one teaspoon sugar, one-half teaspoon mustard, pinch of cayenne pepper, two tablespoons vinegar, juice of one lemon, one pint oil.

MRS. ROBERT PILLOW.

MRS. LINCOLN'S MAYONNAISE DRESSING.—Yolks of four eggs, one-half teaspoon salt, one teaspoon mustard, one-fourth cup cream or milk, two-thirds cup vinegar, one-half cup butter. Put vinegar and butter together and bring it to a boil, then add the other ingredients and stir briskly; when it thickens take it off.

MRS. NETTIE RUTTLE.

FRENCH DRESSING.—To four teaspoons of vinegar add half a teaspoon of salt and one-eighth of pepper; add olive oil or melted butter to taste.

MRS. C. W. BRADSHAW.

DRAWN BUTTER.—Rub together one tablespoon of flour and one-half cup butter, put into a sauce pan and add one cup

water; cover and set in a large vessel of boiling water; season with salt and pepper; keep moving the dish, and when thoroughly mixed take off. Do not let boil. Using milk instead of water makes it a cream sauce. MRS. W. B. HARRISON.

GAME AND POULTRY.

BAKED TURKEY.—In selecting a turkey choose a plump one, weighing not more than nine or ten pounds. If for a large dinner party, two such fowls are better than one very large one, their flavor being more delicate. Pick the turkey without scalding, removing each feather carefully; then pour over it boiling water to plump it, after which singe with a piece of lighted writing paper, so that no particle of down remains. Wash thoroughly inside and out, wipe dry, rub with salt, and let remain over night (longer would do no harm). When ready to cook, rinse thoroughly, and rub inside and out with salt and pepper. Place in pan, filling the turkey with boiling water. Anoint the outside with lard to prevent blistering, and baste at frequent intervals with its own liquor. Leave turkey in the oven till almost done, and then fill with the following:

Dressing.—Equal quantities of biscuit and egg-bread crumbs, intermixed with small bits of butter and pepper (in case the egg-bread is omitted, use the yolks of hard-boiled eggs mashed fine with plain cornbread and biscuit). Over this pour a sufficient quantity of warm water to soften the mixture. Any preferred seasoning may be used, such as sage, etc. Add some of the liquor from around the turkey to the dressing, making it rather thin. Place a small quantity of lard or butter in a vessel on the stove, in which fry dressing to a delicate brown. Remove turkey, and fill, making small balls of remaining dressing, and place around the dish. Return the fowl to the stove, dredge with a little flour, and let bake a rich brown. After removing turkey, place pan back on stove, adding a little hot

water, and allowing it to boil before stirring in browned flour, until the gravy is of the consistency of cream. This should be served with cranberry sauce. MRS. O. C. OWEN.

TO PREPARE A TURKEY FOR ROASTING.—Cut the head of the turkey off with a sharp ax or hatchet; tie the feet together and hang it up to bleed well. Hanging is done to prevent the turkey from bruising itself. Pick dry, without any water. Wash it thoroughly inside and out with cold water. Slit a place in the back of the neck to remove the craw. This is a great improvement to the looks of the turkey when stuffed and on table. When finished, place it in a large kitchen vessel, a wooden bowl or tray, or a large pan. Have ready a teakettle of boiling water, pour it over every part of the turkey. The effect will be seen immediately. This is called plumping. Hang it in a cold place for days if necessary. Never use salt, until you put it on to roast. MRS. OCTAVINE ALISON.

OYSTER DRESSING FOR TURKEY.—One pound of bread crumbled fine, and two stalks of celery chopped fine, one-half pound melted butter, salt and pepper to taste. Add to this two quarts of oysters strained from liquor and carefully picked. When oysters are added to bread crumbs, add enough liquor to moisten. Fill turkey and baste with equal parts liquor of oysters and essence of turkey. MRS. ROBERT PILLOW.

OYSTER DRESSING FOR TURKEY.—One pound of fine bread crumbs, two stalks of celery chopped fine, one-half pound of butter melted, salt and pepper to taste. Add to this two quarts of oysters drained from the liquor, and while mixing with the other ingredients, add enough of the liquor to moisten sufficiently. Fill the turkey and baste with equal parts of the liquor of oysters and water. MRS. C. W. BRADSHAW.

SMOTHERED CHICKEN.—Split the chicken down the back and break the breast bone to make it lie flat. Put a piece of lard the size of an egg in a skillet; let it get very hot, then put

in the chicken, inside down. Cover closely and let remain a minute or two, then pour in boiling water. Do not fill the vessel more than half full, and if the water boils out replenish till the chicken is tender; then dredge with flour and add butter; baste thoroughly with the gravy after the butter is melted; then put in a very hot oven and bake quickly, basting several times while baking.

MRS. J. D. BARROW.

ESCALLOPED CHICKEN.—Boil two large chickens and four sweet breads until done; when cold chop as fine as for salad. Place one quart cream on fire and stir until heated. Put four large tablespoons butter and five even tablespoons flour in a double boiler; stir until melted, add cream, and stir until it thickens. Have chickens and sweet breads well seasoned with black and red pepper, and Worcestershire sauce; add one can mushrooms, pour sauce over all, and well mix.

MRS. ROBERT PILLOW.

A QUICK WAY TO BROIL CHICKEN.—Have a nice tender chicken, put it in a hot dry skillet, set inside a hot stove, let brown on one side, then turn and brown the other side. Have ready a meat dish with plenty of butter (melted), salt and pepper to taste. Saturate the chicken well with the gravy, and serve very hot.

MRS. C. T. LOONEY.

BROILED CHICKEN.—Prepare chickens by cutting open the back, soak half an hour in cold water, then rub with salt, and place them, with skin down, in a skillet of moderately hot lard or butter. A weight (a smoothing iron will do) should be placed on them to make them flat. Turn often, replacing weight. Cook about one-half hour if chickens are large; when done pour melted butter and pepper over them, and serve while hot.

“AUNT MARIA.”

CELERIED CHICKEN.—Take pieces of boiled chicken, or cold roast, or turkey; chop fine. Allow one tablespoon of cream to one of meat; add seasoning of salt, pepper, and celery seed.

Put in a saucepan, and let come to a boil. Stir in the chicken, remove from fire, and beat till frothy. Put strips of toast in the form of square on hot plate, and fill the center with celeried chicken.

MRS. JOHN MOORE, JR.,

FRIED CHICKEN.—After the chicken is properly prepared, let stand in salt awhile. If too salt, wash and drain; each piece should be rolled in flour and peppered. Have lard, about half cup, real hot; turn frequently till well done; drain off all but a small quantity of fat, and pour in one-half cup hot water. Cover closely and steam for five or ten minutes.

MRS. BEECHER.

CHICKEN TIMBALES.—Two cups of the meat of chicken ground fine, three-quarters of can mushrooms, one-half cup cracker crumbs softened, two eggs beaten light, one-half teaspoon salt, one-half teaspoon celery salt, one teaspoon finely-chopped parsley, pinch of cayenne pepper, one-fourth teaspoon pepper, one-half teaspoon onion juice, juice of half a lemon, one and one-half cups hot milk. Mix all well together, put in molds, cover with oiled paper, and cook until congealed. Turn out, serve hot with white sauce.

MRS. ROBERT PILLOW.

TO BROIL BIRDS.—Parboil till tender, using as little water as possible, and have only enough in the vessel after the birds are tender to make gravy. Then add butter, a little vinegar, and pepper, put inside a hot stove, and baste frequently till browned.

MAS. J. D. BARROW.

QUAIL ON TOAST.—Dry pick them, singe, and split down back; soak in salt water five or ten minutes, dry with cloth; lard them with bacon or butter, and rub them with salt. Put on broiler and turn often, dipping them a time or two in melted butter. About twenty minutes is sufficient to cook them. Have as many slices of toast ready as you have birds, and serve a bird, breast upward, on each slice. Squabs, or any small tender bird, may be served by this recipe.

MRS. S. T. MAXWELL.

BROILED SQUIRREL.—Lay them in salt water to remove the blood; broil whole, season with salt and pepper and butter. Serve with currant or grape jelly. MRS. V. H. HUGHES.

ROAST DUCK.—Prepare duck for roasting; use the following stuffing: Chop fine and throw into cold water three good-sized onions, one large spoon of sage, two tablespoons of bread crumbs, butter the size of a walnut, salt, pepper, and onions drained. Mix well together and stuff the duck. If an ordinary sized duck, bake one hour. MRS. V. H. HUGHES.

ROAST GOOSE.—The goose is best if four months old. It should never be over eight months, and should be killed at least twenty-four hours before cooking.

Dressing.—Three pints bread crumbs, six ounces butter, a little chopped onion, teaspoon, each, of pepper, salt, and sage. If not fat, put a slice of fat meat on breast. Place in baking pan with water, and baste frequently. When nearly done, baste with butter and a little flour. When done, take from pan, pour off the fat, and to the brown gravy add chopped giblets, and thicken with flour. Serve with currant jelly. Apple sauce and onion sauce should accompany roast goose.

ROAST DUCK.—Ducks are dressed and stuffed in the same manner as above. Serve with currant jelly, apple sauce, and green peas. MRS. J. M. SHEPPARD.

FORCE-MEAT.—A good force-meat for game or poultry is made by soaking a five-cent loaf of bread in cold water; press the water out and put the bread in a basin; add a quarter of a pound of sausage meat or cold minced veal or chicken, one beaten egg, a small onion minced and fried in butter, salt, pepper, and nutmeg; a tablespoon of butter, melted.

MRS. J. W. SHELTON.

APPLE STUFFING.—Take a pint of tart apple sauce and mix with it a small cup of bread crumbs, a little powdered sage, a small onion sliced fine, and season with cayenne pepper. This is nice for roast goose, duck, and game. MRS. V. H. HUGHES.

EGGS.

EGGS are one of the most nutritious articles of food. One should be careful to use only such as are fresh. To test eggs, hold to the light; if transparent, or the yolk can be traced, it is good. Another way to test is to place in water; if they sink they are fresh, if they rise or turn on point they are stale.

When the whites of eggs only are needed, the yolks may be kept several days by dropping into cup of cold water.

Put eggs into boiling water if you wish the whites set; boil three minutes, the yolks will set in five minutes; for hard-boiled, ten minutes.

MRS. W. B. HARRISON.

STEAMED EGGS.—Butter patty pans or egg cups, break an egg in each one and place them in steamer; let them steam until the whites are well cooked.

MRS. W. B. HARRISON.

BAKED EGGS.—Break as many eggs as you wish for your meal on a platter; sprinkle over with salt and pepper, cover with cream, set in oven and bake from five to eight minutes.

MRS. W. B. HARRISON.

EGGS IN CREAM SAUCE.—Boil six eggs slowly for twenty minutes. Remove the shells, cut eggs in slices and place on dish ready for use. Melt in chafing dish one tablespoon of butter, lift from flame and rub smooth into it one tablespoon of flour; gradually add one small cup of stock and one of milk, dash of salt and pepper. Stir over the fire until the sauce thickens, add the eggs, and when heated through serve. (Diced potatoes may be used this way.)

MRS. JOHN TROTWOOD MOORE.

EGGS WITH CHEESE.—Two hard-boiled eggs, one-half cup grated cheese, one teaspoon of butter, one-half cup of milk, one teaspoon of flour, salt and pepper. Make white sauce of butter, flour, milk, salt and pepper, then add to sauce the grated cheese and eggs chopped fine. Serve on buttered toast.

MRS. EUGENE W. LONG.

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STUFFED EGGS.—Boil eggs twenty minutes. Remove the shells and cut carefully lengthwise; remove yolks and put whites of each egg together that they may not become mixed. Make a force-meat of one cup of any kind of cold meat chopped fine. If chicken be used, season with celery or parsley; if ham, with mustard and cayenne; if veal, with lemon juice or horseradish catsup. Add salt, pepper, and melted butter. Fill in the cavities level. Put halves together.

Very nice egg croquettes can be made by rolling these in beaten egg and cracker crumbs. Put in wire egg basket and dip in boiling lard. When slightly browned, serve with celery or tomato sauce.

MRS. W. B. HARRISON.

SCRAMBLED EGGS.—Beat six eggs until they are well mixed; add one tablespoon of cold water for each egg, and a quarter teaspoon of salt; a small bit of butter. Put a piece of butter in the chafing dish; when hot, pour in the eggs, and stir con-

stantly until cooked. If your dish is thin, use the hot-water pan. Have ready toasted crackers, which you have prepared by placing the asbestos mat over the flame, and crackers placed on the mat. Serve eggs on crackers.

MRS. JOHN TROTWOOD MOORE.

SHIRRED EGGS.—Warm and butter well the muffin rings. Drop an egg into each cell, being careful not to break the yolk. Sprinkle a little salt and pepper on each, and cook in a moderately hot oven for fifteen or twenty minutes.

MRS. V. H. HUGHES.

SHIRRED EGGS.—Set in the stove, till quite hot, a common dish large enough to hold the number of eggs to be cooked. Melt in dish enough butter to cover the bottom. Break eggs carefully, one at a time, in a saucer and slip into hot dish. Sprinkle over them a small quantity of pepper and salt, and add one tablespoon of cream for every two eggs. Allow them to cook four or five minutes. A very dainty dish.

MRS. W. C. HARRISON.

RUMBLED EGGS.—One cup milk, one tablespoon butter, a pinch of salt, and a pinch of pepper. Put in pan. When it boils add eight eggs, all at once, and stir till done, being careful not to let them get too stiff.

MRS. J. W. SHELTON.

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OMELETS.

OMELET.—Beat the yolks and whites of six eggs separately and thoroughly. To the yolks add one-half teaspoon of salt and three tablespoons of sweet milk; then stir all lightly into the whites; have baking pan very hot, and drop into it a spoonful of butter; pour in the egg, shake lightly on the hottest part of the stove till the egg begins to thicken, then place in the oven (not too hot) until set. Run a silver knife between the sides of the omelet and pan, fold and serve on a hot dish.

MRS. JOHN TROTWOOD MOORE.

DELICATE EGG OMELET.—Three eggs, one teaspoon of butter, pepper and salt to taste, one pint sweet milk. Bake in a pan several inches deep, in a hot oven. Serve from the pan while hot.

MRS. R. H. OGILVIE.

OYSTER OMELET.—Beat six eggs very light and mix them with half a cup of cream, with salt and pepper to taste. Put a tablespoon of butter in a hot frying-pan, and when it is melted pour in mixture. Before the eggs are firm put in eighteen small oysters, and when omelet is a delicate brown, fold and serve at once. The pan should be set over a moderate fire, so that cooking of oysters will not be too rapid.

MRS. ROBERT PILLOW.

EGG OMELET.—Whites and yolks of four eggs, four tablespoons of hot water beaten in yolks, salt and pepper, a little butter. Pour yellows over well-beaten whites and fold the whites in. Put in buttered pans and bake light brown.

MRS. J. M. SHEPPARD.

CHEESE SOUFFLE.—Three tablespoons flour (rounded), three tablespoons butter, three eggs, one cup milk, one cup grated cheese, salt and pepper. Make a thick white sauce by creaming the butter and flour in a saucepan, then adding the milk gradually and stirring constantly until boiling. Cook three

minutes, then stir in the cheese and well-beaten yolks. Fold in the stiffly-beaten whites, and bake in a greased pan about twenty-five minutes. Serve quickly, as it soon falls; in other words, your meal may wait for the soufflé, but the soufflé for the meal, never.

MRS. R. P. DODSON.

CROQUETTES.

CHICKEN CROQUETTES.—Half pound of chicken chopped very fine; season with one-half teaspoon of salt, one-half teaspoon of celery salt, one-fourth saltspoon of cayenne pepper, one saltspoon of white pepper, a few drops of onion juice, one teaspoon of chopped parsley, and one teaspoon of lemon juice. Make one pint of cream sauce, mix with the chicken, and spread on a dish to cool. Mold and roll in fine bread crumbs; then dip in beaten egg, and in crumbs again. Fry one minute in smoking-hot lard.

Cream Sauce for Above.—One pint hot milk, two even tablespoons of butter, four even tablespoons of flour, one-half teaspoon salt, one-half saltspoon of white pepper, one-half teaspoon celery salt, and a little cayenne pepper.

MRS. A. S. JAMES.

CROQUETTES.—Cook chicken tender, and chop fine. Put one teaspoon cayenne pepper, two teaspoons celery seed, one teaspoon chopped onions, melted butter the size of an egg, salt to taste. Let one pint of sweet milk come to a boil, roll crackers very fine, stir in the boiling milk till like mush, then add two beaten eggs, and put chicken into the mixture. Make into croquettes, roll again in cracker dust, and fry in hot lard.

MRS. E. E. ERWIN.

CROQUETTES.—Two and a half pints grated meat of any kind, one pint cracker crumbs or biscuits, one cup sweet milk, two eggs beaten separately, lump of butter size of an egg, one small onion chopped fine, celery seed or white mustard seed. Season

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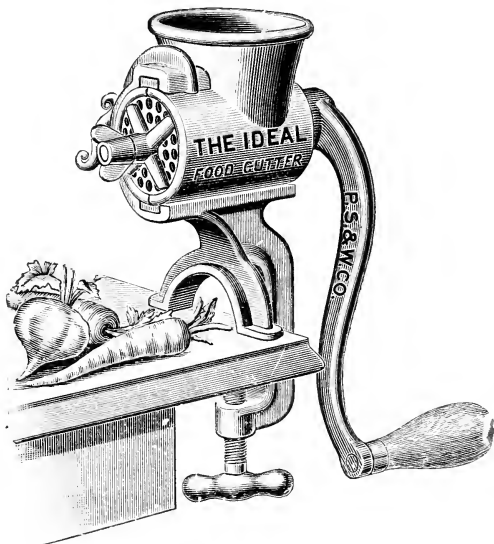
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to taste. Mix yellows of eggs with milk and butter; then add other ingredients. Make croquettes, roll them in cracker dust, then in beaten yolks; roll again in crackers, then in yolks; drop into a pot of hot lard, and cook until light brown.

MRS. D. W. LENEAVE.

SALMON CROQUETTES.—From one can of salmon remove all bones. Season with salt and pepper, then chop fine with celery or lettuce; add one-half teaspoon of celery seed and two raw eggs. Mold into any form desired, roll in cracker dust, and fry in butter or lard until a light brown.

MISS HENRIETTA LAZARUS.

SALMON CROQUETTES.—One can salmon, one cup creamed potatoes, yolks of two eggs, piece of butter size of an egg, salt and pepper to taste. Mix together, roll in cracker crumbs, and fry or bake.

MRS. H. A. M'LEMORE.

MEAT TURNOVERS.—Take any kind of cold meat, grind in a meat mill, season with pepper, salt, and a little chopped parsley, moisten with gravy or melted butter. Make a good pastry and cut in round pieces the size of a saucer; do not roll too thin. Put a large spoon of the meat on half and turn the other half over. Crimp the edge and bake.

MRS. R. C. GANT.

SWEETBREAD, OR BRAIN CROQUETTES.—Cook some rice, mash very fine; beat two eggs thoroughly, mix with rice. Have either sweetbreads or brains ready cooked, washed well, and seasoned with cream, salt, pepper, and butter. Add to rice, roll in cracker crumbs and egg. Fry in hot lard.

MRS. ROBERT PILLOW.

HAM CROQUETTES.—Run your cold boiled ham through the meat chopper. To every cup of ground meat, put one cup of rolled bread crumbs and one hard-boiled egg (put the egg through the chopper, too), add salt if needed, pepper, and nutmeg to taste. When ready to use, wet up with sweet cream, make out and fry like croquettes. In cold weather a large quantity can be mixed and packed. Never add cream until ready to fry.

MRS. STUART FLEMING.

OYSTER CROQUETTES.—Half pint of raw oysters, half pint of cooked veal, one heaping tablespoon of butter, three tablespoons cracker crumbs, yolks of two eggs, one tablespoon onion juice. Chop the oysters and veal very fine, soak the cracker crumbs in the oyster liquor, and then mix the ingredients, and shape. Dip in egg and roll in cracker crumbs, and fry as usual.

MRS. C. W. BRADSHAW.

POTATO CROQUETTES.—One pint of hot mashed potatoes, one tablespoon butter, one-half teaspoon salt and pepper, one-half teaspoon of celery salt, a few drops of onion juice, yolk of one egg. Beat well all together, let cool, then make into shape, roll in egg and crumbs and fry.

MRS. STUART FLEMING.

CHICKEN CROQUETTES.—One pound of chicken or turkey chopped fine, yolks of five hard-boiled eggs rubbed fine and mixed with meat, one teaspoon white onion, one dessertspoon parsley, one small saltspoon ground mace, one-half nutmeg grated, (onion and parsley chopped very fine). Take three-quarters pound of stale bread crumbs, one-half pound melted butter, hot water (or that in which the chicken was boiled is best), mixed together, and stir into a thick smooth mush over the fire. Three tablespoons of cream is quite an addition, with salt and pepper to taste; add a little cayenne. Mix all together into pear-shaped croquettes, putting a whole clove in the top of each for a stem, and fry in baskets. A little thyme or sweet marjoram may be added. Very nice.

MRS. ALICE HUGHES SMITH.

FISH CROQUETTES.—One cup of fish, two cups of potatoes, one egg, one tablespoon of butter, salt and pepper to taste; roll into balls, dip in egg, then roll in cracker crumbs and fry.

MRS. V. H. HUGHES.

CHAFING DISH.

OYSTERS MAITRE D'HOTEL.—Rinse and thoroughly drain two dozen oysters. Put, with one tablespoon of butter, in the chafing dish; stir carefully, and when the edges begin to ruffle, add the juice of one-half lemon, one tablespoon of chopped parsley. Season with salt and paprika, and serve on squares of toast.

MRS. C. W. BRADSHAW.

WELSH RAREBIT.—One and one-half pounds fresh cheese, one tablespoon butter, one teaspoon dry mustard, one teaspoon Worcester sauce, cayenne pepper and salt, one-half pint of beer. Put butter in chafing dish; when nearly melted, add cheese cut in small dice, mustard, and a little cayenne pepper. Stir all the time; add a small amount of beer to prevent burning. Keep adding beer. Serve hot on toast or crackers, as preferred.

MRS. EUGENE W. LONG.

FRICASSEE OF OYSTERS.—Drain four or five dozen oysters. Put them in a bowl, ready for use; also have ready a cup containing yolks of two eggs, a dish with one tablespoon of butter and one of flour, a cup with one-half pint milk, salt and pepper. Light the lamp of chafing dish, drop in the butter, and, when melted, stir in the flour (lift the dish away from the fire until the mixture is rubbed smooth), now add the milk gradually, and stir over fire until the sauce is thick; add the oysters, bring to boil, add dash of salt, pepper, and yolks. Stir a minute and serve.

MRS. JOHN TROTWOOD MOORE.

BROILED OYSTERS.—Take as many large oysters as are wished, wash and dry them thoroughly. Slice extremely thin some good breakfast bacon and wrap each oyster, fastening with a wooden toothpick. Have the blazer or wire broiler of chafing dish ready, and broil until bacon is crisp. Serve very hot.

MRS. C. W. BRADSHAW.

HAM RAREBIT.—Two pounds of ground ham. Stir the yolks of four hard-boiled eggs fine, add slowly four ounces butter, stir-

ring constantly, then add one raw yolk, two tablespoons vinegar, two teaspoons English mustard, one teaspoon salt, one-half teaspoon pepper, two tablespoons capers, one tablespoon very finely-chopped onion, and the whites of four eggs chopped fine, add ham, and mix all together well. Cut into thin slices a loaf of baker's bread, trim off all crust, fry in butter to fine golden color (care should be taken not to get them too hard), and spread each slice with the ham preparation. Place a saucepan with four ounces of grated cheese and two tablespoons of ale over the fire, add pinch of cayenne pepper, stir until creamy, pour over ham and bread and serve at once. MRS. J. W. SHELTON.

SANDWICHES.

CHEESE SANDWICHES.—Mix equal parts of dry rich cheese, grated, with chopped English walnut meat (nicer blanched), season with a little salt and cayenne. Mix with mayonnaise dressing. Spread between thin slices of bread slightly buttered, and cut in fancy shapes. MRS. ROBERT CHURCH.

CLUB HOUSE SANDWICHES.—Procure a can each of Libby's sliced bacon and veal loaf. Turn the loaf out on the board and cut in thin slices; fry the bacon crisp, and prepare some thin slices of buttered toast (fry bread in butter to prevent its being hard). Lay two slices of bacon on one piece of toast, over this, two slices veal loaf, a crisp lettuce leaf between the veal, then two slices bacon, another piece of toast. Trim neatly and lay between two plates, with a weight on. Let lie five minutes and serve. If dressing is desired, mix an equal amount of butter and French mustard together and spread on bread, then put in your meats and lettuce leaf. MRS. J. W. SHELTON.

