



THE
NATIONAL
COOK BOOK

BY
MARION HARLAND
AND
CHRISTINE TERHUNE HERRICK

Younger Mayonnaise

1 Egg

2 tsp lemon

2 tsp salt

1 cup salad oil

Mon - 3 hrs -

Tues. 1 hr Eve

Wed. 1 hr Eve

Thurs. 3 hrs.

Friday 1 hr Eve

Sat. 3 hrs.

12 hrs week



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BY
MARION HARLAND
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CHRISTINE TERHUNE HERRICK

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1896

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*** Thanks are due to Messrs. Harper & Brothers for permission to use certain recipes and directions, which, under a slightly different form, were printed in "Harper's Bazar."*

C. T. H.

INTRODUCTORY

THE thousand recipes in this volume represent seven years of accumulation and selection of material which we believe will be of value to our sister housekeepers. We have collected these recipes from all quarters of the globe, and adapted them to the American kitchen, making patient test of each before admitting it to our store of available matter.

Circumstances have brought both of us into constant and close association with housewives all over this dear land of ours. We have made them, their needs, their ambitions, and their capabilities, a study, and in offering *THE NATIONAL COOK BOOK* to them, have more than a mere author's interest in our readers. They are our fellow-workers and friends. Recollections of the gracious acceptance they have accorded to former works have cheered us in the endeavor to prepare the very best Manual of Practical Cookery ever put upon the American market.

We bespeak for it a fair trial in the hundreds of thousands of homes and kitchens in which "*COMMON SENSE IN THE HOUSEHOLD*" has found a loving welcome and has proved itself a trustworthy friend.

MARION HARLAND.

CHRISTINE TERHUNE HERRICK.

THE NATIONAL COOK BOOK

APPETIZERS.

A SIGNIFICANT token of the advance of the average domestic caterer in knowledge of the structure of the human stomach and in æsthetic taste is the honorable position now given on all well-appointed tables to what are technically termed *hors-d'œuvres*. We are moved to repudiation of the foreign phrase by the torture it suffers in the mouths of *chef* and confectioner, and by the desire to call a good thing by its right name.

Hors-d'œuvres means, literally, out-of-course, or out-of-order. The misnomer is palpable when applied to the incentives to the business and pleasure of eating, and to the assistants in the work of digestion that are classed under the conventional heading. Each has place and course, and all are in order.

Especially is this true of the dainty devices that precede and enliven the regular progress of the social luncheon and "course dinner." The ingenuity of the professional cook and the lighter fancy of the accomplished housemother are taxed to swell the number of these and to contrive such as will play well their part. We see peculiar fitness in supplying a goodly assortment of such "aids and comforts" as a prelude to the more serious *opus* which is to follow.

RAW OYSTERS.

Small oysters are most fashionable for this purpose, but many epicures cannot forego the pleasure of seeing and eating the large, luscious bivalves which have made the American oyster famous through the world.

If not served upon the half-shell—as is always best—lay each oyster carefully upon a bed of pounded ice in the cavity intended to receive him in your oyster-plate. Put a slice of lemon in the centre of the plate. If you use the half-shells, set them also upon pounded ice. This is better than scattering bits of ice over them, which in melting make the oysters insipid.

RAW CLAMS.

Use the Little Neck Clams when you can get them, and serve as you would oysters.

OYSTER COCKTAILS. (No. 1.)

Mix together a tablespoonful of tomato catsup, half a teaspoonful of Harvey's sauce, a tablespoonful of lemon-juice, a pinch of paprica, one of salt, and five drops of Tobasco sauce.

Have ready in cold claret glasses or cocktail glasses small oysters, which should have been kept on ice until wanted. Put four or five in each glass, and pour a generous teaspoonful of the mixture on them.

OYSTER COCKTAILS. (No. 2.)

Thirty small oysters. For sauce have two tablespoonfuls of lemon-juice, a teaspoonful of finely grated horseradish, a teaspoonful of tomato catsup, a pinch of salt, and a smaller pinch of cayenne, ten drops of Tobasco. Mix well and divide between six cocktail glasses, each containing five oysters.

CAVIARE SAUTÉ.

Melt two tablespoonfuls of butter in the chafing-dish or frying-pan, and when it is very hot turn into it the contents of a

two-pound can of caviare. Stir until the caviare is heated through. Season with as much red pepper as will lie on the point of a penknife, squeeze in the juice of half a lemon, and serve the caviare upon small squares or crescents of buttered toast.

CAVIARE BARS.

Open a box of caviare two hours before you are to use it, and turn into a china or stone-ware vessel, to rid it of the airless taste and smell imparted by the can. Half-an-hour or so before serving, beat into it the juice of a lemon and two tablespoonfuls of olive oil until it is like thick cream. Have ready thin slices of buttered bread an inch and a half wide and a little over three inches long. Spread the caviare mixture upon the buttered side of one slice and lay the other upon it as with sandwiches. When all are prepared, pile the bars neatly upon a cold plate, and cover with a napkin until they are sent to table.

ANCHOVY BARS.

For these use the whole anchovies. Scrape them fine, leaving out the skins, and work to a paste with butter, lemon-juice, and a little cayenne pepper or paprica. Then proceed as with the caviare bars.

ANCHOVY STRIPS.

Cut strips of buttered bread less than an inch wide and about three inches long, and spread the buttered sides with anchovy paste, sprinkled very lightly with cayenne pepper or with the Hungarian sweet red pepper, known as paprica.

BACON ON TOAST.

Toast or fry thin slices of bacon until crisp, drain from fat, and serve on thin buttered toast.

SMOKED SALMON.

Cut smoked salmon into strips, and broil it over a clear fire until it is hot through and well marked with the bars of the

broiler. Transfer it to a hot plate which has been rubbed with a piece of lemon-peel, baste it liberally with butter, and squeeze over it the juice of a lemon.

SMOKED SPRATS.

Butter a baking-pan lightly, lay in it smoked sprats, and leave them in the oven until they are smoking hot. Serve French mustard and pass lemon with them.

GRILLED SARDINES.

Drain and skin boneless sardines. Heat two tablespoonfuls of butter in a chafing-dish and *sauté* the sardines in this, turning them once. When very hot season with salt, a little cayenne, and the juice of a lemon. Serve on toast.

SARDINE AND OLIVE SANDWICHES.

Scrape the sardines to a paste, rejecting the skins and bones, and rub smooth with butter, lemon-juice, and a dash of red pepper. Have ready small, triangular slices of bread, buttered upon the loaf, and then cut evenly and thin, spread the buttered sides with the mixture, press together lightly, and heap upon a dish.

You can vary these sandwiches agreeably by mincing olives fine and working into the paste above described, then making this into sandwiches.

CHICKEN SANDWICHES.

Chop the white meat of a boiled chicken very fine, work into a paste with sweet cream, season with paprika or cayenne and celery salt, and make into sandwiches as already directed. If you cannot get cream, use butter for mixing.

CHICKEN AND ALMOND SANDWICHES.

To the chicken-meat prepared as in the last recipe add half as much almond paste, made by chopping almonds that have been blanched, then set in a cold place until stiff and crisp. Moisten to the right consistency with sweet cream, season smartly with cayenne or paprika and celery salt, and make into sandwiches with thin slices of buttered brown bread—*not* Graham.

DEVEILED EGG SANDWICHES.

Rub, or pound, the yolks of hard-boiled eggs that are perfectly cold and mealy, to a powder, and wet up with salad oil, seasoning to taste with French mustard, cayenne or paprica, and salt, with a dash of lemon-juice. Work to a smooth yellow cream and spread between thin slices, or strips, of buttered brown bread.

If seasoned piquantly, these will be delicious and a pleasant spur to appetite.

BRUNETTES.

Dip the crisp inner leaves of lettuce in a French dressing of salad oil, vinegar, pepper, and salt. Lift each out with the tips of your fingers and lay them between thin slices of buttered brown bread cut into triangles and spread with cream cheese—Philadelphia or Neufchâtel, or the home-made cottage cheese—worked soft with cream.

The lettuce must not lie one instant in the dressing if you would have it crisp and juicy. Dip it in, roll it over, and take it out at once.

These are especially acceptable at hot-weather luncheons and afternoon teas.

LETTUCE SANDWICHES

are made like the Brunettes, leaving out the cheese. They are best with brown bread, although palatable if fresh home-made white bread, light and sweet, be used.

CRESSLETS.

Pick, without bruising, the leaves of fresh, succulent water-cresses from the stems, toss them over and over quickly, with a silver fork, in a French dressing, and spread between thin triangles of buttered brown bread spread with cream cheese.

These, and other sandwiches made with green salads, must be eaten as soon as possible after they are made, and be kept on ice until they go to table.

NASTURTIUM SANDWICHES.

Butter and cut into thin slices a light white loaf, and spread between them fresh petals of nasturtium flowers, each petal overlapping the next half-way in its length to give substance to the sandwich "filling." These need no other seasoning than their own native piquancy. Garnish the dish with whole flowers, or, if served singly on plates, lay a flower upon each square or triangular sandwich.

OLIVE AND CAPER BARS.

Mince very finely olives and mix with one-third the quantity of finely chopped capers. Work up smoothly with butter, or oil, paprica or cayenne, and celery salt, and spread between thin strips of buttered brown bread.

You can vary this spicy appetizer by substituting green nasturtium pods for the capers.

PEA-NUT SANDWICHES.

Skin fresh-roasted pea-nuts, and pound fine. Work to a paste with melted butter, season with salt and cayenne, or paprica, and spread between thin squares, triangles, or bars of brown or white bread.

They will be really very good.

DEVEILED SHRIMPS.

Chop canned or fresh shrimps fine ; beat to a paste with olive oil or melted butter ; season with lemon-juice, Worcestershire sauce, cayenne, and celery salt, and spread them between buttered and toasted "saltines" or small "snowflake" crackers, or, should you prefer, thin slices of buttered bread.

SALTED ALMONDS.

Blanch the almonds by pouring boiling water upon them, letting them stand ten minutes in this, closely covered, then, pouring it off and covering the nuts with more water from the boiling

kettle. As soon as you can bear your fingers in the water, begin to strip the skins from the almonds, and spread upon a sieve or cloth to dry. They should be cold and crisp before you do anything more with them. The neglect of this precaution has spoiled many a batch of salted nuts.

Have ready a flat baking-pan in which is a good lump of butter, soft, but not melted. Set the pan with butter and almonds in it upon the range and stir briskly until each nut is well coated. Then put pan and contents into a brisk oven, stirring every few minutes until the nuts are lightly browned. Sprinkle thickly with fine salt while hissing hot, and turn out upon tissue-paper to cool.

Or—

Cover the blanched, cooled, and dried almonds with salad oil, and spread them upon a shallow dish. Leave in a cold place for an hour or two, stirring them up several times to keep the nuts coated; turn oil and nuts into the baking-pan (there should be just enough oil to keep them from burning), and roast briskly in a quick oven, stirring frequently to prevent burning. Transfer to a broad platter, sift fine salt over them, tossing them with a fork to get each kernel well salted, and put upon a paper to dry.

SALTED PEA-NUTS.

Blanch and, when cold and dry, proceed as with almonds, to which they are preferred by some people. Filberts may be treated in the same way, also English walnuts and pecans. The last two need not be blanched.

Almonds, pea-nuts, filberts, and walnuts are often mixed together when served, that the eater may take his choice.

Fresh fruits are among the most popular and efficient of appetizers. The juices arouse the digestive organs to their duty by clearing the coat of the stomach of the mucus lining that has gathered upon it during a period of inactivity. Clogged by this,

the much-abused organ acts sluggishly, and is overloaded before it fairly appreciates what work is laid out—or in—for it.

GRAPE-FRUIT OR SHADDOCKS.

Both names are absurd. The now much sought-after delicacy is a species of sour orange. The botanical name is *Citrus decumana*, and tradition says it was brought to Europe first by a certain Captain Shaddock. By what system of analogical reasoning it acquired the title of "grape-fruit" is an unsolved mystery. In growth, appearance, and taste it bears no resemblance to the fruit of the vine, but the name will be used in this book as a matter of convenience, a large majority of readers and consumers knowing it by no other. Each lobe or section is separated from the rest by a white membrane as bitter as gall. The first care of the caterer upon cutting the fruit in half crosswise must be to get rid of this. It is easily drawn out. Now with a silver spoon dig out or bore a small hole in the exact centre of each half of the fruit, fill and heap with all the fine sugar it can be persuaded to hold, pour a teaspoonful of sherry or Jamaica rum over the sugar, and send at once to table, as the sugar and liquor will soon toughen the pulp. The fruit should be made ice-cold before it is cut.

Dislike of the bitter membrane leads some caterers to take the pulp from the peel and, cutting it into small squares, to serve it in small glasses. In this case fine sugar is sprinkled upon each layer and the rum or wine poured in when the glass is full.

TUTTI-FRUTTI IN BOWLS.

Remove the fruit carefully from the halves of the grape-fruit and lay the emptied and scraped peels in ice-water while you prepare the filling.

Cut the pulp into small cubes, and several bananas into pieces of like size and shape; skin, halve, and seed white grapes, and if you can get them, add a few ripe strawberries to the mixture.

Wipe the bowls made of the peels and fill with this, sprinkling sugar among the fruits as they go in. Add a good teaspoonful of sherry, claret, or rum, and set in ice until served. Waiting increases the quantity of juice at the expense of flavor and tenderness.

A pleasing variety of this dish may be obtained by cutting grape-fruit into baskets instead of bowls, *i. e.*, leaving a strip of the peel in the shape of a handle upon one-half of the fruit. It is prettier than the bowls, but one loses half the peel of each shaddock.

A bow of ribbon tied to the handle enhances the gay effect.

ORANGES

may be prepared as a first course or dessert according to any of the foregoing recipes for grape-fruit, or served whole and ice-cold. They are cut into halves at table and eaten from the peels with a spoon.

GRAPES.

A bunch of hot-house grapes, decorated with a bow of narrow ribbon tied to the stem, is a pleasant provocative to appetite at breakfast or luncheon-time. The grapes should be kept on ice until they are served. They cannot be made too cold.

SOUPS.

AN essay upon this subject lately published asserts that "Nothing is easier than to make good soups." The reader who has sat at many tables in town and country is driven to the necessity of questioning the truth of the statement or to the conviction that the Average American Cook is the stupidest of scholars. So general is the impression that soup-making is an intricate business, and, as our A.A.C., just alluded to, would put it—"a mussy and fussy piece of work" that, when done, does not pay for the time and labor expended, that the everyday family dinner of the great middle class does not as a rule include this dish. Our men and boys are disposed to despise, or be impatient of, it, being in a hurry to fall to work upon the weightier matters of the meal. Each of them could dispose of his pound of meat with potato accompaniment in the time consumed in swallowing a dozen mouthfuls of that which a representative man of the people complained openly, "did not stick to his ribs."

There may be a reason for this popular prejudice more worthy of respect than silly contempt for new-fangled ways and foreign fads would be. It can be stated in a single sentence :

The Average American Cook has never mastered this, according to our essayist, easiest of culinary arts. When custom or convention, or invalidism, dictate "soup for dinner," our A.A.C. buys a bone and "some" soup-meat ; puts them over the fire with "some" water, cooks all together for "some" time, and serves it up in "some" fashion. If her dishes are washed with a like disregard of common sense and comfort, there is little choice between her soup and her dish-water. Both are dingy, greasy, unpalatable, and indigestible. It is well for the household to

which she ministers that this article of food appears but rarely at the head of her board.

Yet the making of soup in the right way is one of the simplest of kitchen duties. Once in the pot, and set at the side of the range, the prospective savoriness takes care of itself for hours, and is the better for being left alone. When removed from the fire, turned into an earthenware vessel, and seasoned, it requires another period of wholesome neglect that the fat may arise and form into a solid cake. Take this off, and, should you find—as is probable and desirable—a firm jelly below, warm the soup until it will flow freely through a fine soup-sieve and strain out meat, bones, and vegetables. You have now so many pints, or quarts, of “stock,” the strength of which depends upon the raw material that went into the kettle, and slow cooking. As the end to be gained is the extraction of every particle of nourishment from the meat, etc., the soup should never boil fast. This is a rule without exception. Soup-making is a process that cannot be hurried. Therefore, keep a long look ahead upon the stock-pot, which should never be of metal. The hireling’s practice of letting soup get cold in the kettle in which it was cooked is unclean and unwholesome.

Upon this stock there may be founded an endless variety of gravy soups, clear soups, and, what some judges of really good living rate as most useful and relishful of all—the great and respectable family of broths, purées, and cream soups. In the manufacture of these, the ingenious housewife finds scope for many inventions. The laws governing clear soups have a certain conservative rigor becoming the rank they take in the family bill-of-fare. They must be made of fresh, raw meat, and, when twice strained, require to be also clarified, and if too pale, must be artificially colored. Compared with them the broths are Bohemian, a hearty, happy-go-lucky tribe, adapting themselves easily to divers and incongruous constituent elements and thickening up in a jolly, democratic spirit which commends them to children and homely folk.

CLEAR SOUPS.

STOCK FOR CLEAR SOUPS.

Four pounds of beef bones, well cracked. One pound of chopped lean beef. One pound of lean veal, also minced fine. Six quarts of cold water. Salt and pepper to taste. One tablespoonful of kitchen bouquet.

Put meat and bones, without seasoning, into a clean soup-kettle, cover with cold water, and let them stand in a cool place one hour. See then that the chopped meat is broken apart and softened so that it will not be likely to form into a tough mass while cooking. Set at one side of the range where it will not reach the boiling point under an hour, and when this is reached keep it simmering for five hours longer.

Remove from the fire, turn into a stoneware bowl or crock, season to taste, and let it stand all night, or until it is perfectly cold. Take off all the fat, strain out the meat and bones, and set away for use.

You have now a nearly colorless bouillon, susceptible of many and agreeable modifications. Some cooks put into the soup-kettle a carrot, a turnip, and an onion, cut into dice. The vegetables give body and flavor to the stock, but undeniably risk the perfect clearness of amber soups and bouillons.

AMBER SOUP.

To one quart of jellied stock add the unbeaten white and broken shell of an egg. Stir well for a minute and set over the fire where it will heat quickly, not withdrawing the spoon or ceasing to stir gently until it is smoking hot. Boil fast for five minutes, draw to the side of the range and throw in a piece of ice the size of an egg, or a little cold water, to check the boil suddenly. In three minutes more lift very carefully, not to stir the dregs, and strain through a double cloth laid in a colander. Do not press or stir the soup until all has dripped through that will

pass the cloth, then take up the latter by the four corners and squeeze it over another bowl. The clouded stock may be used in making broths and as a foundation for a purée. Heat the cleared soup quickly to the boil and pour into the tureen.

SOUP À LA RUSSE.

Having cleared your stock according to the foregoing recipe and reheated it, pour it into the tureen and lay carefully upon the surface as many nicely poached eggs as there are people at table.

SWEETBREAD SOUP.

Boil, blanch, cool, and chop very fine two sweetbreads; mix with them one-half their bulk of fine crumbs, previously soaked and rubbed smooth with a little cream. Beat up the yolk of a raw egg, and work all with pepper and salt to a paste. Make into small balls with floured hands, and set by for half an hour in a cold place. Strain off a quart of soup from your stock jar, when you have skimmed it. Heat and boil slowly five minutes, skimming it well. Drop in the balls carefully—not to break them; simmer ten minutes gently, and pour into the tureen.

CLEAR BROWN SOUP.

Clear the stock as directed in recipe for Amber Soup, and stir in enough caramel to color it to your liking, bearing in mind that too much will give a sweetish taste to the liquid.

The caramel is made by heating granulated sugar in a tin cup or agate iron saucepan until it bubbles brownly all over. Add, at once, boiling water—a tablespoonful for each spoonful of the sugar—and stir until the sugar is dissolved. It will keep well in the refrigerator for a week or more.

Some palates enjoy the flavor of cloves and allspice in browned soup. The whole spices are used and strained out before the caramel goes in. Allow six cloves and four allspice to a quart of stock. Onion flavor should be imparted by grating a raw onion and squeezing the juice through a cloth into the heating stock.

JULIENNE SOUP.

Cut into small dice and parboil two carrots, two turnips, three stalks of celery, and two small onions. Drain off the water and let the vegetables get almost cold before dropping them into a quart of clear boiling stock. Bring rapidly again to the boiling point, cook ten minutes more gently, and turn into a tureen.

This is the simplest form of Julienne Soup. There are many varieties. Some shred the vegetables fine and add tomatoes and parsley, in which case it ceases to be a clear soup. The tomatoes will cloud it. The shredded vegetables look well if cut into short lengths. There is neither comeliness nor convenience in long, hair-like shavings that hang from the sides of the spoon when lifted to the mouth.

A dash of Worcestershire sauce improves the flavor of this soup.

JULIENNE PRINTANIÈRE.

This differs from the ordinary Julienne soup only in being made of Spring (*le printemps*) vegetables. Peel and cut into short shreds two young turnips and three young carrots. Shred two Spring onions. Heat an ounce of butter or dripping in a frying-pan and add the shredded vegetables. When partly cooked add a quart of clear stock, a tablespoonful each of green pease and asparagus tops ; simmer until the vegetables are cooked, season to taste, and serve with croûtons.

CELERY CONSOMMÉ ROYALE.

Consommé is nothing more than a clear bouillon flavored to suit the taste. A pleasing variety is made by boiling in a quart of good stock four stalks of tender celery until they are ready to fall to pieces. Put away the stock without removing the celery. When perfectly cold take them out, breaking as little as possible, heat the soup, clearing it with white of egg if necessary, strain through a cloth, without pressing, into a clean kettle, and when it boils add the little cubes that give it its name. Cook gently one minute and turn into the tureen. Some authorities ad-

wise that the cubes be placed in the tureen without cooking in the soup and the hot liquid be poured upon them. The objection to this is that a good handful of the cold royales will cool the soup perceptibly.

To make the royales :

Heat in one saucepan three tablespoonfuls of milk ; in another the same quantity of clear stock. When the milk is scalding hot, add it gradually to two well-beaten eggs. Mix with the boiling stock a roux made by heating a tablespoonful of butter to a bubbling boil, and stirring into it a tablespoonful of flour until you have a smooth paste. Season the stock with paprica and salt. Stir the custard made with a beaten egg and milk over the fire for one minute, or until it thickens, and add, still stirring, to the stock. A pinch of soda in the hot milk will prevent curdling. Mix stock and custard away from the fire, spread upon a flat dish, and set in a cold place to harden. When cold and stiff, cut with a sharp knife into cubes or diamonds half an inch square, or into strips ; or, if you like, into more fanciful shapes.

This is a nice show soup for a dinner party. The custard is better if prepared the day before it is to be used and left on ice.

VERMICELLI OR SPAGHETTI SOUP.

Break the vermicelli or spaghetti into inch lengths, and cook tender and clear in boiling salted water. Drain this off ; spread the vermicelli upon a dish and allow it to get almost cold, when drop into a quart of (cleared) boiling stock ; let it just boil again, and serve. The pipe macaroni may be used in like manner, cut into quarter-inch lengths after it is cooked.

CLEAR TAPIOCA SOUP.

Soak two tablespoonfuls of pearl tapioca in a large cup of cold water four hours, then stir into a quart of well-seasoned boiling clear stock, and simmer ten minutes.

Pearl sago may be substituted for tapioca if desired, but should be soaked four hours in cold water, and one hour in hot, before it goes into the soup.

CLEAR SOUP WITH CROÛTONS.

Cut slices of stale bread into small squares, and fry to a light brown in good dripping or butter. Shake off every drop of fat through a colander, spread upon tissue-paper laid over a hot plate, leaving them thus for five minutes. Put them into the tureen and pour in a quart of boiling consommé.

CLEAR SOUP WITH GREEN PEASE.

Boil the pease until done, but not broken, in salted water. Drain perfectly dry, put into the tureen, and add the boiling soup. Allow a cup of pease to a quart of soup.

CLEAR CELERY SOUP.

Cut into inch lengths crisp white celery, and cook tender in boiling salted water. Drain well, put into the tureen, and add a quart of boiling clear stock.

GREEN PEA ROYALE SOUP.

Mash, while warm, three tablespoonfuls of green pease to a pulp; work into this a tablespoonful of soup stock, a teaspoonful of corn-starch, and the beaten white of an egg. Mix thoroughly and spread upon an earthenware (not tin) pie-plate. Fit above a pudding-dish of hot water, which will just touch the bottom of the plate when at a hard boil, cover, and set in a quick oven. The mixture will be firm in a few minutes. Let it get cold on the plate; cut into diamonds or squares, and drop them into the hot soup three minutes before it goes to the table. The soup must not boil after they go in, as they are rather friable.

CHICKEN CONSOMMÉ, OR BOUILLON.

This, the most relishful of the bouillon family, is in great request at luncheons, afternoon receptions, or "high teas," and in the sick-room.

One fowl, weighing four pounds, jointed, as for fricassee.

Four quarts of cold water. Half a sliced onion. Two stalks of white celery. White pepper and salt to taste.

Put the chicken over the fire in an agate-iron or porcelain-lined pot, and, covering with the cold water, set at the side of the range. It should not boil under one hour, and then boil very slowly for three hours. When so tender that it will drop from the bones, add the onion and celery, and cook gently an hour longer. Turn into an earthenware bowl, cover closely, and let it get cold with the chicken and vegetables in it.

Now remove the fat from the top; put the soup again over the fire to melt the jelly from the bones, etc. When liquefied, strain through a colander lined with a bit of mosquito net or coarse muslin, and let all run through that will pass without pressing the cloth. (What will not, can be squeezed into another vessel for broth-stock.)

Clear the soup with the unbeaten white and the broken shell of an egg stirred into it while lukewarm; continue to stir while it heats to a quick boil, and strain for the last time, still without squeezing the cloth.

Serve hot or ice-cold. There is no middle ground with soups as to degrees of temperature.

The chicken meat should be saved for chicken bisque. It will make, also, tolerable croquettes.

BROWN CONSOMMÉ.

Three pounds of lean beef. (The coarser cuts will do for this purpose.) Two pounds of lean veal. Five quarts of cold water. One fine stalk of celery, cut into inch lengths. One small carrot, cut into dice. One good-sized onion, sliced. Six cloves, six whole peppers, and six allspice. One tablespoonful of parsley. One tablespoonful of "kitchen bouquet." Half a teacupful of butter.

Cut the meat into small bits, less than an inch square. Heat half the butter in a frying-pan and fry the vegetables to a fine brown in this. Strain them out and set aside in the colander; put browned butter into the soup-kettle with the half you have

not used, and when again hot add the meat. Stir briskly over hot coals to make sure that each piece is first coated with the butter, then browned, lastly not scorched. Lift from the fire and cover with cold water. Return to the range and simmer slowly for an hour, after it is smoking-hot.

Now put into the pot a gallon more of cold water, bring back, very slowly, to the boil, cover the pot and leave it to seethe and bubble leisurely for at least five hours. At the end of four hours add the browned vegetables, with the spices. By the time the six hours of slow simmering are up you should have about three quarts of strong brown stock besides the meats and vegetables. Do not remove these until the liquid is cold, but do not wait until the fat has hardened upon the surface. Strain them out then, through a colander, return the soup to the fire, with a good tablespoonful of salt, and bring to a hard boil. The salt will throw up the scum to the top. Skim this off and strain the liquid again, now through a coarse cloth, without shaking or squeezing. Keep in an earthenware crock or bowl.

This process may sound tedious, but examination of the recipe will show that the amount of time and labor expended in actual work is trifling. Most of the work is done by the soup itself if the fire be properly regulated.

As a basis for a fine gravy, and other brown soups, this stock cannot be excelled. Served alone as a nourishing bouillon, it is most satisfactory.

BROTHS.

Under this head may be gathered such a noble army of toothsome and economical soups, purées, and potages as would fill half this book were the attempt made to register and give recipes for all of them. They are especial favorites of the thrifty house-mother who would look well after ways and means, yet feed wisely and agreeably her growing family. It cannot be denied that, while clear soups are, as been said already, elegant and conventional, the best of them are deficient in such nourishment

as is to be found in what the French call the *pot-au-feu*, and what we know as "a good, substantial broth."

In a well-managed household the family stock-pot need never be emptied except to be washed and re-filled. It is humiliating and depressing to an intelligent caterer to reflect how much that is palatable and nourishing goes into that one of our national institutions familiarly defined as "a swill-pail." This much-perverted receptacle should receive nothing that can be converted into aliment for human creatures. Excepting always the scrapings of the plates used at table and such bones and bits as are found upon them, all "left-overs" should be inspected by the mistress of a house before they are condemned as "no good."

Bones, meat-rinds, the heels and crusts of loaves, stale biscuits and hard chunks of cheese, cold vegetables of all sorts, the fat of all kinds of meat—in a word, odds and ends of every description—have capabilities in the eye of the accomplished cook whose own the kitchen is, and to whose interest it is to get the full worth of a hundred and one cents out of every dollar.

To cite one item of unconsidered waste, apropos to our family stock-pot: Who, among even notable housekeepers, insists that the water in which rice or macaroni is boiled be set aside in a cool place to make thicker and better to-morrow's broth? Look next morning at the rice-water Bridget would have thrown into the sink, and you find a tolerably firm jelly, more nutritious than the cereal which was strained out of it. It works well into any kind of white soup, and, joined to the cupful of superfluous liquid drained from yesterday's stewed tomatoes, and a couple of cold boiled onions, can be wrought up, by means of a good roux and judicious seasoning, into a really palatable broth for the luncheon, which is often the nursery dinner.

Instead of throwing away bones and the outside slices of roast and boiled, the gristly remnants of chops and steaks, the carcasses and stuffing of fowls, the tablespoonful of gravy and the teaspoonful of white or brown sauce, the single cold potato, or beet, or turnip, or boiled egg left from to-day's meals, *study possibilities*—especially brothward.

SCOTCH BROTH.

One generous quart of stock made by boiling down the water in which a leg of mutton was cooked until you have half the original quantity.

Or by boiling for eight hours the bones left from roast mutton, or the "trimmings" sent home by the butcher who prepared the roast and chops for the table. If raw meat and bones are used, allow one quart of water to each pound. Be careful to skim all the fat from the stock. Mutton-fat is tallow, unpalatable and indigestible.

Half a cup of pearl barley, or rice. One medium-sized onion, minced. One tablespoonful of minced parsley. Two tablespoonfuls of white roux.

Wash the barley or rice and soak in cold water one hour. Put the stock over the fire with the onion and bring to a rapid boil. Add the barley (or rice) and simmer for three-quarters of an hour; put in the parsley and cook five minutes more before stirring in a

WHITE ROUX.

This same roux is so essential to the right making of thick soups that explanation should be made here of the meaning of the term.

Heat one tablespoonful of butter in a frying-pan, and when it hisses stir in boldly a tablespoonful of flour, until the paste is smooth. The flour will not lump. This is the roux. Into this pour, gradually, beating it in well, half a cupful of the hot broth; pour back into the soup-kettle and let it boil up once before serving. Season to taste.

CHICKEN BROTH.

The carcass, neck, pinions, stuffing, etc., of a roast or boiled chicken.

Or the water in which a fowl has been boiled, simmered down to half the original quantity.

Or the gravy left from fricasseed chickens, freed of fat and thinned with a little hot water.

By any of these means get a quart of good stock ; set over the fire to heat quickly, and when it boils add three tablespoonfuls of rice which has been soaked for an hour in cold water ; a small onion, cut up small ; salt and pepper to taste, and cook steadily for half an hour, or until the rice is soft. Add a tablespoonful of chopped parsley, and cook ten minutes more. Have ready in another saucepan a cup of milk made scalding hot, and stir into it a tablespoonful of butter rubbed smooth with a teaspoonful of corn-starch. Cook three minutes, stirring to prevent lumping, remove from the fire and beat in a well-whipped egg. Return to the fire for one minute ; beat up hard, and turn into the tureen. Pour the soup carefully upon this, stirring all the while lest the egg should curdle. A bit of soda no larger than a pea, boiled in the milk, will help to prevent this catastrophe.

ENGLISH BARLEY BROTH.

One quart of strong stock made by boiling the bones of a rib-roast, or steak well broken, with a pound of underdone beef for six hours.

Or if raw meat is at hand, allow for a pound of chopped lean beef and the cracked cooked bones aforesaid, three pints of water and stew it down in four hours to one quart. (Let it get cold and take off the fat, of course.)

One onion, one carrot cut into dice, and one small turnip also cut up small.

Half a cup of barley soaked for an hour, with minced parsley and sweet marjoram, pepper and salt to taste.

Parboil the vegetables, drain them and put into the soup-kettle with the barley and the cold stock. Bring to a slow boil and keep this up for an hour, before the parsley goes in.

For this broth you want a

BROWN ROUX.

Heat a tablespoonful of butter in a frying-pan until it bubbles and browns, but not until it burns. Stir in a tablespoonful of

lightly browned flour until all is smooth. Pour into the frying-pan gradually, a half-cupful of the boiling broth, and when well mixed, put back into the soup-kettle. Boil up once and serve without straining out the vegetables.

A NEW JERSEY BROTH.

One quart of good stock,—beef, mutton, chicken, or miscellaneous. One pint of tomatoes, peeled and sliced. One cupful of green pease. One stalk of celery cut into small bits. One small onion, chopped. Two tablespoonfuls of boiled rice. Pepper and salt to taste. Two tablespoonfuls of white roux. Minced parsley, and summer savory (if you have it).

The water in which rice has been boiled may be used effectively in this broth.

Heat the stock and add the vegetables, which must have been parboiled with the exception of the tomatoes. Vegetable "left-overs" can be utilized here. Simmer all together for half an hour, add the parsley, cook one minute, and stir in the roux as before directed.

Simmer five minutes longer, and pour out.

WHITE VEAL BROTH.

The best use to which this often indigestible meat can be put is soup-making. In this form its best elements—the gelatinous—come into play, and the dreaded fibres are thrown aside.

Three pounds of coarse lean veal, chopped, or a knuckle of veal well-cracked. Three tablespoonfuls of raw rice. Four quarts of cold water. One onion, sliced. Two stalks of celery cut into inch lengths.

Put all together over the fire, and cook slowly for six hours. Season with salt, pepper, and kitchen-bouquet, pour into a crock or bowl, and set away until perfectly cold. Remove the fat, warm the soup to free the meat, etc., of jelly, and strain into a bowl. There should be over two quarts of strong meat-jelly.

To one quart of this allow three tablespoonfuls of soaked rice ; put over the fire cold, and cook gently forty-five minutes.

Have ready in a saucepan a cupful of boiling milk in which has been dropped a pinch of soda, stir into this two tablespoonfuls of white roux, and pour into the broth.

Veal stock is rendered less insipid if the carcass of a chicken be cooked in it. A slice of cold corned ham is also an improvement. It should be minced, cooked in the stock, and then strained out. The rind of salt pork may be utilized in the same way.

VEAL AND SAGO BROTH.

Make as above, substituting pearl sago for the rice, and adding to the thickened milk the frothed white of an egg. It is excellent for invalids, and may be made yet better if a tablespoonful of rich cream be stirred into each cupful when served.

TOMATO AND RICE BROTH. (WITHOUT MEAT.)

One pint of tomatoes, cut up, or the juice from a can of tomatoes. Half a cup of rice boiled tender, but not broken, and a good cupful of the water in which it was cooked. One small onion, minced. One cup of milk. Three tablespoonfuls of butter made into a white roux with as much flour. A teaspoonful of white sugar.

Season with pepper, celery salt, and minced parsley. Add a good pinch of soda to the milk. Stew tomatoes and onion together for half an hour and rub through a colander, into a saucepan. Return to the fire with the boiled rice and rice-water, season to taste, add the sugar, then the roux made liquid with a little of the hot broth ; boil up, stirring well, and pour into a tureen where you have already put the scalding milk and soda.

Serve while still foaming. The merit of this broth depends largely upon the seasoning. When rightly compounded, it is delicious.

CHICKEN BISQUE.

This is a good way of using the remains of boiled or roasted fowls. One quart of stock made from the carcasses, etc., of the fowls, well-seasoned. Two tablespoonfuls of white roux. Half a cup of fine dry bread-crumbs. Nearly two cups of minced chicken (very fine). Chopped parsley, pepper, and salt.

Heat the stock, add the bread-crumbs, let it boil, put in the minced meat, bring again to a boil, and stir in parsley and the roux. Boil one minute.

If you are short of stock, heat a cup of milk, stir in a tablespoonful of butter, then the crumbs, and add to the scalding stock in which the chopped meat has been heated. Boil one minute, take from the fire and beat in a well-whipped egg before serving.

Cold turkey and duck may be used instead of chicken, also cold lamb, but not mutton.

VEGETABLE BROTH. (WITHOUT MEAT.)

One carrot, one turnip, one salsify root; a tablespoonful of minced cabbage; two potatoes, parboiled and sliced thin; two stalks of celery; three tomatoes or a cupful of canned tomatoes; half a cupful of green pease or Lima beans; two ears of green corn, or half a cupful of canned corn; one large onion, sliced. Parsley, salt, and pepper. Three full tablespoonfuls of butter. One large spoonful of brown roux.

Cut carrot, turnip, salsify, and celery into dice, mince the cabbage, cover with hot salted water, and boil with the beans or pease, hard for fifteen minutes. Drain out the vegetables and leave them to cool while you fry the onion to a light brown in the butter in the bottom of the soup-pot. Take the pot from the fire and stir in the onion and butter and all the other ingredients, including the parboiled potatoes, the tomatoes, and the corn. This last should be chopped fine. Cover with a quart of cold water, and cook gently for one hour. Stir in the parsley and seasoning; thicken with the roux to prevent the mixture from becoming watery and separating in the tureen, and serve.

You can make a white broth of this by leaving out the tomatoes, heating in a separate vessel a cupful of milk, thickening it with a teaspoonful of corn-starch, and beating into the mixture a couple of eggs just before it goes into the tureen. This should be put first into the tureen, and the vegetable-broth, made as above directed, be stirred in afterward. Otherwise the eggs may "break," and curdle the milk.

A good Lenten broth.

ANOTHER LENTEN BROTH.

Twelve ripe tomatoes, peeled and sliced, or a can of tomatoes ; one small onion, sliced and fried to a light brown in butter ; two tablespoonfuls of butter rolled in the same quantity of flour ; one-half cupful of hot boiled rice, very soft ; one teaspoonful of sugar ; one quart of boiling water ; pepper, salt, and chopped parsley or celery tops. Put two tablespoonfuls of butter into the soup-pot, bring to a boil, and fry the sliced onion. Add the tomatoes, and stir together over the fire until smoking-hot before the boiling water goes in. Stew steadily forty minutes, and put all through the colander back into the pot ; season, bring again to a boil, add the rice ; simmer ten minutes, stir in the floured butter, boil one minute, and pour out.

CAULIFLOWER BROTH. (WITHOUT MEAT.)

One fine cauliflower ; two tablespoonfuls of butter rolled in one of corn-starch ; one onion ; bunch of parsley ; two blades of mace ; two quarts of water ; two cups of milk ; pepper and salt ; a pinch of soda in the milk. Cut the cauliflower into bunches, reserving about a cupful of small clusters to put whole into the soup. Chop the rest, also the onion and herbs, and put on in the water, with the mace. Cook an hour, and rub through a colander. Return the purée thus obtained to the pot, and season with pepper and salt. As it boils, stir in the whole clusters, previously boiled tender in hot, salted water, and left to cool. When the soup is again hot, put in the butter and corn-starch ;

stir until this has thickened ; pour into the tureen, and add the boiling milk. Pass sliced lemon and cream-crackers with it.

CORN CHOWDER.

Twelve ears of green corn, and two onions sliced ; three large potatoes, or six small, parboiled. Six Boston crackers, well buttered and soaked five minutes in boiling water. Three tablespoonfuls of butter and one cup of milk. Parsley, pepper, and salt. A pinch of soda in the milk. One beaten egg. One quart of boiling water.

Fry the onions in two tablespoonfuls of butter in the soup-kettle. Remove this to the table and take out the onions with a skimmer, leaving the browned butter in the bottom. Put into this a layer of corn cut from the cob, then of crackers, next of sliced parboiled potatoes, seasoning as you go, until all the ingredients are in. Cover with the hot water, and cook gently for about forty minutes after it begins to boil.

Heat the milk in a separate vessel, stir into it a tablespoonful of butter rolled in flour, and at last a beaten egg. Pour the milk into the tureen, then the chowder, stirring all the while. This broth or chowder may be made in winter with canned corn, but is not nearly so good as when fresh is used.

CORN AND TOMATO CHOWDER.

One quart of tomatoes, peeled and sliced. One-quarter pound of chopped salt pork. Two onions, sliced. Six ears of corn, sliced from the cob with a sharp knife. Two tablespoonfuls of rolled cracker. One tablespoonful of flour and one of butter. A dash of cayenne or paprica. One pint of boiling water.

Fry the chopped pork in the soup-kettle, and, when it begins to crisp, add the sliced onion and cook to a light brown. Then stir in the flour, and cook, stirring all the time, three minutes. Upon this put tomatoes and corn in alternate layers, seasoning as you go and scattering the rolled crackers over each. Cover with hot water and cook slowly forty-five minutes. Season to taste, stir in the floured butter, boil up well, and serve.

HIGHLANDER'S DELIGHT.

Two pounds of veal and three pounds of bones (well-cracked) from neck or knuckle of the calf; one onion, minced fine; one turnip, one carrot, grated. Bunch of sweet herbs, chopped; half cupful of barley, salt and pepper, one tablespoonful of oatmeal, four quarts of cold water. Put meat, cut into dice, bones, chopped vegetables, and herbs on in the water and boil very slowly six hours.

Season and set away in a cold place until next day. Take off the fat two hours before dinner, strain out the soup into a kettle and add the barley, which has been already soaked in warm water two hours, and cooked fifteen minutes in enough boiling water to cover it well. Put in with it the water in which it has been cooked, and simmer all together for half an hour. The oatmeal should have been soaked several hours in a little warm water. Stir it into the soup, and let all boil gently together for one hour before pouring out. This broth should be judiciously seasoned.

CHICKEN AND CORN BROTH.

Even in the country, where old fowls must be disposed of in some way, it is seldom economical to boil them to pieces just to make soup. But if you will save the liquor in which these have been boiled the day before for the table, a delightful broth may be made.

One quart of the liquor cleared of fat after it is cold; one can of corn, chopped; or eight ears of green corn grated from the cob; one tablespoonful of butter cut up in one of flour; one tablespoonful of minced parsley and same of green onion-tops; pepper and salt; one cup of boiling milk. Boil corn and liquor slowly together one hour after they begin to bubble. Rub thoroughly through a colander, season, and add herbs. Heat to boiling, stir in the floured butter, simmer five minutes, pour into the tureen, and add the boiling milk.

VIRGINIA GAME BROTH.

Two squirrels (the wild gray squirrel) or two wild rabbits, called "hares" at the South—jointed as for fricassee. Two cups of Lima beans; six potatoes, parboiled and sliced; seven ears of green corn, shaved from the cob with a keen knife; six tablespoonfuls of butter, rolled in flour; one quart of tomatoes, peeled and cut up small; one-half pound fat salt pork, chopped; half teaspoonful paprica or cayenne, and twice the quantity of black pepper. Salt to taste. One large onion, minced. Two teaspoonfuls of white sugar; four quarts of water (boiling).

Lay the game, when jointed, in cold water, slightly salted, and leave it there one hour. Then put into a large pot, alternately with the pork and all the vegetables except the tomatoes, cover closely, and stew for three hours very slowly. At the end of that time add the tomatoes and sugar and cook for another hour. Season to taste; stir in the floured butter, cook ten minutes longer, and dish in a vast tureen. Some cooks add half a cup of bread-crumbs. Under the name of "Brunswick Stew" this was a famous dish at the barbecues of Old Virginia, but it is really a broth.

CREAM SOUPS.

CREAM OF CELERY SOUP.

Two cups white stock. Two cups milk. One bunch celery. Two tablespoonfuls flour. Two tablespoonfuls butter.

Wash the celery and cut it into inch lengths. Cook it three-quarters of an hour in enough boiling water, slightly salted, to cover it, and then rub it through a colander. Rub butter and flour together, put them in a little saucepan over the fire, and stir until they bubble. Pour upon them the milk and the stock, which have been previously heated, and stir until they are thick and smooth. Add to this the celery and season to taste. It is a good plan to reserve half a cupful of the celery after it is

cooked and before it is rubbed through the colander to put into the soup when it is in the tureen.

CREAM OF ONION SOUP.

The large Bermuda onions or very young Spring onions are best for this. Simmer five tablespoonfuls of minced onion for one hour in a quart of good stock—beef, mutton, or veal, or chicken. Rub then through a fine colander, and put back over the fire with two tablespoonfuls of white roux, stirred gradually into the hot soup. Heat in another saucepan a cupful of milk (with a bit of soda), add this to the stock, beat in the frothed white of an egg, and season with salt, pepper, and minced parsley.

CREAM OF TURNIP SOUP.

One quart of lamb or mutton broth. Two cups of turnip dice. Use white, young turnips. Cook in the liquor half an hour after the boil begins, and when very tender, rub through a colander. Return to the fire and proceed as with cream of celery soup, only putting in both white and yolk of the egg.

CREAM OF LETTUCE SOUP.

Shred finely two heads of lettuce—the greener the better. Cook for half an hour in a quart of good stock, rub through a colander; return to the fire, stir into a cup of this two tablespoonfuls of white roux and a tablespoonful of cold boiled onion, minced fine, and one of minced parsley. Heat a cup of milk in another vessel, season with pepper and salt, stir in a well-whipped egg, and pour this mixture into the tureen, adding finally the lettuce soup.

Send around Huntley and Palmer's crisp "dinner biscuits," which the eaters can, if they like, drop into each portion of soup.

CREAM OF SORREL SOUP.

This is best when made from the more delicate species of sorrel, such as infests our flower-borders, but the commoner red sorrel of the farm can be used.

Wash the leaves and stems thoroughly and cut them up with a silver knife. Cook a cupful of the minced sorrel in a quart of stock, rub through an agate-iron (never a tin) colander back into the stock, and put again over the fire. Cook a quarter of an hour longer and treat precisely as you managed the cream of lettuce in the last recipe. The bit of soda in the milk will cause a slight frothiness that adds to the pleasing appearance of the soup.

CREAM OF TOMATO SOUP.

One can of tomatoes or the equivalent in raw tomatoes. One quart of milk. Three tablespoonfuls of butter and one of corn-starch. Salt and pepper to taste. Quarter teaspoonful of soda. A tablespoonful of minced parsley. A good teaspoonful of sugar.

Cook the tomatoes soft and rub through a fine colander. Return to the fire, season, and stir in the butter rolled in corn-starch, cooking until it begins to thicken. Have ready in another saucepan the milk scalding hot, add the soda; stir in well and pour into the tureen. Pour the tomatoes into this, keeping the spoon busy as you do it, beat up vigorously, and serve at once.

CREAM OF ASPARAGUS SOUP.

Cut the tops off and parboil by themselves. Cut the stalks into short lengths and cook slowly one hour in a quart of weak stock, with half a minced onion. Strain and press through a colander; put the soup back on the range and cook the reserved tips very soft in the liquid. Pass again through the strainer, rubbing all the pulp through the meshes. Afterward, proceed as with other cream soups. (See preceding recipes.)

SWEDISH CREAM OF GREEN-PEA SOUP.

Boil the pea-pods in a quart of weak stock with a sprig of mint for half an hour, when strain them out and put in the pease, also a lump of sugar and a pinch of soda. The latter will preserve the color of the pease. Allow a pint of pease to a quart of stock. Rub to a pulp through a colander when they have

been boiled soft ; thicken this with two tablespoonfuls of white roux ; season with pepper and salt, and keep hot while you heat a cup of milk in a saucepan, and when it boils pour it gradually, beating steadily with an egg-whip, upon two well-whipped yolks. Do not cook this in the soup, but pour into the tureen, and then the pea-broth.

Drop a handful of croûtons (dice of fried bread) upon the surface.

CREAM OF LIMA BEAN SOUP

is made precisely as above, only omitting the pods from the stock. It is very fine.

CREAM OF SPINACH SOUP.

Two quarts spinach. One quart milk. One tablespoonful each of flour and butter. Salt and white pepper to taste. Tiny pinch of soda.

Wash the spinach thoroughly, stripping each leaf from the mid-rib. Put the leaves on in a double boiler, with the soda, and cook an hour, or until tender. It is not necessary to have any water in the inner vessel. When the spinach is cooked soft rub it through a colander. Make a roux of the butter and flour, add the milk and the pulped spinach, season, and serve. A delicious as well as a pretty soup.

CREAM OF BEET SOUP.

Select six large, bright-red beets and boil carefully in their skins, lest they bleed white. Scrape off the skins, chop finely and quickly and rub through a colander into a quart of white stock—veal, chicken, lamb, or mutton—and treat as you would other cream soups, adding a little more floured butter, or roux, as beets are naturally watery and thin-blooded. The soup should be of a delicate pink. Season with white pepper, or, better still, with paprica, and salt.

CREAM OF CORN SOUP.

Shave the corn fine from the cob, or if canned corn is used, chop it small, and proceed as with the other cream soups, for which directions have been given.

PURÉES.

POTATO PURÉE. (Without Meat.)

Boil and mash very soft and fine twelve potatoes. Heat one pint of milk in a saucepan, add a parboiled onion (chopped), and cook slowly ten minutes. Strain out the onion; thicken the milk with two tablespoonfuls of butter rubbed in one of flour, boil three minutes to cook the flour, and put into the soup-pot with the mashed potato, a tablespoonful of chopped parsley, pepper and salt to taste. Cook three minutes, beat up well, and serve.

If you can spare a pint of good stock you can leave out the milk, thicken the stock with a white roux, and having cooked the stock and potato together for five minutes, pour the purée into the tureen upon two well-beaten eggs. Put in your egg-beater, incorporate the ingredients with a few swift whirrs, and serve.

BROWNEED POTATO PURÉE.

Put three tablespoonfuls of good dripping into your soup-kettle and fry in it one dozen potatoes which have been pared, quartered, and laid in cold water for an hour. With them should go into the boiling fat a large sliced onion. Cook fast but do not let them scorch.

When they are browned add two quarts of boiling water, cover the pot, and simmer until the potatoes are soft and broken. Rub through a colander back into the kettle and stir in a great spoonful of butter rolled in brown flour, a tablespoonful of chopped parsley, salt and pepper to taste.

In another saucepan make a sugarless custard of a cup of boiling milk and two well-beaten eggs; take from the fire and beat fast for one minute, put into a heated tureen, beat in the potato, and serve. This is a German purée, and very savory.

PURÉE OF SPLIT PEASE.

One quart of split pease soaked in soft water all night; one pound of streaked salt pork, cut into thin strips; two pounds of beef-bones cracked well; two stalks of celery, and one onion, chopped; salt and pepper to taste; four quarts of cold water; a sliced lemon. Put soaked pease, pork, bones, and vegetables over the fire, with the water, and boil slowly for four hours, until the liquid is reduced nearly one-half. Strain through a colander, rubbing the pease into a purée into the vessel below. Season, simmer ten minutes over the fire, and pour over the lemon, sliced and pared and laid in the tureen.

If the soup is watery, bind with a brown roux stirred in before the last simmer.

PURÉE OF MOCK TURTLE SOUP BEANS.

One quart of mock turtle soup beans; one onion chopped; four stalks of celery, cut small; two quarts of liquor in which corned beef has boiled; pepper; dice of fried bread; two lemons; one quart of cold water; one tablespoonful of butter rolled in flour. Soak the beans over night. In the morning pour on a quart of cold water, and set them where they will heat for an hour without burning. Stir up often from the bottom. At the end of this time add the beef liquor (after taking off the fat), the onions, and the celery. Cook gently three hours until the beans are boiled to pieces. Strain, rubbing through a colander, season, put back into the kettle, boil up, season with pepper, stir in the butter rolled in flour. Simmer five minutes, and pour upon the fried bread in the tureen. Pare the lemons, slice thin, and lay on the surface of the soup before serving.

GREEN PEA AND TOMATO PURÉE.

Cook one pint of green pease and the same of tomatoes, and a small onion, one hour in a quart of weak stock. Rub through a colander. Return to the fire with two tablespoonfuls of butter rubbed into one of flour, a teaspoonful of sugar and a teaspoonful of minced parsley.

Boil five minutes, and pour upon a handful of fried bread-dice in the bottom of your tureen.

RICE AND CURRY PURÉE.

Boil, in a quart of heated chicken stock, a half cupful of soaked raw rice, a minced onion, and a tablespoonful of chopped parsley, for half an hour, or until the rice is tender. Stir in a good teaspoonful of curry powder; cook one minute, and turn into a tureen.

A pleasing accompaniment to this, or any preparation of curry, is an ice-cold banana, laid with a silver fruit-knife at each place. The eater strips back the skin and takes a slice of the cooling fruit between every few mouthfuls of the pungent curry.

This is an East Indian fashion and much in favor with all who have tried it.

OX-TAIL SOUP.

One ox-tail; one stalk of celery; one onion, sliced; one carrot, cut into dice; two tablespoonfuls of butter; two quarts of weak stock; pepper, salt, and chopped parsley; a sprig of thyme; one bay leaf.

Fry the tail, cut into joints, in the butter; take them out and fry the onions and the carrots in the same. Cover with the stock and cook slowly for four hours. Season and turn into a covered bowl or crock to get cold. When several hours have elapsed, take off the cake of fat; warm the stock slightly and strain through a colander, reserving a few joints to drop into the soup. Heat to a boil, color with caramel, and serve.

CALF'S HEAD, OR MOCK TURTLE, SOUP.

One calf's head ; one cupful of strained tomatoes ; four tablespoonfuls of butter made into a dark roux with a like quantity of browned flour ; five quarts of cold water ; one sliced onion and a grated carrot ; one large tablespoonful of caramel ; one teaspoonful of allspice ; one saltspoonful of paprica ; a bunch of soup herbs ; salt to taste ; juice of a lemon ; glass of brown sherry.

Boil the head until the meat leaves the bones, and let it get cold in the water. Leave it thus until the next day, when take out the head, scrape off the jelly, and extract the bones. Set aside the meat from the cheeks and skull to be cut into dice, and reserve, also, the tongue. Return the jellied stock with the bones, the coarser parts of the meat, and the ears (chopped), the soup herbs, the scraped carrot, the onion (which should previously be fried in butter), and the seasoning. Cook steadily one hour. Take out the bones, strain the soup, thicken with the brown roux ; boil up sharply, drop in the meat and tongue dice, add lemon-juice and wine, and pour upon the forcemeat balls in a hot tureen.

The balls are made of the brains, rubbed to a paste with the yolk of a hard-boiled egg, stiffened with a little browned flour, bound with a raw yolk, then rolled in browned flour and set in a quick oven until a crust forms that will hinder them from breaking in the hot liquid.

This is a delicious and an elegant company soup.

GUMBO. (No. 1.)

One quart of strong chicken stock ; two slices of corned ham, cut into small bits ; one pint of strained tomatoes ; two dozen okra pods. Paprica and salt to taste. One onion, sliced and fried in a tablespoonful of butter.

Cook ham, fried onion, and sliced okra in the stock until the okra is tender ; season and turn out.

GUMBO. (No. 2.)

Joint a tender fowl, wash well, and roll in salted flour, then fry in good dripping with a sliced onion to a light brown. Or you may fry half a pound of sliced salt pork with the onion, strain out the fat and cook the chicken in it, until tender and ready to fall to pieces. Add now a cupful of strained tomatoes, season with salt and paprica or cayenne, and when the boil is again reached, put in two dozen fine okra-pods sliced, and cook half an hour after the boil is reached.

The "far-Southerners" do not consider gumbo perfect without a teaspoonful of sassafras powder, or two or three teaspoonfuls of chopped sassafras leaves, an addition that is hardly considered an improvement by the uninitiated palate.

GIBLET SOUP.

Heat one quart of chicken stock. You can utilize for this the liquor in which a fowl has been boiled, or that in which the carcasses of cooked fowls have been boiled for hours. When it boils, stir in the finely minced giblets of two fowls with a little chopped parsley, cook half an hour and thicken with two tablespoonfuls of brown roux. Season judiciously.

This popular soup is made still better if force-meat balls of hard-boiled yolks, rubbed to a paste with a little butter, bound with a raw egg and rolled in browned flour, be dropped in one minute before the soup leaves the fire.

LIVER SOUP.

A palatable and inexpensive soup is made of one quart of stock, obtained by boiling four slices of corned lean ham, or a corned ham-bone, with a sliced onion in two quarts of water until it is reduced one-half. Chop the "left-overs" of fried or stewed liver fine with a little ham, and add to the stock. Season to taste; thicken with a brown roux, and pour upon a handful of croûtons in the bottom of the tureen. The heart, that

usually comes with the liver, if boiled tender in the ham-stock, may be minced and added. Any slices of fried breakfast bacon left in the pantry, if chopped fine, will improve the flavor. If while on the look-out for "left-overs," you espy a cold boiled, fried, or poached egg on the shelf, mince it, and let it also go into the soup. Season with pepper and minced parsley. You will be surprised to find how good the product of the hunt proves to be.

RABBIT OR "OLD HARE" SOUP.

One rabbit, jointed as for fricassee. One-half pound of salt pork, minced finely. One large onion, also chopped. One stalk of celery, and chopped parsley. A teaspoonful of Worcestershire sauce; a tablespoonful of tomato-catsup; a glassful of brown sherry; the juice of half a lemon; two tablespoonfuls of good dripping, and a heaping tablespoonful of brown roux. Salt and pepper to taste. One gallon of water.

Fry the onion in the dripping, and when lightly browned, add the pieces of rabbit, cover with cold water and cook very slowly for four hours, or until the meat is in rags. Season with salt and pepper. Let all get cold together. Skim off the fat; strain through a coarse cloth, return to the fire and when it boils thicken with the roux; put in the catsup, wine, lemon-juice, and, if you fancy, a pinch of ground allspice. If not brown enough, color with a little caramel.

Pass Huntley & Palmer's dinner-biscuit with it. You can cook gray squirrel in this way, and indeed tough game of almost any kind—grouse, wild ducks, etc.

MULLIGATAWNEY SOUP.

One quart of chicken, veal, or calf's-head broth. One small onion, minced. A pinch of mace. Half a cupful of soaked rice. Juice of a lemon. One generous tablespoonful of brown roux. One teaspoonful of curry powder. Salt to taste. One teacupful of strained tomato-juice.

Cook the rice half an hour in the broth with the onion and tomato-juice. Stir in seasoning, lemon-juice, and roux, lastly the curry powder. Boil one minute, and serve.

Send around ice-cold bananas with this dish.

CREAM OF OYSTER SOUP.

One quart oyster liquor. Two dozen oysters. One quart milk. Two tablespoonfuls butter. Two tablespoonfuls flour. Juice of half a lemon. Salt, pepper, and a tiny pinch of mace.

Heat the milk and the strained oyster liquor in separate vessels. Rub the butter and flour together, cook them in a saucepan until they bubble, and pour on them the hot milk, stirring until the mixture is thick and smooth. Add the oyster liquor, drop in the oysters and cook three minutes. Season and serve at once, adding the lemon-juice after the soup is in the tureen.

CLAM SOUP

is made in the same way, using only the soft parts of the clams and cooking them half an hour in the liquor.

OYSTER BISQUE. (Delicious.)

Strain the liquor from a quart of oysters into a porcelain or agate-iron saucepan, and set over the fire. Chop the oysters quite fine and having seasoned the liquor with paprika or cayenne and salt, stir in the chopped oysters, and bring to a steady boil. Have ready in another saucepan a cupful of hot milk into which put a great spoonful of butter rolled in a teaspoonful (even) of corn-starch, and half a cupful of finely powdered crackers. Boil one minute, pour into the tureen, add the oyster soup, and serve.

You may, if you like, enrich this soup by beating an egg into the thickened milk. Do not forget to drop a bit of soda into this last while heating it.

OYSTER BISQUE À LA REINE.

Make as directed in the foregoing recipe, but add a pint of strained chicken-broth to the oyster-liquor, and stir into the milk and crumbs half a cup of finely minced white chicken meat. Season also with parsley as well as with salt and pepper. The beaten egg must always go into this bisque, than which there is no better.

CLAM BISQUE.

Make as you would oyster bisque, but cook the chopped clams for fifteen minutes after the boil is reached, and add to the liquor a cupful of good stock, beef, lamb, or veal. Clams are less rich than oysters in themselves.

FLORIDA CLAM BISQUE.

Drain the liquor from fifty clams and put it over the fire with a pint of veal stock (chicken is even better), a teaspoonful of minced onion, the same of carrot dice, a bay leaf, a stalk of celery and a little chopped parsley. Cook fifteen minutes after it begins to boil, strain out the vegetables and add two tablespoonfuls of soaked rice to the liquor. Cook twenty minutes, put in the clams chopped fine, and simmer twenty minutes more before putting into a tureen, where you have already a cupful of hot milk thickened with a tablespoonful of butter rolled in corn-starch. This mixture should have been cooked in a vessel set in boiling water for ten minutes before it went into the tureen. You may have a handful of croûtons, *i.e.*, fried bread dice, also in the tureen.

LOBSTER BISQUE.

Meat of one boiled lobster, or a can of preserved lobster; one quart of milk; one quart of boiling water; one cupful of rolled cracker; four tablespoonfuls of butter; pepper (cayenne) and salt. Pound the coral and other soft parts of the lobster to a paste, and simmer five minutes in the boiling water; then rub

through the colander back into the water. Cut the rest of the lobster-meat into dice, and pour into a saucepan with the cracker-crumbs. Pour the red water over them, and heat to a boil, when add pepper, salt, and the butter. Simmer, covered, half an hour, taking care it does not scorch. Heat the milk, with a pinch of soda, in another vessel, and after the lobster is in the tureen, pour this in, boiling hot. Pass sliced lemon with it.

FISH BISQUE.

A delicious soup may be made of halibut or any other good white fish that has not too many bones in it. Even fresh cod that has been cooked in two waters will do for this dish.

Heat a quart of good stock to a boil. The water in which halibut has been cooked may be used if you have no other, but veal, or beef, or chicken is better. As soon as it boils, stir in the fish, minced finely, and freed from fat, skin, and bones. Add pepper, salt, a little chopped parsley, and a great spoonful of butter. Have in another kettle a cup of milk, heated to scalding, stir into it a tablespoonful of white roux and half a cupful of pounded cracker. Boil up once, pour into the tureen. When the fish has cooked five minutes after the butter goes in, stir into the thickened milk and serve.

An egg, well-beaten into the milk and crumbs with an egg-whip before the mixture is turned out of the saucepan is an improvement to this excellent bisque.

Cold fish can be thus utilized with satisfactory results.

SALMON BISQUE.

Salmon "left-overs" or canned salmon steak is very nice treated according to directions given in the last recipe. Pass sliced lemon with it.

CREAMED CLAM BISQUE.

Chop twenty-five clams fine and cook for half an hour in their own liquor and a cupful of boiling water in which an onion has been cooked and then strained out. Have, in another sauce-

pan, a cupful of milk and the same of cream, with a bit of soda no larger than a pea. When it boils, stir in two large tablespoonfuls of butter, cooked to a white roux with one of flour. Cook three minutes, take from the fire and beat in, until you have a creamy mixture, the yolks of three well-whipped eggs. Set this mixture in a pot of boiling water, and stir steadily for two minutes, then pour into the tureen. Season the chopped clams with paprica, or cayenne, salt, and minced parsley, and turn, smoking hot, upon the custard in the tureen. Serve at once before it can curdle.

MARTHA WASHINGTON CRAB SOUP.

Two cupfuls of "picked-out" crab meat. Two quarts of boiling water in which one pound of corned pork has been boiled one hour. Yolks of two eggs, well beaten. Two cupfuls of milk—half cream if you can get it. Salt and cayenne.

Let the stock made from the pork get perfectly cold; skim off the fat and re-heat the liquor; add the crab meat and cook half an hour. Heat the milk in a separate sauce-pan; take from the fire and pour gradually upon the beaten yolks. Put this into a bowl and stir in the minced crab with the liquor in which it was cooked. Season to taste. Set in boiling water for five minutes before serving.

Tradition has it that this is the identical recipe used by Martha Washington when at her tide-water home, The White House, in New Kent County, Va. The soup made by it fifty years later is referred to in the following note from ex-President Tyler to a friend with whom he had dined the preceding day.

“VILLA MARGARET, TUESDAY.

“MY DEAR SIR:—Will it give Mrs. Cary too much trouble to furnish me with a recipe for making the delicious crab-soup she had served up for dinner yesterday? If not, you would much oblige me by furnishing it to the servant for me.

“Truly yours,

“J. TYLER.”

EEL SOUP.

Fresh-water eels are especially good for this purpose.

Four pounds of eels ; three quarts of water ; one chopped onion ; minced parsley ; a blade of mace ; pepper, salt and lemon-juice ; two tablespoonfuls of butter, rolled in flour ; dripping. Clean the eels, removing all the fat, and cut into short pieces. Fry a chopped onion brown in plenty of dripping ; wipe the eels dry and fry them in the same. Put into a pot with the onion and mace, cover with three quarts of cold water, and stew slowly two hours. Then season ; stir in the floured butter, simmer three minutes, add the lemon-juice, and pour out.

CLAM CHOWDER. (No. 1.)

One-half pound of fat salt pork ; seventy-five clams ; one onion, parboiled and minced ; one tablespoonful of parsley ; twelve Boston crackers, split and soaked half an hour in a cup of milk, slightly warmed ; cold water, pepper and salt. Chop the pork and sprinkle a layer in the bottom of a pot. Cover this with the clams, also chopped, season, scatter on it minced onion, and lay in a coating of the split, soaked crackers. Proceed in this order until the materials are used up ; cover with cold water and bring to a slow simmer. Cook gently forty-five minutes after the bubble begins. Strain the chowder, but do not shake or press it. Put the clams and crackers into a hot tureen, the liquor back in the pot, stir in a generous tablespoonful of fine crumbs, and, if you have it, half a cupful of tomato-juice. Boil up once and pour over the chowder.

CLAM CHOWDER. (No. 2.)

Fifty ("long") clams, chopped ; eight potatoes, peeled, sliced, and parboiled ; one medium-sized onion, sliced ; two quarts of fresh tomatoes or a one-quart can ; six pilot-biscuits, soaked in milk ; half a pound of fat salt pork, minced ; twelve whole cloves and the same of pepper-corns, tied in a lace or mus-

lin bag ; salt and paprika or cayenne to taste ; two quarts of cold water. A generous teaspoonful of butter cut up in flour.

Fry the pork in your soup-pot, and when it has made enough fat, put in the sliced onion, and cook to a light brown. Pour in the water upon this, add all the other ingredients except the chopped clams and the soaked biscuits, and cook, closely covered and steadily for three hours before clams and biscuits are put into the pot. Cook half an hour longer after the boil recommences ; stir in the floured butter, boil up well and serve. Pass sliced lemon and crackers with it. It is extremely nice and always popular.

CLAM AND OYSTER CHOWDER.

A Maryland Tidewater Recipe.

Thirty clams. The hard part is thrown away and the soft part chopped. Two large onions, minced ; eight potatoes sliced and parboiled ; one quart of tomatoes, peeled and cut small ; thirty fine oysters (drained), served whole. Season with salt, cayenne, and Worcestershire or Harvey's sauce. One pint of cold water ; half a pound of chopped salt pork ; butter.

Fry the pork in the soup-pot ; add everything else except the oysters, and cook, covered, for three hours. Stir in then a tablespoonful of butter rolled in browned flour, cook one minute, drop in the oysters, simmer for ten minutes and serve.

FISH CHOWDER. (No. 1.)

Two pounds firm fish, cod, halibut, or haddock ; four potatoes, peeled, sliced, and parboiled ; one large onion ; one quart of hot water ; one-half pound of fat salt pork, chopped ; two cupfuls of milk and two tablespoonfuls of butter ; six Boston crackers, or " water thin " biscuits. Pepper, salt, and parsley.

Put the chopped pork into the soup-kettle and fry crisp. Add the onion and color lightly. Lay in this fat the fish, cut into inch-dice, the sliced parboiled potatoes and bits of the fried

pork and onion in layers ; season as you go. Cover with boiling water and cook half an hour.

Heat the milk separately ; butter the crackers well and break them into the milk. When they are soft, cover the bottom of a deep platter with them, pepper and salt them, put the chowder upon them and pour the rest of the milk on top.

FISH CHOWDER. (No. 2.)

Use the same ingredients as above with the addition of a pint of sliced tomatoes, laid upon the strata of fish, etc.

Instead of breaking the crackers up in the milk, heat the butter and milk together, soak the crackers thoroughly in it, and when the chowder is dished, lift them carefully and arrange them like a crust upon the pile. In taking up the chowder, reserve half a cupful of gravy ; stir into it a tablespoonful of butter rolled in flour, add what milk you have left, heat for one minute and pour, spoonful by spoonful, over the crackers.

A NEW JERSEY CHOWDER.

Six mealy potatoes, parboiled and sliced ; one-half pound of sweet firm salt pork, cut into dice ; one good-sized onion, sliced ; two cupfuls of milk—the richer the better ; two cupfuls of boiling water ; one heaping tablespoonful of butter rolled in one of flour. Pepper and celery-salt to taste. Chopped parsley.

Fry the pork and onion together in a pan. Arrange potatoes, fried pork, and onion in neat layers, and sprinkle with parsley, seasoning all with pepper and salt. Upon the top pour the hot fat from the frying-pan ; cover with boiling water and cook gently half an hour. Take out the potatoes with a skimmer and lay in a vegetable dish. Have ready the milk heated to boiling and thickened with the floured butter ; add to the liquor in the pot, boil one minute and pour over the potatoes.

A savory and an economical dish.

FAMILIAR TALK.

THE DIGNITY OF ECONOMY.

Byron, coarse in thought, word, and deed, in spite of gentle blood and genius, called miserliness "the amiable vice of gentlemen."

Like some other sayings intended to be severely sarcastic, it sets us to searching for the grain of serious truth buried in the bushel of chaff. Economy at its extreme is an honest virtue than the extreme of extravagance, and more humane. It would be a curious study to trace the crooked, unlikely ways by which the eternal principle enunciated by Him whose were, and are, all things that were ever made—"Gather up the fragments, that nothing be wasted"—has been reversed in general belief and practice. In all the universe of God not one atom is squandered. The decay of to-day feeds the growth of to-morrow; the many littles are wrought, each in its way, time, and place, into the mighty whole.

Coming down to human enterprises where public interests are involved, we commend the wise economy that looks narrowly after minute expenditures. No contempt mingles with the admiration with which we read that the sweepings of the mint are treasured and appraised, the clothing and shoes of operatives dusted before they leave the rooms in which the coin is filed and burnished."

"The management of the concern is faultless," said one of a corporation that counts its gains by the million. "Not a postage stamp is wasted."

It is only when we descend to individual action that lavishness becomes fine and frugality mean. He who manipulates hundreds of thousands of dollars may be scrupulous in the matter of wasted pennies. He who counts his earnings by units, rises in the estimation of his fellows when he trumpets the boast that "he may be poor, but he won't be mean!"

I heard, the other day, a young fellow who has his fortune to make, read aloud to a circle an anecdote of the Dowager-Empress of Germany, when she was Crown Princess, illustrative, said the paper that gave it, of hereditary parsimony, her mother, the Queen of England, being cited as "the stingiest old lady in her realm." The story set forth that the princess, soon after she took possession of her own palace, noted, one day, that a roast chicken which had been taken off the royal table untouched had not reappeared at any subsequent meal, and inquired what had become of it. It was represented to her that all the whole "left-overs" were among the perquisites of the butler-in-chief.

"By whose order?" demanded the royal housewife.

"By the custom of immemorial age," was the reply.

"It should be discontinued," said the princess. "If his salary is insufficient, let him report the fact. He has no right to meddle with what does not belong to him."

The outcry from the audience was unanimous, and renewed when an elderly woman asked, quietly, "What is a perquisite?"

Webster, when consulted, gave: "An allowance paid in money or things beyond the ordinary salary or fixed wages, for services rendered."

"Then," proceeded the protestant, "unless the princess to whom the fowl belonged by right of purchase agreed to allow him the left-over, it was not a perquisite. What was it, then? Her property, or his? If he did not buy it, and it was not given to him—didn't he *steal* it?"

The plain talk brought out the sentiment of the party. It was mean, it was niggardly, it was *vulgar* in a woman of wealth and rank to stoop to such a petty economy! It argued a small soul and a grasping disposition.

My old friend spoke but twice, in answer, and with no haste of self-vindication.

Once she said, "It is not the value, but the *fact* of the saving that makes it right and a duty."

And again, "Economy and elegance are compatible. Wanton waste is always vulgar."

One at least, of those who listened, will not forget the brace of apothegms. There was arrant vulgarity in Byron's and Shelley's manufacture of toy-skiffs out of five-pound notes, and pretension as tawdry in the practice imputed to an American defaulter, by a witness in court, who testified that he was "a free-handed gentleman, and would give a five-dollar tip to a restaurant-waiter where most men would give a quarter." The most ignoble trait attributed to a distinguished divine, now deceased, was that he never knew the worth of money—or how to take care of it—yet the admirers who cite the amiable peculiarity seem never to suspect that the admission belittles their idol.

Another clergyman, almost as eminent in his generation, on one occasion digressed from the main matter of a lecture to amuse an audience by ridicule of poor Richard's "A penny saved is a penny got," and the alliterative proverb, "Wilful waste makes woful want." There were people present whose laughter would have been more whole-hearted had he not been in debt to them for dollars they were not likely ever to get or save; and others who could not smile for very contempt of a man who borrowed money with a laugh to squander with both hands upon pet luxuries and pet *charities* (?).

Judicious economy is—many besides my elderly friend being witnesses—altogether compatible with elegance. It is significant that those who have for years had wealth and the refinements of daily living which wealth commands, are more apt to spend money sensibly, and to take care of their costly possessions, than the *nouveaux riches*.

"She cannot see a thing without wanting to buy it," said a shrewd woman of a fellow-traveller in the Old World. "I know nothing of her antecedents, but I venture the assertion that she has not always been used to having plenty of money to spend."

The inference was severe, but just, and of wide application. The solution of the terrible problem of broken china, and wasted provisions in pantry and kitchen, lies, for the most part, just here. She who has eaten from wooden platters and drunk from

stone mugs until she crossed the sea to draw high wages for underdone labor, will handle old Indian china and cut-glass as she used platter and mug, and, poor fool! so far imitates our shoddy dame, as to imagine that she proves her "quality" by such brutish indifference to the worth of what she abuses.

Write it down, young housewife, as an adage that will endure any degree of strain, that people who have been accustomed to have and use the best of everything, take the best care of the same. Walter Raleigh had spent a month's income upon the first handsome cloak he ever owned, yet scrupled not to throw it down to bridge the puddle for the feet of his dainty queen. A member of the *ancien régime* who had had fine cloaks enough to know how to rate them aright, would have looked about for a board or a big stone, and proved his breeding by his prudence.

"Maggie!" exclaimed a housekeeper, rescuing six large potatoes from the parings the cook was about to cast into the swill-pail—"you surely are not going to throw these away?"

"An' why not, mum? There's four barrels full of 'em in the cellar!"

No need of further proof that Maggie had not been bred to the sight of potatoes by the barrelful. For like reason, she thinks it "mane to save drippin' when there's lashin's o' butter in the pantry," and burns the bread-crusts she "hasn't the face to offer" to the beggar at your gate. The "dhrup o' crame" left in the jug after your breakfast, the scarcely cut butter-ball from the "individual" plate; the spoonful of potato in one dish, the cupful of tomato in another, and all the gravy and soup left from the family and kitchen tables, go into what should figure as the vulgar housewife's coat-of-arms—the garbage-pail.

If it were only such as Maggie and her compeers who confound wastefulness and generosity, thrift and meanness, the pity and the shame would be so much the less that we might hope to lift the stigma of undignified prodigality from American households. Some mistresses are weak enough to stand in awe of the tribe of locusts who ravage the home-tract. A woman

who would seem, judging from my stand-point, to have sense enough to make her own ground, and strength enough to hold it, confided to me that she dared not enforce economy in her kitchen lest she should lose the respect of her servants.

“That class has an overweening reverence for riches,” she represented. “Were I to look after candle-ends and soup-stock, they would set me down as poverty-stricken, and esteem my authority accordingly. They have their own code of laws, and enforce it. For instance, we had an unusually large turkey for dinner, the other day. Our family is small, and when it was carried out after its second appearance upon our table, so much of the fowl remained that I meditated a dish of scalloped turkey for lunch the next day. It was Friday, and I knew none would be eaten in the kitchen. Next morning, I asked for the remnant, and was told that it had been thrown away. Expostulating upon the extravagance, I was met with, ‘It’s the rule in the best families, mem, that a dish isn’t to be called for after the second sending in to the family’s table.’ The price of vigilance on the part of our native housewives is eternal warfare and incessant change. Does it pay?”

I replied with a bit of serpent-like wisdom learned of and for myself, years ago, that may strengthen other weak sisters, and be a stepping-stone to the right comprehension of the true dignity of economy. Maggie is not so simple as you might think. She has a reserve of shrewdness which leads her to respect rich people who respect riches. Once give her to understand that you have money and to spare—but that you do not mean to spare it; that you value it as highly as she can, therefore are determined to save it when you can. She may despise the poor—I never saw one of her kind who did not—but she holds in honor her who has, but withholds that she may have the more.

Catch her with this guile, if you will, but put your better-taught, better-purposed self to school in the practical lore outlined by our elderly mentor:

“Economy and elegance are compatible. *Wanton waste is always vulgar.*”

M. H.

FISH.

BROILED SHAD.

THIS is the simplest, and is considered by some epicures to be the best, way of preparing a justly popular fish.

Clean and wash the shad, doing the last quickly, over a pan of cold water, not in it. Even a minutes' bath in the liquid injures the exquisite flavor of the fish. Split it down the back, wipe perfectly dry and rub all over, inside and out, with oil or butter to keep it from sticking to the gridiron bars. Broil upon a double wire broiler over clear coals, turn it every other minute until both sides are lightly and evenly browned; open the broiler cautiously, not to tear the fish, and transfer the latter to a hot dish. Rub all over with a mixture of butter, salt, pepper, and lemon-juice; garnish with parsley, cresses, or sliced lemon, and serve.

A pretty garnish for shad is made by using the half of a lemon from which the pulp has been taken, leaving an empty shell. Fill this with a sauce of butter whipped to a cream with lemon-juice and colored by beating into the mixture enough finely minced parsley to make it green. Serve one of these cups of sauce with each portion of fish, and let the eater use it for himself.

BLUEFISH, FRESH MACKEREL, AND FLOUNDERS,
are cooked the same way as shad.

BAKED SHAD AU COURT BOUILLON.

Bake a plump shad in a "covered roaster" for half an hour in a steady oven, having just water enough under the grating to

prevent burning. Lift the cover and rub the fish with a mixture of butter and lemon-juice, pepper and salt ; cover again and cook until it is done, allowing from the time it goes into the oven fifteen minutes per pound.

Now lay the fish upon a hot dish and pour over it a sauce made by thickening a cupful of good veal stock with a brown roux, adding this by degrees to the beaten yolks of two eggs with a dash of lemon-juice. Set the dish containing the sauce in boiling water for three minutes, but it must not cook. As soon as it is poured over the fish, serve.

BOILED SHAD WITH EGG SAUCE.

In Lower Virginia, where shad are so abundant for nearly three months of the year as to be almost "a drug in the market," the larger fish are often boiled and, if rightly seasoned, are not insipid.

Sew the fish up in a piece of thin muslin, or mosquito-netting, fitted to the shape, and cook ten minutes to the pound in boiling water to which a tablespoonful of vinegar has been added for every two quarts. When done, clip the threads, unwrap the shad carefully and dish, pouring a good egg sauce over it, and sending in more in a gravy-boat.

To make the sauce, whip into a cupful of hot drawn-butter, one raw egg, and one hard-boiled and chopped very fine. Add a little minced parsley and a teaspoonful of capers, set in boiling water for five minutes, stirring often, and it is ready for use.

BOILED SHAD AU COURT BOUILLON.

The foreign touch is given to this and other large fish fit for boiling by cooking them in stock made thus :

Chop coarsely an onion, a carrot, and a stalk of celery, and fry them in two tablespoonfuls of nice beef-dripping or in butter. Pour over them in the pot two quarts of boiling water, two tablespoonfuls of vinegar or white wine, season with a blade of mace, four or five whole peppercorns, two cloves, a bay leaf (if

you can get it), and salt. Boil all together for half an hour, hard, strain, and cook the fish in the hot liquid.

Serve with butter, or egg sauce. Garnish with slices of hard-boiled eggs.

FRIED SHAD.

Clean, wash, and wipe the fish, split down the back, and cut each side crosswise into four pieces, about as wide as your four fingers laid closely together. Sprinkle with salt and pepper and dip in beaten egg, then in salted cracker-dust, and leave in a cold place for an hour that the coating may stiffen. Fry in plenty of hot fat (clarified dripping will do) to a yellow-brown; shake the fat from each piece and serve upon a hot folded napkin laid on a hot platter. Garnish with cresses or lemon slices.

PLANKED SHAD.

A Potomac Delicacy.

At the river picnics that gave this dish renown, it used to be cooked upon a plank set up at a sharp slant before a blazing wood-fire. The fish was pinned fast to the board with skewers, or even tin-tacks, and basted plentifully while cooking. Those who fancy that the flavor of shad prepared for eating in this primitive fashion can be gained in no other way, may be glad to know that a hard, well-seasoned hickory or oaken board, that will fit into a range-oven, will gratify their caprice.

Heat the plank very hot, turning it several times; skewer the fish, salted and peppered and buttered, to the board, skin downward, and set in a moderate oven for half an hour, basting three times with butter, at intervals of ten minutes. Serve upon the plank, twisting a napkin about the edge as the board lies upon the platter, or binding the wood with a wreath of parsley or cresses.

SHAD ROES.

As soon as the fish is cleaned, wash the roes, put into a saucepan with a slice of onion and a teaspoonful of minced parsley, cover them with boiling water slightly salted, and cook them for

fifteen minutes. Let them get perfectly cold in the liquor, take them out, wipe dry, roll in beaten egg and cracker-dust, and fry in butter to a light brown. Remove to a hot dish, strain the liquor in which they were boiled into the frying-pan, stir in a teaspoonful of Worcestershire sauce, and the same of good catsup and heat to a boil. Thicken with a brown roux, add a small wineglassful of sherry, and pour over the roes.

CROQUETTES OF SHAD ROE.

Scald the roes in boiling salted water in which you have put a tablespoonful of vinegar. Cook them in this for fifteen minutes and drop them into ice-cold water to stiffen and blanch. Break them apart with the back of a silver spoon, taking care not to crush them. They should look like so many tiny grains when you have done.

Have ready a cupful of hot milk thickened with two tablespoonfuls of white roux, and seasoned with salt and pepper. Cook for three minutes, add the roes, and cook two minutes after the boil begins. Take from the range and add gradually to two well-beaten eggs in a bowl with seasoning to taste. A dash of lemon-juice and a little anchovy paste will give piquancy. Set in a pan of boiling water over the fire and stir three or four minutes longer. Pour out upon a broad dish and set away until stiff and cold, when mould into croquettes; roll in egg and cracker-dust and let them stand in a cold place for at least one hour before frying in deep cottolene.

They make an appetizing luncheon dish.

BROILED SHAD ROES.

Drop the roes into boiling salted water, cook gently for ten minutes and transfer them to ice-water for ten minutes more to blanch and make them firm. Wipe and set them on the ice until cold and stiff. Rub all over with oil and lemon-juice, or vinegar, and broil over clear coals. When dished, cover with a sauce made of butter whipped light with lemon-juice and minced parsley.

SCALLOPED SHAD ROES.

Roes of two shad ; one cupful of drawn butter and yolks of three hard-boiled eggs ; one teaspoonful of anchovy paste or essence ; one teaspoonful of parsley ; juice of half a lemon ; one cupful of bread-crumbs ; salt and cayenne pepper to taste. Boil the roes in salted water ; lay in cold five minutes, then wipe dry. Break them up with the back of a silver spoon into a granulated heap. Pound the hard-boiled eggs to a powder. Beat this into the drawn butter, then the parsley and other seasoning ; lastly, mix in the roes. Strew the bottom of a buttered dish with bread-crumbs, put in the mixture, spread evenly, and cover with very fine crumbs. Stick bits of butter thickly over the top, cover and bake in a quick oven until bubbling hot. Brown, uncovered, on the upper grating of the oven.

STUFFED SHAD.

Clean, wash and dry, stuff and sew up as you would a fowl. Dredge with salt, pepper, and flour ; lay four or five very thin slices of salt pork in the baking-pan (a "covered roaster" if you have it), place the fish upon them, cover with more sliced pork (you cannot get it too thin) pour in half a cupful of boiling water, and bake twelve minutes to the pound.

Serve with browned butter sauce, seasoned with lemon-juice and a glass of claret.

STUFFING FOR THE FISH.

Rub a good tablespoonful of butter into a cupful of cracker-crumbs ; wet with a teaspoonful of onion-juice ; mince a dozen capers and a little parsley, and mix in well with salt and pepper ;

Or—

Put a good spoonful of dripping—pork, beef, or veal—into a frying-pan and cook in it, when hot, half an onion, minced fine. Wet up a cupful of dry, fine bread-crumbs with hot milk, and

stir, next, into the frying-pan. Season with pepper, salt, and lemon-juice, beat to a mush; take from the fire and whip in the yolk of a raw egg.

BOILED BASS.

Put enough water in the pot for the fish to swim in easily. Add half a cupful of vinegar, a teaspoonful of salt, an onion, a dozen black peppers, and a blade of mace. Sew up the fish in a piece of clean mosquito netting, fitted to its shape. Heat slowly for the first half hour, then boil twelve minutes to the pound, quite fast. Unwrap, and pour over it a cup of drawn butter, based upon the liquor in which the fish was boiled, with the juice of half a lemon stirred into it. Garnish with sliced lemon.

GRILLED BASS.

Ask your fishmonger to take out the backbone without splitting the fish apart. Season with salt and pepper, roll in egg and pounded cracker, and fry whole in hot fat. Salad oil is best for this purpose, if you would have the fish very nice.

Garnish with sliced lemon.

BLUEFISH FILLETS.

Have the backbone taken out, and cut the fish cross-wise into pieces about two inches in width. Leave them in a mixture of olive oil and lemon-juice for half an hour; then dip in beaten egg and coat thickly with pounded crackers salted and peppered, and set them in a refrigerator for an hour before frying them in deep fat.

Garnish with parsley and serve with lemon or a sauce tartare, or a mayonnaise dressing

BAKED HALIBUT.

Lay the piece of fish in cold salt and water for an hour to draw out the fish-oil flavor so unpleasant to most palates. Wipe dry, score the skin on top, and put into your baking-pan. Pour a cupful of boiling water over it, cover and bake twelve minutes to the pound, basting four times, and generously, with melted butter

and lemon-juice into which you have squeezed a teaspoonful of onion-juice.

Transfer the fish, when done, to a hot dish, cover and set over boiling water while you stir into the liquor it has left in the pan a teaspoonful of catsup, and two tablespoonfuls of brown roux, adding hot water should it be too thick, finally, a glass of claret. Strain a few spoonfuls over the fish, the rest into a gravy-boat.

HALIBUT STEAKS (BOILED AU GRATIN).

Lay them in salt and water for an hour; wipe dry and rub all over with oil and lemon-juice, leaving them, when anointed, in a cold place for half an hour. Then put into a covered baking-pan; pour over them a cupful of fish stock if you have it, or court bouillon, or boiling water into which has been squeezed a teaspoonful of onion-juice and then, melted, a tablespoonful of butter. Cover and cook twelve minutes to the pound. At the last, sprinkle thickly with fine, dry browned crumbs, and let these form into a crust.

Serve with sauce tartare.

HALIBUT STEAKS (BROILED).

Lay in salt and water for an hour, wipe dry, rub on both sides with olive oil and lemon-juice, and broil over clear coals. Transfer to a hot dish, baste with butter and lemon-juice, plentifully, cover, let them stand in an open oven for three minutes and serve.

HALIBUT STEAK À LA JARDINIÈRE.

Leave in salt and water for one hour, wipe dry, rub melted butter on both sides of the steak and lay upon some rings of onion in your covered roaster. About the steak lay a parboiled carrot cut into dice, half a dozen small tomatoes, peeled but whole; a green pepper sliced, and half a cupful of green peas, each vegetable in its own place and separate from the rest. Add just enough hot water (salted) to keep the fish from scorching, put a tablespoonful of butter on top and bake covered, twelve minutes to the pound, basting three times.

Dish upon a hot platter, the vegetables laid in heaps about the fish; add a little white wine to the liquor left in the pan with a teaspoonful of browned flour rolled in butter, boil up once and send in as a sauce.

BOILED SALMON.

Sew up the fish in a piece of thin muslin, or mosquito-netting, fitted well to it, and boil in salted boiling water to which two tablespoonfuls of vinegar have been added. Take off the cloth carefully when the fish has boiled twelve minutes to the pound, and lay upon a hot platter. Pour over it a few spoonfuls of egg sauce into which has been stirred a tablespoonful of capers, and serve the rest in a gravy-boat.

Garnish with nasturtiums, or parsley, or cresses.

BOILED SALMON AU COURT BOUILLON.

Put a great spoonful of butter into a frying-pan and when it hisses, add a minced carrot, an onion also cut small, and a stalk of celery cut into inch lengths. Add half a cupful of vinegar, four whole black peppers, four cloves, a bay-leaf, a sprig of parsley, and three pints of boiling water.

Cook, covered, for one hour, strain, pour the liquor into a fish-kettle, put in the salmon sewed up in coarse muslin, and boil twelve minutes to the pound.

You can use the same bouillon three times if it has not boiled away too much to cover the fish. Serve the salmon with a Bechamel Sauce (See Sauces), and garnish with nasturtium flowers, parsley, or cress.

SALMON STEAKS.

Cook as you would halibut steaks, but they need not be laid in salted water first, being more delicate in flesh and flavor.

A PALATABLE SALMON RÉCHAUFFÉ AL NAPOLITANO.

This fish is at once so delicious and so expensive that a wise housewife is careful not to lose so much as an inch of it. A good

accompaniment to boiled salmon is spaghetti, or some other form of macaroni, baked with cheese. On the morrow, pick the bones and skin from the remnants of the fish, and flake it fine with a silver fork. Cut the cold spaghetti up small and mix with the fish, seasoning to taste. Have ready in a sauce-pan a cupful of white sauce, or drawn butter, in which has been beaten an egg. Perhaps you may have another "left over" in the shape of the egg sauce that went with yesterday's fish. Heat it to scalding, put in the fish and macaroni, toss and stir with a silver fork, now and then, to prevent lumping, but do not beat the mixture to a pulp or mush. The salmon should keep its individuality. A few capers in the sauce will give piquancy to the *réchauffé*. As soon as it is smoking hot, dish.

If you have no spaghetti on hand, use a handful (not more) of bread-crumbs. Do not spoil the salmon flavor with mashed potato.

CANNED SALMON STEAK

is excellent, treated as above. Or, you may broil and dress it with a few spoonfuls of mayonnaise, or butter and lemon-juice rubbed together with minced parsley.

Or you may steam it and treat as you would boiled salmon.

Or, still again, divide into cutlets with a keen knife, roll in egg and cracker-crumbs, set away for two or three hours to harden, and fry in deep cottolene.

SALMON CROQUETTES.

The remains of yesterday's fish may be used for this, or canned salmon, as may be convenient.

Flake fine with a silver fork, and season with paprika, or cayenne, salt, and a tiny pinch of mace. Heat a cupful of white sauce in a saucepan, beat into it a raw egg, stir in the picked salmon and a handful of very dry crumbs. When heated all through, spread upon a flat dish to cool. It should be cold and just stiff enough to handle before you mould your croquettes. Flour your hands and make a great spoonful of the paste into a

roll two-and-a-half inches long and an inch in diameter, or into a small cone. Roll this upon a floured dish to get it quite smooth, dip into beaten egg, then roll in fine cracker-crumbs; lay upon a flat dish, lightly floured, not near enough to touch one another, and set in a cold place for several hours before you fry them in deep cottolene *brought slowly to a boil before they go in.*

Croquettes made according to this rule are sure to be good. Many fail with them because unwilling to take the forethought to prepare them early enough in the day to insure firmness. Others get them too stiff. A hard croquette is worse than a leathery doughnut. You can use almost any kind of cold fish for this purpose.

SALMON CHOPS.

Prepare a paste precisely as directed for croquettes, and when cold and stiff, mould into the form of mutton chops. Egg and crumb them, set in the refrigerator for two hours and fry as you would croquettes or doughnuts. When they are done, stick a bit of macaroni in the small end to simulate the chop-bone.

Send in sauce tartare or tomato sauce with them. Garnish with sliced lemon.

Halibut, blue-fish, lobster, etc., may be treated in this way.

FLOUNDER FILLETS.

Have the backbone taken neatly out of the fish, and cut each half into two long strips. Trim them into uniform size and lay for an hour in salad oil and lemon-juice, or vinegar, setting the dish on ice. Roll each fillet then into a coil, the thin end outward, and skewer firmly into place with slivers of wood—tooth-picks will do. Dip in beaten egg, then in cracker-dust, leave again on the ice for an hour, and fry in hot cottolene. (Bear in mind that fat for frying should be put into a cold pan, and brought slowly to the boil.) Shake off every drop of grease, pull out the skewers carefully, and dish.

Serve with tomato sauce.

FRIED PERCH, WEAKE-FISH, BUTTER-FISH, AND OTHER PAN-FISH.

The general treatment is the same with all. They can be floured and fried, but are invariably nicer and more comely when rolled in egg and fine crumbs. Clean, wash, and dry them inside and out; rub with salted and peppered flour, then dip in egg and roll in cracker-dust, or very dry fine crumbs. Heat the fat gradually, and have it deep enough to float the fish. Otherwise they are *sauté*, not fried.

Strain the fat and set it away against you wish to fry other fish. Unless you are so unfortunate as to let it get scorched, you can use it more than once.

FILLETS, STEAKS, AND CUTLETS OF FISH SAUTÉ.

You can use good, sweet dripping for this purpose, or the fat that runs from a few slices of fat salt pork cooked in a frying-pan.

Lay the fish in olive oil and lemon for an hour. Rub well with peppered and salted flour, and set in a cold place for half an hour. Put into the hot fat, cook steadily until browned on the lower side, turn with care, and cook the other.

Drain off the fat and serve. Small fish may also be cooked in this manner.

FRIED SMELTS.

Dip them in milk (or cream is still better), then roll in salted and peppered flour. Set aside for an hour or more in a cold place, and fry in hot deep cottolene. Serve upon a folded napkin, or upon several folds of tissue-paper fringed at the ends.

Pass sauce tartare with them.

BROILED SMELTS.

Ask your fish merchant to split them down the back and with a narrow, sharp blade, to remove the bone. Perhaps you can do it neatly, and perhaps not. Broil quickly upon a well-oiled gridiron; have ready some nice mayonnaise, or butter,

lemon, and chopped parsley beaten to a cream; lay the smelts, skin downward, upon a hot dish; anoint well with this, and serve.

Saratoga or Parisienne potatoes should be passed with them.

SCALLOPED FISH.

Heat one cupful of milk to boiling, and stir it gradually into three tablespoonfuls of flour rubbed to a cream with two tablespoonfuls of butter. When it is well mixed set over the fire and cook, stirring often, three minutes. Add then a teaspoonful of anchovy sauce, and pour the mixture upon a well-beaten egg. Season to taste with salt and pepper.

Pick the fish free from bones and skin, and shred—not chop—it fine. Put a layer of fish into a buttered pudding-dish, season, cover with the sauce; more fish and more sauce, in alternate layers, until the materials are used up. Cover with fine, dry bread-crumbs salted and peppered; stick bits of butter upon them, and bake covered until the scallop begins to bubble, when uncover and brown.

Salmon is especially good prepared in this way, but the remains of any firm fish, boiled or baked, can be scalloped satisfactorily.

SALMON LOAF.

Pick and flake cold salmon. Canned will do if you cannot get fresh. Have ready the pounded yolks of two hard-boiled eggs; mix with the shredded fish, season with pepper, salt, a pinch of mace, some minced parsley, and a tablespoonful of capers, and set aside in a cold place. There should be two cupfuls of the fish.

Have ready a little fish stock. If you have boiled fresh salmon for the dish, strain a cupful of the liquor in which it was cooked. If not, cook half a pound of some other fish, season, and strain it. Do not use the liquor from canned salmon; it is unwholesome and greasy. Heat the stock, add a tablespoonful of lemon-juice and pour upon a tablespoonful of soaked gelatine. Return to the fire and stir until scalding hot, mix with the

fish, and turn into a buttered mould, in which you have arranged rings of the whites of the boiled eggs in fanciful shapes. Press the mixture gently but firmly into the mould, put a plate on top, and a weight upon this, and let it get perfectly cold. Turn out upon a platter. It should be firm and lightly glazed. Cut into slices; lay each slice upon a lettuce leaf, and serve mayonnaise sauce with it.

SALMON PUDDING.

Pick the fish, add half as much finely crumbed bread, and a tablespoonful of butter, season with pepper and salt, with a dash of onion-juice. Beat two eggs light and into these two tablespoonfuls of cream, and work into the fish mixture. Put all into a greased mould; fit on the top and set into a pot of boiling water. Cook steadily for one hour and a half. Dip the mould into cold water to loosen the pudding, and invert upon a hot dish.

Eat with a white sauce, with, if you like, a teaspoonful of anchovy and a little lemon-juice stirred into it.

BROOK TROUT.

Clean, wash, and dry the fish, handling tenderly, not to mar its beauty or flavor, roll in salted and peppered flour, and fry in deep fat to a delicate brown. Serve upon folded tissue-paper in a hot-water dish, if you have one. The simpler the seasoning the better.

GRAYLING.

This second-best of game-fish is cooked as you would cook trout. In the opinion of some he outranks his better-known brother in deliciousness. He is found at his best estate in the Michigan woods, in a river which he has honored with his name.

CREAMED SALMON TROUT.

Having cleaned and washed it, rub all over with butter and lay in your covered baking-pan with just enough water under the grating to keep him from burning, and bake ten minutes to the pound, basting four times and freely with butter and water.

When done, transfer deftly to a heated dish and pour over him a white sauce made of a cup of cream (a pinch of soda will keep it from curdling), heated to scalding in an outer vessel of boiling water, and thickened with a great spoonful of butter rolled in corn-starch, then cooked one minute. Add a little chopped parsley to this cream sauce. Cover the dish and leave the gallant beauty for three minutes to his cream bath, before serving.

CREAMED PICKEREL.

Bake as you would salmon trout.

FRIED PICKEREL.

Clean, wipe dry, roll in salted and peppered flour, or dip in egg and roll in seasoned cracker-dust, and fry quickly in deep cottolene or oil brought slowly to the boil.

CAT-FISH (FRIED).

Skin, cut off the heads, season, roll in egg and cracker-crums, and fry in deep cottolene.

You can make an almost elegant affair of the plebeian fish by treating them, after they are skinned, to a "marinade" of salad oil and lemon-juice or vinegar, letting them lie in this for half an hour, then egging and crumbing them before they are fried.

CAT-FISH (STEWED).

Let them lie in cold salt and water for half an hour after skinning them; put into a saucepan with a tablespoonful of chopped onion for each pound of fish; cover with cold water and stew until they are tender. Take them out, salt, pepper, and butter them, and keep hot over boiling water, while you add to the water in which they were cooked, a great spoonful of butter cooked to a roux with a tablespoonful of flour, and stirred into three tablespoonfuls of cream (also hot), and a little chopped parsley. Stir until it boils, and pour the sauce over the fish. Let them stand in it for five minutes and serve. A beaten egg will enrich this sauce.

BOILED COD.

Lay in salt and water for half an hour ; sew up in coarse, thin muslin fitted to the shape, and cook ten minutes to the pound, after the boil begins, in boiling salted water in which a tablespoonful of vinegar has been mixed. Cut the stitches, remove the cloth, lay the fish upon a hot platter, rub over with butter and lemon-juice, pour over it a good egg sauce and serve more of the same in a boat.

COD-STEAKS.

Leave in salt and water fifteen minutes ; wipe dry and cover with salad oil and vinegar for half an hour or more. Broil then upon a well-greased gridiron ; butter well, pepper and salt, and serve with a garnish of potato-balls, made by beating a raw egg into mashed potato, forming the paste into balls, rolling them in flour and setting upon the upper grating of a quick oven to brown.

SCALLOPED CODFISH (FRESH).

Fry a sliced onion in two tablespoonfuls of butter, strain it out, return the butter to the pan and stir in two tablespoonfuls of flour until it bubbles all over. Take from the fire and add gradually, stirring well, a cupful of hot milk. Season with salt and paprica, or cayenne.

Whip to a cream, with a little milk and butter, four hot mealy boiled potatoes, and when light beat in an egg. Fill a deep dish with alternate layers of cold boiled codfish, picked fine and seasoned to taste and the sauce just described, and spread the mashed potato like a crust over the top. Wash the crust with melted butter and sift finely grated cheese over the butter. Bake to a light brown in a quick oven and serve in the dish.

HALIBUT LOAF.

Two cupfuls of picked halibut—boiled and cold. Two tablespoonfuls of butter. Two eggs. Four tablespoonfuls of milk or cream. One tablespoonful of flour, stirred to a roux in the hot

butter. Pepper, salt, and onion-juice to taste. One teaspoonful of anchovy paste. Half a can of mushrooms chopped fine. Chop the fish as fine as it can be made and seasoned; mix into this the mushrooms, the roux, and the milk, which should have been heated and whipped light with the eggs. Pour into a well-greased mould with a close top, set in a deep pan of hot water that yet will not float the mould, and cook steadily one hour. Dip the mould in cold water to loosen the pudding from the sides, and turn out upon a heated dish.

This excellent side-dish may be made ornamental by cooking it in a mould that has a funnel in the centre, and when it is dished, filling the hole in the centre with Parisienne potatoes, *i.e.*, cut into marble-shaped balls with a potato-gouge, then boiled. Butter the potato-balls plentifully after they go in, and sprinkle with pepper and salt.

Any firm fish may be cooked in the same way.

STURGEON STEAKS.

Skin and lay for an hour in cold salt and water. Wipe dry, let them soak in a marinade of oil and vinegar for an hour. Broil over clear coals, turning dexterously twice. Butter and sprinkle with cayenne and garnish with sliced lemon.

BAKED STURGEON.

Prepare as you would the steaks, then parboil for fifteen minutes and let it cool. Rub the marinade now well into the flesh of the fish, and bake, covered, ten minutes to the pound, with just enough water to prevent burning. Serve with caper sauce.

Or—

After the parboiled fish is perfectly cold and has lain in the marinade half an hour, gash the surface nearly an inch deep and rub in a forcemeat of bread-crumbs, finely chopped salt pork, parsley, a little lemon-juice, pepper, and butter. Then bake.

STEWED EELS.

Skin and clean, removing all the fat. Cut into inch lengths, cover with cold water and cook gently three-quarters of an hour. Season with onion-juice, chopped parsley, pepper and salt, stew fifteen minutes, and thicken with two tablespoonfuls of white roux.

FRIED EELS.

Prepare as for stewing ; leave in olive oil and vinegar for half an hour, pepper and salt ; roll in egg and cracker-dust, and fry in deep cottolene.

SALT FISH.

BROILED SALT MACKEREL.

Wash and scrape the fish. Soak all night, changing the water at bed-time for tepid, and again early in the morning for almost scalding. Keep this hot for an hour by setting the vessel containing the soaking fish on the side of the range. Wash, now, in cold water with a stiff brush or rough cloth, wipe perfectly dry, rub all over with salad oil and vinegar, or lemon-juice, and let it lie in this marinade for a quarter of an hour before broiling it over clear coals.

Lay on a hot dish and spread with a mixture of butter, lemon-juice, and minced parsley. The mackerel will be so far superior to that cooked in the old-fashioned way that it will amply repay you for the trifling additional work.

BOILED MACKEREL.

Wash, scrape, and soak as directed in the last recipe. In the morning lay in hot water for an hour. Throw this away, put the fish into a large frying-pan, cover with boiling water, to which has been added a tablespoonful of vinegar, and simmer gently for twenty minutes. Dish upon a heated platter and pour over it a white sauce. Cover it and leave it to stand over

boiling water for five minutes that the sauce may soak into it, and it is ready for the table.

SALT MACKEREL WITH TOMATO SAUCE.

Proceed as with boiled mackerel, but when dished, pour over it, instead of the white sauce, one of tomatoes, stewed, strained, seasoned with onion-juice, pepper, salt, and sugar, and thickened with a brown roux of butter and flour. Let the fish lie in this for ten minutes and serve.

CREAMED CODFISH (SALT).

Soak all night, changing the water several times and having the last bath quite hot. Boil tender in hot water with a tablespoonful of vinegar. Take out the bones while hot, and let it cool before picking or shredding it into fine flakes. Heat a cupful of milk, stir into it a tablespoonful of butter rolled in one of flour, cook until it thickens well, take from the fire and add two beaten eggs. When these are well mixed, add the shredded fish, and cook two minutes, stirring steadily. A tablespoonful of minced parsley is an improvement, also, a little lemon-juice. Season with cayenne or paprika. Serve hot.

SMOKED SALMON.

Soak over night, changing the water three times for warmer. In the morning rub hard to get rid of the smoke and rust, leave in ice-water half an hour, wipe dry, rub with olive oil and vinegar and broil over a clean fire. Pass sliced lemon with it.

A QUICK RELISH OF SMOKED SALMON.

Half a pound of smoked salmon cut into narrow strips; two tablespoonfuls of butter; juice of half a lemon; cayenne pepper. Parboil the salmon ten minutes; lay in cold water for the same length of time; wipe dry, and broil over a clear fire. Butter while hot, season with cayenne and lemon-juice, pile in a "log-cabin" square upon a hot plate, and send up with dry toast.

SARDINES AU GRATIN.

Lift each fish carefully from the oil in which it was put up, hold suspended for a moment to let most of the oil drip from it, squeeze a few drops of lemon-juice upon it and roll in very fine, peppered, cracker dust. Lay upon a buttered tin, or stoneware plate, and brown lightly upon the upper grating of a quick oven. Pass crackers, heated and buttered, and sliced lemon with them. They are a good luncheon or supper-dish.

SMOKED HERRING, ALEWIVES, BLOATERS, ETC.

Wash thoroughly, wipe dry, wrap them in clean, wet manilla paper, and leave in a quick oven for fifteen minutes. Serve with sliced lemon.

"FINNAN HADDIE."

A Scotch delicacy that is becoming popular with us. Wash thoroughly, leave in cold water half an hour, then for five minutes in very hot. Wipe, rub over with butter and lemon-juice and broil fifteen minutes.

CODFISH BALLS.

The purified, shredded codfish, to be bought by the box from any grocer, is best for these. Soak it for two or three hours, then boil for fifteen minutes in water that has had a tablespoonful of vinegar stirred into it, and spread upon a sieve to get cold.

Allow to each cupful of fish half as much mashed potato whipped to a soft cream. Mix them together well, make very hot over the fire and beat in a frothed egg for every cupful of fish. Season with pepper. Let the mixture get quite cold, make into balls, roll in flour, and set in a cold place to stiffen. If you wish them for breakfast you will do well to make them the night before.

Roll again in flour and fry in deep fat to a yellow-brown.

SHELL-FISH.

ROASTED OYSTERS.

Wash thoroughly and lay upon hot coals, or in a shallow pan on the top of the stove, the deeper shell downward, until they open wide. Take off the loosened upper shell, carefully, to retain the juice, and lay upon a hot platter, or upon hot plates, a bit of butter upon each steaming oyster, and send at once to table. Pass pepper, salt, and sliced lemon, also pepper sauce, that the eaters may have their choice of seasoning.

CREAMED OYSTERS.

One quart of oysters. One cupful of milk, with a tiny pinch of soda dissolved in it. One cupful of oyster liquor. Three tablespoonfuls of butter. Two tablespoonfuls of flour. One egg. Juice of half a lemon. Pepper and salt.

Cook the butter and flour together until they bubble ; add the milk and the oyster liquor, and stir until you have a thick sauce. Into this drop the oysters, freed from their liquor. Have ready an egg beaten light in a cup, mix some of the hot sauce with it, turn all back into the saucepan, stir one minute—no longer—and take from the fire. Season with pepper, salt, and lemon-juice. Have ready buttered scallop-shells, fill them with the creamed oysters, sprinkle lightly with crumbs, dot thickly with bits of butter, and brown delicately in a quick oven. Eat very hot.

PANNED OYSTERS. (No. 1.)

Heat a dozen *pâté-pans*, and lay a scant half teaspoonful of butter in each. Fill with raw oysters from which all the juice has been drained, cover closely and cook for ten minutes in a quick oven, or until the oysters plump and ruffle. Send to table in the pans with a firm sauce of lemon-juice, butter, and parsley beaten light.

PANNED OYSTERS. (No. 2.)

Butter the heated pans and fit in the bottom of each a round of buttered, peppered, and salted toast. Lay the drained oysters upon this, cover and cook. Serve in the tins. If you have silver pâté pans, this is really an elegant dish, and one that preserves the flavor of the oysters to perfection.

BROILED OYSTERS. (No. 1.)

Drain fine fat oysters and dry well by laying them upon a cloth, covering with another and gently patting the upper. Sprinkle with salt and paprica, or cayenne, and broil upon a hot buttered gridiron. Heat the liquor strained from them and add a white roux—a tablespoonful to a cup of liquor—boil up, season with kitchen bouquet and serve in a gravy-boat with the oysters. These should go to table in a hot-water dish.

BROILED OYSTERS. (No. 2.)

Salt and pepper large fine oysters, roll them in fine cracker-dust and broil upon a well-greased wire oyster-broiler for three minutes, turning twice. Serve upon rounds of buttered toast, put a little sauce of lemon-juice beaten up with butter on each, and serve in a hot-water dish.

FRIED OYSTERS.

Drain and wipe fine large oysters, dip each first in cracker-dust (peppered and salted), then in beaten egg, and again in the cracker, and arrange upon a large cold platter. Set upon ice for half an hour and fry in butter that has been gradually brought to a boil. Cook a few at a time, and if the crumbs come off in the fat, strain them out before the next instalment goes in.

FRIED OYSTERS AU SUPRÊME.

Drain the liquor from twenty-five large oysters, heat it and when it boils put in the oysters and cook one minute after the

liquor grows scalding hot again. Take them out, spread upon a folded cloth laid within a sieve and set in the refrigerator to get cold. Meanwhile make a good white sauce of two tablespoonfuls of butter rolled in as much flour and stirred into a cupful of boiling milk. Season with a little onion-juice, salt, and cayenne; take from the fire and beat in the yolks of two eggs to each cupful of sauce. Put back over the fire and stir one minute, but do not let it boil. Pour upon a broad platter, and when lukewarm and thick, remove the oysters to a clean dry cloth spread upon a tray; with a spoon coat each with the sauce on both sides and set at once on ice. Leave them there until the coating is firm; trim off the edges, take up each in a wire spoon and cover with raw egg, then with fine cracker-dust, and fry them in a wire basket immersed in boiling fat.

SCALLOPED OYSTERS.

Cover the bottom of a greased bake-dish with oysters, and the oysters with fine cracker-crumbs. Sprinkle these with pepper, salt, and bits of butter; then lay in more oysters and go on in this order until all are in. The top layer should be of crumbs and well buttered. Pour over each layer of oysters, as it goes in, a few spoonfuls of oyster liquor, and upon the crumbs the same quantity of cream. Bake, covered, in a quick oven until hot all through, uncover and brown lightly.

Serve with sliced lemon.

You may fill clam-shells, or silver or china scallop shells in like manner.

SCALLOPED OYSTERS AU SUPRÊME.

Drain the oysters and reserve the liquor for some other dish. Butter a pudding-dish, cover the bottom with oysters, and these with fine cracker-crumbs; sprinkle the crumbs with bits of butter, minced parsley, celery-salt, here and there a few capers and a dust of paprica, and moisten with cream or with milk which has been heated and thickened slightly with a white roux, and allowed to cool. Now another layer of oysters, more seasoned

crumbs and cream, until the dish is full, having crumbs thickly dotted with butter on top.

Bake covered until it bubbles, uncover and brown lightly. It should require not more than half an hour.

OYSTER PÂTÉS.

Heat the liquor to a boil, drop in the oysters and cook three minutes after the boil begins. Drain and cut them into quarters, and keep hot over boiling water. For each quart of oysters put one tablespoonful of butter into a frying-pan and when hot, stir in an equal quantity of flour. Toss and stir three minutes, take from the fire and pour gradually upon it a cupful of hot milk in which a bit of soda has been dissolved. Season, and let it get lukewarm, then beat in the yolk of a raw egg for each cupful of sauce. Heat again, setting the saucepan in boiling water. When smoking hot, put into a bowl and add the oysters. Fill heated shells of baked pastry and send to table.

Cooks sometimes fail with this mixture because the oysters are cooked in the sauce, and make it watery. If they are small, you need not quarter them.

OYSTER PIE.

Line the dish with fine puff paste. Fill with dry crusts of bread and lay the top crust over these. Bake in a quick oven; remove the upper crust with care, take out the crusts and fill with such a mixture as you would prepare for pâtés, but leaving the oysters whole. Set in the oven a few minutes to re-heat before serving.

CURRIED OYSTERS.

Make a roux of two tablespoonfuls of butter in which half a sliced onion has been fried, then strained out, and a heaping tablespoonful of flour with a teaspoonful of curry powder. Cook for three minutes, stirring diligently; add a cupful of oyster-liquor, heated to boiling and strained. Toss and stir until you have a smooth, thin paste, "old-gold" in color, and pour upon broiled oysters arranged in a hot-water dish.

Send around boiled rice with it.

FRIED OYSTERS À LA BROCHETTE.

Drain the oysters, roll each in a slice of breakfast bacon, no thicker than writing paper ; pass a stout straw or a toothpick through both, and then through other two, making three oysters and three slices of bacon upon each toothpick. Heat and butter well a clean frying-pan, lay the "brochettes" in it, and turn often while cooking, that the heat may get at all parts of oysters and bacon. The fat from the pork should be sufficient to fry the oysters. The bacon should curl and be clear when done. Serve upon squares of thin buttered toast, and garnish with parsley and sliced lemon.

ROAST OYSTERS À LA BROCHETTE.

These are sometimes called spindled oysters. Run a slender skewer—a sharp knitting-needle will serve the purpose well)—through the hard parts of six oysters and the upper edges of six thin slices of breakfast bacon. When you have five or six needles thus strung, lay them across the top of a narrow tin-pan or bake-dish. Oysters and bacon should be suspended from the skewers, but not quite touch the bottom of the pan. Set upon the upper grating of a *hot* oven, and cook nearly ten minutes.

Serve upon buttered strips of toast ; season the liquor that has dripped from them with lemon-juice and cayenne or paprika, pour over the oysters and toast and serve immediately.

STEWED TERRAPIN.

Kill the terrapins by dropping into hard-boiling water. Cook one hour or until the skin comes off easily from the heads and feet. Let them get perfectly cold ; take off the shells, remove intestines, lights, heads, hearts, tails, and feet. Be careful not to break the gall-bag. Cut into dice, put into a saucepan, and just cover with water and stew, after they reach the boil, for fifteen minutes. Have ready the yolk of one hard-boiled egg for each

terrapiu, rub to a powder, and then to a paste with butter, allowing a teaspoonful for each terrapin. Heat three tablespoonfuls of cream in a saucepan, for each terrapin (dropping in a bit of soda). Pour upon the egg-and-butter paste by degrees, season with paprica or cayenne, salt, a pinch of nutmeg or mace, and stir into the stewed terrapin. Cook two minutes or until scalding hot, add a teaspoonful of sherry for each terrapin, and serve hot at once.

This is the Baltimore recipe for the expensive delicacy.

PHILADELPHIA TERRAPIN.

Cook as above directed, but instead of the pounded yolks add to the hot cream three raw yolks beaten light, after which the stew should not be suffered to boil. Bring up the heat by setting it in boiling water for ten minutes. If there are no eggs in the terrapin, make force-meat balls of pounded yolks worked to a paste with butter, and seasoned with pepper and salt, and made manageable by a little flour. Mould with floured hands, drop into boiling water, and simmer three minutes, then put into the stew.

CLAMS.

How to Open Them.

If they are to be eaten raw, have your fishmonger open them with a knife made for the purpose.

If they are to be cooked, wash the shells well and put them into a steamer, or, if you have none, into a broad colander, taking care to have the clams in such a position that the juice will not leak down into the lower vessel as they open. Set this over boiling water, cover the steamer closely and keep the water at a furious boil until the clams gape. Take them out, one by one, drain off the liquor and strain it through a cloth to get rid of sand or dust.

ROAST CLAMS.

Prepare as you would oysters, but roast three minutes longer.

BAKED CLAMS.

Open as directed at head of this article, but be careful to reserve to every shell all the juice that belongs to it. Leave the clams in the lower shells, put a bit of butter, a drop of onion-juice, and a sprinkle of paprica or cayenne, with a mere dust of salt upon each ; replace the top shell, tying it on with a bit of cotton string ; arrange the shells upon a hot pan and bake fifteen or eighteen minutes, according to the size of the clams. Remove the upper shells, squeeze upon each clam a few drops of lemon and the same of tomato-catsup, and serve on the shells.

CREAMED CLAMS.

Steam the clams until wide open, drain off the liquor, set it aside, chop the clams fine and set in a vessel of boiling water upon the range, while you make the sauce by adding to two tablespoonfuls of white roux the heated liquor, and stirring it smooth over the fire. Season with salt and cayenne, or paprica. Have hot in another vessel for a cupful of the chopped clams half a cup of cream, or rich milk, in which has been put a pinch of soda, pour it upon a beaten egg, cook two minutes, stirring all the while. Put the chopped clams into a bowl, stir in the thickened liquor, lastly the hot cream and egg, mix quickly, and pour over buttered toast laid upon a hot platter.

SCALLOPED DEVILED CLAMS.

Chop thirty clams fine, set in a closed vessel and this in another of boiling water over the fire.

Fry a sliced onion light-brown in two tablespoonfuls of butter ; strain out the onion, return the butter to the range and stir into it three chopped tomatoes, a pinch of mace, salt, and paprica to taste. Cook four minutes, dust with flour from a dredger, take from the fire and pour upon two frothed eggs. Lastly, add the clams, fill scallop- or clam-shells with the mixture, cover with fine cracker-crumbs, sticking bits of butter in the top and bake in a quick oven fifteen minutes, or until browned.

SCALLOPED CLAMS.

Drain and chop two dozen clams. Make a white sauce by stirring into a cup of hot milk a heaping tablespoonful of flour rolled in two teaspoonfuls of corn-starch. When it thickens add the pounded yolks of two hard-boiled eggs, a little minced parsley, a pinch of mace, and the beaten yolk of a raw egg, with salt and pepper to taste. Stir one minute, remove from the fire and pour upon the chopped clams, which should be steaming hot. Fill shells or *pâté-pans* with the mixture, cover with fine crumbs, stick bits of butter upon these, and bake in a hot oven until browned.

CLAM FRITTERS.

Chop two dozen "long" clams fine; pepper and salt them. To make the batter, sift into a bowl twice, through a pint of flour, a level teaspoonful of Cleveland's baking powder, and a saltspoonful of salt. Beat two eggs light, add a cupful of milk and half as much clam liquor and pour this into a hole in the middle of the flour. When the deep cottolene in your frying-pan is hot, and not until then, add the clams to the batter, and drop it, by the spoonful, into the boiling fat. Turn each fritter as it browns upon the lower side.

You can make the clam batter into pancakes by frying it upon a griddle.

They are a nice breakfast dish.

CLAM PIE.

An Old New England Seashore Dish.

Chop the clams if large, saving the liquor that runs from them. Heat, strain, and season this and cook the chopped clams for ten minutes in it.

Have a thick top-crust of good pastry, but none at the bottom of the bake-dish. Fill it with alternate layers of the minced clams, seasoned with salt, pepper, a few drops of onion-juice, some bits of butter and a few teaspoonfuls of strained tomato-

sauce, and thin slices of boiled potatoes. Dredge each layer of clams with flour. Lastly, pour in a cupful of clam-juice, put on the crust and bake half an hour in a quick oven.

CREAMED SCALLOPS.

Scald scallops in their own or in oyster liquor, leaving them in only two minutes after the liquid reaches the boil. Heat a cupful of milk, thicken it with a tablespoonful of flour rubbed smooth with a teaspoonful of butter, drain the scallops and put them into this sauce. Season to taste, and serve on squares of toast.

FRIED SCALLOPS. (No. 1.)

Dry them with a soft bit of old linen, roll in finely pounded cracker, salted and peppered, then in a beaten egg and again in the crumbs before dropping them into boiling cottolene. Cook to a light golden brown.

FRIED SCALLOPS. (No. 2.)

Drop the scallops into boiling water and cook fast for five minutes; drain and spread them upon a cloth to get cold. Meanwhile, make a batter by sifting twice, through a cupful of flour, a half teaspoonful of Cleveland's baking powder, and the same quantity of flour; wetting it with half a cupful of milk into which has been beaten two well-whipped eggs and a teaspoonful of melted butter. Beat hard. The scallops should be cold and stiff when they are dipped into this batter, and fried in deep cottolene.

LOBSTERS.

It is always safe to cook your lobster yourself unless you have an exceptionally honest fish-merchant, or are yourself an apt judge of shell-fish in all their varieties. The enclosed excellent directions for choosing, killing, and preparing "the toothsome lobster" for cooking are copied gratefully from *The New York Sun*.

"Lobsters are more easily prepared for the table than young

housewives imagine, and many delicious dishes may be made with them.

“Should ready-boiled lobsters be purchased, test them by gently drawing back the tail, which should rebound with a spring. If the tail is not curled up and will not spring back when straightened, the lobster was dead when boiled and should not be eaten. Choose the smaller lobsters that are heavy for their size, as the larger ones are apt to be coarse and tough. Lobsters weighing from one and one-half to three pounds are the best in size.

“All parts of the lobster are wholesome and may be used except the stomach, which is a small hard sack and contains poisonous matter, and lies directly under the head, and a little vein which runs the entire length of the tail.

“To boil a lobster, put into a kettle water enough to cover the lobster. When the water is hot, but not boiling, put in the live lobster, head first. In this way the lobster will be instantly smothered to death. Put a tablespoonful of salt into the water, cover the kettle, and boil a medium-sized lobster thirty minutes. Cooking too long will make the meat tough and dry. When the lobster becomes cold, twist off the claws and break apart the tail and body, take out the green fatty part, which is the liver of the lobster, and coral, and lay them one side to use with the meat. Remove the stomach, which is below the head, and throw it away. Break open the body and take out all the small pieces of meat. Cut the under side of the tail shell open and loosen the meat, taking it out in one piece: Open the meat and remove the little vein and throw it away. In cracking the claws hold them on the edge of the table. By doing so the shell will be cracked and the meat will not be crushed. Save the small claws to garnish with.”

BROILED LOBSTER.

When convenient, have your fish-merchant remove the stomach and the long intestine running through the body, when he has split the wriggling crustacean down the back. If you

cannot have this done, drive a sharp knife into the back just where the shells of body and tail overlap, and remove the objectionable parts. Lay the divided sides upon the gridiron, shell downward, and broil for over half an hour. Baste the meat four times while in cooking with butter and lemon-juice beaten to a cream. When half-done, turn the flesh side down, for a few minutes. When done, sprinkle with salt and cayenne and split up the claws with a pair of sharp scissors. Serve melted butter and pass oyster-crackers and sliced lemon with it.

FARCIED LOBSTER.

Make a thick sauce of—

Two tablespoonfuls of butter heated to hissing, and two tablespoonfuls of flour stirred into it at this point. Take from the fire, add gradually a cupful of hot milk seasoned with salt, cayenne, and parsley (not forgetting the pinch of soda). Return to the fire, and when it boils draw to one side and stir in—Pounded yolks of three hard-boiled eggs. A tablespoonful of fine bread-crumbs. Two cupfuls of lobster meat (boiled and cold), cut into neat dice.

The shell of the lobster should not have been broken in taking out the meat. Have it now washed and dried and stuffed with the mixture. Cover the open side with fine crumbs, with bits of butter here and there, sprinkle with salt and paprica, and brown in a quick oven.

Serve with sliced lemon, and garnish with curled parsley.

BUTTERED LOBSTER.

Meat of two boiled lobsters, or one can of preserved lobster; three tablespoonfuls of butter (heaping); two lemons—juice only; one cup of cracker-crumbs; half a teaspoonful of made mustard; a good pinch of cayenne pepper; salt. Open the lobster-can and empty it into a bowl an hour before using it. Mince evenly. Put lemon-juice, butter, and seasoning into a saucepan, and when it simmers add the lobster and half the

crumbs. Cook slowly, covered, ten minutes, stirring occasionally. Fill pâté-pans or scallop-shells with the mixture, put a bit of butter on each, cover with fine crumbs and bake to a light-brown. Serve in the shells, hot. Pass sliced lemon and crackers with them.

CREAMED LOBSTER.

Four pounds of lobster-meat cut into small dice. One cup of cream and one of milk. White roux made of two tablespoonfuls of butter, heated, with two of flour, and cooked smooth. Salt and cayenne to taste. Fine bread-crumbs. A pinch of soda in the milk. Heat milk and cream together, stir in roux and seasoning; add the lobster-meat and turn into a buttered mould, or into scallop-shells. Cover with fine crumbs and brown in a quick oven.

LOBSTER CHOPS.

Make a roux by frying half a sliced onion and a little chopped parsley one minute in a tablespoonful of butter, then putting in a tablespoonful of flour and stirring to a pale brown. Heat a cupful of cream or rich milk in another vessel, and pour gradually upon the roux, beating smooth as you go. Season two cupfuls of finely chopped lobster-meat with salt, cayenne, a pinch of mace and a teaspoonful of lemon-juice. Take the cream from the fire, add two beaten yolks, heat again to a boil, turn into a bowl, mix in the lobster and a great spoonful of fine crumbs, and set aside on the ice to get cold and stiff. When it is of the right consistency, make into the form of mutton chops, dip into whipped egg, then into cracker-dust, and leave again on the ice for some hours. Fry in hot, deep cottolene. Stick a claw in the small end of each chop.

Serve with sauce-tartare and pass deviled crackers with it.

LOBSTER AND OYSTER RAGOÛT.

Eighteen oysters. Meat of one large boiled lobster, or of two small, cut into inch lengths. Onion-juice to taste. One great

spoonful of butter for frying; cayenne, lemon-juice, and salt. Yolks of two beaten eggs. One small glass of sherry. One tablespoonful of butter, cooked to a brown roux, with one of flour.

Heat the butter in a frying-pan, and when it hisses put in the lobster dice, upon each of which has been squeezed three drops of onion-juice. *Sauté* the lobster in the scalding butter until it is smoking hot. Drain the liquor from the oysters and heat in a saucepan while the lobster is cooking. When the liquor boils, strain and return to the fire with the oysters. Cook two minutes after the boil is reached; strain out the oysters, arrange the fried lobster dice in a deep dish and upon them the oysters; cover and keep hot over boiling water while you reheat the oyster liquor, season with salt, cayenne, lemon-juice, and parsley, thicken with the brown roux, and boil up once. Take from the range and pour, a few spoonfuls at a time, stirring slowly, upon the beaten yolks. At the very last put in the sherry, and do not put back upon the fire. Turn out, at once, upon the oysters and lobster, and serve.

CURRIED LOBSTER.

Two cups of lobster-dice. Two cups of weak soup stock. One teaspoonful of minced onion, and two of curry powder. Saltspoonful of salt.

Fry the onion in the butter, add the salt, the stock, and the curry, and cook gently for five minutes, before putting in the lobster. Serve as soon as this is thoroughly heated. Pass plain boiled rice with this dish.

DEVILED LOBSTER.

Cut into pieces as large as an oyster and coat each piece with a paste made of a tablespoonful of butter, a teaspoonful of curry powder, half as much made mustard, half a teaspoonful of Worcestershire sauce, and a little salt, worked into a well-mixed sauce. Heat three tablespoonfuls of butter in a frying-pan and *sauté* the lobster in this.

CROQUETTES OF LOBSTER.

Meat of one fine lobster, well boiled ; two eggs ; two tablespoonfuls of butter ; half a cupful of fine bread-crumbs ; one teaspoonful of anchovy sauce, yolks of two eggs, boiled hard and rubbed to a powder, then beaten into the butter ; one good teaspoonful of lemon-juice ; season well with salt and cayenne pepper ; also, a pinch of mace and lemon-peel ; yolks of two raw eggs, beaten very light. Mince the meat, work in the butter, melted, but not hot ; then the seasoning, the raw eggs, and lastly the bread-crumbs. Make into oblong balls, set on the ice for two hours and fry quickly in deep cottolene. Drain them of every drop of fat by rolling each, for an instant, very lightly upon a hot, clean cloth. Be sure your dish is well heated.

Crab croquettes are made in the same way.

FRICASSEE OF LOBSTER AND MUSHROOMS.

One large lobster, cut into pieces over an inch long, and half as wide. Three tablespoonfuls of brown roux. Two cups of veal or chicken stock. One tablespoonful of corned ham minced fine. One-half onion chopped. Teaspoonful of minced parsley. Six large mushrooms cut into quarters, or twelve champignons, cut into halves. Paprica and salt. A liqueur glass of sherry.

Heat the stock with the ham, seasoning, and onion. Boil ten minutes and strain ; thicken with the roux, put in the pieces of lobster and the mushrooms, and cook for half an hour in a saucepan set within a vessel of boiling water. Add the sherry after the fricassee is turned into a deep dish.

LOBSTER À LA NEWBURG. (No. 1.)

Two cups of lobster-dice, and the same of cream. Beaten yolks of three eggs. One glass of sherry. Half teaspoonful of salt, and a dash of cayenne.

Put cream, wine, and beaten yolks together in a saucepan over

boiling water and cook, stirring steadily until thick. Add the pieces of lobster, let them get smoking hot, season, and serve.

This is the simplest form (and a good one) of this fashionable and popular delicacy.

LOBSTER À LA NEWBURG. (No. 2.)

Meat of one fine boiled lobster cut into large dice. The pounded yolks of two eggs. One cupful of cream. Two tablespoonfuls of butter and one scant tablespoonful of flour. A small glass of sherry. Salt to taste, a pinch of mace, a dash of cayenne.

Heat the butter in a saucepan and when just melted, stir in the flour and mix well. Rub the pounded eggs (which should be like a powder) smooth with a little of the cream and stir into the flour and butter. Let it get hot ; put in the rest of the cream, and heat to scalding in a saucepan set in one of water at a hard boil. When at the right temperature, put in the rest of the cream, and when this heats, the lobster and the seasoning, all except the wine. Toss with a silver fork for two minutes, add the wine and serve.

LOBSTER À LA NEWBURG. (No. 3.)

Two tablespoonfuls of butter. One-and-a-half cupfuls of lobster cut into inch lengths with a sharp knife ; two truffles chopped fine ; cayenne and salt to taste. One cupful of cream. Yolks of two eggs beaten light. One glass of sherry.

Heat the butter in a saucepan, but do not let it brown. When it begins to hiss season with salt and pepper and put in the lobster-dice and truffles. Cover closely and set in a vessel of boiling water over the fire. Heat the cream in another vessel, dropping in a bit of soda to prevent curdling. Take from the fire and mix with the lobster, add the wine and serve at once.

LOBSTER À LA BROCHETTE.

Meat of one fine lobster cut into clean dice with a keen blade. Two dozen fresh mushrooms. Cayenne, salt, and mace. A dozen slices of breakfast bacon, cut as thin as writing-paper.

Rounds of toasted bread. Two tablespoonfuls of butter ; juice of half a lemon ; minced parsley.

Sprinkle the pieces of lobster with salt, cayenne, and mace and string them upon slender skewers alternately with the mushrooms, having four pieces of lobster and three mushrooms upon each skewer. Broil over clear coals, turning the skewers often.

Have ready the bacon broiled clear ; cut the toast into slender strips over an inch wide ; lay a slice of bacon upon each and on the bacon a skewer of lobster and mushrooms. Spread these last with a sauce of the butter beaten to a cream with the lemon-juice and minced parsley.

FRIED LOBSTER.

Cut the meat into pieces of uniform length, roll in egg, then in fine cracker-crumbs ; set in a cold place for an hour and fry in boiling fat to a light brown. Pile upon a hot platter ; garnish with cresses and nasturtiums, and serve with this sauce : Beat the yolks of two raw eggs to a cream with a teaspoonful of French mustard, one of sugar, a good pinch of cayenne and a little salt. When you have a smooth mixture, add half a cupful of salad oil, gradually, beating steadily, thinning, as you go on, with lemon-juice. Add a dash of onion-juice and a tablespoonful of chopped capers.

LOBSTER GUMBO.

A Creole Dish.

Two pounds of lobster-meat taken from the shell in two large pieces, breaking as little as possible. Two teaspoonfuls of butter and one of salad oil. A tablespoonful of minced onion. Three fresh tomatoes—large and ripe ; one sweet green pepper ; six okra pods ; cayenne and salt to taste ; one cup of boiling water.

Melt the butter in a saucepan, lay in the lobster, turn over to coat it thoroughly, add the hot water and stew gently, covered, half an hour. Strain from the meat, which should be kept hot over boiling water until you are ready for it again. Heat in an-

other pan the oil, minced onion, and green pepper, the sliced tomatoes and okras. When the mixture smokes turn in the lobster-broth ; simmer half an hour, rub through a fine colander and stir almost dry over the fire. Turn out upon a hot platter, lay the lobster upon this bed, and serve.

Pass sliced lemon with it, and toasted crackers.

SOFT SHELL CRABS, SAUTÉ.

Take off the fringe or loose shell found under the side points, also the sand-bag found under the shell under the eyes ; wash them quickly, salt and dust with cayenne and roll in salted flour. Have ready some hissing hot butter in a frying-pan, and *sauté* them, turning once to brown the upper side.

Or—

You may roll them in raw egg, then in peppered and salted cracker-dust, and fry them.

If they are not alive when you are ready to use them, throw them away. Keep wrapped in wet moss or sea-weed in the refrigerator until they are needed. A few minutes, uncovered, in a hot kitchen would kill them.

BROILED SOFT-SHELL CRABS.

Have three tablespoonfuls of butter melted in a deep platter and mix with it the juice of half a lemon and a dash of cayenne. Sprinkle salt upon the cleaned crabs, roll them in the butter mixture, drain for a second and dredge well with salted flour. Cook in an oyster broiler over clear coals.

Serve with sauce tartare.

HARD CRABS.

Like lobsters, they must be bought alive and killed just before they are cooked. The most merciful method is to plunge them head downward into boiling water. The first plunge kills them. Cook at least half an hour in salted boiling water.

SCALLOPED CRABS, WITH MUSHROOMS.

Two cupfuls of crab-meat cut into dice. One dozen fresh mushrooms. One cupful of milk. Half teaspoonful of onion-juice. One cupful of cream or rich milk. A great spoonful of butter and a smaller one of flour. Powdered yolks of three hard-boiled eggs. Juice of half a lemon. Half cupful of fine crumbs. Salt and cayenne.

Cut the crabs and mushrooms into pieces of equal size. Heat the butter and onion-juice in a frying-pan and stir to a roux with the flour. Take from the fire and work into the hot cream or milk. Season with salt and cayenne, add the yolks and the crab-meat. Lastly, stir in the mushrooms; fill the crab-shells or scallop-shells of silver or china with the mixture; sift crumbs on top, sticking bits of butter in them, and bake in a quick oven. Squeeze the lemon-juice over them and serve.

A CRAB WELSH RAREBIT.

Make a white roux of a tablespoonful of butter and the same of flour. When hot and smooth, add four tablespoonfuls of veal or chicken stock gradually, and bring again to the boil. Take from the fire, pour in half a cupful of cream, a little at a time (put a bit of soda in the cream), then stir in a cupful of crab dice, less than half an inch square; simmer in hot water for ten minutes, add two tablespoonfuls of Parmesan cheese, cook one minute, lift from the range and pour in two tablespoonfuls of sherry.

Have ready in a flat dish rounds of bread toasted and buttered. Spread the smoking crab mixture upon them, cover with more cheese, set upon the top grating of a hot oven three minutes to melt the cheese, and serve.

Eat at once.

A lobster Welsh Rarebit may be made in the same way, also one of halibut and of chopped shrimps.

DEVILED CRABS.