SARDINE SANDWICHES.—One box of sardines, one lemon, two tablespoons butter, salt, and a pinch of red pepper; free the sardines from skin and bones, chop into a fine paste, add

the lemon juice and seasoning, and, lastly, the butter, which has been melted; spread between wafers or thin slices of bread and butter.

MRS. V. H. HUGHES.

CHEESE STRAWS.

CHEESE STRAWS.—One teacup of flour, one teacup grated cheese, one-half teacup lard, one saltspoon of salt, and as much cayenne pepper as can be held on the point of a table knife. Mix flour, salt, and cayenne pepper, and sift. Put in a portion of the lard, pour in one-half cup of cold water, and use a knife to work ingredients. As soon as dough is of the consistency of biscuit dough, spread on the rest of the lard and roll. Then sprinkle half the cheese on and roll in well. Repeat till cheese is all used. Then divide the dough in small pieces, and roll as thin as possible. Cut in pieces about six inches long and an eighth of an inch wide, and bake in moderate oven.

MRS. J. P. HERNDON.

CHEESE STRAWS.—Mix together four ounces of flour, two ounces of butter, two ounces grated dried cheese, a dash of red pepper, and one-half teaspoon of salt. Beat the yolk of one egg with two tablespoons of ice water; add this to the flour and cheese. Work all to a smooth paste, roll thin, cut in narrow strips, and bake.

MRS. BEN CHEAIRS.

MEATS.

MEATS.—Boiled meats should be put in boiling water to set the juices. Cold water should only be used for corned meats and soup.

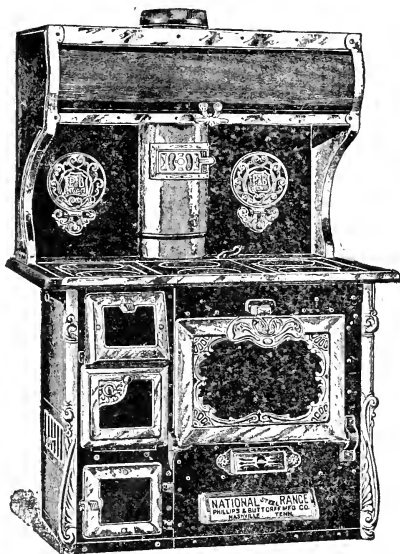
Ham should be boiled twenty minutes to a pound; mutton about fifteen; corned beef twenty minutes. Should the meat be tough, add a little vinegar to the water.

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Dried or strongly-salted meats should be soaked over night in cold water.

If fowls are old, to prevent them being tough when cooked do not salt until ready to put in the pot. Always put on in cold water, and just before it comes to a boil drop in nine grains of corn. Same rule will apply to beef or mutton.

“AUNT MARTHA.”

ROAST BEEF OR MUTTON.—Boil until very tender, seasoning with salt; put in a skillet with lard the size of an egg, and brown on top of stove; turn the roast until every side is nicely browned. Sprinkle a little flour in gravy and brown; add a pinch of salt and pepper, then skim the liquor in which meat was boiled, and pour into the gravy. Baste the roast with gravy until it looks nice and juicy.

MRS. J. M. SHEPPARD.

TO BROIL, BAKE, OR ROAST BEEF.—Slice cold roast beef across the grain; put a tablespoon of lard in a vessel, and when it gets very hot, put in the beef, and turn once. Then add a little hot water, butter, pepper, and vinegar (only a small quantity of the latter). These last ingredients will make gravy. Let this get thoroughly hot and serve.

MRS. J. D. BARROW.

STUFFED BEEF, OR CHINE BONE.—Boil the large end of a backbone (the chine) till very tender. Then make incisions in the flesh and fill with the following mixture: Chop fine a liberal supply of onions, add double the quantity of bread crumbs, season with butter and pepper; moisten this mixture with the broth the meat was boiled in. If there is any dressing left it can be spread on the top of the meat before it is put in the stove to bake, or be made into balls and served with the meat.

MRS. J. D. BARROW.

SPICED BEEF.—Six pounds of lean beef, free from fat and gristle, chopped fine, one pint grated bread crumbs, six beaten eggs, one teaspoon allspice, pepper, red and black, to taste, a little nutmeg, butter the size of a large egg. Mix into a loaf, put into a well-greased pan, sprinkle bread crumbs on top and

set the pan in another containing hot water, and cover closely. Bake three hours and serve cold, sliced.

MISS LUCILLE B. DUNNINGTON.

CORN BEEF.—Fifty pounds fresh beef cut in small pieces, four pounds coarse salt, two and a half ounces saltpetre, three-fourths pound baking soda, one-eighth pound pepper, one and a half pounds sugar, one-eighth pound cloves; add fifteen quarts of cistern water, and boil. When thoroughly cold strain and pour over the beef. Cook slowly until tender. This must not be kept in a tub or jar which has held pork or lard. The spices may be omitted.

MRS. DEXTER.

BEEF TONGUE.—Soak tongue all night in cold water, boil slowly five hours, and skin when cold. For sandwiches use white sauce. This makes a delightful lunch.

MRS. H. P. FIGURES.

SCALLOPED BEEF.—One pint cooked beef chopped fine, season with salt and pepper, stir in three eggs beaten lightly, two tablespoons of stock (or milk), one tablespoon melted butter. Bake in cups or muffin rings for twenty minutes.

MRS. F. H. SMITH.

TO FRY BEEFSTEAK.—Hack the steak well, then sprinkle with enough salt to season to taste, and spread with flour. Have ready a skillet with hot lard enough to half cover the steak, and place steak in with floured side down; sprinkle upper side with flour and pepper. One turning is sufficient; when brown, add water for gravy, and as this comes to a boil, push back on stove and cover till ready to serve. A teaspoon of kitchen bouquet adds to flavor.

MRS. J. M. SHEPPARD.

HOW TO BOIL A HAM.—Put on water to cover the ham, and when it comes to a boil, put in the ham and cover the vessel; let boil two to three hours, according to the size of ham. When done remove from the water, and when thoroughly cold remove the skin.

MRS. JOHN W. CECIL.

ROASTED HAM.—Boil the ham till the skin will peel off, and then stick in cloves over the surface. Cover with bread crumbs or cracker dust, sprinkle with sugar, and place in a dripping pan. Raise it a little from the pan by placing sticks under it. Bake three or four hours.

MRS. J. W. SHELTON.

BAKED HAM.—Put a ten-pound ham in the boiler, half cover with cold water and one pint molasses. Boil until all the water is absorbed by the ham, and then remove the skin. Mix one tablespoon black pepper in one and a half teacups sugar, and rub into the ham until sugar is all absorbed. Bake until light brown all over.

MRS. D. W. LENEAVE.

STUFFED HAM.—Boil a ham of medium size for three hours, or until quite done. When cool, skin and trim well. Make a dressing of crackers or bread crumbs, a little grated horse-radish, parsley, and thyme; season with salt and pepper to taste. Pierce the ham with carving knife or a sharp stick, fill the holes with dressing, glaze ham with beaten yolk of an egg, sprinkle a layer of bread crumbs, and brown.

MRS. J. M. SHEPPARD.

DRESSING FOR BOILED HAM.—One pint grated bread crumbs, one wineglass each of sherry and whisky, one tablespoon sugar, one saltspoon each salt and pepper, one teaspoon ground mustard, one tablespoon sweet basil, one tablespoon thyme and parsley. Soften the mixture with drippings and small pieces of trimmings from the ham. Open holes in ham with carving steel and stuff with dressing, and glaze the holes with yellow of an egg. Bake light brown.

MRS. H. P. FIGURES.

SCRAPPLE.—Boil a pig's head two hours in four quarts of water, with a little sage, salt, and pepper; cut the flesh from the bones, mince it fine, and return it to the liquor; add enough sifted cornmeal to thicken; simmer two hours, when it should be the consistency of soft mush, not too thick to pour. Put it in pans; when cold and stiff, it is sliced and fried for breakfast.

MRS. JAMES ROCKWELL.

TO BOIL HAM.—Soak well, ten or twelve hours. Put in sack, then put in vessel filled with cold water; let it boil several hours, until quite done. When done let it remain in the water until cold. All meats and poultry are better by remaining in their own juice until cold.

MRS. R. H. OGILVIE.

TO BROIL HAM.—Slice ham thin, put in pan, and barely cover with water. Let it come to a boil and boil a few minutes. Drain the water off, let it brown or broil on each side, take up and butter and pepper. Use the water that has been poured off for making gravy.

MRS. R. H. OGILVIE.

TIMBALES OF LIVER.—For one pint of cooked liver minced, use one cup of dry bread crumbs softened in one cup of milk. Mix all together, add one tablespoon of soft butter; season with salt and pepper, cut parsley, and a little onion juice. Bind with two beaten eggs. Fill well-buttered timbale molds and cook in a moderate oven in a pan of warm water for twenty-five minutes. Turn out in warm dish and surround with brown mushroom sauce.

MRS. M'ALPINE.

SWEET BREAD.—Wash very carefully and remove all bits of skin or fatty matter. Cover with cold water; salt, and boil for about fifteen minutes. Then remove from the boiling water and put into cold water. Roll in cracker dust and beaten egg and fry in hot lard.

MRS. A. MAXVILL.

BOILED FRESH TONGUE.—Trim all surplus flesh off. Place the tongue in a kettle with about three quarts of water, and add to that one large teacup of salt, two good-sized sliced onions, a pinch of different kinds of spices, two teacups of good strong vinegar, one teaspoon of celery seed, a pinch of sage, and one large pod of red pepper. When done remove from fire and skim while hot. Ready for the table when cold.

MRS. J. P. HERNDON.

BEEF HEART.—Wash carefully and stuff it nicely with a dressing of bread crumbs. Roast for an hour and a half, and serve with the gravy, thickened with some of the dressing.

MRS. V. H. HUGHES.

ROAST VENISON.—Wash and dry, put in deep baking pan, and cover closely. A piece of white paper, buttered, may be laid on the fat, or a paste one-half inch thick may be used. Put boiling water (a good deal) in pan, and cook slowly three to four hours, according to size. About twenty minutes before done, remove paste or paper and cover; dredge with flour and baste well with butter, and brown. Serve with gravy made from its own drippings, having first removed the fat. Always serve with currant jelly.

MRS. J. M. SHEPPARD.

BROILED VENISON STEAK.—Broil quickly over a clear fire, and when sufficiently done pour over it two tablespoons of currant jelly, melted with a piece of butter the size of a walnut. Season with pepper and salt, and serve very hot.

MRS. V. H. HUGHES.

STEWED BRAINS.—After cleaning set of brains, put in a stew pan with enough water to keep from burning; season with one tablespoon butter, salt and pepper to taste; when about done, stir in a tablespoon of milk with a teaspoon of flour.

MRS. W. B. HARRISON.

TEXAS HOT TOMALES.—To one pint of finely-ground boiled beef add four tablespoons cayenne pepper; mix thoroughly. Put a tablespoon of this mixture into a shuck thickly sprinkled with corn meal and tie securely. When a number have been filled, drop them into the broth in which the beef was boiled, and add half dozen pepper corns. Boil until the meal is cooked. Serve in their cases as soon as taken from the fire.

MISS ETHEL VOSS.

SCALLOPED MEATS.—Any cold meats, chicken, lamb, beef, or fish, minced or ground fine. Season with butter, pepper and salt to taste. Place in a deep pan, using a layer of the meat and a layer of cracker, biscuit or light-bread crumbs. Beat two eggs and add to a pint of sweet milk or water (milk is preferable). Pour this over your meat and crumbs, having a thick layer of crumbs on top. Bake in a hot oven.

MRS. R. H. OGILVIE.

MOUNDED BEEF (*for tea*).—Two cups of cold beef (boiled or roasted), chopped very fine, one cup of cold mashed potatoes, one tablespoon Worcestershire sauce, one teaspoon minced onion, salt and pepper to taste, two raw eggs, and a teaspoon of poultry dressing. Mix well, mould into brick shape in a greased baking pan, sift flour over it, cover, and bake half an hour. Remove cover and rub over with butter and brown. Transfer carefully to hot platter, pour over it sauce made of one cup stewed tomatoes heated with equal quantity of soup stock.

MRS. J. W. SHELTON.

COLD RELISHES.

Cold relishes should be placed on the table before serving the meal, as they add much to decorative effect.

TOMATO JELLY.—Take one-half box of gelatine, soak in cold water; one quart can tomatoes, rub through colander, flavor with salt, cayenne pepper, pinch of celery salt, a bay leaf, then add to gelatine. Put on fire and let come to boiling point; add one large tablespoon of Worcester sauce. Take off the fire, and when the jelly is cold and beginning to form, pour into moulds that have been lined with thin slices of cucumber. Turn out and serve with a garnish of lettuce leaves.

MRS. ROBERT PILLOW.

COTTAGE CHEESE (*breakfast dish*).—Remove the cream from a good-sized pan of clabber; pour the clabber into a thin bag, and hang over night to drip. The cheese will be quite solid, but break it up well with a fork. Season with salt, a little black pepper, and about two tablespoons of sweet cream.

MRS. BEECHER.

CREAMED SWEETBREADS.—Put them in cold water; remove the pipes and membranes. Cook them in boiling salted water with one tablespoon of lemon juice, twenty minutes, and plunge

into cold water to harden. Cut into small pieces, and serve in a white sauce, on toast or in puff-paste shells.

MRS. W. B. DOBBINS.

APPLE SALAD.—Three teacups of apple pared and cut in small blocks, one teacup of chopped celery, and one of English walnuts broken in bits. Make dressing of half pint of milk, yolks of three eggs, butter size of walnut, one teaspoon salt, two teaspoons sugar, two even tablespoons of corn starch, three tablespoons vinegar, one saltspoon black pepper; set on stove and stir till thick. When cool, mix lightly with fork, and serve on crisp lettuce leaves.

MRS. J. W. SHELTON.

FRUITS IN SEASON.—One quart of alcohol, 120 grains salicylic acid; put into a two-gallon stone jar. Beginning with strawberries, put in two pounds of fruit and two pounds of sugar; cherries, peaches, red raspberries, pears, and pineapples, afterwards, as they come in, are added to the alcohol, two pounds of each and two of sugar. Stir from the bottom each time it is added to. When used, you can add nuts and grapes, or any fresh fruits. To be served with a meat course.

MRS. CHARLES S. JACKSON.

FRESH FRUITS (*grape fruit for breakfast*).—To prepare grape fruit for the table, remove the skin, separate the sections of the fruit like an orange, and remove the pulp, in rather small pieces, out of its bitter white skin. Put the pulp into a deep dish, with sugar sufficient to suit the taste, and allow to stand in a cool place for a while.

MRS. W. B. HARRISON.

GLACE NUTS.—Two cups granulated sugar, one-fourth pound English walnuts or pecans. Place the halves of the nuts an inch apart on a well-buttered paper. Melt the sugar in a heavy vessel over a hot fire; when thoroughly melted, drop one dessertspoon on each nut.

MRS. JOHN WITHERSPOON FRIERSON.

HOT RELISHES.

RELISH.—Cook rice so that the grains will stand apart, and while hot, put a generous tablespoon on individual plates; open can of large yellow California peaches; lay a half peach in center of each plate, and pour over it a sauce made as follows: Rub together thoroughly one tablespoon butter with one teacup of powdered sugar; add yolks of four eggs beaten very light, and the juice of one lemon; beat briskly several minutes and then add glass of wine, stirring hard all the time. Set bowl containing this in saucepan of boiling water and stir until it becomes heated, being careful that it does not boil.

MRS. J. W. SHELTON.

DEVEILED TOMATOES (*an accompaniment to roast chicken*). Take three large firm tomatoes, not over ripe. Cut them in slices half an inch thick and lay on a sieve. Make a dressing of one tablespoon of butter and one of vinegar rubbed smooth with the yolk of one hard-boiled egg, add a very little sugar, salt, mustard, and cayenne pepper; beat smooth and heat to a boil. Take from fire and pour upon a well-beaten egg, whipping to a smooth cream. Put this over hot water while the tomatoes are being broiled over a clear fire. Put tomatoes on hot dish and pour dressing over them.

MRS. J. W. SHELTON.

MUSHROOM SAUCE.—Melt two ounces butter in a saucepan, add one tablespoon flour; cook and stir three minutes, add one pint boiling water and one teaspoon beef extract, stir well, and add one can of mushrooms, season with salt and pepper to taste. Cook fifteen minutes; add last, one teaspoon lemon juice and serve.

MRS. J. W. SHELTON.

SALADS.

IRISH POTATO SALAD.—For eight persons, take four large potatoes and two large onions. Boil potatoes till done, then beat until very light. Season them with black pepper and a saltspoon of salt. Take the yolks of two hard-boiled eggs and the yolk of one raw one. Stir until perfectly smooth, a small teaspoon of mustard, an after-dinner coffee cup of olive oil, or one large tablespoon of butter (I use butter). Mix the mustard with the eggs, adding the oil or butter very slowly, half a coffee cup of vinegar, a teaspoon of salt. Chop the hard-boiled whites fine and add also. Pour over the potatoes and mix well. Garnish with tomatoes or parsley.

MRS. JOHN FRANKLIN STEPHENSON.

LETTUCE AND RADISH SALAD.—Slice radishes thin and lay in cold water; wash lettuce and place on ice. Make a garnish of the small round radishes, slashing them from root to stem and pulling the red peel up. Serve with a dressing and have very cold.

MRS. C. W. BRADSHAW.

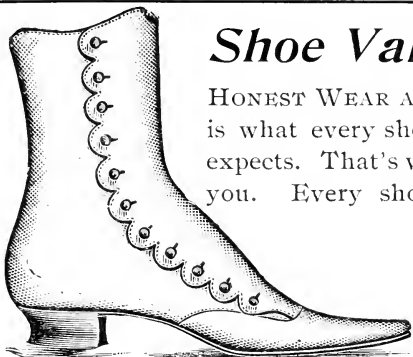
CHEESE SALAD.—Use any dry rich cheese, about two heaping tablespoons, grated, to a head of lettuce of medium size; after the lettuce has remained in ice water awhile, break the leaves apart and lay them in a salad dish. Scatter grated cheese over the leaves. Pour over it salad dressing.

MRS. W. B. HARRISON.

RICE SALAD.—Five cups of boiled rice, one cup red beets boiled and chopped, one cup celery cut rather small; make the dressing as for ordinary salad.

MRS. J. W. SHELTON.

CHICKEN SALAD.—One chicken weighing about two and one-half pounds, one cup chopped celery, four eggs (hard boiled), one tablespoon olive oil or melted butter, one tablespoon prepared mustard, one tablespoon salt, one-half tablespoon pepper, one-half cup of vinegar. Boil chicken tender,



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pick in small pieces, and mix with the celery. Chop the eggs, add to the other ingredients and pour over.

MRS. BEN CHEAIRS.

CHICKEN SALAD.—For two chickens, six eggs beaten light, one-half pound butter, one teaspoon black pepper, one teaspoon mustard, salt to taste, juice of two lemons, one teacup of the oil from chickens, one-half teacup of vinegar. Put all this on stove and stir constantly till it thickens. Mix with chicken a little cucumber pickle and a little celery, cut fine. When dressing is cool pour over it. Mix well.

MRS. H. A. M'LEMORE.

CHICKEN SALAD.—Boil one chicken tender. Chop as fine as you wish; then add equal parts of chopped cabbage and celery, and the whites of three hard-boiled eggs. Mash the yolks of eggs fine; add to them two tablespoons butter, two tablespoons sugar, one teaspoon mustard, one-half cup good vinegar, and pepper and salt to taste. Pour over the salad and stir well.

MRS. E. E. REWIN.

CHICKEN SALAD.—Boil two chickens very tender, remove all bones, skin, and fat; cut lean in small pieces; add an equal amount of chopped, crisp celery, reserving all stringy and outer stalks for flavoring soups and sauces. Mix meat and celery in a bowl, pour over it a tablespoon of best olive oil, one tablespoon of vinegar, a pinch of salt and pepper, and one-third of the mayonnaise sauce. Mix thoroughly; then place this on a large china dish and pour over it the remainder of sauce; smooth neatly and ornament with olives, hard-boiled eggs and beets, sliced.

MRS. N. HOLMAN.

POTATO SALAD.—Pare and boil six good-sized potatoes, and mash well. Take up in a dish and stir well with a fork, in order to have them lay lightly in the dish. A half hour before serving, slice a large onion very thin and place the slices here and there through the potatoes. For dressing use three teaspoons melted butter, three teaspoons cream, one-third teaspoon salt, one-third teaspoon white pepper (ground), one-half cup vinegar. When thoroughly cooked add two well-beaten eggs. Let stand till cool and pour over the potatoes, at which time the onions may be taken out if desired. Very convenient when you have mashed potatoes left over.

MRS. BEN CHEAIRS.

POTATO SALAD.—Six large potatoes. Boil, skin, and slice. Season well with salt, pepper, celery, and mustard seed. Add one bunch of celery (chopped), two cucumber pickles (cut in small pieces), two onions (cut fine), and the cooked whites of two eggs. Put in dish and add as much vinegar as the potatoes will absorb. Then pour over the following mayonnaise dressing: Yolks of two hard-boiled eggs and two raw ones. Mix till smooth (using silver fork); add one-third pint olive oil or one teacup of melted butter, a little at a time, stirring always in one direction to prevent curdling. When the mixture is almost hard or stiff add a good pinch of dry mustard and the juice of a lemon. Stir two-thirds of dressing in with potatoes and pour rest on the top. Garnish as taste suggests.

MISS RACHAEL BARKER.

OYSTER SALAD.—Two dozen fresh oysters or two cans cove, one can salmon, one box sardines, one tablespoon mustard, one tablespoon sugar, one tablespoon butter, one cup vinegar, one-half cup milk. Season with salt, pepper, and celery seed. The oysters should be wiped dry and chopped very fine. Slice one lemon and lay on top.

MRS. H. P. FIGURES.

SALAD.—Take one can of salmon, one of sardines, and two of cove oysters; mix thoroughly then add a mayonnaise (if it may be so called) made without oil, using a tablespoon of melted butter instead. Just before serving, add your dressing, into which put a half lemon's juice and a cup of whipped cream. This is a lovely reception salad.

MRS. H. P. FIGURES.

FRENCH FRUIT SALAD.—One head of lettuce, one dozen English walnuts, two dozen large white grapes, three bananas, two oranges, one-half pint mayonnaise. Peel the oranges, divide into lobes, and cut each lobe into three pieces, removing the seed. Skin the white grapes with a very sharp knife and remove the seed. Shell and halve the walnuts; slice bananas with a silver knife. Arrange the fruit on the lettuce, rejecting all leaves but the crispest and most delicate. Cover with mayonnaise dressing and serve ice cold.

MRS. N. R. WILKES.

SALAD PECAN.—Boil three pounds of beef till tender, chop fine, and add two or three small onions. Mix thoroughly, let stand an hour in a cool place; then pour over it a dressing made of the yolks of three hard-boiled eggs mashed fine, with pepper, salt, one-half cup melted butter, and vinegar. If convenient, a few tablespoons of liquor from a boiled chicken added to the meat before dressing is poured on, will be a great improvement.

MRS. JOHN MOORE, JR.

STRAWBERRY SALAD.—Wash and stem one quart of strawberries, sugar with powdered sugar, and put in glass bowl. Pour over it the strained juice of two oranges and one-half cup of claret. Let it stand on ice until ready to serve.

MRS. S. T. MAXWELL.

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Dressings for Salads and Slaws.

MUSTARD OR SALAD DRESSING (*very nice for lettuce especially*). Yolks of three eggs beaten light, one heaping teaspoon mustard, two tablespoons white sugar, two tablespoons salt, two tablespoons black pepper, one-half cup melted butter. Beat all light and add one cup of water, with one tablespoon corn starch and one cup vinegar. Boil just a little.

MRS. G. W. BLACKBURN.

SHRIMP SALAD DRESSING.—Two eggs (three if small), one wineglass oil to each egg, one-fourth teacup cream, one-half saltspoon salt to each egg, one-half teaspoon mustard, one-half lemon to each egg; capers to taste. In mixing, beat oil into eggs, a drop at a time; then lemon, cream, and salt; lastly the capers. Pour over salad, using salt. Garnish with slices of lemon and whole shrimps.

MRS. N. R. WILKES.