Two cupfuls of crab-meat, cut small—not chopped. Two tablespoonfuls of butter, one of flour, and a level teaspoonful of mustard. One cupful of milk, or cream, or fish stock. Salt, cayenne, and the juice of half a lemon. Crumbs and butter. Heat the butter and stir to a roux with the flour and mustard. In another vessel heat the milk, and mix with the roux when it is scalding hot. Cook three minutes, turn into a bowl, add the crab-meat, salt, pepper, and lemon-juice. With the mixture fill shells or pâté-pans, cover with crumbs and bits of butter and bake in a quick oven.

CRABS AU GRATIN.

Two cupfuls of crab-meat cut into pieces an inch long. One tablespoonful of flour and a larger spoonful of butter. One cupful of good white stock. Half a cupful of cream. One tablespoonful of sherry. Salt, cayenne, and half a teaspoonful of Worcestershire sauce.

Lay the crab-dice in a deep buttered dish. Heat the butter and flour to a roux, and when smooth, stir in the hot stock. Cook three minutes and work into it the cream, which should have been heated with a bit of soda not larger than a pea. Season and pour the sauce over the crab-meat. Cover with cracker-dust, sprinkle this with paprica and bits of butter, and brown in a quick oven.

FRICASSEE OF CRABS.

One cupful of crab-meat, picked out coarsely. Yolks of three hard-boiled eggs. Two tablespoonfuls of butter and one of flour. Three cupfuls of milk. Juice of half a lemon. Half a teaspoonful of French mustard. Cayenne and salt and a pinch of mace.

Pound the yolks to a powder, and work into them the butter, flour, mustard, salt, pepper, and mace. Heat the milk to a boil, lift from the fire and add, gradually, stirring all the while, to the paste just made. Stir in the crab-meat ; set, covered, in boiling

water for five minutes, stirring often, add a glass of sherry, and pour upon thin slices of peeled lemon in a deep dish.

COQUILLES OF SHRIMPS À LA TORQUAY.

One cupful of milk or cream. One tablespoonful of butter and one of flour. Six fresh mushrooms minced. A cupful of minced shrimps or prawns. Salt, cayenne, cracker-crumbs, and butter-bits.

Melt the butter, rub in the flour when the butter hisses, and stir two minutes. Take from the fire and add the hot milk, slowly. Reheat and whip steadily in a bowl for two minutes. Season with salt and cayenne; set back on the range and cook for five minutes in a vessel of hot water, putting in your egg whip now and then to keep it smooth and light. Stir in the shrimps, let the mixture come to a boil, cook one minute, and fill buttered scallop shells with it; sift crumbs on top; stick bits of butter in these and brown in a quick oven.

STEWED SHRIMPS.

If canned shrimps are used, rinse them in cold water before they are cooked. If fresh, take off the shells, taking care to get the fish out as whole as possible.

Heat in a saucepan two tablespoonfuls of butter, and when it hisses, add a cupful of shrimps. Toss with a silver fork to coat them well with the butter, and when they are heated through, add a cupful of boiling water and a tablespoonful of tomato-catsup, with a teaspoonful of lemon-juice, half a teaspoonful of sugar, and a pinch of cayenne. Stew gently three minutes and turn them out. Pass toasted crackers, buttered, with them.

DEVEILED SHRIMPS.

Make a brown roux with two tablespoonfuls of butter and the same of browned flour, add when smooth to half a cupful of good stock; stir one minute and put in a large cupful of minced shrimps, the yolks of two hard-boiled eggs, rubbed to powder, a

saltspoonful of made mustard, a pinch of cayenne, a few drops of onion-juice, with salt to taste. Mix well, stir over the fire until smoking hot, and fill clam or scallop-shells or pâté-pans with the mixture, cover with fine crumbs, with bits of butter here and there and brown quickly.

Send around sliced lemon with them.

CREAMED SHRIMPS.

One can of shrimps, two tablespoonfuls of butter, and one of flour. Two cupfuls of milk. Salt and cayenne to taste. Pinch of soda in the milk.

Make a roux of butter and flour, and when smooth stir into the hot milk. Cook two minutes, add the shrimps, season, simmer until smoking hot, and turn into a deep dish. You can, if you like a richer dish, stir in a beaten egg at the last. The mixture must not cook after it goes in.

CURRIED SHRIMPS.

One can of shrimps; one tablespoonful of butter, and the same of flour; two teaspoonfuls of curry powder, and one of Chutney sauce; two cupfuls of boiling water; salt to taste; one teaspoonful of minced onion. Cook onion and butter in a saucepan for two minutes after they boil; add flour and curry, and when they bubble, the boiling water gradually, stirring all the time. Finally, put in the shrimps; cook five minutes and serve in a hot-water dish.

Send around bananas, ice-cold, with them, and boiled rice.

FRIED FROGS' LEGS.

Only the hind-legs are eatable. They are very good, having a curious resemblance to the most delicate spring chicken.

Skin, wash, and lay in milk for fifteen minutes. Without wiping them, pepper and salt, and coat with flour. Fry in deep boiling fat to a light brown.

Or—

Wipe off the milk, dip in egg and pounded cracker, and fry.

STEWED FROGS' LEGS.

Skin, lay in milk for fifteen minutes; roll in peppered and salted flour, and *sauté* in hot butter for three minutes. Cover (barely) with hot water, and stew tender. Twenty minutes should suffice. Heat half a cupful of cream to boiling, stir in a tablespoonful of butter rolled in flour, boil up, and turn into the saucepan where the frogs' legs are simmering. Season with pepper, salt, and a little chopped parsley. Cook gently for three minutes and serve.

FAMILIAR TALK.

WRINKLES FOR HOUSEKEEPERS.

Not the care-lines that tell of work and worry. These are not the "wrinkles" that one woman wishes to receive from another. But there are, to use another expressive bit of contemporary slang, "tips"—fragments of practical knowledge accumulated by every woman who looks well to the ways of her household—which are of distinct value to all housekeepers. Sometimes they have been discovered almost by accident, at other times they have come as the working out of pet theories. Still again they may have been hardly acquired after many failures have taught the experimenter how not to do it.

Some of the wrinkles thus gathered may be old and familiar to many housekeepers. To others they may be entirely fresh and helpful.

How many women who like a dainty table know, for instance, that the flavor of a broiled fish is rendered richer and finer if the fish is laid in salad oil for an hour before it is cooked? The fish should be placed on a flat plate, two or three tablespoonfuls of the oil poured upon it, and when this has soaked in thoroughly the fish may be turned over and the other side treated in the same fashion.

This same expedient of steeping in salad oil adds a delicious

flavor to the cold chicken or turkey that is to be warmed up in a cream sauce. If the sauce is flavored with a suspicion of onion-juice and celery salt, the result is an appetizing *réchauffé* which has been aptly compared to hot chicken salad.

The superiority of onion-juice over the chopped onion so often used in seasoning is manifest to all who have tried the former. The juice may be procured most readily, perhaps, by tearing the onion upon a vegetable grater. The juice quickly trickles from the bottom of the grater. Or the onion may be cut in half and pressed in a lemon-squeezer. For seasoning minces, hashes, Hamburg steaks, and in all chafing-dish concoctions, the onion-juice is invaluable.

Welcome to those who enjoy soft-shell crabs, but object to the odor of the frying fat that usually accompanies their cookery, should be the "tip" that the crabs may be broiled, instead of fried, and that the flavor is the same whichever of the two ways they are cooked. The crab should be cleaned, dipped in olive oil, laid on the gridiron over a bed of broiling-coals, and cooked until the outside is red-brown, the meat white and tender.

Another "wrinkle" worth knowing is that vinegar added to the water in which fish is boiled will make the fish firmer and improve its flavor, while when it is put into the water in which meat or poultry is stewing it will make the flesh more tender. The proportion varies a little. A tablespoonful is enough for the fish, while twice that quantity may safely be used for the meat. It expedites the boiling of tough poultry.

Of great help to the woman who wishes to broil steak or chops, when she is baking bread or cake, is the knowledge that she can do this without cooling her ovens by uncovering the top of the stove. With proper care meats may be broiled—*not fried*—in a frying-pan so that they will be quite as juicy and nutritious as though they had been grilled over the coals. The mode of cooking is simple. The frying-pan should be put on the stove until it is hissing hot. If the meat has very little fat on it, the pan may be rubbed lightly with a bit of butter no larger than a hickory nut. This is to keep the meat from sticking when it first

goes in. The pan should be so hot that the albumen on the surface of the meat will coagulate the moment it touches the pan. By this the juices are sealed in the meat, and this may be turned and cooked in the pan as it would be on the gridiron until it is done to suit the taste of the eaters. Fish may be broiled in the oven, if this is very hot, nearly as well as over the fire. Both with fish and meat the after-treatment should be the same—a transfer to a hot platter and plentiful basting with butter. An added savoriness may be given by rubbing the platter with onion or with garlic, and working minced parsley into the butter used in basting.

Garlic, so much dreaded by those who have used it too much or not at all, is a valuable article when employed in moderation. It cannot be handled as carelessly as onion, but if it is rubbed on the inside of a salad-bowl, or of the dish in which the salad dressing is mixed, its flavor will be found both delicate and delicious.

The problem of how to whip cream without changing it into butter is one that has troubled many housekeepers who like this simple and popular sauce for puddings and fruit. The secret of success is to have the cream-churn (which may be a glass egg-beater) and the cream *ice cold*. One excellent cook always fills her cream-churn with ice, and puts it in the refrigerator for half an hour or more before using, while the cream too is kept on the ice. Given sweet, rich cream, the whipping under these circumstances cannot fail to be successful. In the same coldness of utensils and ingredients lies the secret of a quickly mixed mayonnaise.

In cooking cream or milk the danger of curdling is much reduced if a pinch of soda the size of a pea is added. There is also risk of curdling milk if it is salted when put over the fire. The salt should go in the last thing.

When greasing pans for cakes or muffins, or a griddle for frying cakes, it is a common mistake to use too much fat. The greasy crust that means an attack of indigestion for the person who eats it may be avoided if a flat paint-brush is dipped into melted fat,

and the pan lightly brushed with this. It has the added merit of reaching the cracks and corners that sometimes escape the touch of the time-honored greased paper or cloth, which coats the cook's fingers more effectually than the pan to which it is applied.

There are many other "wrinkles" of more or less value. As, for instance, the fact that vinegar will restore the color of hands white and sodden from dish-washing, that the fumes from a freshly lighted sulphur match will take the stains of berries from the finger-tips and nails if used before they have been washed with soap, that boiling in buttermilk will sometimes take out mildew when everything else fails, that chlorinated soda will remove ink-spots from white cotton or linen goods without injuring the fabric, that Benares brass should be cleansed with a soft cloth dipped in lemon-juice and brightened with chamois-skin, that the tarnish is most easily removed from silver if the flannel used in cleaning is moistened with alcohol before being dipped into the silicon and rubbed on the silver, that silver keeps bright for a long time if each piece is wrapped in fine white tissue-paper. One might go on indefinitely were it not that space and a reader's patience have limits.

C. T. H.

MEATS.

As a nation we eat too much meat, and spend too much money for the quantity we use. The provincial butcher who told a customer that she would better buy from somebody else if she *would* have choice cuts every day, had hold of one thread of a common-sensible fact, although he could not state it even to himself. What are known as second-best portions, not because of freshness or sweetness, but on account of their location upon the body of the slain beast, have capabilities never suspected by the Average Cook. A very low order of culinary skill may suffice to make tolerably palatable and masticable a tender fillet, or chop, or rib-roast, even a beefsteak of prime quality. Unfortunately, these usually set forth rich men's tables and are handled by first-class cooks. Culinary genius and much experience are needed to make tough meats tender, yet nutritious, and to concoct dainty *entrées* out of coarse bits that are uneatable if treated according to the Average Cook's faith and practice.

A few general rules are needful as a foundation for the more explicit instructions which are to follow.

The darker meats, such as beef, mutton, venison and wild ducks, are wholesome and digestible if cooked to the "rare"—which is not the raw—point. All white meats—chicken, veal, turkey, pork, etc., *must* be well done, or they are unpalatable, indigestible, and to people who are used to good cookery, disgusting.

The secret of making tough meat tender is slow and steady cooking, especially braising, boiling, and stewing. It was the boast of a celebrated *chef* that he could make *lignum vitæ* tender, if he were given all the time he asked. The heat should

be low, but steady. The toughest fowl can be reduced to toothsome tenderness if steamed in a close kettle, or boiled, or braised in a covered roaster several hours. It should not reach the boil under one hour, and must never be allowed to cook briskly, from post to finish.

The first step in roasting meats is to make a close coating on the outside that will exclude air and keep in juices. This may be done by dashing a little boiling water over it, as it goes into the oven, or setting for ten minutes in a hot oven, then, removing to a slower. Chops and steaks may be similarly encased by holding the gridiron over a fierce fire for a few minutes, then broiling more deliberately. Fowls that are to be fricasseed are kept juicy by frying in boiling fat for a few minutes, then laid in a pot and covered with cold water.

Do not *corn* meat by seasoning it before it goes into the oven or frying-pan, or upon the gridiron, or into the saucepan. You will draw the juices out, instead of retaining them, and harden the fibres.

BEEF.

RIB ROAST OF BEEF.

Wipe with a clean cloth, but do not wash it. Dash a cupful of boiling water over it to sear the surface, dredge with flour to make a yet more impervious coating, and set upon the grating of your roaster. Cook fast for fifteen minutes, then change to a slower oven or draw off the heat by means of dampers. If you have a covered roaster (as you should have), there is no need of basting more than twice during the roasting; otherwise, baste every two minutes with the juice that drips from the meat. Roast ten minutes to the pound. Fifteen minutes before the meat is taken up, open the valve of the roaster, wash the meat over with butter, dredge with flour, and leave the valve open to brown the roast.

Serve with horse-radish sauce, or mustard, and as the red juice (the "dish-gravy") follows the carving knife, put a little

upon each slice when laid upon a plate. It is no longer the custom upon well-served tables to send in made gravy with roast meat, and few educated palates tolerate it. Set the gravy from the pan aside in a bowl. The fat that forms upon the surface will make excellent dripping, and the lower stratum can be utilized in soup-stock.

ROLLED ROAST OF BEEF.

If your butcher has not done it for you, remove the ribs, and roll up the meat, the thicker part in the centre, bind into a round with stout twine, secure the outer flap with a couple of skewers, and proceed as with the rib roast. When it is cooked, clip the string and withdraw carefully, but leave the skewers in to keep the meat in shape.

Carve horizontally.

BRAISED ROUND OF BEEF.

This is a pleasing variation of the "pot-roast" of our grandmothers, and is an admirable way of cooking a tough piece of beef.

Chop a carrot, a turnip, an onion, and a stalk of celery coarsely and lay half of them in the bottom of your roaster. Place the meat upon them, dash a large cupful of boiling water over all, dredge the meat with flour and set, uncovered, in a hot oven for twenty minutes to brown. Mask now with the reserved vegetables, cover closely and cook *very* slowly twenty-five minutes to each pound, basting four times.

Take up the meat, sprinkle with salt and pepper and keep hot, rub the gravy left in the pan through a colander, season to taste, stir in a tablespoonful of browned flour and half a teaspoonful of French mustard, boil up once; pour a few spoonfuls over the meat, and send in the rest in a gravy-boat.

BRAISED BEEF, À LA JARDINIÈRE.

Cook as directed in the foregoing recipe. Have ready when the meat comes from the fire and the sauce has been made, a

cupful of green peas, or of string-beans, cut into short pieces, or Lima beans; the same quantity of potatoes cut into dice and boiled tender; a cooked carrot and turnip cut into dice, a dozen button onions, boiled, and six tomatoes of uniform size, baked whole in their skins, or stuffed and then baked.

Arrange these vegetables in small heaps around the meat as it lies on the dish, each kind by itself, and the color contrasting agreeably with the next pile. Pour some spoonfuls of sauce over them and the meat, and serve. In carving help out at least two kinds of vegetables with each portion of beef.

ROLLED BEEFSTEAK (BRAISED).

A tough steak may be brought to tender terms in this way:

Make a forcemeat of crumbs, butter or bits of suet, if you have them, pepper and salt. A fresh tomato, minced, is an improvement. Cover the steak with this, roll it up and secure into a "stumpy" cylinder with stout cord and a skewer. Lay it in your bake-pan, or a pot on the top of the stove, upon a pallet of vegetables, such as is described in the recipe for braised round of beef; add a cupful of stock or water, cover closely and cook twenty minutes to the pound. Take out the meat, strain and rub the gravy through a colander; season and boil up, before pouring it over the steak. Cut the strings and withdraw them, but do not remove the skewer.

You may, if you like, omit the stuffing, but the meat will be less savory.

ROAST BEEF WITH YORKSHIRE PUDDING.

One pint of milk; two eggs; two cups of prepared flour, or, if you use plain flour, add an even teaspoonful of Cleveland's baking powder. One teaspoonful of salt.

Roast the beef in the usual way and when nearly done, take out four or five tablespoonfuls of dripping from the roaster and put them into a bake-pan, which keep warm until the pudding is ready. Sift salt and baking powder twice with the flour; beat the eggs very light, add them to the milk and pour this upon the

flour, stirring swiftly and lightly with a wooden spoon. Heat the dripping to hissing, pour in the batter and bake quickly. Cut into oblong pieces and lay about the beef in the dish, like a garnish.

BEEF À LA MODE.

For this dish you will require a piece of beef from the round, free from sinews or gristle, and compact in character. It is much easier to prepare a large piece of beef *à la mode* satisfactorily than a smaller cut, and nothing less than seven or eight pounds should be selected. Ten, twelve, and even fourteen pound pieces may be used with good results. Direct your butcher to "plug" the beef with strips of salt pork. Or you may do this yourself with the aid of a larding-needle, or a long, sharp, narrow-bladed carving-knife. Pierce the beef with this from top to bottom, and draw through the hole thus made a strip of fat salt pork about the thickness of your middle finger, and long enough to project about half an inch each side of the beef. These lardoons should be about two inches apart. Between them make deep incisions, and fill these with a forcemeat composed of bread-crumbs and finely minced pork, in the proportion of one part of the pork to two of the bread-crumbs. Season this highly with pepper, all-spice, minced parsley, thyme, and sweet-marjoram, and moisten with vinegar and a little Worcestershire sauce. Cram the holes to overflowing with this mixture, and crowd it into all crevices and interstices of the meat. Bind a stout piece of muslin around the sides of the beef, to keep the round in shape, and then lay it in a broad pot, cover it with cold water, and strew over it a minced onion, a sliced carrot, a bay-leaf, six cloves, a couple of blades of mace, a few sprigs of parsley and of celery-tops. Cook the meat very slowly, fifteen minutes to the pound. It should be tender enough to be pierced easily with a fork when it is done. Let it cool in the water, take it out, lay it between two flat surfaces, under a heavy weight, do not take off the cotton band until just before it goes to the table. If properly prepared, it will show a prettily mottled surface when sliced across with a sharp knife, and will be an attractive as well as a delicious dish.

FILLET OF BEEF

may be roasted plain, or larded with strips of fat salt pork and braised, as directed in the foregoing recipes.

BROILED BEEFSTEAK.

Speaking by the card, there is but one way of cooking a first-class beefsteak, and that is by broiling. It may be said with equal positiveness that a steak should always be cut more than one inch thick. An inch-and-a-half is better than an inch.

Grease the broiler well with beef-suet, or butter. You may also rub it with a raw onion. Lay the beefsteak upon it and hold close to the coals for one minute, turn the broiler and hold the other side in the same way, to cauterize the surface and hold back the juices. Now withdraw to the top of the range and cook over clear coals, the lids having been removed for this purpose—from fifteen to seventeen minutes. The time will depend upon the thickness of the steak and the strength of the fire.

Transfer to a hot dish, salt and pepper, rub all over on both sides with butter, or butter and lemon-juice, and cover for one minute before it goes to the table. Tough or doubtful steaks are improved by letting them lie in olive oil and a little vinegar for two hours before they are cooked.

MIGNON FILLETS

are cut from the end of the fillet or tenderloin. Broil when you have trimmed them neatly, salt, pepper, and butter, or cover with a sauce of butter, lemon-juice, and chopped parsley.

CHATEAUBRIAND STEAK WITH MUSHROOMS.

What often passes upon French restaurant *menus* and sometimes at state breakfasts for this elegant dish, which should be cut from the heart of the fillet, is only a prime tenderloin steak, trimmed into shape. The real and the imitation articles are

alike broiled as directed in recipe for broiled beefsteak, served upon a hot dish seasoned and plentifully buttered.

An added touch of deliciousness and elegance is imparted by broiling a dozen or so fine fresh mushrooms (peeled and trimmed), and arranging them upon the steak. It then becomes a dish fit for a king.

BEEFSTEAK AND ONIONS.

While your steak is in broiling have two large, or three small onions sliced very thin and fried lightly in butter. When the steak has been dished, seasoned, and buttered, cover with the fried onions and let all stand, closely covered, for five minutes over hot water to draw the meat-juices toward the onions and the flavor of the onions into the meat.

RUTH PINCH'S BEEFSTEAK PUDDING.

Cut the steak into strips an inch long and less than half as wide, put over the fire in a saucepan, cover closely, set within another of cold water and bring the water slowly to a boil. Let the meat get cold before opening the inner saucepan. Butter a baking-dish well, and line with strips of good crust put in the meat, seasoning with pepper, salt, and a few drops of onion-juice and dredging with browned flour from time to time. When you have a layer an inch or more deep, cover with other thin strips of crust, then more meat, seasoning, and flour, until the dish is full, when pour in the juice from the meat and a cupful of cold water. Cover then with a top-crust and bake in a moderate oven three-quarters of an hour. Serve in the dish.

BEEF STEW.

Cut up two pounds of beef—the coarser pieces will do—into inch lengths and *sauté* in two tablespoonfuls of dripping in which a sliced onion has been already fried. Cover with cold water, then set at the side of the range and simmer until the meat can be broken up with a fork. Set away in a covered vessel for five

or six hours, or all night. Take off the fat an hour before you wish to use the stew, add a teaspoonful, each, of summer savory and sweet marjoram, a little chopped onion and parsley, and bring to a steady boil. Stir in now, a tablespoonful of tomato catsup, and a generous tablespoonful of browned flour, a level teaspoonful of allspice, wet up with cold water, the juice of half a lemon, and half a teaspoonful of Worcestershire sauce. Boil up sharply, turn in a glass of brown sherry and you have an excellent and inexpensive breakfast or luncheon dish. *Provided*, always, that the recipe is followed faithfully and that you have yourself a just taste for flavoring.

CURRIED ROAST BEEF.

Cut two cups cold roast beef into small bits, put a large piece of butter into a saucepan, and lay in it the meat and two onions, sliced very thin. Brown for five minutes, add one cupful of boiling water and one dessertspoonful of curry powder. Let this simmer for ten or fifteen minutes. Line an earthen vegetable dish with boiled rice and pour the curried beef into it. Serve hot.

HAMBURG STEAKS.

To one pound of lean beef, chopped twice and rid of every bit of fibre and gristle, allow one beaten egg, one teaspoonful of onion-juice, half as much salt, a fourth as much paprica, and a pinch of ground mace. Mix well.

Mould into flat cakes, dredge them with salted flour, set in a cold place for one hour, roll again in flour and *sauté* them in good dripping or butter.

They can be also made of rare roast beef.

HASH CAKES.

Chop underdone roast beef fine and mix with one-third as much smoothly mashed potato. Season to taste with pepper, salt, and mustard. Knead lightly, and when the ingredients are well incorporated, work in a beaten egg to bind the mixture. Set

aside to cool and stiffen. When ready to cook them, roll them in beaten egg and cracker-dust, leave them in a cold place again for an hour or so, and fry in boiling dripping. Serve dry.

MINCE OF BEEF AND POTATO.

Chop under-done and well-done beef together, season with pepper, salt, a few drops of onion-juice and with mustard, and mix with one-third as much mashed potato as you have beef. Heat in a frying-pan a cupful of stock of any kind, except fish, for every two cupfuls of meat and potato, and when it boils stir in the beef mixture thoroughly, scraping from side to side toward the middle until the contents of the pan bubble all over the surface. It should be soft enough to pour out into a hot-water dish.

Edge with sippets, *i.e.*, triangles of fried bread.

If you have no stock, use boiling water with a generous spoonful of butter heated in it before the rest of the ingredients are added. A little strained tomato sauce or a teaspoonful of tomato makes the mince more piquant.

CORNED BEEF.

Wash thoroughly, and if very salt leave in cold water for one hour. Put over a moderate fire, or at the side of the range, in enough cold water to cover it deeply. If you mean to use the liquor for soup, fill the pot with water and cut up in it half an onion, a carrot, and a small turnip. Cook slowly half an hour to each pound, and when done, let it stand in the liquor for at least fifteen minutes. Scrape the top of the meat and trim off the ragged edges. Serve with a white sauce made by straining through a cloth a cupful of the "pot liquor" and thickening it with a white roux, then stirring in a tablespoonful of capers or chopped pickles.

When dinner is over, cover the beef with a flat plate, and lay a heavy weight upon this, to press the meat.

Corned beef is best cold or made into hash. There is a growing dislike to it when served hot.

While the round is considered the choice cut, the brisket, or the "plate," properly cooked is less solid and sweeter, and makes a good family dinner dish.

CORNED BEEF AND DUMPLINGS. .

Wash the beef thoroughly, and let it lie in cold water fifteen or twenty minutes. Plunge then into a pot of boiling water, and plenty of it, that every part of the meat may be covered. Cook steadily, never intermitting the boil, fifteen minutes for each pound of beef, after the boil recommences. When the meat is done, take it out and cover to keep warm. Strain the liquor through a coarse cloth and return to the pot, keeping out a cupful for drawn butter. When it again begins to boil, put in the dumplings and cook fifteen minutes. Take these up with a split spoon, and arrange about the beef when dished.

For dumplings:—One cupful of flour, mixed with a heaping tablespoonful of corn-meal, one teaspoonful of Cleveland's baking powder, one teaspoonful of cottolene, one saltspoonful of salt. Sift the powder and salt through flour and meal three times. Chop in the shortening, and stir in very cold water until a soft dough is obtained. Cut into rounds with a small tumbler, or top of pepper-box. They should puff out like balls in boiling. For drawn butter: Heat the cupful of reserved pot-liquor to a boil; stir in a heaping teaspoonful of butter, and thicken with one of flour wet with cold water. Add, just before taking from the fire, a tablespoonful of chopped green pickle, and half a teaspoonful of made mustard. Send to table in a gravy-bowl.

TO CORN BEEF.

Rub hard on all sides with a mixture of nine parts of salt to one of saltpetre, until the meat will take no more and the salt lies dry upon it. Repeat this rubbing daily for three days, keeping the meat in a cold place. On the fourth day wipe each piece dry and clean, and put into pickle.

For the pickle mix five gallons of water, one gallon of salt, four ounces of saltpetre and one and a-half pounds of brown

sugar; boil ten minutes, let it get perfectly cold; pack down the beef, and pour the pickle over the top.

Look at your meat every week to see if it is keeping well. If not, wipe clean, rinse with clear water, rub in dry salt, and put into other and stronger pickle.

This is an Old Virginia plantation recipe and warranted good.

PRESSED CORNED BEEF.

Select a firm piece for this purpose. The brisket is good, or for those who like a streak of fat and a streak of lean, the plate-piece is excellent, but this must be chosen carefully. Tie the meat tightly in a piece of cotton cloth that has been shrunk, making the beef take the shape you wish it to have when cold. Lay it in a pot and cover it with cold water, and put into this a stalk of celery, half a carrot sliced, a sliced turnip, an onion, and a few cabbage-leaves. Let the meat simmer gently. The time of cooking will depend upon the size of the piece of beef. Six pounds will require between four and five hours' cooking, but it must be very slow boiling—only the quietest of bubbling at the side of the pot. A hard galloping boil will cook the taste out of the meat and reduce it to a mass of insipid shreds. When the beef is done leave it in the water until this is nearly cold, then take it out and lay it between two flat surfaces and put heavy weights upon it. It should remain thus all night. In the morning remove the cloth, trim the beef into comeliness, if there are any ragged edges, and garnish it with watercress, or parsley and small pickles.

STEWED TRIPE.

Cut into dice, and *sauté* in hot fat in which a sliced onion has been fried. Cook the tripe ten minutes, and cover with boiling water. Stew half an hour gently; season with salt, pepper, a great spoonful of tomato-juice, a tablespoonful of chopped celery and the same of parsley, and cook slowly until the tripe is tender and clear.

Before tripe is used it should be soaked five or six hours, then scraped clean, and simmered in hot water, slightly salted, for three hours longer. Drain and let it get cold. You can buy it ready for cooking in the markets.

BOILED BEEF'S TONGUE (FRESH).

Trim away the uneatable root. (It may go into the stock-pot as fresh meat.) Put the tongue on in hot, salted water and boil it an hour if small, an hour and a half if large. Remove the skin carefully and serve with a piquante sauce poured over it, and more of the same served in a boat.

BRAISED BEEF'S TONGUE (FRESH).

Boil for one hour, take off the skin and lay the tongue in a covered roaster, or in a pot with a broad bottom, upon a bed of vegetables, a small carrot cut into dice, a small onion sliced, a stalk of celery minced, and chopped parsley. Just cover all with water from the pot in which the tongue was boiled, fit a close lid upon the baking pan and simmer gently two hours. Take out the tongue and keep it warm over hot water while you season the vegetables and gravy well, and rub them through a colander. Lay the tongue in an open baking-pan; pour the gravy over it, set on the upper grating of a quick oven a few minutes to brown, and serve with the gravy about it.

BOILED TONGUE (SMOKED).

Wash the tongue carefully, and let it lie in cold water for several hours before cooking—over night if possible. Lay it in a kettle of cold water when it is to be cooked, bring the water to a boil slowly, and let it simmer until the tongue is so tender that you can pierce it with a fork. A large tongue should be over the fire for about four hours. When it has cooled in the liquor in which it was boiled, remove the skin with great care, beginning at the tip, and stripping it back. Trim away the gristle and fat from the root of the tongue before serving.

JELLIED BEEF'S TONGUE.

Boil a smoked tongue as directed above, and when cold slice thin, and pack it (not too tightly) in a mould. When all the slices are in pour over all aspic jelly enough to cover it well, but not to float it, and set on ice.

ASPIC JELLY.

Two cups of well seasoned clear stock—veal, chicken, or consommé of any kind. Half a package of gelatine that has been soaked three hours in enough cold water to cover it. Two tablespoonfuls of vinegar and the same of sherry. Heat the stock to boiling, stir in the gelatine, bring to a boil, add the vinegar, cook one minute, strain, without squeezing, through a thick bag, add the wine, and when more than blood-warm pour over the tongue.

Calves' and lambs' tongues may be treated in the same way. You can vary the dish by alternating the slices of tongue with olives split in half, or slices of cold boiled egg.

MOULDED BEEF.

Pass two pounds of lean, raw beef twice through the meat-chopper and pick out all bits of fibre and gristle. Season well with paprica, salt, a little French or English made mustard, and a dash of onion-juice; mix in half a cupful of fine dry crumbs, a raw egg well beaten, two tablespoonfuls of minced fat pork, and half a can of champignons (French mushrooms) cut into quarters. Wet with half a cupful of stock, and press into a buttered mould that has a close cover, or into a bowl, and tie a thick cloth tightly over it. Set in boiling water that does not come up quite high enough on the sides to float the mould, and cook steadily upon the top of the range for nearly three hours. Without removing from the mould, fit over the meat a plate that presses equally upon all parts, lay a heavy weight on this and set away to get perfectly cold. Turn out and cut in horizontal slices.

You make this nice supper or picnic dish ornamental by arranging olives cut into halves in a ring or in perpendicular lines within the mould before pressing the beef mixture carefully upon them, or by disposing halved champignons in like designs.

MOCK HARE.

Beat a sirloin steak (having removed bone and fat) from end to end with the flat of a hatchet and trim the edges. Lay in two tablespoonfuls of vinegar and the same of oil for two hours. Pile in the centre, then, half a cupful of force-meat made of bread-crumbs and fine bits of fat pork seasoned well with parsley, pepper, salt, and onion-juice; draw together the sides of the steak in a long cylinder, enclosing this and sew the edges together; lay in your covered roaster upon minced carrot and onion, cover the "hare" with thin slices of fat corned pork, bound into place by cotton-strings, pour about him two cupfuls of weak stock or of butter and water; cover and roast steadily one hour; uncover, remove the pork, baste well with butter and brown. Transfer to a hot dish and set, covered, in an open oven, while you strain the gravy, and thicken with browned flour, adding then the juice of half a lemon, a little French mustard, and a tablespoonful of wine. Lay the pork about the beef, pour a few spoonfuls of gravy over him, and send the rest to table in a boat. If you can withdraw the stitches by careful clipping without injuring the "hare's" shape, it is neater than to send them to the table with him. Cooked thus, a tough steak is tender, and has really a "gamey" flavor.

BEEF ROULETTES.

Chop lean raw beef very fine, season well with paprica, onion-juice, and salt. For every cupful of the minced meat allow a tablespoonful of almonds, chopped fine. Bind the mixture with a raw egg beaten light, and make it with floured hands into round balls about as large as an English walnut. Flour well, and fry them in deep fat made very hot before they go in.

Shake off every drop of fat in a hot sieve; arrange in a heated platter, and pour this gravy about them:

One tablespoonful of flour stirred two minutes into one of heated butter, and thinned with half a cupful of stock or consommé; boiled two minutes; seasoned well and poured over the roulettes.

You may substitute chopped champignons for the almonds, and stir a tablespoonful of them into the gravy. As tough meat can be utilized for roulettes, you have a pretty and toothsome *entrée* at a trifling expense.

STUFFED BEEF'S HEART.

Wash thoroughly, clearing the ventricles of all coagulated blood, and stuff with a good force-meat of crumbs, minced pork, onion, parsley, and other seasoning. Fill all the orifices with this, packing it in well; sew the heart up in mosquito-netting fitted to the shape, and boil two hours in weak stock, which, by the way, you may use again for soup. Let the heart get almost cold before taking it out, put a weight upon it, and do not undo the cloth until the heart is cold, stiff, and flattened. Cut perpendicularly into thin slices. Cook calf's heart in the same way.

CHIPPED BEEF.

This especial form of much-misnamed "relish" is neither digestible nor palatable as usually served upon the tea-table of tired housewives who "do their own work," and have no heart to study variety of fare. Plain bread-and-butter and cottage cheese, with a glass of milk or really good tea, would be better for stomach and soul.

If nothing else in the shape of an "appetizer" is at hand, put the sliced or chipped beef into a frying-pan, cover with boiling water in which has been mixed a tablespoonful of vinegar. Cover and leave on the table for ten minutes; put, then, over the fire and bring slowly to a boil, after which simmer for ten minutes longer. Drain and chop the beef, and stir into a white

sauce enriched by a beaten egg, and seasoned with pepper and chopped parsley. Do not cook after the meat goes in.

Or—

You may return the minced beef to the fire, adding a tablespoonful of butter and a little pepper for each cupful, and when hot, "scramble" quickly with four or five beaten eggs, dishing while the eggs are still soft.

VEAL.

While veal of the right age and cooked judiciously may not be unwholesome, so much that is put upon the market—especially a country market—is so immature when it comes into the cook's hands and is so barbarously misused by her that distrust of the calf as an article of family diet grows and strengthens with the study of dietetics. "Bob Veal," *i.e.*, calves slaughtered with the mother's milk upon their lips, is an atrocity and should be dealt with by law as such. The flesh thereof has a bloodless look, the muscles are flaccid, the whole creature is a matter of pulp and cartilage. At its best estate, veal should not be kept long before it is cooked, and requires more skilful management to make it nutritious even to the normal stomach than beef, mutton, lamb, game or poultry. To some otherwise well-conducted digestions it is rank poison. If there be any irregularity in the alimentary organs, it is wise to let it alone. With respect to this, as in most other questions of diet, every general law has a list of exceptions that sets known rules at defiance. The recipes herewith given are designed for the use of those who can eat veal with satisfaction and impunity and who like the various savory preparations thereof.

In soup-making, we cannot dispense with it, and the sweet-breads yielded by the despised calf are dear to the heart and rest lightly upon the stomach of the epicure all over the civilized world.

ROAST LOIN OF VEAL.

Lay upon the grill of your covered roaster, dash a cupful of boiling water over it, cover closely and set in a hot oven for fifteen minutes, after which draw the heat, or change the oven, rub all over with butter, and roast eighteen minutes to the pound. If you use the covered roaster, turn twice while cooking and baste four times. It must be thoroughly done. Half an hour before taking the meat up, dip out a cupful of gravy, set in cold water to throw up the grease ; skim carefully ; add half a cupful of strained cooked tomatoes and boil fast ten minutes before thickening with browned flour and seasoning with pepper and salt.

Fifteen minutes before serving, rub the meat over with butter, pepper and salt, dredge with flour and set on the upper grating of the oven to brown.

ROAST FILLET OF VEAL.

Have the bone taken out, and fill the hole thus left with a stuffing of crumbs, chopped pork or ham, chopped parsley, pepper and salt. Pin the fillet into shape with skewers and bind with stout cords. The stuffing should also be pressed well down between the folds of the fillet, and thin slices of ham or pork be laid over the top after it goes into the roaster. These must be removed fifteen minutes before the meat comes from the oven, the top be rubbed with butter, peppered, and dredged with flour to brown it. Proceed in all things else as with the roast loin. Cook eighteen minutes to the pound.

BRAISED BREAST OF VEAL.

Run a sharp knife between the ribs and the flesh and fill the space thus cleared with force-meat made as directed in last recipe. Lay in the roaster upon a bed of chopped carrots, onions, celery, and tomatoes. Pour a cupful of boiling water over the meat, cover closely and cook slowly, allowing fully twenty minutes

per pound. Fifteen minutes before serving transfer the meat to an open pan (heated), rub with butter, pepper, salt, dredge with browned flour and set in a quick oven to brown. Meanwhile, strain and press the gravy and vegetables through a colander into a saucepan, return to the fire, season to taste, thicken with browned flour, boil up, and when the meat is dished pour a few spoonfuls over and about it. Serve the rest in a boat.

ROAST SHOULDER OF VEAL.

Cook as above, omitting the vegetables, and roasting two minutes less per pound. Bear in mind that all the juices must be kept in so dry a meat as veal, and that the bacon and butter are needful additions to that which would otherwise be insipid.

VEAL CUTLETS AND CHOPS.

Pepper and salt, dip in beaten egg, then in fine cracker-crumbs salted and peppered.

If you wish the cutlets fried, lay them with care in deep fat hissing hot, and cook rather slowly, but steadily.

If you would *sauté* them cook slices of fat ham or of salt pork in a frying-pan, take them out when crisp, and put in the veal, turning when the underside is browned.

Serve on a hot-water dish, anoint with butter and lemon-juice, or send them dry to table, and pass tomato-sauce with them.

Serve spinach with veal whenever you can.

VEAL STEAKS

are really "better eating" than chops or cutlets, and should be better known.

Cut them but half an inch thick and broil more slowly than you would beefsteak, also turning oftener. Dish upon a heated platter and pour over them a sauce made of four young onions sliced and fried in a generous tablespoonful of butter, two tablespoonfuls of strained stewed tomatoes, a teaspoonful of minced parsley

and half a cupful of stock simmered together for half an hour, then strained, thickened with browned flour, and boiled one minute. If you have no stock, use boiling water and more butter. Let the steaks lie in this five minutes before you send to table, keeping hot over boiling water.

STEWED FILLET OF VEAL.

Prepare as for roasting, put into a pot with two cupfuls of stock, cover closely and cook gently for four hours. If you have no stock add three tablespoonfuls of chopped salt pork to two cupfuls of hot water, and use instead. Take up the meat when done, undo the strings, and keep hot, while you add to the gravy left in the pot a tablespoonful of butter rolled in as much browned flour, the juice of half a lemon, a great spoonful of tomato catsup, salt and pepper to taste. Boil up sharply and strain and rub through a colander over the meat.

Have eight or ten baked tomatoes, plain or stuffed, to lay about the meat on the dish, and pass spinach with it.

STEWED KNUCKLE OF VEAL WITH DUMPLINGS.

Crack the knuckle well and put over the fire with four slices of corned ham cut into dice, or as much salt pork (the ham is nicer), a carrot minced, an onion sliced thin, a tablespoonful of chopped parsley, and a tomato cut up small. Cover with a quart of boiling water, and cook slowly two hours. Season them to taste with pepper and salt, put on the lid and cook one hour longer, or until the meat slips easily from the bones. Take out the bones, arrange the meat upon a hot dish, surround it with the dumplings, and pour over all the gravy when you have strained it, thickened it with flour, and boiled it one minute.

DUMPLINGS FOR THIS STEW.

One cupful of flour, sifted twice, with a teaspoonful of Cleveland's baking powder, and half a teaspoonful of salt ; half a cupful of milk ; one teaspoonful of butter. Rub or chop the butter

into the prepared flour, wet up with the milk into a soft dough ; flour your hands well, and handling as lightly as possible, form the dough into balls, and drop into boiling water. Cook ten minutes. They should be ready at the same time with the gravy, as they get clammy with waiting.

This stew is good when made with lean mutton.

VEAL AND HAM PIE.

Cut the meat into strips half an inch wide and over an inch long. Have ready half as much cooked ham cut up in the same way, and six eggs boiled hard. Before you begin to make the pie have the gravy ready and cold. Make it by stewing slowly bones and refuse bits of veal in a pint of water until you have reduced the liquid one-half, when strain out the meat and bones, add a small onion minced, a tablespoonful of strained tomato-sauce, and one of chopped sweet herbs, with pepper to taste (the ham supplying the salt), and cook five minutes before setting aside to cool.

Now put in the bottom of a pudding-dish a layer of the veal, pepper lightly, and dust with flour ; cover with a layer of ham, and this with slices of hard-boiled egg, each with a bit of butter upon it. Another layer of veal, peppered and floured, more ham and eggs, and so on until all the materials are in. A few drops of lemon-juice on the ham, or a few capers sprinkled here and there, improve the flavor. Pour in the gravy, cover with a good paste, cutting a slit in the middle, and bake slowly an hour and a half for a medium-sized pie ; two hours if it be large. Lay stout, clean paper over it for the first hour, and keep the oven steady, not too hot.

This is a delicious pie.

SCALLOPED VEAL.

Use cold cooked veal for this purpose. Chop it well, clearing it of bones and gristly bits, season to taste and lay a stratum in the bottom of a buttered bake-dish. Cover with cracker-crumbs, salted and peppered, with bits of butter dropped over

them ; moisten with stock, or with milk, or, if convenient, with oyster-juice, and put in more veal. Use up your ingredients in this order, having a thick layer of cracker-crumbs on top, well buttered and moistened ; set in the oven, bake, covered, for half an hour, then brown quickly.

Chicken is very nice scalloped according to this recipe.

VEAL AND HAM PÂTÉS.

Mince cold cooked veal and ham in the proportion of two-thirds veal and one-third ham. A few champignons are a pleasing addition. To each cup of the mixture allow a tablespoonful of fine crumbs ; season piquantly with salt, a dash of cayenne, a little lemon-juice and a teaspoonful of catsup. Wet up with stock, or butter and water, and heat in a vessel set in another of hot water, to a smoking boil. Take from the fire, stir in a beaten egg and a glass of sherry and fill shells of pastry that have been baked empty. The shells should be hot when the mince goes in. Set in the oven for two or three minutes, but the mixture must not cook.

SCALLOP OF VEAL AND MUSHROOMS.

A " Left-over."

Make this the day after you have had a roast fillet of veal.

Chop cold veal and stuffing ; put a layer into a greased bake-dish ; season, and wet with the cold gravy. Lay chopped mushrooms upon this ; then bread-crumbs, with butter scattered over them. More meat seasoning, mushrooms, and crumbs should fill the dish, with plenty of crumbs profusely buttered on top. Wet each layer of meat with gravy. Cover the dish, and bake until it bubbles on top. Brown lightly, and send to table in the dish in which it was cooked.

A "COMPANY-DISH" OF VEAL.

Take the large bones from a piece of loin of veal ; stuff the cavities thus made with a good force-meat of chopped pork-

crumbs and seasoning—a few chopped mushrooms are an improvement—cover the sides with greased sheets of thick writing-paper; put a cupful of soup-stock or other gravy in the dripping-pan, and baste well for one hour with butter and water, afterward with the gravy. Cook fully twelve minutes to the pound. Take off the paper during the last half hour; dredge with flour, baste with butter, and brown nicely. Take up and keep hot while you skim the fat from the gravy, stir into it half a cupful of chopped mushrooms and a little browned flour. Serve this, having cooked it three minutes, in a boat. Have ready some green peas, boiled and seasoned, and make a fence of them about the veal when dished.

MOCK PIGEONS.

Take the bone from two fillets of veal cut an inch thick; flatten them with the broad side of a hatchet and spread with a good force-meat of crumbs and chopped ham, seasoned well. Roll the meat up on this; bind into oblong rolls with soft string; lay in a dripping-pan and pour over them two cupfuls of boiling stock. Turn a pan over them and bake nearly two hours, basting well with the gravy. When done, lay upon a hot dish while you thicken the gravy with browned flour, and season well with pepper, salt, and tomato-catsup. Boil one minute and pour part over the pigeons, the rest into a boat. Clip the strings and pull them carefully from the meat.

VEAL LOAF.

Cut the last shavings from the almost naked bone of a boiled ham. If you have no "left-overs" of cold veal, boil a pound of this meat. The coarsest piece will do, but it must be lean. While the veal cools, boil down the liquor in which it was cooked to a half-cupful. If your veal is already cooked treat a cupful of gravy in the same way. Add to this a teaspoonful of butter, the juice of half a lemon, pepper and salt, with a pinch of mace. Chop veal and ham very fine, mix up well together, wet with the gravy, and press hard into a bowl. Lay on the sur-

face a saucer or small plate, and set on this a flat-iron or other weight. By the morrow it will be firm. Turn out bottom upward, and cut in thin perpendicular slices. Scraps of poultry can be worked up nicely in this way, mixing them with ham. By keeping a long look ahead and paying wise heed to the "bits and sups" that would otherwise be thrown away as worthless, the housekeeper can grace her board with many a pretty "relish" unknown to most people whose "obligation to live prudently" implies coarseness, if not meanness of fare.

PRESSED VEAL OR GALANTINE.

Have a veal steak cut thin; trim into a neat shape with no ragged edges. Lay flat upon a dish and butter the inside well; then spread with a mixture of a half-cupful of cold boiled tongue (or ham), a great spoonful of minced mushrooms and the same of almonds, blanched and chopped fine. Season with paprica and a few drops of onion-juice—the tongue or ham salting it sufficiently. Roll as you would a valise-pudding, and sew up in a piece of cheese-cloth, fitted to the shape. Put into a saucepan; cover with weak stock or consommé (which you can use again for soup), drop in a sliced onion, a stalk of celery minced, and a teaspoonful of chopped soup-herbs, and cook slowly at a steady simmer three hours, closely covered. Set away until lukewarm in the liquor; then lift it out and put it upon a dish with a plate on top, and on this a heavy weight. Leave thus all night. Take off the cloth when ready to use it, and cut perpendicularly in thin slices.

A delightful relish for tea, or picnic, or luncheon on a hot day. It is made elegant by laying the roll of pressed meat, after removing the cloth, in an oblong mould and pouring over it aspic jelly. Set on the ice, and turn out when the jelly is firm.

VEAL EGGS IN A NEST À LA TURIN.

Mince cold veal, season to taste, and wet slightly with a good gravy. To each cupful allow a tablespoonful of finely minced

blanched almonds, or the same quantity of champignons chopped small. Bind the mixture with a beaten egg, stir over the fire one minute and set aside to cool. Flour your hands and form into balls the size and shape of an egg; let them get cold, roll in egg and cracker-dust, and fry in deep fat.

Arrange upon a platter a border of spaghetti boiled tender in salted water and drained. Butter plentifully and pour carefully over it a cupful of strained tomato-sauce. Heap the eggs in the centre, and you have an attractive and most palatable *entrée*, especially if almonds be used.

VEAL SOUFFLÉ.

Two cupfuls cold veal, minced fine. One cupful bread-crumbs, dry and fine. One cupful boiling milk. One tablespoonful butter. One slice cold boiled ham, minced. One egg, beaten very light. A pinch of soda dissolved in the milk. Pepper and salt to taste.

Soak the crumbs in the boiling milk, stir in the butter and let the mixture cool. Stir in the meat first when the bread is nearly cold, season, and last put in the beaten eggs. Beat all up well and pour into a well-greased pudding-dish. Set in a brisk oven, covered, and bake half an hour, uncover, brown lightly, and serve immediately.

CALF'S HEAD AU GRATIN.

Wash the head, which should be cleaned with the skin left on. Take out and set aside for other dishes the tongue and brains, parboiling both, and sprinkling lightly with salt. Put the head over the fire in enough cold water to cover it, bring quickly to a boil, and as soon as this is reached, lift it out and plunge it into ice-water. This will make it white and firm. When perfectly cold (the water should be changed twice for colder), wash all over with vinegar and put on again, now in plenty of boiling water in which have been mixed two tablespoonfuls of vinegar. Add half a sliced onion, a sliced carrot, some minced parsley, six black peppers, and a heaping teaspoonful of salt. Cook

gently two hours for a small head, longer for a large, or until you can slip out the cheek-bones.

Transfer with care to a baking-pan, draw out the bones and teeth, injuring the shape as little as may be, rub well with butter, cover thickly with fine crumbs, peppered and salted, and brown upon the upper grating of an oven.

Serve with tomato-sauce.

The liquor in which the head was boiled will make a fine soup.

BOILED CALF'S HEAD.

Cook as in the last recipe, but when the head is drawn from the liquor, tender, but not dropping to pieces, lay it upon a hot dish, with the tongue, boiled and cut into four strips, about it, and pour over all a sauce made of two tablespoonfuls of butter heated with four of vinegar, a half-teaspoonful of onion-juice, a tablespoonful of chopped capers, pepper and salt to taste.

Or—

Add to this sauce the brains, cooked soft, freed from strings, and beaten to a cream, with a little of the water in which the head was cooked.

FRIED CALF'S BRAINS.

Boil the brains in hot, salted water for fifteen minutes and drop instantly into ice-cold water to blanch them. Wipe dry when cold. Take off the skins and clear away the strings, cut each lobe into halves, pepper and salt, roll in egg and cracker-dust, set aside to get cold and stiff, and then fry in deep fat.

They make a savory entrée, but are usually a garnish to larger meats.

TIMBALES OF CALF'S BRAINS.

One calf's brain, parboiled; a heaping tablespoonful of blanched and chopped almonds (very fine); whites of four eggs, salt and white pepper to taste.

Beat the brains to a cream, stir in the other ingredients; fill

small buttered moulds or *pâté-pans*, set in a pan of boiling water and cook in a good oven fifteen minutes after the boil recommences. Turn out carefully on a hot dish, and serve with a good white sauce. These may be made of pig's brains also.

BROILED SWEETBREADS.

Let them stand in cold water for an hour; then parboil in boiling, slightly salted, water for ten minutes, then plunge into ice-cold, to plump and blanch them. No matter how you intend to cook them, do these things as soon as the sweetbreads are brought in, as they are very perishable. When cold, take from the water, wipe well, and if you are not ready to cook them, sprinkle with salt and set on ice. When you wish to broil them, rub all over with melted butter, or salad oil, and broil over clear coals, turning often. When about half done, roll them over and over in melted butter or in hot oil, and return to the fire.

Serve dry upon a hot dish, or dress with butter beaten to a cream with lemon-juice.

STEWED SWEETBREADS.

Parboil and blanch the sweetbreads, and let them get cold. Cut into small dice of uniform size. Make a white roux of one tablespoonful of butter and the same of flour, and stir into it a cupful of hot milk, continuing to stir until it bubbles all over; add now a cupful of chopped mushrooms, the sweetbread dice, a little chopped parsley, pepper and salt to taste, and set the saucepan in boiling water for five minutes before serving.

ROASTED SWEETBREADS.

Parboil and blanch as directed, and when rather more than blood-warm, sew each up in a bit of mosquito-net, cheese-cloth, or coarse, thin muslin, drawing it into the form of an egg or a pear, as you may fancy, and fitting the cloth as smoothly as you can. Now lay them between two plates, with a weight upon the upper, and leave in a cold place for several hours. Remove the

cloths ; with a slender skewer perforate each in half a dozen places, and pass a lardoon of fat salt pork through it, the ends projecting at each side. Arrange in a baking-pan ; add a cupful of weak stock, and cook brown in a quick oven, basting four or five times.

Transfer to a hot dish, and cover while you strain the gravy ; add a large spoonful of minced mushrooms ; return to the fire and thicken with browned flour. Boil up once sharply ; pepper to taste, and send to table in a boat, after you have put a spoonful upon each sweetbread.

BRAISED SWEETBREADS.

Prepare as for roasting, but instead of larding lay them upon thin slices of salt pork, and strew about them a carrot, an onion, and a stalk of celery, cut into dice. Add a cupful of hot water or weak stock ; cover closely and cook half an hour. Uncover, baste well with butter, then with their own gravy, and brown. Strain and rub the gravy through a sieve ; thicken with browned flour ; boil up and pour over the sweetbreads.

FRIED SWEETBREADS.

Parboil, blanch, and lard with fat salt pork, and fry in the fat that runs from the pork when they are lain in the hot frying-pan.

Or—

Cut them into slices after parboiling, blanching, and chilling them ; roll these in beaten egg and cracker-crumbs ; set on ice for an hour and fry in deep fat. Serve dry and hot, with tomato-sauce.

SWEETBREADS À LA POULETTE.

Parboil and blanch them. When cold, cut into neat dice, add a tablespoonful of chopped mushrooms for each sweetbread ; put them all together in a saucepan, cover with white stock, or with butter and water, pepper and salt, and heat to a boil. Strain off the gravy, and return to the saucepan, heaping sweet-

breads and mushrooms upon a dish and keeping them hot. Thicken the gravy with a white roux; stir in a great spoonful of cream and pour over the dice. You may omit the mushrooms if you choose.

SWEETBREAD CROQUETTES.

Parboil, blanch, and mince sweetbreads. Put over the fire with just stock enough to cover them, season to taste, and bring to a boil. Thicken well with a white roux, heat again, stir in a beaten egg for each cupful of sweetbread dice, and pour out upon a dish to cool. When stiff, make, with floured hands, into croquettes, roll in egg and fine cracker-crums and set in a cold place for at least two hours before frying them in deep fat.

CROQUETTES OF SWEETBREADS AND BRAINS.

Make as above, but beat into the sweetbread dice the brains, which have been washed, scalded, and freed from membranes. Add for each cupful of the mixture a tablespoonful of fine crumbs, wet up with stock and heat in a vessel set in another of boiling water, then stir in a beaten egg, and when smoking hot, turn out to cool and stiffen. When cold proceed as with sweetbread croquettes.

Or—

Make them of the brains alone, omitting the stock, and proceeding in all things else as with other croquettes. Serve with pressed spinach, heaping the croquettes or balls about the base of the mounded vegetable.

IMITATION TERRAPIN.

Boil and blanch a calf's head, and when the flesh is loose from the bones set away in the liquor to get cold. Take it out, wipe it and let it get firm. Cut into dice an inch long and half as wide and set aside. Thicken a cupful of the liquor in which the head was boiled with a roux of browned flour and butter, drop in the dice and simmer fifteen minutes; season with salt, a pinch

of nutmeg and a dash of cayenne ; lift from the fire and keep hot in a vessel of boiling water while you prepare the sauce.

Heat a cupful of cream (this is for two cupfuls of the meat dice), putting in a bit of soda to prevent curdling, and, taking from the fire, pour gradually upon the yolks of three beaten eggs. Stir well together, add to the meat and gravy, and just before serving, pour in a glass of sherry. This imitation is the better for a dozen balls, made by rubbing together the yolks of six hard-boiled eggs with calf's brains, a raw egg, butter, and a tablespoonful of finely minced boiled tongue. Roll them in flour, set in a hot oven until a crust forms upon them, and put into the "terrapiin" stew. They must be no larger than marbles.

SCALLOPED CALF'S (OR BEEF'S) BRAINS.

Soak the brains in cold water one hour, rid them of all fibres and skin, and parboil for ten minutes. Drain and leave in ice-water until firm. Cut up small, and lay in buttered pâté-pans, alternately with a layer of finely chopped cooked ham, seasoning as you go with cayenne, bits of butter, and a few drops of onion-juice. Wet with hot stock, or butter and water, cover with cracker-dust dotted with butter, and brown on the upper grating of a hot oven.

CALF'S LIVER À LA JARDINIÈRE.

Wash the liver and dry with a soft cloth ; lard it with strips of fat salt pork, half an inch apart, and lay upon a bed of vegetables—a carrot cut into dice, a parboiled young turnip, also cut up ; a cupful of green peas, or of lima beans ; a chopped onion and a tablespoonful of minced parsley. Dust with paprika, cover with boiling water, or weak stock ; fit on a close lid and cook one hour before adding three sliced tomatoes. Cook about forty minutes longer ; dish the liver, lay the drained vegetables close about it and keep hot over boiling water while you strain the gravy left in the pan and thicken it with browned flour. Boil up sharply, add the juice of half a lemon, pour part of it over the liver, and the rest into a boat.

Carve the liver horizontally and serve some of the vegetables with each portion. Should there be any of the liver left, put a plate upon it, and a weight on this, and press to be eaten cold.

Sheep's liver or lamb's liver is quite as good as calf's liver, and far cheaper.

STEWED CALF'S LIVER.

Cut a liver into dice and throw them into cold water to lie there ten minutes. Heat two tablespoonfuls of butter in a saucepan and fry in it half an onion sliced thin. Take out the onion, dry the liver dice between two soft cloths, pepper and salt them and dredge with flour before frying them in the butter to a light brown. Pour upon them then a cupful of stock, of consommé, or of boiling water; cover closely and simmer half an hour; take up the pieces of liver and keep hot on a platter; thicken the gravy with browned flour, season with salt, parsley, a teaspoonful of tomato catsup and the juice of half a lemon. Boil up, add a glass of sherry and pour over the liver.

Half a can of champignons improves this dish.

CALF'S LIVER AND BACON.

Fry the bacon until it begins to curl, when add half a sliced onion, and cook three minutes longer. Take out the bacon and keep hot on a hot-water dish, strain out the onion and return the fat to the fire. As it begins to hiss lay in the slices of liver which have been peppered, salted, and rolled in flour. Cook rather slowly, turning frequently until brown and tender. If cooked rapidly it will become dry and hard on the outside and remain rare at heart.

Lay in the middle of a hot platter and garnish with the bacon.

Or—

You may, after taking the meat from the pan, add to the fat a small cup of stock, or of boiling water, a teaspoonful of tomato catsup or sauce, a little chopped parsley and a tablespoonful of browned flour. Boil up, stirring all the while and pour over the meat.

CALF'S LIVER SAUTÉ.

One pound of liver, sliced thin ; two tablespoonfuls of butter ; one teaspoonful of minced onion ; one tablespoonful of catsup, and two of sherry. Salt, paprica, and flour.

Heat the butter in a frying-pan, and fry the onion in it. Pepper and salt the liver and roll in flour. Lay in the butter and cook to a light brown, turning often. Transfer to a hot dish, stir into the butter in the frying-pan the catsup and wine. Boil up once, and pour over the liver.

STUFFED CALF'S LIVER.

Wash the liver and leave it in cold water half an hour. Wipe dry and run a sharp knife into one side, almost but not quite through. Leave an inch on the side opposite that at which the blade entered. Work the knife to and fro, without enlarging the outer aperture, until you have a space cleared that will hold a small cupful of force-meat. This should be made of bread-crumbs, chopped ham or pork, chopped mushrooms (if you have them), and a few capers, and be well seasoned with pepper, salt, parsley, and onion-juice. Bind it with a raw egg. Plump out the liver with this, and sew up the outer gash. Then, sew the whole liver up in mosquito-net or cheese-cloth, fitted closely to the new shape, lay in a saucepan upon a bed of chopped carrot, onion, and tomato ; just cover with hot water or stock and cook in a close vessel for an hour and a half. Let the meat get almost cold in the liquor, take it out and put between two plates, with a weight upon the upper, to get cold and firm. When you are ready to use it, remove the cloth, and carve horizontally in thin slices.

It is a palatable supper, or luncheon entrée.

LIVER PÂTÉ.

Boil a calf's liver very tender in salted water, also, in another vessel a calf's tongue. Cut half a can of champignons into

halves and boil. When liver and tongue are dead-cold, pound the liver with a potato-beetle, or rub with the back of a wooden spoon to a paste, moistening with butter as you go on. When it is soft and smooth, season the paste with onion-juice, cayenne or paprika, salt, a teaspoonful of Worcestershire sauce, and half as much French mustard. Work all the ingredients together well, and pack the paste in small jars, interspersing it with tiny dice of tongue and the halved champignons. Butter the jars or glasses and press the mixture down very hard. Smooth the tops and cover with melted butter. These pâtés will keep for a month in winter and are convenient and popular.

They are even better if made of turkey and chicken livers, bits of the gizzards, freed from cartilage, taking the place of truffles.

BRAISED CALF'S LIVER.

Wash well and wipe dry. Cover the bottom of your baking-pan with thin slices of salt pork, and these with a carrot minced small, also a sliced onion and turnip and a tablespoonful of chopped parsley. Lay the liver upon this; dredge with salt and pepper; pour in two cups of boiling water; cover closely and cook two hours, for the last twenty minutes uncovered to brown.

Keep the liver hot in a covered platter, rub the gravy and vegetables through a colander, thicken, if necessary, boil up sharply, add the juice of half a lemon and a teaspoonful of tomato sauce, and pour over the liver.

CALF'S LIVER À LA MODE.

One fine, fresh liver; one half pound of salt pork, cut into lardoons; three tablespoonfuls of good dripping; two sliced onions, —small ones; one tablespoonful of Worcestershire sauce; two tablespoonfuls of vinegar; one teaspoonful of mixed spices; one tablespoonful of sweet herbs, chopped; pepper. Wash the liver, and soak half an hour in cold, salted water. Wipe dry and lard with the fat pork, allowing it to project on both sides. Heat dripping, onion, herbs, and spices in a frying-pan. Put in the liver

and fry both sides to a light brown. Turn all into a saucepan, add the vinegar, and water enough to cover it; put on a close lid and stew gently one hour and a half. Lay the liver on a hot dish, add the sauce to the gravy, strain it, thicken with browned flour, boil up; pour half over the liver, and send the rest up in a sauce-boat.

LAMB AND MUTTON.

When over six months old it is no longer lamb, even by butcherly courtesy, but young mutton. It begins to lose claim to the honorable title after two months of terrestrial life. In this particular the conscience of the meat vender is more elastic than in any other direction. The solid fact that there is no disgrace in calling mutton by the right name would seem to be inconceivable to his imagination, and there are housekeepers who survey, without winking, a leg, at spring-lamb prices, weighing ten pounds and warranted to melt in the mouth. The fraud becomes palpable to eye and teeth when the meat comes upon the table, underdone to rawness and unmasticable.

Lamb may be cooked as soon as the animal heat is fairly out of it, and to be at its best must be fresh. Mutton should be hung for several days before it is cooked. Lamb is sold, usually, by the quarter. The hind quarter, including the heavier legs, are the prime cut. The fore-quarter, including the shoulder, costs less, and if judiciously cooked, is quite as palatable. The chops are trimmed from both quarters.

ROAST LEG OF LAMB.

Put into the covered roaster, dash a cupful of boiling water over it, cover and cook about fifteen minutes to the pound. Twenty minutes before taking it up, take off the cover, rub all over with butter, dredge with pepper, salt, and flour, and brown.

Serve with mint sauce, and never with made gravy from the pan. Mutton and lamb gravy from plain roasts tastes of tallow.

Green pease are always *en règle* as the accompanying vegetable with mutton and lamb. Asparagus is the next choice.

ROAST SHOULDER OF LAMB.

Cook as you would the leg, but with more water in the pan and more slowly. When nearly done, baste plentifully with the gravy, and, five minutes later, with butter into which a little lemon-juice has been beaten. Brown lightly, after dredging with salt, pepper, and flour. Your object should be to make every part of the shoulder eatable, the muscles soft, and the skin gelatinous. As usually served, the thin part of the roast is often hard and distasteful, more like burnt leather than meat.

You can vary the dish by having the bone of the shoulder taken out, filling the cavity with a dressing of bread-crumbs and butter, seasoned with pepper and salt.

BRAISED BREAST OF LAMB.

Lay a breast of lamb, or two scraggs, in a broad pot, meat downward. Scatter over this a sliced turnip, a sliced onion, and two sliced tomatoes, with a little pepper and salt. Add less than a cupful of stock, cover, and cook slowly one hour. Turn the meat then and cook one hour longer, very slowly. When tender, but not ragged, brown, rub with butter and keep hot. Strain the gravy; thicken with browned flour; season, boil up, and pour over the meat.

STUFFED LEG OF MUTTON.

Have the bone removed, tearing as little as possible. Fill the cavity with a dressing of a cupful of bread-crumbs worked up with butter, two tablespoonfuls of finely minced almonds, pepper, salt, parsley, and a little onion-juice. Sew or tie up the gash, that the stuffing may not escape. Have ready in your roaster a carrot cut into dice, a sliced tomato, a small onion, minced, a stalk of celery, and a little parsley. Lay the mutton upon them, pour over it two cupfuls of boiling water, cover closely and cook two hours, basting four times. Remove the cover, brown, after basting once with butter and sprinkling with pepper, salt, and flour.

Rub the gravy through the colander, thicken with browned flour and send to table in a boat.

Mashed or stewed young turnips are a good accompanying vegetable.

LAMB OR MUTTON CHOPS.

Trim off the skin and fat and scrape the bone bare for an inch and a half or two inches from the end, making, as it were a handle for the edible part of the chop. Flatten with the potato-beetle or the broad side of a hatchet, and broil quickly upon a greased gridiron, turning several times.

Pepper and salt and send in upon a hot dish, the chops overlapping one another neatly.

Or, you may ring the chops about a mound of green pease or mashed potatoes, circling all with parsley or nasturtiums.

A showy dish of chops is made by twisting frills of fringed white paper about the bare bone left at the end of each.

BREADED CHOPS.

Trim and flatten, sprinkle with salt and pepper, dip in egg and then in cracker-dust and fry to a fine brown in deep boiling fat. Drain and serve dry and hot.

STUFFED MUTTON CHOPS.

Make a white roux of a tablespoonful of butter and the same of flour. When it has thickened well, stir in a scant half-cupful of stock; mix thoroughly until it bubbles; add half a cupful of chopped almonds, or, if you prefer, mushrooms, and season to taste. Boil up once and let it get cold and stiff. The chops should be tender, juicy, and cut twice as thick as for ordinary uses. Split each horizontally clear to the bone, leaving that to hold it together and fill the slit with the cold paste. Close the sides upon it and quilt a tooth-pick through the edges to hold them together and broil slowly over clear coals, turning often for ten minutes. Withdraw the skewers, and dish upon a bed of green pease.

CREAMED CHOPS.

Real lamb is necessary if you would have the dish successful. Trim and broil them, sprinkle with pepper and salt and set them aside until just warm enough to handle comfortably. Have ready a stiff, cold paste prepared as in the last recipe, only substituting hot milk for the stock. Put a spoonful upon a cold dish, lay a chop upon it and enfold the meat in the paste, flattening and moulding with your hand and letting the bone project beyond the covering. Do this quickly, dip into beaten egg, then into cracker-dust, and fry in deep, hot cottolene. Serve at once.

BOILED MUTTON.

Plunge the meat into a kettle of salted water that is boiling hard; leave it there for fifteen minutes and draw it to the side of the range. After this cook slowly fifteen minutes to the pound. Half an hour before you are ready to serve it, drop in a minced carrot, a turnip, a small onion—both sliced—a stick of celery and a little parsley, also a sprig of mint, and let all cook together. Take up the meat, wash over with butter and keep hot. Strain out enough of the liquor to serve as a foundation for a white sauce, and set away the rest for soup stock.

Set the reserved liquor in cold water to throw up the fat, skim, and thicken with a white roux; stir in a great spoonful of capers and serve in a boat. Lamb should never be boiled.

GAME MUTTON.

Hang a leg of mutton in the cellar for two weeks, washing it all over with vinegar every other day. When you are ready to cook it, rub it well with lemon-juice, then with a raw cut onion, finally with salad oil. Put into your covered roaster with two cups of boiling water, and set in a hot oven for half an hour. Transfer to a cooler oven and cook steadily fifteen minutes to the pound. Half an hour before taking the meat up baste plentifully with a cupful of the gravy in which you have melted three

tablespoonfuls of currant jelly. Use all the jelly and gravy. Fifteen minutes later, baste with butter, sprinkle well with pepper, salt, and flour, and brown it upon the upper grating of the oven. Before doing this, pour off the gravy into a bowl and set in cold water to make the fat rise. Skim this off, strain and return the gravy to the fire, thicken with browned flour; boil up, add a glassful of sherry and pour half of it over the meat, the rest into a boat. The meat will have a pleasing flavor of venison. Of course this is a cold weather dish.