DRESSINGS FOR SALADS AND FISH.—One-half cup sweet milk, one cup vinegar, one tablespoon butter, one tablespoon mustard, one tablespoon sugar, two eggs beaten lightly. Salt to suit taste. Mix and boil until thick, stirring constantly.

MRS. H. P. FIGURES.

DRESSING FOR SLAW.—Two-thirds of a cup of vinegar, two-thirds of a cup of cream, butter size of a walnut, one tablespoon mixed mustard, one tablespoon celery seed, pepper and

salt to taste. Boil until thick, and when cold pour over chopped cabbage.

MRS. AB. ADKISSON.

DRESSING FOR SLAW.—One-half teaspoon salt, mustard and celery seed, one-fourth teaspoon pepper, one teaspoon flour, three teaspoons sugar, one egg, one-half cup vinegar. Mix well. Cook until thick. Remove from stove, add three-fourths cup cream, mix and pour over slaw.

MRS. S. W. WARFIELD.

CREAM SALAD DRESSING.—One cup vinegar, one cup cream, one tablespoon salt, one tablespoon mustard, one tablespoon butter, a speck of cayenne pepper, four eggs. Beat the eggs. Beat butter, salt, mustard, and sugar together and add to the eggs, then the vinegar, then the cream. Put in a double boiler and steam until it thickens, stirring constantly. If you can not procure cream, use milk and add the yolk of another egg.

MRS. A. J. NICHOLS.

VEGETABLES.

VEGETABLES.—It requires care and skill to cook vegetables properly, so they will retain their natural flavor. It is best to cook them in as little water as possible. They contain so much water that it is not necessary to add large quantities to cook them. Vegetables to be cooked by boiling should be put into boiling water; as soon as the boiling begins, keep cooking utensil closely covered. If water should be added, let it be boiling hot. Steaming or baking is preferable for most vegetables, because their finer flavors are more easily retained. Particularly is this true of tubers. The time required for cooking depends much upon the age and freshness of the vegetables, as well as the method of cooking employed. Wilted vegetables require a longer time for cooking than fresh ones.

FRENCH CABBAGE.—Put into a pot containing one and a half pints boiling water, one-half head of cabbage chopped moder-

erately fine; season with butter, pepper, and one-half teaspoon sugar. Cook only three-quarters of an hour before serving hot.

MRS. D. W. LENEAVE.

BAKED CABBAGE.—Take a small head of cabbage, tie up in a cloth, boil whole until thoroughly done; take up and remove cloth, scoop out the center, leaving the other portion whole. Take the center part, chop fine, and add an equal portion of grated beaten biscuit or crackers. Season with butter, pepper, and salt, and stuff back into the head. Place in a baking dish, pour a teacup of cream or rich milk over, place in stove and brown slightly, basting every now and then with the cream.

MRS. W. J. WEBSTER.

FRIED SQUASH.—Cut squash in slices a quarter of an inch thick, roll in pepper, salt, and meal, and fry in hot lard.

MRS. W. J. WEBSTER.

SUMMER SQUASH.—Wash and clean as many young, tender squashes as desired. Slice thin; do not peel or remove seed; boil until done; drain and mash fine; add salt and pepper to taste, a piece of butter, and a little cream. Serve while hot. To prepare squash an old-fashioned way is to slice tender squashes, put them in a skillet with two “rashers” of bacon, and water enough to cook done. Mash fine, add salt and pepper; let stew down until slightly brown; remove pieces of meat and serve squash while hot.

MRS. J. M. SHEPPARD.

SALSIFY OR OYSTER PLANT PATTIES.—Prepare and cook very tender, take from the water and mash with the potato masher very fine. To each pint of salsify add the yolk of one egg, one small tablespoon butter, salt and pepper to taste, and rolled beaten biscuit or cracker crumb enough to make it stiff enough to roll into patties with the hands. Roll in egg and then in crumbs, and fry like croquettes.

MRS. STUART FLEMING.

SALSIFY OR OYSTER PLANT.—Wash roots of salsify and scrape till white. Cut in pieces not more than an inch long,

sprinkle with salt and boil till tender. It will take about two hours. Drain off the water and season with milk, butter, and pepper. Send to table very hot. MRS. BEECHER.

OKRA FRITTERS.—Make a thin flour batter. Boil okra thoroughly done, drain and cut fine; beat until very light, mixing in salt and black pepper. Then stir into the batter, and fry as fritters in hot lard. MRS. OCTAVINE ALISON.

OKRA FRITTERS.—One egg, half pint buttermilk, pint flour, nearly a pint of okra boiled tender and chopped fine, salt and half a teaspoon soda stirred in the last thing, pepper if liked. The okra is measured after it is cooked. MISS ANNIE WALKER.

ASPARAGUS.—One bunch of asparagus in just enough water to cover, boil quickly until tender. Leave half cup of the liquor and add one half cup of sweet milk, one teaspoon of butter, salt and pepper to taste. Pour over hot toast and cover closely. MRS. BEECHER.

CAULIFLOWER.—Take off all outside leaves, wash thoroughly and put in a bag, in which boil gently in salted water until done. Pour over melted butter, with a spoon of cream, or serve with white sauce. MRS. C. W. BRADSHAW.

VEGETABLE PATTIES.—Potatoes, parsnips, beets, salsify, squash, corn, all make good patties. Boil the vegetables tender, mash well, season with butter, pepper, and salt and a small quantity of sugar; make a batter of one egg, one cup milk and two heaping tablespoons flour. Mix with your vegetables and fry in hot lard, a spoonful at a time. MRS. R. H. OGILVIE.

EGG PLANT.—Peel and slice two medium-sized egg plants, sprinkle with salt and let stand one hour; then wash off salt and put egg plant in a porcelain-lined pan. Cook till quite soft, then add a tablespoon butter and put aside to cool. This quantity will be about one pint. Take two slices of rather thick-cut light bread and pour over enough sweet milk to soften the bread. Beat three eggs very light and mix well, seasoning

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with salt and pepper. Put the whole mixture in a porcelain-lined pan to bake, and send to table in pan.

Squash may be prepared in the same way, except to run them through a sieve to take out seeds. MRS. W. B. HARRISON.

STUFFED TOMATOES.—Green peas cooked; let cool, dress with mayonnaise and stuff tomatoes with it.

MRS. FRANK EVERETT.

TOMATOES FRIED IN BATTER.—Make a batter of one egg beaten separately, one cup of flour, one cup sweet milk, one heaping teaspoon of butter, one-half teaspoon salt, one small teaspoon baking powder. Into this slice thick slices of tomatoes, not too ripe. Fry as you would oysters, in batter.

MRS. STUART FLEMING.

DRESSED TURNIPS.—Take about one-quarter pound of bacon, put over the fire as early as half-past nine o'clock. Cook slowly. Have ready sliced turnips, put in with the bacon and cook long enough to be quite tender. About twenty minutes before serving, take a small quantity of the liquor, with drawn butter, pinch salt, and some cayenne pepper used as a sauce. Do not break the slices of turnip, place on individual saucers, serve with the sauce poured over.

MRS. J. J. STEPHENSON.

CANDIED POTATOES.—Boil sweet potatoes till done, slice and lay in baking dish; cover with one cup sugar, teaspoon butter, nearly cover with hot water, allow to bake till brown and juice is reduced to syrup.

MRS. W. B. HARRISON.

POTATO SOUFFLE.—Clean and bake six large potatoes, cut off tops, scoop out inside, being careful not to break the shells. Rub potato through a sieve; add two tablespoons boiling sweet milk, into which one tablespoon butter and one-half teaspoon salt and white pepper have been stirred. Place on fire, stir until potato becomes hot, remove from fire, add yolks of three eggs, beating each one separately; then stir in lightly the frothed whites of five eggs, fill the potato shells two-thirds full of this mixture, stand each one upright in a pan, bake quickly about ten minutes. Serve on hot platter. The mixture that is left after filling shells can be baked in a small dish.

MISS RACHAEL BARKER.

STUFFED POTATOES.—Bake six medium-sized potatoes, cut in halves, and, without breaking the skin, scoop out the potatoes into a hot bowl. Mash, and add a little butter, one-half cup hot milk, and salt and pepper to taste. Beat the whites of two eggs stiff and mix it with the potato. Fill the skins with the potato mixture, heaping it slightly on the top. Brown slightly.

MRS. A. J. NICHOLS.

STUFFED BEETS.—Cook young beets until tender, remove skins, and cool in spiced vinegar. Cut out the center to form a cup, and chop this with an equal amount of cucumber and a little celery. Mix together, adding a few olives. (If desired, moisten with cooked dressing.) Place in cups; serve on lettuce leaves.

MRS. M'ALPINE.

PARSNIPS.—Scrape the parsnips, slice and parboil; then place in a baking pan with just enough water to prevent burning, sprinkle with a little brown sugar, salt, and pepper, and place strips of fat bacon on to season. Bake.

MRS. A. S. PETTIE.

BOSTON BAKED BEANS.—Wash one quart navy beans and soak over night; put in crock, cover with water, and add to beans one-half pound pork, one tablespoon salt, one teaspoon pepper, one-half cup molasses, one tablespoon vinegar. Bake four hours, and add water as needed. MRS. JOE BROWNLOW.

CORN PATTIES (*for dinner*).—Cut and scrape the corn from the ear. To each pint of corn add yolk of one egg, one teaspoon sugar, one-half teaspoon salt, a little pepper, two teaspoons milk, one teaspoon flour, one large teaspoon of butter. When ready to fry add one teaspoon baking powder and the well-beaten white of egg.

MRS. STUART FLEMING.

CANNED CORN.—Cut from the cob twenty-one quarts of corn; dissolve three and one-half ounces of tartaric acid in a little hot water; put plenty of water, together with the acid, on the corn and boil well. When well cooked put in glass jars and seal hot. Be certain to put in plenty of water. When ready for use drain off the water and add fresh water and a small spoon of soda and let stand before cooking. Take from this water and cook with a little milk, sugar, salt, and butter.

MRS. STUART FLEMING.

CORN CAKES—Grate about twenty ears of corn; four eggs, one cup milk, small handful flour, salt, and pepper. Fry in butter.

MRS. JAS. ROCKWELL.

STEWED CORN.—Take four ears of tender corn, cut off carefully two thin cuts, then scrape the rest; this will be very juicy. Pour it into skillet with the hot grease from one thin slice of bacon, add one cup of hot water, season with salt, pepper, and butter. Stir frequently.

MRS. BEECHER.

CORN PUDDING.—Six or eight ears of corn grated, one-half pint of sweet milk, tablespoon of butter, two eggs well beaten, a little salt, and two tablespoons of sugar.

MRS. W. B. HARRISON.

TO COOK CANNED CORN.—Put corn, without opening can, in boiling water and cook fifteen minutes. Open and put in dish with tablespoon of butter and one-half cup cream that has been heated. Salt and serve.

MRS. J. M. SHEPPARD.

POTATO PUFF AND CHEESE.—Two cups of cold, mashed potatoes, two eggs, one-half cup milk, one teaspoon melted

butter, three tablespoons of grated cheese, salt and pepper. Beat potatoes, milk, and butter until very light, add eggs, pepper and salt to taste. Pour into greased pudding dish, cover top thickly with the cheese, and bake until brown.

MRS. J. W. SHELTON.

Medicinal Properties in Foods.

Lettuce and cucumbers assist in cooling the blood.

Raw onions are good for insomnia, and cooked onions or onion soup is an excellent remedy in debility of the digestive organs.

Tomatoes are good for torpid liver.

Spinach and dandelion are considered excellent for the kidneys.

Celery is a good tonic for the nerves.

Beans are considered one of the most nutritious and strengthening of vegetables.

Beets, turnips, and potatoes are fattening.

MACARONI.

MACARONI, ITALIAN STYLE.—Place a saucepan with three quarts of water over the fire, add one tablespoon salt; when it boils up, add half pound macaroni broken in finger lengths, stir a few minutes, then cover and cook till macaroni is soft, which will take about an hour; drain in colander. In the meantime cook two tablespoons finely chopped onion and one tablespoon butter in a saucepan three minutes; add a small piece bruised garlic, half of green pepper chopped fine, half can tomatoes, half teaspoon salt, quarter teaspoon pepper, one teaspoon sugar. Cover and cook fifteen minutes, then drain and put macaroni and the tomato dressing in alternate layers in dish; put grated cheese on top and brown in oven.

MRS. J. W. SHELTON.

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MACARONI WITH TOMATOES.—Take three pints of beef soup, clear, and put one pound of macaroni in it. Add salt and boil fifteen minutes. Take up macaroni, put on platter, sprinkle thickly with grated cheese and pour over it a sauce made of tomatoes well broiled, strained, and seasoned with salt and pepper.

MRS. J. M. SHEPPARD.

DEVELOPED SPAGHETTI.—Boil carefully for about twenty minutes four ounces of spaghetti; drain and put in cold water for fifteen minutes, drain again and chop fine. Put one tablespoon of butter and one of flour in a saucepan, add half a pint of milk, stir constantly till it boils, add the spaghetti, a teaspoon salt, a dash of pepper, a few drops of onion juice, a little parsley, and three hard-boiled eggs chopped fine. Put into individual dishes, cover lightly with bread crumbs and brown quickly in a hot oven. Serve with a tablespoon of catsup in the center of each.

MRS. W. B. HARRISON.

GRAINS OR CEREAL FOODS.

GRAINS OR CEREAL FOOD.—Cereals are easily digested when properly cooked. Always have the water boiling when the cereals are added. Use a double boiler or steam cooker. The following combination of foods are considered the best: Grains or cereal food and milk; cereal food and eggs; cereal food and fruits; cereal food and vegetables; cereal food and meats.

BOILED SOUTHERN RICE.—One cup of rice thoroughly washed, cover with two cups of cold water; add one level teaspoon of salt, cook in an ordinary covered stewpan next the fire, for five or ten minutes; then place on the back of the stove for twenty minutes, and let stand for ten minutes longer with the cover removed to dry out all the grains.

MRS. JEFFERSON DAVIS.

BREAKFAST FOOD.—One cup Pettijohn's food (measuring cup), two cups boiling water, one teaspoon salt, one-half pound dates, seeded.

MRS. S. T. MAXWELL.

TO BOIL RICE DRY.—One and a half cups rice washed and drained, two and one-half cups of boiling water, a pinch of salt, cover saucepan and boil until done, then remove the top and put on back of stove to dry. Do not stir.

MRS. W. J. WEBSTER.

MEASURES AND WEIGHTS.

Sixty drops make one small teaspoon.

Two teaspoons equal one dessertspoon.

Four teaspoons equal one tablespoon.

Four tablespoons equal one wineglass.

Two wineglasses equal one gill.

Two gills equal one coffeecup.

Two coffeecups equal one pint liquid, or one pound of dry material.

Four gills make one pint.

Two pints one quart.

Four quarts one gallon.

Two ordinary tumblers make one pint liquid.

One coffeecup equals one-half pint liquid or one-half pound dry material.

One heaping tablespoon salt or sugar weighs one ounce.

One heaping tablespoon butter weighs one ounce.

Two round tablespoons flour weigh one ounce.

Four cups of sifted flour weigh one pound.

Two cups meal weigh one pound.

Two coffeecups meat (or a pint measure) packed solid weigh one pound.

One pint of liquid weighs one pound.

One coffeecup of butter packed solid equals one-half pound.

Hints to Housekeepers.

MEASURING.—An important matter to be observed in the cooking of foods is correct measuring. Many failures are made from lack of care in this respect. As measures are more convenient than weights, they are more generally used. The large-sized coffeecup, which holds half a pint, is a good standard to go by. The following are good rules to follow :

First—Flour, sugar, and salt that has been packed, should be sifted before measuring.

Second—A cup of dry material should be measured level with the top of the cup without being packed down.

Third—A cup of liquid should be all the cup will hold without overflowing.

Fourth—The teaspoon and tablespoon, commonly recommended in cook books, is the silver spoon in general use.

BREAD.

Light Bread.

LIGHT BREAD.—One pint sweet milk heated a little more than lukewarm, one tablespoon sugar, and flour enough to make a thick batter. Beat well into the batter half pint of yeast or one tablespoon of dry yeast dissolved in a little warm water,

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and set in a warm place to rise. When it has risen to a little more than twice its size—which it should do in from three to four hours—add a tablespoon of lard and sufficient salt and enough flour to make a dough. Knead well, make into loaves, and set to rise again. It will be ready to bake in from an hour and a quarter to an hour and a half. Bake in a slow oven from three-quarters to an hour. Graham and whole wheat bread are made in the same way, using about one-third white flour and more or less sugar to taste. MISS ANNIE WALKER.

SALT-RISING BREAD.—Take one teacup of fresh milk, let come to a boil, then pour into a pint cup and thicken with corn meal; cover and let set in a warm place over night. In the morning take one pint of fresh milk and add to it one-half pint of hot water and the mush; then thicken to a stiff batter with flour, adding one teaspoon of salt. Set this yeast into a vessel of hot water, as warm as you can bear your hand in. When it rises, take flour and lard—to one gallon of flour two tablespoons of lard—and make as you would any other bread.

MRS. JOHN W. CECIL.

SALT-RISING BREAD.—Make a stiff batter of warm water and one pint flour; add a half teaspoon of salt, one teaspoon of sugar, and one tablespoon of corn meal. Set in pot of warm water (and keep warm) to rise. If it gets too thin while rising, stir in more flour, but don't stir after it begins to bead. This quantity of yeast will make a large loaf of bread by adding sweet milk or warm water. Use flour enough to make a moderately stiff dough. Work into flour a piece of lard the size of an egg; add a teaspoon of salt, then the yeast and milk, or water. Don't knead too much. Let rise again and bake.

“AUNT FIBBY.”

YEAST BREAD.—One pint sweet milk, one pint water, one teaspoon salt, one tablespoon lard, three tablespoons sugar. Boil these ingredients together one minute. When cold add a half cake of Fleischmann's compressed yeast; add flour enough

for a stiff batter. When it is very light mix into a dough and let rise again. Then put it into the pans, and when it is light bake in moderately hot oven.

MRS. DEXTER.

QUICK LIGHT BREAD.—Add six teaspoons of baking powder to four quarts of flour, sift twice, add sufficient water and milk to make a dough, knead into six loaves, place in greased pans, brush with milk, and bake in a moderate oven for one hour.

MRS. W. B. HARRISON.

Rolls.

LIGHT ROLLS.—One cake of Fleischman's yeast dissolved in a teacup of warm water, one heaping half gallon of flour, one tablespoon of salt, and a piece of lard the size of an egg; add yeast and enough warm water to make a soft dough. Sprinkle flour in bottom of tin bucket, put in the dough, and set in warm place to rise. Then take sponge from bucket, and use enough flour to knead and make into rolls. Place in well-greased roll-pans, cover, and set on back of stove to rise; then put in oven and bake. When brown grease tops with butter. Be careful not to have dough too stiff.

MRS. J. M. SHEPPARD.

BUNS.—One and a half cups sweet milk heated to a little more than lukewarm, half a cup of sugar, and flour to make a stiff batter; add last three-fourths cup yeast and set to rise in a warm place. When well risen, work in half a cup of sugar, half cup butter, a few drops of lemon extract, a little nutmeg, salt, and flour to make a dough. Roll into cakes, put in pan so they do not touch and set in a warm place to rise again. They will be ready to bake in about one and a half hours.

MISS ANNIE WALKER.

QUICK ROLLS.—Two cups scalded milk, three yeast cakes softened in tepid (almost cold) water, two tablespoons sugar, one teaspoon salt. Stir in flour to make light batter, beat and put in warm place to rise. Stir in about six cups flour and

knead thoroughly—ten or fifteen minutes would be best. Set to rise; brush over with sugar dissolved in milk, and bake in pretty quick oven. Four yeast cakes may be used if in hurry.

MRS. J. M. SHEPPARD.

POTATO ROLLS.—One cup of flour, three-fourths cup of lard, one cup of potatoes mixed together, then add one-fourth cup of sugar, then two eggs, one at a time, then one cup of sweet milk lukewarm. In one-half cup of lukewarm water dissolve one yeast cake. Let that rise two hours, then put in six cups of flour and let that rise two hours; then roll in a pocket-shape roll, butter in between, let that rise, and bake. Very good.

MRS. A. SAMUELS.

Sally Lunn and Boston Brown Bread.

QUICK SALLY LUNN.—Sift together one pint flour, three teaspoons sugar, one teaspoon soda, two teaspoons cream of tartar, and one-half teaspoon of salt. Rub into this one tablespoon butter, then add the well-beaten yolk of one egg, two-thirds cup milk, and lastly the beaten white of egg. Bake in three layers. Butter well each layer before stacking to serve.

MRS. STUART FLEMING.

QUICK SALLY LUNN.—One cup sugar, one-half cup butter; stir these well together. Two eggs, one pint sweet milk, three teaspoons baking powder in sufficient flour to make batter as stiff as cake batter. Bake quickly and butter while hot.

MRS. MEEK.

SALLY LUNN.—Two eggs beaten separately, one half teacup of sugar, one teacup of butter, one teacup of yeast, one quart flour. Beat sugar with yolks of eggs; then butter and whites of eggs, and enough flour to make smooth. Just before adding the quart of flour add yeast. Knead well, let rise, and bake. Before serving sift sugar over top, and slice like jelly cake.

MRS. N. R. WILKES.

SALLY LUNN.—Two eggs beaten very light, one-half cup of sugar, one cup butter, one cup yeast, one quart of flour. Put to rise at 11 o'clock, and it will be ready for tea at 6 o'clock.

MRS. C. A. FORGY.

BOSTON BROWN BREAD.—Two cups meal, two cups Graham flour, one cup molasses, two cups buttermilk, one teaspoon salt, one teaspoon soda. Mix together and put in gallon bucket and steam three hours.

MRS. JOE BROWNLOW.

BROWN BREAD.—Three cups sweet milk, one-half cup molasses, two cups cornmeal, two cups Graham meal, one heaping teaspoon soda, one-half teaspoon salt. Steam three hours, and then brown in oven if desirable.

MRS. JAMES ROCKWELL.

Muffins.

ROYAL SALLY LUNN MUFFINS.—One quart flour, one tablespoon sugar, one teaspoon salt, three teaspoons baking powder, one large tablespoon lard, one egg, one and one-quarter pints of sweet milk. Sift together flour, sugar, salt, and baking powder; rub in lard cold; add egg, beaten separately; then all the milk at once. Beat until smooth, and put in cold rings and bake.

MRS. STUART FLEMING.

MUFFINS.—Two eggs, three teacups of flour, three teaspoons baking powder, one tablespoon butter melted, one pint sweet milk, one-half teacup sugar, a little salt.

MRS. HATCHER.

LIGHT MUFFINS.—Two-thirds cup of rolled oats (measuring cup), one and one-third cups hot milk, one-half spoon salt, three teaspoons baking powder, one teaspoon butter, one egg, three tablespoons sugar.

MRS. S. T. MAXWELL.

CREAM MUFFINS.—One pint of flour sifted with one heaping teaspoon of baking powder. Beat together one pint of cream and one tablespoon of butter; add two beaten eggs; mix in the flour, drop into buttered moulds, and bake quickly.

MRS. W. B. HARRISON.

CORN MUFFINS.—One pint meal, two eggs, one cup buttermilk (not too sour), pinch of soda, and one tablespoon melted lard, stirred in last. Scalded meal makes them lighter.

“AUNT FIBBY.”

Biscuit.

SODA BISCUIT.—One quart of flour placed in sifter with a heaping teaspoon of salt and a light teaspoon of soda. Sift all together. Place a heaping tablespoon of lard in center of flour, rubbing in thoroughly. Mix with one-half pint of clabber, stirring lightly until thick enough to roll easily. Cut the biscuit not quite an inch thick, and bake quickly in a hot oven.

MRS. O. C. OWEN.

SODA BISCUIT.—One-half gallon of flour, one teacup lard, one tablespoon (level) salt, one teaspoon of soda. Mix with buttermilk, knead smooth; bake in hot oven.

MRS. J. M. SHEPPARD.

LIGHT BISCUIT.—Two pints flour, one and a half pints sour milk (buttermilk), two tablespoons lard, one teaspoon salt. Make into a batter early in the morning. At night take half this batter, and add one pint of flour and a small teaspoon of soda; knead lightly; make out with the hands and bake. Use the other half for breakfast. In cold weather let it stand longer than one day before using.

MRS. STUART FLEMING.

BEATEN BISCUIT.—One quart of flour, one large tablespoon of lard, one teaspoon of salt, enough sweet milk to make a stiff dough. Work well together, and beat until it begins to blister (usually fifteen minutes will be sufficient). Roll out dough not quite half an inch thick, stick with fork, and bake quickly.

MRS. W. P. WOLDRIDGE.

BEATEN BISCUIT.—To one quart of flour add a piece of lard the size of an egg and one teaspoon of salt; mix to a stiff dough with iced sweet milk, and beat thirty minutes. Bake in moderate oven.

MRS. A. S. JAMES.

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DAINTY WAFERS.—One scant coffeecup sifted flour, one-half cup sweet milk, one-half teaspoon salt, one generous tablespoon of butter melted and poured over hot, one heaping teaspoon baking powder. To make extra nice, add the white of one egg beaten to a froth. This may be omitted. Stir the whole to a stiff batter and drop a scant teaspoonful on slightly-greased wafer irons.

MRS. A. J. NICHOLS.

CRACKERS.—One-half pint flour, little salt, piece of butter size of an egg. Make in stiff dough with little sweet milk. Roll very thin, and bake in quick oven.

MRS. KATE COLEMAN.

BISCUITS.—Two quarts of flour, two teaspoons salt; make in a thick batter with buttermilk. Let the batter stand twelve hours; take one teaspoon of soda and work it into two tablespoons of lard; work the lard into one-half the batter. This measure will make forty biscuits.

MRS. ROBERT EWING.

Waffles and Flannel Cakes.

WAFFLES.—One tablespoon of sifted meal, a piece of lard the size of an egg, one teaspoon of salt, two tablespoons of boiling water. Into this mush break one egg, and beat well. Add one pint of buttermilk and one pint of flour; beat until smooth. When ready to bake add one teaspoon of soda, and put in hot oven.

MRS. STUART FLEMING.

RICE WAFFLES.—One pint cooked rice, one pint buttermilk, one egg, one tablespoon melted lard, one pint flour, pinch of salt and soda. Beat well together; grease waffle irons, fry brown, butter and serve hot. MRS. N. HOLMAN.

WAFFLES.—Mix one quart flour and one-fourth pound butter; add two well-beaten eggs, sweet milk to make moderately thin; add one teaspoon salt, two teaspoons baking powder.

MRS. A. H. SHIELDS.

WAFFLES.—One pint flour, two eggs, one tablespoon melted lard, one cup sweet milk, one tablespoon of baking powder, a pinch of salt. Beat eggs well; add milk, then flour, baking powder and salt, and lard last. Fry in well-greased hot irons; butter and serve while hot. "AUNT FIBBY."

VIRGINIA BUCKWHEAT CAKES.—One quart of buckwheat, one quart of warm water; mix well. To this batter add a half cake of Fleischman's yeast (dissolved in a little warm water) and one tablespoon of salt. Put in warm place to rise. Next morning add to the batter one egg, one tablespoon of molasses, and a pinch of soda. Thin with sweet milk, and bake on hot baker with very little grease. Reserve a cup of batter to make fresh cakes. Use instead of yeast, as too much yeast spoils batter. MRS. F. B. WEBB.

BUCKWHEAT CAKES.—Mix over night with warm water, one pint of buckwheat, one teaspoon of salt, one tablespoon of molasses, to the consistency of griddle cakes. When ready to bake for breakfast, add two teaspoons of cream tartar and one of soda. If too thick, thin with a little warm water before adding the cream tartar and soda. MRS. STUART FLEMING.

FLANNEL CAKES.—Take one quart of flour and make into a thin batter with fresh buttermilk; let this stand one night in a covered crock. In the morning, add one half teaspoon of salt, one teaspoon of soda, two eggs, and one tablespoon butter.

MRS. STUART FLEMING.

FLANNEL CAKES—Four eggs, beaten very lightly, one pint sour cream, one pint water, one and a half pints flour, one teaspoon baking powder, stirred in the cream.

MRS. H. P. FIGUERS.

FLANNEL CAKES.—One pint flour, two tablespoons granulated sugar, pinch of salt; mix with sweet milk to make thick batter; add four eggs, yolks and whites beaten separately, and just before baking, add teaspoon of baking powder. Beat all to a thick batter; bake in a moderately hot griddle.

MRS. FRANK EVERETT.

CORN MEAL GRIDDLE CAKES WITHOUT EGGS.—At supper time, make about one pint of mush, rather thick and well cooked. When lukewarm, stir in about one-fourth of yeast cake which has been dissolved in a little lukewarm water. Put in moderately warm place; if this has risen by morning, add to it two tablespoons, or a little more, of flour, one teaspoon sugar, and salt to taste. Drop on a hot and well-greased baker, and cook quickly. In warm weather a pinch of soda will be necessary. A spoonful of the mixture can be saved for the next mixing.

MRS. BEECHER.

Corn Bread.

BLUE RIBBON CORN BREAD.—Two pints of meal, one level teaspoon of soda, one level teaspoon of salt, one tablespoon of lard and butter mixed. Make into a dough (sufficiently stiff to form into pones), with buttermilk and a little cream. Bake quickly.

MRS. W. P. WOLDRIDGE.

CORN BREAD (*for dinner.*)—One quart of meal, one-half teaspoon of soda, one-half teaspoon of salt, one small tablespoon of lard; mix with fresh buttermilk to a stiff dough, and *work it well*. Make into small pones and place on hot greased baker. After it has risen, grease the top and run in the top of the stove, to brown quick.

MRS. STUART FLEMING.

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baking. A fine cake maker.

MUSH BREAD.—One-half pint of meal before it is sifted; make this into a thin mush, and add to it one pint of sweet milk, one pint of flour, two eggs, lard the size of a hen's egg, and a pinch of salt. The lard should be made sizzling hot before being added to the batter. Pour into greased pans and bake quickly. The batter should not be over one-half inch thick.

MRS. J. D. BARROW.

HOMINY BREAD.—Stir in two cups of hot grits a large spoonful of butter, and a pinch of salt, two eggs beaten light, two cups sweet milk, one cup meal; mix as batter bread. Bake in deep pan, allowing space for rising.

MRS. J. W. WEBSTER.

CORN BREAD.—Scald one pint of meal with one cup of hot water. Add to this one rounded tablespoon of lard, one-half teaspoon salt, one level teaspoon soda, and one cup sour milk; mix thoroughly with the hand and form into small ponies.

Place these on a hot, well-greased baker and put to bake on top rack. The stove must be hot, to have the bread brown and smooth.

MRS. T. N. FIGUERS.

OLD-FASHIONED CORN LIGHT BREAD.—Make three cups of mush; add a half teaspoon of salt and one tablespoon of melted lard. When cool (not cold) stir in meal till thicker than egg-bread batter. Set in warm place to rise. When it rises, stir in one cup sweet milk, one cup meal, one cup flour, a heaping tablespoon of sugar, and a half teaspoon of salt. Put in a warm, well-greased pan; let rise and bake. When done, roll in cloth of several thicknesses, to keep soft.

“AUNT FIBBY.”

VIRGINIA MUSH BREAD.—One cup meal, two cups butter-milk, one cup sweet milk, one egg, one small lump butter. Bake in pan, and dip out with spoon.

MRS. R. P. DODSON.

INDIAN PUDDING (*breakfast dish*).—One pint sweet milk, put on in double boiler, to which add gradually not quite a tea-cup of meal and a little salt. Cook like mush. Take off fire and add butter size of an egg. Let cool, and add beaten yolks of four eggs, to cool mixture. Beat whites to a stiff froth, stir into mixture, and bake in pan set in pan of water.

MRS. ROBERT PILLOW.

CAKES.

CAKE.—Too much care can not be given to the preparation of the oven, which is oftener too hot than too cold. However, an oven too cold at first will ruin any cake. A good plan is to fill the stove with hard wood, let it burn until there is a good steady heat, and then turn the damper, so as to throw the heat to the bottom of oven for fully ten minutes before the cake is put in. Add wood in small quantities, for if the heat becomes slack the cake will be heavy. If necessary to move the cake

while baking do it very gently. Allow about thirty minutes for each inch of thickness in a quick oven, and more time in a slow one. Settling away from the pan a little is an indication that the cake is ready to leave the oven. It should remain in the pan at least fifteen minutes after taking from the oven.

WHITE CAKE (*delicious*).—One pound flour, heavy weight, one pound powdered sugar, three-quarters of a pound of butter, whites of sixteen eggs, one heaping teaspoon of Royal baking powder. Cream butter and sugar until very light and white, add one-fourth of flour, then one-fourth of the beaten eggs; mix well, then stir in half of the remaining flour and eggs; beat this well and then put in the rest of the flour and eggs. Sift the baking powder into the flour.

MRS. S. A. GRANBERRY.

SILVER CAKE.—Two cups sugar, half cup butter creamed together, three-quarters of a cup of sweet milk, four cups flour, whites of nine well-beaten eggs, two teaspoons of baking powder with same amount of flour sifted in.

MRS. J. E. DIXON.

DELICATE CAKE.—Whites of seven eggs, three cups flour, two cups sugar, one cup butter, two-thirds cup sweet milk, two even teaspoons baking powder sifted in the flour. Flavor with vanilla.

MRS. H. A. M'LEMORE.

WHITE CAKE.—Whites of twelve eggs, three cups sugar, one cup butter, one cup milk, five cups flour, two teaspoons Cleveland's baking powder. Bake in layers, and use for filling two cups sugar, whites of two eggs beaten well. Cook sugar till it ropes, mix smooth and fast. Flavor with vanilla.

MRS. N. F. VAUGHAN.

CORN STARCH CAKES.—And to one paper of corn starch two tablespoons of flour; cream together one pound of sugar and three-fourths of a pound of butter; break into this one whole egg, add a little flour, and beat hard. Continue this till seven eggs (and all the flour) are used. Flavor with vanilla, and bake quickly in small tins.

MRS. C. A. PARKER.

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CORN STARCH CAKE.—Whites of seven eggs, two cups pulverized sugar, three cups flour, one cup of corn starch, one cup sweet milk, one cup butter, three teaspoons baking powder.

MRS. JOHN F. STEPHENSON.

COCOANUT CAKE.—Two cups sugar, one-half cup butter, one cup sweet milk, three and a half cups flour, whites of four eggs, one teaspoon baking powder, one-half teaspoon extract of almonds. Bake in jelly tins.

Filling.—One grated cocoanut, one cup sugar, whites of three eggs. Spread between layers and top of cake.

MRS. AB. ADKISSON.

ANGELS' FOOD.—Whites of eleven eggs, one and a half tumblers of pulverized sugar, one tumbler of flour sifted three or four times; then add to the flour one heaping teaspoon of cream tartar, and sift again. Beat eggs to a stiff froth in the bowl in which it is to be made. Stir in the sugar lightly, then the flour gently; then one teaspoon of vanilla. Stir all very gently, and do not stop stirring until ready to put into pan. Use a pan that has not been greased, and bake forty minutes in moderate oven. Do not open the stove till cake has been in fifteen minutes. When done let it remain in pan till cool. Then loosen with knife, and turn out and ice immediately. The tumbler for measuring should hold two and one-fourth gills.

MRS. JOE BROWNLOW.

TWO-EGG CAKE.—The whites of two eggs, one cup sugar, two cups of flour, one-half cup milk, one tablespoon of butter, level teaspoon of baking powder. Use the yolks with the same proportions. To be baked in layers. MRS. R. H. OGILVIE.

WHITE LAYER CAKE.—The whites of twelve eggs, five cups flour, three cups sugar, one cup butter, one cup milk, two heaping teaspoons baking powder, flavor to taste. Cream sugar and butter thoroughly, add stiff-beaten whites and beat ten minutes. Add milk and beat in lightly the flour. This makes four layers.

MRS. JOHN W. CECIL.

CHOCOLATE LAYER CAKE.—Yolks of six eggs, three cups flour, two cups sugar, one cup butter, one cup sweet milk, two teaspoons baking powder. Bake in three layers. Use as filling three cups brown sugar, one cup water. Boil rapidly twenty minutes; add steamed chocolate, boil fifteen minutes longer, then beat about five minutes, and spread between layers and on top of cake.

MRS. W. L. RUCKER.

COCOANUT CAKE.—Cut a sponge cake in three layers. Grate one large cocoanut, one pound white sugar, one teacup of water, juice of one orange. Boil sugar a few moments; stir in cocoanut and orange juice. Spread between layers.

MRS. N. R. WILKES.

CHOCOLATE AND MARSHMALLOW CAKE.—One-fourth pound of grated chocolate, one cup of sweet milk, one cup of sugar, and two eggs. Mix thoroughly, and boil until thick and smooth, stirring constantly. Set aside to cool, and then add two table-spoons of vanilla. Make this mixture first; when cool add it to the following batter, mixing well: One cup sugar, one-fourth cup butter, two cups flour, and two eggs. To the flour add three-fourths teaspoon of soda, and sift. If batter is too stiff after adding chocolate mixture, use enough sweet milk to make it of proper consistency. This makes two thick layers. For dressing use one cup granulated sugar and enough water to cover it. Let cook till almost candy, then add the well-beaten whites of two eggs. Drop into this mixture one-fourth pound of fresh marshmallows which have been thoroughly heated in the oven. Mash well, let cool, and spread between and on top of cakes.

MRS. SALLIE MORGAN.

MARSHMALLOW CAKE.—Three eggs beaten separately, one and a half cups granulated sugar, one-half cup butter, one-half cup sweet milk, three cups flour, two heaping teaspoons baking powder, two squares chocolate dissolved in one-half cup of hot water. Cream butter, sugar, and yolks of eggs thoroughly; then add milk and whites of eggs beaten stiff, then flour. Stir hard; then add chocolate, and bake in layers.

Filling.—One cup sugar, enough water to cover it well, the beaten whites of two eggs. Drop into the mixture one-half pound of marshmallows which have been thoroughly heated in the oven. Mash well and put between the two layers.

MRS. BEN CHEAIRS.

WHITE CAKE.—Three eggs (whites), one cup sugar, one and three-quarter cups sifted flour, one tablespoon butter, one tea-spoon cream of tartar, one-half cup sweet milk, one teaspoon vanilla. Bake in long tin pan in quick oven.

MRS. KATE COLEMAN.

EGGLESS CAKE.—One teacup of sugar sifted, two large cups of flour, one teacup sour milk, one level teaspoon soda, one teacup raisins, one teaspoon cinnamon, one teaspoon spice, one teaspoon nutmeg. If you wish a chocolate cake use three heaping teaspoons of chocolate or cocoa. MRS. R. H. OGILVIE.

GOLDEN CAKE.—Yolks of sixteen eggs, three cups flour, two teaspoons baking powder, two cups sugar, one cup butter, and one cup sweet milk. Flavor as desired.

MISS SALLIE LOONEY.

YELLOW PERFECTION (*sponge cake*).—Six eggs, whites and yolks beaten separately, one scant pint-cup sugar, two full pint-cups of flour, one heaping teaspoon baking powder sifted in the flour. Sift the flour and sugar two or three times; one cup lukewarm water, or cold will do (the water to be mixed with the sugar and eggs after beating the yolks and sugar together well). Flour to be lightly put in just before putting in the pan. No grease to be used about the pan; when done, turn bottom upward on something that will let in the air, and remain until cold before attempting to take from the pan. Have the oven just warm, and gradually increase the heat. Forty minutes is sufficient time to bake if heat is right. When it begins to wrinkle on top is evidence it needs more heat on top. Never take a sponge cake out the pan until thoroughly cool, as its own weight will cause it to collapse. MRS. R. H. OGILVIE.

PREMIUM SPONGE CAKE.—Twelve eggs, leaving out yolks of four; one pound sugar; weight of six eggs in flour, juice of fresh lemon. Yolks of eggs must be beaten very light; then add sugar, then whites of eggs beaten light; lastly, the flour stirred in lightly, and when well mixed add the lemon juice. Bake one hour. MRS. E. T. ALLEN.

VERY LIGHT SPONGE CAKE.—Two cups flour, two cups sugar, eight eggs; one-half cup milk, two teaspoons baking powder, Beat eggs separately very light; put them together and

beat again. Add sugar and beat again; add milk and flavoring, and beat well. Add flour very lightly, and bake quick.

MRS. STUART FLEMING.

NICE, QUICK SPONGE CAKE.—Six eggs, two teacups flour, two teacups sugar, ten tablespoons of boiling water, two teaspoons of baking powder. Beat yellows of eggs and sugar together, add whites; then one cup of flour sifted in, and then one spoon of water at a time until ten are used. Then sift in the other cup of flour and baking powder. Bake quick.

MRS. ROBERT EWING.

THREE-EGG CAKE.—One and one-third cups sugar, small half-cup butter, three eggs, two-thirds cup milk, two and one-half cups sifted flour, one big teaspoon baking powder, one big teaspoon vanilla.

MRS. NETTIE RUTTLE.

PARK-ST. CAKE.—Two cups sugar, one-half cup butter, one cup milk, four cups sifted flour, four eggs, two teaspoons cream of tartar, one teaspoon of soda, two teaspoons vanilla. This will make two nice, square cakes; ice one with white and the other with chocolate. Use cocoa dissolved in hot water instead of chocolate.

MRS. NETTIE RUTTLE.

SPICE CAKE.—One pound sugar, one pound flour, three-fourths pound butter, ten eggs, one teaspoon mace and cinnamon, each; one scant teaspoon cloves, one nutmeg, few drops lemon extract. Rub sugar and butter together until very light; as you break the eggs, put the whites in a separate dish, and throw the yellows, one at a time, with the sugar and butter, beating all the time. Beat the whites to a stiff froth and add to the other batter. Lastly, stir in the flour, a little at a time, and beat very hard. To make the above a fruit cake, add one pound raisins, one pound currants, one-half pound citron.

MRS. OCTAVINE ALISON.

SPICE CAKE.—Four cups flour, three cups sugar, one cup butter, four eggs, one cup sour milk, one teaspoon soda, and

two of cream tartar, one nutmeg, one teaspoon allspice and one of cinnamon.

MISS ANNIE ARMSTRONG.

SPICE CAKE.—One cup butter, two cups sugar, four cups flour, six eggs, one cup sweet milk, two teaspoons baking powder, one teaspoon each mace and cinnamon, one scant teaspoon cloves, one nutmeg. If a quick cake is desired, bake in a biscuit pan.

MRS. W. J. WEBSTER.

SPICED GINGER CAKE.—One cup each of sugar, butter, and molasses, three eggs, three cups flour, one teaspoon soda dissolved in a cup of sour cream, one-half grated nutmeg, one teaspoon cloves, one tablespoon ginger. Extra good.

MRS. W. T. USSERY.

PECAN CAKE.—One pound white sugar, seven eggs, three-quarters of a pound of butter, one pound flour, two pounds pecans, two pounds raisins, one-half nutmeg, two heaping teaspoons baking powder, one scant pint whisky, one-fourth pound citron free from syrup.

MRS. J. J. STEPHENSON.

ENGLISH WALNUT CAKE.—Two cups sugar, three cups flour, one cup milk, three-fourths cup butter, three-fourths cup nuts broken fine and floured, two teaspoons baking powder (Cleveland's), one teaspoon vanilla, three eggs well beaten together. Bake in biscuit pans, making two layers. Take whites of four eggs, one and a quarter pounds powdered sugar, juice of half a lemon and one teaspoon of vanilla, and beat all together until it will thread off. Spread on first layer, place second on top, ice, and mark in squares. Place half a nut on each square.

MRS. J. W. SHELTON.

NUT CAKE.—Not quite one cup butter, one and a half cups sugar, three-fourths cup flour, three teaspoons baking powder, whites of four eggs, one cup English walnuts chopped fine and put into batter. Add spices to taste.

MRS. N. R. WILKES.

ECHO CAKE.—One cup sugar, one-half cup butter, one cup sour milk, two big cups flour, one teaspoon soda, one level tea-

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spoon cinnamon, one-half teaspoon cloves a little grated nutmeg, one cup chopped raisins seeded, or three or four teaspoons of cocoa may be used in place of spices, and you can use one egg or the yellow of one or two eggs in the above receipt, but it is all right without any. MRS. NETTIE RUTTLE.

FIG-LEAF CAKE.—Two cups dark brown sugar, one cup butter, one cup water, three and one-fourth cups flour, four eggs, one teaspoon each of cinnamon and nutmeg, one-half teaspoon ground cloves, two teaspoons baking powder, one-half pound figs cut in thin slices, two cups seedless raisins. Beat butter and sugar to a cream; add eggs, spices, and flour; then the flour, into which baking powder should be mixed. Dredge the fruit with one-fourth cup of flour. Bake in two loaves, in a moderate oven, for two hours. MRS. N. HOLMAN.

PORK CAKE.—One pound salt pork chopped very fine, one pound raisins, one pound currants, half a pound citron, one quart flour, one pint brown sugar, one pint boiling water, half a pint of New Orleans molasses, two teaspoons nutmeg, one teaspoon mace, two teaspoons of cloves and two of cinnamon, the grated rind of one lemon, one tablespoon of soda, dissolved in two teaspoons of boiling water. Pour the water on the pork, stir until melted, then pass it through the colander to avoid bits of fibre; add sugar, molasses, spice, and half the flour, reserving a gill to rub with the fruit. This makes three large loaves. Put in buttered pans lined with paper; the paper needs

no butter. After baking the cake three-quarters of an hour, try it with a clean broom straw; if done, the straw will be dry when drawn out.

MRS. JAMES ROCKWELL.

FRUIT CAKE.—Ten eggs, whites beaten separately; one pound butter, one pound brown sugar, one pound flour, one-half pound citron, clipped fine; two pounds cleansed currants, two pounds seedless raisins, one pound almonds, rolled fine; one cup molasses, two nutmegs, one tablespoon cloves, one tablespoon allspice, one level teaspoon soda, one large wine-glass brandy or whisky. Flour used in dredging fruit must not be taken from the pound. Put fruit in last, and mix well. Bake five and one-half hours. When done, pour over it another wine-glass of good whisky, and wrap in a cloth.

MRS. J. M. SHEPPARD.

FRUIT CAKE.—Cream well together one and one-half cups each of sugar and butter; add twelve eggs, one wine-glass each of wine and brandy, one teaspoon soda dissolved in a tablespoon of water. Steep for thirty minutes one coffee cup black molasses into which have been stirred one tablespoon pulverized cinnamon, one teaspoon ground cloves, and three grated nutmegs; mix with above, and add three pounds flour. Dredge well in flour three pounds raisins, two pounds currants, one pound almonds, and mix into the latter. Dredge one pound citron in flour; put one layer of it and one layer of batter until pan is almost full. Bake three or four hours with steady heat.

MRS. PICKARD.

FRUIT CAKE.—One pound browned flour, one pound butter, one pound good brown sugar, one pound currants, one pound citron (cut in long slender strips), one pound shelled almonds, one pound English walnuts, one and one-half pounds seeded raisins, half cup candied orange peel (cut), half cup candied lemon peel (cut), ten large eggs, one large spoon cinnamon, one teaspoon spice, one teaspoon cloves, half teaspoon mace, half teaspoon nutmeg, two teaspoons baking powder, a glass of whisky, a glass of dark jelly.

MRS. R. C. GANT.

FRUIT CAKE.—One pound flour, one of butter, and one of sugar; one dozen eggs beaten separately, two pounds raisins, two pounds currants, one-half pound citron, one wineglass brandy, two nutmegs, one tablespoon each of spice, cinnamon, mace, and cloves. Put the spices in the brandy. The fruit should be floured before adding to the batter. Put one teaspoon of soda and two of cream of tartar in the flour. Bake six hours. Do not attempt to remove the cake from the pan until cold.

MRS. WEATHERLY.

FRUIT CAKE.—One pound sugar, one pound butter, one pound browned flour, twelve eggs, three pounds raisins, one pound citron, one nutmeg, one tablespoon cinnamon, one large glass whisky, two tablespoons baking powder mixed in flour. Bake three hours.

MRS. JOSEPH TOWLER.

BLACK FRUIT CAKE.—One pound flour, browned; one and three-fourths pounds butter, creamed; one and one-fourth pounds brown sugar, two pounds raisins, one pound currants, one pound citron, one pound blanched almonds, one pint sherry wine, one wineglass brandy, two nutmegs, one tablespoon ginger, one tablespoon pulverized mace, one tablespoon ground cinnamon, twelve eggs, beaten well. Flour the fruit. Bake in slow manner.

MRS. WILLIAM P. MORGAN.

YELLOW FRUIT CAKE.—One pound butter creamed with one pound pulverized sugar, one dozen eggs, added one at a time and thoroughly beaten; two and a half pounds seeded raisins, one-half pound candied lemon peel, one-half pound citron, one pound almonds, blanched; one pound and three ounces flour, one nutmeg, grated. Bake one and one-half hours.

MRS. C. W. BRADSHAW.