BONED SHOULDER OF MUTTON.

Have the bone carefully removed from a rather lean shoulder of mutton, and fill the orifice thus left with a good force-meat. To make this, chop fine half a pound of lean veal and a quarter of a pound of ham, and add to these a small cupful of fine bread-crumbs. Season with a quarter-teaspoonful, each, of ground mace, cloves, and allspice, and a saltspoonful of black pepper. Stir in a raw egg to bind the mixture together. When the force-meat has been put into the hole in the shoulder, sew up the mutton in a cloth that will close the mouth of the opening, and lay the meat in a pot with the bone from the shoulder, a peeled and sliced onion, carrot, turnip, a little parsley and celery and a bay-leaf. Pour in enough cold water to cover the mutton entirely, stir in a heaping tablespoonful of salt, and let the water come gradually to a boil and simmer until the mutton has cooked twenty minutes to the pound. Let it cool in the broth; take it out; lay it under a weight until cold, remove the cloth and serve. This is also very good hot. The liquor makes excellent soup.

STEWED LAMB AND GREEN PEASE.

Buy three pounds of the coarser parts of the lamb; cut into inch lengths and dredge with flour. Have ready in a saucepan two tablespoonfuls of good dripping, and when it hisses put in half a sliced onion, and fry to a light brown. Skim out the onion and put in the meat, cooking for five minutes and turning often to keep it from sticking to the bottom of the pan. Then

add a cupful of boiling water, or of weak stock, cover closely and cook gently for one hour. Add then a generous cupful of green pease. Canned will do, but the fresh are better. Stew for twenty minutes longer, or until the pease are tender, add a tablespoonful of brown roux, boil up once, and pour upon slices of toast that have been soaked in hot tomato sauce. A cheap and a savory dish.

IRISH STEW.

The coarser pieces of mutton or lamb may be advantageously utilized in the manufacture of what is an excellent and popular dish when rightly compounded, and a disgrace to civilized kitchens as usually put together.

Cut three pounds of mutton, which must be lean, into pieces of uniform size, and not more than an inch square. Heat two tablespoonfuls of butter or beef dripping in a saucepan, brown a large sliced onion in it and put in the meat. Turn it over and over until coated with the fat, and slightly browned, add enough cold water to cover the meat an inch deep, put on a tightly fitting top, and stew two hours, or until the meat is very tender. Have ready in another vessel four potatoes, sliced thin, a carrot cut into dice, a tomato cut into bits, a stalk of celery minced, and a tablespoonful of chopped parsley. Cook fifteen minutes, drain off and throw away the water, put the parboiled vegetables into the stew and season to taste. Cook very gently half an hour longer, take up meat and vegetables with a perforated spoon and arrange upon a flat dish, the meat in the centre, the vegetables on the outside. Cover and keep hot. Add to the gravy in the saucepan a cupful of canned or fresh pease boiled tender ("left-overs" will do), with half a cupful of hot milk in which has been stirred a teaspoonful of corn-starch, cook five minutes and pour over the meat and vegetables.

"A DAINTY DISH."

One dozen tender French chops (lamb or mutton). Three *cèpes* (large mushrooms). Salt, pepper, one beaten egg. Cracker-dust. Fat for frying.

Flatten and trim the chops; divide each *côte* into four strips, make a hole with the point of a knife in the thickest part of each chop and thrust through it a slice of the mushroom. Pepper and salt, dip in raw beaten egg, coat with cracker-crumbs and set in a cold place for one hour. Fry them in deep fat to a fine brown.

Mrs. Larned in her useful and charming book, "The Little Epicure," adds to what is substantially the same recipe as this: "Spread nicely trimmed pieces of toast with *pâté-de-foie-gras*, place a chop on each and serve with Madeira sauce poured around. Use butter instead of the *pâté-de-foie-gras* if you prefer."

In either case it is a "dainty dish to set before a king," or an American epicure. To many tastes a good tomato sauce would be more acceptable than the Madeira, but even a veteran recipe-writer must suggest diffidently when the accomplished woman above quoted directs.

BRAISED MUTTON CHOPS.

Heat two tablespoonfuls of dripping in a frying-pan, and fry a sliced onion in it, then the chops. Lay them upon a bed of chopped carrots, onion, celery, turnip, and tomato, in your covered roaster and pour over them the fat from the pan, and two cupfuls of hot water or weak stock. Cover closely and cook slowly for one hour. Turn the chops then, season with pepper and salt, dust with flour and let them brown, uncovered, turning once more in fifteen minutes. Transfer to a hot dish, rub the gravy and vegetables through a colander, boil up sharply, and pour over the meat.

Tough chops may be made tender and toothsome by this method.

LAMB CHOPS À LA MILANAISE.

Trim neatly, pepper and salt, roll in egg and cracker-crumbs and fry in deep cottolene. Lay on a stoneware or metal dish, and cover on both sides with finely grated Parmesan cheese. Set upon the upper grating of a *hot* oven, for three minutes, or hold

a red-hot shovel close above them to melt or crisp the cheese, and arrange upon a bed of spaghetti, boiled tender in salted water, then drained and seasoned with butter, salt, and paprica, or cayenne.

If you like you may pour over the spaghetti, after it is seasoned, enough strained tomato sauce to moisten it well, and then lay the chops in order upon it.

BARBECUED LAMB.

Cut cold lamb into neat, thin slices. Into a rather deep, broad frying-pan, put a tablespoonful of butter, a dash of cayenne, salt and pepper, a great spoonful of vinegar and the same of currant jelly, with a small teaspoonful of French mustard. Heat to boiling, keeping your spoon busy all the while until the ingredients are thoroughly incorporated. Then lay in the lamb and let them get smoking hot through. Lay upon a hot-water dish and pour the sauce over them.

MINCE-BALLS OF LAMB OR MUTTON.

Two cupfuls of cold meat, minced and cleared of gristle and cartilage. Salt and pepper to taste and a little onion-juice. Two eggs. Two tablespoonfuls of brown gravy. Half a cupful of fine bread-crumbs.

Mix the seasoned meat with the gravy, work in the bread-crumbs, then the beaten egg, make into balls, roll in flour and set in a cold place to stiffen. When they are firm, drop them into boiling water or weak stock, carefully, so as not to break them; draw the saucepan to the side of the range, and let all stand for five or six minutes. Take up gently with a split spoon, arrange upon a hot-water dish and pour about them a good white or tomato sauce, or rich gravy left from any kind of meat. The water must not boil after the balls go in.

MOULD OF MUTTON AND RICE.

One cupful of raw rice. Two cupfuls of minced cold mutton or lamb. Two tablespoonfuls of gravy and as much cream. A

stalk of celery chopped or cut fine. One egg beaten light. Pepper and salt to taste. One tablespoonful of butter. Cracker-crumbs.

Boil the rice twenty minutes in hot salted water in which you have put the chopped celery. Drain dry, when the grains are tender, but not broken, work into the rice the butter, pepper, and salt, lastly the beaten egg, spread the paste upon a dish and set in a cold place for a couple of hours. When you are ready for it, season the chopped meat and wet with the gravy. Sprinkle the inside of a well-greased bowl or a tin mould with plain sides with fine crumbs, then line with the rice paste. This lining should be an inch thick. Fill with the meat, cover with the rice and put into a pan of boiling water in a quick oven, laying paper or a tin lid over the top. Keep the water at a fast boil for an hour; set the mould in cold water for one minute, run a knife around the inside to loosen the contents and invert upon a flat dish, shaking very gently to dislodge the rice.

Send to table with the moulded rice and meat, a good sauce or gravy in a boat. Drawn butter, in which have been beaten an egg and a tablespoonful of grated cheese, is good for this purpose, as is oyster or tomato sauce. It is an excellent luncheon-dish.

Save the rice-water, flavored with celery, for soup-stock.

Miniature moulds, prepared like the above, baked in *pâté-pans*, or custard-cups, then turned out upon a dish, with a sprig of parsley in the top of each, are pretty.

KIDNEYS.

The kidneys of beef, veal, or lamb, are best for cooking. Veal and lamb kidneys are preferable to the coarser beef. All should be fresh and plump, and free from fat. Cut out the hard, white hearts, and lay the kidneys in *cold* water, slightly salted, for an hour before proceeding to cook them.

STEWED KIDNEYS, WITH WINE.

Slice the kidneys, after they have been soaked in cold water; wipe dry and roll in flour. Have ready in a saucepan a little

butter in which has been fried a slice of onion. Lay in the kidneys; roll them over and over, coating them with the butter, for two minutes—no more—and pour in a cupful of boiling water or heated stock. Simmer not longer than ten or twelve minutes. Take them up and lay upon a hot dish; add to the gravy a tablespoonful of catsup, a dash of paprica or cayenne, and salt, a small tablespoonful of butter that has been rolled in *browned* flour, and when it has boiled up, a generous glass of sherry or claret. Pour over the kidneys and serve.

DEVILED KIDNEYS.

Slice, and take out hard centres and fat. Have ready, beaten to a cream, a tablespoonful of butter, an even teaspoonful of mustard, a pinch of paprica or cayenne, a little salt, and a teaspoonful of lemon-juice. Melt, without really heating the mixture; coat each slice with it, roll in cracker-dust, and broil, turning often. They should be done in eight minutes. Put a few drops of the deviled sauce upon each, and send to table.

KIDNEYS WITH BACON.

Split lamb kidneys in half and fasten open with toothpicks. Cook in a frying-pan thin slices of fat breakfast bacon until clear, but not crisped. Take up and keep hot while you cook the kidneys in the bacon-fat, turning them frequently. Six minutes should make them tender. Long cooking toughens them. Arrange upon thin slices of toast in a dish, garnish with the bacon, add a teaspoonful of Worcestershire sauce to the gravy and pour over the kidneys.

TOASTED KIDNEYS.

Cut each one of three kidneys into three pieces, and lay upon a very hot tin plate in front of a hot fire, where a clear glow will fall upon them. Have ready thin slices of fat bacon, hold each slice upon a fork close to the red grate so that the gravy will drip upon a slice of kidney below. Having toasted all the bacon, lay it upon a second hot plate, taking up the first and draining off

every drop of gravy over the bacon. Now, toast the kidneys over the bacon. When no more juice drips from each kidney it is done. Lay each in turn upon a slice of toast, in a hot dish, garnish with the pork, sprinkle with pepper and pour the gravy over the kidneys. Serve hot.

STUFFED KIDNEYS.

Split the kidneys lengthwise, leaving enough meat and skin on one side to serve as a hinge. Rub well inside with melted butter, and broil them, back downward, over a bright fire for eight minutes. Have ready a stuffing of bread-crumbs, *cooked* salt pork, parsley and butter, seasoned with pepper, salt, and onion-juice. Heat in a saucepan set in another of boiling water, stir in the juice of half a lemon, fill the kidneys with the mixture, run a toothpick through the outer edges or lips to keep in the stuffing, pepper them and serve. Send around sauce piquante with them.

PORK.

While fresh pork seldom finds a position upon the table of the housewife who aspires even to modest elegance, it still holds a place upon hotel menus and in the larders of well-to-do people in certain sections of the land. Professors of Dietetics warn us that hot pork is never wholesome at any season, and occasional trichina and hog-cholera scares lessen the consumption of it year by year. The fact remains that we cannot do without juicy hams and breakfast bacon and the well-corned strips of fat salt pork that season a host of dishes as nothing else can. Sausage of the best quality is welcome upon the breakfast-table on frosty mornings, and souse and scrapple are in great request with competent judges of good living. Clearly, then, it is the part of wisdom to accept the inevitable and to make the best of what people will have. If farmers and farmers' families depend upon the pig-sty for the major part of their meat-supply, they should

learn how to prepare pork for human consumption, and when and how to eat it.

Hot pork should never be eaten in summer, in any form, and in cold weather only by those whose digestions are exceptionally strong, and who lead active lives. Much and vigorous exercise in the open air is required to dispose of the carbon and oil supplied by this, the most oleaginous meat vended in the markets of civilized countries.

Pork should always be thoroughly cooked. Underdone ham is tough, hard, and indigestible; rare fresh pork is disgusting. Taste and custom are at one in this decision.

ROAST PORK.

The leg, the loin, the shoulder, and the chine are usually roasted, and the method is the same with each. The skin is scored in squares, or in parallel lines, the knife just cutting through to the flesh. Put into the roaster, dash a cup of boiling water over it; heat gradually until the fat begins to run, when quicken the fire. Baste often and abundantly, that the skin may be tender, even when crisp. Allow at least twenty minutes to the pound.

The old-fashioned Virginia cook—and there were none better in her day—rubbed well into the deep lines made by the knife in the rind a force-meat of crumbs, sage and onions, seasoned with pepper, salt, a little grated lemon-peel, and the juice of a lemon. This was done before the meat went into the oven and the cracks were well filled. Do not send made gravy in with the meat. It is little better than lard, unless left to stand for at least an hour and then skimmed. Pass apple sauce with roast pork when you can get it, or Chili sauce, or catsup, or a good bread sauce. Sharp condiments go well with it and arouse the digestive organs to their work.

PORK CHOPS.

Cut off the skin, trim neatly and dip in beaten egg, then in cracker-crumbs seasoned with salt, pepper, powdered sage, and

finely minced onion. Set in a cold place for an hour or more and fry in hot fat, turning often, for at least twenty minutes. Send in dry and hot, and pass apple sauce with them.

PORK STEAKS AND TENDERLOINS.

Broil over a clear fire, turning every two minutes for twenty or twenty-five minutes. Lay upon a hot dish and dust with pepper and salt and powdered sage. Sprinkle with onion-juice and with lemon-juice, and drop bits of butter here and there. Cover closely over hot water for ten minutes before sending to table.

SPARE RIB.

Cook exactly as you would pork steaks, also pork cutlets.

PORK POT-PIE.

Cut two pounds of lean pork into pieces an inch long and half an inch wide ; cover with cold water, put in some thin slices of peeled lemon, a little chopped parsley and minced celery, and stew slowly half an hour. Add, then, four potatoes, sliced very thin and parboiled for ten minutes in another vessel. Season with pepper and salt and dredge in a tablespoonful of flour. A tablespoonful of catsup is an improvement. Cover closely and cook until the meat is ready to drop to pieces. Stir in a tablespoonful of butter, rolled in flour, boil up and put the pork into a covered deep dish, leaving the gravy in the saucepan. Have ready some strips of biscuit-dough, two inches long and half an inch wide, drop them into the boiling gravy and cook ten minutes. Lay half of them across the meat in one direction, the rest in another, making squares all over it ; pour in the gravy gently and send to table.

Or—

You can cut the biscuit-dough round with a cake-cutter and bake these rounds in the oven by the time the pork-stew is done. Put meat and gravy upon a deep platter and cover with the hot bis-

cuits laid closely together. They are more wholesome than boiled dough.

YORKSHIRE PORK-PIE.

Chop lean pork somewhat coarsely ; butter a pudding-dish and line with a good paste ; put in the pork interspersed with minced onion and hard-boiled eggs, cut into bits and sprinkle with pepper, salt, and powdered sage. Now and then dust with flour and drop in a bit of butter. When all the meat is in, dredge with flour and stick small pieces of butter quite thickly all over it. Cover with puff-paste, cut a slit in the middle of the crust and bake half an hour for each pound of meat. When it begins to brown, wash the crust with the white of an egg. It will give a fine gloss to it.

BOILED HAM.

The best ham to select is one weighing from eight to ten pounds. Take one that is not too fat, to save waste. Soak all night ; wash it carefully before you put it on to boil, removing rust or mould with a small, stiff scrubbing-brush. Lay it in a large boiler and pour over it enough cold water to cover it. To this add a bay-leaf, half a dozen cloves, a couple of blades of mace, a teaspoonful of sugar, and, if you can get it, a good handful of fresh, sweet hay. Let the water heat very gradually, not reaching the boil under two hours. It should never boil hard, but simmer gently until the ham has cooked fifteen minutes to every pound. It must cool in the liquor, and the skin should not be removed until the meat is entirely cold, taking care not to break or tear the fat. Brush over the ham with beaten egg, strew it thickly with very fine bread-crumbs, and brown in a quick oven. Arrange a frill of paper around the bone of the shank, and surround the meat with water-cress, or garnish the dish with parsley.

BREADED HAM.

Boil as above directed. Brush the top with beaten egg and sift over it cracker-dust in a thick, even coat. Set in the oven to brown and let it get perfectly cold before it is carved.

STUFFED HAM.

Soak the ham over night and scrub well in the morning. Run a narrow sharp knife along the bone, loosening the meat for the whole length ; shake and pull the bone while doing this until you can withdraw it. Then dig out the flat bone from the butt-end of the ham. With a fair degree of patience the process is not difficult. Fill the cavity left by the bones with a stuffing of bread-crumbs, seasoned with pepper, butter, onion, and Worcestershire sauce. Pack it in well and sew the ham tightly into shape in mosquito-netting. Cover with cold water in which have been stirred two tablespoonfuls of vinegar, and cook twenty minutes to the pound after the boil begins. Leave the ham in the water until it is lukewarm, take it out and put to press under an inverted dish with a heavy weight on top. Leave it thus for eight or ten hours ; take off the cloth, and then the skin. Dot the top with black pepper, or Hungarian sweet red pepper (paprica) using the tip of the middle finger to make the impressions. If you can arrange the dots in a pattern the effect will be pleasing. Send to table surrounded by a garland of asparagus tops and nasturtium flowers, or parsley and marigolds. This is a delightful preparation of ham, suitable for luncheon or Sunday evening suppers.

BAKED HAM.

Soak, wash, and parboil the ham, twelve minutes to the pound. Skin as soon as you can handle it, and stanch the flow of juices by rubbing flour into it. Put into a good oven ; slice an onion, mince a carrot and a fresh tomato, and lay about the meat, pour in half a cupful of hot water to prevent burning, cover closely, and bake twelve minutes to the pound. During this time baste the ham four times with Madeira or sherry or other pale wine, using two glasses in all, and four times with the pan-gravy. Have ready some browned cracker-crumbs and sift them thickly over the ham when done. Leave it in the oven until firm and evenly colored.

If the ham is eaten hot, make a sauce by rubbing the gravy through a colander and thickening it with browned flour. If cold, put aside the pan-liquor for sauce for some other dish. It is too good to be wasted.

Champagne sauce is an excellent accompaniment to baked ham.

SUNNYBANK HAM AND EGGS.

Mince cold ham finely and moisten it with sharply seasoned stock, well thickened. (There is nothing better for this purpose than the pan-liquor described in the last recipe.) Heat in a saucepan; beat in a raw egg to bind it, form into a long-oval mound upon a hot dish, and set in a moderate oven until a slight crust forms upon it. Have ready six eggs that have been boiled for twenty-five minutes, then left in cold water. Take off the shells, cut the whites into thin circles, and rub the yolks through a sieve to powder. Take the mounded ham from the oven and cover all over with the powdered yolks. Arrange the white rings closely about the bottom, and outside of these a garland of parsley. The contrast of the golden bank and white and green base is pleasing and uncommon. It can be eaten cold or hot.

SMOTHERED HAM.

Soak, scrub, and trim away all the blackened underside until the meat shows clean and red. Wash with vinegar, rubbing it in well. Cover the underside with a paste of flour and water, and lay upside down in your roaster. Pour about it two cupfuls of cold water and two tablespoonfuls of vinegar; stir in a tablespoonful of sugar and the same of minced onion. Cover closely and bake in a moderate oven twenty-five minutes to the pound. Baste five times to keep the paste from scaling off.

Skin, and remove the paste while hot, sift fine cracker-crumbs over the top, and brown in a quick oven. It is best cold.

BROILED HAM.

Cut thin, wash well, and lay in a frying-pan full of warm—not hot—water. Bring slowly to scalding, take from the fire, and,

covering closely, leave in the water for half an hour. Pour off the water and cover the ham with boiling water. Let the meat stand covered in this fifteen minutes, and transfer to cold. After five minutes pour this off and wipe the ham dry. Broil over clear coals, dust with pepper, and serve.

Cold boiled ham is better than raw for broiling.

FRIED HAM.

If raw, soak as for broiling. Fry it in its own fat until the fat is clear and begins to curl and crisp at the edges. Serve dry after peppering it.

BREADED HAM, SAUTÉ.

Cut cold boiled ham into rather thick slices, cover with a mixture of pepper, olive oil, and mustard; dip in egg, then in cracker-crumbs, and set in a cold place. Fry slices of fat bacon or pork crisp, take them out and put the breaded ham into the hissing fat. Turn when the lower side is brown and cook the upper.

Garnish with hard-boiled eggs cut in slices, serving a slice upon each portion of ham.

This dish is appetizing and a welcome variety in the monotony of country-fare when "butcher's meat" is hard to get.

BARBECUED HAM.

Fry slices of cold boiled ham in their own fat; remove from the pan to a hot-water dish and pour over them a sauce made by adding to the gravy left in the pan two tablespoonfuls of vinegar, the same of sherry, a half teaspoonful of made mustard, a teaspoonful of sugar, and a dash of paprica or cayenne, just heating these to a boil. Cover the dish and let meat and sauce stand together for a minute before serving.

HAM AND EGGS.

If the ham be raw, soak it as before directed. If cooked, it needs no other preparation than cutting it evenly into slices of

uniform size. Fry these in their own fat until the fat is clear and curling ; lay in order upon a hot platter and keep warm while you break the eggs, one by one, into the hot fat left in the pan. Three minutes should cook them. If you wish "turned eggs," cook two minutes, then slip a bread-knife or a spatula under each and turn it dexterously to cook one minute longer. Serve an egg upon each slice of ham.

BACON AND EGGS

are cooked as above.

FRIED BREAKFAST-BACON.

This is growing fast into universal favor as a staple breakfast-dish. It is so simple and so quickly made ready it seems odd enough that it should so seldom be set before the listless or eager breakfaster at its best estate.

To begin with, it can hardly be cut too thin, certainly not by any knife at the command of the average cook. It should be as thin as writing-paper made for foreign correspondence, and the rind be pared away before the meat is cooked. Heat the frying-pan, lay in the bacon, and as soon as the slices cook clear, turn them. They should be hardly discolored by the fire when you serve them, dry and hot, upon a heated platter.

BROILED HAM AND EGGS.

If the sliced ham be raw, soak as for fried ham. Broil over a clear red fire for from three to five minutes, and arrange upon a hot platter. Heat a tablespoonful of butter to hissing in a frying-pan, but not until it colors, and drop the eggs carefully into it. Cook three minutes, lift with the spatula and lay upon the broiled ham. Dust both with pepper, and serve.

HAM AND POTATO BALLS.

Work into two cupfuls of mashed potatoes pepper and salt to taste, a teaspoonful of flour, and the beaten yolk of an egg. Set aside until cold and stiff ; take a tablespoonful in the hollow of

your floured hand and shape it into a cup. Put into the centre a tablespoonful of minced ham, seasoned with pepper and mustard, enfold it with the potato, roll over and over until you have a round, smooth ball, dip into beaten egg, then into cracker-crumbs, and set in a cold place until stiff. Cook in deep boiling fat.

HAM PÂTÉS.

Chop cold lean ham fine, season with onion-juice, pepper, minced parsley, and catsup; moisten with good stock, and stir over the fire until smoking-hot. Have at hand pastry forms or cups, heated, and fill with the mixture.

Or—

Fill pâté-pans, or fire-proof china "nappies" with the hot mince, put a raw egg upon each, and set in a quick oven until the white is "set." Serve in the nappies.

BOILED PIGS' FEET.

Wrap each cleaned foot up in coarse cotton cloth, wind a string about it from top to bottom to keep the bandage in place, and when all are ready cover them deep in boiling water in which has been stirred a tablespoonful of vinegar. Cook four hours and let them get cold in the water. The feet are now ready for pickling or frying.

If you wish to use them without other preparation, unroll, dish them, and pour over them the following sauce:

Heat four tablespoonfuls of vinegar to a boil with a tablespoonful of minced onion, the same of chopped parsley and of capers, a saltspoonful each of salt and pepper and half a teaspoonful of made mustard. When they have simmered together three minutes, take from the fire and beat slowly into four tablespoonfuls of oil. When you have a creamy sauce, set in boiling water until hot and pour upon the feet. Cover them closely and set over boiling water for ten minutes before they are served.

BREADED PIGS' FEET.

Boil as directed, and let them get cold in the cloths. Undo, pepper and salt, roll in egg, then in cracker-crumbs, and fry to a nice brown. Serve with sauce tartare.

PIG'S LIVER AND BACON.

Slice the liver and lay in cold water for half an hour to draw out the blood. Wipe perfectly dry, salt and pepper and flour well. Fry slices of thin, fat bacon clear; take them out and cook in the same fat a sliced onion. Strain the fat, return to the pan, and when it hisses lay in the floured slices of liver and fry to a good brown.

It should be better known that pigs' livers, as well as those of lambs and even young mutton, are nearly as good when well-cooked as calf's liver, and cost much less.

Any of the recipes that deal with calf's liver may be applied to those just mentioned.

SAUSAGES.

If you use the sausages in skins, prick these with a needle in several places to prevent bursting, put them into a frying-pan with just enough cold water to cover them, and let them simmer gently until the water has dried up. The sausages will then be done, and neither scorched nor broken to pieces.

If your sausage-meat is in bulk, make into flat cakes, roll in flour and *sauté* in a very little fat. As soon as the sausages begin to cook they will supply all that is needed.

BREADED SAUSAGES.

Put raw sausage-meat into a tin pail with a closely fitting top and set in a pot of boiling water. Cook half an hour to the pound and let it get cold in the pot. When you are ready to cook it, make into balls or cakes or croquettes; roll in egg, then in cracker-crumbs; let them stand for some hours in a cold place, and fry in deep boiling fat.

These are more wholesome than the ordinary fried sausage, and especially nice as garnishes for other dishes, such as roast turkey and chicken.

APPLES AND BACON.

Fry slices of breakfast-bacon or salt pork until clear ; take them up and keep hot. Have ready firm, tart apples, sliced crosswise, without paring or coring, and fry them in the hot fat left by the bacon. They must be tender, but not broken, when done. Take from the fat with a split spoon, shake off all clinging drops, and lay upon a hot dish. Sift fine sugar over them and garnish with the bacon.

Send around corn-bread or brown bread with them.

PORK AND BEANS.

Soak the beans over night in cold water, changing this in the morning for warm, an hour later for hot. Put over the fire half an hour afterward, in boiling salted water, and cook until tender, but not broken. Drain them then, and put into a deep dish or bean-pot, bury a piece of pork (parboiled) in the centre. Stir into a large cupful of boiling water half a teaspoonful of dry mustard, half as much extract of celery or celery-salt, and a tablespoonful of molasses, and pour this over the pork and beans. Cover closely, set in the oven and bake slowly from four to six hours according to the size of the pot.

This is a Massachusetts recipe, and there is no better for the preparation of an ancient and honorable dish. In olden times the bean-pot stood all of Saturday night in the brick oven, and was in mellow prime at breakfast-time on the Sabbath day.

Serve Boston brown bread with it always. The two are indissolubly wedded.

APROPOS TO LARD.

The old-fashioned housekeeper may have observed the marked omission in these pages of the word "lard," even in recipes calling for fat. While we believe that THE NATIONAL COOK BOOK

is not singular in this respect, we feel that we owe it to our sister housewives to explain why in the years which have elapsed since the issue of former works which did contain directions for the manufacture and the use in the kitchen of lard, we have had good and sufficient reasons for excluding it from our own kitchens and for declining to commend the lard of commerce to our constituents.

Apart from the fact that lard, unadulterated and properly made, is less wholesome than vegetable oils, and absolutely pernicious to many stomachs, no intelligent reader of the daily papers and medical reports can shut his eyes to the recognized practices of certain manufacturers of "kitchen lard" and the possibilities of similar iniquities in every such business throughout the country. It is not enough that hog-cholera and trichina, in the animal legitimately slaughtered and put upon the market, make doubtful the quality of the fat tried out even by respectable and conscientious firms. It is an open secret that hundreds of hogs which have died *in transitu* from farm to factory, "of disease, thirst, and exposure," are made to yield their lard, and that this is unblushingly put upon the market for household use.

A prominent lard manufacturer is reported as saying in defence of the practice:

"As it goes through the boiling process and boiling fat rises to the highest possible heat, there can be no mischievous germs left in the lard, even supposing the animal had died of cholera or other disease."

Leaving this statement to speak for itself, we remark simply that not a pound of lard per year is consumed in our kitchens, and that we conscientiously advise the use in public and in private of almost any other fat.

Butter is expensive in the hands of hirelings, and the salt makes it objectionable for such purposes as greasing moulds, etc. Really good dripping from beef, veal, or chicken, while eligible in some cases, is unfit for frying delicately flavored foods, and cannot be used for shortening biscuits, pastry, and the like. Olive oil, while excellent in a large majority of cases where frying and sautéing

are prescribed, is expensive when of prime quality, and objectionable when less than prime.

It is but fair to those in whose behalf we have prepared this manual to mention that we have found, after several years of faithful testing and trusting, cottolene to be liable to fewer objections and to combine more advantages than any other fat of which we have practical knowledge. It is a compound of vegetable oil and a smaller proportion of the best beef-suet, and is, we believe, entirely free from any deleterious substance whatsoever. It is inexpensive, it gives out no unpleasant odor, and for frying and "shortening" is far more satisfactory than even honest, home-made lard at its best estate.

Cottolene, as the directions accompanying each can state, must always be put into a cold frying-pan and brought slowly to the boil. When this is done there is no danger of spluttering or scorching.

POULTRY.

AFTER forty years of active housekeeping one housemother would deliberately record her conviction that there is but one satisfactory method of securing the appearance of tender fowls upon her table. When your poultry-merchant sells you chickens tender under the wings, with smooth, white complexions, hairless, and altogether promising, according to the best authorities, yet which come to table tough and tightly jointed—take your custom to another man, and let him, as well as the discarded, because dishonest, vendor, know just why you do it.

Some of the fairest fowls in our town and country markets are artistically “doctored” and might delude the most experienced purchaser. The deception is the less excusable because every tolerably skilful cook can make a tough bird tender and eatable by processes known even to humble followers of the craft. It is cruel to allow her to treat a two-year old as she would a half-yearling, and reap disappointment as the result of her generous confidence in the poulterer.

Fowls should always be dressed and drawn by the poulterer before they are sent home. When it is not done, the duty of the cook upon receipt of the birds is to empty the bodies forthwith of offal and giblets. These are first to spoil, and, in spoiling, taint the flesh. The gizzard should be cut open and cleaned, and, with the liver and heart, be put over the fire in boiling salted water. Boil fifteen minutes and let them get cold in the water. Take out, wipe, sprinkle with salt and pepper, and keep in a cool place until they are needed for gravy or soup.

Wash the fowl out with cold water three times, dissolving a

little soda in the first water, then rinsing thoroughly. Wipe perfectly dry inside and out, and dust the cavity of the body with pepper. Hang now in a cool place until you are ready to cook it.

CHICKEN.

ROAST CHICKEN.

Wash thoroughly and wipe dry within and without. Stuff the hollow in the body, also the craw, with a force-meat, but do not pack it in. It will ooze out or distend the fowl into a clumsy shape, or become so clammy as to be unfit to eat. Sew up the body and draw the skin covering the craw up to the neck, fastening it there with a cotton cord wound tightly about the neck-bone. Bind the legs and the wings close to the body with tape or cotton cord. Unless the fowl is very fat, lay a few slices of fat bacon or pork in the pan and the chicken upon them. Pour a scant cupful of boiling water over it; put on the lid of the roaster and cook quite fast for fifteen minutes, afterward more moderately, fifteen minutes to the pound. Baste every half hour if you use the covered roaster, every ten minutes if you cook it in an open dripping-pan. Each time pour at least ten large spoonfuls of gravy over the fowl. A quarter of an hour before you dish it wash it all over with butter, pepper and salt it well, and dredge it with flour. Take off the cover of the roaster and brown. Dish and keep warm while you make the gravy.

Chop the giblets fine, rejecting the cartilage; stir a spoonful of browned flour, wet with cold water, into the baking-pan gravy, boil up, season to taste, add the giblets, and pour into a boat.

For the stuffing use a cupful of fine bread-crumbs (cracker-dust will not do) moistened with a tablespoonful of butter and seasoned with pepper, salt, and parsley. Do not flavor it with thyme or sage or onion. These are disagreeable to many tastes and help to give the "dressing" of fowls the reputation of un-

wholesomeness. Moreover, they mar the flavor of the delicate meat.

The English truss a roasting chicken with the liver under one wing, and esteem this "liver-wing" a choice morsel in carving and distributing the bird.

BOILED CHICKEN.

A chicken over a year old should always be boiled or steamed or fricasseed.

As a rule a boiled fowl is better without stuffing. Cleanse thoroughly, truss neatly, sew up in a piece of mosquito-netting or coarse cheese-cloth, fitted to the shape, and cover deeply with boiling salted water to which has been added a tablespoonful of vinegar. Cook gently twenty minutes to the pound. It should not reach the boil in less than half an hour. If really tough, put on in cold water, after trussing and sewing it up, add a little vinegar to it, and heat so slowly that it does not boil in the first hour. After it begins to simmer, cook twenty minutes to the pound and never let it boil fast. A bit of fat salt pork dropped into the pot at the end of the first hour and cooked with it will restore much of the richness lost by the use of cold water.

Unwrap, draw out the threads, and dish, pouring four spoonfuls of egg sauce over the breast and serving the rest in a boat. Send around boiled rice with it.

BOILED CHICKEN AND RICE.

Cook as in the last recipe. Half an hour before dishing the fowl dip out a great cupful of the gravy, season well, and stir in a beaten egg. Boil a cupful of raw rice fast in two quarts of salted water with a stalk of celery cut into four pieces, for ten minutes; drain and shake in a colander; pick out the bits of celery, put the rice into a saucepan and cover with the hot chicken-gravy. Set in a pan of boiling water over the fire and cook gently for fifteen minutes, or until the rice, in swelling, has absorbed all the gravy. Each grain of rice should remain

whole. Rice paste is abhorrent to a just taste. Make a border of the rice about the chicken when dished, and help a little with each portion of chicken.

BOILED CHICKEN AND OYSTERS.

Prepare in the usual way and stuff with raw oysters cut in half, peppered and salted, with a few bits of butter among them. Sew up in cheese-cloth and boil twenty minutes to the pound. Undo the cloth, and dish, with oyster sauce poured over them.

FRIED CHICKENS.

Cut up a pair of young chickens, as for fricassee. Lay in cold water for one minute, and, without wiping them, pepper and salt each piece; roll in flour and fry in hot fat to a fine brown. Pile upon a hot-water dish; fry whole bunches of green parsley in the lard and lay over and about them. This is the famous fried chicken of the South.

Or—

Fry thin slices of fat bacon crisp in a hot pan, take them out and set aside. Cook the chicken prepared as above in the fat left in the frying-pan. Dish the chicken, laying the fried bacon about it as a garnish, cover and keep hot. Stir into the gravy over the fire a tablespoonful of flour until it begins to brown, and into this, gradually, a cup of cream or milk heated in another vessel with a tiny bit of soda in it. Continue to stir until the mixture is smooth; add a heaping teaspoonful of minced parsley, and pour over the chicken.

This is Maryland Fried Chicken with Cream Gravy.

FRICASSEED CHICKEN (WHITE).

Otherwise incurably tough fowls can be made manageable by teeth and digestive organs in this way:

Clean, wash, wipe, and joint neatly. This dissection is an art to be studied, much of the comeliness of the dish depending

upon it. Cut with a sharp knife every joint apart from the rest, the breast into two pieces, the back into three. Arrange in layers in a broad pot, sprinkling between these two tablespoonfuls of minced onion and a quarter of a pound of chopped fat salt pork, sprinkle with pepper and chopped parsley, and just cover with cold water. The giblets should be stewed with the rest of the fowl. Cover closely and set at the side of the range, until in about an hour (no sooner) the pot begins to simmer. Set it then where the heat is stronger, but not where it will boil hard, and stew quietly until the chicken is tender. If tolerably young this will happen in an hour from the date of the first simmer. Old fowls sometimes take three, and even four, hours, but they are bound to succumb finally to the persuasive influence of the gentle boil, provided they never reach a hard, rapid ebullition for one minute while on the fire.

Old fowls, yellow of skin, hairy, obdurate of muscle, and with iron-clad breast-bones must be treated according to their deserts. Allow them all the time there is, keep down the boil, and victory is sure.

When tender take out of the gravy and dispose neatly upon a hot dish. Cover and keep warm. There is probably more gravy in the pot than you need for sauce. One good cupful is all you want. Pour off the surplus and set aside for stock. Never waste so much as a thimbleful. Stir into what is left in the pot a cupful of hot milk (not forgetting the pinch of soda) in which has been well mixed a tablespoonful of butter cut up with one of flour. Let all boil up once, and pour gradually upon two beaten eggs in a bowl. Without returning to the fire, pour over the chicken and serve.

Always pass rice in some shape with fricasseed chicken.

FRICASSEED CHICKEN (BROWN).

Clean, wash, wipe, and joint as already directed. Fry a dozen slices of fat pork in a broad pot, then a sliced onion until brown, lastly the jointed chicken dredged with flour. Turn the pieces often to brown them equally. When they are well

colored add just enough hot—not boiling—water to prevent burning. If you have a little stock or consommé it is better still. Half a cupful is enough. Cover closely and cook slowly until tender.

Lay the chicken in order upon a dish, cover and keep hot while you stir into the gravy two tablespoonfuls of brown roux and a teaspoonful of caramel for coloring, with paprica and minced parsley to taste. Boil up and pour over the chicken.

SMOTHERED CHICKEN.

Split down the back as for broiling and lay, breast upward, in your covered roaster. Dust with pepper and salt and pour in a cupful of boiling water or weak stock or consommé. Cover closely, and cook gently fifteen minutes to the pound if young, twenty if the subject be a year old. If it is over the latter age, cook it in some other way. Lift the cover when the chicken is half done, and turn it over to cook the other side. Ten minutes before taking it up turn the breast upward again, baste well with gravy, then with butter, dredge with flour and cover again, with the valve open, to brown. Take up and dish the chicken, thicken the gravy with brown roux, season to taste, and pour a few spoonfuls over the fowl, the rest into a boat.

The flavor of the chicken is better preserved by this process than by any other known to cooks. Therefore the simpler the seasoning the better.

BRAISED CHICKEN.

Lay in the bottom of your roaster a carrot, cut into dice, a sliced onion, a small young turnip, also sliced, a stalk of celery, minced, a tablespoonful of chopped parsley, and three tablespoonfuls of minced salt pork. Upon this prepared bed put the chicken, trussed as for roasting, but not stuffed. Over all pour two cupfuls of boiling water; cover so tightly that little or no steam can escape, and cook twenty-five minutes to the pound. If the fowl be decidedly tough make this half an hour to each pound, or more. Open the roaster but once; when you judge

the chicken to be half done, baste it well ; try the breast with a larding-needle or a skewer to see how it is getting on and leave it again. Fifteen minutes before taking it up rub over with butter and dredge with flour to brown it. When done, dish and keep hot ; rub the gravy through a colander, thicken with a little browned flour, boil up, and serve in a boat.

This, also, is a capital use to which you may put an aged fowl.

BROILED CHICKEN.

Clean, wash, wipe, and split down the back, leaving the breast intact. Sprinkle with salt and pepper and wash all over with melted butter or salad oil. Grease a perfectly clean broiler and lay the chicken upon it, breast upward. Put a tin cover or an inverted pan over it until the juices dropping upon the red coals below threaten to smoke it. Lift the broiler now and then to avoid this, and broil about ten minutes to the pound. When half done, turn to cook the upper side. Remove to a hot platter, and anoint generously with a great spoonful of butter mixed with a teaspoonful of lemon-juice and as much minced parsley. Serve hot.

Garnish with curled parsley or water-cresses.

DEVILED FRIED CHICKEN.

Prepare as for frying in the usual way, jointing it neatly, and lay for fifteen minutes in a bath of oil, lemon-juice, paprica, salt, and mustard. Rub the mixture in well and roll in flour. Fry in boiling deep fat, drain and serve upon a hot folded napkin, or upon three thicknesses of tissue-paper fringed at the ends. Garnish with cresses, and serve with a piquante sauce or with mayonnaise.

ROAST FRIED CHICKEN.

Joint, dust with salt and pepper, dip in beaten egg, then in salted and peppered cracker-dust. Have two tablespoonfuls of butter in a baking-pan ; lay the chicken in it, and, covering closely, roast in the oven for half an hour, or until nicely

browned. Send to table dry and hot, and pass a good white sauce with it.

CHICKEN BAKED WITH HAM.

Prepare as for roasting, stuff and truss; then wrap in thin slices of cold boiled corned ham. Bind the ham closely to the fowl with cotton string, put into a covered roaster, pour in half a cupful of hot consommé, or if you have none, or stock of any kind, butter and water; sprinkle with onion and parsley; cover and cook slowly, twenty minutes to the pound. Uncover and baste four times. When a skewer comes out easily and clean from the breast, take the chicken up, undo the wrappings of ham, lay the fowl upon a hot platter with the ham, cut into strips about it, and keep hot.

Thicken the gravy with a brown roux, pepper, add three tablespoonfuls of chopped mushrooms, boil up once, and send to table in a boat. The flavor of the chicken will be very fine.

CHICKEN CUTLETS.

Chop cold chicken fine; season with onion-juice, celery salt, pepper, and chopped parsley. For two cupfuls allow a cupful of cream or rich milk. Heat this (with a bit of soda stirred in) in a saucepan, and thicken with a tablespoonful of butter rubbed in one of corn-starch, stirred in when the cream is scalding. Cook one minute, put in the seasoned chicken, and cook until smoking-hot. Beat two eggs light; take the boiling mixture from the fire and add gradually to these. Pour into a broad dish or agate-iron pan and set in a cold place until perfectly chilled and stiff. Shape with your hands, or with a cutter, into the form of cutlets or chops. Dip in egg, then in cracker-crumbs, set on the ice for an hour or two, and fry in deep boiling fat.

Send around white sauce with them.

CHICKEN AND MACARONI À LA MILANAISE.

Boil in the usual way and without stuffing; unwrap and carve into eleven pieces with a keen knife. Arrange these neatly upon

a flat stoneware or other fire-proof platter, the white meat at one end, the dark at the other, and cover them with pipe macaroni, or spaghetti, broken into short lengths, and boiled clear, but not until they break, in boiling, salted water, or, better still, in some of the pot-liquor in which the chicken was cooked. In either case boil an onion in the liquor, removing it when you take up the macaroni. Conceal the mound of chicken completely with this, sift Parmesan cheese all over it, set in the oven until browned, and serve in the platter.

Another excellent device for disposing of a tough fowl.

DEVEILED CHICKEN WITH OYSTER SAUCE.

Cut cold boiled chicken into neat pieces, an inch and a half long and half as wide, and all as nearly as possible of the same size. Cover with oil and lemon-juice and let them stand in the refrigerator two hours. Then sprinkle with pepper, salt, and a dust of dry mustard, dip in egg and cracker-crumbs, set aside for an hour, or until stiff, and fry to a light brown.

Heat a cupful of strained oyster-liquor to boiling, skim, season to taste, and thicken with a tablespoonful of butter rubbed in one of corn-starch. Boil up, stirring all the while, add a tablespoonful of cream and a beaten egg. Half fill nappies or shallow custard-cups with the sauce, lay a piece of chicken upon it, and pass while hot. Eat from the nappies.

TIMBALES OF CHICKEN.

Chop very fine the meat of an uncooked roasting fowl, or a broiler. The meat must be almost like powder. Stir a pinch of soda into four tablespoonfuls of sweet cream with salt and white pepper. Beat stiff the whites of three eggs. Mix the meat with the cream and beat in the frothed whites. Butter well enough nappies or timbale-moulds to hold the mixture, set in a pan of boiling water ; cover the pan and bake fifteen minutes in a quick oven. Turn out upon hot plates, and pour about each a good white sauce. Serve immediately, as they soon fall.

CHICKEN PIE.

Cut two fowls into joints ; put them on in enough cold water to cover them and stew very slowly at the side of the fire until tender. Take out the meat ; add to the gravy a grated onion, a bay leaf, a stalk of celery, two or three sprigs of parsley, pepper, and salt. Let all simmer together for an hour, and set the saucepan aside. Arrange the chicken neatly in a large pudding-dish, pour over it the highly seasoned gravy, and cover all with pastry made by the recipe given below. Bake to a delicate brown.

PASTRY FOR CHICKEN PIE.

Two pounds of sifted flour ; one and a half pound of butter ; iced water enough to make a stiff paste.

Have bowl, chopping-knife, butter, and flour well chilled before beginning work. Chop the butter into the flour, and when the bits of butter are the size of pease pour in the iced water, mix it with the chopping-knife into a rough paste, and turn it out on the board together with any scraps of butter that have not been worked in. Roll it out quickly into a sheet about half an inch thick. Flour lightly, fold it in three, turn the rough edges toward you, and roll out again. Repeat this process three times, handling the pastry just as little as possible. Set it on the ice for an hour at least before using.

ENGLISH CHICKEN PIE.

Take a pair of young, tender chickens and cut them into neat joints. Lay them in a deep pudding-dish, arranging them so that the pile shall be higher in the middle than at the sides. Reserve the pinions of the wings, the necks, and the feet, scalding the latter and scraping off the skin. Make small force-meat balls of fine bread-crumbs seasoned with pepper, salt, parsley, a suspicion of grated lemon-peel, and a raw egg. Form this into little balls with your hands, and lay them here and there in the pie. Pour in a cupful of cold water, cover the pie with a good crust,

making a couple of cuts in the middle of this, and bake in a steady oven for an hour and a quarter. Lay a paper over the pie if it should brown too quickly. Soak a tablespoonful of gelatine for an hour in enough cold water to cover it. Make a gravy of the wings, feet, and necks of the fowls, seasoning it highly; dissolve the gelatine in this, and when the pie is done pour this gravy into it through a small funnel inserted in the opening in the top. The pie should not be cut until it is cold, when the meat will be found embedded in jelly. This is a delicious dish.

CASSEROLE OF CHICKEN.

A hungry man seeking his luncheon went, not long ago, to a certain French restaurant noted for its rare combination of admirable cookery and reasonable charges. There, moved by a happy inspiration, he ordered and ate a casserole of chicken. It was exceedingly good—so good that he went home and described the dish to his wife with an eloquence that moved her to do her best to reproduce the dainty.

She sought through countless cook-books for the directions she needed, and found recipes many for casseroles of various sorts. Some were in the shape of meat-loaves, some took the forms of moulds of rice or potato filled with minced chicken, fish, or meat. Dish after dish she prepared, following with what consistency she could the combined directions of the cook-books and her husband, but in vain. *The* casserole eluded her efforts. To complete her discouragement, none of the notable cooks consulted could offer any satisfactory suggestions.

At last, however, one of the least of them, who had never before had anything approaching an original idea, was visited by a lucky thought. This she at once proceeded to put into practice. Selecting for her companion a *bon-vivant* who possessed a fine talent for culinary analysis, she went to the restaurant where the *chef-d'œuvre* had been found and ordered casserole of chicken. The two ate and studied and compared impressions and devised formulæ, and finally exercised financial blandishments upon the head-waiter and the *chef*.

When the seekers for knowledge left the restaurant they bore with them lightened purses, satisfied appetites, and an air of triumph. But the most valuable acquisition was a bit of paper, upon which was jotted down, in kitchen French and in the *chef's* own Gallic handwriting, the outline of the longed-for recipe, and here it is, reduced to the American kitchen idiom.

Select a plump spring chicken, clean it, and truss it as for roasting. Place in a casserole two tablespoonfuls of butter, a carrot, and an onion (both cut into slices), two bay-leaves, and a sprig of thyme. Set the casserole on top of the stove for about ten minutes, or until the vegetables are lightly browned in the butter. Pour in then a pint of well-seasoned consommé, cover the casserole closely, put it into the oven, and braise the chicken for three-quarters of an hour. If it is not young and tender it will require longer. Ten minutes before the time is up add two tablespoonfuls of sherry or madeira, and cover again. At the end of the three-quarters of an hour drop into the gravy a dozen or more small potato-balls which have been cut from the raw potato with a Parisian cutter and then browned, or *sauté* in butter. At the same time add an equal number of French champignons. Season the gravy with pepper and salt, and leave the cover off the casserole that the chicken may brown. This should take ten or fifteen minutes. After removing it from the oven, sprinkle finely minced parsley over the chicken, and send it to table in the casserole.

The genuine French casseroles are hard to find in this country, and the imported ones are very expensive. For the benefit of those who do not possess these utensils already, it may be stated that any deep earthenware pudding-dish with a closely fitting cover will serve as a substitute. There is a little curio-shop in New York where a feature is made of Mexican and Moorish pottery, and here may be found delectable covered pudding-dishes, of a light terra-cotta ware, which are cheap, artistic, and will stand any amount of heat. These are more ornamental than the imported casseroles, and infinitely preferable to the ugly earthen-

ware saucepans sold by that name. The only essential difference lies in the handles, the Mexican dish having a pair of them instead of the single short one found on the regular casserole.

FRICASSEE OF CHICKEN À LA REINE.

Joint a pair of young chickens, and put them on the fire in a large saucepan with a quart of cold water. Let it come to a boil slowly; when it reaches this point put in a couple of stalks of celery, three or four sprigs of parsley, a bay-leaf, and a couple of slices of onion. Season with a tablespoonful of salt and a scant teaspoonful of pepper. Simmer for half an hour, closely covered. As soon as the chicken is done—test it with a fork—take it from the gravy, and keep it warm over hot water while you make the sauce. Cook together in a saucepan two tablespoonfuls of butter and two of flour until they bubble; do not allow them to brown; when they bubble add to them slowly, stirring constantly, a pint of the strained gravy of the chicken. Let this boil for about two minutes. Mix in another bowl the yolks of two eggs, three tablespoonfuls of milk, a tablespoonful of melted butter, and a tiny pinch of red pepper, and add this carefully, almost drop by drop, to the hot sauce, stirring all the time. Do not let the sauce boil again, but when it is thoroughly mixed put in a teaspoonful of lemon-juice; pour the sauce over the chicken and serve it at once.

HUNGARIAN CHICKEN.

Joint a fowl as for fricassee; put it on the fire in enough cold water to cover it; bring it to a boil slowly, and cook until tender. Unless the chicken is quite young this should require from two to three hours. When it has been simmering about an hour put in a sliced onion, two stalks of celery, three sprigs of parsley, and a teaspoonful of paprica—the Hungarian red pepper. When the chicken is done, arrange it in a dish; add to the gravy salt to taste and the juice of half a lemon, and pour it over the chicken.

TURKISH CHICKEN WITH RICE.

Cut up a spring chicken as for fricassee, and put it on the stove in a saucepan with a tablespoonful of butter and a minced onion. When the pieces are lightly browned, which should be in about ten minutes, add a gill of tomato-liquor and a pint of weak chicken-stock, which should have been made from the neck, feet, giblets, and wing-tips of the fowl. Bring this to a boil. Wash and pick over a cupful of raw rice, stir it into the broth, and cook all together for twenty minutes, or until the rice is soft. Ten minutes before it is done add two tablespoonfuls of grated Parmesan cheese and a dozen French mushrooms. Before taking from the fire, season to taste with salt and pepper. Serve very hot.

JELLIED CHICKEN.

Take off every bit of skin and cut the meat into pieces of as nearly uniform size as you can manage. Boil four eggs for twenty-five minutes and lay them in cold water for half an hour, then peel and cut into neat round slices. Cut stoned or stuffed olives into halves. Butter a mould or bowl well, and line with alternate rows of the egg-circles and the split olives, the rounded sides of the olives outward. Put a layer of the chicken into the mould, seasoning with pepper and salt; cover with cold and slightly coagulated jelly (aspic); set in a cold place for ten minutes; put in another layer of seasoned chicken, more aspic, and so on until the mould is full. Now and then add a few bits of chopped egg and an occasional caper. Set on ice, in warm weather, until you are ready to use it, when wrap a towel, wrung out in boiling water, about the mould and invert upon a cold platter.

ASPIC JELLY FOR THE FOREGOING RECIPE.

Soak half a box of gelatine in cold water enough to cover it for two or three hours. Boil and clear with white of egg, then strain through flannel two cupfuls of the liquor in which the chicken was boiled, or, if you lack this, the same quantity of

good consommé, which will not need straining. It should be rather highly seasoned. Take from the fire and stir in the gelatine; bring to a boil, let it cook one minute, and stir in four tablespoonfuls of tarragon vinegar if you wish a tart aspic. If not, omit it. Set aside in a broad bowl to cool.

Claret gives a fine color and a pleasant taste to aspic. Some fancy that a little sherry improves the flavor, more epicures object to the somewhat faint "tang" it imparts.

MOULD OF CHICKEN AND RICE.

Boil a cupful of boiled rice in chicken or other stock, seasoned well with pepper, salt, onion-juice, and celery. Cook twenty minutes hard in the stock, which should boil when the rice is dropped in. Drain the rice dry, beat up a raw egg in it while hot, and let it get cold and stiff. Then line with it a well-greased mould which has been thickly strewn with fine crumbs. The rice-lining should be nearly an inch thick and hollowed out with the hand. Fill with cold chicken, minced and well seasoned, put a layer of rice on the top, cover with a tightly fitting lid, set in a pot or pan of hot water and cook one hour. Turn out upon a hot platter and serve with curry or tomato sauce.

MARSEILLES BOILED CHICKEN PUDDING.

Chop cold chicken fine, and mix it up with a cupful of well-seasoned drawn butter for two cupfuls of meat. Better still, if you have a cupful of good stock or gravy, add to it a few spoonfuls of cream, thicken to the consistency of starch and moisten the chicken well with this. Beat in the yolk of an egg, and, if convenient, two tablespoonfuls of pounded almonds or of pine-nuts. The mixture should be creamy and soft. Let it get cold and stiff; line a pudding-mould that has a close top with light biscuit-dough, or with family pie-crust, fill with the chicken, put the crust over the top, fit on the lid, and boil for one hour, or steam for an hour and a half.

Turn out upon a hot dish and serve egg sauce or a good gravy with it. It must be eaten as soon as it is turned out.

TO BROIL A COLD CHICKEN.

Split down the back and lay, breast uppermost, upon a plate ; pour over and rub into it a marinade of four tablespoonfuls of olive oil and one of lemon-juice. Invert a plate over it, put a heavy weight upon the upper plate and set aside for two hours. Then rub all over well with the oil and lemon-juice, dip in egg, then in fine crumbs, set on the ice, or in a cold place for an hour, and broil over a clear, but not fierce, fire, turning often.

Send in a made gravy of the chopped giblets and a large spoonful of chopped champignons, added to a cup of boiling stock and thickened with a brown roux.

CHICKEN SCALLOP.

Mix two cupfuls of well-seasoned cold chicken with a cupful of boiling oyster-liquor ; bring to a boil, add a cupful of hot milk thickened with a great spoonful of butter rolled in one of flour, and take from the fire. Stir in a tablespoonful of chopped almonds or of chopped champignons, and the pounded yolks of two hard-boiled eggs. Butter a pudding-dish ; cover the bottom with a thick layer of crumbs, peppered, salted, and buttered ; pour in the mixture ; cover with another layer of fine crumbs, pepper, salt, and stick bits of butter all over it, and cook, covered, for half an hour, then uncover and brown lightly.

You can cook turkey or lamb or duck in the same way, substituting a good stock or a white sauce for the oyster-liquor.

CHICKEN CROQUETTES.

Make a mixture precisely as above directed ; let it get cold, make into croquettes, roll in egg, then in cracker-crums, and set away for several hours to get stiff. Fry in deep, hot cottolene and serve dry. Pass green pease with them.

CHICKEN AND SWEETBREAD CROQUETTES.

Stir one cupful of minced cold chicken and the same of sweetbreads, boiled and blanched, into a good drawn butter, or four

tablespoonfuls of chicken-stock thickened with two tablespoonfuls of white roux. Heat in a vessel set in another of boiling water; when hot all through take from the fire, add half a cupful of hot cream (with a bit of soda stirred in) and the beaten yolks of two eggs. Mix well, set in a cold place until solid; make into croquettes; egg and bread them; set on ice for an hour and fry in deep, hot cottolene.

CHICKEN FILLING FOR PÂTÉS.

One cupful milk, one tablespoonful butter, one tablespoonful flour, salt, pepper, and a pinch of mace; juice of half a small lemon.

Cook the flour and butter together until they bubble, and pour the milk upon them, stirring until you have a thick, white sauce. Set the vessel containing it in an outer saucepan of boiling water and stir into it a cupful of the white meat of chicken, cut, not chopped, with a sharp knife, into small pieces. Let it get hot through before filling the pastry-shells.

TURKEY.

Turkeys are so near akin to chickens that the directions for roasting and boiling the latter may be used with hardly an alteration for the former. The same time—about fifteen minutes to the pound if the fowl be tolerably tender—is observed in cooking both kinds of poultry. The same kinds of réchauffés may be made from turkey as from chicken.

FLORENTINE ROAST TURKEY STUFFED WITH CHESTNUTS.

Prepare the turkey by cleaning, washing, and trussing. Make a dressing of—

One quart of Spanish chestnuts; two tablespoonfuls of butter; one teaspoonful of salt; pepper to taste.

Roast or boil the chestnuts. If you roast them do not let them burn. Peel, mash, and chop them. Work in the butter and seasoning and stuff the turkey as you would with bread-dressing.

Of course you could substitute native chestnuts for the Spanish, boiling and peeling them. But the time required to get out enough meat to fill a turkey would seem to put the substitute out of the question.

OYSTER STUFFING FOR TURKEY.

To the ordinary stuffing for a turkey, of dry bread-crumbs, seasoned with parsley, thyme, and sweet marjoram, and moistened with melted butter, add two dozen small oysters, chopped fine. Stuff the breast of the turkey with this.

A SECOND-DAY TURKEY.

If but one side of a boiled or steamed turkey, or a roast that is unfortunately underdone, be left intact after the first visit to the table, it can be made both presentable and palatable by obedience to the following rules:

Cover the whole side with tolerably thick and fat slices of boiled cold ham. Bind them in place with cotton-twine or narrow tapes. Lay the turkey, whole side upward, in your covered roaster. If you have any gravy left from yesterday thin it with boiling water, strain, and pour it in the pan about the turkey. If not, weak chicken or veal, or even beef-stock, will do. If you have none of these use boiling water and stir in a tablespoonful of butter. Cover the roaster and cook gently one hour. Baste four times during this hour. Fifteen minutes before dishing cut and withdraw the strings, take off the ham and keep it hot. If the turkey is not brown, dredge with flour and baste well once more. Shut the oven and brown it. Cut the ham into strips, and lay about the fowl when dished.

Strain the gravy; if necessary thicken with browned flour and boil up before serving in a boat.

SCALLOPED TURKEY.

Cut the remains of a cold turkey into strips an inch and a half long, salt and pepper and set away, covered, in a cold place while you make a good gravy of the carcass, broken to

pieces, and the stuffing, with the skin and other uneatable bits. Cover well with cold water and stew down slowly to half the original quantity of liquid. Strain and add the beaten yolks of three eggs for two cupfuls of meat. Stir in the turkey. The mixture should be very soft and well-seasoned. Cover thickly with fine crumbs, salt and pepper, stick bits of butter in this crust, and bake, covered, until it is bubbling hot. Then brown.

TURKEY AND SAUSAGE SCALLOP.

Butter a pudding-dish and fill with alternate layers of cold minced turkey and cooked minced and cold sausage meat, seasoning slightly as you go. The sausage will supply nearly all the seasoning you wish. Pour in as much gravy or weak stock as the dish will hold; let it soak in for a few minutes and cover with a mush of bread-crumbs, peppered, salted, and soaked in cream or milk, then beaten smooth with an egg and a tablespoonful of butter, melted. It should be half an inch thick. Cover and bake for half an hour, then uncover and brown. Serve at once, as the crust soon falls.

GALANTINE OF TURKEY.

Boil a turkey that is too tough to be served whole. Put it on in cold water, bring slowly to the boil, and cook until the meat slips from the bones. Cut it off while hot and let it get cold. Return the bones to the pot-liquor and cook gently two hours longer. There should be a full pint of strong stock after the bones are strained out. Heat now and clear with white of egg, strain through flannel and color with a little caramel. Have at hand half a box of gelatine that has been soaked for two hours in a large cupful of cold water. Stir over the fire until the gelatine dissolves and the liquid is hot. Add then half a teaspoonful of onion-juice and a teaspoonful of kitchen-bouquet, with the juice of half a lemon.

Dip nappies or custard-cups or broad wine-glasses in cold water, put a notched slice of pickled beet in the bottom of each, and when the jelly is cold a teaspoonful of this. Upon it lay a

slice of hard-boiled egg yolk, then fill the nappies with minced and highly seasoned turkey to within half an inch of the top. Pour in jelly to the brim, letting it sink as it will into the mince and rise to leave a stratum at top.

Set on ice until they are wanted. Turn out upon crisp lettuce-leaves and pass mayonnaise dressing with them. You may substitute a slice of truffle, or half of a stoned olive, the cut side inward, for the pickled beet.

A handsome and a delightful entrée.

HASHED TURKEY.

Heat in a saucepan the carcass and stuffing with water enough to cover it two inches deep. Cook slowly for two hours, strain and season with onion-juice, chopped parsley, pepper, and salt. Cut the meat into small dice, and half a can of mushrooms (champignons) into quarters, and stir into the sauce. Heat to scalding, add a glass of sherry and the juice of half a lemon, and serve.

BONED TURKEY.

With a narrow, keen knife take the bones out of a raw turkey. Follow one bone until you have loosened it along its length, keeping the blade close to it. Cut the nearest joint and pull it out, with the tendons attached to it, then go on to the next. Patience and dexterity will accomplish the task more easily than you imagine. Now fill the spaces left by the bones with a good force-meat seasoned to taste. Sausage and mushrooms may be worked to advantage into this force-meat, with bread-crumbs and mashed boiled chestnuts. Sew it up in mosquito-netting when it is stuffed, retaining some resemblance to the original bird, and braise it upon a bed of minced vegetables, basting with good stock, and keeping it covered the rest of the time. Put under a light weight, while warm, and do not undo the cloth until next day. Practise upon a chicken before undertaking a turkey.

Boning-knives can be procured which make the tedious process easier.

GEESE.

A tough chicken is an inconvenience. A tough turkey is a serious annoyance. When a goose is tough the infliction casts inconvenience and annoyance into the shade. And he toughens at such an inconceivably early period of his mortal career! By the time he is six months old he is a doubtful character. At twelve months he is "impossible" from the market point of view. He is never quite patrician, although tolerated in our best circles when at his best (tenderest) estate. In middle life and in his declining months he is hopelessly plebeian. When cooked at that age the most attractive thing about him is the savory odor that arises while the process is going on.

"And now two smaller Cratchits, boy and girl, came tearing in, screaming that outside the baker's they had smelled the goose and known it for their own," moves the initiated reader to compassionate forebodings of the awakening that might be in store for the revelers-expectant. There is relief in the sigh of satisfaction with which we see, on turning the page,

"There never was such a goose cooked. Its tenderness and flavor, size, and cheapness were the themes of universal admiration."

That was an English Christmas and the Cratchits were an exceptional family. For the sake of such and for less uncommon folk, with whom size and smell go far in a Christmas dinner, it behooves us to make the goose of every age as masticable as is practicable by kindly and cunning devices.

ROAST GOOSE.

It must be under a quarter of a year old. Prepare for roasting as you would a turkey. He is more hairy than other fowls and needs careful singeing. In mixing the dressing make judicious use of onion and sage. They go well with the strong meat. Old-fashioned English cooks used to mix a little minced

apple with the bread-crumbs and seasoning. The acid is pleasant in this combination.

Lay the goose in a covered roaster ; dash a great cupful of boiling water over him into the dripping-pan below ; dredge him with flour, salt, and pepper ; cover and cook twenty minutes to the pound, if young, lengthening the time in proportion to his age.

Chop the giblets fine and stir into the gravy, with browned flour for thickening. Serve apple sauce with it.

BRAISED GOOSE.

Prepare as for roasting, but do not stuff. Cut an onion, a carrot, a turnip, two stalks of celery, and a fine pippin into thin slices (chopping the celery), and dispose them in the bottom of the roaster. Sprinkle the vegetables with powdered sage, pepper, and salt. Lay the goose upon them ; pour over it two cupfuls of boiling water, dredge with salt, pepper, powdered sage, and flour ; cover closely and cook slowly, allowing twenty-five minutes to the pound. When half the time has expired, turn the goose over on his side, and an hour later upon the other.

Take him up and keep hot. Rub the vegetables and gravy through a colander, return to the fire, and stir in a tablespoonful of browned flour. Boil up once, pour half over the goose and send in the rest in a boat.

GERMAN RAGOÛT OF GOOSE.

Cut up the remains of yesterday's braised or roast goose into neat pieces. Put into a saucepan and cover with the gravy left from the former dish. If you have none, cut earlier in the day a carrot, a turnip, an onion, an apple, and a stalk of celery into small dice and stew soft in a pint of consommé or weak stock. Rub through a colander and use it for covering the pieces of goose. Cover closely and stew gently for an hour and a half, longer if the fowl be tough. Take up the meat, arrange neatly upon a flat dish, and pour the gravy over all.

A palatable accompaniment to this ragoût is a garnish of small, well-flavored apples, boiled tender, but not until they break to pieces. Leave them in the water until you can handle them, when skin, sprinkle with sugar, and keep hot over boiling water until the goose is dished. Lay them close about the meat, and serve one with each portion.

DUCKS.

These pets of the poulterer are as distinctively aristocratic as our geese are plebeian, an honor for which the buyer has to pay. They deserve popularity, being more delicate of flesh and flavor than geese, and retain their good qualities longer.

ROAST DUCKS.

Clean with care, and, after washing well, rinse out with soda and water. Lay in cold water for half an hour; wipe dry and stuff with bread-crumbs, seasoned with butter, pepper, salt, a half teaspoonful of onion-juice, and just a pinch of powdered sage. Dredge with salt, pepper, and flour; dash a cupful of boiling water over them and roast, covered, twelve minutes to the pound, if you like them rather rare; fifteen, if you would have them well done. Baste four times, the last time with butter, after which dredge with flour and brown.

Chop the giblets for the gravy, and thicken with browned flour. When green pease can be procured they should accompany ducks.

BRAISED DUCK.

Proceed as with braised goose, omitting the apple from the "bed" and adding onion and sage very sparingly.

STEWED DUCKS.

Ducks which are no longer in the first flush of youth may be treated satisfactorily in this way.

Joint as for fricassee; pepper, salt, and flour them. Heat good

dripping in a frying-pan and fry a sliced onion to a light brown. Take out the onion, put in the duck, and cook ten minutes, turning two or three times. Put into a saucepan a cupful of stock or consommé, and while it is still cold lay in the jointed duck. Cover and stew slowly until tender, season with pepper and salt, a tablespoonful of tomato catsup, and a dash of lemon-juice. Simmer three minutes, stir in a tablespoonful of brown roux, cook a minute to thicken it, add a glass of sherry, and serve.

SALMI OF DUCK.

Cut up the carcass of a roasted or braised duck, the meat into neat dice, bones, stuffing, and skin into small pieces. Cover the meat-dice with a marinade of salad oil and lemon-juice, and leave in a cold place while you prepare the gravy or sauce. Cover the bones, etc., well with cold water, add parsley, pepper, and salt, and simmer, after this reaches the boil, for two hours. Strain, thicken the gravy with browned flour rubbed up with a spoonful of butter; add the juice of half an onion, boil up and put in the meat. Draw to the side of the range and let it almost, but not quite, boil. Take out the meat and arrange neatly upon a flat dish. Add to the gravy half a can of champignons (or, if you can get them, fresh mushrooms are far better). Simmer three minutes and pour over the meat.

Garnish with sippets of fried bread.

ROAST DUCKLINGS.

Whip three tablespoonfuls of mashed potatoes to a white cream with butter and a tablespoonful of cream. Season with celery salt and white pepper, add three tablespoonfuls of almonds, blanched and chopped very fine. With this mixture stuff your young ducks when you have cleaned and washed them. Do not distend the bodies, but fill without packing. Truss and bind legs and wings into position with cotton-twine. Lay the plump creatures (they must be fat and white) upon the grating of your roaster, rub the breast with a split onion, dust with pepper, salt,

and flour ; put a cupful of boiling water into the pan and cover. Set in a very quick oven for the first fifteen minutes. Change, then, to a more moderate, and cook, still covered, ten minutes to the pound. Uncover, baste well with gravy, then with butter, dredge with flour, and brown.

Skim the fat from the gravy, thicken with a tablespoonful of browned flour, rubbed up with two tablespoonfuls of currant jelly, and send to table in a boat.

This is one of the choicest of summer delicacies.

RAGOÛT OF DUCK AND GREEN PEASE.

Cook the remnants of a pair of roast ducks as directed in recipe for Salmi of Duck, and when done pile the meat in the centre of the dish ; put a quart of green pease, well boiled and drained, about them like a green fence, and pour the gravy over all.

FAMILIAR TALK.

A WORD ABOUT POTS AND PANS.

When you are furnishing your pantry bear in mind that it is sometimes poor economy to save money. Be a little lavish in pots and pans, bowls and spoons. Your strength is your capital. Do not squander it by doing without what you need in the way of utensils, or wear yourself out washing them again and again in the course of one morning's work, because you have an over-scant supply of necessary vessels.

There are plenty of homes where the abundant food served on handsome china is prepared by the cook with the greatest difficulty because of insufficient utensils. A visit to such kitchens would reveal make-shifts that are usually associated with poverty. Cake and puddings mixed in a soup-tureen or vegetable-dish, in default of regular mixing-bowls, bread set to rise in a dish-pan for lack of a bread-bowl, left-overs set away in the handsome china dishes in which they came from the table because there

are not kitchen plates and cups to hold them, worn-out chopping-bowls, leaky measuring-cups, dented and dingy tins, and a general "down-at-heel" condition of affairs.

This is not always the fault of the mistress. Often it happens that she has provided all the essentials, and the carelessness of her servants has brought about the dearth and disorder. Unless she goes into the kitchen regularly, and looks well to the ways of her pantries she must expect that loss and breakages will pass unreported. The woman who does more or less of her own cooking will be spared this annoyance at least.

The best ware for pots and pans is usually of agate-iron, although it is difficult to find a make that will not crack or scale. The blue porcelain-lined vessels are always pretty and clean-looking. Of these or the agate-iron should be the double-boilers, the double-bottomed saucepans, the frying-kettle, the pudding-dishes, and sundry other equally useful vessels. Have an omelet-pan as well as a frying-pan, a waffle-iron as well as a griddle, muffin-tins as well as biscuit-pans. And, above all, do not stint yourselves in the matter of bowls. Have of big bowls one or two, of medium-sized bowls three or four, and of small bowls as many as your financial conscience will allow you to get. They are cheap, they take up little room, are easily kept clean, and are always useful, not only for mixing small quantities, for beating an egg or two, but for holding a spoonful of this or half a cupful of that remnant.

Be lavish, also, in spoons for mixing and for measuring, and in knives of various sizes for cutting meat and bread, for paring apples and potatoes. Have a split spoon for taking croquettes and fritters from the boiling fat, meat-forks, cake-turners, and a palette-knife for lifting and turning an omelette. Provide yourself with a board to cut bread upon, with a paint-brush to grease cake-tins, with an iron-handled chain-dishcloth for cleaning pots and pans, with a long-handled mop, a vegetable-grater, a cheese-grater, a vegetable-press, a gravy-strainer, a long-nosed pitcher for griddle-cake batter, and more than one egg-beater.

There are many other no less useful articles that will readily

suggest themselves, such as fish and meat broilers, toasters, croquette-baskets, and the like. This paper is not meant to give a complete list of kitchen furnishings, but rather as a plea to the housekeeper to supply herself with those aids which will lighten her labors. Of course she can branch out to any extent, but there is a clearly drawn line between the things she should have and those she can get along without. Some writers of household topics fail to recognize this point of division, and enumerate among the articles necessary to every cook such a collection of border-moulds, pastry-tubes, boning-knives, salamanders, roasters, steamers, sieves, and *bains-marie* that the young housekeeper of small means is utterly discouraged, while the experienced woman who has kept house long and well without these appliances is amused and scornful, and discounts the value of the entire list.

C. T. H.

GAME.

REDHEAD OR CANVASBACK DUCKS (ROASTED).

Singe and draw, but do not wash the ducks. Wipe them, inside and out, with a soft, damp cloth. Cut off the pinions and tie what is left of the wings to the bodies. Instead of stuffing them, pepper and salt the cavity of the body, wash out with salad oil and lemon-juice and put a teaspoonful of currant jelly, or three or four cranberries, in each. Put into your covered roaster; pour half a cupful of boiling water into the dripping-pan beneath; cover closely and cook half an hour, basting three times. Uncover, wash all over with a mixture of butter and lemon-juice, and brown.

Send currant jelly around with them.

REDHEAD OR CANVASBACK DUCKS (BROILED).

Clean and wipe with a soft, damp cloth within and without. Split down the back and flatten the protuberant breast-bone with the broadside of a hatchet, then leave them in a marinade of salad oil and lemon-juice for one hour, setting them in a cold place. Without wiping them, broil over red, clear coals for twenty minutes, if they are plump and large; less time will do for small birds. Turn them twice.

Send around currant or grape jelly with them, and when dishing put upon each breast a teaspoonful of butter beaten to a cream with lemon-juice and finely chopped parsley.

ROAST PRAIRIE CHICKENS OR GROUSE.

Test them, after cleaning and wiping, and if they are tough put them—trussed as for roasting—into a steamer and set over

hard-boiling water for half an hour. While still hot rub them well with butter and lemon-juice, salt and pepper, inside and out, put a small bit of fat salt pork in each and roast, covered, in a quick oven half an hour. Baste three times with butter and hot water, and, just before taking them up, with butter alone. They are dry birds and need mollifying. Send currant jelly and bread sauce around with them.

BROILED GROUSE (LARDED).

Singe, clean, wipe well, split down the back, and lard the breasts with narrow strips of fat salt pork, drawn through the skin for an inch and out the other side with a larding-needle. Or, if they are decidedly tough, steam for half an hour and lay until cold in a marinade of lemon-juice and oil. Pepper and salt and broil for fifteen minutes. Serve upon squares of toasted bread, or upon oblongs of fried hominy. Butter well before sending to table.

SALMI OF GROUSE.

Cut neatly into joints a pair of underdone grouse and divide the breasts into two pieces each. Put a cupful of good stock or consommé in a saucepan, season well, add a minced onion, a chopped carrot, and a stalk of celery, with a little minced parsley, and cook slowly one hour. Rub through a colander, stir in a tablespoonful of brown roux, bring to a boil, and put in the grouse. After this it must not boil, but set it in a saucepan of boiling water just where it will keep at the scalding-point for half an hour. At the last put in half a cupful of mushrooms, heated in their own liquor, and serve.

If you have preserved the giblets of the grouse, mince them fine, work them to a paste with butter, season with salt and pepper, and spread them on buttered toast upon the dish intended for the salmi before it goes in. The toast will absorb the gravy and be delicious.

ROAST QUAILS.

Draw and wipe carefully within and without with a soft, damp cloth. Put a whole raw oyster in the body of each, and truss as

you would a chicken. Bind thin slices of fat bacon over the breast; lay upon the grating of your roaster, put a very little hot water under them and cook, covered, in a lively oven, for twenty minutes, basting three times with butter and water. Wash well with butter, pepper, and salt, and serve upon squares of buttered toast, wet with gravy from the roaster.

BROILED QUAILS.

Draw, wipe, and split down the back, then leave them in a marinade of salad oil and lemon-juice for half an hour. Without wiping, broil on a wire "bird-broiler" for ten minutes, turning twice. Butter, salt, and pepper them, and serve on squares of buttered toast, upon each of which has been poured a teaspoonful of hot stock.

ROAST PARTRIDGES.

Clean and truss as you would chickens. Bind thin slices of fat salt pork or bacon over the breasts and put into your roaster with half a cupful of boiling water. Pepper and salt the birds and wash over with melted butter, letting it drip into the pan below. Cook, covered, forty-five minutes, basting four times with butter and water.

Serve with a good bread sauce, but after dishing pour over the birds several spoonfuls of their own gravy from the pan.

ROAST PIGEONS (WILD).

Unless you are sure that they are tender, stew them or put them into a pie.

Draw and wash them thoroughly; wipe dry, salt and pepper the insides; truss and bind them into shape with cotton string; cover the breasts with thin slices of fat bacon tied in place, lay them, breasts upward, in your roaster, and pour in half a cupful of hot water or weak stock. Cook, covered, fifteen minutes; remove the pork, rub all over with butter and lemon-juice, and brown. Keep the pigeons hot while you stir into the gravy

a tablespoonful of butter cut up in one of browned flour and another of currant jelly. Boil up once and pour over the pigeons.

BROILED SQUABS.

Split down the back, rub all over with butter, salt and pepper them, and broil over red coals.

Serve upon buttered toast wet with a little hot stock or gravy.

BRAISED PIGEONS WITH MUSHROOMS.

Drain, wash, and stuff with a force-meat of crumbs and chopped fat pork, seasoned with onion-juice, salt, and pepper. Prepare the usual bed of vegetables—minced carrot, onion, celery, and parsley. Lay the pigeons upon it; add a cupful of stock, or of butter and water, cover and cook gently one hour, or until tender. Dish the birds and keep hot; rub the gravy through a colander into a saucepan, season to taste, add a dozen fresh mushrooms cut into small pieces, simmer five minutes, thicken with a tablespoonful of brown roux, boil up and pour over the pigeons.

PIGEON PIE.

Clean, wash, and joint; wipe dry, pepper, salt, and *sauté* them in hot dripping in which an onion has been fried. Butter a deep dish and lay in the meat alternately with layers of fat salt pork, chopped fine, hard-boiled eggs, and the giblets of the birds, boiled and minced. Dredge flour over the pigeons as they go in. When the dish is full pour in a cupful of the water in which the giblets were cooked, seasoned with pepper and salt. Cover the pie with a good crust, cut a slit in the middle, and bake one hour in a moderate oven.

ENGLISH JUGGED PIGEONS.

Clean, wash, and stuff with a good force-meat of crumbs, chopped fat pork, the yolks of two hard-boiled eggs rubbed to powder, and a tablespoonful of celery boiled tender and chopped. Season to taste with onion-juice, pepper, and salt. Truss the

birds; tie wings and legs close to the bodies and pack in an agate-iron pail with a close top. Plunge this into boiling water deep enough to cover the pail almost to the top, but not to float it. Put a weight on the top to keep the pail from turning over as the boiling becomes hard, and cook for three hours if the pigeons are tough.

Dish the birds, thicken the gravy with browned flour, add a tablespoonful of tomato catsup, boil up and pour over the pigeons.

CURRIED PIGEONS.

Cook as above directed, dish and add to the gravy two teaspoonfuls of curry-powder. Boil one minute before pouring over the birds. Serve with boiled rice.

Pass ice-cold bananas with this dish.

WOODCOCK, SNIPE, AND OTHER SMALL BIRDS

are usually broiled in the same manner as squabs. They are also nice (especially woodcock) cleaned and left whole, the head skinned, the eyes extracted, and the head twisted over the shoulder until the bill pierces the body. Bind a thin slice of fat pork or bacon closely about each bird. When all are ready lay them upon the grating of your covered roaster, pour a very little boiling water under them, cover and roast fifteen minutes. Remove the bacon, wash the birds over with butter, and brown.

Boil the giblets and pound fine; rub to a paste with butter; season to taste. Have ready squares of toast, buttered. Wet with the pan-gravy and spread with the paste, laying a bird upon each.

BORDEAUX STEWED RABBITS.

Skin, clean, and joint. Heat a tablespoonful of butter in a saucepan and fry in it a sliced onion. When it is slightly colored put in the pieces of hare, salted, peppered, and dredged with flour, and cook five minutes, turning over and over that all parts may be seared. Cover with cold water or weak stock, add

parsley, sweet marjoram, pepper, and salt, and stew gently until tender.

Take up the meat with a skimmer and pile upon a dish. Add to the gravy in the saucepan a great spoonful of brown roux, a teaspoonful of Worcestershire sauce, and, if you like, half a cupful of chopped mushrooms or champignons. Boil two minutes, take from the fire, put in a glass of claret, pour over the meat, cover, and set in an open oven for five minutes before serving.

ROAST HARES OR RABBITS.

“Old hare” at the South, let the age be what it may. At the North and West it is a rabbit, tame or wild.

Skin and clean them. The latter process should be thorough. Good cooks are sometimes less heedful than they should be in this respect.

Chop the livers fine, also a slice of fat pork, and mix with bread-crumbs. You may add a few champignons or mushrooms if you like. Season with pepper, salt, and onion-juice. Stuff the rabbits with this, sew them up, and anoint well with salad oil and lemon-juice, leaving them in this marinade for an hour.

Put into the roaster, pour a cupful of weak stock, or consommé, or butter and water under them; cover and cook for an hour. Take off the bacon, wash over with butter, and brown.

Dish the hares, and keep hot, while you thicken the gravy with browned flour, boil up, add a teaspoonful of catsup and half a glass of claret, pour a few spoonfuls over the rabbits, the rest into a boat.

JUGGED HARE.

Skin, clean, and joint a full-grown rabbit, or hare. Cut the back into two pieces, and sever every joint. Fry a sliced onion to a pale brown in hot dripping, put in the meat, peppered, salted, and floured, and cook for ten minutes, fast, turning often. Put into the bottom of an agate-iron saucepan a layer of chopped fat salt pork, sprinkle with onion, parsley, and paprica. Upon this lay the pieces of hare and cover with another layer of chopped

pork and onion. A few bits of fresh tomato would not be amiss. Pour in a cupful of cold, weak stock in which a stalk of celery has been boiled, then removed.

Fit on a tight top, set in a vessel of cold water, and bring slowly to a boil. Keep this up for three hours, or until the meat is tender. Dish the pieces of rabbit, thicken the gravy with browned flour; add a tablespoonful of currant jelly and one of lemon-juice, simmer one minute, pour in a glass of sherry and turn all upon the meat.

Garnish with triangles of fried hominy, serving a bit with each portion of hare. This is an English dish and good.

ROAST VENISON.

The best pieces for roasting are the leg, the haunch, and, chiefest of all, the saddle. The general treatment is the same as that bestowed upon prime mutton. Cook about twelve minutes to the pound. Venison should be hung for several days before it is used in winter. If it be frozen, so much the better. When you are ready to cook it wash it all over with vinegar, rub this in well, wipe the meat, and rub it as faithfully with butter or with salad oil.

Send around currant jelly with it, and mix a tablespoonful of the same in the gravy when you thicken it, with a glass of claret, or other red wine.

VENISON STEAK.

Cook as you would beefsteak, allowing a little more time, as the meat is firm and close-grained.

When it is done lay it upon a hot-water dish, pepper and salt, and put upon it a great spoonful of butter, beaten to a cream, with one of currant jelly. Cover the dish, let the sauce melt, turn the steak in it and put another spoonful upon the other side.

Eat hot.

"VENISON PASTY."

Cut cold, underdone venison into neat dice, season with pepper and salt, and lay in salad oil and lemon-juice for one hour.

Make a gravy, some hours before you are ready to make the pasty, of venison or beef-bones, bits of skin, and refuse bits of meat, with a chopped carrot, an onion, and a stalk of celery; cover with cold water. Boil down to half the original quantity of liquid, strain and season, thicken with brown rous, boil up again and let it get cold.

Pack the venison in a deep dish, seasoning each layer as it is put in with pepper, salt, and onion-juice. Next to the first thickness put a dozen or more dice of cold boiled tongue (beef is good, but calf's or lamb's tongue is better), sprinkle with bits of butter dipped in flour, and here and there a great drop of currant jelly. On the tongue lay chopped salt pork and minced parsley. Squeeze a few drops of lemon- and of onion-juice on each layer. When all are in pour in gravy enough to be seen through the topmost layer, but not to cover it. Put over all a thick crust of puff-paste with a slit in the middle, and leaves or triangles of pastry overlapping the edges toward the centre. Bake in a steady oven for an hour. As the pasty browns, wash it with white of egg, and when this hardens, with butter, and leave in the oven to glaze.

FAMILIAR TALK.

KITCHEN PHYSIC.

Nature's treasure-house is continually yielding up new secrets that are for the healing of nations. By wise application of these medical science has added within half a century five and a half years to the average of human life. She has other, and what may be classed among open, secrets that even sensible people are slow to comprehend and to use to the advantage of the race. Fondness for drugs and ignorance of the laws of health usually go hand in hand. The reader of "The Mill on the Floss" recalls as a stroke of genius sallow Mrs. Pullet's mournful pride in the fact that no other woman in the parish had swallowed such quantities of doctor's stuff as herself. In proof of which distinction she points to the empty bottles and boxes on the shelf,

and regrets that, "as for the boluses there is nothing to show for them without it is the bills."

Every parish has its Pullets—the wife who doses herself with physic, and the husband who "draws" his drugs "mild," by keeping medicated lozenges in his mouth. But for them the patentees and pedlers of panaceas could not build palaces and drive four-in-hands. Even conscientious members of the profession devote more thought to remedial than to preventive measures. We must go to the antipodes to find a spasm of sense that pays the family physician for keeping his charges well, and stops his salary as soon as one of them becomes a "patient." The American practitioner in good and regular standing who makes much of "kitchen physic" is rated as old-womanish. The best of the guild are more ready to say what the sick ought not to eat than to advise what well people should eat, and when and how, if they would keep well.

I know a woman who would be handsome but for growing obesity, and a red muddiness of skin that defies alterative drugs, mineral waters, and cosmetics. Her physician lately prescribed walking in the open air for an hour each day.

"Walking!" cried the perplexed patient. "I do little else. I walk miles every day of my life. I know nobody who walks more unless it be our letter-carrier."

The pedestrian's friends whisper among themselves that she is "a high liver," addicted (the word is not too strong) to gravy-soups and entrées, teeming with indigestion; to fat ducks and salmon and lobster; to rich puddings and sauces; to pastry transparent with butter; to strong coffee, chocolate, nuts, raisins, confectionery, and so-called digestive liqueurs. Such things, when indulged in freely and habitually, will not down for all the medicines in the Pharmacopœia, and even bodily exercise profiteth little, although taken in the life-giving air of heaven.

In the good time coming doctors will league—not with druggists—but with greengrocers and butchers. Prescriptions for juicy steaks, tender chops, fish, full of phosphates for bone and brain, and fresh vegetables, will take the place of mystical

scrawls ordering quinine, calisaya, antipyrin, phenacetine, the various bromides, hydrarg. cum creta and myriads of other mineral and vegetable poisons. Manuals of Domestic Medicine will be discarded for familiar treatises upon Dietetics and the Chemistry of Food.

As a means to this end and the health and longevity of our race, each house-mother should study what kind of food will most surely build up the systems of growing children and maintain the vigor of adults. It sounds harsh, but it is a harsh truth, that thousands of people in otherwise fairly comfortable circumstances throughout our land suffer, and that many actually die yearly, from malnutrition. Their stomachs are distended tri-daily with what passes for food, but it is not food convenient for human creatures.

The table is the first objective point of economy when economy becomes necessary. "We must live more plainly," signifies a cutting off and a shutting down upon provision bills. Salted meats and fish are substituted for fresh; canned fruits and vegetables are cheaper in all seasons than those newly gathered, and are purchased by the family caterer as a matter of principle. In farming districts, peopled by fairly prosperous freeholders, "butchers' meat" is a novelty in home bills-of-fare, being reserved for high-days and holidays, and the slaughter of a fowl for home consumption is an event bordering upon a solemn ceremonial. The barrel of pickled pork, the keg of pickled fish, the store of smoked beef and hams, the bins of potatoes, turnips, and cabbages, supply with dreary monotony the family table from October until June, when new potatoes, turnips, and cabbages "come in." Eggless rice-puddings and leathery apple-pies, on five days out of seven, fill up the chinks left in disappointed stomachs by the solids enumerated. The quality of home-made bread in these households leaves so much to be desired that the sawdusty loaves left semi-weekly by the neighborhood baker are a welcome variety.

From this class of a rural and religious population, and from the corresponding rank of city mechanics, clerks, and small house-

keepers, is recruited the largest constituency of doctors and apothecaries. Butcher and greengrocer rate them as indifferent customers. These are the buyers of fowls at twelve cents per pound when the market-price is sixteen cents; of equivocal fish and Saturday bargains in berries and peaches that cannot be kept over Sunday, and ought to have been sold on Friday. The purchasers will tell you honestly—and patiently, being, as I have said, religious—that they cannot afford choice cuts and fresh vegetables and fruits; furthermore, that their children must be brought up frugally to prepare them for the lives of working-people. They have but one idea of more palatable and nourishing food than their own, and that is, that it costs more money.

Talk of broths, rich in delicious nutriment, that may be evolved from coarse lean meat and cracked bones and a handful of vegetables; of cereals, any one of which, when properly cooked and eaten with good milk, is a breakfast in itself for hungry, growing children; of methods of cooking tough poultry and joints that mellow tissues and keep in the juices which are the life-giving element of the meat; of the genuine economy of buying firm, ripe fruits in their season instead of manufacturing leathery pastry and tasteless puddings—is thrown away upon the feminine Bourbons of the American kitchen. They receive into credulous ears, and alas! into good and honest hearts, the plausible periods of patent-medicine venders, and estimate the family doctor's skill by the number of prescriptions he leaves, or the drugs he compounds in their sight.

The head of such a household told me the other day, with melancholy complacency, that his doctor's bill last year was \$250. He added pridefully that "having had so much sickness in the family he and his wife had considered it a duty to be as economical as possible," and that the butcher's meat for themselves and five children had not cost \$50 in twelve months. The sallow wife subjoined, with a sickly smile, that she "mostly lived on tea and toast. Seems 's if meat went against my stomach." Tea and toast go as naturally together with the weaker vessels

among these sufferers as corned beef and cabbage with those of stronger physical mould. It is difficult to decide which is the more unholy combination. Tea and dry or buttered toast as certainly generate acid in the stomach as corned beef and cabbage defy gastric juices and irritate the mucous membranes. Good meats, vegetables, and fruits at any cost are less expensive than the doctor and druggist, who try to repair the evil-doing of indigestible food. Excellent materials, badly cooked, are an outrage to natural laws; poor materials are made intolerable by poor cooking. The result gained will be worth all the expenditure of time, money, and thought on the part of the house-mother who, by attention to this vital subject, learns to feed her family aright. The higher physical education of the nation begins in the nursery. In carrying it forward through childhood, youth, and maturity, the mother is a whole "faculty" in herself. Hers are the hands that are to throttle the serpent of National Dyspepsia.

M. H.

EGGS.

AN egg which is more than doubtful will float in cold water and should be thrown away without further test. An egg that is not perfectly fresh will have a smooth shell, a newly laid egg a rough. Within three days from the time of laying, the lime of the shell begins to disintegrate in the air. Within ten days the meat of the egg begins to evaporate through the shell ; the latter loses its pearly whiteness and becomes glossy.

To prevent disintegration and evaporation, the egg may be dipped in melted fat, or varnished, or coated with beeswax. Eggs packed down in melted lard will keep for weeks. Pack them in a jar, the small end downward, pour the melted (not warm) fat about them until all are covered. They may also be packed in dry salt, or covered with a solution of saltpetre and lime in hot water, which should cool before it is poured over the eggs.

BOILED EGGS.

There are three things which the Average Cook holds and believes for certain that anybody can do without being taught, yea, four which are too easy to learn. The three are : Tea-Making, Dish-Washing, and Toasting Bread. The fourth is Boiling an Egg.

“ They are as easy as breathing,” she says, disdainfully.

Perhaps so. Not one human creature in a thousand knows how to draw his breath properly.

“ There’s wit goes to the boiling of eggs,” is a pithy old proverb that rings sadly in the ear of her who must herself see to

the cooking of every egg every morning in the year if she would have them "just right."

The best way of all, to the present writer's way of thinking, and tasting, is to lay the eggs in lukewarm water for a few minutes to take off the chill, then to put them into a saucepan of water which is at a positive and furious boil, and as soon as they are in, to draw the saucepan out of the way of possible reboil, cover it closely and leave the eggs in it for six minutes. A woollen cap, like a tea-cosey, is a good thing to have for such a purpose. Cover the saucepan with a closed lid, envelop it in the cap, and let it alone until the time is up.

The white and yolk will be of custard-like consistency, and so much more digestible than when cooked by actual boiling, that it is strange the mode is not more generally adopted.

Another Way.

Be sure that the water boils. It is not enough that it simmers. There must be violent ebullition. Put in the eggs (always with a spoon, never drop them in) ; cover and cook for three minutes and a half, take them up and serve immediately, wrapped in a warmed napkin.

Still Another.

Cover the eggs with cold water ; put them directly over a hot fire, and as soon as the water boils take them out.

STEAMED EGGS.

Break the shells and drop the contents carefully into buttered nappies of stone china. Put them into the perforated pan of a steamer, fit on the lid and keep the water below at a hard boil for seven minutes, or until the whites are set.

SHIRRED EGGS.

Butter the nappies and break the eggs into them, one in each. Arrange in a perforated pan or in a broad wire basket and set in boiling water on top of the range. Leave them in

the water until the white is set, when take up the nappies, put a bit of butter and a dust of salt and pepper upon each, and send at once to table. Eat from the nappies.

The flavor of eggs cooked in this way is considered more delicate than when they are prepared in any other manner. They imbibe no taste from the lime of the shell, as sometimes happens when they are boiled, and are not made insipid by contact with the boiling water as when poached.

POACHED OR DROPPED EGGS.

The neatest way of poaching eggs is to cook them in muffin-rings or in rings made expressly for this purpose. Put the rings or the poacher in shallow boiling water, slightly salted, and with a tablespoonful of vinegar in it. Let the water begin to bubble again before you break an egg into each ring. Draw to the side of the range, where the water will just simmer about the edge of the pan, and watch the eggs until they are "set" all through. As usually poached or "dropped," eggs are soft in the middle and hard on the edges.

Have ready rounds of delicately browned toast thick enough not to curl with the heat; butter them well, put a teaspoonful of boiling, salted water in the centre of each, and lay an egg upon it.

The dish is made more savory if you will wet the toast with hot stock or consommé. It is especially nice when wet with oyster-liquor.

CREAMED POACHED EGGS.

Heat a cupful of cream with a pinch of soda in it, in a small frying-pan. When it boils break into it an indubitably fresh egg and cook three minutes, or until it is set. Take it out with a perforated spoon, lay upon buttered toast in a hot-water dish, and drop in a second, then a third. Put a tiny bit of butter upon each egg, dust with salt and pepper, and serve.

A single egg poached in half a cupful of hot cream makes a delicious and nourishing breakfast for an invalid. An epicurean

bachelor cooked two eggs in cream every morning for ten years in his apartment with a chafing-dish, and, with strong, hot coffee made over a spirit-lamp, and two crisp rolls left by a French baker, asked for nothing more luxurious.

EGGS À LA CRÊME.

Heat half a pint of new milk in a pudding-dish on top of the stove, melt in a tablespoonful of butter, and when the milk boils break into it six eggs. Season with salt and pepper, cook for three minutes more. Serve in the dish in which they were cooked.

EGGS POACHED IN CONSOMMÉ.

Heat a pint of consommé or clear beef-soup to boiling. Poach six eggs in it, two at a time, lay them in a dish that will stand the heat, and put the soup on the hot part of the stove where it will quickly reduce one-half. While it boils sprinkle a tablespoonful of grated cheese over the eggs, and set them in a hot oven. Thicken the soup with a tablespoonful of browned flour, kneaded with half as much butter, and when it is smooth and thick pour it around the eggs.

EGGS À LA LYONNAISE.

Boil six eggs hard and cut them into slices. Fry a small onion, sliced, in a tablespoonful of butter. Take out the onion; stir in half a pint of milk in which has been mixed a tablespoonful of flour. Cook this to a smooth sauce, add pepper and salt to taste, put in the sliced eggs, cook two minutes longer, and serve on small squares of buttered toast.

SAVORY EGGS.

Boil six eggs hard and slice them. Brown half a small onion in a tablespoonful of butter, add a cupful of broth or gravy, and boil for ten minutes, until the sauce is reduced to half the original quantity. Take out the onion; season with salt, pepper, and a

small teaspoonful of Worcestershire sauce, lay in the sliced eggs, and let them get heated through. The sauce must not boil after the eggs go in.

POWDERED EGGS.

Boil six eggs hard. Chop the whites coarsely and rub the yolks through a sieve. Make a white sauce by cooking together a tablespoonful of butter and one of flour in a saucepan until they bubble, add half a pint of milk, and stir until thick and smooth. Season with salt and white pepper, stir in the minced whites, and when these are heated through, turn them upon a hot dish. Strew the yolks over them and set in the oven for two minutes.

CURRIED EGGS.

Six hard-boiled eggs cut into rather thick slices with a sharp knife. One cupful of gravy in which an onion has been cooked. One teaspoonful of curry-powder.

If gravy is not available an onion may be stewed in a little soup-stock, and this strained and thickened with brown flour. Heat the gravy to boiling, stir in the curry-powder, and lay the sliced egg in it, taking care not to break the pieces. The gravy must be deep enough to cover the eggs. Simmer gently fifteen minutes, turn out into a deep dish, and serve with boiled rice.

DEVILED EGGS.

Six hard-boiled eggs. One saltspoonful of dry mustard. One tablespoonful of melted butter. Pepper and salt to taste.

Throw the boiled eggs into cold water as soon as they are taken from the fire, in order that the shells may be easily removed. This done, cut the eggs in two carefully, so as to preserve the whites as perfect as possible. Rub the yolk smooth with the butter and seasoning, form the mixture into balls as nearly the size of the yolks as they can be made, and fit these into the halved whites. Bind the portions together with soft string, or fasten with fine wooden toothpicks; roll first in beaten egg, then in fine crumbs; drop into boiling cottolene and fry to

a nice brown. Remove the strings before sending to table. These make a delightful side dish and may be accompanied by slices of bacon fried crisp. They are also very nice served alone with a cupful of rich drawn butter poured over them.

SCRAMBLED EGGS (PLAIN).

Break six eggs into a bowl and beat them with a fork just enough to blend whites and yolks. Heat a tablespoonful of butter in a frying-pan and turn in the eggs. Stir to a smooth, soft mass. Season to taste with salt, pepper, and, if you choose, a few drops of onion-juice. Serve upon a hot-water dish.

CREAMED SCRAMBLED EGGS.

Heat in separate saucepans a small cup of cream and the same quantity of chicken or veal stock. Beat six eggs, whites and yolks together, for one minute, season the stock to taste, pour in the eggs, stir for two minutes over the fire, add the cream and serve. They should be soft and smooth throughout.

EGGS À LA MILANAISE.

Heat a tablespoonful of butter in a frying-pan, and break into this six eggs. Stir constantly, and as soon as they are well mixed add a tablespoonful of grated cheese. Season to taste with salt and pepper, and serve on very hot plates.

This makes an excellent luncheon-dish.

JONQUIL EGGS.

Whip the whites to a stiff froth, and half fill buttered nappies with them. Make a depression in the centre of each and drop a yolk into the hollow. Set in shallow boiling water, cover and cook for three minutes.

You can have a large dish of this sort for breakfast or luncheon by making mounds of the stiffened whites upon a buttered block-tin, or silver, or stone-china platter, and with the back of a spoon hollowing each hillock to receive the yolk. When all

are in, set the dish in, or over, boiling water, cover, and cook three or four minutes.

SCRAMBLED EGGS WITH SHAD ROES.

When you have shad for dinner scald the roes ten minutes in boiling water (salted), drain, throw into cold water, leave them there three minutes, wipe dry, and set in a cold place until next day, or whenever you wish to use them. Cut them across into pieces an inch or more wide, roll them in flour, and fry to a fine brown. Scramble a dish of eggs, pile the roes in the centre of a heated platter, and dispose the eggs in a sort of hedge all around them. A very nice breakfast or lunch dish.

STIRRED EGGS.

Heat a cupful of rich gravy or of consommé in a saucepan, and melt in it a scant tablespoonful of butter. When it boils stir into it six eggs that have been beaten together just enough to mix whites and yolks. Stir three minutes over the fire, pour out upon hot buttered toast, and sprinkle with minced parsley.

A SWEDISH DISH OF EGGS.

Melt a tablespoonful of butter in a frying-pan, stir in a few drops of onion-juice, then a tablespoonful of flour, and when the roux bubbles, a cupful of hot milk. Keep your spoon busy until you have a smooth white sauce, and add six eggs, beaten light, without separating whites and yolks. Season with salt and white pepper, stir and toss for two minutes, and heap upon squares of toast that have been buttered and spread with anchovy paste.

BUTTERED EGGS.

Melt three tablespoonfuls of butter in a frying-pan, fry in it two slices of onion until they are brown, take them out and cook the butter until it is dark brown. Break, one after the other, six

eggs into the dark butter, taking care that they do not run into one another. Baste with the hot butter until they are well "set," and just before dishing them sprinkle with pepper, salt, and half a teaspoonful of vinegar.

FRIED EGGS. (No. 1.)

Heat two great spoonfuls of clarified dripping in the frying-pan, or the same quantity of butter, and when it hisses drop in six eggs, one after the other. When set, if you wish to have "turned eggs," slip a spatula under them, and turn to cook the underside. Dust with pepper and salt when dished.

FRIED EGGS. (No. 2.)

Fry three slices of onion in three tablespoonfuls of well-seasoned dripping; take out the onion and break into the hissing fat six eggs, carefully, one after the other. The onion gives a pleasant flavor to them. Cook until set, and dish. Pepper and salt, and serve. Garnish with parsley.

BACON AND EGGS.

Fry thin slices of breakfast bacon until clear and curling at the edges. Dish them and keep hot. Strain the fat left in the pan; put again over the fire and fry in it six eggs. Lay an egg upon each slice of bacon and serve together.

EGGS AND TOMATOES.

Make a white roux of a tablespoonful of butter and the same of flour, and when it bubbles stir into it a cupful of canned tomatoes or six fine fresh tomatoes peeled and chopped into bits, with the liquor which runs from them. Add half a teaspoonful of onion-juice or of grated onion, and when the mixture boils stir in six well-beaten eggs gradually lest they should curdle. Stir until they thicken. Season with salt and pepper and serve.

BARBECUED EGGS AND HAM.

Heat two tablespoonfuls of butter, fry in it half a teaspoonful of finely grated onion. Have ready half a pound of cold boiled ham which has been minced and seasoned well with pepper, mustard, two tablespoonfuls of salad oil, and one of vinegar, then left to stand, covered, for two hours in a cold place. Stir this mince into the butter, cook, still stirring and tossing it, until smoking hot all through, add six well-beaten eggs and cook until the eggs are "set," but not hard. Serve upon buttered toast that has been moistened with a little stock.

EGGS AND MUSHROOMS.

Heat two tablespoonfuls of butter in a frying-pan, add half a can of champignons, cut into quarters, and heat them thoroughly. Squeeze over them the juice of half a lemon, stir in five eggs, well beaten previously, pepper and salt, and cook to a soft mass.

Serve upon crackers that have been toasted, buttered, strewed with Parmesan cheese, then set in the oven for one minute.

NEAPOLITAN EGGS.

Heat a cupful of milk in a saucepan ; stir into it a tablespoonful of butter, then six well-beaten eggs, and, as they thicken, one dozen fresh mushrooms, sliced, and three tablespoonfuls of boiled spaghetti that has been allowed to get cold and then chopped fine. Season with pepper, salt, and half a teaspoonful of onion-juice. Cook until hot and smoking all through, and serve upon a hot platter, with strips of fried hominy or polenta laid about it.

BREADED EGGS.

Slice cold, hard-boiled eggs, pepper and salt, and dip each slice in beaten egg, then in cracker-dust. Leave in a cold place for an hour, and fry in deep fat to a golden brown. Dish, garnish with parsley, and pass tomato sauce with them.

“FANCY DISHES” OF EGGS.

Eggs often appear at elegant luncheons in guises that entitle them to rank with entrées. The useful ovate is susceptible of infinite variations from skilful hands and cultivated tastes. But a few of these can be given here. If all were written this volume would be wholly given up to them.

EGG-CUPS AND ANCHOVIES.

Cut thick rounds of stale bread, and with a small cutter mark a circle in the centre, pressing the cutter half-way through the bread. Dig out a hollow along this line capable of holding a tablespoonful of custard or other soft matter. Wash the rounds of bread all over with butter and let them dry, and crisp slightly upon the upper grating of a hot oven. Fill the cups with the following mixture :

Heat a tablespoonful of butter in a saucepan, and add half a cupful of cream (not forgetting a bit of soda). When both are hot stir in five well-beaten eggs and cook to a soft paste. Have ready a dozen anchovies, skinned and minced fine. Half fill the “cups” with them, squeeze upon them a few drops of lemon, and heap upon them the creamed eggs. Stick a bit of parsley in the top of each.

EGG-CUPS AND SARDINES.

Prepare in the same way, substituting sardines for anchovies.

EGG-CUPS WITH TOMATO.

When the egg-cups are ready, fill with a rich tomato purée, made by straining tomato sauce, and thickening it with a good white roux, and seasoning it with grated onion, pepper, salt, and a little sugar. Lay a neatly poached egg upon the top of each.

EGG-BASKETS.

Six hard-boiled eggs ; one cupful of minced cold meat—ham, veal, or poultry—well seasoned ; one cupful of drawn butter or

strained gravy ; a little chopped parsley. Cut the eggs smoothly around, dividing each into two cups, extracting the yolk. Cut a small piece from the bottom of each cup, so that it will stand upright. Mash the yolks to powder with a potato-beetle or bowl of a spoon; mix with them the chopped meat, and mould into pellets about the size and shape of a yolk. Put one of these in each "basket," arrange them in a dish, and pour over them the gravy or drawn butter, made very hot and seasoned with the chopped parsley. Set in the oven for five minutes to heat the eggs, and serve.

Should you wish to add further to this dish, cut stale bread into rounds with a cake-cutter ; scoop out a hollow in each to fit the bottom of the egg ; toast and butter them, and put one under each egg-basket before you pour the gravy over all. In this case there should, of course, be more liquid, as the toast would absorb much.

EGG-CUPS AND TONGUE.

Prepare the hollowed rounds of bread as before directed, fill the centres with minced tongue seasoned with a drop or two of onion-juice, pepper, and French mustard to taste, then wet with a little consommé. Around the edge of the cup lay a ring of stiffly frothed white of egg, and in the central space left by this a raw yolk, with a bit of butter upon it. Set on the upper grating of a hot oven until the white begins to color slightly and becomes encrusted. Transfer each "cup" and contents to a small hot plate of its own, and surround with a close garnish of parsley. Have the sprigs picked and ready when the cups come from the oven and serve promptly.

EGG AND TONGUE PÂTÉS.

Instead of making cups of rounds of breads, use empty shells of pastry for holding the minced tongue, the ring of meringue, and the raw yolk. By the time they are thoroughly heated in the oven the eggs will be done.

A pretty and savory entrée.

TIMBALES OF EGG AND CHICKEN.

Chop cold chicken as fine as it can be made. Put it over the fire with just enough stock to prevent it from scorching, stir into a cupful of the meat a tablespoonful of corn-starch wet in milk, and cook three minutes, stirring all the time. Take from the fire, beat in the white of an egg, and spread upon a dish to cool. When stiff, butter your nappies or pâté-pans or timbale-moulds well and line them with this white paste. Drop the yolk of an egg in the centre of each, pepper and salt it and lay a bit of butter upon it. Set in a pan of boiling water upon the upper grating of a hot oven, cover closely, and cook ten minutes. Invert upon small hot plates, one for each timbale, and put a spoonful of egg sauce upon each.

With a little practice you will find the manufacture of these timbales easy and satisfactory work.

EGG TIMBALES.

Beat the whites and yolks of four eggs light without separating them, add three tablespoonfuls of cream, a little celery-salt, five or six drops of onion-juice, and a dash of white pepper. Butter timbale-moulds or nappies well, pour enough of the mixture into each to fill it almost to the top; set in a pan of boiling water, cover and cook upon the upper grating of a quick oven for ten minutes, or until the middle of each custard is set. Invert upon heated individual plates, with a spoonful of rather thick tomato sauce upon the top.

These are sometimes called "Tom Thumb Omelettes."

EGG FLUMMERY.

Boil six eggs twenty-five minutes; throw them into cold water and leave them there for one hour. Peel them, rub the yolks through a sieve and set aside. Chop the whites until they can also be pressed through a fine colander or a coarse sieve. Mince them with two tablespoonfuls of finely minced champignons and season with celery-salt, a few drops of onion-juice, and

white pepper. Now whip to a close froth the whites of two raw eggs, stir into the other mixture, and fill with the savory compound a well-buttered mould. Set in boiling water in a quick oven, cover the top and cook for twenty minutes, or until firm. Turn out upon a flat dish, sift the pounded yolks all over it, pour a good sauce—Béchamel or white or tomato—about the base and serve at once.

You may make timbales of this mixture by baking it in timbale-moulds and turning them out upon individual plates, then sifting the yellow powder over them. It is very nice and is easily made.

EGG TOAST.

Cut rounds of stale bread, toast and moisten slightly with a mixture of butter and water. Pepper lightly with paprica and dust with celery-salt.

Chop the whites of six hard-boiled eggs very fine and mix with a small cupful of drawn butter. Spread this upon the toast when you have seasoned to taste with pepper, salt, and finely minced parsley. Cover the sauce with the yolks rubbed through a colander into yellow powder. Set in a hot oven for three minutes and serve.

EGGS AND RICE.

Boil six eggs for twenty-five minutes; leave them in ice-water for an hour. Peel and separate yolks and whites. Chop the latter fine and mix them with half a cupful of good drawn butter. Rub the yolks through a colander. Form in the middle of a stone-china dish or other fire-proof crockery a ring of cold boiled rice which has been wet up while hot with butter, and seasoned with onion-juice, pepper, and salt. Wash this over with raw yolk of egg and sprinkle thickly with Parmesan cheese. Pour in the sauce mixture. It should be quite stiff, so as to hold together and not break down the rice-walls. Cover with the pounded yolks, put bits of butter here and there upon it, and set upon the upper grating of a hot oven until heated through. Fifteen minutes should do it.

A HEN'S NEST.

Boil six eggs hard, and when they are cold and firm pare away the whites in slender shavings and arrange them in a circle upon a platter, in imitation of a nest. Butter them and set in an open oven, renewing the butter now and then as they warm.

Chop a cupful of cold chicken or veal or shrimps or other cold fish fine, season well and work into it the pounded yolks of the eggs, moistening with butter as you go on. When well mixed form into egg-shaped balls, and heap within the shredded whites. Pour about them a cupful of drawn butter into which has been stirred three spoonfuls of chicken-gravy.

STUFFED EGGS.

Boil six eggs hard and drop into cold water. With a sharp knife cut each in half and chip a piece from each end that they may stand firmly. Work into the pounded yolks a cupful of minced chicken, tongue, or ham, moisten with butter and season to taste. Make into balls the size and shape of the yolks, fill the halves with these, arrange on a dish, pour a good sauce over them, set in the oven for five minutes, or until heated, and serve.

STUFFED EGGS (BAKED).

Boil six eggs hard and when cold cut into halves crosswise. Make egg-balls as directed in the last recipe, fill the divided halves and press them closely back into place. Roll each egg in raw egg and cracker-crumbs and lay within a buttered baking-pan. Set in a hot oven until slightly browned, and serve with a white or tomato sauce.

STUFFED EGGS (COLD).

To Be Eaten at Picnics.

Boil eggs hard and throw them into cold water. When cool remove the shells, cut the eggs in half carefully, and extract the

yolks. Rub these to a powder with the back of a spoon and add to them pepper and salt to taste, a little very finely minced ham, and enough melted butter to make the mixture into a smooth paste. If ham is not at hand any other cold meat will do, and either anchovies or anchovy paste may be used. Make the compound into balls about the size and shape of the yolks, and restore them to their place between the two cups of the whites. Keep these in place by wrapping them in several thicknesses of tissue-paper, folded square, the ends fringed out and twisted up close to the egg. Line a basket with green leaves or grasses, and pile the eggs in this. They are pleasant to the sight and good to the taste.

PLAIN OMELET.

Beat six eggs just enough to break the yolks into the whites. A dozen strokes should suffice. Have a scant tablespoonful of butter heated in a small frying-pan or an omelet-pan. Pepper and salt the eggs lightly and put in a teaspoonful of cream for each. As soon as the butter hisses pour in the eggs and shake gently, always in one direction, to keep the omelet from sticking to the pan. When it is set, but still soft, slip a broad knife or a spatula under one half and fold it upon the other. Invert the pan dexterously over a hot dish and drop the omelet into the middle of the platter.

Garnish with cress or parsley.

A palette-knife is admirable for folding omelets.

A FROTHED OMELET.

Cook as directed in the last recipe, but beat the whites and yolks separately and very light, adding the whites after the yolks are whipped and mixed with the cream and seasoning. The whites will break up around the edges of the omelet, giving it a light and pleasing appearance. You may spread minced ham or tongue, chicken, turkey, veal, fish, in fact almost any kind of meat, upon the omelet before folding it over, and thus give it a distinctive character.

OMELET WITH SMOKED BEEF.

Beat six eggs light, the whites and yolks separately. Put a tablespoonful of butter into a frying-pan, and cook in it for a couple of minutes two tablespoonfuls of finely chopped smoked beef. Mix the whites and yolks of the eggs lightly together, turn them into the pan upon the beef, and proceed as with a plain omelet.

OMELET WITH GREEN PEASE.

Beat up six eggs for omelet as in preceding recipe, mix whites and yolks, and stir into them half a cupful of canned or cooked green pease. Season with salt and pepper, put a tablespoonful of butter into the frying-pan, pour in the omelet, and cook as above directed.

SAUSAGE OMELET.

Make a plain omelet of six eggs and fry it in a tablespoonful of butter. Just before folding the omelet lay on it three cooked sausages, which have been skinned, minced fine, and heated. Fold the omelet and serve.

TOMATO OMELET. (No. 1.)

Beat together the whites and yolks of six eggs, season with salt and pepper. Heat two tablespoonfuls of butter in a frying-pan, turn into it a cupful of stewed and chopped tomatoes from which the liquor has been drained, cook for two minutes, and then stir in the beaten eggs. Let the omelet brown on the under side, fold over and serve.

TOMATO OMELET. (No. 2.)

Stir a tablespoonful of flour into one of hot butter in a frying-pan and cook until it bubbles all over. Add to this half a can of tomatoes, stewed, strained, and seasoned with a little onion-juice, salt, and pepper. Cook three minutes, turn into a platter, and let the mixture cool. When it is stiff whip six eggs light,

yolks and whites together ; beat in the tomato mixture and fry in a buttered omelet-pan.

It will be found very good if eaten before it has a chance to fall.

MUSHROOM OMELET.

Beat six eggs just enough to break the yolks and mix them with the whites ; add four tablespoonfuls of cream, a dust of salt and pepper, lastly, half a can of minced mushrooms. Turn into an omelet-pan in which you have heated a tablespoonful of butter, and cook as you would a plain omelet.

CLAM OMELET.

Chop a dozen clams fine. Heat a heaping teaspoonful of butter in a saucepan, stir in the same quantity of flour, and when it bubbles all over thin with three tablespoonfuls of hot cream and the same of boiling clam-juice. Season with a pinch of cayenne or paprika, and a few drops of onion-juice. Mix the chopped clams with this and set the saucepan in boiling water at the side of the range to keep hot. It must get scalding hot but not actually boil.

Beat six eggs light—yolks and whites together—and add two tablespoonfuls of cream. Have a tablespoonful of butter in your omelet-pan on the fire, pour in the eggs ; shake the pan to prevent the omelet from sticking. As soon as it is fairly set spread the clam mixture upon it and fold.

OMELET AUX FINES HERBES.

Beat six eggs just enough to blend the whites and yolks ; add three tablespoonfuls of cream, dust with salt and pepper, and just before it goes into the pan whip in as rapidly as possible two heaping tablespoonfuls of chopped parsley, sweet marjoram, celery tops, and as much grated onion as would lie on a dime.

Cook in the usual way.

CORN OMELET.

Beat six eggs without separating yolks and whites. A dozen strokes will mix them sufficiently. Add four tablespoonfuls of cream and four tablespoonfuls of cold boiled, or of canned, corn, chopped fine. Mix with three or four whirls of your beater, and cook in the usual manner.

OMELET AND SHAD ROES.

Heat a tablespoonful of butter in a saucepan and stir into it four tablespoonfuls of shad roes that have been boiled, blanched, and broken into a granulated heap. Season with a saltspoonful of salt, the same of grated onion, and a dash of cayenne with a teaspoonful of chopped parsley. When the mixture is heated through add two tablespoonfuls of milk (or cream) with a tiny pinch of soda ; cook three minutes and keep hot over boiling water.

Beat five eggs for one minute, add a tablespoonful of cream, a little salt and pepper, and turn into an omelet-pan, where a teaspoonful of butter is beginning to hiss. Shake until it is set ; pour the roes upon it, double over and serve.

CHEESE OMELET.

Beat five eggs very light, add a dash of cayenne and of salt and three tablespoonfuls of cream with a pinch of soda. Have ready a heaping teaspoonful of butter in an omelet-pan, add with a few rapid strokes three tablespoonfuls of grated cheese to the eggs, and cook at once.

Serve as soon as cooked, as it is clammy when it falls. You may, if you like cheese, sift more upon the omelet when it is dished, and hold a red-hot shovel so near it that the cheese takes fire. Blow out and serve.

ASPARAGUS OMELET.

Six eggs, beaten very light ; one bunch of asparagus, the green tops only (the stalks will be an improvement to your soup) ; two tablespoonfuls of milk. Beat whites and yolks together, add the

milk, then the boiled asparagus heads, *cold*, and chopped fine. Have ready a frying-pan with a tablespoonful of butter in it, hot, but not frying. Pour in the mixture; shake well from the bottom as it forms, loosening from the pan with cake-turner or palette-knife; fold over in the middle, and turn the pan upside down upon a hot dish.

EGGS AND ASPARAGUS.

Boil two dozen asparagus tips in hot, salted water. Drain and mix them into a good white sauce, or butter "drawn" in milk. Season with pepper and salt, pour into a pudding-dish; break enough eggs upon the surface to cover it; pepper, salt, and scatter bits of butter upon them, sift fine crumbs over the top, and bake until the eggs are set.

A SPANISH OMELET.

Beat six eggs light, add two tablespoonfuls of cream, a dash of salt and cayenne, and just before it goes into the pan stir in lightly a green pepper, minced fine, a tablespoonful of grated onion, a raw tomato, chopped, and a teaspoonful of minced parsley. Cook in the usual way, fold upon itself, invert the pan over a heated platter, and sift a tablespoonful of Parmesan cheese upon the folded omelet. Pour a cupful of tomato sauce, seasoned with onion-juice, cayenne, butter, salt, and sugar, about the omelet and serve.

FAMILIAR TALK.

AN INEXPENSIVE LUNCHEON.

They were talking together of the recently popular fifty-cent luncheons and fifty-cent dinners, the Woman of Small Means, the Man of the House, and the Friend of the Family.

"My greatest achievement," said the Woman of Small Means, with modest pride, "was when I had a luncheon for three people for ninety cents."

"You mean ninety cents apiece," said the Friend of the Family.

"No; ninety cents for all three."

"Did you give them pork and beans?" queried the Man of the House, with an attempt at jocularity.

"No; I gave them five courses, exclusive of the coffee and *crème de menthe* at the end."

The Man of the House is a gentleman, and he suppressed a half-uttered whistle, and instantly indemnified himself for it.

"Oh, come now," he said. (He has the easy contempt most men feel for women's financial estimates.) "You may have spent only ninety cents in direct outlay, but you didn't count the things you already had in the house."

"Yes, I counted every one," insisted the Woman of Small Means.

The Man of the House said no more, but his countenance proclaimed incredulity in loud tones.

"Tell us how you did it," said the Friend of the Family.

"The bill-of-fare was bouillon, oyster pâtés, chops, and potatoes *à la Duchesse*, salad, crackers and cheese, grape fruit with rum and sugar, coffee and *crème de menthe*."

A smothered ejaculation from the Man of the House. The Woman of Small Means turned her back upon him and addressed herself to the Friend of the Family.

"Of course," she said, apologetically, "I had to plan for my luncheon in order to get it at that price. If I had gone out and bought everything without consideration, the expense would have been much more. As it was, the actual cost of the food did not exceed ninety cents.

"Take the bouillon, for instance. I bought a twenty-five-cent quart can. That holds enough to fill five of my bouillon-cups. I had used two cupfuls the day before, so I estimated the cost of the three cups served at luncheon at fifteen cents.

"It was the same way with the oysters. I had planned oyster-soup for my dinner, and had bought a quart of oysters for thirty cents. I filched a dozen oysters and a gill of the liquor from the supply for the soup, and had quite enough with the sauce to fill the three pâté shells I had bought for ten cents at the French

baker's. I allowed eight cents for the oysters, seven for the gill of milk, the one egg, and the bit of butter used in preparing them.

"My economical genius had been at work in the purchase of the meat also. I had bought a fore-quarter of lamb at twelve cents a pound. You know this includes the shoulder for roasting, the neck and breast for stewing, and the chops. Three of these weighed less than a pound. The tiny Duchesse loaves of potatoes took only a cupful of mashed potatoes, and you pay six cents a quart for old potatoes. So my third course did not cost more than thirteen cents.

"A head of lettuce was five cents; a Neufchâtel cheese—we didn't eat half of it, and had the rest for dinner—was five cents more.

"The grape fruit—big ones—were three for a quarter, and we had half a one apiece, and there was a teaspoonful of rum in each. Call it fifteen cents.

"So you see," jotting down figures on the back of a card, "the first course was fifteen cents; the second, twenty-five; the third, thirteen; the fourth, ten; the fifth, fifteen. That makes a total of seventy-eight cents. Twelve cents will cover the three small cups of coffee, the tiny portions of *crème de menthe*—I used cordial glasses, and they were filled with ice—the bread, butter, oil, vinegar, etc. That is how it was done," she said, with a glance of triumph over her shoulder toward the Man of the House.

But he had kept silence too long to be "downed" in this fashion. He fancied he saw his opportunity, and seized it.

"May I ask," he said, assuming the labored patience and deliberation a man exhibits when he wishes to crush an illogical woman, "where in all this beautiful estimate do you put the cost of the fire, the skill of the cook, the services of the waitress?"

"Oh, those don't count," replied the Woman of Small Means, calmly. "They never allow for the salary of the *chef* in the fashionable fifty-cent luncheons and dinners."

And the Man of the House, "sad, surprised, astounded by the sovereign strength of woman's—" logic, said no more.

C. T. H.

CHEESE DISHES.

WELSH RAREBIT. (No. 1.)

WHILE the respectable and growing tribe of Welsh rarebits can be made in a frying-pan over the fire, the more graceful, easy, and popular method is to cook them with the chafing-dish on the table in the sight of the prospective eaters. The accompanying comprehensive recipe is taken verbatim from "THE CHAFING-DISH SUPPER," * by Mrs. Herrick's colleague in the preparation of the present volume.

Melt a heaping tablespoonful of butter in the chafing-dish with a saltspoonful of dry mustard, and stir into this three cupfuls of grated cheese. As it begins to soften add about a gill of ale, or in default of this an equal quantity of boiling water. If water or boiling milk is used, it produces what is known as a "temperance Welsh rarebit." Stir vigorously all the time, and when the mixture is thick, smooth, and a rich yellow, it is done. Three or four minutes should suffice after the cheese is in, but it is almost impossible to give a positive rule for cooking Welsh rarebit. If the cooking is checked too soon the cheese becomes tough and stringy; if it continues too long there is danger that it will curdle. Only the eye of experience can tell when the exact point is reached to produce a compound of delicious indigestibility. It should be served on toast, but if this is not at hand square snowflake crackers make very tolerable substitutes.

* The Chafing-Dish Supper. By Christine Terhune Herrick. Published by Charles Scribner's Sons.

WELSH RAREBIT. (No. 2.)

Cut into shavings a pound of soft, mild cheese. The richer and drier kinds are not suitable for this dish. Put into the chafing-dish with a gill of the best ale and stir over the blaze until the cheese melts in the hot ale. Stir in, then, half a teaspoonful of dry mustard, the same quantity of salt, and a dash of cayenne. Pour upon rounds of hot buttered toast and serve immediately.

WELSH RAREBIT. (No. 3.)

Pour into the saucepan of your chafing-dish and set directly over the blaze, a pint of good ale. (Bass's is perhaps the best, but Manhattan beer is excellent, and cheaper.) When it boils stir in a pound of soft cheese, cut into dice. As it melts add a tablespoonful of cream, a saltspoonful of dry mustard and the same of salt, with a generous pinch of cayenne. Stir until the whole mixture is hot, and ladle out upon hot toasted crackers, buttered.

WELSH RAREBIT. (No. 4.)

Put a cupful of milk and one of cream into your saucepan, with a bit of soda the size of a pea. When the boil begins add two cupfuls of soft, mild cheese (American), with a teaspoonful of made mustard, a saltspoonful of paprica, and a well-whipped egg. Pour upon rounds of buttered toast, each of which has been moistened with a teaspoonful of hot cream.

GOLDEN BUCK. (No. 1.)

Melt a tablespoonful of butter over boiling water, add a cupful of ale or beer, and when this is scalding stir in half a pound of good American cheese, shaved fine, or grated. When the mixture is smooth put in an even saltspoonful of celery-salt, the same of dry mustard, and a pinch of cayenne. Have ready the yolks and whites of two eggs, beaten separately very light, then stirred together. Add to this, gradually and rapidly, a great spoonful at a time of the hot cheese mixture. When well incorporated and

creamy put in a teaspoonful each of Worcestershire sauce and lemon-juice. Pour upon hot buttered toast or crackers, and eat at once.

GOLDEN BUCK. (No. 2.)

Make Welsh Rarebit, Nos. 1, 2, or 3, pour upon rounds of buttered toast and lay a poached egg upon each. Salt, pepper, and butter the egg.

GOLDEN BUCK. (No. 3.)

Heat together a tablespoonful of butter, a saltspoonful each of dry mustard and of salt, with a pinch of cayenne. When well mixed and boiling add a cupful of hot milk (heated with a bit of soda no larger than a pea) in which has been soaked a half cupful of cracker-crumbs and a cupful of grated cheese. Cook all together three minutes, or until smoking-hot, add two well-beaten eggs, stir one minute—no more—and heap upon rounds of buttered toast.

Eat at once.

CHEESE FONDU AU GRATIN.

Soak a cupful of dry bread-crumbs in two cupfuls of hot milk for fifteen minutes. Dissolve a generous pinch of soda in the milk while heating. Stir into this paste three well-beaten eggs, a tablespoonful of melted butter, a pinch of cayenne, and a saltspoonful of salt; lastly, beat in rapidly a cupful of grated cheese. Pour into a greased pudding-dish, strew dry cracker-crumbs on top, stick bits of butter in them, dust delicately with cayenne or paprika, and bake in a quick oven, covered, for fifteen minutes, then uncover and brown lightly. Send to table at once, as it falls very soon. While puffy and hot it is delicious.

CHEESE SOUFLÉE.

Beat four eggs light and pour upon them gradually a cupful of hot milk in which has been dissolved a large pinch of soda, and which was then thickened with a teaspoonful of corn-starch. Stir until well mixed, add a good tablespoonful of butter, a dash

of cayenne, and a saltspoonful of salt, finally, an even cupful of dry grated cheese. Beat well and quickly for less than a minute, pour into well-buttered custard-cups or into buttered nappies and bake in a quick oven, ten minutes, or until puffy and lightly browned. Cover with paper until they begin to rise.

Serve in the cups and pass with them crackers, toasted, buttered, and lightly peppered with cayenne.

CHEESE RAMAKINS.

Beat to a cream two eggs, a tablespoonful of melted butter, a saltspoonful of salt, a pinch of cayenne, and three tablespoonfuls of grated cheese. Work all well into a smooth paste, stir in a tablespoonful of cream in which has been wet up a teaspoonful of flour. Beat one minute, spread upon rounds of buttered toast or crackers, and brown slightly upon the upper grating of a hot oven.

CHEESE AND TONGUE RAMAKINS.

Make as directed in the foregoing recipe, but mix with the paste, besides the grated cheese, one great spoonful of minced tongue, boiled and cold. Mix all thoroughly together and stir in at the last a cupful of hot cream in which has been dissolved half a saltspoonful of soda. Boil up once, and pour upon rounds of buttered toast.

CHEESE FINGERS.

Cut good puff-paste into strips three inches long and two inches wide. Strew thickly with Parmesan cheese, sprinkle with salt and cayenne, double the strips lengthwise, creasing them firmly so that they shall not open in baking, and bake in a quick oven. Brush with beaten white of egg three minutes before taking them up, and sift powdered cheese upon them.

DEVILED CRACKERS AND CHEESE.

Split Boston crackers in two, and toast on the inside. Moisten them with a mixture of boiling water, butter, French mustard, and celery-salt. Keep this at a hard boil on the stove, dip each

cracker in it, and draw it out almost immediately. Ten seconds will wet it sufficiently. Spread each cracker with grated cheese, sprinkle with cayenne or paprika, as you may prefer, and set them in a broad pan upon the upper grating of your oven until the cheese melts and the crackers are almost dry.

CHEESE CROÛSTADES.

Cut thick rounds of stale bread, and hollow them as directed in recipe for Egg-cups, by marking a smaller circle within the outer and digging out the crumb half through the bread. Butter them well and set in a quick oven until crisp and slightly browned. Rub to a cream four tablespoonfuls of grated cheese, a great teaspoonful of butter, a tablespoonful of cream, a little salt and cayenne. Fill the hollowed rounds of toast with the mixture, and set for four or five minutes longer in the oven. Serve at once.

CHEESE STRAWS.

Make as you would cheese fingers, but half as wide.

Or—

Work up a cupful of prepared flour with four tablespoonfuls of grated cheese, a little salt and cayenne, the beaten yolk of an egg, and cream enough to make a soft paste. Roll out thin and cut into narrow strips as long as your middle finger and one-third as broad. Bake to a pale brown, and just before taking them up brush over with white of egg and sift powdered cheese upon them.

CHEESE BALLS.

Half a cupful of grated cheese; whites of two eggs, beaten stiff. Mix quickly with a spoon; mould with floured hands into balls twice as large as English walnuts and drop into scalding cottolene. Cook five minutes, skim out of the fat, and drain upon a cloth. Serve hot. They are less indigestible if seasoned with salt and cayenne.

COTTAGE CHEESE.

Set a bowl of loppered milk (bonny-clabber) upon the range where it will heat very slowly. As soon as the curd has fairly separated from the whey turn it upon a sieve or into a colander lined with coarse muslin or mosquito-netting and let it drip dry. Then gather up the cloth into a bag and squeeze out the few drops of whey that remain. Set in a cold place until you are ready to use it, when work soft with a little butter and cream, salting to taste. Stir and shape the mixture until it is of the consistency of Brie cheese. When thus handled it is as palatable as any of the foreign (so-called) fashionable cheeses, and far more wholesome.

HOME-MADE CREAM CHEESE.

Put a panful of milk, warm from the cow, upon the range and let it come very slowly to the scalding-point. Watch that it does not begin to boil. Remove it now to a very cold place—a refrigerator closet, if you have one—and leave it for six hours. Take off the cream and press it gently into glass cups, bowls, or deep saucers. Sift a little fine salt over the surface of each portion and set in a cold place, to be eaten upon heated crackers with salad or with gooseberry jam. It is delicious.

FAMILIAR TALK.

TEA, TEA-MAKING, AND TEA-DRINKING.

Dogberry figured as a masculine type of a mighty class when he opined that “reading and writing come by nature.”

A modern Mrs. Dogberry would give prominence among things that are too easy to be learned to Tea-Making. She troubles herself little, to begin with, with the quality of the tea she buys. So long as it is not costly, if she be in moderate circumstances, she takes what is offered her by her grocer and asks no questions. If she be wealthy she satisfies herself that she buys the best brand of tea when she orders the highest-priced.

Brands of tea are many, and each is warranted to be superior to all the rest. As a rule, avoid cheap—and bulky—teas. They are largely adulterated with foreign and domestic herbs, the former being represented by dried huckleberry leaves, the latter by dried-over teas that have been already used, and by inferior qualities which the Chinese will not drink. Green teas are often “doctored” by dyes in which Prussian blue holds a conspicuous place.

Again, teas may be high in price and pure in quality and be done to their death and the injury of the drinkers by the making—or marring.

We are all, unhappily, well acquainted with the astringent flavor of stewed tea, which has been left to simmer upon the range or hob, until all the tannic acid latent in the herb is drawn out into the decoction. It is even less drinkable when (nominally) made of unboiled water, reminding the partaker thereof of tepid dish-water, scantily or abundantly sweetened. Such is the beverage usually compounded at country hotels and boarding-houses. It is almost as usually served in cups such as were complained of by the witty tourist who objected to “sipping her tea over the edge of a stone wall.”

It is still a matter of curious inquiry who established the custom of tea-drinking. It must have been a woman, and it is a comparatively modern “fad.” Queen Elizabeth and her more refined sister, Mary, had beer—and plenty of it—for breakfast. Marie Stuart took nothing stronger than perfumed *eau sucrè*. Without ice, too. Queen Anne consumed incredible quantities of brown stout, which, if newspaper gossip is to be received as evidence, is still popular among feminine sovereigns.

Everybody has heard of the good Yankee house-mother, one of the first settlers in New England, whose son, a seafaring man, brought to her a small package of tea from China. The good soul, delighted with the gift, boiled it, strained off and threw away the water, and served the leaves as *greens*, presumably with the accompaniment of salt pork or corned beef. We know that our Revolutionary foremothers used tea, but if they had the same

fondness for it their descendants display, they could hardly have given a greater proof of their patriotism than when they encouraged husbands and sons to throw the precious cargo overboard.

Women of all classes become each year more dependent on this, their favorite beverage. Men, as a rule, prefer coffee—possibly because the proper mode of preparing it is more generally understood, and, consequently, the chances are in favor of its palatableness. Our “comfort” is frowned upon by the stronger sex as “weak, sloppy stuff,” disapprobation justified by the fact that most wives and mothers are so deficient in the knowledge, or derelict in the practice of the correct method of brewing the “ladies’ nectar,” that, on nine tables out of ten, it is a caricature of the fragrant amber fluid that should steam in the cups. One good woman goes so far as to affirm that while green tea should “only be *drawed* quite a while, black tea must *always be boiled!*”

Yet the one and only way is so simple that the wonder is how a child could err therein.

When you use good mixed tea, the old saying, “A level teaspoonful for each person and one for the pot,” is about as good a rule for quantity as you can follow, when the number of drinkers is not more than six or eight.

First, and above all, have the water boiling. Not “just off the boil,” not already boiled, but actually *boiling*. Few persons appreciate the great difference between water that has been cooked some time and that which has just attained the point of ebullition. One has life and sparkle; the other is as flat as two-days’ uncorked champagne. You will be obliged to give this your personal supervision, as the average servant is without conscience—and sense—in the matter. She will state, with the utmost *sang-froid*, that the water must be all right, for “it boiled an hour ago.”

The only safe and the most convenient way is to make your tea on the table.

Arrange on the tray in front of you a bowl of block sugar, cups, spoons, cream-pitcher, and a small tea-canister. This

last article may be of silver, solid or plated, or of expensive, or cheap, though pretty, china. There is in every china-shop such a large variety of them that the housewife can easily find one to suit her—or her purse. When of porcelain, they have two tops, that the tea may not lose its strength, and are daintier and more convenient when not large. For fifty cents one can get a bit of pretty Japanese ware that would grace any board. When you buy several pounds of tea, keep it in a tightly closed canister, and fill your little caddy from this.

Try always to have cream for your tea. You need so small an amount that you will scarcely notice the extra cost, and it adds immeasurably to the rich flavor of the beverage. Pitchers are now made in such tiny, dainty shapes, that your half-pint of cream will fill one to overflowing.

Use a small silver tea-strainer, that the minute leaves and sticks which escape through the spout may not get into the cups. A person who habitually drinks unstrained tea can scarcely imagine the de-appetizing effect it produces upon one unaccustomed to the sight of the particles, the nature of which is doubtful, floating about on the surface. It is sometimes, especially during the summer months, unpleasantly suggestive of dismembered flies and other insects. Years ago, before the introduction of the strainer, young girls called these atoms of leaves "beaux," and when the tea was drunk, delighted in telling fortunes from the mass of sediment in the bottom of the cup. This was certainly a graceful way of disposing of a most disagreeable subject. But let us, of a more enlightened time, use strainers.