COCOA CAKE.—One cup sugar, nearly half cup butter, yolk one egg, one teaspoon soda, one cup buttermilk, a pinch of salt, two and a half cups sifted flour, and four teaspoons cocoa dissolved in a little water. Bake in a square pan. Ice and cut in blocks.

MRS. J. W. SHELTON.

FILLINGS.

WHITE FILLINGS.—Three cups sugar, one cup water. Cook till it ropes. Have ready the whites of three eggs beaten to a froth. Stir the boiling candy into the eggs very slowly, then beat rapidly. Flavor with banana. MRS. BEN CHEAIRS.

FILLING FOR SPONGE CAKE.—Boil one and a half pints of milk, thicken with a tablespoon of flour made into a paste. Beat two eggs with two cups of sugar, and add to the boiling milk. Boil until thick as custard; then add one tablespoon of butter. Flavor with vanilla or wine to taste. Let cakes cool, and spread the cream while hot. MRS. R. HOLDING.

CARAMEL FILLING.—Three cups of granulated sugar, one cup of milk, one tablespoon of butter. Let boil until thick. Remove from the fire, add one tablespoon of vanilla, beat until white and spread on the cake. MRS. W. P. MORGAN.

CARAMEL FILLING.—One-half cup sugar, browned in small tin pan. Add one and one-half tablespoons of boiling water, and stir till sugar is dissolved. Then take three cups of sugar, one cup of cream, lump of butter size of an egg, and one and one-half tablespoons of the above caramel, and put in pan on stove and boil, stirring all the time, adding slowly the rest of the caramel. Cook till thick. Take out eight or ten tablespoons of filling, beat until light, and spread on cake till layers are filled. MRS. R. HOLDING.

CHOCOLATE FILLING.—Three cups sugar, one-half cup cream, one-half cup butter, one-half cup chocolate; flavor with vanilla. Beat this in the slightly-beaten whites of two eggs. Beat thoroughly. MRS. J. E. DIXON.

LEMON FILLING.—One lemon grated rind and juice, one cup water, one cup sugar, two tablespoons corn starch, one tablespoon butter. Let sugar, water, and butter come to a good boil, then add the corn starch dissolved in a little water, the

lemon rind and juice. Stir all the time until it is thick and clear. When partly cool spread between layers.

MRS. STUART FLEMING.

FRUIT FILLING.—Dissolve three cups sugar in one of water. Boil without stirring until it hardens when dropped into water. Beat the whites of three eggs to a stiff froth, then pour over them the boiling syrup, beating constantly. Take out one-half of the icing, and add pineapple, cocoanut, or banana, and spread between layers of the cake; then ice the cake with the plain icing. This never fails if the ingredients are good.

MRS. JOHN W. FRY.

FRUIT FILLING.—Three cups sugar, one cup water. Boil until it ropes. Have ready the whites of three eggs, and pour the boiling candy into the eggs. One pound raisins, one pound almonds, and one-half pound of citron. MRS. BEN CHEAIRS.

CHOCOLATE FILLING.—Three cups sugar, one cup butter, one cup sweet milk, enough chocolate to produce a pretty color. Let cook to the consistency of candy; then pour over the half-beaten whites of two eggs, beating all the while. Spread between layers of cake. MRS. H. A. M'LEMORE.

CHOCOLATE FILLING.—One-half pint milk, three cups sugar, three tablespoons butter, one-half cake chocolate. Melt over boiling water. Flavor with vanilla. MRS. BEN CHEAIRS.

RAISIN SMASH.—Into boiling icing put one pound seedless raisins, one-half pound blanched almonds, halved. Spread between layers. MRS. J. W. SHELTON.

FILLING FOR CAKE.—One cup raisins and one cup of figs cooked until done, then add any desired fruit, and beat in icing.

MRS. KATE COLEMAN.

PRAULINE ICING.—Two cups sugar, three-fourths cups maple syrup, enough cream to wet thoroughly, adding when it boils a little butter. When done stir in a teaspoon of vanilla and broken pecan kernels. Spread on cake, reserving whole pecans for top. MRS. FRANK EVERETT.

LEMON FILLING.—Juice of two lemons, two cups sugar, two eggs, one cup boiling water. Mix sugar, eggs, and lemon, pour over it the boiling water; boil to a jelly, about twenty minutes.

MRS. J. K. ORR.

PRAULINE CAKE.—Make a plain white cake; cook in a shallow square or round pan. Make a prauline icing and spread between layers.

Prauline Icing.—Two cups sugar, three-fourths cup of maple syrup, and enough cream to moisten thoroughly; add when it boils a little piece of butter; when it thickens, stir in a teaspoon of vanilla and broken pecan kernels.

MRS. A. SAMUELS.

TEA CAKES.

TEA CAKES.—One cup butter, two cups sugar, four cups flour, half cup milk, five eggs, two slightly heaped teaspoons baking powder mixed with the flour, a teaspoon of extract of lemon. Cream butter and sugar, and beat the eggs light. Have pans well greased, and flour well. Drop a teaspoon of the batter, in round lumps, in the pans, with plenty of room for them to spread. Bake in a quick oven.

MRS. R. C. GANT.

TEA CAKES (*very rare*).—Cream one pound of eating butter with three-fourths of a cup of powdered sugar. Cream the yolks of six hard-boiled eggs with one raw one to paste; add to butter and sugar. Add one and one-half pounds flour, well sifted, and two teaspoons baking powder, then one-half cup milk. Cut with biscuit cutter and sprinkle with sugar. Bake in hot oven.

MISS HENRIETTA LAZARUS.

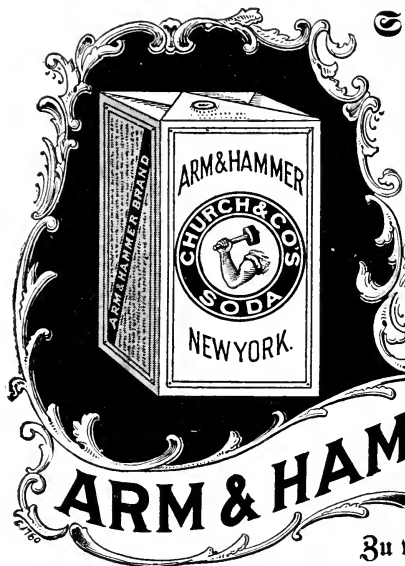
TEA CAKES.—One cup sugar, two eggs, three-fourths cup of butter, two teaspoons pulverized hartshorn dissolved in two tablespoons warm water. Cream butter and sugar; add eggs beaten very light, then the water, and enough flour to make a soft dough. Flavor. Roll very thin.

MRS. F. D. LANDER.

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PREMIUM TEA CAKES.—Five eggs beaten separately, heaping pint sugar, half pint melted lard and butter, four teaspoons cream tartar, two of soda, enough flour to make a dough so you can roll out. Cream eggs and sugar together. Flavor to taste.

MRS. C. T. LOONEY.

TEA CAKES.—Five cups flour, one and one-half cups sugar, one cup butter, three eggs beaten separately, two level teaspoons powdered Baker's ammonia, dissolved in one-fourth cup warm water. Flavor to taste. Roll quite thin, and bake carefully.

MRS. W. P. WOLDRIDGE.

SUGAR CAKES.—Three eggs beaten separately, two cups sugar, three-fourths cup butter, one cup buttermilk, one teaspoon soda dissolved in the milk, and flour enough to make a soft dough. Flavor to taste. Roll in sugar.

MRS. WEATHERLY.

SWEET CAKES.—One heavy pint sugar, pint cup three parts full melted butter, five eggs, work flour enough to make a soft dough, three teaspoons cream tartar, one and one-half teaspoons soda.

MRS. A. H. SMITH.

MUSTER CAKES.—One pint molasses, one large tablespoon butter, two eggs, two large tablespoons race ginger, a tablespoon soda dissolved in vinegar, flour enough to make a soft dough. Cut into squares and bake brown.

MRS. ALEX. MORGAN.

COOKIES.—Cream until very light two cups sugar, one cup butter, and four eggs thoroughly beaten; add two heaping teaspoons baking powder sifted into four cups flour which have been sifted several times; flavor with lemon. Press into the center of each cake a large raisin, nut, or piece of citron. Brush with beaten white of egg, and sprinkle with confectioners' sugar.

MRS. ROBERT PILLOW.

NUT COOKIES.—Cream one cup granulated sugar and one-third pound butter; add three eggs, two cups flour, in which one teaspoon baking powder has been sifted. Flavor with lemon or vanilla, and add one cup hickory nut or pecan kernels. Drop with a spoon a small quantity upon buttered tins, and bake in a quick oven.

MISS HENRIETTA LAZARUS.

COCOANUT TEA CAKES.—Beat together one-half pound sugar, one-fourth pound butter, three eggs, one heaping teaspoon baking powder, and a grated cocoanut. Add flour enough to make a soft dough.

MRS. O. P. RUTLEDGE.

SPONGE DROPS.—Beat to a froth three eggs and one teacup sugar; stir into this one heaping coffee-cup of flour, in which one teaspoon cream tartar and one-half teaspoon saleratus have been sifted; flavor with lemon. Grease tins well, and drop a tablespoon of batter into each mold. Bake in a quick oven. Serve with ice cream.

MRS. W. M. JONES.

GINGER SNAPS.—One egg, one-half cup butter or large spoon lard, one-half cup brown sugar, one cup molasses, one-fourth cup sour milk with one teaspoon soda (beat this until molasses looks light), two cups flour into which has been sifted two tablespoons ginger, cream, butter, sugar, and eggs; add molasses and flour to make a stiff dough.

MRS. STUART FLEMING.

GINGER SNAPS.—One cup each butter, sugar, and molasses melted together; one well-beaten egg, one tablespoon pulverized ginger, a scant teaspoon spice, a dash of black pepper, one teaspoon soda in a little buttermilk, or the dry flour, which should be enough to make a stiff dough. Roll very thin and bake quickly.

MRS. H. P. FIGUERS.

GINGER SNAPS.—One and one-half teacups syrup; let boil ten minutes; one tablespoon lard, one-half teaspoon soda, one tablespoon ginger; add flour and roll very thin.

MRS. HORACE RAINEY.

DOUGHNUTS.—One-half cup butter, one cup sugar, one and one-half pints flour, one and one-half teaspoons baking powder, one egg, three-fourths cup milk, one teaspoon lemon extract. Cream together sugar, butter, and egg, then add flour, baking powder, and milk. They fry best when cut out with a hole in center. Sprinkle with sugar as soon as taken from the hot lard.

MRS. STUART FLEMING.

DOUGHNUTS.—One teacup of flour, two teacups of sugar, one teacup of sweet milk, three eggs, one tablespoon of butter, one-half of a nutmeg, three teaspoons of baking powder, one heaping tablespoon of ground cinnamon. Add a small quantity of flour at a time; save enough to use in rolling. Roll till one-eighth of an inch in thickness, and use a small and large cutter to make ring. Fry in a good quantity of hot lard.

MRS. J. P. HERNDON.

OLD FASHION SWEET WAFERS.—One-half cup of butter, one heaping cup of sugar, two level cups of flour, and five eggs, whites and yolks beaten separately. Bake in wafer irons well greased, and roll while hot. Flavor with vanilla or lemon juice.

MRS. W. P. MORGAN.

BANBURY TARTS.—One cup sugar, one cup raisins chopped fine, one cracker rolled fine, juice and rind of one lemon, one egg beaten. Drop on buttered tins and bake in quick oven.

MRS. S. T. MAXWELL.

LOVE DIET.—One egg well beaten, one teacup of sweet cream, and a pinch of salt. Work into this mixture enough flour to make as stiff as dough for beaten biscuit. Then roll as thin as possible; cut out with a biscuit cutter and roll again until as thin as tissue paper; then put into boiling lard, turn over, and take out. Have pulverized sugar ready to sift on the flakes as they are piled on a plate. Serve cold.

MRS. J. D. BARROW.

BELL FRITTERS.—Put a cup of water into a saucepan; when it boils, add one tablespoon butter; when butter is melted, add one cup flour and beat with a fork; whip until smooth and leaves the sides of the pan. Remove from the fire and add three eggs, one at a time, beating vigorously each one. Before adding the next, let it stand until cold. When ready to serve, drop a spoonful at a time in hot lard or butter. Fry amber brown. Take out with a skimmer. Sprinkle with pulverized sugar. Serve with lemon sauce.

MRS. A. SAMUELS.

EGG KISSES.—Beat the whites of seven eggs for twenty minutes, then beat in one-half pound of granulated sugar for another twenty minutes, very hard, then beat in half pound sugar again. Vanilla flavor. Drop on plain paper, not greased. Bake in slow oven.

MRS. A. SAMUELS.

PASTRY.

GOOD PASTRY.—The secret of success in making nice pastry is to work quickly and lightly in a cool room, using ice-cold water, or milk and ice water mixed.

“AUNT MARTHA’S” PASTRY (*fine*).—Into one pint of flour sift one teaspoon of baking powder; add a heaping tablespoon of lard, and mix thoroughly with a knife. Use ice-cold water sufficient to mix.

PIE CRUST.—Six large spoons flour, one large spoon lard, one-half teaspoon salt, cold water enough to make stick together. Rub the lard well into the flour.

MRS. FANNIE CATES.

PASTRY.—One cup shortening lard and butter mixed, three cups flour and a little salt. Use enough ice water to hold all together, handling as little as possible. Roll one side only, and rub from you.

MRS. C. W. BRADSHAW.

REAL PUFF PASTE.—One pound of butter, one pound of flour; wash the salt out of the butter; mix the flour with a little ice water and salt; roll out and spread with a part of the butter; turn together and roll again; continue to do this until all the butter is used. Keep cold while making.

MRS. C. W. BRADSHAW.

LEMON PIES.—Two tablespoons butter, two teacups sugar creamed together; six eggs beaten together, and when light mix and add juice of two lemons; spread on very thick pastry and bake, and when brown add meringue. Whites of four eggs, one cup sugar, fresh lemon juice.

MRS. JOSEPH TOWLER.

LEMON PIE.—Yolks of six eggs, two cups sugar, one of milk, one tablespoon flour, same of meal. Grate rind and juice of two lemons and add last. Use whites of eggs for frosting on top of pies.

MRS. MEEK.

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LEMON PIE.—*Pastry*.—One cup flour (measuring cup), one-fourth cup lard or butter, one-fourth cup cold water, little salt, bake slightly first.

Filling.—Three eggs, two-thirds cup sugar, one-fourth cup lemon juice, one-half grated lemon rind; add juice and sugar alternately; cook long enough to set the eggs.

Meringue.—Whites of three eggs, four tablespoons powdered sugar, one-half tablespoon lemon juice. Fold in three and one-half more tablespoons sugar and put on hot pie. Bake light brown.

MRS. S. T. MAXWELL.

LEMON PIES.—One lemon, one tablespoon of butter, five heaping tablespoons of sugar, and two eggs. Beat the yolks, sugar, butter, and juice of lemon to a cream; then add the frothed whites.

MRS. O. P. RUTLEDGE.

LEMON CUSTARD.—Cream two cups sugar and one tablespoon butter; add four eggs, beaten separately; two tablespoons water, juice and grated rind of two lemons. Line pie plates with pastry, bake just a little, then pour in custard, and bake a light brown.

MRS. WILLIAM J. WEBSTER.

LEMON CUSTARD.—One cup hot water, one cup sugar, let it come to a boil; then add one tablespoon of corn starch dissolved in a little cold water and the yellows of two or three eggs; stir until it thickens, then set off and add piece of butter the size of a walnut, a little salt, and the juice and grated rind of one lemon. Use whites for meringue to put on top of custard. This makes one custard.

MRS. NETTIE RUTTLE.

CHOCOLATE PIES.—Make same as caramel, only leave out caramel and put in nearly two squares of Baker's chocolate; melt and stir it in the eggs and sugar; it mixes best in this way. Flavor with vanilla or cinnamon. MISS ANNIE WALKER.

CHOCOLATE PIE.—Boil together one cup cream, one-half cup sugar, a little block of chocolate. Pour this over three eggs, one cup sugar, one-half cup butter, well beaten together. Bake in an under crust only. MRS. A. C. FLOYD.

CHESS CAKE.—Three eggs, three-fourths cup butter, two cups sugar, one-half cup flour, one cup sweet milk. Put on stove and cook until it thickens, stirring all the time, to prevent lumping. Take off, and when it cools add the juice of one fresh lemon. Then spread on crusts and bake nearly done; take out and spread evenly on the meringue made of the whites of eggs and one-half cup sugar. Return to stove and bake a light brown. MRS. T. N. FIGUERS.

SWEET POTATO PIE.—Five eggs (take out the whites of two), one pint sugar, four tablespoons melted butter, one-half cup Madeira wine, cinnamon and nutmeg to taste; thicken with mashed potatoes. Use the two whites for meringue. MRS. F. H. SMITH.

SWEET POTATO PIE.—One pint mashed sweet potato, one cup sweet milk, one cup butter, one cup sugar, four eggs, one nutmeg. Pour the mixture into a pan lined with pastry, and bake. MRS. S. W. WARFIELD.

APPLE PIE.—Grate six good-sized apples and two lemons, using only yellow part and juice of lemons. Stir this into one-half cup of butter and two cups of sugar creamed together. Add the yolks of four eggs well beaten, one-half cup rich milk. Then stir in lightly the beaten whites of four eggs; use nutmeg if you like. Bake in paste with strips across top. MRS. ROBERT CHURCH.

APPLE PIE.—Five grated apples, two lemons, four eggs beaten separately, one-half cup butter creamed with two cups sugar, one-half cup sweet milk. Eggs added last.

MRS. FANNIE CATES.

APPLE FRITTERS.—One egg, one small cup flour, one teaspoon baking powder, one-third cup milk, one-half teaspoon salt, four teaspoons sugar, one heaping teaspoon butter, one pint sliced sour apples. Drop from the spoon and fry a light-brown.

MRS. STUART FLEMING.

SHARKEY PIE.—Yolks of four eggs, one cup sugar, one-half cup butter, one cup jam or preserves without syrup, one nutmeg and one wine-glass of wine. Bake in nice pastry, and use the whites of eggs for meringue.

MRS. J. W. SHELTON.

MOLASSES PIE.—One pint of molasses stewed almost to candy; add even teaspoon of soda, one cup sugar, four eggs beaten separately, one-half cup butter, one-half cup milk with one tablespoon flour. Whites of eggs go in last. Nutmeg or cinnamon.

MRS. J. K. ORR.

MOLASSES CUSTARD.—One cup of molasses, one cup sugar, yolks of four eggs, butter the size of walnut. Beat well and add a cup of sweet milk and a pinch of soda. Use spice, nutmeg, or vanilla for flavoring. Bake in crusts. Whip whites of eggs to a stiff froth, and add three tablespoons of sugar. Spread over tops of custards, and return them to the oven to brown. This quantity will make two custards.

MRS. J. M. SHEPPARD.

MOLASSES PIE.—For one custard, take one cup of molasses, one-fourth cup sugar, one cup sweet milk, one egg, and one tablespoon butter. Beat the mixture until the butter melts. Flavor as desired.

MISS ANNIE LOONEY.

BUTTERMILK PIE.—Two eggs, two cups sugar, one-half cup butter, one pint fresh buttermilk, three tablespoons flour; flavor with lemon. Bake in two crusts.

MRS. STUART FLEMING.

CARAMEL CUSTARD.—One quart milk, one cup sugar, three eggs, one large tablespoon of corn starch. Put one-half the sugar in a pan, and make a dark-brown syrup; then pour in a quart of heated milk. When caramel is thoroughly dissolved in milk, add the rest of the sugar well beaten in the yolks of the three eggs and the corn starch. Boil till thick. Place on top the whites of eggs well beaten; add three tablespoons of sugar and vanilla flavoring. It can be cooled and slipped on fancy dish and put on ice till cold. MRS. STUART FLEMING.

CARAMEL PIES.—Yolks of four eggs, one cup sugar, three heaping teaspoons sifted flour, pint milk, four tablespoons caramel, half teaspoon vanilla extract. Bake in a good rich crust. Make a meringue of the whites and one-third of a cup of sugar and brown quickly. Will make two pies.

MISS ANNIE WALKER.

TYLER CUSTARD.—Six eggs, two cups sugar, one cup sour cream, one cup butter. Flavor with vanilla. Put the ingredients in a pan, set on the stove, and stir until thoroughly mixed before putting it in pastry. Meringue can be made of the whites of the four eggs.

MRS. COLEMAN.

STRAWBERRY SHORTCAKE.—Into one quart of flour put two heaping teaspoons of baking powder, two tablespoons of sugar, and a little salt. When sifted add two tablespoons of butter and lard, and enough sweet milk or water to make a soft dough. (The secret of having light pastry is to handle as little and mix as quickly as possible). Roll almost as thin as pie crust, place one layer in baking pan spread with a little melted butter, then sprinkle flour over it; add another layer and spread as before. This makes four layers each for two small pans, or one large pan. Bake fifteen or twenty minutes in quick oven, turn out upside down, take off layers, place on dish, and spread the sweetened strawberries plentifully between. To be served warm with the following sauce: Whites of two eggs beaten into one cup of pulverized sugar and one cup of cream. Flavor to taste.

MRS. W. B. HARRISON.

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THE JEWELERS

HEADQUARTERS FOR DIAMONDS AND FINE WATCHES
SOLID SILVERWARE

MINCE MEAT.—Five pounds minced meat, five pounds beef suet, two pounds citron, two pounds raisins seeded, one pound currants, the juice and grated rind of eight oranges, one dozen apples, one tablespoon each of powdered cinnamon, cloves, and mace; add allspice if you like, three drops of oil of bitter almond, and sugar to taste. Moisten sufficiently with brandy and wine in this proportion: One pint of bandy to one quart of wine.

MRS. F. H. SMITH.

MINCE MEAT.—Six pounds raisins, three pounds currants, six pounds apples chopped fine; three pounds suet, two tablespoons powdered cinnamon, four lemons, ten pound sugar, one pound citron, three tongues, three pints brandy, four pints wine. This makes a considerable quantity.

MRS. ALEX. MORGAN.

MINCE MEAT.—Boil heart and tongue (fresh) of the beef until perfectly tender. When cool chop very fine, and salt to taste. Chop nice, juicy apples very fine (do not peel them), and add to the meat one teacup of chopped beef suet and one pint molasses. Cook until it boils; then add one pint best vinegar, two quarts best cider or home-made wine, two pounds seeded raisins, one pound currants, sugar enough to taste, one tablespoon each of cinnamon, cloves, and allspice; add citron if liked. Cook all together one-half hour. When cool add one tablespoon each of vanilla and lemon, and one pint of apple brandy. Seal in glass jars. This will keep for years.

MRS. DEXTER.

MINCE MEAT.—Four pounds of tender beef well done, three pounds of suet, eight pounds chopped apple, three pounds currants, three pounds seeded raisins, six pounds brown sugar, two pounds citron, the grated yellow rind, juice, and pulp of two large oranges, the grated yellow rind and juice of four lemons, one ounce cinnamon, one-quarter ounce each of cloves, mace, and allspice, four nutmegs grated, one quart of Madeira wine, one pint good brandy, one cup each of strawberry, raspberry, and quince preserves. Chop the suet and beef very fine, and mix with plenty of salt to remove fresh taste. To this add the apples, sugar, and fruit, lastly the liquor in which the spices have been steeped. When ready to use, more liquor may be added, to taste.

MRS. C. W. BRADSHAW.

CREAM PIE.—One cup milk, yolks three eggs, six level tablespoons sugar, pinch of salt, two tablespoons flour dissolved in milk; flavor with vanilla. When this is cooked and cool, pour into a baked crust and cover with a meringue made of whites, and brown in oven.

MRS. NETTIE RUTTLE.

RAISIN PIE.—One pound seeded raisins boiled for an hour in one quart water. Add more water if it boils away too much. When cold add one cup sugar, one tablespoon flour, one egg well beaten, juice and grated rind of one lemon, a little salt. This makes two large pies and one small one. If eggs are scarce, you can use two rolled crackers, two tablespoons of flour in place of the egg and flour.

MRS. NETTIE RUTTLE.

CHOCOLATE CUSTARD.—Four eggs, two cups sugar, one-half cup butter, one-half cup milk, teaspoon lemon extract, two tablespoons corn starch, put in saucepan and cook until done. Then add well-beaten yolks of eggs, beating all the time to keep from lumping. Pour mixture into pastry and cover with meringue made of whites of eggs.

MRS. J. P. STREET.