At your right hand have a brass, copper, or silver kettle, heated by a small spirit-lamp. Pretty brass kettles range in price from \$3.50 to \$25.00. Some of them rest on a standard on the table, while others depend from a high crane set on the floor at the pourer's right hand. These cranes are of iron, fashioned usually in the shape of the figure 5, and are "the thing" for five-o'clock tea.

Kettles of solid silver are useful, so long as they do not (as

sometimes happens) melt when heated by the flame of the alcohol lamp. They should never be placed on the stove.

Fill your kettle with hot water, and light the lamp. Put into the tea-pot the requisite quantity of tea; when the water boils pour enough on the leaves to cover them, and put the kettle again over the lighted wick. Cover the tea-pot closely. At the end of three minutes the steeping process will be completed, and you may fill the pot with the still boiling water. After it has stood a minute longer the delicious drink is ready to be enjoyed.

If you cannot afford to buy, and if nobody presents you with one of these almost necessary kettles, make up your mind always to go into the kitchen yourself and ascertain that the water is boiling before allowing the servant to wet the tea.

One of the requisites in a good cup of tea is to have it very hot. This object should not be attained by allowing the pot to stand on the side of the range, or, after the manner of our grandmothers, on the hob, where it is almost sure to stew and be ruined, but by covering it while on the table with a cosey; or you may have a basket-cosey. This is a small, round hamper with a wadded lining, and holds a Japanese tea-pot. The cover of the cosey clamps down, and as the spout protrudes through an opening in the basket the tea may, if desired, be poured without removing the pot from its warm nest. Different sizes of the hamper-cosey are kept at Japanese stores.

To make a cosey, cut two semicircles of some thick, rich-colored material, such as tricot, felt, plush, or velvet, and join these at the top and sides. Cut two half-circles a little smaller than the others, of very heavy wadding, and still another pair of satin, or sateen, for the lining. Fit the wadding inside of this, and quilt or tack the wadding to the lining to prevent its slipping. The seams at sides and bottom should be finished with a silk cord fastened in loops at the tops and corners. When finished, the whole fits over the tea-pot like a snug cap.

Before making the cosey you may have the sides stamped with your initials, a design, or an appropriate motto. I have seen on

the table of a friend a pretty one, the material of which was peacock-blue tricot. Upon one side was embroidered a branch of tea-flowers, while the other bore the words :

“Come, Sip the Tea’s Delicious Flower!”

Other appropriate mottoes are :

“Dolly, Put the Kettle On!”

“The Cup that Cheers!”

and

“Come and Take Tea!”

The housekeeper who has once known the abiding comfort of a cosey would wrap up her tea-pot in a heavy towel, or improvise a covering out of still more unlikely material, rather than do without an adjunct to the tea equipage that secures the triple end of conserving heat, strength, and aroma.

The tea-tray must always be covered with a cloth. A tasteful design in outline for a tray-cloth is traced around the border, and runs :

Unless the Kettle Boiling Be,
Filling the Tea-pot Spoils the Tea.

Do not use thick china. For a small sum you can purchase pretty porcelain cups and saucers. The tea drunk from one of these will taste better than if partaken of over the aforementioned “stone wall.”

The graceful fashion of afternoon tea has done and is doing more to make simple and easy what has grown in American society to be the “business of entertaining” one’s friends than anyone who has not studied the subject is willing to believe. The tea equipage, as arranged upon a rustic stand on the veranda in summer, and near the library fire in winter, typifies home comfort and hospitable cheer to those who are used to the genial refreshment between four and six o’clock every afternoon.

The modest display and the offered dainties involve no disturbance in the household machinery. A few cups and saucers, a jar of dinner or Albert biscuits, or a plate of thin bread-and-butter, with, now and then, a dish of buttered scones; the tea-kettle and stand; the tea-pot and caddy, a sugar-dish, and a cream-jug—and *voilà tout!* It costs a maid but a few minutes' work to set it all in place, and to remove the tray when the canonical hour is over. The hostess makes and dispenses the tea with her own hands, a young girl visitor, or the son of the house, or any privileged guest, passes the biscuit-jar. The spirit of the hour is ease and good-will. Wits arouse and tongues are unlimbered under the influence of the fragrant nervine.

In summer give your guests their choice between hot and iced tea, and if the latter be chosen, pass sliced lemon and Jamaica rum for those who care to disguise the flavor of what is good enough in itself to satisfy the born or educated tea-lover.

M. H.

VEGETABLES.

POTATOES.

THEY are not placed first upon the list of vegetables in this work because they are especially nutritious. The potato holds seventy-five parts of water and eighteen of starch out of one hundred. The remaining seven parts are—albuminoids, one and a half; organic acids, one and one-fifth; dextrine, two parts; fat nothing and one-third; cellulose, one part; minerals, one part.

He who esteems potatoes to be the rod and staff of life may ponder the analysis and extract what comfort he can from it.

Nor are potatoes to be classed among the most digestible of vegetables. Starch and water in certain combinations clog the alimentary organs, and unripe potatoes irritate them. A diet of the favorite tuber is not wholesome for young children, and the laboring man, though a fool in the matter of dietetics, speedily learns that he must combine meat or milk with them if he would retain strength of muscle and integrity of bone.

So firmly rooted in the average intellect is the belief that this vegetable deserves the high rank it holds upon the national bill of fare, and in the affections of housewife and those to whom she ministers, that an article entitled "The Tyrant Potato," published in a leading periodical three years ago, drew down upon the writer of that and of the present protest a storm of dissent, and even personal vituperation, conveyed by private letters, newspaper paragraphs, and resolutions drafted by food conventions.

The Tyrant Potato was not assailed ignorantly or flippantly, and after further studies of its properties, its works, and its ways,

the utmost concession that is now made to popular prejudice is in the declaration that since people will make potatoes nine-tenths of their vegetable diet, it is essential to the national digestion that the ninety-three parts of water and starch be cooked in such manner as shall render the edible as palatable and as little hurtful as is practicable when the constituents are not to be ignored.

BOILED POTATOES (AU NATUREL).

The work is so simple that it is seldom well done. Wash the potatoes, cover with plenty of boiling water, slightly salted, and cook fast until a fork will penetrate easily to the heart of the largest. Drain off every drop of water; shake them up lightly, throw in a little salt, and set the pot at the back of the range for five minutes. The skins should crack and roll open, making the work of removing them easy. Do it rapidly, put a bit of butter upon each potato, set in the oven for one minute, and serve.

Never serve potatoes boiled or baked whole in a closely covered dish. They become sodden and clammy. Cover with a folded napkin that allows the steam to escape, or absorbs the moisture.

MASHED POTATOES.

Peel very thin, and drop the potatoes, cut or whole, into cold water. Leave them there for half an hour, and put over the fire in plenty of boiling, salted water. Cook until a fork penetrates the largest easily; drain and dry as directed in the last recipe, and beat up with a split spoon or two forks to a powdery heap, then mix into this a little hot milk in which a lump of butter has been melted, salt to taste, and beat to a cream. Stiff mashed potatoes are an offence to eye, taste, and stomach. Turn into a hot, deep dish, and leave the top rough. The mixture should be just firm enough to stand alone, and the more irregular the surface the better. Do not level or mould it or variegate with dabs of pepper put on with the end of the thumb.

MOULDED MASHED POTATOES.

Prepare mashed potatoes as usual with milk, butter, and seasoning, press them hard into a fluted mould that has been wet with cold water. Turn out, set the dish on which they are in the oven for five minutes, and serve. If you wish, brush the potato over with beaten egg after turning it out, and before setting in the oven.

NEW POTATOES.

Wash, rub the skins off with a rough cloth, put on the fire in boiling water, slightly salted, and cook until tender. Serve whole.

WHOLE STEWED POTATOES.

Peel the potatoes and put them over the fire in cold water. Bring to a boil and cook until tender. Turn off the water, cover them with warm milk, and stew ten minutes. Transfer the potatoes to a vegetable dish, thicken the milk in which they were cooked with a teaspoonful of butter rolled in a tablespoonful of flour, and season with salt, pepper, and minced parsley. Pour this over the potatoes, pressing each with a spoon so as to crack it.

POTATO TURNOVERS.

Chop a few slices of yesterday's roast fine, and season well. Have ready mashed potato, mix one or two raw eggs with it until it is like a paste and can be spread out, sprinkle with flour and cut out round cakes; put a tablespoonful or more of the meat upon one cake; lay another over it and press the edges together, and fry in hot cottolene to a delicate brown.

POTATO SCONES.

Two cupfuls of mashed potatoes, salt to taste, three tablespoonfuls of flour, one tablespoonful of butter.

Work the butter, flour, and salt into the potato and roll out into thin cakes. Brown on a well-greased griddle and eat with butter while very hot.

MOULDED POTATO.

Mash, or, rather, beat up lightly with a fork. Work in butter and milk, but do not get it too soft. Fill small cups, wet with cold water, with the potato, pack down firmly, and turn out upon a greased bake-pan. Brown in a quick oven until they are of a russet hue, glazing with butter as they color. Transfer to a flat, hot dish.

LYONNAISE POTATOES.

Cut or chop cold Irish potatoes into bits about half an inch square. Heat good dripping in a frying-pan, salt and pepper it, and fry in this two or three slices of onion. Take these out and throw away. Put the potatoes into the hissing fat and turn often to prevent them from browning, until they are very hot all through. Mix in with them now a teaspoonful of finely minced parsley, stir, and toss it into the potatoes for two minutes, and dish. There should be just enough fat to cook the potatoes, but not enough to make them greasy to dripping when you take them out. Serve very hot. This dish is known on hotel bills-of-fare as "Lyonnaise Potatoes" (pronounced "*Leeonnaise*"), and is a general favorite, although seldom really well cooked. Sometimes the onion is minced and stirred in with the potatoes while the latter are cooking, a ranker and coarser preparation of the materials than that here given. The common fault is to make the whole too greasy, a defect rendered more glaring by the lukewarm temperature of the mass by the time the guest gets it. See to it, then, that John gets *his* Lyonnaise dry, hot, and savory.

CASSEROLE OF POTATO.

Mash eight or ten potatoes smooth with butter; salt, and work in the beaten whites of two eggs. Then fill a greased jelly-mould with the mixture, pressing it in firmly. Set aside to harden. When cold, scrape about a teacupful, or less, from the middle, leaving firm, thick walls. Fill the cavity with minced mutton,

highly seasoned, mixed with crumbs moistened with gravy, and not too soft. Fit a piece of fried bread in the mouth of the filled cavity; turn out the casserole carefully upon a stone-china or block-tin dish; wash all over with beaten egg and set in a hot oven ten minutes to heat and glaze. The mince should be very hot when it goes in and stiff enough to keep its shape.

POTATOES À LA CRÈME.

Heat a cupful of milk; stir in a heaping tablespoonful of butter cut up in as much flour. Stir until smooth and thick; pepper and salt, and add two cupfuls of cold boiled potatoes, minced, and a little very finely chopped parsley. Shake over the fire until the potatoes are hot all through, and pour into a deep dish.

POTATO CROQUETTES. (No. 1.)

Beat into hot mashed potato a raw egg, a little butter, milk, nutmeg, pepper and salt to taste, also a *very* little grated lemon-peel. Heat and stir three minutes in a saucepan, or until scalding hot. When perfectly cold make into croquettes, roll in flour, and fry in boiling cottolene or nice dripping. Drain off every drop of fat and serve in a hot dish lined with a napkin.

POTATO CROQUETTES. (No. 2.)

Boil and mash in the usual way, and for each cupful of potato add and mix in thoroughly one dozen English walnuts, chopped fine. Season with salt and pepper, bind with the yolk of a raw egg, and set in a cold place until stiff. Make into croquettes, dip in egg and then in cracker-crumbs, let them stand on ice for half an hour and fry in deep fat.

FRIED POTATOES.

Pare, slice very thin, or cut lengthwise into strips. Lay in cold water for half an hour; dry between two soft cloths and fry in deep, hot cottolene, a few at a time, not to cool the fat.

When lightly colored take up with a split spoon and lay upon hot paper in an open oven until all are ready. They should be so dry and crisp as not to soil the napkin lining the dish in which they are served.

You can cut the raw potatoes into balls with the little potato-gouge made for this purpose, or into slender "straws," and fry as above.

SARATOGA POTATOES

are nothing more than raw potatoes shaved, rather than cut, into translucent slices, and then laid in ice-cold water again before drying quickly and frying to a very pale brown. As fast as they are fried put them into a hot colander and set in an open oven.

POMMES DE TERRE SOUFFLÉS.

That is to say, "puffed potatoes." The foreign phrase lifts them a degree in the gastronomic scale.

Pare the potatoes and cut, lengthwise, into slices less than a quarter of an inch thick. Lay in ice-water for half an hour; dry well with a soft cloth and fry in tolerably hot fat for three minutes, but not until they begin to color. Take them out and set aside in the colander for ten minutes in a cool place. Heat the fat again—now very hot, and fry, a few at a time. They should "swell visibly before your eyes," like Mr. Weller's tea-drinker.

Potatoes for this purpose should be perfectly ripe and mealy. New potatoes and really old are alike unavailable for the *soufflé*.

POTATO SOUFFLÉ.

Which is a very different thing from *soufflé* potatoes. Beat a cupful of mashed potato to a cream, add the yolks of three well-beaten eggs and a tablespoonful of melted butter, season with pepper and salt and a dash of onion-juice; whip in by degrees a cupful of rich milk, lastly the frothed whites of the eggs. Pour into a buttered bake-dish and cook, covered, until it rises well, then brown. Serve at once. It soon falls and settles.

POTATOES BAKED WHOLE.

Select those of fair and of uniform size. Wash and lay upon the floor of your oven. Bake until soft to the pinch of an energetic finger and thumb.

SWEDISH BAKED POTATOES.

Bake large potatoes whole, cut a cap from the top of each and scoop out as much of the mealy potato as you can without breaking the skins. Fill with a hot mince of boiled fish whipped light with cream and butter and highly seasoned. Put on the caps, and set in the oven to re-heat for three minutes, or until very hot.

BAKED POTATOES STUFFED.

Bake, and empty the skins as directed in the last recipe. Whip the potato you have taken out to a light cream with hot milk and butter. Season with salt and a pinch of cayenne, and stir in, finally, for six potatoes, a large spoonful of grated cheese. Fill the skins high with this mixture and set again in the oven until they are lightly browned.

BAKED POTATO DICE.

Pare and cut six large potatoes into dice, or into strips half an inch thick. Leave in cold water for half an hour. Wipe and turn over and over in melted butter until each piece is coated. Pour what remains of the butter into a bake-dish, lay in the potatoes irregularly that the heat may reach all, sprinkle upon them salt, pepper, a few drops of lemon- and the same of onion-juice. Cover the dish and bake, covered, for three-quarters of an hour, or until the dice are tender. Serve dry on a hot dish.

POTATO OMELET.

Beat mashed potatoes to a soft cream with milk, salt, pepper, and mix in a little melted butter—a small tablespoonful for each cupful of potato. Whip in the beaten yolks of two eggs and at the

last the frosted whites. Have a little hot butter in a frying-pan, pour in the mixture and cook slowly until it is well set. Ten minutes should suffice. Double and turn out upon a hot dish.

POTATO FRITTERS.

Beat into a cupful of creamy mashed potato (hot) two table-spoonfuls of hot milk, one of butter, one egg, and a little salt and pepper. Mix well and let it get perfectly cold. Cut into squares, roll in egg, then in cracker-crumbs or in flour only, and fry in deep boiling fat. Serve dry and hot.

SWEET POTATOES.

They are best when fully ripe and not yet watery or sticky. They should, in this, their prime, be as mealy as well-cooked Irish potatoes, and are at once more palatable and more nutritious than their lowlier-born cousins.

BAKED SWEET POTATOES.

A fine, ripe sweet potato never tastes better than when baked properly. Wash and wipe and lay in a baking-pan. Cover, and cook until the heart of the largest potato yields to the pressure of your thumb and finger. Turn several times while they are baking, that all sides may receive an equal degree of heat. The fashion of baking or roasting potatoes until the skins are like leather and on the lower side burned to a cinder is an insult to this one of the kindly fruits of the earth. Baked and boiled mealy sweet potatoes have a decided resemblance in texture and taste to boiled chestnuts.

BOILED SWEET POTATOES.

Select those of uniform size, wash and boil in salted water until a fork pierces readily to the centre of the largest. Drain and set in a hot oven five minutes to dry, then peel and serve hot.

SWEET POTATOES SAUTÉ.

Slice cold boiled sweet potatoes, pepper, salt, and flour. Heat in a frying-pan a good spoonful of butter or sweet dripping. Lay in the potato slices, turning them over and over to coat each piece with the fat, and *sauté* until lightly colored.

SWEET POTATOES AU GRATIN.

Slice the potatoes crosswise and arrange in layers in a bake-dish, sprinkling each layer with salt, pepper, bits of butter, and a very little sugar. When the dish is full pour in three or four tablespoonfuls of hot water in which has been melted a teaspoonful of butter. Strew the top thickly with salted and peppered cracker-crumbs, stick bits of butter here and there, and bake, covered, until thoroughly heated. Uncover, and brown lightly.

An excellent preparation of an excellent esculent.

SWEET POTATO PUFF.

Boil and mash sweet potatoes. To two cupfuls of this add three eggs, beaten light, a cupful of milk, two tablespoonfuls of butter, and a little salt. Beat all together vigorously, turn into a pudding-dish, and bake.

CREAMED SWEET POTATOES.

Boil dry, mealy potatoes, peel and set in the oven to dry, but do not let them get hard. Rub through a colander, or grate, or rub through a vegetable-press into a mealy mass. Beat with a silver or wooden spoon to a cream with hot milk in which a lump of butter has been melted. Season with salt and pepper, pour into a pudding-dish and bake, covered, in a quick oven until it begins to brown. Wash over with egg and leave in the oven one minute longer. Serve at once.

SWEET POTATO CROQUETTES.

Beat into two cupfuls of boiled and mashed sweet potatoes, while hot, a tablespoonful of butter, and the whipped yolks of

two eggs, with a tablespoonful of cream, and let the mixture get cold before making it into croquettes. Roll in egg and cracker-crumbs; set in a cold place for a couple of hours, and fry to a golden brown in deep fat.

SWEET POTATO AND CHESTNUT CROQUETTES.

Make as above, but add to the potatoes a cupful of Spanish chestnuts, roasted or boiled, and pounded to powder. Work in well with the butter, eggs, and cream, season and fry in deep fat.

RICE.

“Rice,” says an eminent authority upon dietetics, “is more largely grown and consumed as human food than any other cereal. It is said to be the main food of one-third of the human race. Alone, however, it is not a perfect food, being deficient in albuminoids and in mineral matters.”

Reading on, we find that it contains but fourteen-and-a-sixth parts of water and seventy-six parts of starch, with seven-and-a-fifth parts of the useful albuminoids, as against one-and-one-half parts of the same in potatoes.

“One pound of rice, when digested and oxidized in the body, might liberate force equal to 2,330 tons raised one foot high. The greatest amount of external work which it could enable a man to perform is 466 tons raised one foot high.”

Thus another distinguished writer upon the same subject.

Turning to his opinion of the Tyrant Potato, we read with wicked satisfaction—“One pound of potatoes, when digested and oxidized in the body, might liberate force equal to 619 tons raised one foot high. The greatest amount of work which it would enable a man to perform is 124 tons raised one foot high.”

Comment would seem to be superfluous were we less familiar with the fatuous prejudices of those who, depending upon brawn and bone for their daily living, should study most heedfully the

capabilities of their daily food to furnish what they need. Rice, as a vegetable, is held in light esteem—in fact in no esteem at all by this class. It is spoken of contemptuously as “babies’ victuals,” and “sick folks’ mess,” and is practically unknown upon the family bill-of-fare except in the shape of rice-puddings. These are reckoned economical and “filling at the price.”

Hodge and his congeners are the less to blame for their stupidity, because rice, as a rule, suffers more in the clutches of *The Average American Cook* than any other vegetable. The pasty mess, stiff enough to stand alone, or so watery as to look like coarse and ill-made starch, which figures as boiled rice upon nineteen out of twenty otherwise well-furnished tables, deserves the reputation it has wrought. That a majority of writers upon cookery pass over the cereal and the violence done to it lightly, is a greater puzzle.

The reader will, in consideration of the importance of the subject, pardon one more extract from our treatise upon “Food and Some of its Constituents.”

“As rice is deficient in natural fat, oil, butter, fat bacon, or similar articles of food, should be eaten with it.”

That is, the “trimmings” that make rice toothsome, also raise it toward the level of the perfect food. Furthermore it may be consumed along with substances rich in nitrogenous or flesh-forming matters—such as meat, eggs, and any kind of pulse, as pease or beans.

All of which dicta point to our gentle cereal as a vegetable accompaniment of meat and gravies rather than to the final course which the English name “sweets,” the American, “desserts.” The word “gentle” is used with a purpose in this connection. Rice, properly cooked, is digested without difficulty by the stomach and holds healing in its soft starches and mild albuminoids, poulticing pain, and coating sore surfaces.

Clearly, then, it is the duty of caterer and cook to make it attractive and popular for the general good of mankind and the especial benefit of the household.

BOILED RICE.

Wash a cupful of rice in three waters, leaving it in the last for ten minutes. Have on the fire a pot containing at least two quarts of boiling water. A gallon would not be amiss. One quart would be ruin. Put in a full teaspoonful of salt for each quart of water. The water should be at a furious boil when the rice goes in, and this must be kept up all the while it is cooking. Leave the pot uncovered and do not touch the rice with a spoon. At the end of twenty minutes take out a few grains with a fork and bite into them to try if they are tender. They should be by now. If the test is satisfactory drain off every drop of the water into the bowl and set aside to be used in broths, etc. Turn the rice into a heated colander and set at the back of the range or in the open oven for a few minutes to dry, as you would potatoes. Every grain should stand up for its own individual right to be plump, white, and tender, yet consistent. Send to table in a hot open vegetable-dish, and eat with meat as you would any other vegetable, or butter it and eat it alone.

SAVORY RICE À LA MILANAISE.

Wash a cupful of rice well. Take a cupful of broth from your soup-pot; strain through a thin cloth and add twice as much boiling water, with a little salt. Put in the rice and cook slowly until it has taken up all the water and is soft. Pour in a large cupful of hot milk in which have been mixed two eggs (raw), two tablespoonfuls of grated cheese, and a tablespoonful of butter. Stir up well; add about half a cupful of minced veal and ham; turn into a greased mould; cover and bake one hour and a half in a dripping-pan of hot water. Dip in cold water and invert upon a flat dish.

RICE AND CHEESE.

Boil a cupful of rice in a quart of water, slightly salted, and when half done add two tablespoonfuls of butter. By the time the rice is soft the water should have been soaked up entirely,

and each grain stand out whole in the mass. Never stir boiling rice, but shake up the saucepan instead. Stir into the rice at this point three tablespoonfuls of grated cheese, salt and pepper to taste. Toss up with a fork until the cheese is dissolved, and pour into a deep dish.

RICE LOAVES.

Two cupfuls of boiled rice ; two eggs, beaten light ; two tablespoonfuls of melted butter. Milk at discretion.

Beat the rice smooth with a spoon, add the butter and eggs and enough milk to make a rather soft paste. Form this with the hands into small loaves, lay them in a dripping-pan and bake them, closely covered, for fifteen minutes. When half done wash with beaten yolk of egg, strew with grated cheese, and brown.

BAKED RICE CURRY.

An East Indian Dish.

Wash a cupful of raw rice in three waters, and let it soak fifteen minutes in water enough to cover it. Boil an onion in a quart of water with a little salt until the onion is very soft. Strain the water, squeezing the onion hard in a bit of cloth. Throw it away, put the water over the fire with a heaping teaspoonful of curry-powder, and when it boils again pour upon the rice and the water in which it was soaked. Turn all into a jar with a close top, or a casserole dish with a cover, and set in a moderate oven until the rice has soaked up the liquid and is swollen and soft, but not broken. Serve in a deep, open dish, and pour over it a few spoonfuls of melted butter, loosening the rice gently with a fork to allow the butter to penetrate to the bottom.

Serve with roast chicken, veal, or fish.

RICE WITH TOMATO SAUCE.

Boil as already directed, and, when dry, dish, and pour over it a cupful of strained tomato sauce, seasoned with onion-juice,

pepper, salt, butter, and a little sugar. Stir and lift the grains lightly with a fork to let the tomato reach the whole mass.

RICE AND TOMATO.

An Italian Recipe.

Cook as in the last recipe, but add to the strained and seasoned tomato sauce a cupful of good stock or gravy, and when they have boiled together five minutes stir in two great spoonfuls of Parmesan cheese. (Season the tomato with cayenne, not with black pepper.) Dish the rice—every grain standing apart from its fellows—and cover with the sauce. Loosen with a fork to let this sink into the rice, set in an oven for three minutes and serve. It is a savory and pleasant accompaniment to cold meat.

RICE SAUTÉ.

Boil as in former recipes, turn out upon a hot platter and put into the oven to dry for five minutes, loosening the grains with a fork that each may retain form and consistency. When dry, set away until perfectly cold. Heat a little butter in a frying-pan and fry half a dozen slices of onion until they begin to color. Take them out and put the rice into the butter, a tablespoonful at a time, to keep the grains apart. Toss lightly with a fork that the grains may remain distinct, and as they color slightly take them up with a perforated spoon and lay them in a fine colander (heated). Keep the colander in an open oven until all the rice is done. Shake up gently to make sure that it is free from grease and turn into a deep, uncovered dish.

This is a delightful accompaniment to fried fish or broiled birds, and very wholesome.

BROILED RICE.

Boil as usual, and while hot stir in a tablespoonful of white sauce for each cupful of rice, and a beaten egg for two cupfuls. Season with pepper, salt, and a few drops of onion-juice; fill a broad, shallow dish with it, and press the bottom of another, or

a large plate, firmly upon it until it fits down firmly upon every part. Set a flat-iron or other heavy weight upon the upper dish and set away to get cold. When stiff and chilled throughout, cut into strips or squares or triangles, and broil upon a buttered gridiron until lightly browned.

Serve hot and dry with game or broiled chicken.

FRIED RICE.

Prepare as above, and when stiff cut into rounds or squares, roll in egg and cracker-crumbs, let them stand for an hour, and fry in hot, deep cottolene.

This is a very nice preparation of rice.

BUTTERED RICE.

A Chinese Recipe.

Boil a cupful of rice and dry. Heap in a deep dish and pour over it this sauce: Fry a sliced onion in two tablespoonfuls of butter to a light brown; strain it out and add to the hot butter a small green pepper, seeded and minced fine, and when this has cooked tender, a teaspoonful of lemon-juice. Pour over the rice and serve.

RICE AND CHEESE.

A Swiss Recipe.

Boil a cupful of raw rice in a quart and a pint of hot water, lightly salted. At the end of fifteen minutes drain off half the water and add a good tablespoonful of butter with a pinch of cayenne. When the rice is done all the water should be absorbed and each grain stand out swollen and whole. Let it dry out for five minutes. Shake up the saucepan lightly, not to break the rice, and stir into it, with a fork, three tablespoonfuls of Parmesan cheese. Turn into a deep dish and serve.

RICE CROQUETTES. (No. 1.)

Into a cupful of cold boiled rice beat the well-whipped yolk of an egg, a teaspoonful of melted butter, a teaspoonful of sugar,

half as much salt, and enough milk to make a paste that you can handle. Make this into croquettes, or into balls, with floured hands. Dip each into beaten egg, then into cracker-dust, and set aside in a cold place for a couple of hours or more. Then fry in deep, hot cottolene to a golden brown. Take up with a split spoon, lay in a heated colander, and set in the open oven until you are ready to dish them.

RICE CROQUETTES. (No. 2.)

Boil a cupful of rice in plenty of hot, salted water for twenty minutes. Drain and dry, and while hot work in half a cupful of milk and the beaten yolks of two eggs, with pepper and salt to taste, a teaspoonful of butter and a dash of nutmeg, or a pinch of grated lemon-peel. Set aside the mixture until stiff and cold; form into croquettes, egg and crumb them, leave them for two hours in a cold place, and fry in hot, deep cottolene.

RICE AND MUSHROOM CROQUETTES.

Drain the liquor from half a can of mushrooms; chop them and cook for fifteen minutes in a pint of weak stock or in water in which half an onion, a carrot, cut into dice, and a stalk of celery have been boiled for one hour, then strained out. Drain the liquor from the mushrooms and set them aside to get cold. Cook three tablespoonfuls of washed, raw rice in the liquor left in the saucepan, until soft, but not broken. It should absorb it all when done. Now add the chopped mushrooms, a teaspoonful of butter, the yolk of a beaten raw egg, pepper and salt to taste, and set aside the paste to get cold and stiff.

Make it into croquettes with well-floured hands, egg and crumb, set them in a cold place for an hour or so, and fry in deep, hot cottolene.

RICE AND GIBLET CROQUETTES.

A German Recipe.

Boil a cupful of raw rice in plenty of hot, salted water. Drain and dry, and while hot work into it a teaspoonful of butter, a

tablespoonful of grated cheese, the yolk of a beaten egg, pepper and salt to taste, and set aside to get cold.

Chop and rub the boiled giblets of chickens, ducks, or geese smooth, and work to a paste with a very little gravy, seasoning to taste. Flour a rolling-pin, roll out the rice-paste half an inch thick, and cut into round cakes. In the centre of each lay a spoonful of the giblets, enclose it and roll the rice about it in an egg-shaped ball. Egg and crumb them, leave on the ice for two hours or more, and fry in deep, hot olive oil.

RICE AND SWEETBREAD CROQUETTES.

Prepare as directed in the foregoing recipe, but substitute sweetbreads, boiled, blanched, and chopped, for the livers.

SAVORY MOULD OF RICE.

A Neapolitan Recipe.

Boil one cupful of raw rice in two quarts of salted water for twenty minutes. Drain and dry, and mix with it a cupful of milk in which has been dissolved a teaspoonful of corn-starch. Beat into this a raw egg and a tablespoonful of melted butter, and set aside to get cold. Mince a cupful of chicken, lamb, or veal, mix with it two tablespoonfuls of chopped pine-nuts. You may buy them from Italian grocers, and if you cannot get them, substitute blanched and chopped almonds. Season well, and work in a tablespoonful of gravy. When the rice is cold put all the ingredients together, mixing well, and pour into a buttered mould, the sides of which you have coated with fine, dry crumbs, after buttering. Fit on a close top, and cook in the oven, set in a pan of boiling water, for two hours. Dip the mould for an instant in cold water, and turn out the pudding upon a hot dish. Serve with tomato sauce, into which have been stirred two large spoonfuls of Parmesan cheese.

An excellent and inexpensive entrée.

PILAU. (No. 1.)

A Turkish Recipe.

Boil a cupful of raw rice in a pint of mutton-stock which has been skimmed and seasoned with onion, tomato, salt, and cayenne. When the rice is soft and has soaked up all the liquor add a tablespoonful of butter and a heaping teaspoonful of curry-powder with one of capers.

Mince cold mutton or lamb until you have a cupful ; heat a cupful of gravy over the fire, season well and sharply, and thicken with browned flour, then stir in the minced meat, and boil up once. Pour upon a heated platter and arrange the rice like a fence around it.

Pilau is even better when made with chicken-stock and meat instead of mutton.

PILAU. (No. 2.)

Heat together a cupful of strained tomato-juice and one of well-seasoned mutton-, or chicken-, or veal-stock. Put in four tablespoonfuls of washed rice, and cook until it is soft and has taken up the liquid. Add two tablespoonfuls of butter, salt and paprica to taste, cook for two minutes and turn out.

Eat with boiled mutton or chicken, and pass with it a dish of grated cheese, or with a saltspoonful of curry, blended with a cupful of cheese, for those who like this addition.

RICE AND GIBLET PUDDING.

Boil the giblets tender, and mince fine. Add to the water in which they were cooked a small grated onion and a tablespoonful of finely chopped salt pork. There should be a pint of the liquor. Boil three tablespoonfuls of rice in it for twenty minutes. It should absorb all the liquid. Have ready five tablespoonfuls of milk, heated in a separate vessel, pour it upon a beaten egg, stir in a tablespoonful of butter, season to taste with salt and paprica, add to the rice, and put in the chopped giblets. Simmer for five minutes after the boil is reached, and turn into a

mould which you have greased well and then coated with fine crumbs. Press firmly into this, and set in the oven for one minute before turning out upon a hot platter. It should be just stiff enough to take the shape of the mould. Pass tomato sauce and grated cheese with it.

CASSEROLE OF RICE.

Boil a cupful of rice in a pint of hot chicken-stock for twenty minutes, or until tender and dry. Season with salt, pepper, and onion-juice when half done. When dry, mound it upon a hot dish, wash with beaten egg and strew with grated cheese, and brown upon the upper grating of your oven. Send around mushroom sauce with it.

RICE AND SAUSAGE.

Boil the rice twenty minutes, or until tender; drain and dry and mix with an equal quantity of sausage-meat which has been boiled in water enough to cover it. Season this liquor with a quarter-spoonful of chopped garlic—not onion—add a pinch of allspice and a tablespoonful of walnut- or mushroom-catsup, and wet up the sausage and rice mixture with it. Press firmly into a bowl and turn out upon a hot dish. Garnish with fried calf's brains, or eat with roast veal.

This is a Russian dish and better than it sounds, especially in winter.

MACARONI.

MACARONI AU GRATIN.

Break half a pound of macaroni into inch lengths. Make a weak broth by diluting the remains of yesterday's soup with hot water, and straining it. When it boils, season well and put in the macaroni. Cook until tender, but not broken. Drain off all but half a cupful of the liquor; put the hot macaroni upon a stone-china dish; stir a good piece of butter through it; sift over it a mixture of grated cheese and fine bread-crumbs. Set upon the upper grating of the oven to brown.

MACARONI DI LUCCA.

Break half a pound of pipe macaroni into two-inch lengths. Cook fast in boiling, salted water for twenty minutes, or until clear, but not broken. Then drain and rinse quickly in cold water to prevent the pieces from adhering to one another. Butter a bake-dish, and cover the bottom with macaroni, salt, drop bits of butter here and there with a slight sprinkling of cayenne, and cover with Parmesan cheese. Fill the dish in this order, having a cheese-layer on top.

Have ready in a saucepan a cupful of hot milk, and melt in it a teaspoonful of butter, a saltspoonful of English mustard, and a little pepper and salt. Cover the macaroni with it, put a lid over the dish, and bake, covered, half an hour; then brown. Serve in the dish.

This is a genuine Italian recipe.

MACARONI IN SPANISH STYLE.

Boil half a pound of macaroni in salted water until clear; drain and rinse in cold water in which has been mixed a tablespoonful of vinegar. Lay the sticks of boiled macaroni upon a board in parallel rows, and with a sharp knife cut all into pieces of equal length, about five inches long.

In another saucepan have ready, heated, a cupful of mutton or lamb or chicken gravy, a teaspoonful of grated onion, a cupful of strained tomato, a green pepper, chopped fine, a teaspoonful of sugar, salt and cayenne to taste, and a dust of nutmeg. Put in the macaroni, simmer slowly for half an hour and pour into a hot dish which has been rubbed with a freshly cut clove of garlic.

SPAGHETTI (PLAIN).

Break half a pound of spaghetti into pieces of equal length and boil twenty minutes fast in plenty of salted water. Drain off the water, rinse the spaghetti in cold water, and return to the fire with enough cold milk to cover it. Stir in a table-

spoonful of butter for each cupful of spaghetti, season with pepper and salt, and cook gently for ten minutes more. Stir in, then, three tablespoonfuls of grated cheese and turn into a deep dish.

MACARONI AND HAM.

Boil half a pound of macaroni tender in hot, salted water. Drain and rinse in cold water and cut into inch lengths. Make a roux of a tablespoonful of flour, stirred smooth, in one of hot butter over the fire ; thin with a cupful of scalding milk, heated, with a bit of soda to prevent curdling. Put into this the macaroni, and a cupful of cold, boiled ham, minced fine and seasoned with a saltspoonful of dry mustard and a dash of cayenne. Lastly, stir in a well-beaten egg. Pour the mixture into a buttered bake-dish, sift cracker-crumbs and grated cheese over all, and cook, covered, in a steady oven, half an hour. Uncover and brown.

BAKED MACARONI AND TOMATO.

An Italian Recipe.

Boil half a pound of macaroni twenty minutes, or until tender ; drain and rinse quickly in cold water ; lay it out upon a board and with a sharp knife cut into inch lengths. Butter a bake-dish and cover the bottom with macaroni ; season with bits of butter, paprika, salt, a few drops of onion-juice, and scatter over it a large spoonful of Parmesan cheese. Upon this lay a stratum of stewed, seasoned, and strained tomatoes, then more macaroni, and so on, until the dish is full. Cover with the tomato sauce, and sift fine crumbs over all with bits of butter on top. You will need a cupful of the sauce for this dishful. Bake, covered, half an hour, then brown.

SAUCE FOR THE ABOVE.

Stew a cupful of chopped tomatoes with a teaspoonful of grated onion and half a teaspoonful of mixed cloves and mace (ground). Make a brown roux of a tablespoonful of butter and the same of flour ; when it is smooth add the stewed tomatoes, cook one

minute, and rub them through a colander. Turn the macaroni upside down upon a deep dish, pour the sauce over it, leave it in the oven for a moment and serve. Send around grated cheese with it.

STEWED MACARONI À LA TURQUE.

Break half a pound of macaroni into two-inch lengths ; boil in hot, salted water twenty minutes, or until clear ; drain, rinse in cold water, and spread upon a dish to cool, separating the tubes that they may not stick together. Have ready a cupful of stewed and strained tomatoes, seasoned with butter, sugar, paprica, and salt. When cooked and strained add three tablespoonfuls of pine-nuts, or, if you cannot get them, of almonds, blanched and chopped. Cook five minutes after it reaches the boil, stir in three tablespoonfuls of consommé or of strong stock and the macaroni. Bring slowly to a gentle boil, and as soon as it begins, take up and dish.

Pass grated cheese with it. You can serve it as a vegetable with roast beef, or make a separate course of it, as in the foreign restaurants.

Spaghetti is nice when prepared in the same way.

SPAGHETTI AND SWEETBREAD TIMBALES.

Boil, drain, and rinse spaghetti without cutting it into short pieces, and spread it out at length upon a dish or clean board to cool. Butter or oil some timbale-moulds or nappies, and when the spaghetti is cold, line these with it, beginning in the centre of the bottom and winding the spaghetti neatly and closely around and around until the top is reached. Do this deftly and patiently, joining closely when a single piece is not enough to line the whole cup. A little practice will enable you to do it well. When the mould is lined, dust with paprica or with cayenne, and with salt. Have at hand sweetbreads that have been boiled, blanched, chopped, and seasoned with salt, pepper, and a few drops of onion-juice, then moistened with a rich white sauce. Fill the lined cups or moulds with this, cover

with a close coil of spaghetti, and cook twenty-five minutes in a pan of boiling water set in a hot oven. Keep the timbales covered for twenty minutes. Or, you may steam them for three-quarters of an hour.

Dip each mould for an instant in ice-cold water, and turn out the timbales upon individual plates, made very hot. Serve with a rich gravy, or with mushroom or tomato sauce.

SPAGHETTI AND MUSHROOM TIMBALES

are made exactly as in the last recipe, substituting mushrooms for the sweetbreads.

In fact chicken, oysters, turkey, salmon—almost any well-prepared filling—may be used instead of either of these materials.

This is a pretty company entrée.

GREEN CORN.

BOILED CORN.

Husk, clearing the ear of every strand of silk, and trim off stem and top neatly. Boil in hot water until the milk does not escape when a grain is penetrated by the nail. Fifteen or twenty minutes, according to the age of the corn, will be enough. Drain, sprinkle the corn with salt, and serve upon a hot napkin laid upon a platter. Fold the corners of the napkin over the corn.

STEWED CORN.

Husk and clean the corn, and leave it in cold water for fifteen minutes. With a sharp knife split each row of grains all the way down from stem to tip of the ear; then shave, rather than cut, them off down to the cob. Cover with hot water in a saucepan, and stew slowly for twenty minutes. Stir in a tablespoonful of butter for a pint of corn; pepper and salt and serve.

STEWED CORN AND TOMATOES.

Cook as in last recipe, and when the corn has simmered five minutes add a cupful of chopped tomatoes (peeled). Cook twenty minutes longer after the boil recommences, season and serve. If there is much liquid in the stew, roll the butter in flour before adding it, and boil a minute more than if the flour were not used.

CORN FRITTERS.

Two cupfuls of grated green corn; two eggs; one cupful of milk; a pinch of soda; salt and pepper to taste; one tablespoonful of melted butter; two tablespoonfuls of flour. Mix and fry as you would griddle-cakes, and send in hot, in acceptable relays.

SUCCOTASH.

Six ears of corn; one pint of string-beans, trimmed and cut into short pieces; one tablespoonful of butter rolled in flour; one cupful of milk; pepper and salt. Cut the corn from the cob, bruising as little as possible. Put over the fire with the beans in enough hot water, salted, to cover them, and stew gently half an hour. Turn off nearly all the water and add a cupful of milk. Simmer in this, stirring to prevent burning, twenty minutes; add the floured butter, the pepper and salt, and stew ten minutes. Serve in a deep dish.

CANNED CORN

may be used satisfactorily in most dishes that call for green corn. If, before cooking it, the contents of the can be turned into a fine colander, and cold water poured over it to wash off the liquor in which it was preserved, the taste will be cleaner and sweeter. Like all other "canned goods" corn should be opened and poured out upon an open dish for some hours before it is used to get rid of the close, smoky flavor and smell.

TOMATOES.

STEWED TOMATOES.

Pour boiling water upon tomatoes to loosen their skins, and peel them. Slice, or cut into dice, and cook in a porcelain or agate-iron saucepan for twenty minutes. Drain off the superfluous liquid, pepper and salt it and keep for sauces, stews, and soups. Stir into the hot tomatoes, for each quart, a tablespoonful of butter rolled in corn-starch or in fine cracker-dust, a teaspoonful each of salt and of pepper, and a half teaspoonful of grated onion. Cook three minutes longer and serve.

TOMATOES AU GRATIN.

One quart fine, smooth tomatoes; one cupful bread-crumbs; one small onion, minced fine; one teaspoonful white sugar; two tablespoonfuls butter—melted; cayenne and salt. Cut a piece from the top of each tomato. Scoop out the inside, leaving a hollow shell. Chop the pulp fine, mix with the crumbs, butter, sugar, pepper, salt, and onion. Fill the cavities of the tomatoes with this stuffing, heaping and rounding each; scatter fine crumbs on the top, and arrange in a bake-dish. Set the dish, covered, in an oven, and bake half an hour before uncovering, after which brown lightly, and send to table on a hot platter.

BROILED TOMATOES WITH SAUCE.

Six fine, firm tomatoes, pared and sliced nearly half an inch thick; yolks of three hard-boiled eggs, pounded; three tablespoonfuls of melted butter and same of vinegar; two raw eggs, beaten light; one teaspoonful of sugar and half as much, each, of made mustard and salt; a pinch of cayenne. Rub butter, pounded yolks, pepper, salt, mustard, and sugar together. Beat hard, add vinegar, and heat to a boil. Put this gradually upon the beaten eggs and whip to a smooth cream. Set in hot water while you broil the tomatoes in an oyster-broiler over clear

coals. Lay this upon a hot-water dish and pour the scalding dressing upon them.

You may substitute a simpler sauce for this dressing, such as *maître d'hôtel* sauce, or one made by beating two teaspoonfuls of lemon-juice in three tablespoonfuls of butter, and seasoning this with a little mustard or cayenne.

SCALLOPED TOMATOES. (No. 1.)

Butter a bake-dish and cover the bottom with fine, dry crumbs. Next put a layer of sliced and peeled tomatoes; season with pepper, salt, sugar, butter, and a few drops of onion-juice. More crumbs and more tomatoes until the dish is full. The top layer should be crumbs, peppered, salted, and buttered. Bake half an hour, covered. Uncover and brown.

If canned tomatoes are used, drain off half the juice before you begin the scallop, or it will be too watery. Season the liquor and save for sauces and soups.

SCALLOPED TOMATOES. (No. 2.)

Peel and slice tomatoes. Chop fine two slices of fat salt pork and a small onion. Place a layer of tomatoes in a pudding-dish, pepper and salt lightly, sprinkle with a very little sugar and with the pork and onion. Cover with crumbs and continue using the ingredients in this order until the dish is full. Have the top layer of crumbs. Bake, covered, half an hour, then uncover and brown ten minutes. Serve in the dish in which they were baked.

BAKED TOMATOES. (No. 1.)

Peel with a sharp knife. Cut a piece from the top and gouge out most of the pulp, leaving the walls intact. Season what you have removed with pepper, salt, sugar, a few drops of onion-juice, and twice as much salad oil when you have chopped the pulp rather coarsely. Put it back into the tomatoes, replace the top, sprinkle with oil, paprica, and salt, and arrange upon a baking-pan. Bake, covered, for twenty minutes, and uncovered for five, and serve upon buttered Graham-bread toast.

BAKED TOMATOES. (No. 2.)

Peel and cut the tomatoes into halves. Have two tablespoonfuls of salad oil hot in a frying-pan and lay the halved tomatoes in this, turning them over cautiously when they have cooked for one minute, that they may be equally coated with the hot fat. Take them up, without breaking, and arrange them close together in a bake-dish. For six tomatoes, chop half a small clove of garlic—there should not be more than half a salt-spoonful—and allow two tablespoonfuls of oil, a tablespoonful of minced parsley, a dash of paprica, and half a teaspoonful of salt. Mix this sauce well, pour over the tomatoes in the dish, cover, and bake for twenty minutes. Uncover and cook for five minutes longer.

Serve in the bake-dish. This is a German recipe, and a good one. Serve with roast mutton.

CREAMED TOMATOES.

Cut six firm tomatoes into thick slices and *sauté* them in two tablespoonfuls of butter three or four minutes, until they are tender. Stir in then a cupful of hot cream or milk in which has been mixed a tablespoonful of flour. Stir over the fire until the sauce thickens well and serve.

They are very good.

STUFFED TOMATOES. (No. 1.)

Wash and wipe, but do not peel, fine, smooth tomatoes. Cut a piece from the top of each, dig out most of the pulp and replace it by a force-meat of cold chicken or ham, seasoned with salt, pepper, sugar, and a little onion-juice. Pack the tomatoes with this, replace the tops and put into a baking-pan close together. Fill the interstices with fine bread-crumbs, peppered, salted, and buttered, and pour over them a cupful of chicken-stock or consommé. Cover and bake half an hour.

Take up the tomatoes and dish on a hot platter, add to the

gravy left in the pan half a cupful of cream or milk in which has been dissolved a bit of soda. Heat to a boil and pour over the tomatoes.

STUFFED TOMATOES. (No. 2.)

Cut the tops off fine, large tomatoes and scoop out the inside, taking care not to break the outer skin. Mince what you have removed fine, add to it as much bread-crumbs, season to taste with salt, pepper, sugar, and a little butter, and refill the shells. Replace the tops, and if there is any stuffing left, put it between the tomatoes as they are placed side by side in a pudding-dish. Cover closely and bake half an hour. Uncover and brown.

TOMATOES WITH SAUCE PIQUANTE.

Wash and wipe, but do not peel. Cut into slices half an inch in thickness, and *sauté* in boiling oil for three minutes before turning. Turn and cook three minutes longer, dish, and put upon each a small teaspoonful of sauce made by whipping butter and lemon-juice to a cream, then adding salt and paprika or black pepper.

CURRIED TOMATOES.

Cook half a teaspoonful of grated onion in two tablespoonfuls of butter, and when it has simmered two minutes stir in a teaspoonful of curry-powder. Cut tomatoes into thick slices and *sauté* in this mixture. Sprinkle with salt and serve.

Pass them with cold meat or with fish, and serve plain boiled rice with them.

CALCUTTA CURRY OF TOMATOES.

Peel and slice a quart of tomatoes and put a layer of them in the bottom of a deep bake-dish, or bowl. Season with salt, butter, sugar, and a sprinkle of curry-powder, allowing a teaspoonful for the whole dish. Upon the tomatoes put a layer of uncooked rice, allowing a scant cupful to the quart of tomatoes. Cover the rice with sliced okras, of which you should have two

dozen. Sprinkle these with salt, cayenne, and bits of butter. Proceed in this way until the materials are all used up. You may, if you like, cover the top with fine crumbs, but they are not included in the East Indian recipe. Scatter bits of butter plentifully over the whole, cover tightly, and bake steadily over an hour. Serve in the dish or bowl.

FRIED TOMATOES IN BATTER.

A nice side-dish is made by dipping slices of ripe tomatoes into a batter made of flour, milk, and an egg, and then frying them a delicate brown.

FRIED TOMATOES (PLAIN).

Wash and wipe, but do not peel, the tomatoes. Slice, dust each piece with paprica, salt, and sugar, sprinkle with a few drops of onion-juice; dip in fine corn-meal, and fry in deep, hot cottolene, as you would fritters. Serve dry with fish or with chops.

DEVILED TOMATOES.

Fine, firm tomatoes—about a quart; three hard-boiled eggs—the yolks only; three tablespoonfuls of melted butter; three tablespoonfuls of vinegar; two raw eggs, whipped light; one teaspoonful of powdered sugar; one saltspoonful of salt; one teaspoonful of made mustard; a good pinch of cayenne pepper. Pound the boiled yolks; rub in the butter and seasoning. Beat light, add the vinegar, and heat almost to a boil. Stir in the beaten egg until the mixture begins to thicken. Set in hot water while you cut the tomatoes in slices nearly half an inch thick. Broil over a clear fire upon a wire oyster-broiler. Lay on a hot-water dish, and pour the hot sauce over them.

EAST INDIAN RAGOÛT OF TOMATOES.

Break the shell of a cocoanut, saving the milk if it be sweet. Grate the meat when you have taken off the brown skin. Heat the milk and pour it over the grated cocoanut. (If the milk be

not sweet use a cupful of boiling water, slightly sweetened with loaf-sugar.) Set aside, covered, until perfectly cold, then strain through a muslin bag, squeezing out every drop of liquid. Peel and cut up fine enough firm tomatoes to make two cupfuls; add a large green pepper, chopped, a tiny pinch of chopped garlic, a tablespoonful of grated onion, and stew gently for twenty minutes. Add then a teaspoonful of curry and draw to the side of the range, while you heat the cocoanut-milk and thin with it a roux of one tablespoonful of flour, stirred smooth into a larger spoonful of boiling butter. Season with salt to taste, pour all together in a deep dish, stir in a quarter-teaspoonful of soda, and serve while frothing.

It will be relished by the lovers of highly seasoned sauces and stews. Eat with roast, or boiled chicken, or with fish.

PEASE.

GREEN PEASE.

Shell and wash; put them in slightly salted boiling water, and cook them in this for twenty-five minutes. Drain well, turn into a hot dish, put a lump of butter the size of an egg upon them and a little pepper and salt.

CANNED PEASE.

Drain and leave in cold water for ten minutes, put on in salted boiling water, cook fifteen minutes; drop in a lump of white sugar and a small sprig of mint, and cook five minutes longer.

Drain, butter, pepper and salt, and serve.

PURÉE OF GREEN PEASE.

Shell half a peck of pease and set them in a cold place while you boil the pods for twenty minutes in just enough hot, salted water to cover them. Strain them; return the water to the fire with the pease and a sprig of mint, and boil until they are soft

enough to rub through a colander. When you have pressed all through that will go, stir into them a cupful of the water in which they were cooked, season with pepper and salt and put back into the colander. As they begin to simmer stir in a roux of one tablespoonful of flour, cooked for three minutes in two tablespoonfuls of butter, cook one minute, take from the fire and add three tablespoonfuls of cream, that have been heated with a tiny bit of soda. Pour upon squares of fried bread laid on a hot platter.

PLAIN PURÉE OF GREEN PEASE.

Boil and rub a quart of pease through a colander, or pass them through a vegetable-press. Heat a tablespoonful of butter in a saucepan with pepper, paprica, or a dash of cayenne, half a teaspoonful of sugar, and three mint leaves, finely minced. Stir in the pulped pease and toss and stir with a silver fork until they are very hot. Pile upon a hot platter and lay triangles of fried bread about the base.

GREEN-PEA PANCAKES.

Two cupfuls of green pease left over from dinner, or boiled expressly for this dish, mashed while hot, and rubbed through a colander. Season with pepper, salt, and butter to taste; let them get cold; then add two beaten eggs and a cupful of milk. Sift half a teaspoonful of Cleveland's Baking Powder twice through half a cupful of flour, and beat in lightly at the last. Mix well and bake as you would griddle-cakes. Eat hot.

LIMA BEANS.

After shelling, cook about half an hour in boiling water with a little salt. Drain dry, and after dishing stir in a lump of butter half the size of an egg and pepper and salt to taste.

LIMA BEANS (STEWED).

Shell a quart of beans, and boil tender in hot, salted water. Drain, add four tablespoonfuls of hot milk, in which has been

melted a tablespoonful of butter rolled in a teaspoonful of flour. Simmer for five minutes, season with pepper and salt, and serve.

KIDNEY BEANS.

If fresh, cook them as you would Lima beans. If dried, soak overnight, and put over the fire in the morning in salted boiling water, and cook gently one hour, or until soft, but not broken. Drain, stir in pepper, salt, and a lump of butter, and serve.

KIDNEY BEANS À LA LYONNAISE.

Soak overnight and boil tender, but not until they break; drain perfectly dry, throw in a little salt, and leave over an empty pot in the colander at the side of the range, as you would potatoes, to "dry off." Have ready in a frying-pan a great spoonful of clarified dripping (that from roast beef is best), with half a small onion, grated, and a little chopped parsley. Salt and pepper to taste, and when hissing hot put in the beans. Shake over the fire about two minutes, until the contents of the pan are well mixed, and as hot as may be without scorching, then serve.

"BLACK-EYED PEASE"

are really a species of bean, although known at the South, where they are abundant, by the name given above. They are boiled always with a bit of fat bacon, to give them richness. Drain well, pepper, salt, and serve with the bacon on the top of the pease.

Or—

After they are boiled they are drained and turned into a frying-pan in which slices of fat bacon have been cooked and then taken out, leaving the fat in the pan. *Sauté* the pease in this until dry, hot, and well-seasoned by the fat. Serve dry, and lay the fried bacon on or about the pease.

Dried black-eyed pease must be soaked overnight.

CAULIFLOWER.

BOILED CAULIFLOWER.

Boil the cauliflower, tied in a net, in plenty of hot, salted water, in which has been stirred a tablespoonful of vinegar. When done, drain and dish, the flower upward. Pour over it a cupful of drawn butter seasoned with lemon-juice, pepper, and salt. Serve very hot.

BOILED CAULIFLOWER WITH TOMATO SAUCE.

Cook as directed in last recipe, but when dished pour over it, instead of the white sauce, a cupful of strained tomato sauce, seasoned with butter, sugar, salt, and paprika.

CAULIFLOWER (PARISIAN STYLE).

Boil a good-sized cauliflower until tender, chop it coarsely, and press it hard in a bowl or mould, so that it will keep its form when turned out. Put the shape thus made upon a dish that will stand the heat, and pour over it a tomato sauce. Make this by cooking together a tablespoonful of butter and flour in a saucepan, and pouring upon them a pint of strained tomato-juice in which half an onion has been stewed. Stir until smooth, and thicken still more by the addition of three or four tablespoonfuls of cracker-dust. Salt to taste, turn the sauce over the moulded cauliflower, set it in the oven for about ten minutes, and serve in the dish in which it is cooked.

CAULIFLOWER AU GRATIN.

An Italian Recipe.

Boil in hot, salted water and divide into tiny clusters, a "flower" or two on each. Butter a deep dish and put in a layer of these, sprinkling with butter, salt, and pepper, and covering first with Parmesan cheese, then with cracker-crumbs. Wet each layer with milk, and fill the dish in this order, finishing with a

layer of crumbs dotted with butter-bits, and dusted with cayenne. Bake, covered, half an hour, then brown. Serve in the dish.

STEWED CAULIFLOWER À LA HOLLANDAISE.

Cut into large clusters of uniform size and stew tender in weak stock or bouillon. (This may be utilized afterward for soup.) Drain, butter, salt, and pepper, and pass with it drawn butter, into which have been whipped the yolks of two raw eggs.

This is a Dutch recipe and good.

BAKED CAULIFLOWER.

Cut into clusters and stew tender in boiling, salted water. Or, if you have a couple of small cauliflowers, boil them whole and dish together. Drain and lay in a bake-dish. Pour over it a good white sauce (hot), sprinkle with grated cheese and paprica, and bake, covered, twenty minutes.

It will be found very nice.

SPINACH.

GERMAN SPINACH.

Pick over a peck of spinach heedfully, removing all decayed and withered leaves. Less than a peck will not make a dish of fair size. Pick off the leaves, lay in cold water for half an hour, and, without shaking off the wet, fill an agate-iron or porcelain saucepan with them, adding no water. The wet leaves will not scorch and will presently yield enough liquid to cook themselves. Cover the saucepan to facilitate the process and now and then stir up from the bottom. Bring slowly to the boil, after which cook fast for fifteen minutes. The idea prevalent in some kitchens that spinach should boil for, at least,

one hour, accounts partially for the ill-conditioned messes often dished under this name.

Salt the boiled spinach in the pot, turn into a colander to drain, then into a chopping-tray, and mince it fine. Heat a great spoonful of butter in a saucepan and make a roux of it with a scant tablespoonful of flour. When they bubble together season with pepper and salt and stir in the spinach. Heat to a boil, put in with the mixture four tablespoonfuls of cream, and stir almost dry. Turn into a deep dish, or mound upon a platter, and garnish with slices of hard-boiled egg, or triangles of fried bread.

SPINACH IN A MOULD.

Pick over carefully, wash, clip off the stems, and put the leaves, without water, in a saucepan over the fire. Boil fifteen minutes. When done, drain, pressing out all the water. Chop fine, put back into the saucepan with a piece of butter—a large spoonful for a good dish—a little powdered sugar, salt and pepper to taste. Stir and toss until very hot; press hard into a mould wet with hot water, and turn out with care upon a heated dish. Lay round slices of hard-boiled eggs on the top.

FRENCH SPINACH.

Boil as directed in foregoing recipes, chop, heat with the roux, and season with pepper and salt. In place of the cream in the German method, add the same quantity of white stock—chicken or veal—adding half a saltspoonful of nutmeg or mace and an even teaspoonful of sugar, with a pinch of grated lemon-peel. This seasoning imparts an exquisite flavor to the vegetable.

SPINACH SOUFFLÉ.

Boil and chop a peck of spinach, and while hot stir in a tablespoonful of butter and a beaten egg, salt, and nutmeg. Season with a little sugar, pepper, and set away to get cold. When

you are ready for it, whip into the cold spinach two table-spoonfuls of cream and the stiffened whites of three eggs. Pour into a handsome bake-dish, sift a small teaspoonful of powdered sugar on top, and bake in a hot oven ten minutes, covered, five minutes when you have uncovered it. Send immediately to table, as it soon falls.

It may be served as a separate course at a luncheon. Each portion should be helped out upon a square of fried bread laid upon each plate.

As the initiated will at once see, this is also a French recipe.

SPINACH BOILED PLAIN.

Wash a peck of spinach, pick the leaves from the stems, and, without shaking off the wet, put them into an agate-iron or porcelain saucepan. Set this in a pot of boiling water, cover closely, and cook for fifteen minutes. Stir up well from the bottom, then, and put into the saucepan a tablespoonful of hot water in which has been dissolved half a saltspoonful of soda. Beat in well, cover the pot, and cook ten minutes longer. Drain the spinach in a colander without pressing it at first, seasoning with salt, pepper, butter, a little sugar, and half a teaspoonful of lemon-juice. Turn into a hot colander, press out the remaining juice very gently not to bruise the spinach, and serve on a heated platter. Cover with slices of hard-boiled egg, and serve one with each portion of spinach. The soda gives a fine green to this vegetable.

SPINACH À LA GENÈVE.

Cook as directed in foregoing recipe, but mound upon a hot platter and cover completely with the yolks of six hard-boiled eggs rubbed to a powder, with a narrow border of the whites minced fine at the lower and outer edge of the mound. The effect is exceedingly pretty and the pounded egg is a pleasant addition to the spinach.

ASPARAGUS.

BOILED ASPARAGUS.

Scrape the stalks and lay them in cold water for half an hour ; tie into a rather loose bundle with soft string, and cook in hot, salted water for half an hour.

It is no longer considered necessary to lay boiled asparagus upon toast, many good judges of cooking preferring to serve it without the sodden underpinning. If you are thus minded, undo the string and arrange the stalks upon a hot dish. Pour white or Hollandaise sauce over it, or pass this separately. Or you may serve melted butter with it.

ASPARAGUS À LA VINAIGRETTE.

Boil as directed, and while the stalks are hot pour over them a dressing made of three tablespoonfuls of salad oil to one of vinegar, a teaspoonful of French mustard, a little salt and cayenne, and a saltspoonful of sugar. Set away in a closely covered dish, and when cold put upon the ice for some hours before serving. It ranks among salads, but is a delicious accompaniment to cold lamb or chicken on a hot day.

SCALLOPED ASPARAGUS.

Wash the asparagus and cut off the hard, woody part of the stalks. Cut the tender part into inch lengths and parboil for ten minutes in hot, salted water. Drain and put a layer of them in a buttered bake-dish. Scatter over this minced, hard-boiled eggs, season with salt, pepper, and butter-bits, and go on thus until the ingredients are used up. You need about four eggs to a bunch of asparagus. Make a roux of a large tablespoonful of butter and one of flour, and thin with a cupful of hot milk. Cook for a minute, season with paprica, and pour over the asparagus, a layer of which should be uppermost in the scallop ; sift fine crumbs over all with bits of butter stuck in it and grated

cheese upon this. Bake twenty minutes, covered, then brown slightly.

ASPARAGUS TIPS.

Use for this dish only the delicate tips of asparagus, less than two inches long. Boil in hot, salted water until tender; drain, turn into a deep dish, pepper, salt, butter, and pour a good white sauce over them—half a cupful to one cupful of the tips.

ASPARAGUS PÂTÉS.

Cut rounds of stale bread an inch and a half thick. Press a small cutter an inch deep into each, and dig out the inside, leaving a round, saucer-like cavity. Butter these well and set upon the grating of a hot oven to crisp and to color lightly. Fill them with asparagus tips prepared as in the last recipe, and serve hot.

This is a nice luncheon entrée.

CABBAGE.

We have not time to enter into the discussion of the problem why the laboring classes have taken upon trust the dogma that potatoes and cabbage are especially adapted to their wants, and may be drawn upon for daily strength for daily needs. While more nutritious than the turnip, which carries a weight of ninety-two per cent. of water into the human stomach, it has little to boast of in the way of food for blood, brain, brawn, or bone. Out of one hundred parts of constituent matter eighty-nine parts of cabbage are water; one and a fifth part albuminoids; five and an eighth sugar, starch, and gum; next to nothing fat; two parts cellulose; one and one half part minerals. The cousins-german of English-born cabbage—cauliflower and broccoli—are somewhat richer in nutriment-values than itself.

Whether or not it is worth the time and strength of a rational being to distend his stomach with so much to get so little is a question the cabbage-loving reader must decide for himself.

BOILED CABBAGE.

Quarter a firm cabbage, take off the outer leaves, and cut out the stalk. Wash thoroughly, keeping a sharp lookout for insects, and put into a pot of boiling water in which have been dissolved two teaspoonfuls of salt and a bit of carbonate of soda as large as a filbert. Cook the cabbage fifteen minutes after the boil begins again; turn off the water and fill up with fresh from the boiling tea-kettle; drop in a teaspoonful of salt and cook ten minutes longer. Turn into a colander, drain off all the water, pressing until no more runs out. Chop the cabbage in a chopping-tray, quickly; stir in butter, salt, and pepper; return to the fire in a saucepan and stir until it is smoking hot, and dish. Send around vinegar with it for those who like it.

CREAMED CABBAGE.

Cook as directed in last recipe, chop and turn into a saucepan, and mix with it a sauce made of one tablespoonful of flour stirred into one of hot butter until it bubbles, then thinned with four tablespoonfuls of hot milk and seasoned with salt and pepper. Cook one minute and dish.

SCALLOPED CABBAGE.

Cut a small cabbage into quarters, and boil tender in hot, salted water. When perfectly cold chop and season with pepper and a little butter. Beat up a raw egg and stir it in. Moisten well with liquor from the beef-pot. Turn the mixture into a greased bake-dish, and cover with fine bread-crumbs. Wet these with pot-liquor and bake, covered, half an hour, then brown. The time required to transform the homely farm fare of corned beef and cabbage into a dinner to which no man need be ashamed to invite his most honored guest will not transcend the season usually given to cooking the plainer dish by forty-five minutes. Perhaps half an hour would suffice.

CABBAGE SCALLOPED WITH CHEESE.

A German Recipe.

Boil the cabbage in two waters, drain and chop fine. Make a white sauce of one tablespoonful of flour stirred into two of bubbling hot butter and thinned with a cupful of hot milk, and seasoned with cayenne and salt with a pinch of nutmeg. Rub a bake-dish with garlic, and butter it; spread a layer of cabbage on the bottom; squeeze over it a little lemon-juice and less of onion-juice; cover with the white sauce and this with grated cheese. Fill the dish in this order, and put over all fine bread-crumbs dotted with butter and sprinkled lightly with cayenne. Bake, covered, half an hour, and brown. Serve in the bake-dish.

STOCKHOLM STEWED CABBAGE.

Shred the cabbage while raw, as for sauerkraut, when you have washed it well and laid it in cold water for half an hour. Cover three inches deep in boiling salted water in which has been dropped a bit of soda; cook ten minutes after the boil begins again; turn off the water and cover with more from the tea-kettle. Cook ten minutes in this and drain well. Return to the saucepan with a cupful of hot milk, a tablespoonful of butter, salt, pepper, and a pinch of nutmeg, and stew until soft and nearly dry. Heap upon a platter and garnish with boiled sausages or balls of fried calf's brains.

This is a genuine Swedish recipe and not unpalatable.

CABBAGE AU MAÎTRE D'HÔTEL.

Boil in two waters and let the cabbage get perfectly cold before chopping it. Season with paprica and salt, and stir the chopped cabbage into a saucepan containing a cupful of hot stock. Cook until heated through and almost dry, add a tablespoonful of melted butter and the juice of a lemon, and dish.

This is an Alsatian recipe.

HOT SLAW.

Shred a small, firm head of cabbage fine, put into a bowl and pour over it a sauce made thus: Heat in a saucepan a cupful of vinegar, and when hot add a tablespoonful each of butter and of sugar, half a teaspoonful of made mustard, a saltspoonful of salt, and the same of black or white pepper. When well mixed with this the shred cabbage must be heated to scalding and poured into a deep dish. Stir into it quickly two tablespoonfuls of sour cream, cover and set in hot water ten minutes before serving.

CABBAGE SPROUTS OR YOUNG GREENS.

Wash, trim, and boil in hot water with a bit of streaked pork two inches square. When tender, drain, season with pepper and salt, and mince quickly, lest they get cold. Stir in a teaspoonful of melted butter and two tablespoonfuls of vinegar, and serve. Slice the pork and lay about the greens.

SEAKALE.

An excellent green that deserves to be better known may be cooked according to the foregoing recipe, or without pork.

BROCCOLI.

Wash and leave in cold water, slightly salted, for one hour. Cook in boiling salted water for fifteen minutes, or until tender. Drain very dry, season with salt and pepper, and dish. Pour over it two tablespoonfuls of melted butter (for two cupfuls of broccoli) in which has been stirred the juice of half a lemon.

BRUSSELS SPROUTS

are cooked in the same way.

KOHLRABI.

Boil tender in two waters, salting both, and putting into the second a tablespoonful of vinegar. Peel off the outer skin, pep-

per and salt, and serve with white sauce or drawn butter, with the juice of a lemon stirred into it, poured over the kohlrabi.

ONIONS.

That onions "have a feeding value superior to that of white turnips" hardly reassures those of us who had classed them among our most nutritious vegetables until we see them tabulated as bearing ninety-one per cent. of water. The proportion of mucilage, pectose, and sugar is, however, four and one-eighth parts, and they have two per cent. of cellulose matter. They also contain a minute portion of sulphur, represented by their pungent odor. "The bulb is commonly regarded as a mere flavorer," writes an English analyst of its properties. In this capacity "no family should be without it," and as experience gratefully attests, the bulbs, when judiciously cooked, sit lightly upon the digestive organs.

BOILED ONIONS.

Peel and lay them in cold water for half an hour; then boil tender in two waters, hot and salted. Drain, pepper and salt, and cover with a white sauce.

YOUNG ONIONS (STEWED).

They should vary in size from a filbert to a hickory-nut. Cut off the stalks, skin, wash, and put over the fire in hot, salted water. Cook twenty minutes in this, drain, and return to the saucepan with a cupful of hot milk in which has been dissolved a tiny bit of soda. Stir in, presently, a tablespoonful of butter rolled in as much flour, and stew gently until the sauce thickens well.

Cooked thus, they are delicious and easily digested. Always boil onions in an open saucepan. The smell will be much less offensive than when cooked in a covered vessel. A bit of clean charcoal, tied in a rag, put into the first water, also lessens this nuisance, and a cupful of vinegar boiling beside them on the range is said further to mitigate it.

BAKED ONIONS.

A Norwegian Recipe.

Cook tender in two waters—the second salted and boiling. Drain well, pressing each onion in a coarse cloth, gently, not to break it, and when they are dry, lay all together, side by side, in a bake-pan. Pepper, salt, and butter, and add a cupful of stock. Brown in a quick oven; take out the onions and keep them hot in a deep dish while you thicken the gravy left in the pan with browned flour. Pour over the onions, set in the oven for two minutes, and serve.

BERMUDA ONIONS (STUFFED).

Peel large Bermuda or Spanish onions, and parboil them for ten minutes. Drain, and let them get perfectly cold. With a sharp knife dig out the centre from each and fill with a forcemeat of minced meat, veal, ham, or chicken, well seasoned, and mixed with one-third as much fine crumbs. Season with salt and cayenne and a little butter. Set the stuffed onions close together in a dish, fill the interstices with crumbs, and scatter more over the top. Pour about them enough weak stock to keep them from burning—about an inch in the bottom of the dish will do—and cook, covered, half an hour. Uncover and brown lightly. Onion-lovers will find this very palatable.

BEETS.

You cannot be too careful, in preparing beets for cooking, not to cut or even scratch the skins. If this accident occurs they will bleed themselves white in the water and lose flavor and crispness with their complexions.

YOUNG BOILED BEETS.

After washing them, boil three-quarters of an hour, scrape, slice, and pour over them a tablespoonful of butter, two of vinegar, and a little pepper and salt.

OLD BEETS (BOILED).

Wash and cook in hot, salted water from two to three hours, according to age and size. Throw at once into cold water when done, to loosen the skins; peel quickly, slice thin, dish, and pour over them a sauce made of three tablespoonfuls of scalding vinegar, a tablespoonful of butter, and a little pepper and salt. Serve hot.

“Left-overs” of beets should be kept for salad and for garnishes.

BEET-TOPS.

A German Recipe.

Cut half a pound of cold boiled ham into dice and fry in a little salad oil with half a grated onion. Add two tablespoonfuls of hot vinegar and set in hot water while you wash, pick over, and boil the greens in hot, salted water. Fifteen minutes should make them tender. Chop fine, drain well, and mix with the fried ham and vinegar. Dish hot, with poached eggs on top of the greens.

BEET GREENS.

An English Recipe.

Choose two quarts of very tender, young beet-tops. Wash and pick them apart. Melt two tablespoonfuls of butter in a saucepan; put in the beet-tops, cover closely, and cook twenty minutes, stirring often to prevent scorching. They should be very tender. Turn into a hot dish, season with pepper and salt, and cover all over with slices of hard-boiled eggs.

DANDELION GREENS.

Pick over, wash, and boil in hot, salted water. Drain when tender, chop, and season with salt, pepper, butter, and a tablespoonful of vinegar, or the juice of half a lemon. Serve hot.

CUCUMBERS.

“The fruit contains little besides water, some grape-sugar, and a trace of volatile flavoring water.” Thus a distinguished dietetist. Cucumbers are by him tabulated as containing ninety-six parts of water and two parts of sugar (glucose). The other constituents are put down in fractions.

Nevertheless, millions of people find them toothsome and refreshing, and perhaps one-half the number maintain that the “fruit” does not disagree with them. This latter item of testimony would be more general if cucumbers were eaten fresh and were sometimes cooked, instead of always appearing upon their tables raw.

STEWED CUCUMBERS.

Peel and quarter six cucumbers and lay them in ice-cold water for fifteen minutes. (Do not salt the water.) Then put them into a shallow saucepan; cover with boiling water and cook slowly for half an hour. Drain, without pressing, leaving the quarters whole; transfer daintily to a heated platter and cover with a *maitre d'hôtel* sauce (see Sauces). Eat hot.

STUFFED CUCUMBERS.

Cut full-grown cucumbers of uniform size into halves and remove the seeds. Fill the halves with a force-meat of minced chicken, or veal, or lamb, or fish, mixed with one-third the quantity of fine crumbs, seasoned with salt, butter, and cayenne. Place two filled halves carefully together, bind in place with soft string; lay the cucumbers in a bake-pan and just cover with good stock. Cover and cook tender in a moderate oven. One hour should do this. Clip the strings, lay the cucumbers in a hot dish, and keep them warm over boiling water, while you thicken the pan-gravy with a roux of browned flour, boiling up once. Pour about the cucumbers and serve.

This is a popular Syrian dish, and is much liked by tourists. Vegetable marrows are prepared in like manner by native cooks.

STUFFED CUCUMBERS WITH TOMATO SAUCE.

Prepare as directed in the last recipe, but stir into the pan-gravy a cupful of strained and seasoned tomato sauce with the roux.

FRIED CUCUMBERS.

Pare, cut into slices nearly half an inch thick. Lay in ice-water for fifteen minutes. Wipe dry, dust with pepper and salt, and flour, or dip into egg, then into cracker-dust and fry in deep, hot cottolene. Drain, and serve hot and dry. Pass sliced lemon with them, or mayonnaise dressing.

CUCUMBERS FRIED IN BATTER.

Pare six cucumbers and cut crosswise into slices half an inch thick. Lay in ice-water while you make a batter of one cupful of milk, one egg, well beaten, a saltspoonful of salt, half as much paprica, and a heaping cupful of flour in which is sifted, twice, the salt and a scant half-teaspoonful of Cleveland's Baking Powder. Beat quickly to a light batter, dip the cucumber slices into it, and drop, one at a time, into deep, hot cottolene. Cook as you would doughnuts, and drain in a hot colander before serving.

DEVEILED CUCUMBERS.

Fry as in recipe for Fried Cucumbers, and when all are done heap upon a heated platter. Pour over them this sauce :

One cupful of strained hot tomato-juice ; half a teaspoonful of salt and the same of made mustard, a teaspoonful of sugar, a pinch of cayenne, a dozen drops or so of onion-juice, a table-spoonful of salad oil, and the juice of half a lemon. Heat all together until scalding ; pour over the cucumbers and send to table.

CREAMED CUCUMBERS.

An English Recipe.

Pare the cucumbers, cut crosswise into half-inch slices, and leave for half an hour in ice-water.

Cover them with boiling water and simmer fifteen minutes. Drain and throw away this water, and just cover the cucumbers with more, boiling hot, in which has been melted a tablespoonful of butter. Salt and pepper, and keep hot in a pan of boiling water until the sauce is ready.

Make a roux of one tablespoonful of butter heated and worked smooth with one of flour, then thinned with a cupful of hot cream, and seasoned with salt and cayenne. Line a hot platter with slices of buttered toast, turn the cucumbers upon these, squeeze the juice of half a lemon upon them, and pour the cream sauce over all.

SCALLOPED CUCUMBERS. (No. 1.)

Pare six full-grown cucumbers, and cut into dice half an inch square. Butter a pudding-dish and put in a layer of the dice, sprinkling with lemon- and with onion-juice. Cover with fine crumbs seasoned with celery-salt, cayenne, or paprika, and butter-bits. Fill the dish in this order, covering all with peppered, salted, and buttered crumbs. Cover closely and bake one hour, then brown. Pass a sauce piquante with it, and thin slices of buttered brown bread.

SCALLOPED CUCUMBERS. (No. 2.)

Prepare as directed in last recipe, but instead of layers of bread-crumbs, spread over each layer of seasoned bread-crumbs this sauce :

Heat a tablespoonful of butter in a frying-pan and stir into it one of flour. When it bubbles, thin with a cupful of hot cream or rich milk. Let the sauce get cold before using. Cover the top layer of sauce with fine crumbs, bake one hour, covered, then brown.

LETTUCE.

Invaluable as it is in the realm of salads, it is not generally known that it is palatable cooked. Besides the recipe for cream-lettuce soup, we give here one that has found favor upon good men's tables abroad, and of late in our country.

BOILED LETTUCE.

Wash firm heads of lettuce. Trim away wilted and coarse outer leaves and cut the stalks close to the lowest leaves. Tie each head up separately with a bit of tape or soft string, and lay close together in a wide saucepan. Cover with good consommé, and cook slowly, covered, for half an hour, or until the heads are easily pierced by a straw. Take out with care, drain each head separately in a colander without bruising, and lay upon a hot platter. Keep hot while you stir a white roux into the pan-gravy and boil up once. Pour over the lettuce when you have clipped and drawn out the strings.

STEAMED LETTUCE.

Pick apart two large heads of lettuce, wash well, and put into a steamer over a kettle of hot water, or improvise a steamer by help of a colander and a pot of boiling water. Cover closely and keep in all jets of steam by further laying a thick folded cloth upon the lid. Boil the water furiously for half an hour; lift the wilted lettuce and lay upon a hot dish. Sprinkle with pepper and salt, and pour a sauce piquante over it.

SQUASH.

BOILED SQUASH.

Pare off the outer shell, take out the seeds, and cut into small pieces. Boil in hot, salted water until tender. If young, twenty minutes will do this; a longer time is required for full-grown squash. Drain well, rub through a vegetable-press, and

return to the saucepan. Mix with salt, pepper, and a tablespoonful of butter made into a roux with a tablespoonful of flour. Stir and beat for a whole minute, until you have a creamy, smoking mass, and pour out. Squash cooked in this way is a very different thing from the watery stuff usually served under that name.

BAKED SQUASH.

Boil and mash the squash, stir in two teaspoonfuls of butter, an egg, beaten light, a quarter of a cupful of milk, and pepper and salt to taste. Fill a buttered pudding-dish with this, strew fine bread-crumbs over the top and bake to a nice brown.

SQUASH FRITTERS.

To two cupfuls of cooked and creamed squash (cold) allow two of milk, two eggs, a saltspoonful of salt, and half a cupful of flour in which has been sifted half a teaspoonful of Cleveland's Baking Powder. There should be just enough flour to hold the mixture together. Bake on a griddle as you would cakes, and send to table hot.

EGG-PLANT.

FRIED EGG-PLANT. (No. 1.)

Slice the egg-plant about half an inch thick, peeling the slices. Lay them in salt and water for an hour, placing a plate on them to keep them down. Wipe each slice dry, and dip into a batter made of a beaten egg, a cupful of milk, half a cupful of flour, and pepper and salt. Fry in boiling dripping and serve on a hot dish, first draining off all the grease.

FRIED EGG-PLANT. (No. 2.)

Peel and slice the egg-plant at least half an inch thick; pare the pieces carefully and lay in salt and water, putting a plate upon the topmost to keep it under the brine, and let them alone

for an hour or more. Wipe each slice, dip in beaten egg, then in cracker-crumbs, and *sauté* in hot fat until well done and nicely browned.

BROILED EGG-PLANT.

Peel and cut into rather thin slices and lay in salted ice-water for an hour; spread upon a soft towel and cover with another, patting and pressing the slices until they are entirely dry. Leave them for ten minutes in a mixture of three tablespoonfuls of olive oil and the juice of half a lemon; sprinkle then with salt and pepper, and broil quickly upon a wire broiler. Twelve minutes should cook both sides.

STUFFED EGG-PLANT.

A Roman Recipe.

Parboil a good-sized egg-plant for ten minutes, and throw at once into ice-cold salted water. Leave it there for an hour. It should then be fine and plump. Cut into halves, lengthwise, and scoop out seeds and pulp, leaving the walls half an inch thick. Rub the pulp through a colander, add to it two tablespoonfuls of minced chicken and the same of minced pine-nuts. (If you cannot get them, use almonds blanched and chopped.) Work in a saltspoonful of salt and half as much pepper, with two tablespoonfuls of fine, dry crumbs. Fill the divided halves of the egg-plant with this stuffing and bind them into the original shape with soft string. Put into a bake-dish with two tablespoonfuls of water and butter, or the same of stock; cover closely and bake in a moderate oven for half an hour. Withdraw the string carefully and dish.

You may, if you like, butter the hot egg-plant well when half-done and sift fine crumbs over it, then brown lightly. It is a handsome entrée when this is done.

CARROTS.

Their chief use in the kitchen is in soup-making, braising, and the like processes. In these nothing takes their place. They are a wholesome esculent, containing no starch, eighty-nine parts of water, four and a fifth of sugar, two and a fifth of pectose and gum, two and one-third of cellulose, and one of mineral matter.

STEWED CARROTS.

Scrape and boil whole three-quarters of an hour, drain, and cut into cubes half an inch square. Have ready in a saucepan enough weak stock to cover the carrot-dice. Put them on in it and cook twenty minutes, or until tender. Add then two tablespoonfuls of milk, a tablespoonful of butter cut up in one of flour, salt and pepper to taste. Simmer five minutes and serve.

YOUNG CARROTS À LA PARISIENNE.

Boil for five minutes; take up and rub off the skins with a coarse cloth. Return to the fire and cook until tender. Slice lengthwise, making three pieces of a medium-sized carrot, two of a small. Have hot in a frying-pan a tablespoonful of butter for each cupful of the carrots, and when it bubbles lay in the slices. *Sauté* on both sides, quickly, and just before taking them up sprinkle with chopped parsley. Dish dry; strew over them a little white sugar, pepper, and salt, and serve very hot.

CREAMED YOUNG CARROTS.

Scald for five minutes and rub off the skins with a rough cloth. Slice crosswise and thin. Heat in a saucepan a tablespoonful of butter, two of hot water, salt and pepper to taste, and put in the sliced carrots. Cook gently, covered, for half an hour. In another saucepan heat four tablespoonfuls of cream and a teaspoonful of chopped parsley. When the mixture boils take from

the fire and pour upon the beaten yolks of two eggs. Stir up well, pour over the carrots, cook one scant minute and dish.

This also is a French recipe.

CREAMED WINTER CARROTS.

Pare and boil full-grown carrots, tender; let them get cold, and with a potato-gouge cut into small balls like marbles. Make a white roux of a tablespoonful of butter heated and stirred smooth with one of flour, thin this with a cupful of hot milk, season with pepper and salt, cook one minute, and add the carrot-balls. Cook until they are heated through; throw in a little minced parsley and serve.

CARROTS SAUTÉ.

Pare and cut into small cubes or dice. There should be two cupfuls of these. Boil in hot, salted water for half an hour, drain, and cover with a cupful of consommé or stock. Cook, uncovered, and fast, until the stock has evaporated, but not until the carrots break or scorch. Shake gently in a colander and transfer to a frying-pan in which is hissing a tablespoonful of butter. Shake the pan gently until the butter reaches all cubes and dish.

The carrots will be savory and well flavored.

MASHED CARROTS.

Scrape, wash, cut into quarters, and lay in cold water for half an hour, then boil tender in hot, salted water. Drain, rub through a colander, or a vegetable-press, beat in a good bit of butter, pepper and salt to taste, whip light, and dish.

GREEN PEPPERS

are rapidly growing into favor with progressive housewives. They should be full-grown when gathered, but not at all reddened. In cutting them be careful to handle the seeds as little as possible, lest you pay for your carelessness with sore and

burning finger-tips. Use a small knife or a stick to extract them. When they are out, the pepper is cool and sweet.

FRIED SWEET PEPPERS.

Cut open crosswise, extract the seeds, cut the peppers into slices, lay in cold water for fifteen minutes, salt slightly, dust with flour and fry in hot cottolene for five or six minutes. They are an appetizing accompaniment to cold meat or to boiled fish.

STUFFED SWEET PEPPERS.

Make an incision in one side, and extract the seeds through this with a bit of stick. Stuff with a force-meat of tongue, chicken, ham, or veal, mixed up with boiled rice, and seasoned with salt, a dash of onion-juice, and a little butter. Sew up the peppers with a few stitches, pack them into a bake-dish, pour in enough weak stock to keep them from burning, cover and bake in a moderate oven for an hour, then dish, withdrawing the strings. Keep hot while you add to the gravy in the dish a tablespoonful of brown roux. Boil up once and pour over the peppers. Should the gravy have boiled away too much, put in a little boiling water to thin the roux.

This is a Syrian recipe and excellent.

GREEN PEPPERS AU GRATIN.

Cut the stem-end from a dozen peppers and dig out the seeds with a penknife and a small spoon. Lay the peppers in cold water for half an hour. Make a force-meat of half a cupful of cold boiled rice and an equal quantity of cold minced chicken, seasoned with salt and butter and wet with tomato-juice. Fill the peppers with the mixture, heaping it up, stand them on end, close together, in a deep dish, leaving off the stem-tops; fill the interstices with the force-meat and pour a good tomato sauce, thickened with drawn butter, into the dish, leaving the upper part of the peppers visible; sift fine crumbs over all, stick bits of butter here and there, and cook, covered, one hour, then brown. Serve in the bake-dish.

PEPPER BASKETS.

A pretty luncheon dish is made of green peppers. Cut a piece from the blossom-end of each and shave off the stem, so that it will stand steadily upon a plate. Fill with hot minced chicken or fish, seasoned with a mayonnaise or other piquante dressing.

SALSIFY, OR OYSTER-PLANT.

SALSIFY FRITTERS.

One bunch of salsify ; two eggs ; half a cupful of milk ; flour for thin batter ; dripping or cottolene ; salt to taste. Scrape and grate the roots, and stir into a batter made of the beaten eggs, the milk, and flour. Grate the salsify directly into this, that it may not blacken by exposure to the air. Salt, and drop a spoonful into the hot fat to see if it is of the right consistency. As fast as you fry the fritters, throw into a hot colander to drain. One great spoonful of batter should make a fritter.

STEWED SALSIFY.

Scrape a bunch of salsify and drop into cold water as you cut it into inch lengths. Boil in hot, salted water until tender. Drain this off, and pour into the saucepan with the salsify a cupful of hot milk. Simmer five minutes, and stir in a tablespoonful of butter and three tablespoonfuls of cracker-dust, with pepper and salt. Stew gently for three minutes and dish.

FRIED SALSIFY.

Scrape and cut into short pieces, dropping them into cold water as you go on. Boil tender in salted water, drain, and while hot mash with a silver or wooden spoon, picking out woody bits and seasoning with salt, pepper, and butter. Let the salsify get cold, then wet with milk until you have a tolerably thick paste, beat in a whipped egg for each cupful of

paste ; make with floured hands into round, flat cakes, flour, and fry in hot fat to a light brown. Serve hot. They taste somewhat like fried oysters.

SALSIFY SAUTÉ.

Scrape and boil as above directed, drain dry ; cut the roots into pieces two inches long ; heat two tablespoonfuls of butter in a frying-pan, with a little pepper and salt, and put in the salsify. Shake and toss for three minutes, but do not let the salsify burn. Serve dry and hot.

PARSNIPS.

The parsnip is nutritious, containing less water and more sugar and fat than the carrot, but the odd faint sweetness, combined with a peculiar "tang" of flavoring, makes it unpleasant to many people. The same qualities make it ineligible for seasoning in combination with other vegetables. If used in soup or sauce it asserts itself disagreeably.

BUTTERED PARSNIPS.

Boil tender and scrape. Slice lengthwise and *sauté* in a little butter heated in a frying-pan and seasoned with pepper, salt, and minced parsley. Shake and turn until the parsnips are well coated and hot through. Dish, and pour the butter over them.

FRIED PARSNIPS.

Boil tender in salted, hot water ; let them get cold, scrape off the skin and slice lengthwise. Pepper and salt, dredge with flour, and fry in hot dripping to a light brown. Drain and serve.

PARSNIP CAKES.

Wash, boil, and scrape the parsnips tender. While hot mash, season with salt and pepper, and make with floured hands into small, flat cakes. Flour well and fry in clarified dripping.

CREAMED PARSNIPS.

Boil, scrape, and slice crosswise. Heat a tablespoonful of butter in a saucepan; put in the parsnips and shake and turn until all are coated with the butter and very hot. Turn them into a deep dish and pour over them a sauce made by adding to the butter left in the saucepan a teaspoonful of flour and thinning it with three or four tablespoonfuls of hot cream. Boil up once, and when you have covered the parsnips with it, serve.

TURNIPS.

We hardly need the testimony of our dietetist and chemist to inform us that "the turnip is very watery and contains but little nourishment," but it may interest those who depend upon it to build up the system, to learn that "turnips contain no more than one-half per cent. of flesh-formers instead of the one per cent. formerly assigned to them." Those who are studying anti-fat foods may get a hint from the quotation.

YOUNG TURNIPS.

Peel and quarter. Cook half an hour, or until tender, but not broken, in boiling, salted water. Drain, still without breaking, and dish. Sprinkle with pepper and salt, then butter plentifully and serve.

Turnips must be served hot, or they are not fit to eat.

YOUNG TURNIPS (STEWED).

Peel and quarter, or slice. Boil fifteen minutes in hot, salted water, drain and cover with a cupful of milk that has been heated in a separate vessel with a tiny bit of soda. When they simmer again stir in a tablespoonful of butter rolled in half as much flour, pepper and salt to taste, and stew gently fifteen minutes more. Serve in a deep, covered dish, and very hot.

YOUNG TURNIPS (FRIED).

Pare and slice crosswise a quarter of an inch thick. Lay in ice-cold water half an hour, then cook tender, but not too soft, in boiling water without salt. Drain, lay upon a soft cloth until dry and lukewarm, sprinkle with pepper and salt, flour, and fry in hot cottolene.

Or—

Dip in beaten egg, then in cracker-dust, and fry.

MASHED TURNIPS.

Boil tender, drain, and mash in a colander, to get rid of the superfluous water ; turn into a saucepan and stir until smoking-hot, when pepper, salt, and stir in a roux of a tablespoonful of butter, heated, then stirred smooth with one of flour. Heat and toss one minute longer, and serve very hot.

PURÉE OF TURNIPS.

Pare, slice, and cook tender in hot, salted water. Rub through a colander into a saucepan, stir into it a roux, as in the last recipe, pepper and salt, and add at the last a half cupful of hot cream in which has been dissolved a bit of soda. Take from the fire when it has boiled up once, and beat in a frothed egg. After this it must not boil, but be set in boiling water for five minutes, stirring up well now and then. Some people think this savory accompaniment of boiled mutton improved by a few drops of onion-juice.

TURNIPS AND CARROTS À LA PARISIENNE.

Cut both vegetables into small balls like marbles with a potato-gouge. Boil the balls tender, the carrots in one saucepan, the turnips in another, drain and mix them in a deep dish. Salt, pepper, and butter them well, or, if you like, cover them with a good white sauce.

ARTICHOKES.

“ They have a delicate flavor and agreeable texture, but contain little nutritive matter,” says our Food Manual. Which said agreeable texture and delicate flavor are appreciated by educated palates. To others, both are obnoxious, and much practice is required to learn to relish the dainty. For dainty it is esteemed here as abroad, where it has long been in favor.

Familiarity with English, French, and Italian menus has made the artichokes a fashionable entrée at dinners and luncheons. Sometimes, if large and fine, they command fifty cents each in the New York markets.

BOILED ARTICHOKES.

Pare off the stems and the lower and coarser leaves. With a sharp knife trim the tops evenly, and take out the hard core. Wash and lay in cold water ten minutes. Shake off the wet and cook in boiling, salted water for thirty-five minutes, or until the bottoms are tender. If large, cut into halves; if of moderate size, serve whole with drawn butter or sauce piquante poured over them.

FRIED ARTICHOKES.

The part to be cooked in this way is known as the *fond* in French, in English as the “bottom.”

Cut off the stalk leaves and scrape away the woolly “fuzz” that covers the stalk. Boil tender in salted water; drain and let them get cold, and dry. Make a batter of four tablespoonfuls of flour in which have been sifted a saltspoonful of salt and the same quantity of Cleveland’s Baking Powder, an egg and three tablespoonfuls of milk. Salt and pepper the artichokes, dip into the batter, and fry in hot, deep cottolene. Serve dry and hot.

BANANAS.

A ripe banana "is a nutritious food, containing less water and more nitrogenous matter than is commonly found in fresh fruits," is the dictum of our expert. This is especially true of the large red bananas, now, unfortunately, comparatively rare in our markets by comparison with the flood of the small yellow fruit best known under the same name. In reality the yellow imitations are plantains, and far inferior to those whose title they have stolen. The recipes given herewith will apply to both kinds of bananas. The yellow (or plantain) is bettered by cooking, being much less wholesome raw than the more luscious red.

FRIED BANANAS.

Strip off the skins; cut each banana (or plantain) into three slices, and flour well. *Sauté* in hot butter in a frying-pan, or fry in deep fat. Drain dry and serve hot.

Or—

Roll in egg, then in cracker-dust; set on ice for one hour and fry in hot, deep cottolene.

BANANA CROQUETTES.

For this purpose select small, yellow bananas (or plantains); strip off the skins and cut off the ends, so as to make them look like croquettes; pepper and salt, roll in egg, then in cracker-crumbs, set on the ice for one hour to stiffen them, and fry in hot, deep cottolene to a golden brown. Serve dry and hot. They should accompany chicken or lamb, being a delicate yet piquante vegetable, and unfit to attend roast beef or other heavy meats.

BAKED BANANAS.

Tear down a narrow strip from each, and lay them, the torn side upward, in a baking-pan. Cover and cook about half an

hour. Pare carefully and send to table with hot cream, in which has been melted a little butter, poured over them.

CELERY.

Besides the aromatic taste and smell that have brought this vegetable into universal favor in less than three quarters of a century, celery has a distinct value as a nervine, and as such is prescribed in certain cases as an article of diet by our best physicians. The nutrient value is low—but it is very nice.

CREAMED CELERY.

Cut into inch-long pieces. Cook tender in boiling, salted water, drain this off, and cover with a cupful of hot milk (half cream, if you have it) in which has been stirred a tablespoonful of white roux. Simmer five minutes and serve.

SAVORY CELERY.

Select the whitest and tenderest stalks and lay aside in ice-water. Cut the outer, coarser stalks into three-inch lengths, and stew in a cupful of stock, seasoned with a half teaspoonful of onion-juice, salt, pepper, and parsley. Cook, covered, for an hour, slowly. Drain and press in a colander. Return the stock to the fire, and when it boils put the reserved stalks, also cut into short lengths, into it. Cook gently until tender, thicken with a good spoonful of roux, boil up and serve.

CELERY STEWED WHOLE.

Cut off the coarse, green stalks and lop the tops of the choicer to within five or six inches of the roots. Trim and scrape the roots, removing all rusty parts from these and the stalks. Parboil for ten minutes in hot, salted water. Drain the heads of celery and let them lie upon a soft cloth for fifteen minutes. Have ready in a saucepan enough stock or consommé to cover the celery heads and put these into it, taking care not to break them.

Stew slowly for twenty-five minutes, or until tender. Transfer the celery to a hot dish, thicken the stock left in the saucepan with browned roux, boil one minute and strain over the celery.

FRIED CELERY.

Scrape, wash, and cut the stalks into pieces four or five inches long. Cook tender in boiling, salted water. Drain, and spread out to dry and stiffen in a cold place. When firm, dip into a batter made of half a cupful of flour sifted twice with a saltspoonful of Cleveland's Baking Powder and the same of salt, and wet up with a beaten egg and enough milk to make the batter manageable. Fry to a pale brown in hot cottolene. Dish and serve with a sauce piquante.

CELERY AU GRATIN.

Cut into inch lengths the best parts of two bunches of celery, and cook tender in boiling, salted water. Drain, return to the saucepan, and cover with a cupful of hot milk in which has been mixed a tablespoonful of butter rolled in one of flour. Season with paprica and salt, simmer three minutes, and pour into a bowl to cool. Butter a pudding-dish, and cover the bottom thickly with fine crumbs. When the stewed celery is cold, beat into it two well-frothed eggs and pour into the dish. Strew crumbs thickly over it, sticking dots of butter here and there, cover and cook half an hour in a good oven, then brown. Serve in the pudding-dish.

HOMINY.

Indian corn is richer than rice in "flesh-formers," and contains more fat. As a diet it is decidedly laxative, a circumstance which lends it value in winter, and which should make mothers wary in the use of it in hot weather. In the form of hominy it plays an important part in menus in our Southern and Western States, and as polenta is the chief diet of the Italian peasants. Nor is it lightly esteemed by the better classes in Southern

Europe. Various dishes of which it is the base are found upon fashionable hotel tables in those countries, and might be introduced to our advantage and pleasure in the United States.

BOILED HOMINY (LARGE).

The large hominy, called "samp" at the North, is served, boiled, as a vegetable.

Soak in cold water overnight. In the morning put over the fire in cold, salted water and cook until swollen and tender. It will require at least three hours. Put plenty of water into the pot to allow for swelling. Drain, pepper, salt, and stir in a great lump of butter.

BROWNEH HOMINY (LARGE).

Put a good spoonful of dripping in a frying-pan and turn into it cold boiled hominy, well seasoned. Shake the pan occasionally to prevent sticking, and when the lower surface is lightly browned, invert the pan over a hot platter.

BAKED HOMINY (SMALL).

Work a tablespoonful of melted butter into a cupful of cold boiled hominy until the latter is smooth and free from lumps. Then work in the yolks of two beaten eggs, and when they are well mixed with the hominy, a teaspoonful of sugar and half as much salt. Having now a thick, smooth paste, begin to thin it with two cupfuls of milk. Whip it in gradually, and, lastly, beat in with swift, upward strokes the stiffened whites of the eggs. Pour into a well-greased pudding-dish, and bake, covered, half an hour, then brown. Serve in the dish. It will be found almost as delicious as green-corn pudding, and a welcome addition to your winter bill-of-fare.

HOMINY AND MEAT CROQUETTES.

Into one cupful of cold boiled hominy, seasoned with salt, pepper, and, should you fancy it, a few drops of onion-juice, work an equal quantity of minced ham, lamb, veal, or chicken.

Moisten it with half a cupful of hot stock, add two beaten eggs ; stir over the fire in a shallow saucepan until smoking-hot and set away to cool. When cold and stiff make into croquettes, with floured hands, roll in egg, then in crumbs, and fry in hot, deep cottolene to a fine brown.

HOMINY CROQUETTES (PLAIN).

Two cupfuls of fine hominy, boiled and cold, two beaten eggs, one tablespoonful of melted butter, salt to taste, one teaspoonful of sugar. Work the butter into the hominy until the latter is smooth, then the eggs, salt, and sugar. Beat hard with a wooden spoon to get out lumps and mix well. Make into oval balls with floured hands. Roll each in flour, and fry in sweet dripping or lard, putting in a few at a time and turning them over with care as they brown. Drain in a hot colander.

FRIED HOMINY (SMALL).

Boil hominy after soaking it for several hours, and when done season with salt and a little butter. Turn into small greased pâté-pans to get cold, or upon a large platter. If you mould it in the pâté-pans, turn out when stiff and cold, dip in egg and cracker-crumbs, and fry in hot, deep cottolene. If upon the platter, cut into small squares when cold and treat in the same way.

Squares of fried hominy are much used to lay under small game-birds and for garnishing larger game.

POLENTA

is, strictly speaking, only boiled mush made of fine, yellow corn-meal. It is ground as fine as flour, and prepared for the table precisely as mush would be.

For a scant cupful of the corn-flour allow a quart, at least, of boiling, salted water. Stir in the meal, a little at a time, stirring all the while with the other hand, and continuing to use the spoon for five minutes and more after it is all in. Boil, stirring

often, for half an hour, turn out upon a platter to cool, and when stiff cut into squares or strips. Roll these in raw meal and fry in hot cottolene, or in salad oil, and send around with meat.

SAVORY POLENTA À L'ITALIENNE.

While boiling, add a large spoonful of butter for a cupful of the raw meal, and a little later two tablespoonfuls of grated cheese, then cook twenty minutes longer. Let it get cold, cut out with a round cutter, arrange these upon a buttered baking-pan, grate Parmesan cheese over them, dot with specks of butter, and sprinkle with paprica. Bake in a quick oven until lightly browned, and pass tomato sauce or a good brown gravy with them.

In Italy we ate this dish under the name of *gniocchi*. Polenta is also made of chestnut-flour.

MUSHROOMS.

One of the latest, and certainly the most charming, of the lamented W. Hamilton Gibson's works is *Our Edible Toadstools and Mushrooms, and How to Distinguish Them*. The only regret of the reader, who is also the owner, of the superb volume is that a cheaper edition does not put it within the reach of every caterer and housewife.

The page facing the Introduction is exquisitely illustrated by a collection of American mushrooms, and within the oval they enclose is an extract from the works of a celebrated English naturalist and botanist. Under the caption, *The Spurned Harvest*, we read—"Whole hundred-weights of rich, wholesome diet rotting under the trees; woods teeming with food, and not one hand to gather it; and this, perhaps, in the midst of poverty and all manner of privations and public prayers against imminent famine."

A few pages beyond this lament Mr. Gibson breaks forth with—"What a plenteous, spontaneous harvest of delicious feasting

annually goes begging in our woods and fields!" And again—"Gastronomically considered, the flesh of the mushroom has been proven to be almost identical with meat, and possesses the same nourishing properties."

A passing reference to our gastronomic chemist corroborates this statement: "Mushrooms are highly nitrogenous. Some kinds contain much fat or oil."

And yet both of our authors frankly admit the danger of amateur work in the selection and harvesting of the rich, delicious edible. Mr. Gibson's introductory chapter sets this before us so graphically that we are inevitably reminded of the heedless Syrian who "went out into the fields to gather herbs and gathered wild gourds his lapful and came and shred them into the pot of pottage, and as they were eating of the pottage one cried out, and said—'O, thou man of God, there is death in the pot!'"

Elisha neutralized the poison with a handful of meal. Mr. Gibson indicates atropine injected hypodermically, "the treatment to be repeated every half hour until one-twentieth of a grain has been given, or the patient's life saved."

And yet (again) the rules laid down by our enchanting author for distinguishing the harmful from the wholesome fungi would seem to be an effectual guard against the catastrophe pre-figured by the death's-head introduced into the frontispiece of "The Deadly Amanita." His "Rules for the Venturesome" are clear and emphatic.

1. Avoid every mushroom having a cup or suggestion of such at base. The distinctly fatal poisons are thus excluded.
2. Exclude those having an unpleasant odor, a peppery, bitter, or other unpalatable flavor, or tough consistency.
3. Exclude those infested with worms or in advanced age or decay.
4. In testing others which will pass the above probation, let the specimen be kept by itself, not in contact with, or enclosed in the same basket with other species.

He lays especial stress upon the danger-signal of the "poison-

cup," which "may be taken as the cautionary symbol of the genus *Amanita* common to all the species. Any mushroom or toadstool, therefore, whose stem is thus set in a socket, or which has any suggestion of such a socket should be labelled 'poison.' But the cup must be sought for."

A secondary "sign" is the "veil which in the young mushroom originally connected the edge of the cup or pileus with the stem and whose gradual rupture necessarily follows the expansion of the cup until a mere frill or ring is left about the stem at the original point of contact." This sign is sometimes found in edible mushrooms, and is therefore only ominous when coupled with the poison-cup at the base of the stem.

We offer no apology for much dwelling upon the possible peril of indiscriminate mushroom gathering nor for a last extract from our author's introduction, which should reassure the excessively timid.

"Of the forty odd species which the writer enjoys with more or less frequency at his table, he is satisfied that he can select at least thirty which possess such distinct and strongly marked characters of form, structure, and other special qualities as to enable them by the aid of careful portraiture and brief description to be easily recognized, even by a tyro."

It is a pity, as the most thoughtless student of this subject must admit, that one of the most delicious viands served upon the table of the rich epicure and which might grace the cottager's board every day in the week if he would take the trouble to gather it, should be practically excluded from home bills-of-fare from one end of the country to the other, through ignorance of such simple tests as a child might master after a few lessons.

BROILED MUSHROOMS. (No. 1.)

This is the simplest and, in the opinion of many epicures, the best way of preparing this delicacy for the table, since the flavor of the mushrooms is not marred by sauces or stewing.

Stem and peel, when you have washed half a pound of mushrooms, and lay them, gills downward, upon an oyster-broiler

over clear coals. Cook for two or three minutes, turn, and broil the other side. Serve upon thin squares of lightly toasted bread, buttered; sprinkle with salt and pepper, butter, and serve, very hot.

BROILED MUSHROOMS. (No. 2.)

Cut off the stalks, wash, peel, and dry the mushrooms tenderly upon a soft cloth. Baste with melted, not hot, butter, and set on the ice for fifteen minutes; then broil upon an oyster-broiler, five minutes on one side and the same upon the other. Lay upon rounds of delicately toasted bread; pepper and salt; put upon each a bit of butter which has been beaten to a cream with lemon-juice; cover and serve hot.

BROILED MUSHROOMS AND BACON.

Cut off the stalks, wash, and peel half a pound of mushrooms, and broil as directed in "Broiled Mushrooms, No. 1," two minutes on each side. Lay upon the buttered toast, set the platter containing them upon a pan of hot water on the range, and broil close beside it thin slices of fat breakfast-bacon. As they drip, hold them quickly above the mushrooms, letting every drop of fat fall upon them and the toast.

They will be found very savory.

FRIED MUSHROOMS.

Cut off the stalks, wash, peel, and dry half a pound of mushrooms. Heat a great spoonful of butter in a frying-pan, and when it hisses lay in the mushrooms, and fry three minutes on each side. Serve upon rounds of lightly toasted and buttered bread, dust with salt and pepper, put a bit of butter on each and serve.

FRIED MUSHROOMS AU MAÎTRE D'HÔTEL.

Fry as directed in the foregoing recipe, but when they are served put upon them, instead of butter, a mixture of butter beaten light with lemon-juice and a tablespoonful of very finely chopped parsley.

FRIED MUSHROOMS AND BACON.

Lay five or six thin slices of the best breakfast-bacon you can get in a hot frying-pan. When clear and beginning to curl at the edges transfer to a hot dish, and fry half a pound of mushrooms, stemmed, washed, and peeled, in the fat left in the pan. Serve upon toast, salt and pepper them, and garnish with the bacon.

MUSHROOM CUPS.

Select six or eight large mushrooms which are well curved and firm. Stem, wash, peel, and wipe them with care. Have ready a good force-meat of finely minced mushrooms and crumbs, moistened with a little chicken- or veal-stock, and seasoned with salt and pepper. Fill the inverted mushrooms with this mixture, mounding it smoothly with a bit of butter upon each; put a very little butter into a bake-dish and set the mushrooms close together, stuffed sides upward in the dish. Cover closely, and bake fifteen minutes in a hot oven, or until the "cups" and contents are steaming hot.

Serve upon buttered toast, and pour a Béchamel sauce for meat over them.

They will give universal satisfaction.

BAKED MUSHROOMS (PLAIN).

Stem, wash, and peel the mushrooms, carefully preserving their shape. Cover the bottom of a greased pie-plate or a bake-dish with rounds of thin, delicately toasted bread, well buttered; lay the mushrooms, gills upward, upon the toast, dust with salt and pepper; cover closely and bake from fifteen to twenty minutes in proportion to the size of the mushrooms. Butter them, remove with the toast to a hot platter, and serve.

If you like a suspicion of garlic, rub the hot bake-dish with a cut clove of garlic before laying in the toast. The flavor will be faint but exquisitely appetizing.

MUSHROOMS AU GRATIN.

Prepare as you would Mushroom Cups, but set the mushrooms, when filled, in a pudding-dish; fill the interstices with the force-meat, sprinkle fine crumbs over all; pour in four tablespoonfuls of cream; stick butter-bits upon the surface, dust with pepper and salt, and bake, covered, in a hot oven, fifteen minutes. Brown lightly and serve in the bake-dish.

CREAMED MUSHROOMS.

Stem, wash, and peel half a pound of small mushrooms. Have ready in a saucepan of porcelain or agate-iron half a cupful of boiling water, and as much milk, slightly salted. Put in the mushrooms and cook gently ten minutes. Now add a cupful of cream or rich milk which has been treated with a bit of soda, then thickened with a white roux of butter and a little flour, and seasoned with salt, a dust of cayenne, and a good pinch of ground mace. Simmer all together for three minutes and serve in a deep, covered dish.

MUSHROOMS STEWED IN WINE.

Stew, wash, and peel a pint of small fresh mushrooms. Put them over the fire with just enough slightly salted boiling water to cover them, and cook gently for five minutes. Add a heaping teaspoonful of butter and, when it has melted, half a cupful of good red wine (claret of excellent quality will do), season with a little mace and less cayenne, cover, and bring the stew to a boil. Have ready upon a hot platter the sliced yolks of six hard-boiled eggs; pour the stew over them, and garnish with broiled or fried mushrooms.

An elegant dinner or luncheon entrée.

SCALLOPED MUSHROOMS.

Stem, peel, and wash a pint of fresh mushrooms or a can of champignons, and cook five minutes in just enough boiling, salted

water to cover them. Drain, and keep hot over boiling water. Make a white roux of a tablespoonful of butter and one of flour stirred smooth in a saucepan, and thin with half a cupful of hot cream or rich milk (not omitting a pinch of soda). When it thickens, stir in the mushrooms, add a dash of cayenne, the same of nutmeg, and a little salt, and bring to a boil.

Fill pâté-pans or scallop-shells or nappies with the mixture, cover with fine crumbs, dot with butter, and bake to a light brown.

MUSHROOMS AUX FINES HERBES.

The round mushroom, vulgarly known as "a puff-ball" and, when old, as "the devil's snuff-box," is best for this dish. They must be gathered in their early prime and eaten as soon as cooked.

Wash and peel, slice, dip in beaten egg, then in a mixture of parsley, a little thyme, summer savory, chopped very fine, and wet with onion-juice. The mushrooms should be thickly coated with the green bits. Fry in hot butter, a few at a time, and dish upon buttered toast.

MUSHROOMS AND SCRAMBLED EGGS.

Scramble six eggs soft with a tablespoonful of cream, turn upon a hot platter, sprinkle with salt, paprica, and finely minced parsley, and cover with broiled mushrooms.

MUSHROOMS AND SHIRRED EGGS.

Stem, wash, peel, and slice a pint of mushrooms, and stew for five minutes in boiling milk and water, and a little salt. There should be just enough liquid to keep them from burning. Take from the fire, stir in a tablespoonful of white roux, and when somewhat cool, but still smoking, beat in the yolk of a raw egg, season with pepper, salt, and a few drops of onion-juice, and with the mixture fill nappies or pâté-pans three-quarters of the way to the top. Break a fresh egg upon the creamy bed, sprinkle thickly with bread-crumbs, dot with butter, salt and

pepper at discretion, and bake in a shallow pan of hot water. Eight minutes should be enough if the oven be quick.

CHESTNUT ROULETTES.

Boil a quart of Spanish chestnuts. Take off the shells while they are hot, skin, and rub them through a colander, or put them through a vegetable-press. Work into them a great spoonful of butter, salt and cayenne (or paprica) to taste, a few drops of onion-juice, two tablespoonfuls of fine crumbs, and the yolk of an egg. Heat in a saucepan set within another of boiling water, stirring until the paste is smoking-hot, and let it get perfectly cold before making with floured hands into balls or into croquettes. Roll in egg, then in crumbs; set in a cold place for one hour, and fry in deep, hot cottolene. While they are chiefly used as garnishes of game and poultry, they are very nice as a vegetable side-dish accompanying the same.

FAMILIAR TALK.

A WOMEN'S LUNCHEON.

Fifty years ago an entertainment in which men were not included was an unheard-of thing. While the lords of creation had what the youths of to-day term "stag-rackets," that is, dinners, suppers, and theatre-parties from which the gentler sex were excluded, their wives, sisters, and daughters never thought of retaliating in kind, and having "a good time" without the men. Indeed, the fair beings would have doubted the possibility of carrying such a plan into practice.

Consequently, as men are seldom at liberty before 5 P.M., daylight gatherings did not exist except in the form of picnics, for which mild dissipation men were occasionally prevailed upon to leave office and desk and revel in sylvan joys in the form of sunburn, a lunch on the ground, shared with unprejudiced impartiality by ants and spiders, and a jolting ride home at the end of the longest and hardest day in the year.

At last the woman's luncheon was suggested by some sister exceeding wise in her generation, and the desert places of the weary housewife's and mother's life blossomed like the rose. Hitherto the woman with a houseful of little children often found it impracticable to leave her brood after dark, or she was too weary from a day of toil to think of going out; and month after month dragged its lagging length away without a single break in the monotony of her daily life.

A veritable drudge must that woman be who cannot spare two or three hours in the middle of the day to attend a luncheon. Even a very young baby can be left with the nurse at noon-time, while mamma will be made brighter and fresher for the little while spent in the society of pleasant and chatty women.

A luncheon is an especially easy method of entertainment for the housekeeper with many cares. Coming as it does in the middle of the day, there is the whole morning in which to make ready, and the afternoon in which to clear away the remnants of the feast and wash the dishes before nightfall.

A table groaning beneath the weight of viands set forth upon it is a figure of speech not used in these modern times. At our luncheon everything may be served from the sideboard, and the only eatables upon the table will be small dishes containing olives, salted almonds, bonbons, radishes, pickles, or jelly, and fancy cakes, or one large ornamental loaf.

There is such a great variety of tablecloths and napkins suitable for luncheons that the housekeeper may use her own judgment as to plain white or colored damask, hemmed, hemstitched, or fringed borders. One exquisite cloth has embroidered violets dropped at intervals all over it, and would be very beautiful for a violet luncheon.

The cloth laid, place in the centre of the table a round, square, or long embroidered centre-piece upon which may rest a circular mirror (if you are so fortunate as to possess one), and on this stand a bowl of flowers. If you are to have flowers for your guests it is a pretty notion to let your floral centre-piece

be composed of large pink roses—one for each woman present. To every rose is attached a wide pink satin ribbon, which passes to the appointed place of the guest whose name appears on the ribbon in gilt lettering. If you paint, you may easily decorate these ribbons yourself, and, if you wish, may add the date to the name. The repast ended, each woman pulls her ribbon and draws her rose toward her. The ribbons are pretty souvenirs of the feast.

Never practise the hideous hotel plan of distorting a napkin into fancy shapes. The square of damask should be plainly folded and laid by each place. A Vienna roll or finger-rolls may be put by the napkin, the knives on the right hand, the forks on the left.

The woman who lives in or near a town may order fancy dishes from a caterer. Olives and bon-boîns must be bought, but the almonds are cheaper and often better if salted at home, while pâté-making is a simple matter if one has a good recipe and a moderate degree of skill.

The following is a good, and not expensive, menu for a woman's luncheon.

If quails are out of season, and consequently unavailable for the game-course, broiled chicken may be substituted.

LUNCHEON BILL-OF-FARE.

Little Neck Clams, or "grape-fruit," or oranges
cut in halves, or a bunch of white grapes
tied with narrow ribbon.

Bouillon.

Creamed Lobster.

Sweetbread Pâtés.

Filet of Beef. Green Pease.

Quail on Toast.

Tomato and Lettuce Mayonnaise.

Ice-Cream.

Cake.

Fruit.

Coffee.

Crème de menthe served in tiny glasses.

M. H.

SALADS.

UNFORTUNATELY for women whose purses are limited in length and light in weight, there are few dishes which are at once inexpensive, convenient, elegant, and healthful, during that most trying of all seasons to the housekeeper's soul, "the heated term." But salads combine all the above-mentioned qualities, and are, moreover, grateful to the most fastidious palate.

It takes brains and education to appreciate this fact, and in the country the farmer's wife or mother is convinced that a meal is not fit for "folks" to eat unless graced by "something hearty." This "hearty" viand may be chipped beef, picked-up codfish (salt), or fried pork. The overwrought woman would open her eyes in incredulous astonishment if you were to suggest that salads would be cheaper, more wholesome, and certainly more palatable. Her only idea of cheap salad is of half-wilted lettuce-leaves, drenched in a mixture of rancid oil and vinegar, pepper and salt. Small wonder that her husband and sons "take no stock" therein!

The varieties of salad are numerous—meat, poultry, fish, eggs, cheese, and vegetables all forming bases upon which the epicure's delight may be founded. On the other side of the Atlantic a dinner without salad is considered a culinary solecism, and it would be well for us Americans to do away with fries and pies, and turn our attention in the direction of "greens."

We will be surprised to find how "scraps" may be utilized and made delicious. One country housewife, cumbered by many cares in the way of midsummer cookery, brought up one afternoon from the cellar a saucerful of cold pease, one of cold beets, one of beans, and two hard-boiled eggs, which had been left

from breakfast, and wondered "what she was to do with these things, which were too little to use and too good to throw away."

A city cousin and visitor, passing through the kitchen, which was bright and clean and cool, had a brilliant idea, and suggested that no fire be built in the freshly polished range before supper. They had already planned to have cold tea, which had been set aside in the refrigerator after the mid-day dinner. The city friend took matters into her own hands, and found that there were lettuce and berries in the garden, pot-cheese and cream in the cellar, plenty of crackers, bread and cake and lemons, with a box of sardines, in the closet. A boy was sent out to pick the berries and to gather lettuce, and in three-quarters of an hour the household was summoned to a repast which they pronounced the most delicious of the season. Sardines were daintily served, garnished with lemon; a bowl, lined with crisp lettuce-leaves, was filled with a salad of pease, beans, and chopped beets, highly seasoned. Over these was poured a rich mayonnaise dressing. Two beets had been reserved from those put into the salad, and were skilfully cut by a sharp knife into star-shapes, and with the sliced hard eggs, laid upon the surface of the mayonnaise.

Each glass contained cracked ice, powdered sugar, and a slice of lemon, and was then filled with cold tea. Creamy pot-cheese, slices of light bread, and crisp crackers completed the first course, while fresh berries, drowned in rich cream, were served with the loaf of golden sponge cake.

MAYONNAISE DRESSING.

One egg; one pint of the best salad oil—never use a cheap oil; one tablespoonful of vinegar; half a lemon; saltspoonful of salt; half a saltspoonful each of mustard and white pepper.

Separate the white and the yolk of the egg. To the latter add the juice of the lemon, the salt, pepper, and mustard. Mix with three or four stirs of a fork. Begin putting in the oil, a few drops at a time, stirring steadily, increasing the quantity as

the dressing thickens. When about two-thirds of the oil has been used the vinegar should be added, little by little, and after that the remainder of the oil. The steady stirring of the fork should be unremitting. If oil, egg, and plate have been well chilled before they are used, this dressing may be made in ten or fifteen minutes. Place it on the ice until needed, and just before sending to table whip the white of the egg to a standing froth and stir it lightly into the dressing.

Should the egg and oil curdle and separate, or obstinately refuse to thicken, do not waste time in the futile attempt to stir them to a success. Take another egg and begin again in a fresh plate. When this dressing thickens—as it will, unless there is something radically wrong with egg, oil, or worker—add the curdled dressing carefully, a little at a time, stirring incessantly. The result should be as good a mayonnaise as could be desired. In hot weather especial care should be taken to have the utensils and ingredients alike, ice-cold.

The seasoning may be varied by substituting tarragon for plain vinegar, and by rubbing the bowl in which the dressing is mixed with a split clove of garlic or by using paprica in place of cayenne.

In fancy salads this mayonnaise may be colored green by the addition of a little spinach-juice (see Green Hollandaise Sauce), or red by adding to it a small amount of powdered lobster coral or of strained tomato-liquor which has been boiled down until it is nearly a jelly. Or the mayonnaise may be made white by stirring lightly into it at the last moment before serving a gill of cream whipped very stiff. If a deep yellow is desired, the beaten white of egg should not be added to the mayonnaise.

ASPIC MAYONNAISE.

Into a cupful of aspic jelly, cold, but not stiff (see recipe for Aspic), stir oil, drop by drop, as for ordinary mayonnaise. A half-pint of oil may be used with the given quantity of aspic. When the dressing begins to thicken stir in a tablespoonful of

tarragon or plain vinegar, unless the aspic is quite tart. In that case omit the vinegar, and season with a little salt and cayenne. The amount of these to be used depends upon whether or not the aspic is highly seasoned.

As in making the plain mayonnaise, the utensils and ingredients should be very cold. It is even well to set the bowl containing the dressing in a larger vessel of cracked ice while you stir.

This aspic mayonnaise may be used for garnishing salads and cold meats, and is often used instead of the plain aspic for jellied chicken, tongue, etc., that are to be formed in a mould.

FRENCH DRESSING FOR SALADS.

One saltspoonful of salt; half a saltspoonful of pepper; one tablespoonful of vinegar; three tablespoonfuls of oil.

Rub the spoon or the bowl in which the salad is mixed with a little garlic.

Put pepper and salt together in the salad-spoon and fill the spoon with oil. Stir with the fork, and when well mixed pour upon the salad. Measure out the rest of the oil demanded and the vinegar, and after all has been turned upon the salad, toss this about with the fork and spoon until every leaf has received its share of the dressing.

Or the dressing may be mixed in a small bowl or deep saucer, and either poured upon the salad by the hostess or passed to the guests that they may help themselves. It is better to mix it in a bowl rather than in the spoon, except for such salads as lettuce or endive.

A French dressing is cheaper, and more easily prepared than a mayonnaise and far more wholesome. It can be used for many salads where the latter would seem cloying and is always *en règle* at a dinner where the salad course should be light and refresh the eater rather than surfeit him. A mayonnaise is more in order for suppers, early or late, for collations, standing luncheons, and the like.

BOILED SALAD DRESSING. (No. 1.)

Two well-beaten eggs; half a pint of vinegar; one heaping teaspoonful of granulated sugar; one-half teaspoonful of English mustard; pinch of cayenne; salt to taste.

Mix well, put over the fire in a porcelain-lined saucepan and bring it slowly to a boil, stirring incessantly. When it bubbles add a small teaspoonful of butter and take from the stove. Let it get cold, bottle and put in a cool place until needed. It will keep some time.

BOILED SALAD DRESSING. (No. 2.)

With Whipped Cream.

Four tablespoonfuls of vinegar; one heaping tablespoonful of butter; one tablespoonful of flour; one egg, beaten light; one teaspoonful of white sugar; one-half teaspoonful each of pepper and mustard; salt to taste; whipped cream at discretion.

Beat the butter and flour to a cream, stir in the beaten egg, and all the seasoning except the salt. Next put in the vinegar, turn all into a saucepan and cook slowly, stirring until the sauce is very thick. Take from the fire, salt, and keep in a cool place. When it is to be used stir whipped cream into it to thin it to about the consistency of mayonnaise.

This is a very fine dressing.

BOILED SALAD DRESSING. (No. 3.)

Add the whipped yolks of six eggs to six tablespoonfuls of boiling vinegar. Pour into a tin pail, set in a pan of boiling water, and stir until quite stiff. Remove from the fire, add four tablespoonfuls of butter, and beat until perfectly mixed. When cold season to taste with salt, pepper, mustard, etc., and thin with oil to the required consistency. This will keep several days in a cold, dark place.

BOILED SALAD DRESSING. (No. 4.)

Heat two cupfuls of rich milk (half cream is better); stir in two heaping tablespoonfuls of corn-starch rubbed up with three tablespoonfuls of butter. Cook one minute. Beat hard, and when cold season to taste with vinegar, mustard, etc.

CUCUMBER ASPIC.

Four large cucumbers; one small onion; half-box of gelatine soaked in half a cupful of cold water; salt and white pepper to taste.

Peel the cucumbers, cut into thick slices, and put them and the sliced onion over the fire with a scant quart of water. Simmer for an hour, stir in the gelatine, and, when this is dissolved, season the jelly, strain it, and set it aside to cool. It may be formed in small moulds and turned out on lettuce-leaves, or used in a border-mould for garnishing a fish or tomato salad, or set to form in a salad-bowl and taken out by the spoonful and served on lettuce-leaves. French dressing is better with it than mayonnaise.

TOMATO ASPIC.

One pint of tomato-liquor, strained from the can or from fresh tomatoes, stewed. Half a box of gelatine, soaked half an hour in a cupful of cold water; one slice of onion; one bay-leaf; two cloves; a spray of parsley; salt and cayenne to taste.

Stew the bay-leaf, onion, parsley, and cloves in the tomato-liquor for fifteen minutes, stir in the gelatine, season, and strain the aspic through flannel without squeezing. It may be used like the cucumber jelly, as a salad, served on lettuce or to garnish other salads or dishes of cold meats. Some cooks add a little beef-extract to the jelly, but it detracts from the distinctive flavor of the tomato.

LETTUCE SALAD.

Pick over the lettuce carefully, rejecting all wilted or bruised leaves. Throw it into ice-cold water for at least half an hour be-

fore serving. Take it out, dry it carefully between two folds of a clean kitchen towel and lay it in the salad-bowl, which should first have been rubbed with a split clove of garlic. Serve with French dressing.

ROMAINE LETTUCE.

This delicious variety of lettuce is becoming daily more common in our markets and is preferred by many to the ordinary lettuce. It may be prepared for the table in the same way.

CRESS, CHICORY, OR ENDIVE SALAD

may be treated like lettuce. An excellent salad may be made by mixing lettuce with any or all of these.

DANDELION SALAD.

For this only the white leaves, free from any green tips, may be used, and they should be very carefully washed. Serve with a French dressing.

DANDELION AND BEET SALAD.

Wash and pick over the dandelion greens. Slice cold boiled beets thin. Line your salad-bowl with the dandelion and heap the beets in the middle. — Serve with French dressing.

STUFFED BEET SALAD.

Select large red beets, boiling them without peeling and scrape off the skins while still warm. Cut a slice off the top and scoop out the inside of the beet, taking care not to break or pierce the outer wall. Chop celery fine, mix it with a mayonnaise, and fill the beets with this. Arrange them on lettuce-leaves and heap more mayonnaise on top of the celery before sending the dish to table.

The filling may be varied by mixing with the celery some of the beet that was cut out, chopped fine, or by mincing a cucumber with these or with the celery alone.

CUCUMBER SALAD.

Peel cucumbers, slice them very thin, and throw them into iced water for an hour before using. Dry them, put them into a bowl that has been rubbed with garlic, and serve them with a French dressing. Those who think a cucumber salad incomplete without onion may either add a teaspoonful of onion-juice to the dressing or slice a couple of tiny young onions with the cucumbers. In their season, minced chives are a pleasant addition to a cucumber salad.

STUFFED CUCUMBER SALAD.

Select medium-sized cucumbers, peel them and cut them in half, lengthwise. Scrape out the seeds, lay the boats thus made in iced water for an hour or two, take them out, dry and arrange on lettuce-leaves. For each cucumber allow a small tomato, a stalk of celery, a sprig of parsley, and a bit of onion the size of a hazel-nut. Peel the tomato and remove the seeds, and chop the pulp fine with the celery, onion, and parsley. Bind these with a little mayonnaise, fill the cucumbers, heap more mayonnaise on the top and the dish is ready. Serve each guest with a half of one of the cucumber boats and a leaf of lettuce.

SALAD OF STRING-BEANS OR GREEN PEASE.

Heap cold boiled string-beans or green pease in a salad-bowl, pour over them a French dressing, and serve.

Or—

They may be served with Boiled Salad Dressing, No. 2.

MACEDOINE, OR VEGETABLE SALAD.

This is an excellent method of using the remnants of vegetables left from dinner of the day before—the half dozen slices of boiled beets, the few stalks of celery, the two or three cold potatoes and onions, the saucerful of beans or green pease, the boiled carrot from the soup. Slice the potatoes and onions, and

heap all the vegetables together upon leaves of lettuce. Pour over them either a mayonnaise or a French dressing. Almost any cold vegetable may find a place in this salad.

LETTUCE AND TOMATO SALAD.

Arrange lettuce-leaves in a bowl, chop two tomatoes coarsely and strew them over the lettuce. Serve with French dressing. Lettuce and cucumber may be prepared in the same way.

TOMATO AND LETTUCE SALAD.

Do not remove the skin from your tomatoes by scalding, but by carefully peeling them. Then cut into halves. Arrange on a cold dish the crispest lettuce-leaves, lay half a tomato on each, and scatter finely crushed ice over all. Fill a pretty glass bowl with mayonnaise, and, in serving the salad, pour a ladleful of dressing over each piece of tomato.

They may also be served with a French dressing and without the lettuce.

RUSSIAN TOMATO AND SARDINE SALAD.

Skin six medium-sized boneless sardines, remove heads and tails and cut each sardine into three or four pieces. Peel three tomatoes that have been thoroughly chilled, remove the seeds, cut the tomatoes into small squares and mix with the sardines. Arrange lettuce-leaves in a salad-bowl, sprinkle the tomatoes and sardines on them, and serve with a French or mayonnaise dressing.

TOMATO BASKETS WITH GREEN PEASE.

Select large, firm tomatoes, peel them, cut off the tops and remove the seeds and soft pulp, leaving a thick outer wall of the firm flesh of the tomato. Fill each basket thus made with cold boiled green pease and place it upon a leaf of lettuce. Arrange these in a salad-bowl or upon a platter, and, in serving, heap a tablespoonful of mayonnaise on each basket, or pass the mayonnaise in a bowl or pitcher, in which is placed a spoon or small ladle, and let each guest help himself.

This is an ornamental and delicious salad. Tender beans cut into small pieces may be used instead of the pease and will be nearly as good.

TOMATO BASKETS WITH CELERY.

Prepare the tomatoes as in the preceding recipe. Split celery-stalks lengthwise until not much thicker than straws and cut them crosswise into half-inch lengths. Fill the tomato baskets with them and serve on lettuce-leaves with Boiled Salad Dressing, No. 1, or with mayonnaise.

TOMATO BASKETS WITH CUCUMBERS.

Peel cucumbers, cut them into quarters, lengthwise, slice them thin, and throw them into cold water for an hour. Take them out, dry them between two folds of a towel, mix with a bit of onion no larger than a hazel-nut, minced fine, and (if you can get it) a little chopped green pepper. Season with paprica, and with this mixture fill tomato-shells, prepared as already directed. Serve on lettuce with French or mayonnaise dressing.

TOMATO BASKETS WITH SHRIMPS.

Remove shrimps from their shells, arrange them in tomato baskets, and serve on lettuce with mayonnaise. Canned shrimps may be used in this delicious salad and are almost equal to the fresh.

TOMATO BASKETS WITH CHICKEN.

Fill tomato baskets, made as above directed, with the white meat of chicken, minced fine. Serve on lettuce-leaves with mayonnaise.

TOMATO BASKETS WITH SWEETBREADS.

Boil and blanch a large pair of sweetbreads, skin them, and cut them with a sharp knife into dice. Mix a little mayonnaise with them, and fill baskets made of tomatoes, as directed in recipe for Tomato Baskets with Green Pease. Arrange on let-

tuce-leaves, put another spoonful of mayonnaise on top of each tomato, and serve.

These baskets may be made in a different fashion by leaving a strip of the peel to serve as a handle across the top of the basket, and carefully scooping out the pulp from under it.

CELERY SALAD.

Cut fine white celery into inch lengths, throw it into iced water for half an hour, take it out, dry and serve it with a French dressing or mayonnaise, or with a boiled salad dressing.

CELERY AND RADISH SALAD.

Prepare the celery as directed above, heap it in a bowl and surround it with a border of small radishes, half peeled, to look like roses. Put one on top of the mound of celery and dress all with mayonnaise.

CELERY SALAD WITH TOMATO JELLY.

Prepare and mound the celery as in the preceding recipe and encircle it with tomato aspic. This may have been formed in a border-mould the size of the dish, or such a mould may be improvised by setting one vessel inside of the other and placing the jelly to form in the outer one. Both should be wet before the jelly goes in, and if the inner vessel is filled with ice or iced water the process of forming will be hastened.

CELERY AND APPLE SALAD.

With one cupful and a half of crisp celery, cut into inch lengths, mix one cupful of tart apple, cut into dice. Cover with a mayonnaise. Do not cut the apple until just before serving, as it darkens after peeling.

POTATO SALAD.

Boil eight potatoes in their skins and do not peel them until they are cold. Rub the inside of your salad-bowl with a clove

of garlic (if you dislike the flavor of garlic you may omit this). Slice or chop the potatoes into the bowl and add to them an onion which you have minced fine and scalded for five minutes in boiling water. Season the vegetables with pepper and salt and pour upon them five tablespoonfuls of oil and two of vinegar. Toss and turn them in this and let them stand in it an hour before serving. Some people relish the addition of a couple of cold boiled beets, sliced.

An attractive fashion of arranging this dish is to heap the potatoes in the middle of the bowl and arrange a border of the beets about them.

ASPARAGUS SALAD.

Boil and drain fine asparagus and let it get very cold. Serve it as a separate course and pass with it a bowl or pitcher of French or mayonnaise dressing. Most people prefer the former.

CAULIFLOWER SALAD.

Prepare and serve like asparagus salad, dividing the cauliflower into clusters before sending it to table.

CABBAGE SALAD.

Shred a firm white head of cabbage fine with a sharp knife and set it on ice. Heat in separate vessels a cupful of sweet milk and half a cupful of vinegar. When the vinegar is scalding-hot stir into it a tablespoonful of butter and one of white sugar, with a teaspoonful of celery essence, a saltspoonful of pepper, and twice as much salt. Boil up sharply and stir in the cabbage. Let it get smoking-hot, but not boil.

Now give your attention to the hot milk. Pour it upon two well-beaten eggs and cook until they begin to thicken well. Turn the hot cabbage into a bowl, pour the custard upon it and stir it rapidly with a silver fork until all the ingredients are well mixed. Set away in a closely covered vessel where it will cool suddenly. When cold keep it on ice until needed.

POT-CHEESE SALAD. (No. 1.)

Begin by making your mayonnaise and arrange your lettuce-leaves on a large, flat dish. Break, with the bowl of a spoon, the pot-cheese into small crumbs, and when this is done moisten it gradually with the mayonnaise dressing, rubbing and blending it all together into a creamy mass. When the pot-cheese has reached this state drop a tablespoonful of it upon each lettuce-leaf. Set the dish on the ice long enough to chill the contents thoroughly and serve.

POT-CHEESE SALAD. (No. 2.)

Mould the cheese, mix with cream and butter until it will just allow of being handled, and form into oval balls about the size of a bantam's eggs. Lay each of them upon a leaf of lettuce and pass with them a mayonnaise or boiled dressing.

EGG SALAD. (No. 1.)

Boil six eggs for fifteen minutes, then throw them into cold water and allow them to remain there until cold. Remove the shells and cut each egg into four pieces; place crisp lettuce-leaves on a large platter, lay a piece of egg on each leaf, sprinkle lightly with salt, and pour mayonnaise over all.

EGG SALAD. (No. 2.)

Boil six eggs perfectly hard, putting them on in cold water and cooking ten minutes after this reaches the boil, that the yolks may be dry and mealy. Cut the whites in two, remove carefully, and rub the yolks to a paste with three tablespoonfuls of minced ham or chicken, or both, ten drops of onion-juice, a saltspoonful of mustard, a tablespoonful of melted butter, salt to taste, and half a teaspoonful of paprica. Crowd this mixture back into the halved whites, cutting a bit off the bottom of each cup that it may stand upright and letting the newly formed yolk rise above the edge of the white as far as the original yolk would

have done. Arrange these on lettuce-leaves and serve with a French dressing or with Boiled Salad Dressing, No. 2.

OYSTER SALAD.

One quart of oysters, cut into quarters with a sharp silver knife. One head of celery, cut into half-inch lengths; yolks of three raw eggs, well beaten; yolks of two cooked eggs, boiled for twenty-five minutes, then laid in cold water for an hour; two tablespoonfuls of salad oil; one teaspoonful of white sugar; one half teaspoonful of salt, and the same each of white pepper and made mustard; four tablespoonfuls of vinegar.

Drain the oysters and wipe them between two soft cloths before you cut them. Set aside upon ice, and when you have cut up the celery do the same with it, in a separate vessel. Beat the raw yolks and whip in, first, the sugar, then, gradually, the oil, next, the powdered yolks, which have been rubbed smooth with salt, pepper, and mustard. When all are mixed and smooth put in the vinegar, a few drops at a time, whipping the dressing lightly and fast, all the time. It should be a soft yellow cream.