CHOCOLATE CUSTARD.—One-half cake of chocolate, one and a half cups sugar, one heaping tablespoon butter, one and a half cups sweet milk. Cook all together very little (not like

candy). When cool add the yolks of four eggs well beaten. Bake on a rich pastry. Make meringue of whites of six eggs, one-half cup sugar, and two teaspoons vanilla. When custards are done and nearly cool, spread on meringue, and bake a light-brown. Always grease pastry pans a little, so as to remove custards without breaking.

MRS. F. B. WEBB.

COCOANUT CUSTARD.—One grated cocoanut, two cups sugar, one cup milk, six eggs beaten well. Cream well, sugar, eggs, and milk; add cocoanut last. Bake with under crust slightly browned.

MRS. J. K. ORR.

PUDDINGS.

FRUIT PUDDING.—One glass of English walnuts, one glass of dates, two eggs beaten together, one-half cup of sugar, one tablespoon flour, one teaspoon baking powder. Chop walnuts and dates, sprinkle a little flour on dates; mix dates and nuts. Beat eggs well; add sugar; beat well; add nuts and dates, baking powder in flour, and mix in with eggs, etc. Bake in jelly pans. Put paper in bottom of pan, and something under pan to prevent burning. Bake half an hour. Break in pieces and serve cold with cream.

MRS. W. S. FLEMING.

QUEEN OF PUDDINGS.—One pint of grated bread crumbs, one quart of sweet milk, yolks of four eggs, a piece of butter the size of an egg (grated rind of lemon may be added). Bake until done, but do not allow it to become watery, and spread with a layer of jelly. Whip whites of the four eggs to a stiff froth; add five tablespoons of sugar and juice of one lemon; spread on top and brown lightly. Make a hard sauce as follows: One cup of very light-brown sugar, one-half cup of butter, grated rind and juice of one lemon. Beat very light. Vanilla may be used instead of lemon.

MRS. J. H. WILKES.

PLUM PUDDING.—Cream together one pound sugar and three-fourths pound of butter, add yolks of ten eggs, alternate by adding well-beaten whites and one pound flour; then add one teaspoon each of ground cinnamon, cloves, mace, and nutmeg. Dredge in flour one pound raisins, one pound currants, one-half pound citron; add to batter and stir well; then add one quart sweet milk. Take a square of good domestic, dip in boiling water and wring; spread on pastry board, and rub thoroughly with flour; lower the cloth in a bucket, pour in batter, gather up all the ends, tie securely, leaving space for pudding to rise. Place an old plate in the bottom of a kettle of boiling water, put in the pudding, boil slowly for four hours, turning over occasionally. When done set aside in the pot till ready to serve; then dip in cold water and remove the cloth. Serve with sauce. One-half of this quantity is sufficient for ten persons.

MRS. WILLIAM J. WEBSTER.

PLUM PUDDING.—Four eggs beaten well but not separately, two large cups seeded raisins, a few currants, one cup bread crumbs, one cup chopped citron, one cup pecans, two large apples chopped, sugar, spice, and brandy to taste. Steam four hours or a little longer. Make a sauce of butter, sugar, and brandy, mixing brandy and sugar into butter, little by little.

MISS ANNIE ARMSTRONG.


PLUM PUDDING.—One full spoon of soda in one cup of sour milk, one cup of sugar, three cups of flour, one cup of beef suet chopped fine, one and a half cups of seeded raisins (one spoon of flour to suet and raisins before mixing). Put in small bucket with lid, set in kettle of water, and let boil three hours.

MRS. D. C. PHELAN.

JEFF DAVIS PUDDING.—Three teacups of sweet milk, two of sugar, yolks of five eggs, one tablespoon of butter, and five of flour. Bake a delicate brown, and then put a meringue of the whites of the five eggs, and five tablespoons of sugar. Flavor with vanilla.

MISS SALLIE LOONEY.

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DELMONICO PUDDING.—One quart of sweet milk, put on the stove in a pan, one cup of sugar dissolved in the milk, yolks of three eggs, three tablepoons corn starch dissolved in milk. Stir until it thickens. Beat the whites of the eggs; add one table-spoon sugar; spread this over the pudding. Put in stove and brown lightly.

MRS. WEATHERLY.

DELMONICO PUDDING.—One quart milk, two tablespoons corn starch dissolved in a little cold milk, yolks of five eggs beaten well, six tablespoons of sugar. Boil for five minutes, then set in water, and bake. Beat the five whites with one cup of sugar, flavor with lemon, spread on pudding, return to oven, and brown.

MRS. STUART FLEMING.

TAPIOCA PUDDING.—Soak three heaping tablespoons of tapioca over night. Let one quart of sweet milk come to a boil, stir the tapioca into it, and let cook till it thickens. Beat the yolks of four eggs with one cup of sugar and a little flour. Stir this into tapioca and milk, and let thicken. Pour into baking pan. Beat whites of eggs to stiff froth, sweeten, spread over top of pudding and put in stove to brown.

MRS. J. W. SHELTON.

TAPIOCA PUDDING.—Soak three large tablespoons of tapioca in a pint of cold water for one hour, drain off the water and stir the tapioca into one quart of boiling milk; let boil for ten minutes. Beat the yolks of four eggs with a cup of sugar and

three tablespoons of grated cocoanut; add this mixture to the milk, and let all boil for five minutes. Have ready the whites of the four eggs beaten to a stiff froth, with two tablespoons of sugar gradually added; heap this over the top of the pudding, sprinkle with grated cocoanut, and set in the stove to bake for ten minutes.

MRS. JOHN TROTWOOD MOORE.

SNOW PUDDING.—One-half box gelatine dissolved in one-half pint warm water; add one and a half cups sugar and juice of one lemon. Strain it. When cold add the well-beaten whites of four eggs. Beat all together till stiff enough to mould. Make a custard of one pint of milk, yolks of eggs, and four tablespoons of sugar. Flavor to taste.

MRS. JOE BROWNLOW.

STEAMED PUDDING.—Two cups sugar, one cup butter, four cups flour, one cup sweet milk, three eggs beaten separately, one large teaspoon baking powder (sift with flour), one pound seeded raisins. Steam till done. Then set in stove a few minutes. Turn out on plate, and serve with butter and sugar sauce.

MRS. W. B. HARRISON.

LIGHT BOILED PUDDING.—Cream one cup sugar and butter the size of a walnut; add three eggs beaten separately; crumbs of one loaf of bread, over which has been poured one pint hot milk and water; then add a handful of raisins; boil twenty minutes, following same directions as for plum pudding. Serve with sugar sauce.

MRS. WILLIAM J. WEBSTER.

WOODFORD PUDDING.—Two cups of sugar, three of flour, one of butter, one of sweet milk, three eggs, two teaspoons of yeast powder, small cup of jam or preserves, citron, raisins, and spices to taste.

MRS. J. M. MAYES.

SWEET POTATO PUDDING.—Peel and grate one potato, medium size; add to this two large cups of sugar, one-half cup of melted butter, three eggs (well beaten), two teaspoons powdered spice, and four cups fresh milk. Bake in moderate oven.

MRS. J. W. SHELTON.

MUFFIN RINGS GINGER PUDDING.—Two eggs, one-half cup sugar, one-half cup molasses, one-half cup butter or lard, one-half cup sweet milk, one and one-half cups flour, one teaspoon cinnamon, one of ginger, one-half of cloves, one-half of soda. A cup of raisins and a half of citron makes this much nicer, but they are very nice without. This is to be eaten with hard sauce.

MRS. H. G. EVANS.

CHOCOLATE PUDDING.—One cup sugar, one cup sweet milk, one tablespoon butter, two squares chocolate. Cook until nearly candy, take off of fire, and when just milk warm add yolks of four eggs beaten very light. Bake on rich pastry, and when nearly brown add meringue of whites of four eggs, one cup sugar, one teaspoon vanilla.

MRS. JOSEPH TOWLER.

CHOCOLATE PUDDING.—After one quart of sweet milk has come to a boil, add two large tablespoons of corn starch (dissolved in a little cold water), four tablespoons grated chocolate, and one teacup of sugar. Boil till it thickens, turn into a mould, and set on ice. Serve with whipped cream, sweetened and flavored with vanilla.

MRS. STUART FLEMING.

CHOCOLATE PUDDING.—Boil one pint milk and add one-half cup butter, one cup sugar, and three tablespoons chocolate. Pour this over three slices of bread which have been soaked in water. When cool add well-beaten yolks of four eggs and one teaspoon of vanilla, and bake. When done drop meringue (made of the whites of eggs and four tablespoons of sugar) in little mounds over it, and brown.

MRS. J. W. SHELTON.

NESSELRODE PUDDING.—One pint of shelled almonds, one pint and a half of shelled chestnuts, one pint of cream, a pint can of pineapples, the yolks of ten eggs, half a pound of French candied fruit, one tablespoon of vanilla extract, four of wine, one pint of water, one of sugar. Boil the chestnuts half an hour, then rub off the black skins, and pound in the mortar until a paste. Blanch the almonds, and pound in the same

manner. Boil the sugar, water, and juice from the pineapple for twenty minutes in a saucepan. Beat the yolks of the eggs, and stir them into the syrup. Put the saucepan into another of boiling water, and beat the mixture with an egg-beater until it thickens. Take off, place in a basin of cold water, and beat for ten minutes. Mix the almonds and chestnuts with the cream, and rub all through a sieve. Add the candied fruit and pineapple, cut fine. Mix this with the cooked mixture, add the flavor and a half teaspoon of salt. Freeze the same as ice cream.

MRS. WILLIAM P. MORGAN.

FRUIT PUDDING.—Three cups flour, two cups raisins, currants, or any kind of fruit, one cup molasses, one cup sweet milk, one cup suet chopped fine, two teaspoons cream tartar, one teaspoon soda, one-half teaspoon cloves, two teaspoons cinnamon. Bake as you would a cake, and steam when used. It will keep as a fruit cake. Serve with rich sauce.

MRS. STUART FLEMING.

FRUIT PUDDING.—Two cups flour, two cups sugar, two eggs, two cups strawberry preserves or prunes, one cup butter, one cup buttermilk with one teaspoon soda, one-half teaspoon each vanilla and lemon extract; spices to taste. Sugar and butter sauce.

MRS. ROBERT PILLOW.

RAISIN PUDDING.—One pound raisins, one-half pound butter, one pound flour, seven eggs beaten separately, one pint milk or cream, one wine-glass of brandy. Flour the mould or bag, butter well. Boil three or four hours. Serve with rich sauce.

MRS. C. A. FORGEY.

FIG PUDDING.—Three and three-fourths cups of flour, one cup milk, one cup molasses, one cup chopped suet, two eggs, one teaspoon soda, one teaspoon cinnamon, one-half teaspoon nutmeg, one-half pint figs, one-half pint raisins. Mix together molasses, suet, spices, and the figs and raisins cut fine. Dissolve soda in teaspoon of hot water and mix with milk, then



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add to the other ingredients. Beat eggs light; stir in, add flour and beat thoroughly. Turn mixture into mould and steam five hours.

MRS. ROBERT PILLOW.

PRUNE SOUFFLE.—One pound of prunes stoned in a little hot water; press through a colander; add one teacup of sugar, one large teaspoon of yeast powder, whites of six eggs beaten to a stiff froth. Add to prunes and bake quickly. Serve with whipped cream. A delicious dessert. MRS. W. S. FLEMING.

JELLY PUDDING.—Four eggs beaten separately, two cups sugar, one of butter, one of cream, and one of jelly; two table-spoons of vanilla. Mix well the yolks and sugar, add to it the butter creamed and the cup of cream, then the jelly, last the vanilla and the whites well whipped.

MRS. J. M. MAYES.

SPONGE ROLL.—To six eggs broken together add two and one-half cups of sugar; beat fifteen minutes. Add one cup sweet milk and one teaspoon of vanilla extract. Lastly, beat in lightly four cups of flour into which has been sifted thoroughly one heaping teaspoon baking powder. Grease two biscuit pans and dust with flour, pour in batter and bake in a quick oven. When done turn out on a damp napkin, spread with jelly quickly, and roll.

MRS. JOHN W. CECIL.

SPONGE ROLL OR CAKE.—Four yolks and five whites, one cup sugar, one and one-half cups flour, one tablespoon water, one teaspoon yeast powder put into the flour. Beat the yolks and sugar together.

MRS. ALICE HUGHES SMITH.

SPONGE ROLL.—Four eggs beaten together, one teacup sugar, one and one-half cups flour, one teaspoon cream tartar sifted in the flour, one-half teaspoon soda in half cup buttermilk. Bake quickly in biscuit pan, turn out on a damp towel, spread with jelly or any dressing; roll while hot and serve with sauce.

MRS. WEATHERLY.

“JOHN’S DELIGHT” (*a rich and delicious pudding, easily prepared*).—Mix two cups bread crumbs, one-half cup chopped suet, one-half cup molasses, one cup raisins, one cup sweet milk in which has been dissolved one-half teaspoon soda, one-half teaspoon pulverized cloves, one teaspoon cinnamon, a pinch of mace and salt. Boil constantly for two hours in rapidly boiling water in a heated pudding double boiler, and serve with wine sauce or whipped cream.

MRS. J. P. STREET.

COTTAGE PUDDING.—One cup sugar, one cup milk, two eggs, one pint sifted flour, two teaspoons cream tartar, one teaspoon soda, pinch of salt, butter size of an egg. This makes a pudding large enough for eight or ten persons.

MRS. NETTIE RUTTLE.

PRUNE PUDDING.—Boil until tender one pound prunes. Then seed and mash to a pulp. Beat the whites of ten eggs to a stiff froth, then beat in a cup of sugar, and stir in the prunes. Bake in a buttered dish placed in a pan of hot water while in the oven. Serve with whipped cream, sweetened, and flavored with vanilla.

MRS. W. B. DOBBINS

NESSELRODE PUDDING.—Beat up yolks of four eggs, half pound sugar, and one ounce powdered sweet almonds; add to it a quart of milk and cream mixed. Boil until thick, remove from fire, and when cold freeze. When frozen, remove dasher and stir in one ounce cherries, one ounce currants, and one pound preserved peaches. Mix well and let stand for two hours.

MRS. J. P. STREET.

SPONGE PUDDING.—One-fourth cup sugar, one-half cup flour, one pint milk, boiled; one-fourth cup butter, yolks of five eggs, whites of five eggs. Mix the sugar and flour, wet with a little cold milk, and stir into the boiling milk. Cook until it thickens and is smooth; add the butter, and when well mixed stir it into the well-beaten yolks of the eggs; then add the whites, beaten stiff. Bake in a dish or pan in a pan of hot water while in the oven. Serve with creamy sauce.

MRS. W. B. DOBBINS.

CREAMY SAUCE.—One-fourth cup butter, one-half cup sugar, two tablespoons wine, two tablespoons cream. Cream the butter; add the sugar slowly, then the wine and cream. Beat well, and just before serving place the bowl over hot water and stir till smooth and creamy, but not enough to melt the butter.

MRS. W. B. DOBBINS.

SWEET SAUCES.

SAUCE FOR PUDDING.—Whites of three eggs, large cup of sugar, one large tablespoon of butter. Beat eggs to stiff froth, add sugar and butter. Steam until it begins to boil. Flavor with Sherry wine. Serve as soon as made.

MRS. ROBERT PILLOW.

SAUCE FOR PUDDING.—One cup sugar, one cup creamed butter, one egg beaten separately, one cup boiling water. When ready to serve add one wine-glass wine, or flavor to taste.

MRS. D. C. PHELAN.

SAUCE FOR PUDDING.—Cream one cup butter, two cups sugar, very light. Flavor with wine or rose brandy and grated nutmeg.

MRS. WILLIAM J. WEBSTER.

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LEMON SAUCE.—One cup sugar, one-half cup butter, one light beaten egg, juice and grated rind of one lemon, one-half cup boiling water. Put into pan, and thicken over steam.

MRS. WYATT C. HARRISON.

LEMON SAUCE (*for puddings or sponge cake*).—Cream one-half cup of butter with three-fourths cup of sugar, beat in one well-whipped egg the juice and half the grated rind of one lemon, and a teaspoon of nutmeg. Beat hard, then add one-half cup of boiling water. Set the pan which holds the mixture within another pan of boiling water (it must boil) until the sauce is very hot but not boiling. Stir constantly until slightly thickened.

MRS. JOHN TROTWOOD MOORE.

LEMON SAUCE.—One pound sugar, three ounces butter, one-half cup water, juice and rind of two lemons. Boil and beat in the yolks of two eggs. When cold add the whites of two well-beaten eggs. This is delicious with Delmonico pudding.

MRS. S. W. WARFIELD.

SAUCE FOR SPONGE ROLL.—Yolk of an egg beaten in one tablespoon of butter, one cup of sugar, one-half cup of boiling water.

MRS. E. E. ERWIN.

WINE SAUCE.—Cream together one-fourth cup of butter and one cup of powdered sugar until light. Then beat in one whole egg. Cook together one tablespoon of corn starch or flour, one-half cup of wine, and one cup of boiling water, one saltspoon of nutmeg, and one saltspoon of salt; pour over the creamed butter, sugar, and egg, and let boil up once.

MRS. C. W. BRADSHAW.

WHIPPED CREAM SAUCE.—Beat together one cup of sweet cream, one teaspoon of vanilla, or a little grated lemon rind, one-half cup of powdered white sugar, and the whites of one or two eggs. This sauce may be flavored with a little fruit jelly beaten with the egg before adding to the cream.

MRS. W. B. HARRISON.

FANCY DESSERTS.

ORANGE CHARLOTTE.—One-half box gelatine, one cup cold water, one cup boiling water, one and one-half cups sugar, juice of three lemons, one cup of orange juice and pulp, three eggs (whites). Line a mould or bowl with lady fingers or sections of oranges. Soak the gelatine in cold water till soft. Pour on the boiling water, add the sugar and the lemon juice, strain and add the orange juice and pulp, with a little of the grated rind. Cool in a pan of ice water. Beat the whites of the eggs stiff, and when the orange jelly begins to harden beat it till light. Add the beaten whites and beat together till stiff enough to drop. Pour into the mould. One pint of whipped cream may be used instead of the whites of the eggs, or it may be piled on top after the charlotte is removed from the mould.

MRS. A. J. NICHOLS.

CHERRY CHARLOTTE.—Select perfect, ripe cherries of a bright red color. Cover a tablespoon of gelatine with cold water, let soak for half an hour and add two tablespoons of hot water; stir until dissolved. Dip a two-quart mould in ice water and stand in a pan of cracked ice. Dip each cherry in the gelatine and press against sides of the mould where they should stick. Fill the center with a rich charlotte russe and stand on ice to harden. Take carefully from mould and serve on flat dish.

MRS. C. W. BRADSHAW.

JELLIED PRUNES.—Wash one-half pound prunes, soak over night. Put them on to cook in same water, cooking slowly until quite tender, but not broken. Use sugar to taste, but do not add until fruit is almost done. Drain well from the syrup and cut in halves, removing the stones. Soften one-half package of Knox gelatine in a half cup of cold water in which the fruit is cooked. Put through a fine strainer and add one-half cup of Sherry or juice of two lemons. Place in moulds with layers of the fruit and chill well before serving. Whipped cream may be served with this.

MRS. M'ALPINE.

ANGEL PARFAIT.—Boil one cup sugar and one-half cup water to the soft-ball stage, or until it thickens like icing. Then beat it into the well-beaten whites of two eggs. Whip three pints of cream very stiff and add the eggs and syrup. When it has become cold, flavor with a teaspoon of violet extract and pack in ice and salt for several hours.

MRS. A. C. FLOYD.

HAMBURG SPONGE.—Half a cup of sugar and juice of two large lemons heated in saucepan. Add the well-beaten yolks of eight eggs and half a cup of sugar. Cook over hot water until thick. To this add half a package of gelatine softened in sufficient cold water to cover it. While hot fold in lightly the beaten whites of eight eggs. Pour into tube moulds. Remove from mould when it has congealed. Fill the center with whipped cream, also around the sponge, and garnish with crystalized cherries.

MRS. ROBERT CHURCH.

MACARON CREAM.—One large pint of milk. Let this come to a boil, then add yolks of two eggs, one teacup of sugar and two tablespoons of corn starch well creamed together. Stir briskly until it thickens. When partly cool add whites beaten to a froth. When cool add one quart cream, a little Sherry wine or vanilla, and one or two dozen macaroons rolled fine. Freeze.

MRS. STUART FLEMING.

MAPLE PARFAIT.—Beat the yolks of eight eggs until light, add two cups of maple syrup; place the mixture over a slow fire, stirring constantly until the eggs have thickened enough to make a thick coating on the spoon (cook about twelve or fifteen minutes). Turn this into a bowl and whip until cold. It will then be very light. Add a quart of cream well whipped, stirring lightly together. Place in mould, pack in salt and ice for four or five hours. Serve with or without whipped cream.

MRS. A. C. FLOYD.

CAFE PARFAIT.—Make black coffee with three-fourths of a cup of boiling water and one-half cup ground coffee. Strain and add one-half cup sugar mixed with the yolks of three eggs well beaten. Boil in double boiler until thick. Strain, cool, and mix with one pint of cream well whipped. Place in mould, pack in salt and ice for four or five hours.

MRS. A. C. FLOYD.

ALMOND AND APPLE WHIP.—Cook some tart apples and crush them to pulp through a sieve. Blanch and pound fine one-half pint almonds; add one pint cold apple pulp, one-half cup white sugar, and beat in one-half pint whipped cream. Beat nuts light and thick, and set on ice at least one hour before serving. Serve in tall, slender glasses, the tops strewn with blanched almonds cut in strips.

MRS. J. P. STREET.

MOOSE.—One quart cream, one tablespoon gelatine dissolved in cold water, then put on fire to melt. Sweeten cream and flavor, then whip stiff. Add gelatine and beaten whites of four eggs. Pack in freezer four hours or longer before serving. Be

sure to have the thickest cream for moose; can be made white or colored. For packing, use two parts of ice to one of salt.

MRS. W. B. HARRISON.

AMBROSIA.—Six oranges, remove all pulp and seed; one pineapple, sliced or grated; one cocoanut, grated. Sweeten to taste. Put in a bowl, alternating layers of each; reserve enough cocoanut to sprinkle on top.

MRS. D. W. LENEAVE.

BAKED BANANAS.—Strip off the skins, and take off every particle of the fibre underneath of six bananas. Put them in a granite dish and sprinkle two tablespoons sugar over them, a tablespoon of lemon juice, two tablespoons of water, and bake in a quick oven for about twenty minutes, basting frequently. Serve warm.

MRS. W. B. HARRISON.

CUSTARDS.

BOILED CUSTARD.—One-half gallon morning's milk put in a kettle and allowed to come nearly to a boil, six eggs beaten lightly, and one coffeecup sugar. Pour hot milk over eggs and sugar; pour in kettle and let stay a few minutes till scarcely boils; stir gently to prevent burning. Pour into a bowl and slip up and down until nearly cold. Serve with rich whipped cream. Season all with vanilla and whisky if desired.

MRS. J. J. STEPHENSON.

CHARLOTTE RUSSE.—Whites of twelve eggs, one pound pulverized sugar, one-third box gelatine dissolved in one-half cup of sweet milk. Beat eggs to a stiff froth and stir in the sugar. When gelatine is dissolved strain into the eggs and sugar. Mix well, and flavor with vanilla. Whip the cream, and as the froth rises dip it off and stir into the icing, beating it constantly until a desired amount of cream is used. Set aside and let it congeal.

MRS. J. W. SHELTON.

CHARLOTTE RUSSE —Sweeten one quart of cream, flavor, and whip lightly. Dissolve one-half box of gelatine in one tablespoon of cold water and one tablespoon boiling water. Set over steam of kettle to dissolve. Then add one half pint of cream. When cold stir it into the whipped cream; add the well-beaten whites of four eggs. When it begins to stiffen pour into glass bowl lined with lady fingers.

MRS. STUART FLEMING.

CHARLOTTE RUSSE.—One quart of cream and one-half cup of sugar; flavor to taste; two tablespoons gelatine soaked in one-half cup of sweet milk. Mix all together, and use the whip-churn. Skim off cream as it rises, and put in glass bowl lined with lady fingers.

MRS. O. P. RUTLEDGE.

FROZEN CHARLOTTE RUSSE.—One quart cream, whites of four eggs, one-third box of gelatine. Sweeten the cream, flavor with sherry wine, and whip lightly. Dissolve gelatine in a tablespoon of cold water, same of boiling water. Make an icing of the eggs and four tablespoons of sugar. Into this stir the dissolved gelatine, and then add the whipped cream. When it begins to stiffen freeze in any desired mould.

MRS. N. R. WILKES.

FRUIT GELATINE.—Put two boxes of dissolved gelatine in three pints of boiling water, and add two and one-half cups of sugar. When nearly cold put in one cup wine, one cup whisky, one pound raisins, one pound almonds, one pound currants, four oranges. Throw fruit in hard when gelatine has nearly congealed.

MRS. E. E. ERWIN.

CHARLOTTE RUSSE.—Three pints of rich cream, whites of six eggs, three-quarters of a pound of sugar, one half box gelatine, flavor with vanilla. Dissolve the gelatine in one-half teacup of cold water; after it has dissolved, pour on it one-half teacup of boiling water. Beat the eggs to a stiff froth, stir in the sugar as if for icing, and flavor with vanilla to taste. Churn the cream, and as it rises dip it off on to a sieve and let it drain

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RAINS, THE DRUGGIST

into a dish. If the gelatine is thoroughly dissolved, strain it on to the icing; then turn the whipped cream into the icing. The yellow of one egg (beaten well) put in last; beat until it congeals.

MRS. FRANK EVERETT.



CARAMEL CUSTARD.—Make raw custard (one egg to two cups), tablespoon of sugar to each cup (white sugar turned by holding over hot fire): then pour a little in each cup. Then pour custard in and put in a pan of water to let bake. Take out and put on ice. Pour out in saucers when ready to serve.

MRS. FRANK EVERETT.

ICE CREAM.

CARAMEL ICE CREAM.—One quart milk, one quart cream, two cups sugar, two tablespoons corn starch, three eggs, and vanilla. Melt one cup of the sugar in a skillet to a brown syrup, then add the milk which has been heated. Add the three yolks, one cup of sugar, and corn starch well creamed together; let boil, stirring all the time; if at all lumpy, strain through a sieve and add whites beaten to a froth. When cold, add cream and flavoring. Freeze. MRS. STUART FLEMING.

VANILLA ICE CREAM.—One quart of rich cream, one scant cup of sugar, one egg (white), one tablespoon vanilla. When milk comes to a boil remove from stove, and stir in sugar till it

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dissolves. Set aside to cool. Then add the well-beaten egg and vanilla, and freeze. If cream is very rich, a small quantity of milk may be added.

MRS. V. H. HUGHES.

WATERMELON ICE CREAM.—Make cream as usual, and partly freeze; then scoop out the center, coloring this a watermelon pink, and add seeded raisins; flavor with sherry wine and vanilla. Pour back into freezer and set away to mellow for several hours. Serve sliced.

MRS. J. J. STEPHENSON.

CHOCOLATE CREAM.—One quart of fresh milk, three eggs, one teacup of sugar. Let milk come to a boil, then add two tablespoons of chocolate rubbed to a paste with a little cold milk. Add yolks and sugar well beaten. Let all come to a boil. When partly cool add the whites. When ready to freeze, add as much fresh cream as you wish. Flavor with vanilla.

MRS. STUAT FLEMING.

TUTTI FRUTTI CREAM.—One gallon milk; boil with two ounces of arrow root made into a paste with a little cold milk. Take from the fire as soon as it begins to boil, and add three and a half cups of white sugar. Flavor with vanilla, and freeze. After it begins freezing, add one pound of raisins, seeded and chopped; one pound almonds, blanched and chopped; one-fourth pound citron, cut in small pieces; one-fourth pound peach or strawberry preserves, or crystallized fruits.

MRS. J. W. SHELTON.

BANANA CREAM.—Yolks of four eggs, two-thirds cup of sugar, one quart milk, two good tablespoons corn starch dissolved in a little milk, good pinch of salt, one teaspoon cinnamon. Cook this in double boiler like you would boiled custard. When cold, pour over sliced bananas. Beat whites to a stiff froth, and beat in two tablespoons of sugar. Then put on top of cream.

MRS. NETTIE RUTTLE.

HOT CHOCOLATE SAUCE FOR ICE CREAM.—Make a custard with one quart of morning's milk, three eggs, one-half teacup of sugar, and chocolate to taste (about two squares). Serve hot over ice cream. Omit the chocolate, and add chopped nuts to the above custard. This also makes a delicious sauce for cream.

MRS. J. J. STEPHENSON.

RUM SAUCE FOR ICE CREAM.—Pour two tablespoons of best Jamaica rum over the well-beaten yolk of one egg, very slowly, beating hard all the time; add one cup of powdered sugar and then the stiffly-beaten white of egg. Serve at once.

MRS. C. W. BRADSHAW.

TAPIOCA CREAM.—Two tablespoons of tapioca to soak over night in a little cold water. In the morning put the tapioca into a pint of milk and heat until it begins to boil, then add yolks of two eggs beaten into half cup sugar and a little milk. a little salt. Stir until it thickens. Beat the whites to a stiff froth and stir into the cream, and serve ice cold.

MRS. NETTIE RUTTLE.

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ANY QUANTITY FROM A QUART TO TEN GALLONS OR MORE DELIVERED TO ANY PART OF THE CITY.

VELVET CREAM.—Dissolve half an ounce of gelatine in a gill of water; add half a pint of light sherry, grated lemon peel and the juice of one lemon, and five ounces of sugar. Stir over the fire until thoroughly dissolved, then strain and cool. Before it sets, beat into it a pint of cream, pour into moulds, and keep on ice until wanted. Or half fill the moulds with fine strawberries, pour mixture on top, and place on ice until wanted.

MRS. S. T. MAXWELL.

SPANISH CREAM.—One quart milk, one-half box gelatine; let gelatine stand in milk for an hour or so; two-thirds cup sugar, yolks three eggs. Put this on and cook until it thickens like cream, then set off to cool. Beat whites of eggs to a stiff froth, and when your cream is about lukewarm, pour it in gradually to the cream. Put it in a cool place.

MRS. NETTIE RUTLE.

VELVET CREAM.—Boil one cup sugar and one-half cup water to soft ball; pour over the whites of two eggs beaten lightly; beat till cold, flavor, then fold in three cups of whipped cream, turn into a mould, pack in ice several hours; turn from mould and serve.

MRS. J. K. ORR.

LALLA ROOKH.—Cut in small pieces a quantity of lady fingers, almonds, macaroons, French cherries, apricots, and angelica; stir all lightly together; fill a mould with the mixture. Make one quart of rich custard, reserving a cupful, and add to the remainder one ounce of gelatine that has been soaked thirty

minutes. Stir custard well; strain in the gelatine, mix the ingredients well. When mould is nearly full, pour in the remaining cup of custard. Freeze in summer, putting around salt and broken ice. Serve with whipped cream.

MRS. A. SAMUELS.

WATER ICES.

GRAPE SHERBET.—Lay a square of cheese cloth over a large bowl, drop in two pounds of ripe Concord grapes and mash thoroughly with a wooden masher. After squeezing out all the juice, add an equal amount of water, the juice of two lemons, and enough sugar to make it quite sweet (a little more than a pound). Freeze.

MRS. JOHN TROTWOOD MOORE.

PINEAPPLE SHERBET.—Pour juice of one can pineapple into a bowl, simmer fruit with one pint water for twenty minutes; boil one pound sugar with one pint water, rub cooked pineapple through sieve; add it to boiling syrup; cook fifteen minutes longer, add juice; two tablespoons dissolved gelatine and juice of two lemons improve this very much. Freeze.

MRS. O. P. RUTLEDGE.

PINEAPPLE SHERBET.—Boil two cups of sugar in one-half gallon of water; when cold, add one can grated pineapple and juice of four lemons. Just before it begins to freeze, add yolks of three eggs whipped lightly and mixed with two tablespoons of pulverized sugar.

MRS. A. BARR.

MILK SHERBET.—Juice of seven lemons; strain and add two cups of sugar. Let stand one hour. Put into freezer one-half gallon of milk and one-half cup of sugar. When this begins to freeze add lemon syrup.

MRS. J. W. SHELTON.

APRICOT ICE.—Cut the contents of one can of apricots in small pieces; add one pint sugar and one quart water. When the sugar is dissolved, freeze; add one pint cream when it begins to freeze.

MRS. J. W. SHELTON.

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STRAWBERRY ICE.—Mash and strain two quarts strawberries, sweeten to taste; add one quart cream or milk, and freeze.

MRS. J. W. SHELTON.

FROZEN MINT.—Juice of six lemons, one large orange, one quart water, two cups sugar. Add to this essence of peppermint or the fresh mint. Stir and freeze. Nice as last course, after coffee.

MRS. ROBERT PILLOW.

FRUIT JUICES.

FRUIT JUICES.—To every pint of juice made from berries add one-half pint of water and from one-fourth to one-half pound of sugar; let it come to a good boil, and seal air-tight in bottles. This makes a delicious summer drink.

GRAPE JUICE.—Two gallons of grapes, three cups of water, mash, put on to boil as for jelly. Put through the colander, then through jelly bag; return to boiler, boil and skim. Bottle while hot and seal.

MRS. W. B. HARRISON.

LEMON SYRUP.—To each quart of pure lemon juice add two pounds of granulated sugar; allow to come to a boil, skim clean, boil ten minutes longer and seal air tight.

MRS. W. B. HARRISON.

RASPBERRY VINEGAR.—Pour one quart of vinegar over three quarts of raspberries. Let stand three days. Strain

them and to each pint of juice add one pound of sugar. Boil ten minutes, skim closely, and bottle up. A few spoonfuls in a glass of ice water makes a most refreshing summer drink.

MRS. HORACE RAINEY.

PUNCHES.

CLARET PUNCH.—Mix together in a claret cup one bottle of claret, one wine-glass of brandy, the yellow rind of a lemon cut very thin, sprig of mint, and a few slices of cucumber, sugar enough to make the cup palatable, plenty of finely-shaved ice, and, last of all, two bottles of seltzer water or plain soda. Serve the claret cup as soon as made. MRS. ROBERT PILLOW.

CHARLESTON LIGHT DRAGOON PUNCH.—One and a half dozen lemons, one pound sugar, one quart strong tea, four quarts Apollinaris water, six bottles ginger ale, one quart whisky, one quart rum, one quart French brandy, one quart of Maraschino cherries, and ice. MRS. ROBERT SPARROW.

PUNCH OF ROCKBRIDGE ALUM FAME.—One quart strong tea, one can of pineapple sliced, four lemons sliced, sugar to taste. Let this stand an hour, then add one pint of Jamaica rum, one pint jar of Maraschino cherries, one gallon California white wine. Add a block of ice. MRS. E. H. HATCHER.

WINES.

ELDERBERRY WINE (*Mr. Rushton's Recipe*).—Cut berries with short stem; put into a clean tub and mash with wooden masher; then strain through a coarse bag. To one quart of juice add three quarts of water and three pounds of sugar; stir till sugar is dissolved. It should soon begin fermenting (if not, put yeast cake in the liquid); keep removing the dark scum that rises for two or three days; then put into a jug, and let ferment; keep filling the jug for five or six days; then place the cork in

light for a few days; then tighten it and let stand six months to ripen. The longer kept the better.

For blackberry wine, use the pure juice and two pounds of sugar.

For raspberry wine, use three quarts of juice, one quart of water, and two pounds of sugar. MRS. W. B. HARRISON.

BLACKBERRY WINE.—Thoroughly cleanse and mash the berries, and to every gallon add one quart of boiling water. Cover with cloth and let stand twenty-four hours. Strain through a cloth bag, and to every gallon of juice put four pounds brown sugar; stir well and put in stone jar; cover with thin cloth and let stand three months. Drain off and put in bottles and jugs, and cork. Two or three raisins dropped in each bottle will greatly improve the taste. MRS. J. M. SHEPPARD.

BLACKBERRY WINE.—Wash and pick the berries; mash well, and to every gallon add one pint of boiling water. Let stand twenty-four hours; strain through a cloth bag, squeezing well. To every gallon of juice add three and a half pounds of sugar. Cover with muslin cloth, and let stand three months. Drain off and bottle for use. MRS. J. W. SHELTON.

BLACKBERRY CORDIAL.—Two quarts of juice, one pound of loaf sugar, half ounce allspice, half ounce cinnamon, half ounce nutmeg, one-quarter of an ounce of cloves. Put the spices into a little bag with the syrup and boil fifteen minutes. When cold, add a pint of good brandy.

MRS. ROBERT SPARROW.

SWEET GRAPE CORDIAL.—Select twenty pounds of very ripe grapes; add three quarts of water; place in a porcelain kettle. Stir well until it begins to boil; boil twenty minutes, then strain through a cloth; add three pounds of white sugar. When the sugar is dissolved, strain again through a fresh cloth. Heat again to boiling point; pour into small bottles, as it will not keep long after opening. Seal instantly. Dip each bottle neck into hot sealing wax. MRS. STUART FLEMING.

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BEVERAGES.

STEAMED COFFEE.—The coffee is put in a pot and boiling water poured on it; this pot, which is made to fit into a tea-kettle, is placed in the kettle, and the coffee is cooked from ten to twenty minutes, the water in the kettle boiling all the time. This will make a clear, delicious drink.

MRS. W. P. MORGAN.

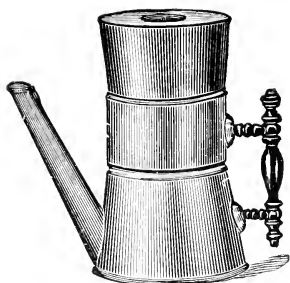
TEA.—In making tea, the pot should be earthen, rinsed with boiling water, and left to stand a few minutes on the stove to dry. Put in the tea leaves, and let the pot stand a few minutes longer; pour on boiling water, leaving the pot standing when it will be at the boiling point, yet will not boil, for from three to five minutes. For moderate strength use one teaspoon of tea to half a pint of water.

MRS. W. P. MORGAN.

CHOCOLATE.—Dissolve six tablespoons grated chocolate in one quart of boiling water; boil fifteen minutes, and add one quart of rich sweet milk. Serve while hot; sweeten to taste.

MRS. J. M. SHEPPARD.

CHOCOLATE DRINK.—Scrape fine an ounce (one small square of Baker's chocolate) or any plain chocolate. Add two tablespoons sugar, and put into a small saucepan with a tablespoon of hot water. Stir over a hot fire for a few minutes, or until it



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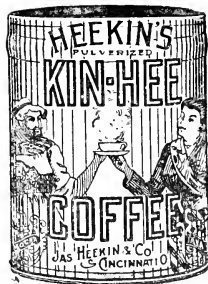
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is perfectly smooth and glossy; then stir it all into a quart of boiling milk, or half milk and half water. Mix thoroughly and serve at once. If it is wanted richer, take twice as much sugar, chocolate, and water. Excellent.

MRS. ALICE HUGHES SMITH.

MISCELLANEOUS.

TIME REQUIRED FOR COOKING BREAD AND PASTRY.—Biscuit, ten to twenty minutes; bread, forty to sixty minutes; bread (steam brown), three hours; cake (fruit), two to three hours; cake (plain), thirty to forty minutes; cake (sponge), forty-five to sixty minutes; cookies, ten to fifteen minutes; custards, fifteen to twenty minutes; gems (Graham), thirty minutes; ginger-bread, twenty to thirty minutes; pie crust, thirty to forty minutes; pudding (bread), one hour; pudding (Indian), two to three hours; pudding (plum), two to three hours; pudding (steam), one to three hours; rice or tapioca, one hour.

FOR BURNS, apply white of an egg or soda.

BEE STING, apply wet soda and coal oil.

WHILE SLICING ONIONS, hold them under water to prevent strength hurting the eyes.

WHEN A CHIMNEY TAKES FIRE, throw salt on fire, shut off draught as much as possible.

IT IS SAID that branches of the elder bush hung in the dining room will drive out flies. There is an odor which the insects detest.

RED ANTS.—A small bag of sulphur kept in the sideboard will drive away red ants.

IT IS SAID, when cooking onions, set a tin cup of vinegar on the stove, and no disagreeable odor will be detected.

PLACING EGGS in a bucket of fresh cold water will make them beat quicker, stiffer, and lighter.

TURPENTINE mixed with stove polish prevents rust and gives a brighter gloss than the use of water.

A SMALL quantity of green sage placed in the pantry will keep out red ants.

TO BEAT WHITES of eggs quickly, add a pinch of salt.

YOLKS OF EGGS should be beaten until a spoonful can be taken up clear of strings.

COLD BISCUIT can be made fresh by moistening and placing in oven until heated through.

LEMONS ARE IMPROVED and kept fresh by keeping in cold water till ready to use.

FOR THE TOILET.—Mix equal parts of each, alcohol, glycerine, and water; add a few drops of perfume. Rub on face and hands after bath. Excellent for chapped skin or to prevent chapping.

MRS. GEORGE NICHOLS.

CANNING FRUIT.

The following table gives the time required for cooking, and the quantity of sugar to the quart of the various kinds of fruit. By observing these rules, fruit may be successfully canned:

FRUIT.	TIME FOR BOILING FRUIT.	QUANTITY OF SUGAR TO QUART.
Plums	10 minutes.	10 ounces.
Blackberries	8 “	6 “
Pie Plant, sliced	10 “	8 “
Peaches, whole	15 “	4 “
Peaches	8 “	4 “
Cherries	5 “	6 “
Gooseberries	8 “	8 “
Bartlett Pears, halved	20 “	6 “
Raspberries	6 “	4 “
Quinces, sliced	30 “	10 “
Siberian Crabapples	25 “	8 “
Small Sour Pears, whole	30 “	10 “
Sour Apples, quartered	20 “	8 “
Strawberries	8 “	8 “
Tomatoes	30 “	None.

SULPHURATED FRUIT.—Apples may be cut in large pieces, with or without peel. Put in basket and hang in the top of a close barrel, covering with something heavy—an old quilt, folded, makes a good cover. Have in the barrel an oven of coals on which to pour the sulphur. Cover and leave four or five hours. One cup of sulphur to a half bushel of fruit will be sufficient. Do not put all the sulphur on at once. It is best to use half cup and leave for an hour or two; replenish fire and use other half. It is a good idea to sulphurate in afternoon and leave basket hanging in barrel over night. Take from basket, pack in large-mouthed stone jar, and tie a muslin cloth over it. Leave this without any other cover, in order that the sulphur may evaporate. Peaches halved and sulphurated are excellent with cream and sugar.

MRS. J. W. SHELTON.

JELLIES, JAMS, MARMALADES, ETC.

PREPARATION OF JELLIES.—Reject all over-ripe, unripe, or partially decayed fruits. Apples, crabapples, and quinces should be first steamed or cooked in a little water to soften them. No juice must be allowed to drain out without pressing or squeezing. The juice of berries, grapes, and currants may be extracted without the fruit being first scalded, if preferred, by putting the fruit into an earthen vessel and mashing well with a potato masher, then putting into a jelly bag and allow to drip. Jellies are generally made of equal measures of juice and sugar, measured before boiling.

APPLE JELLY.—After apples, grapes, or plums have boiled half an hour, strain through a flannel bag, pressing it now and then. For every cup of syrup use a cup of sugar. Put sugar in large flat pan in oven to warm. Boil syrup twenty minutes; then add sugar and boil awhile. Put in pitcher that has been well heated, tie a piece of cheese-cloth over it, and strain into heated glasses. MRS. V. H. HUGHES.

APPLE JELLY WITHOUT SUGAR.—Select juicy, white-fleshed, sub-acid fruit, sound but not mellow. Wash well, slice and core without removing the skin, and cook until tender. Drain off the juice, and if a very clear jelly is desired, filter it through a cheese-cloth wrung out of hot water. Boil rapidly at first, but more gently as it becomes thickened. One hour at least will be required for one or two quarts of juice. When it jellies sufficiently, remove at once from the fire. A much larger quantity of juice will be needed for jelly prepared in this manner than when sugar is used—about two quarts of juice for one-half pint of jelly. Excellent served with grains. Diluted with water, a most pleasant beverage. MRS. V. H. HUGHES.

APPLE JELLY.—Pare and slice a peck of apples; the more acid the better. Pack in kettle and pour in enough water to

cover them. Boil till soft enough to mash. Pour into a bag and hang up to drain; squeeze slightly. To every cup of juice put a cup of sugar; then add the juice of three lemons. Boil very fast twenty minutes, or until it jellies.

MRS. J. M. SHEPPARD.

QUINCE JELLY.—Rub the fruit with a cloth until perfectly smooth. Cut in small pieces, and pack in the kettle. Pour in cold water enough to cover the fruit, and boil until very soft. Put into a three-cornered bag and hang up to drain; squeeze slightly. To every pint of juice add a pint of sugar warmed in a pan before using. Boil fifteen minutes, or until jellied. Pour into moulds.

MRS. J. M. SHEPPARD.

GRAPE JAM.—Hull the grapes, boil the pulps until soft, seed them by use of colander or thin cloth, then add hulls and pound for pound of sugar, cooking until it is the consistency of any jam.

MRS. W. C. WHITTHORNE.

CHERRY PRESERVES.—Seed the cherries carefully, rejecting all faulty ones. Weigh them, and to every pound add a full pound of sugar, putting in vessel a layer of sugar and a layer of cherries alternately. Let stand over night, then pour into kettle, and boil gently till fruit is thoroughly tender and syrup thick. Put in glass jars (fill level), cut piece of white paper, dip in brandy or wine, and put over top; then put on jar top.

MRS. J. M. SHEPPARD.

CANDIED CHERRIES.—Stone the cherries without bruising; drain, weigh, and to each pound allow a pound of sugar; add just enough water to melt the sugar; bring to boiling point and skim. Put in the cherries and push to one side of the range where they may remain hot, but not boiling, for at least an hour; then draw the kettle over the fire and cook slowly until the cherries are transparent; skim, drain, sprinkle sugar over them, and place on a sieve in the sun or in an oven to dry. This syrup will answer for the boiling of several pounds of cherries.

MRS. W. B. HARRISON.

CANDIES.

CANDY (simple recipe said to be used by Vassar girls in their rooms at school).—Two cups sugar, one cup milk, piece of butter half the size of an egg, one teaspoon of vanilla extract. Cook mixture until it begins to get grimy. Then take from the fire, stir briskly, and turn into buttered tins. Before it hardens cut into squares.

MISS MARY BLACKBURN.

CANDY.—Six cups sugar, one-half cup syrup, three-fourths cup butter, one pound English walnuts, one-half pound figs, three tablespoons whisky or brandy. Mix sugar with enough cream to dissolve thoroughly; add butter and syrup. Stir. Cook until it ropes; take from the fire and beat. Before the candy gets hard, add nuts and figs chopped fine, over which pour whisky or brandy; beat this mixture thoroughly and pour into a buttered dish.

MISS OLIVIA BARROW.

SUGAR CANDY.—Three cups white sugar, one cup equal parts vinegar and water. Cook one-half hour; do not stir; add one teaspoon flavoring.

MRS. W. J. OAKES.

CREAM CANDY.—One pound white sugar, one tablespoon vinegar, one tablespoon lemon extract, one teaspoon cream tartar; add enough water to moisten the sugar. Boil till brittle, put in extract, and then turn quickly out on buttered plate. When cool, pull until white, and cut in squares.

MRS. AB. ADKISSON.

CREAM CANDY.—Three cups sugar, three tablespoons vinegar, one cup cream, one-half cup water. Stir thoroughly; place on fire and cook slowly. When it begins to cook like mush, try it on a marble slab. If it comes up without sticking, flavor to taste and pour it out. Pull rapidly; when cold, cut with scissors. Let it stand for several hours and it is delicious.

MRS. S. P. HAWES.

TAFFY CANDY.—Five cups brown sugar, one cup water, one-half cup vinegar, one tablespoon butter. Cook until it hardens in water; add flavoring, pour on buttered pans, and when cool pull until white and porous. MRS. W. L. RUCKER.

CARAMEL CANDY.—Two cups sugar, one cup cream; place on fire. One cup sugar, put in a pan and let scorch; stir while scorching. When it becomes a syrup pour into the other, and stir until it is well mixed. Drop it in cold water, and if it comes up without sticking, take from the fire and stir it until almost cold. Pour into a buttered dish and cut in squares.

MRS. S. P. HAWES.

CHOCOLATE CANDY.—Three teacups of sugar, one teacup milk, one-fourth of a teaspoon of cream of tartar, chocolate to taste. Drop in cream of tartar when it begins to boil. When done, set aside to cool partially, and add a small quantity of vanilla. Beat until it can be turned out on a marble slab, then knead well with the hands and form into any desired shapes.

MRS. F. D. LANDER.

CHOCOLATE CREAMS.—Two cups pulverized sugar, one and a half cups cream; flavor with vanilla, boil five minutes, and make into balls. Steam chocolate until soft, cover balls and let harden.

MRS. W. L. RUCKER.

CHOCOLATE CARAMELS.—One and a half pounds brown sugar, one quarter of a pound of butter, one-fourth cake of Baker's chocolate, one tablespoon molasses, one tablespoon vinegar, one-half cup cream. Boil until it cracks in cold water; then beat until thick enough to pour; then cut in two-inch squares.

MISS LOUISE WOOLDRIDGE.

CHOCOLATE CARAMELS.—One and one-half cups grated chocolate, four cups brown sugar, one and a half cups water, butter the size of an egg, two tablespoons vinegar. Boil over brisk fire until brittle when dropped in water. Do not stir, but shake the vessel while boiling. Add two teaspoons vanilla just before pouring into a buttered dish. Check in squares while warm.

MRS. W. L. RUCKER.

PECAN CANDY.—Two cups brown sugar, one-half cup cream or milk, and butter the size of a walnut; one cup of pecan nut meats. Boil sugar with cream, or milk and butter. When it will thread from the spoon add nuts, and stir until it thickens; then pour into buttered pans, and cut in squares.

MRS. N. R. WILKES.

PECAN BRITTLE.—One teacup of pecans rolled fine, one teacup of sugar melted back to syrup. Have your biscuit rock well greased, rolling-pin well greased. Just as soon as the sugar is all melted, put in the nuts, pour out on the rock, roll out quickly. Then break in pieces. Any kind of nuts can be used.

MRS. W. S. FLEMING.

COCOANUT CANDY.—Two cups sugar, one-half cup cream, one cup grated cocoanut. Boil six minutes. Stir as it cools, and when it begins to thicken drop in spoonfuls on a dish which has been buttered and sprinkled with cocoanut.

MRS. GEORGE NICHOLS.

SYRUP FOR POPCORN BALLS.—Use for this either sugar and water boiled until it spins a thread, or molasses. Boil the molasses down until when you drop it in cold water it forms a soft ball. Take it from the fire and pour it lightly over the popcorn, and press at once into shape. MRS. W. B. HARRISON.

PICKLES.

PICKLE.—Boil one and one-half gallons pure apple vinegar with one ounce race ginger, two ounces white pepper, two ounces whole allspice, one ounce mace, two ounces tumeric, one-half ounce cloves, four ounces celery seed, two teaspoons black pepper, two sliced lemons, four pounds brown sugar, one tablespoon salt. Pour this while boiling over one peck cucumbers. Take one ounce garlic, one ounce horse radish, two

sliced onions, one-half ounce mustard mixed to a paste with olive oil, and put into the pickle cold, not to be boiled. This can be easily halved, as it is a large quantity.

MRS. H. P. FIGUERS.

CHOW-CHOW.—Chop one-quarter peck green tomatoes, one large head cabbage, eight large onions, one-half gallon cucumbers; pack in salt for one night; drain twenty-four hours; soak in vinegar and water two days; then drain again twenty-four hours. Add to this one-half cup grated horse radish, one-fourth cup black pepper, one-fourth cup tumeric, one-half ounce celery seed, one-fourth pound white mustard seed, one pint small whole onions. For three mornings pour over them three gallons boiling vinegar; then add one box of ground mustard and one and one-half pounds of brown sugar. When cool, add wine-glass of olive oil.

MRS. C. T. JONES.

CHOW-CHOW PICKLE.—One gallon chopped green tomatoes, one gallon sliced cucumbers, two large heads cabbage, chopped fine, and fifteen large onions, chopped. Pack in salt and drain for one night (if cucumbers are taken from brine they will be salt enough); then soak in weak vinegar two days, drain again twenty-four hours. Then mix with this: One cup grated horse radish, one-half cup black pepper, one-half cup tumeric, one-half cup cinnamon, two gallons vinegar, one-half pound white mustard seed, one-half pint small white onions, one ounce celery seed. Boil and pour over pickles the third morning; mix one box ground mustard and four pounds brown sugar, and add to the pickle.

MRS. NEWT. VAUGHAN.

CHOW-CHOW.—One-half peck green tomatoes, two large heads of cabbage, fifteen large white onions, twenty-five cucumbers (one gallon), cut in large pieces and pack in salt for a night. If you take your cucumbers from the brine, they will afford salt enough. Drain for twenty-four hours, then soak in vinegar and water for two days. Drain again for a night, then mix with this: One teacup of grated horse radish, one-half tea-

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cup black pepper, one-half teacup tumeric, one ounce celery seed, one-half pound white mustard seed, one pint small onions put in whole, one and a half gallons of vinegar; boil and pour over three mornings. The third morning mix two one-third pound boxes of Coleman's ground mustard and three pounds brown sugar.

MRS. W. S. FLEMING.

LEESBURG CHOW-CHOW.—One-half peck green tomatoes, two large heads of cabbage, fifteen large white onions, twenty-five cucumbers (one gallon). Cut in large pieces and pack in salt for a night. Drain for twenty-four hours, then soak in vinegar and water two days. Drain again for twenty-four hours, and then mix together one teacup of grated horse radish, one-half teacup black pepper, one-half cup of tumeric, one-half cup of cinnamon, one ounce celery seed, one-half pound white mustard seed, one pint of small onions, put in whole, and one and one-half gallons of vinegar. Boil and pour over pickle for three

mornings. The third morning mix in two boxes of ground mustard and three pounds of brown sugar.

MRS. O. P. RUTLEDGE.

CHOPPED PICKLE.—Chop up fine one gallon of cabbage, one-half gallon green tomatoes, one-half pint green pepper (leaving out the seeds), one quart onions, chopped (the juice thrown away). Put with salt in a coarse muslin bag; suspend and let drip all night; then put layers of the above in your kettle, with spices, etc., sprinkled between. For the above quantity, use four tablespoons ground mustard, two tablespoons ginger, one tablespoon cinnamon, one tablespoon cloves, four tablespoons tumeric, three tablespoons celery seed, two tablespoons salt, one-half pint horse radish, grated, or four tablespoons of the pulverized put up in bottles, two pounds brown sugar, one-half gallon vinegar. Boil slowly for twenty minutes. Best made late in summer.

MRS. W. J. WEBSTER.

MIXED PICKLE.—One peck cucumbers, one gallon onions, one large cabbage, one pound white mustard seed, one pound ground mustard (Coleman's), one and a half pounds brown sugar, two ounces tumeric. Slice cucumbers in pieces one inch long, chop cabbage, but not fine; quarter onions; sprinkle with one pint of salt; put in a bag to drip all night. In the morning rinse in cold water, then scald in vinegar. As soon as it comes to a boil, pour back into the bag to drip while mixing the seasoning. Put all the seasoning in a vessel with one quart of vinegar and mix thoroughly. Now put the cabbage, cucumbers, and onions in a jar. Add one and a half quarts of vinegar to the seasoning, and pour over pickle; mix well. Add more vinegar in a few days, if needed. This makes three gallons of pickle.

MRS. T. N. FIGUERS.

VIRGINIA MIXED PICKLE.—One-half peck green tomatoes, twenty-five cucumbers, fifteen large onions, two large heads of cabbage, one pint small onions, one pint scraped horse radish, one-half pound white mustard seed, one-half ounce ground

white pepper, one ounce celery seed, one-half ounce cinnamon, one ounce tumeric, one-half pint salad oil, one-fourth pound ground mustard. Slice tomatoes and large onions. Cut cabbage as for slaw (not too fine). Quarter the cucumbers lengthwise and cut in pieces an inch long. Sprinkle with salt and let stand one day. Drain well, put them in vinegar and water, and let stand two days. Strain well, mix in thoroughly all the spices (except ground mustard), and pack in jar. Pour over it one and one-half gallons of boiled vinegar. This do for three successive days, using the same vinegar each time. The third day mix oil well with ground mustard, and last time the vinegar is boiled add two pounds nice brown sugar. When it gets cool, beat into it gradually the oil and mustard. Pour over pickle. Cover tight.

MRS. SALLIE MORGAN.

CHOPPED PICKLE.—One gallon cabbage, one gallon tomatoes, one quart onions, chopped fine, and one pint pepper. Let this stand a few hours, and then squeeze well and add: Four tablespoons mustard seed, two tablespoons ginger, one tablespoon each cinnamon, cloves, tumeric, celery seed, and salt to taste; two pounds sugar, one-half gallon vinegar. Mix well and boil twenty minutes.

MRS. W. B. HARRISON.

SOUR PICKLE.—The proportions in this recipe are for one gallon of pickle. After the cucumbers are soaked and ready to be made, scald them in vinegar and keep covered during the time. Put into a jar one teacup of brown mustard seed, two tablespoons white mustard seed, one-half pint small white onions, a few pieces of race ginger mashed, one nutmeg broken, a handful of sliced horse radish, two or three garlic roots, and red and black pepper to taste. Put the pickle in the jar with this mixture, and cover with cold vinegar. Cover closely, and it will be ready for use in a few hours.

MRS. J. D. BARROW.

PICKLED ONIONS.—Peel and boil small onions in milk and water for ten minutes. One-half ounce mace, one-fourth ounce cloves, five tablespoons salt, one-half ounce alum, and one gal-

lon of vinegar. Boil vinegar and spices together. After draining from onions the liquor in which they have been boiled, pour over them the boiling vinegar and spices. Put in jars and seal.

MRS. V. H. HUGHES.

CUCUMBER PICKLE.—Take cucumbers out of brine, soak in water several days, changing the water often. Scald in weak vinegar, putting into this a tablespoon of alum to a gallon of cucumbers; let them stand in this until cold. To one-half gallon of strong vinegar add two cups of sugar, spices tied in a bag (no cloves), one tablespoon of black pepper, a little garlic. Heat and pour over cucumbers.

MRS. W. B. HARRISON.

PEACH MANGOES.—Put large peaches in brine, let remain three days; then soak in fresh water thirty-six hours, remove stones, and fill with the following: One small white cabbage head cut fine, five cents' worth white mustard seed, black mustard and celery seed, a little grated horse radish, a tablespoon white table mustard, two large onions, a small bottle salad oil, and one pound brown sugar. Boil apple vinegar into which has been put five cents' worth each of mace, pepper, spice, and cloves; brown sugar to taste; pour over peaches while boiling. Repeat this three mornings. Cover well, tie closely.

MRS. ROBERT PILLOW.

STUFFED PEPPERS.—Remove the stems and seed from six large peppers. Into a saucepan put a small cup of milk and bread crumbs to thicken; when it is cooked sufficiently to absorb the milk, rub until smooth, then add a cup of cold meat that has been chopped or ground in a meat mill. Season with onion, pepper, salt, and chopped parsley; add two large spoons melted butter and a well-beaten egg. Fill the pepper with this mixture, packing tightly. Arrange in a saucepan with the open ends up, and pour well seasoned stock around. Cover, and bake three-quarters of an hour. Serve with tomato catsup.

MRS. R. C. GANT.

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CUCUMBER SWEET PICKLE.—Open the cucumbers and scrape the seed and the pulp from them; put into water, changing water every day until the salt taste has been entirely soaked out. To every two pounds of cucumbers add one and a quarter pounds sugar and one pint vinegar; boil or scald the sugar and vinegar together, and pour on the fruit while hot, for three days; boil all together for twenty minutes. On the fourth day add spices, cinnamon bark, cloves, and mace to taste. Add a little white mustard seed to every two pounds of fruit. Cover with green grape leaves while boiling, to give it a pretty green color. First scald the cucumbers in weak alum water.

MRS. W. S. FLEMING.

CUCUMBER SWEET PICKLE.—Slice cucumbers one inch thick. boil for one hour in strong alum water; take out and put in cold water, to remain until perfectly cold. Boil again in weak alum water a short while; again put in cold water. Drain well. Make a syrup of one pound of sugar to each pound of fruit—four pounds of fruit to one pint of cider vinegar. Let the syrup be boiling well when fruit is added, and boil until transparent. Add mace. If syrup is not thick enough, boil after taking out fruit. When cold sprinkle with white mustard seed.

MRS. ROBERT PILLOW.

PEACH PICKLE.—To seven pounds pared fruit take one pint vinegar, three pounds of sugar, one ounce of cloves, and one ounce of cinnamon. Boil the vinegar, sugar, and spices, and

pour over the fruit while hot. Repeat this for two mornings. The third morning scald the fruit in the syrup. Repeat the operation for seven mornings, scalding the fruit as often as necessary to make it tender.

MRS. BAIRD.

SWEET PEACH PICKLE.—One gallon peeled peaches, one quart vinegar, and two and one-fourth pounds of sugar. After peeling peaches cut one side to the stone with sharp knife. Boil vinegar and sugar and pour over peaches. Next morning take same syrup and boil and pour over peaches again. The third day cook all together, adding one ounce of whole cloves. Cook till fruit is clear and tender.

MRS. F. B. WEBB.

SWEET PEACH PICKLE.—Peel one peck of large cling-stone peaches; stick four or five cloves in each peach, and put in stone jar. Boil and skim thoroughly one-half gallon of good apple vinegar and eight pounds of sugar. While boiling hot, pour over the fruit and cover closely. Pour off syrup next day and boil again. Repeat this nine days till the syrup is of the consistency of thin molasses. Pour over peaches and cover jar with a sheet or two of white paper, and a cloth over that. They are now ready for use.

MRS. J. M. SHEPPARD.

TOMATO SWEET PICKLE.—On four pounds green tomatoes, sliced, sprinkle three pounds of sugar. Let this stand six or eight hours; then stew until syrup is as thick as that of preserves; then take tomatoes out, add one quart of vinegar and spices to the syrup, and boil again until as thick as before; then put tomatoes in and cook a few minutes. Ripe tomatoes can be used if preferred.

MRS. W. B. HARRISON.

TOMATO SOY.—One gallon ripe peeled and cored tomatoes, one pod red pepper, one teaspoon cloves, one teaspoon grated nutmeg, one teaspoon ground ginger, one teaspoon cinnamon, four large onions, twelve tablespoons sugar, six tablespoons salt, eight teacups vinegar. Chop fine, mix well, and boil slowly until quite thick.

MRS. ROBERT EWING.

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RIPE TOMATO SOY.—Twenty-four ripe tomatoes, eight onions, six peppers, eight cups vinegar, eight tablespoons sugar, four tablespoons salt, one tablespoon cinnamon, one tablespoon allspice, one tablespoon nutmeg, one tablespoon cloves. Boil all together, and seal while hot. MRS. G. W. BLACKBURN.

WATERMELON SWEET PICKLE.—Cut about ten pounds of inch-thick, crisp, and tender rind into fancy or plain pieces two inches long. Put in porcelain kettle. To one gallon of rind add two teaspoons each of salt and alum. Use enough water to cover. Boil till tender enough to pierce with silver fork: pour into colander to drain, and dry by taking a few pieces at a time and pressing gently with towel. Then bruise and tie in muslin bag four ounces of ginger root; drop it into a syrup made of one quart of vinegar, two pounds of white sugar, one ounce of cinnamon. The syrup to be poured over the rind boiling hot for three days in succession. The last time when syrup boils put the rind in and let it boil five minutes. Bottle and seal. MRS. W. B. HARRISON.

CITRON OF WATERMELON RIND.—Cut the rind in strips of pretty leaves, place in a china bowl and strew over a double handful of salt; pour over hot water, let remain twenty-four hours. Take out, plunge in cold water; let it remain twelve hours to extract salt. Green the rind by using a small piece of alum, steaming until green, keeping it closely covered; then put it into a kettle of ginger tea made by pouring boiling water

over eight or ten pieces of race ginger, a part of them being crushed. Boil slowly until tender enough to pierce with a straw. Take out and weigh; to every pound of rind put one and one-half pounds of granulated sugar; add water as for other preserves. Let it boil a few minutes; then add race ginger and rind. Let boil until clear. About an hour before removing from fire, add one-half dozen pieces of mace and two lemons sliced thin. Seal the citron air tight.

MRS. E. LITTLEFIELD.

MELON PICKLE.—Pare, remove the seed, and carve the outside of enough green muskmelons to make a gallon. Soak twelve hours in salt water, then twelve in fresh water, changing the water three times in the twelve hours; then soak in weak alum water twelve hours. Boil in fresh water till it is clear. Make a syrup, allowing two pounds of sugar to one of melon, and boil the melon in it till it is transparent and has absorbed all the syrup possible. Place the melon in jars and scatter stick cinnamon, a few cloves, and a little mace through it; pour in the syrup, then put in a half pint of very strong cider vinegar while the pickle is still hot.

MRS. S. A. GRANBERY.

WATERMELON RIND PICKLE.—Peel outer rind from ten-pound melon; put in a kettle and cover with water; let boil a few minutes, then remove from the water and lay on a dish to drain and cool. Remove water from kettle and place the rind in kettle again; cover it with vinegar and add four pounds sugar, a half ounce each of cinnamon, cloves, and allspice. Let them boil together a short while, then remove to stone jars. Boil the vinegar nine successive mornings.

MISS SALLIE LOONEY.

CRAB APPLE SWEET PICKLES.—Stick two or three cloves into each ripe crab apple; put them in a jar and pour over them a boiling syrup of one-half gallon pure apple vinegar, half the weight of apples of sugar, a dessert spoonful each of cinnamon, cloves, and mace. Every other day pour off this syrup, heat,

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and pour over apples again, until the third and last time; boil apples also until tender enough to stick with a straw.

MRS. H. P. FIGUERS.

CHERRY PICKLE.—To one quart of cherries use eight table-spoons of sugar, and fill jar with best vinegar. Put layer of sugar and layer of cherries until jar is filled.

MRS. J. H. WILKES.

BRANDIED PEACHES.—Put peaches in boiling water a few minutes, when the skin will peel off easily. Make a syrup of half pound of sugar and half teacup of water for each pound of peaches. Skim as scum rises in boiling, then put in peaches and boil gently until tender—no longer. Take them out carefully, and fill your cans or jars. Remove syrup from fire, and add to it half pint best brandy or whisky for each pound of peaches. Pour over fruit.

MRS. J. W. SHELTON.

CATSUPS.

TOMATO CATSUP.—To one quart of ripe tomatoes add two tablespoons salt, two of black pepper, same of mustard, one-half tablespoon of allspice, and three red peppers ground fine, or a small teaspoon of cayenne. Simmer the whole with a pint of vinegar in a tin vessel for three hours; strain through a sieve, bottle and cork.

MRS. A. M. HUGHES.

GOOD GREEN TOMATO SAUCE.—One gallon green tomatoes measured after chopping fine, one quart of vinegar, one quart sugar, one pint chopped onions, two tablespoons white mustard seed, two of salt, one tablespoon each of ground black pepper and spice, one and one-half tablespoons ground cloves. Boil all together until tender.

MRS. J. J. STEPHENSON.

GREEN TOMATO CATSUP.—Take one gallon of green tomatoes, slice thin, put in a preserving kettle; cook thoroughly done, then mash through a colander, then through a sieve. Add one quart of apple vinegar, two tablespoons of salt, one of black pepper, one of mustard seed, one teaspoon of allspice, one of red pepper, one of mace, one of cinnamon, and sugar to taste. Put spices in a bag and cook slowly for three hours; bottle and seal. Ripe tomatoes can be used the same way.

MRS. M'ALPINE.

GRAPE CATSUP.—Five pounds grapes; boil well and mash through a sieve, getting all pulp you can; two and a half pounds sugar, one tablespoon each cinnamon, allspice, and mace, in a bag, also a taste of cayenne pepper, and salt, one pint good cider vinegar; boil all together till thick, then bottle, and if sealed will keep well.

MRS. H. B. TITCOMB.

HORSERADISH CATSUP.—One coffeecup grated horseradish, two tablespoons white sugar, half teaspoon salt, and a pint and a half cold vinegar. Bottle and seal.

MRS. W. B. HARRISON.

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FOOD FOR THE SICK.

FOOD FOR THE SICK.—The following are some of the most important articles of diet for the sick. The lightest and simplest foods are considered the best, and should be served in small orders, and in a dainty manner, so as to be more appetizing to the invalid.

FOOD FOR THE SICK (*Tapioca Cup Pudding*).—This is very light and delicate for invalids. An even tablespoon of tapioca soaked for two hours in nearly a cup of new milk. Stir into this the yolk of a fresh egg, a little sugar, a grain of salt, and bake in a cup for fifteen minutes. A little jelly may be eaten with it if allowed, or a few fresh strawberries.

MRS. W. B. HARRISON.

SOFT-BOILED EGGS.—Put the egg in boiling water. Place the vessel on part of the stove where the water will not boil. Let it remain four minutes. MRS. O. C. OWEN.

THICKENED MILK.—With a little milk, mix smoothly a teaspoon of flour; pour over it a pint of boiling milk. When thoroughly mixed, return to the saucepan, stirring constantly. Let it boil at once. Add salt to taste. Excellent for diarrhœa.

MRS. O. C. OWEN.

RICE WATER.—Take four tablespoons of rice, add two quarts of water, boil two hours. MRS. O. C. OWEN.

BEEF EXTRACT.—Take a porterhouse steak about one inch thick, remove all fat, broil it quickly over a brisk fire. Have ready a teacup warmed in hot water; place the beef in a lemon squeezer, extracting all the juice into the cup. Season with salt and pepper. Serve at once. Invaluable where solid food can not be taken.

MRS. O. C. OWEN.

MILK AND EGGS.—Beat up a fresh egg with a little salt; pour upon it a pint of boiling milk, stirring constantly. This is very refreshing in case of weakness. MRS. O. C. OWEN.

POISONS AND THEIR ANTIDOTES.

POISONS.	ANTIDOTES.
<i>Acids— Sulphuric, nitric, muri- atic, oxalic.</i>	{ Give alkali—soap and soda usually at hand. Provoke vomiting. Give bland drinks and milk. Secure rest. Relieve pain with opium, and stimulate if necessary.
<i>Carbolic Acid.</i>	{ Give Epsom salts, dilute sulphuric acid, glycerine, and oil. Produce vomiting. Stimulate if necessary.
<i>Prussic.</i>	{ Give dilute ammonia water, chlorine water, solution of a salt of iron. Produce vomiting, and stimulate if necessary.
<i>Arsenic, Paris Green, Fowler's So- lution.</i>	{ Provoke vomiting. Give hydrated oxide of iron. Magnesia in large quantities. Give milk, butter, and a dose of castor oil. Avoid giving acids. Stimulate if necessary.
<i>Nitrate of Silver (lunar caustic).</i>	{ Give strong solution of common salt and repeat often. This decomposes the poison. Produce vomiting.
<i>Mercury, White and Red Precip- itate, Corro- sive Subli- mate. Ver- million.</i>	{ Albumen, whites of eggs, milk and wheat flour in water. Provoke vomiting. Give some infusion containing tannic acid.
<i>Antimony, Tartar emet- ic, Oxide of Antimony.</i>	{ Give large drafts of warm water. Provoke vomiting. Give infusion of oak bark. Give raw eggs and milk and a dose of castor oil. Stimulate if necessary.
<i>Phosphorus, matches, etc.</i>	{ Give emetics, magnesia and water, and mucilaginous drinks freely.

POISONS.	ANTIDOTES.
<i>Acetate and sulphate of zinc (white vitriol).</i>	Vomiting will be relieved by large draughts of warm water. Carbonate of soda in solution will decompose the sulphate. Milk and albumen will act as an antidote.
<i>Copper and its salts, Verdigris.</i>	Give albumen, milk, white of eggs in solution freely. Avoid giving vinegar.
<i>Alcohol.</i>	Provoke vomiting. Give hartshorn and water.
<i>Opium, Morphine, Laudanum, Purgative, Chloral.</i>	Provoke vomiting repeatedly. Give atropine, strong coffee, and tea. Keep the patient in motion. Dash cold water on the head and shoulders. Use artificial respiration if necessary.
<i>Strychnine.</i>	Give emetics, chlorine water; inhale chloroform, ether, and the nitrate of amyl. Give chloral and the bromides. Secure rest.
<i>Acetate of Lead (sugar of lead).</i>	Give Epsom salts or diluted sulphuric acid. Produce vomiting. Give bland drinks and dose castor oil; lemonade and white of eggs.
<i>Creosote.</i>	Give albumen and white of eggs, milk, or wheat flour. Provoke vomiting.
<i>Iodine.</i>	Give starch, wheat flour, and arrowroot well mixed in water. This makes an insoluble compound. Give vinegar and water and move the bowels.
<i>Alkalies, Carbonate of Ammonia, Caustic Potash, Hartshorn, Lye.</i>	Give vinegar, lemon juice, or citric acid in solution. Give castor oil, olive oil, linseed oil, and mucilaginous drinks. Provoke vomiting. Relieve pain with opium and stimulate if necessary.

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