Mix oysters and celery in a glass bowl a few minutes before it is to go to table, tossing gently with a silver fork; pour half the dressing upon them while you do this, the rest on top.

Garnish with a wreath of pale-green celery-tufts laid close within the edge of the bowl, and keep on ice up to the instant of serving.

SHRIMP SALAD.

Turn out the contents of a can of shrimps several hours before you make the salad, and set on the ice until needed. Arrange lettuce in a bowl, sprinkle it with very finely cracked ice, and lay the shrimps among the leaves. Add mayonnaise dressing and serve immediately.

LOBSTER SALAD.

Select rather large lobsters, as there is a good deal of waste about the small ones. Plunge them head downward into boil-

ing water, and cook for about three-quarters of an hour. Break the shells carefully, remove and throw away the stomach, the vein that runs through the tail-piece, and the spongy fingers between the body and the shell. All the other meat is eatable. Cut into neat pieces, arrange it on lettuce, cover with mayonnaise dressing, and garnish with the claws of the lobster.

LOBSTER SALAD À L'ALLEMANDE.

Proceed with the lobster as in the preceding recipe, and when the pieces are arranged on the lettuce-leaves sprinkle over them a tablespoonful of finely minced parsley and the yolks of four hard-boiled eggs pressed through a sieve. Serve with French dressing.

LOBSTER SALAD A LÀ RUSSE.

Cut the lobster into dice and mix it with a generous quantity of mayonnaise. Stir in with a pint of the mingled lobster and dressing about two dozen tiny cubes of young carrots and beets boiled very tender. Line a salad-bowl with lettuce-leaves, heap the salad upon them, mask it with more of the yellow mayonnaise, and garnish it with a little of the dressing, colored red with the lobster coral, and with a very little Russian caviare.

LOBSTER SALAD EN CASSEROLE.

Prepare exactly as directed above, only, instead of serving in a large bowl on lettuce-leaves, arrange without the lettuce in tiny casseroles of china, copper, or silver. These come for cooking shirred eggs and similar dishes, and differ from the regular nappies in having handles. Garnish as above with red mayonnaise and caviare. In both cases be sure that salad and dressing are ice-cold.

CRAB SALAD

may be prepared like lobster salad.

SOFT-SHELL CRAB SALAD.

Broil, or fry, soft-shell crabs, as elsewhere directed, and serve cold on lettuce with mayonnaise or tartare sauce.

SARDINE SALAD.

One box of sardines, two bunches of celery, mayonnaise. Drain the oil from the sardines by laying each fish on soft tissue-paper, turning the sardine first on one side, then on the other, until the grease is absorbed by the paper. Separate and wash the celery, using only the finest, whitest stalks. Cut each piece into inch lengths, season with pepper, salt, and vinegar. Pile these pieces into a small pyramid upon a glass platter, and lay the sardines about the base of the mound. Pour gently over all a thick mayonnaise.

PLAIN FISH SALAD.

Salmon is generally the favorite fish for salad, but any good, firm fish, like halibut, cod, pickerel, bass, etc., may be used. It should be boiled until thoroughly cooked, but not overdone, and allowed to get perfectly cold. The fish should then be cut into square or oblong pieces, about two or three by three or four inches in size, and each piece should be laid on a lettuce-leaf. Mayonnaise dressing may be poured over it in the dish, or passed to each person. A savory addition to a white fish is that of a sardine picked fine and stirred into the mayonnaise, although this is not desirable with salmon. Garnish with cucuraber jelly.

FRENCH FISH SALAD.

Boil halibut until done, but remove it from the fire while firm and let it get cold. Cut into pieces, as directed above, lay each piece on a lettuce-leaf, and place on it a boneless sardine that has been drained and skinned. Serve with mayonnaise.

FISH SALAD À L'ESPAGNOL.

Boil the fish and cut into pieces, as directed above, and arrange a layer of it in the bottom of a bowl lined with lettuce-leaves. The bowl should first have been well rubbed with garlic. On the fish lay shredded sweet peppers, arrange upon them

stoned olives and hard-boiled eggs, sliced, and serve with a French dressing.

SALMON AND CUCUMBER SALAD (VERY FINE).

Upon a steak of cold boiled salmon, arranged on lettuce-leaves, place a layer of very thinly sliced cucumbers and garnish with cucumber jelly or nasturtium blossoms. Serve with French dressing.

CHICKEN SALAD.

The meat of a cold boiled chicken, cut into small, neat pieces. Half as much celery as you have chicken, cut into inch lengths. One small head of lettuce. Pepper and salt to taste. One tablespoonful of oil. One tablespoonful of vinegar. One cupful of mayonnaise dressing.

Mix the cut chicken and celery, season and moisten with oil and vinegar. Line a salad-bowl with lettuce, and on this heap your salad. Pour the thick mayonnaise dressing over the chicken and celery. In summer-time, when celery is scarce and expensive, it may be omitted from the salad, and then it is well to use celery-salt in seasoning. Garnish with quarters of hard-boiled eggs, stoned olives, or capers, as you may desire.

SWEETBREAD SALAD.

As soon as the sweetbreads are brought home plunge them into scalding water, slightly salted, and allow them to remain there for ten minutes, then lay in iced water to whiten them. When *entirely* cold, cook them for fifteen minutes in salted boiling water, wipe them dry, and lay them on the ice until they are cold and crisp, when they may be cut with a sharp knife into slices. Line your salad-bowl with lettuce-leaves, lay the sliced sweetbreads upon these, and strew thickly with mayonnaise dressing.

SWEETBREAD AND CELERY SALAD.

Prepare sweetbreads as directed in preceding recipe, cut them into dice and mix with them an equal quantity of crisp celery cut into pieces of the same size. Serve on lettuce with a mayonnaise dressing.

MELON SALAD.

Lay muskmelons on the ice for five or six hours. Open them just before they are needed, scrape out the seeds, divide the melon into crescents, and cut off the rind and green part, leaving only the fully ripe portion. Heap these pieces in a bowl with bits of ice among them, and pour over them a French dressing; mayonnaise may be used if preferred. Watermelon that lacks sweetness may be served in the same manner.

ORANGE SALAD.

Let the oranges get very cold; peel them and divide them into lobes and serve on lettuce-leaves with mayonnaise dressing. This is a rather heavy salad, but very good.

GRAPE-FRUIT SALAD.

Prepare as you do the oranges, taking great pains to remove every particle of the bitter white skin that coats the lobes. Serve with or without lettuce with French dressing.

WALNUT SALAD.

Remove the shells from twenty fresh English walnuts, throw them into boiling water, drain and skin them, and serve on lettuce with mayonnaise or French dressing.

WALNUT AND APPLE SALAD.

Prepare as directed in preceding recipe, and mix with them a cupful of chopped apple. Serve with mayonnaise.

CHESTNUT SALAD.

Shell French chestnuts and boil them fifteen minutes or until soft. Remove the skins, and when cold serve them upon lettuce with a French dressing.

CHESTNUT AND WALNUT SALAD

may be made by mixing the nuts prepared, as above, in equal quantities and serving with a French dressing.

FRENCH FRUIT SALAD.

One head of lettuce ; one dozen English walnuts ; two dozen white grapes, large and firm ; three bananas ; two oranges ; half a pint of mayonnaise.

Peel the oranges, divide into lobes, and cut each lobe into three pieces, removing the seeds. Skin with a very sharp knife the white grapes and seed these (this is the only tedious part of the preparation). Shell and halve the walnuts and slice the bananas with a silver knife. Arrange the fruit on the lettuce, rejecting all leaves but the crispest and most delicate. Cover all with mayonnaise dressing and serve ice-cold.

SOMETHING ABOUT SAUCES.

FAMILIAR TALK.

NOTHING differentiates more decidedly the plain from the elegant dinner than the sauces ; in fact, it is often the lack of the sauce that makes the plain dinner, its presence that converts the simple into the elegant meal.

Only lately has the American housekeeper begun to appreciate the culinary value of the sauce ; not even yet has the unpractised cook overcome her terror of it. The legend appended to recipes that she has read with confidence, "Serve with a Hollandaise (or a Béchamel, or a Soubise, or a Bordelaise) sauce," is to her as a red flag that warns her back from dangerous ground.

Not altogether in vain, however, have culinary missionaries gone up and down through the country in person or by printed representative preaching the gospel of good cookery. Their labors have been already crowned with some measure of success, and from them the American housewife is learning that closer acquaintance with French names and dishes robs them of their terrors. The firmly grounded dread of them has been largely due to the unfamiliar terms in which they were conveyed, and when these are swept away and plain, every-day "kitchen English" substituted, the preparation of the formidable compounds is seen to be a very simple affair after all.

The fancied difficulty of mixing and cooking is not, however, the only obstacle sauces have had to vanquish on the road to popularity. They have long enjoyed a reputation of unwholesomeness and costliness that has influenced many persons to keep

them from their tables. There is no more potent enemy than a well-turned phrase, and the concise saying, "Plain living and high thinking," has been responsible for many of the defects of the American cuisine—a dearth of sauces among them. (How as sensible a race as the Yankee could place pie among the articles of diet that help make up plain living is a problem that has never been solved.) It is the general opinion that plain living and sauces are incompatible. Perhaps they are, but people may "strive mightily" and yet eat generous food, and they are beginning to acquire the valuable knowledge that a palatable diet is, for good physiological reasons, more likely to be easy of digestion than food which does not tempt the appetite. A well-prepared sauce adds materially to the gustatory properties of a dish, and, all things being equal, there is no reason in the world why it should be unwholesome to a person who has a gastric apparatus in fairly good working order.

Of course there are sauces and sauces. It is possible to make a rich, highly spiced fat and starch-laden concoction that would tax the digestion of an ostrich almost as severely as would the New England doughnut or the Knickerbocker mince-pie. But the woman of dietetic prudence does not put these before her family as a steady diet, and she rules them entirely off the nursery bill-of-fare. In like manner she serves upon ordinary occasions simple sauces containing a few well-cooked ingredients and reserves the dyspepsia-producers for high-days and holidays when the independent citizen shows his joy in the Christmas or Thanksgiving season by overeating on an assortment of foods that only American ingenuity would have thought of combining.

The other difficulty—that of the expense of sauces—may be best settled by the common-sense of the housekeeper. She is not the wise woman I think her if she has not, early in her professional career, established a system of debit and credit by which the costly viands of one day are offset by the simpler food of the next. It does not take her long to learn that by the addition of a savory, though inexpensive, sauce the cheaper

meal may be made every whit as palatable as the high-priced one. The rolled neck of lamb is a popular dish when masked with tomato sauce; the white sauce makes a dainty *plat* of the warmed-over chicken or veal, and a brown sauce, seasoned with paprika, converts the stew from yesterday's cold beef into an appetizing ragoût. And so on through endless combinations which the good cook is quick to learn and utilize, for the sauce-boat is only rivalled by the stock-pot as a means of making a satisfying disposition of odds and ends of left-overs of soups and gravies and vegetables.

In making sauces it must always be borne in mind that cookery is an exact science. There must be no guessing at quantities, no carelessness in measures. Given amounts, mixed in a certain way, will produce a sauce of the correct consistency, and the most experienced *chef* is the last one to take liberties with the proportions of solid and liquid ingredients in a sauce. When the proper method of combining them has once been mastered the secret of all sauces is in the hands of the learner. The most elaborate are but variations upon the original simple formula.

C. T. H.

WHITE SAUCE.

One tablespoonful of butter. One rounded tablespoonful of flour. There must be as much flour above the brim of the spoon as there is below it. One half-pint of milk; one saltspoonful of salt; pinch of white pepper.

Put the butter into a saucepan. As it melts add the flour, stirring constantly until both are thoroughly blended. As soon as they are mixed and begin to bubble, but before they have browned, pour in the milk. Stir unceasingly until the sauce is smooth and thick enough to mask the back of the spoon. Let it cook for at least one minute after it reaches a boil, season, and it is done. If it cannot be used at once, keep it hot over boiling water. If it stands for some time it will probably thicken, and in that case it will be necessary to thin it with a little boiling milk before sending it to table.

CREAM SAUCE

may be made like white sauce, by using cream instead of milk, or by doubling the quantity of butter.

BROWN OR SPANISH SAUCE.

This, the other "mother-sauce," to use the term French cooks apply to the two sauces upon which all others are founded, differs little in essentials from the white sauce.

One rounded tablespoonful of flour ; one tablespoonful of butter ; one-half pint of well-seasoned consommé or brown soup-stock.

Cook the butter and flour together, as in the preceding recipe, but instead of adding the liquid as soon as they bubble, allow them to brown, stirring all the time. When they have reached this stage put in the stock, and proceed as with the white sauce. The use of flour that has been already browned will shorten the time required for making this sauce. To make it a rich, dark color it is necessary to use a few drops of caramel or burnt sugar, or, better still, it may be both colored and seasoned by the addition of a teaspoonful of kitchen-bouquet.

ROUX, WHITE AND BROWN, TO KEEP.

A valuable hint may be taken from the French cooks, who have roux for their white and brown sauces always ready. To prepare the white roux, cook together a quarter of a pound each of butter and flour, as for white sauces, until they bubble. Cook one or two minutes, but do not allow them to brown. Take them from the fire, turn into a small jar, cover, and keep in a cool place. To make a white sauce, melt two tablespoonfuls of the roux in a saucepan, and add half a pint of milk. Cook until smooth, season, and it is ready for use.

The brown roux takes longer to prepare. The same quantities of butter and flour are used, but they must cook to a good brown before they are taken from the fire and packed in a jar. This is

used in the same manner as the white roux. If not dark enough the addition of the caramel or kitchen-bouquet that will bring it to the required tint may be postponed until the roux is to be converted into sauce.

BUTTER SAUCE.

Prepare by the recipe given for White Sauce, but add to the roux half a pint of boiling water instead of the same quantity of milk. This sauce is frequently known as "plain drawn butter," or "butter drawn in water."

BUTTER SAUCE, TARTARE.

To half a pint of butter sauce add ten drops of onion-juice, a pinch of English mustard, wet in a few drops of vinegar, a teaspoonful of minced gherkins and capers, and a beaten egg, the last very cautiously. After it is stirred in take the sauce at once from the fire. This is very good with fish.

HOLLANDAISE SAUCE.

Half a pint of butter sauce ; one egg ; one teaspoonful of salad oil ; one teaspoonful of lemon-juice ; salt and white pepper.

When the butter sauce is made move it to the side of the stove, and add to it the beaten egg, very cautiously, and stirring constantly. As soon as it is all in put in the oil, drop by drop, steadily, without ceasing to stir. Season the sauce and serve it at once. If allowed to stand, it is very likely to curdle.

GREEN HOLLANDAISE SAUCE.

As soon as the oil is in the Hollandaise sauce stir in a little green coloring matter, either of the French vegetable colorings, which are perfectly harmless, or the green you have procured by cooking a handful of spinach leaves, without water, in the inner vessel of a double boiler, until they are tender, and then squeezing them through a cloth. Be careful not to use enough to thin the sauce.

BÉCHAMEL SAUCE, No. 1. (FOR FISH.)

One heaping tablespoonful of flour and one of butter cooked to a roux ; half a pint of fish-stock, made by boiling half a pound of any good fish in a quart of water with a bay-leaf, a slice each of onion and carrot, a stalk of celery, and two or three peppercorns. Boil slowly until the liquid is reduced about one-half, strain the liquid, return it to the fire and boil it down to the required amount. Instead of the fish, the trimmings and bones of a fish may be used.

One gill of cream ; salt and white pepper to taste.

Pour the fish-stock upon the roux, stir until it thickens, add the cream, season, and take at once from the fire. In sauces where cream is thus added it is well to slightly increase the amount of flour used in the roux (as has been done in this recipe), lest the sauce should be too thin.

BÉCHAMEL SAUCE, No. 2. (FOR MEAL.)

Two tablespoonfuls of butter ; one heaping tablespoonful of flour, half a pint of white stock, made from veal or chicken and very well seasoned. The stock should have had an onion, a bay-leaf, a piece of carrot, and a stalk of celery cooked in it and strained out before it is used for the sauce. One gill of cream.

Proceed as with Béchamel Fish Sauce.

SUPRÊME SAUCE.

Half a pint of Béchamel sauce ; yolks of two eggs ; one teaspoonful of minced parsley ; salt and white pepper.

Stir in the yolks, drop by drop, take from the fire, add the parsley and seasoning.

Especially good with chicken croquettes.

ALLEMANDE SAUCE

is made like the above, except that a dozen chopped mushrooms are put in just before the eggs, and a half teaspoonful of

onion-juice and a grate of a nutmeg are added after the sauce comes from the fire.

EGG SAUCE.

Half a pint of white sauce ; one hard-boiled egg, chopped fine ; one raw egg, beaten light ; salt and pepper to taste.

Add the minced egg to the white sauce, and before it returns to the boil stir in slowly the raw egg. Season, take from the fire immediately and serve. This may be used with boiled or baked fish, boiled mutton or chicken.

CURRY EGG SAUCE.

One tablespoonful of flour ; one tablespoonful of butter ; one-half teaspoonful of onion-juice ; one-half pint of milk ; one hard-boiled egg, chopped fine ; one scant teaspoonful of curry-powder ; two tablespoonfuls of cream.

Brown the onion lightly in the butter. Stir in the flour and the curry-powder, and when all are blended, the milk. Cook until thick and smooth, add the egg, and after one minute the cream. Salt to taste, and serve at once.

This sauce is especially fine with any boiled white fish and is also good with boiled fowl, if rice is served with it.

ANCHOVY EGG SAUCE.

One tablespoonful each of butter and flour ; half a pint of milk ; one hard-boiled egg, minced ; one teaspoonful of anchovy paste ; a tiny pinch of cayenne.

Cook the butter and flour together, put in the anchovy paste and the milk, and stir steadily, rubbing the lumps from the anchovy paste with the back of the spoon, until you have a smooth thick sauce. Add the chopped egg and pepper, and serve. A couple of tablespoonfuls of thick cream is an improvement. This is a good as well as an ornamental sauce for boiled white fish like halibut or fresh cod.

OYSTER SAUCE. (No. 1.)

One tablespoonful each of butter and flour ; one gill of cream ; twelve small oysters, cooked three minutes in one gill of boiling oyster-liquor ; half a teaspoonful of lemon-juice ; salt and white pepper to taste ; tiny pinch of mace.

Cook the oysters, strain the liquor, put it with the cream, and turn both upon the roux made from the flour and butter. When the sauce thickens put in the oysters, which should have been chopped coarsely, add the lemon-juice and seasoning, and serve the sauce immediately before the oysters have time to toughen. It is hardly possible to be too sparing with the mace. A very few grains will suffice.

OYSTER SAUCE. (No. 2.)

Make as directed in the foregoing recipe, substituting milk for the cream, and add a whipped egg at the same time with the oysters. Always remember that an egg is to be poured in almost drop by drop, or it will curdle.

CLAM SAUCE

may be made by either of the recipes given for oyster sauce.

LOBSTER SAUCE. (No. 1.)

One-half pint of butter sauce ; three tablespoonfuls of boiled lobster-meat, minced fine ; one tablespoonful of lobster-coral rubbed to a paste with as much butter ; one teaspoonful of lemon-juice ; salt to taste ; pinch of cayenne.

Have the butter-sauce boiling hot, and stir into it the coral paste until it is smoothly blended with the sauce. Add the lobster-meat, the salt and pepper, and, last, the lemon-juice.

LOBSTER SAUCE. (No. 2.)

One tablespoonful each of flour and butter made into a roux ; one-half pint of milk ; one gill of fish-stock ; one-half cupful

of minced lobster-meat ; salt, red pepper, and a teaspoonful of lemon-juice.

Add the lobster-meat and seasoning to the sauce made from the roux, milk, and fish-stock.

LOBSTER SAUCE. (No. 3.)

To half a pint of Hollandaise sauce add half a cupful of boiled lobster, chopped fine, and a tablespoonful of the coral rubbed to a paste with a tablespoonful of butter. Season with a little cayenne.

CUCUMBER SAUCE. (No. 1.)

Peel and chop one large or two small cucumbers. There should be a cupful of the mince. Turn it into a colander, let the liquid drain from it for a few minutes, and put it into a bowl that has been rubbed lightly with garlic. Add a tiny pinch of soda to half a pint of cream, whip it to a froth. Season the cucumbers with half a teaspoonful of onion-juice, salt, a dash of cayenne pepper, and one teaspoonful of sharp vinegar. Mix the cucumber and whipped cream together and serve immediately.

This is delicious with fish.

CUCUMBER SAUCE. (No. 2.)

Add a finely chopped cucumber to half a pint of Hollandaise sauce after this comes from the fire.

CUCUMBER SAUCE. (No. 3.)

Peel and chop two cucumbers, drain them, put them into a bowl that has been rubbed with garlic, and cover them with a French dressing of two tablespoonfuls of oil, half a tablespoonful of vinegar, half a teaspoonful of salt, and a saltspoonful of white pepper.

TOMATO SAUCE. (No. 1.)

One tablespoonful each of butter and flour ; one-half pint of tomato-liquor in which has been cooked for half an hour a slice

of onion, a bay leaf, and a little parsley ; a bit of soda about the size of a pea added to the tomato after it has been cooked and strained ; salt and pepper to taste.

Proceed as with white sauce. If the tomato is very tart, a scant teaspoonful of sugar may be stirred into it.

TOMATO SAUCE. (No. 2.)

Four firm tomatoes, or the solid part of a can of tomatoes. If the former are used, they must be cut in half and the seeds scooped out.

One teaspoonful of onion-juice ; two tablespoonfuls of salad oil ; a scant teaspoonful of salt ; a little cayenne ; two teaspoonfuls of vinegar.

Chop the tomato fine. Rub a small bowl with garlic and mix in it the oil, the onion-juice, the salt, pepper, and vinegar. Pour this dressing upon the minced tomato and it is ready.

Good for cold meats or for fish.

MINT SAUCE.

Three tablespoonfuls of mint, minced fine ; three tablespoonfuls of granulated sugar ; four tablespoonfuls of vinegar ; a little white pepper.

Bruise the mint with the sugar, and pour on the vinegar slowly, stirring until the sugar is well dissolved. Serve cold.

SORREL SAUCE.

One cupful of garden sorrel, washed, stemmed, and chopped ; one cupful of boiling water ; yolk of an egg, beaten light ; two tablespoonfuls of butter ; one heaping teaspoonful of browned flour ; salt, and a little red pepper.

Melt the butter, stir in the flour, and when they have blended, the sorrel. When this is smoking hot, pour in the boiling water, cook three minutes, season, and add drop by drop the egg, beating the sauce hard all the time. Serve at once. This is very good with roast beef, mutton, or veal.

HORSERADISH SAUCE.

One half-pint of cream sauce ; two tablespoonfuls of grated and drained horseradish ; one gill of whipped cream ; one teaspoonful of vinegar ; salt to taste and a pinch of cayenne.

Stir the horseradish into the hot sauce, and let it become thoroughly heated. Add the vinegar and seasoning, take from the fire, stir the whipped cream in lightly and serve.

CAPER SAUCE.

Half-pint of butter sauce ; one tablespoonful of capers ; one-half teaspoonful of onion-juice.

Cook the onion-juice and capers three minutes in the sauce.

SOUBISE OR ONION SAUCE.

One-half pint of white sauce ; two medium-sized onions, boiled soft and chopped fine ; salt and white pepper to taste.

Stir the onions into the sauce, boil up once and season.

CELERY SAUCE

may be made in the same way, substituting stewed and minced celery for the onion.

CHESTNUT SAUCE.

One-half pint of brown, or Spanish sauce ; two cupfuls of boiled, peeled, and mashed Spanish chestnuts ; salt and pepper.

Into the brown sauce stir the chestnut meal and cook three minutes. Season, and if necessary, thin the sauce with boiling water or stock to the consistency of very thick double cream.

MAÎTRE D'HÔTEL SAUCE.

One cupful of butter ; one tablespoonful of lemon-juice ; one tablespoonful of finely minced parsley ; a little white pepper.

Beat the butter to a cream with a fork, whip in the parsley, lemon-juice, and pepper, and set on the ice half an hour before serving.

BREAD SAUCE.

Three tablespoonfuls of bread-crumbs, fine and white ; one tablespoonful bread-crumbs fried to a light brown crisp in a little butter ; one cupful of milk, one small onion, and one bay-leaf ; one tablespoonful of butter ; salt and white pepper to taste, and a grate of a nutmeg.

Boil the onion and the bay-leaf in the milk for ten minutes, strain them out, put in the white crumbs and cook three minutes, stir in the butter and the seasoning, boil up once and take from the fire. Turn into a sauceboat and strew the fried crumbs over the top.

MUSHROOM SAUCE.

Make half a pint of brown or Spanish sauce, using one gill of consommé and one gill of mushroom liquor instead of half a pint of consommé. To this add two tablespoonfuls of sherry or Madeira, a cupful of champignons, each one of which has been cut into three pieces, and cook three minutes. If fresh mushrooms are used add them and the wine to a half pint of ordinary Spanish sauce, set the saucepan at the side of the fire and simmer for ten minutes, or until the mushrooms, which should have been peeled and cut into small pieces, are tender. Season with salt and pepper. This sauce will look richer if colored with a few drops of caramel or half a teaspoonful of kitchen bouquet.

BORDELAISE SAUCE.

Half a pint of brown sauce ; one teaspoonful of onion-juice ; four tablespoonfuls of claret ; salt and pepper.

Cook together very slowly for twenty minutes.

CHATEAUBRIAND SAUCE.

Three gills of Bordelaise sauce ; one tablespoonful of butter ; one tablespoonful of flour ; one teaspoonful of lemon-juice ; one teaspoonful of minced parsley.

Cook the butter and flour together, add the Bordelaise sauce,

stir until smooth, put in lemon-juice and parsley, simmer five minutes and serve.

BÉARNAISE SAUCE.

Yolks of four eggs; four tablespoonfuls of salad oil or melted butter; one tablespoonful of tarragon vinegar; two tablespoonfuls of hot water; salt and a little cayenne.

Set a small bowl in a pan of boiling water and turn the beaten yolks into it; stir in the oil, almost as slowly as for mayonnaise, and then the boiling water in the same way. By the time they are all in the sauce should be thick and smooth. Take it from the fire, stir in the vinegar, salt, and pepper, and set in a cool place.

This sauce is fine for baked or fried fish, for lobster, shrimp, and crab croquettes, and for steaks and chops.

CRANBERRY SAUCE. (No. 1.)

One quart of cranberries; one pound of sugar; one-half pint of water. Put the cranberries over the fire with the cold water, and let them cook until broken to pieces. Add the sugar, cook until this melts, take it from the fire and set aside to cool.

CRANBERRY SAUCE. (No. 2.)

Proceed as in the preceding recipe until the berries are cooked to pieces. Then take them from the fire, rub them through a colander, return the pulp to the stove, add the sugar, cook until it dissolves, and set the sauce aside to cool.

CRANBERRY SAUCE. (No. 3.)

Put a quart of cranberries over the fire in a double boiler, adding no water to the berries. Cook until these are well broken. Squeeze the juice through a cloth, measure it and allow sugar in the proportion of a pound of this to a pint of the liquid. Put the latter back on the fire, bring to a quick boil, stir in the sugar, let it dissolve and the jelly boil up once. Turn into a mould wet with cold water, and set in a cool place to form. This is rather cranberry jelly than sauce.

CURRANT JELLY SAUCE.

One-half pint of brown sauce ; four tablespoonfuls of currant jelly.

To the heated brown sauce, add the jelly, and stir until this is melted and incorporated with the sauce. Serve with mutton, poultry, or game.

VELOUTÉ SAUCE.

Half-pint of Béchamel sauce, No. 2 ; one gill of mushroom liquor ; a tiny pinch of nutmeg and the same of cayenne.

Add the other ingredients to the sauce, and let it cook, very slowly, over boiling water, at the back of the stove, for fifteen minutes. Strain, and heat again before using.

SAUCE ROBERT.

One small onion, sliced ; one tablespoonful of butter ; one tablespoonful of brown flour ; half pint of stock ; one teaspoonful of vinegar ; one teaspoonful of made mustard ; one teaspoonful of anchovy paste.

Brown the onion in the butter, add the browned flour, and to this roux the stock. When it boils, put in the other ingredients, which should have been mixed together.

CHAUDFROID SAUCE.

One half-pint of well-seasoned Béchamel sauce No. 2 ; one-half ounce of gelatine soaked in a little water until tender.

Stir the moistened gelatine into the hot sauce, and when it is well blended take it from the fire, adding a little more salt and pepper if necessary. This is to garnish cold chicken and turkey and to use in place of the regular aspic. Set it on ice, and if it does not grow firm after a time, warm it and add a trifle more gelatine.

TARTARE SAUCE.

One-half pint of mayonnaise dressing (see salads) ; one small teaspoonful of English mustard made to a paste with a little oil ;

one tablespoonful of minced parsley ; one teaspoonful of chopped cucumber pickles ; one teaspoonful of chopped capers ; ten drops of onion-juice.

Stir all well together and serve in a pitcher, bowl, or sauce-boat, with a small ladle or spoon.

Especially good for fish, lobster, crabs, etc.

MUSTARD SAUCE, OR "MADE MUSTARD."

Two tablespoonfuls of English mustard ; one teaspoonful each of salt and white sugar ; one half teaspoonful of white pepper ; one saltspoonful of celery-salt ; two teaspoonfuls of salad oil and vinegar at discretion. Rub a small bowl with garlic and mix all the ingredients thoroughly. The sauce should be just fluid enough to pour easily. If covered, it will keep some time. Make several hours before using.

BREAD.

FAMILIAR TALK.

SWEET, wholesome bread, pure milk, and pure water, are reckoned among the commonest blessings of every-day life. The applicant for board in a hotel or "respectable family" is stared at in surprised disdain when he stipulates for one, or all three. Every "establishment," high-priced or low, is expected, according to the proprietor, to provide these things honest in the sight of men, however weak he may be in the matter of *entrées*, and no matter how grasping he is reputed to be as to extras.

In a private house the bread, at least, is taken for granted. The milkman may be responsible for the fluid he dispenses, and the water-service of city or town for what the hydrant brings into the house, but she for whom our Saxon ancestors invented the significant name of "loaf-giver" is guarantee for the quality of the daily bread she breaks to her household. In general, she wears the responsibility lightly. If the bread "turns out well" at the semi-weekly baking, she is satisfied. She is also resigned to the "turn" in the direction of acidity and to the slack-bake, and measurably submissive when the dough has taken cold, and the quartette of batches she "reckons as about enough" for her family until next baking-day, when drawn from the oven and set up on edge in a row at the back of the table to cool, suggest to the college-bred son—attracted to the kitchen by the scent of hot loaves—"a requiem in four flats."

"Luck has a deal to do with bread-making," soliloquizes the loaf-giver. "But I find that, good or bad, it is all eaten up."

One ultra-parsimonious house-mother once told me that she comforted herself when her baking turned out badly by thinking that poor bread went farther than good.

Even the conscientious house-wife is less critical of her own and her cook's ill-success in this important department of domestic labor than of streaked cake and watery potatoes, not to mention liquid jellies and curdled custards. In town there is the baker to fall back upon if the product of the oven be absolutely uneatable, and every country store keeps bread (save the mark)! There are thousands of families in this day where what is known at the South as "light bread," at the North as "home-made loaf," is never mixed or baked. The staff of life is represented to parents and children by the unnaturally light bricks and twists left at the door, or brought around the corner from the counter where they were laid smoking-hot early in the day. The dust of street and shop, and bacteria shaken from the clothing and drifting down with the breath of customers, have settled upon them; flies have crawled over them; they have absorbed damps and odors, and lost what freshness they had while new. The seller wraps the loaf up loosely in brown paper, the small boy, hurried off by his mother from marbles or hop-scotch, tucks it under his arm, rushes home and shies it upon the kitchen table. If it skate off upon the floor, it is only bread. A wipe of a soiled towel sets all right before it is sliced for the next meal.

To people who have been habitually nourished upon honest home-made loaves and flaky rolls, such stuff as I have mildly described is an abomination, analyzed loathingly as a compound of chaff, alum, and ammonia, upon which a sparrow would starve. By comparison with the fragrant succulence of the "genuine article," the best quality of French bread—even the Vienna roll—becomes at length tasteless and unsatisfying. It is a domestic truism that one never wearies of good home-made bread. The stale crusts thereof have more flavor and nutritive power than the baker's loaf.

That there are cooks who can never learn to make really excellent bread is an accepted proverb. I have a sickening mem-

ory of a month passed in a household where this chronic inability was condoned by an otherwise strict mistress. Delilah, the colored queen of the kitchen, had mastered every other secret of excellent cookery. Her muffins, griddle-cakes, batter-bread, and "pones" were delicious of their kind. Three or four varieties of these smoked every morning and evening upon the bountiful board. It was a warm summer, and a stomach used to abstinence in the matter of hot viscosity, especially when the owner thereof came down languid and headachy to breakfast after a torrid night, rebelled actively. At the end of a fortnight, I wrote secretly home for a loaf of cold bread, and devoured it surreptitiously between meals in my own chamber. Delilah died, as she had lived, in the complacent persuasion that "some folks can't make light bread nohow."

My own experience in altering the views of cooks upon this point has been pleasingly successful. The "toughest case" came to me when I had established the fact in my own mind that I had served my generation long enough in the matter of training would-be cooks. Henceforward I would engage none but such as were already grounded in the faith and reasonably skilful in the practice of the culinary art. Anastasia Brady "filled the bill" in much the same style as Delilah had in her day. She deserved the description she had given of herself as "a most an illigant soup-maker;" her management of meats and vegetables left nothing to be desired; in sweets she was satisfactory; her "pop-overs" melted in the mouth; and she had sense enough to round, not to heap, the teaspoon with Cleveland's Baking Powder in manufacturing quick biscuits. Her semi-weekly loaves were solid and stiff, and stuck to the teeth when masticated. I broke my rule, and prepared, nothing doubting, to teach her the art of bread-making. She was willing; she was ready-witted; in all things else she was dexterous. She repeated the directions I gave her with intelligent deliberation, and returned cheerfully to her work. I had instructed her verbally how to raise the dough with potato-sponge. Her next production looked like a lax variety of the rock known as "pud-

ding-stone," or a pale species of fruit-cake. It was lumpy, it was heavy, it was clammy. It went, untasted, to the pigs. I never inquired if they ate it.

I tied on a broad apron and descended in person to the kitchen. Investing the operation with such decent solemnity as might befit a religious rite, I made potato-sponge, set it, in due season worked in a measured quantity of flour; after the batch was puffy and had cracked all over the floury surface, I divided it into loaves, put them into pans; waited to see them light; set them with my own hands in the oven, and presto! as the jugglers say, Bread! It was soft, spongy, and delicious, and did not go far. In thirty-six hours the bread-box was empty, and Anastasia craved earnestly the privilege of making the next batch herself. I superintended the work in each stage. Result again—Bread.

Happy Anastasia now threw away the corks, *i. e.*, my personal supervision, and plunged boldly into the deep water of independent action. I did not see the sponge, or the earlier form of the dough it was expected to raise. Returning home at eleven o'clock at night from an all day and evening absence, I discovered Anastasia sitting up with her, as yet, unbaked dough. It was as flatly lifeless as the poor girl's spirits, after twenty-four hours of trial and waiting.

"I'm allers that onlooky wid me bread, mem!" sobbed the unhappy experimentalist. "There's a spell on me."

My own next lesson was from what, compared with my thirty odd years of housewifery, was very like teaching out of the mouths of babes and sucklings. A young housekeeper with a head upon her shoulders, and eyes in the head, with a brain back of them, told me of a similar case, and how she conquered circumstances. She had invented a "bread-making-made-easy" process for the benefit of such spell-bound, unlucky specimens as my latest incumbent, having had one of the same kind to deal with. She gave me the recipe, and I straightway repaired to Anastasia's dominions. Her brow blackened at the word "bread." She was mortified, sore, resentful of destiny, and obstinately hopeless as to further endeavors.

“Listen!” I said, gently. “Here is something *I* want to try. It is never too late to improve one’s self in anything. I am an old housekeeper, but I learn something every day.”

At my order she sifted two quarts of best family flour into a bowl with a half teaspoonful of salt and a teaspoonful of white sugar. She heated almost to scalding a pint of milk, with a heaping teaspoonful of butter; added to it a pint of boiling water, and let the mixture become lukewarm before pouring it into a hole made in the sifted flour. With milk and water went half a cupful of blood-warm water, in which half a cake of compressed yeast had been dissolved, until not a rough grain was to be seen. The mass was worked with a wooden spoon to a soft dough, then turned upon a board and kneaded faithfully for ten minutes before it was set to rise in a bread-pan with a perforated cover and left in a warm corner. In six hours it was ready to be made into loaves. The dough was divided into three equal parts; each kneaded for five minutes and put into a well-greased pan; a clean cloth was thrown over all and they were left alone for another hour before baking.

The result was eminently satisfactory, and henceforward we had sweet, light, wholesome bread as long as Anastasia lived single and with us. I hope and believe, that, as a married housekeeper, she continues to esteem it less troublesome, as it is certainly more economical and nutritious to spend half an hour twice, or even three times, a week in making bread, than to send “just around the corner” for refined sawdust.

Another easy recipe for the family loaf has been laid upon my desk since I began this. A housekeeper writes:

“I had a horror of the trouble and time spent in bread-making until a neighbor showed me how to overcome my difficulties. I get half-a-gill of baker’s yeast, or dissolve half a cake of compressed yeast in warm water and put it into a glass quart jar. Into this I pour a pint of the water in which I boil potatoes for dinner (lukewarm), and leave it to work in a pretty warm place. In a few hours it is all white and frothy and running over the top of the jar. I work up two quarts of flour, a little salted, with it.

Sometimes I take more flour and add the rinsings of the quart jar, using about half a cupful of warm water for this. I stir it up well, and only knead it long enough to get it into shape ; cover it up in the bread-bowl, and when it is light, cut into loaves and set to raise. My bread is delightful—as all my family will tell you. You *must* have the best family flour for it. Won't you try my way?"

I have not—as yet—but I should like to have some discouraged housemother give both recipes a fair test, and report the result.

M. H.

YEAST.

Almost every hamlet has now a "store" where compressed yeast can be bought—nominally fresh—daily. One of many threadbare jests at the commuter's expense is that of the man who arose suddenly in a crowded suburban train and called out, as to an acquaintance at the far end of the car: "O, I say, did you get that yeast-cake for your wife?" Forty out of fifty startled commuters instinctively put their hands to their pockets.

"Back in the country" home made yeast is still a family "must have." Dried yeast-cakes cannot be depended upon and yeast powders are a delusive snare of worse than uncertain age. The honest, genuine article is easily made, and the peace of mind it insures is worth ten times the time and trouble expended upon it.

HOP YEAST.

Boil six medium-sized potatoes, peeled and quartered, and a handful of dried hops—the latter tied up in a bit of mosquito netting—in two quarts of water, cold when they go in and heated rapidly to a boil. Cook until the potatoes are soft and begin to break. Drain them in a colander, returning hops and water to the fire, and rub the potatoes through the holes in the colander into a bowl. Work into them while hot four tablespoonfuls of flour and two of white sugar, moistening, as you go on, with the boiling hop-tea left on the fire. Squeeze the bag to get out the last strong drops. Let the mixture become almost cold—

just blood-warm—before adding four tablespoonfuls of lively yeast or a yeast cake dissolved in warm water. Turn all into an open wide-mouthed jar to “work,” and set in a moderately warm place. When the bubbles cease to rise, bottle and cork tightly, or put into jars with close tops, and keep in the refrigerator or a cold cellar.

When you wish to use it, send to the cellar or refrigerator for it, pouring out what is needed, and recorking, or sealing, without bringing the jar into the kitchen. It will keep good as long as it lasts, if guarded in this way. There is no better yeast than that made by this recipe, brought from England a hundred years ago.

HOME-MADE BREAD SET WITH A “SPONGE.”

In winter this is the surer method of insuring good light, sweet bread. The best yeast is coy when the thermometer runs low, and the “best family flour” has then moods and variations of tenses.

Potato sponge is made by boiling and mashing potatoes (say four potatoes if you mean to use three quarts of flour) and working into them while hot a tablespoonful of butter, or of cottonseed oil, and the same quantity of sugar. Stir until smooth, thinning with three cups of lukewarm water. Beat into this two cupfuls (a pint) of sifted flour, and lastly, four tablespoonfuls of yeast, or half of a yeast-cake which has been dissolved in warm water. Throw a cloth over the sponge, or if your bread-bowl has a perforated cover, put that on, and set to rise four hours in summer, six hours, or overnight, in winter. In summer, add a little soda to the sponge.

When ready for use the sponge should be light and the surface rough with air-bubbles. Have ready a dry, clean bread-tray or bowl, sift two quarts and a pint of flour into it with a tablespoonful of fine salt. Make a deep hollow in the middle and pour into this the sponge. Work down the flour into it with a spoon as long as you can use it easily, then flour your hands and plunge them in.

Mix the dough as soft as it can be handled with any degree

of comfort. Stiff dough does not rise readily, and stiff bread is unpleasant to sight, teeth, taste, and stomach. Rinse out the bowl in which the sponge was set with warm water, and add this to the dough if too stiff. When you can manage it, begin to knead. Scrape away all the dough from the sides or bottom of the tray or bowl, sprinkling flour beneath to prevent re-attachment. Make a ball of the dough and knead it with your fists and the balls of the palms, always toward the middle of the ball, but turning and tossing this that the kneading may reach every part. Fifteen or twenty minutes should give you an elastic mass, that rebounds from a blow, and fills up the holes made by your finger the instant it is withdrawn. Form the dough into a round, firm ball in the bottom of the bowl, sprinkle flour over the top, put on the perforated cover, or throw a cloth over the bowl, and set in a moderately warm place out of possible draughts, to rise. It should swell to double the original bulk in four hours in summer—perhaps sooner. In winter give it half as long again. For the second kneading use a pastry-board. Flour it evenly all over, take out the risen dough when you have coated your hands, and toss it upon the board. Knead rapidly and vigorously for ten minutes. It will be easier work this time, since the elastic dough responds readily to your treatment, seeming to rise under your very eyes. Make it into as many loaves as you desire, and set for the final rising in single pans, well-greased, or mould into oblong rolls and set several, close together, in one large pan. Cover with a light cloth and let the loaves rise for one hour longer. Each loaf should double its size, so do not fill the pans more than half-full.

Now comes what is really the crucial test of good bread-making—to wit, the baking. Ovens have tempers of their own, contingent upon fire, wind, and weather, and sometimes, as many a grievously tormented cook will aver, “upon just nothing at all but natural contrariness.” Study your range and calculate shrewdly upon its disposition, its “tricks and its manners,” before you undertake to bake a batch of bread. Brains and patience carry the day with the most perverse conditions.

Have an even fire. To replenish the grate while the bread is "in" is downright ruin. It is almost as bad to begin baking with a low fire and allow it to come up very rapidly. Put a tablespoonful of flour upon a tin plate and set it at the back of the oven before putting in your loaves. Should it be lightly colored in five or six minutes, put in the bread. When it has risen to the edge of the pan—a fact you must ascertain by furtive peeps, holding the door open a little way and closing quickly—cover with brown or white paper of light weight. Never use printed paper. This will prevent the premature formation of a hard crust which would effectually check a further rise, and leave heavy streaks in the loaf. Fifteen minutes before drawing the bread from the oven, uncover and brown. One hour should suffice for a loaf containing a quart of flour.

Reverse the pan upon a clean cloth, and prop the loaves deftly upon one edge that the air may get at all sides. When quite cold, put into the bread-box and cover with a thin cloth. This same bread-box or crock should be scalded and sunned before the new baking goes into it.

These are the fundamental rules for mixing, kneading, and baking bread. Once mastered, they make comparatively easy the various processes of making fancy breads, biscuits, etc.

GRAHAM BREAD.

Make a sponge as for white bread, and when light pour it into a tray into which you have sifted two parts of Graham flour, one scant third of white, and to make up the full measure, a handful of Indian meal, with a teaspoonful of salt. Mix and knead as you would white bread, but add for two quarts of the flour half a cupful of molasses. Make the dough very soft and set it to rise. It will not come up so readily as all-white flour would, so give it half an hour longer. Knead again when it has doubled the original bulk, and set it down in round pans for the last rising. Bake in a steady oven, and a little longer than you would bake white loaves. Be watchful that it does not burn.

WHOLE-WHEAT FLOUR.

A word explanatory of the term is expedient here. Without entering into technicalities of chemistry or dietetics, we set the case before the non-scientific reader in the words of A. H. Church, M.A., F.R.S., Professor of Chemistry in the Royal Academy of Arts in London.

“Whole wheaten meal” [which we call “flour”] “is now specially prepared by grinding the whole grain without effecting any subsequent separation of the resulting product into various grades according to degrees of fineness or coarseness. A true brown bread or true wheat-meal bread may be obtained with this meal. In such bread all the nutrients of the grain will be present, the albuminoids, the oil or fat, and the mineral matters existing in larger proportions than in bread made from fine white, or even from ‘seconds’ flour. The nitrogenous matters which are not albuminoid will, of course, also be present in larger proportion in the whole-meal bread.”

The best brands of whole-wheat flour in this country are made from the grain after the outer husk or bran has been removed.

It is hardly necessary to say to the intelligent housewife that the white family flour in popular use is three-quarters starch with a fraction of malt sugar. Our chemist remarks, without comment, that “one pound of fine wheaten flour cannot produce more than one and two-third ounces of the dry, nitrogenous substance of muscle or flesh.”

We eliminate by “bolting,” the most valuable elements of this, our principal farinaceous food.

The introduction of whole-wheat flour into our kitchens is the result of a resolute effort on the part of our wisest lecturers upon food and the methods of preparing the same for human consumption, to open the eyes of parents and caterers to the necessity of building up natural forces by natural agencies. In other words to teach those who feed growing bodies and sustain the forces of bodies already matured how to supply us with food convenient for us.

Bread made of whole-wheat flour is palatable as well as wholesome and deserves its growing popularity.

WHOLE-WHEAT FLOUR BREAD.

Break up a cake of compressed yeast in half a cupful of lukewarm water ; or if you use yeast, measure half a cupful into a bowl. Into another vessel pour two cupfuls of milk, and upon this a like quantity of boiling water. Stir into the liquid a teaspoonful of salt and one of sugar, and let it stand until it is a little more than blood-warm, when add to the yeast. Mix with this a quart of whole-wheat flour, or enough to make a good batter. Beat with a wooden spoon—up-strokes that touch bottom every time—for five or six minutes. The batter should be as light as a soufflé. Begin now to beat in more flour and keep it up until you have a soft dough that you can manage with floured hands. Flour your kneading-board, put the dough upon it. Knead ten minutes, and set to rise with a light cloth thrown over it. It should be light in three hours. Knead quickly for five minutes, make into loaves, and when these are light, bake, if the loaves are small, three-quarters of an hour, if large, one hour.

BOSTON BROWN BREAD.

Set a sponge overnight as directed in recipe for white bread. In the evening sift into your bread-bowl two cupfuls of Graham, or of rye flour with the same quantity of Indian meal, two teaspoonfuls of salt and an even teaspoonful of soda. Mix soft with the sponge and when all the batter is in, beat in well four tablespoonfuls of molasses. Knead thoroughly, and let it rise six hours. Knead again, make into loaves, and set in greased pans for another hour's rising. Bake from three to four hours in a slow oven.

This is the old New England "rye'n'Injun" bread that used to stay in the brick oven all of Saturday night.

STEAMED BOSTON BROWN BREAD.

Sift together into a bowl a pint each of yellow corn-meal, of white flour, and of Graham, and pour upon them a pint of boil-

ing water. Warm a pint of milk slightly and dissolve in it a level teaspoonful of soda, with a like quantity of salt, lastly a small cupful of molasses. Pour this gradually upon the scalded meal and flour, beat hard for ten minutes, and pour into a round mould that has a close top. Set in a pot of boiling water and cook steadily for three hours. Take off the cover, set the mould in a shallow pan of hot water and leave in a good oven half an hour to dry out and brown.

QUICK BOSTON BROWN BREAD.

Two cupfuls of Indian meal ; one cupful of flour ; one small cupful of molasses ; one pint of milk ; one teaspoonful of salt and one of saleratus. Mix well and rapidly. Steam three hours. Eat while warm, and break instead of cutting it.

BRAIDED BREAD.

Set the sponge and make the dough as already directed. When the dough has doubled its first size, knead and divide into six equal parts. Roll each piece lightly into a long rope one inch in diameter, handling as little as possible. When you have six strands of equal width and length make them into two loose, three-strand braids ; pinch the ends together to keep them from untwisting, and let them rise for an hour. Brush them with beaten white of an egg before they go into the oven. Bake about forty-five minutes.

HORSE-SHOE ROLLS OR CRESCENTS.

Roll a good bread-dough into a sheet less than half-an-inch thick, cut this into squares five or six inches wide, and this again into triangles. Roll each three-cornered bit up, from the base or broadest part, bringing the point on the outside of the roll, and curve the points toward one another, making a pointed horseshoe. Lay in a floured baking-pan ; let them rise fifteen minutes, brush with white of egg and bake.

A little practice will enable you to grace your table with crescents as comely as those bought from the baker.

GRISINI.

Make a good bread-dough and before kneading for the second rising, work in a tablespoonful of melted butter for each quart of flour represented in the dough. After it has risen for the second time roll it into a sheet less than half an inch thick. If the quantity be large divide the dough into sections before rolling it, that you may handle it conveniently. Cut this thin sheet into strips half an inch wide and eight or ten inches long. Roll each of these lightly with a cool hand into sticks not larger than a cedar pencil; lay within a floured baking-pan, let them stand covered for ten minutes, and bake in a moderate oven to a pale brown.

FINGER ROLLS

are made in the same way, but are twice as thick and only half as long as the Grisini. One or both are indispensable at luncheon parties and high-teas. Pass with bouillon and tea.

VIENNA ROLLS.

Set a sponge and make out dough as before instructed. Work into it after kneading twenty minutes a tablespoonful of warmed butter for each quart of flour and let it rise four hours. Knead again and let it stand two hours longer. Then make into balls twice as large as a walnut; set them in a baking-pan, but not near enough to each other to touch, and when they have risen to twice the first size, make a clean gash in each an inch deep. Brush with milk and sugar or with white of egg and bake.

TEA ROLLS. (No. 1.)

Sift a quart of flour into a bowl with one teaspoonful of fine salt and rub or chop into it a tablespoonful of butter. Dissolve a

third of a yeast-cake in warm water and stir it into a cupful of blood-warm milk (the fresher the better) with a good tablespoonful of sugar. Pour this into the hollowed flour and mix into a thick sponge. Cover and leave to rise for six hours. Stir it up well then with a spoon, and two hours later turn out upon your kneading-board, add just enough flour to enable you to work it and knead it two minutes. Cut into round cakes, butter lightly one-half of each and fold this over upon the other, making a semi-circular piece. Let them rise for two hours, and bake for twenty minutes in a brisk oven.

TEA ROLLS. (No. 2.)

Rub or chop a tablespoonful of butter into a quart of sifted flour in which has been mixed an even teaspoonful of salt. Beat the yolks of two eggs, and stir into two cupfuls of lukewarm milk, or enough for a soft dough, and work into the flour with a spoon. Dissolve one-third of a cake of yeast in a little warm water, add a teaspoonful of white sugar and stir these ingredients into the dough, not touching it with your hands, but making the wooden spoon do its duty valiantly. Set to rise for four hours or until very light. Roll out quickly, tear off bits and mould with cool floured hands into rolls, handling as little as may be. Set in rows in your baking-pan, just touching one another; cover with a light cloth and let them rise for half an hour before baking in a steady oven. They should be eaten while fresh.

BREAKFAST ROLLS.

Rub a tablespoonful of butter or cottolene into a quart of salted flour, wet up with a cupful of warm milk and a third of a yeast-cake dissolved in warm water; add a teaspoonful of white sugar; knead twenty minutes, cover and let it rise all night. In the morning, make into rolls, let them rise for half an hour and bake half an hour in a steady oven. Cover with paper when they have been in the oven for fifteen minutes, and uncover just in time to brown them lightly.

PULLED BREAD. (No. 1.)

As soon as a loaf of fresh, home-made bread is cold after baking, tear off the crust with your thumb and a fork until every side is stripped and rough. Set in an open oven for one hour, then close the door and let the bread color slowly to a yellow-brown. It must not scorch. Let it get cold and crisp before using. Pass with bouillon, coffee, tea, or chocolate, breaking off pieces instead of cutting.

PULLED BREAD. (No. 2.)

Tear away the crust from a loaf and pull the crumb apart in long strips from top to bottom. Begin by tearing the loaf into halves, then into quarters, then into eighths, if you would have the strips uniform in size. Dry and color as you would the whole loaf.

Fresh rolls are nice, stripped of crust and browned lightly until crisp throughout. The bread must be fresh. It will keep for days after it is "pulled."

SALLY LUNN.

Beat four eggs very light and stir them into a cupful of warm water mixed with one of warm milk. Add a teaspoonful of salt and half as much soda, with half a cupful of melted butter. Pour the mixture upon a hollowed quart of sifted flour in a bowl, beat in a half cake of yeast dissolved in four tablespoonfuls of warm water. Whip up the batter for five minutes; put into a well-greased mould; let it rise for six hours, or until very light, and bake three-quarters of an hour in a steady oven. Put paper over it when it has been fifteen minutes in the oven, removing it to brown ten minutes before you take it out. Turn out upon a hot plate.

This is the "one and only genuine" recipe for the time-honored Sally Lunn, named, as Miss Leslie told us a half century ago, for the inventor.

BAKING POWDERS AND OTHER METHODS OF LEAVENING.

Many cooks still use sour milk and soda, or cream of tartar and soda, methods of leavening which at the very best are uncertain and wasteful because occasionally the whole baking raised in this way must be thrown away.

No cook can tell just how sour the milk is, that is, the amount of acidity it contains, and therefore trusts to "guess-work" in putting in soda to neutralize it.

Cream of tartar and soda are better, but they are unsatisfactory, for it is very difficult for the housewife to get pure cream of tartar and it varies so much in strength that the cook does not know just how much soda to use. If she uses too much, yellow spots appear in the cake or biscuit. If she does not use enough, it does not raise batter or dough. If she does get pure cream of tartar it is difficult to get the exact proportions. Spoon measure, the only practical measure in the kitchen, is not accurate; it requires a just weight to produce the best leavening agent.

A dozen years ago we gave up, once for all, the use of the home-made mixture of cream of tartar and soda, and we find as a matter of every-day experience that a pure baking powder is really in the end more economical and better in every respect than the old-fashioned methods.

In the preparation of chapters upon breads, biscuits, cakes, muffins, etc., for this work we have found it necessary (as with "THE MAJORITY EDITION OF COMMON SENSE IN THE HOUSEHOLD," published in 1892) to choose a standard baking powder, the use of which, as enjoined in the recipes, will ensure uniform results.

Strength and excellence in such compounds vary far more than in different brands of flour. With the latter the cook soon learns, by the consistency and general appearance of dough and batter, whether to hold her hand or to increase the prescribed quantity. Baking powders give no sign until the fire has made alteration

impossible. If the writer of the recipe has Baking Powder, No. 1, in mind when she says "Two teaspoonfuls," and the cook uses No. 2, which is half—or twice—as strong, failure is inevitable.

Furthermore, boxes bearing the same brand often vary in quality. When first opened, certain powders are powerful, but lose virtue steadily by exposure, until, when the bottom of a box is reached, three spoonfuls hardly do the work that one accomplished a fortnight before. Dampness and the chemical action of the air explain and perhaps palliate this defect. There is no excuse for the fact that the cook must learn with the using of each new package of a compound she has handled for years how much she may safely put into her flour.

At least eight well-advertised baking powders have been patiently tested in our kitchens within the past fifteen years in the effort to select one that might be conscientiously recommended as sure and safe, to our constituency. In adopting as our standard Cleveland's Baking Powder we are moved by the following considerations:

1. During the six years in which it has been in regular use in our households we have never opened a box that was not in perfect condition.

2. Every box has been of like quality with all others bearing the stamp of this company.

3. A rounded teaspoonful is equal in strength and efficiency to a heaping teaspoonful of any other baking powder tried by us.

4. Breads and cakes raised with this are less friable than those in which other compounds are used, and remain fresh longer.

5. Careful tests have failed to detect in this powder the presence of ammonia, alum, or other deleterious substances.

6. It suffers little from humidity and time. On two occasions a box that had been partially emptied and left inadvertently in the store-room for several months was found at the end of the time uninjured and ready to do its work satisfactorily.

These are some of the recommendations to housewifely confi-

dence that justify us in naming Cleveland's Baking Powder as the basis of such articles of food as are dependent for lightness and digestibility upon effervescent powders or other volatile agencies.

TEA BISCUITS.

Into one quart of flour sift a teaspoonful of salt and two rounded teaspoonfuls of Cleveland's Baking Powder. Sift twice to ensure thorough incorporation of the ingredients. Chop into the flour thus prepared a tablespoonful of butter and one of cottolene. It should be like yellow powder when ready to be mixed with three cupfuls of milk or enough to make a soft dough. Use a spoon in mixing. It should be just stiff enough to handle. Flour your pastry-board, put the dough upon it, touching only with the tips of your fingers, roll out with a few, swift strokes of the rolling-pin into a sheet half an inch thick, cut into round cakes, brush the tops with milk in which has been dissolved a little sugar, and bake in a quick oven.

The excellence of these tea-cakes depends largely upon light handling and swift mixing and rolling. They should look rough on top, like a newly laid egg, when ready for the oven.

WHOLE-WHEAT BISCUITS

are made as above, substituting whole-wheat flour for bolted.

GRAHAM BISCUITS.

Chop a tablespoonful of butter and as much cottolene into two cupfuls of Graham flour and one of white, which have been sifted with two rounded teaspoonfuls of Cleveland's Baking Powder, one of salt, and a tablespoonful of white sugar. Wet to a soft dough with three cupfuls of warmed milk, roll out with as little handling as may be into a sheet half an inch thick. Cut into round cakes, prick with a fork and bake.

GRAHAM GEMS.

Pour a quart of warm milk into a bowl. Stir for one minute, without really beating them, four eggs, put them into the milk

with one tablespoonful of butter and one of cottolene melted together and a teaspoonful of sugar. Add now a handful at a time, three cupfuls of Graham flour, or enough for a good batter. Beat hard for five minutes with quick, deep, upward strokes, bringing up a great spoonful every time, and bake in greased gem-pans, that have been already heated. Bake in a fierce oven.

RUSK.

Make a sponge of one quart of milk and one of sifted flour with a teaspoonful of salt and half a yeast-cake dissolved in warm water. Set it overnight, or for five hours, and when light, work in a cupful of butter that has been creamed with two cupfuls of powdered or fine sugar, and three well-whipped eggs. Add flour to enable you to knead it. The dough should be very soft and kneaded rapidly for ten minutes. Let it rise for four hours, make into long or round rolls, set them close together in a bakepan and leave them for another hour before baking. Just before you take them from the oven wash the tops with cream and sugar.

They are very nice.

SUNNYBANK SCONES.

Sift two rounded teaspoonfuls of Cleveland's Baking Powder and a teaspoonful of salt twice with a scant quart of flour into a bowl. Chop into this a tablespoonful of butter and one of cottolene. Wet with a pint of rich milk (unskimmed), not touching with your hands. Roll out into a sheet, not more than a quarter of an inch thick, cut into rounds with a biscuit-cutter, bake quickly, and while hot tear each open to slip a bit of butter within it. Eat hot.

The dough should be very soft and the scones lightly browned. If crisped they become *bis-cuit* (twice cooked).

SCOTCH SCONES.

Sift twice three cupfuls of Scotch oatmeal and one cupful of white flour with a heaping teaspoonful of salt and two

rounded teaspoonfuls of Cleveland's Baking Powder. Melt two tablespoonfuls of butter with one of sugar in a pint of boiling milk, and pour into the hollowed flour. Stir with a spoon to a soft dough, turn upon a floured board, roll out quickly and lightly into a sheet less than an eighth of an inch thick, cut into rounds with a biscuit-cutter and bake on a hot griddle, turning when the lower side is brown. Butter and eat hot. They are also good cold.

RICE GEMS.

Work a tablespoonful of melted butter into a cupful of cold rice until every grain has been reached. Next beat in two well-whipped eggs with a teaspoonful of salt, and thin the mixture with a cupful of warmed milk. Lastly, add a cupful of flour sifted twice with a rounded teaspoonful of Cleveland's Baking Powder; beat hard for one minute and pour into heated and abundantly greased gem-pans; set in a hot oven. Turn out when done, and eat at once.

GLUTEN GEMS.

Beat two eggs, yolks and whites separately, and both very light. Stir the yolks into a cupful of milk, next put in a cupful of gluten flour sifted twice with half a teaspoonful of salt and a level teaspoonful of Cleveland's Baking Powder. Beat hard for one minute, whip in the frothed whites lightly, and bake in hot gem-pans in a quick oven.

LOAF CORN-BREAD.

Two heaping cupfuls of Indian meal; one cupful of flour; three eggs; two and a half cupfuls of milk; one tablespoonful of cottolene; two teaspoonfuls of white sugar; two teaspoonfuls of Cleveland's Baking Powder; one teaspoonful of salt. Beat the eggs very thoroughly—whites and yolks separately—melt the cottolene, sift the baking powder into the meal and flour while yet dry, and stir this in at the last. Beat *hard* one minute. Bake quickly and steadily in a buttered mould. Half an hour will usually suffice.

All kinds of corn-bread are spoiled if allowed to cool before they are eaten.

BOILED CORN-BREAD.

Sift a teaspoonful of salt, one of soda, and two tablespoonfuls of white sugar twice with two cupfuls of Indian meal and one of flour. Stir a great spoonful of melted cottolene into two and a half cupfuls of loppered milk or of buttermilk, and pour this upon the flour and meal. Beat for five minutes hard, put into a well-greased mould with a close top and set in a pot of hot water, taking care that it does not float. Boil steadily for two hours, take off the cover and set in a moderate oven for ten minutes to dry. Turn out and heat until hot. It is very good and wholesome.

CORN-MEAL MUFFINS.

Sift one cupful of Indian meal (white) with half a cupful of flour, add a rounded teaspoonful of Cleveland's Baking Powder, half a teaspoonful of salt, and a tablespoonful of fine sugar, and sift again into a bowl. Beat two eggs light, stir them with a level tablespoonful of melted butter into two cupfuls of milk and pour, gradually, upon the prepared meal and flour. Beat hard for five minutes, and bake in well-greased pâté-pans or other small tins.

MUSH MUFFINS.

Cook a scant cupful of salted corn-meal in two cupfuls of boiling milk in a double boiler for one hour, stirring often. While still hot stir in a tablespoonful of butter, and let it get cool. Thin then with a cupful of cold milk, beat to a smooth batter, whip in the beaten yolks of three eggs, and three tablespoonfuls of Graham flour in which has been well mixed half a teaspoonful of Cleveland's Baking Powder, beat for another minute, whip in the stiffened whites of the eggs, and bake in small, well-greased tins.

BUTTERMILK MUFFINS.

Into three cupfuls of flour sift a teaspoonful of soda and one of salt. Beat two eggs very light, and stir them into three cup-

fuls of buttermilk or loppered milk. Beat one minute, add the prepared flour, and whip the mixture hard for another minute. Bake in small tins or in muffin-tins, in a quick oven.

MINUTE MUFFINS.

Sift a teaspoonful of salt and two rounded teaspoonfuls of Cleveland's Baking Powder twice with a quart of flour. Beat the yolks and whites of three eggs separately and very stiff; mix the yolks with three large cupfuls of milk, and stir in the prepared flour with a tablespoonful of melted butter. Beat three minutes, add the whites, and bake at once in rings or in small tins.

HOMINY MUFFINS.

Beat into two cupfuls of cold, boiled small hominy two tablespoonfuls of cottolene and one of butter melted together. When you have a smooth paste stir in a heaping teaspoonful of salt and two tablespoonfuls of sugar; lastly, the yolks of three beaten eggs. Work to a cream before adding three cupfuls of loppered milk, and when this is well mixed in, a large cupful of flour in which has been sifted twice a teaspoonful of soda. Finally, whip in the stiffened whites, and bake in small tins, well greased. These are delicious if rightly made and baked.

OUR GRANDMOTHERS' SHORTCAKE.

One quart of sifted flour; one cupful of milk and the same of ice-cold water; two rounded teaspoonfuls of Cleveland's Baking Powder; one teaspoonful of salt; one tablespoonful of cottolene, and one (heaping) of butter. Chop the shortening into the flour in a wooden tray, having, first of all, sifted baking powder and salt three times with the flour, that no suspicion of lumps or streaks of any of the powders may remain. Much sifting dries and lightens the flour also. When the shortening is thoroughly mixed in and the heap in the tray looks like fine sand, wet up—still using the chopper in preference to the hands—with milk and water. Work quickly, and as soon as the dough is manageable, turn it out upon the floured pastry-board. Roll

lightly half an inch thick, fit into greased jelly-cake tins, cutting off ragged edges as you would the crust of a pie, and bake in a brisk oven. When done to a nice brown, turn out, split carefully, and butter while hot. Cut into triangles with a sharp knife at the table. These cakes are very nice made of prepared flour, in which case use no baking powder, but sift the flour twice.

BREAKFAST BERRY SHORTCAKE.

One quart of sifted flour; two cupfuls of sour or buttermilk; one-half cupful of sugar; yolk of one egg; one teaspoonful each of salt and soda sifted three times with the flour; one *heaping* tablespoonful each of cottolene and butter rubbed into the flour; one quart of berries. Roll the paste into a sheet half an inch thick, fit into a greased baking-pan, strew thickly with berries, then with sugar, and cover with another sheet of paste. Bake to a nice brown, cut into squares, butter, and eat hot with sugar.

GRIDDLE-CAKES AND WAFFLES.

If you can possibly lay hold of a soapstone griddle, become the happy possessor forthwith, and keep a sharp lookout that Bridget, Dinah, or Thekla does not ruin it hopelessly by greasing it surreptitiously. Cakes cooked upon soapstone are baked, not fried, hence robbed of half the horrors that hang around them for the dyspeptic. Keep the soapstone clean, heat slowly before using it, and keep every drop of grease aloof from it.

If, however, the treasure is out of your reach, make the best of what you have. Wash griddle and waffle-irons thoroughly, after using them, with a stiff brush and plenty of hot water with a tablespoonful of ammonia in each quart. Wipe dry and put out of the dust. If they have lain disused for some time, rub well with dry salt before heating and greasing. For the latter purpose use a little cottolene tied up in a bit of cloth, or a bit of fat salt pork on a fork. Do not flood the hot surface with fat, but put on just enough to prevent the batter from sticking. Try

a little first to see that batter and griddle, or waffle-iron, are all right.

BUCKWHEAT CAKES.

Sift a generous teaspoonful of salt through a quart of buckwheat flour which has been mixed with a great handful of Indian meal. Dissolve a yeast-cake in half a cupful of warm water, add two tablespoonfuls of molasses and a quart of warm water, pour into the hollowed flour, and beat hard for five minutes. Set aside to rise overnight in a warm corner. Should the batter smell sour in the morning, correct it with a little soda dissolved in warm water and beaten well into the batter.

You can, if you like, substitute oatmeal for the Indian, putting in one-third oatmeal and two-thirds buckwheat.

FLANNEL CAKES. (No. 1.)

Rub a tablespoonful of butter to a cream with one of sugar ; add two well-beaten eggs and two cupfuls of milk. Sift a rounded teaspoonful of Cleveland's Baking Powder and an even teaspoonful of salt twice through a pint of flour into a bowl. Make a hollow in the middle, pour in the milk and eggs, and beat just long enough to make a smooth batter.

FLANNEL CAKES. (No. 2.)

Sift a teaspoonful of salt with a quart of flour into a bowl and wet it up with a quart of milk. Add half a yeast-cake dissolved in warm water, beat three minutes, and let the sponge rise all night. In the morning add a tablespoonful of molasses rubbed to a cream with one of melted butter, finally, beat in two well-whipped eggs. Should the batter seem too thin, thicken with a little flour before the eggs go in.

This is an excellent recipe.

FLANNEL CAKES WITHOUT EGGS.

Set overnight. Sift together with a teaspoonful of salt two cupfuls of white flour and one of Indian meal, wet up with a

quart of warmed milk and four tablespoonfuls of lukewarm water, in which has been dissolved half a cake of compressed yeast. Beat three minutes and set it to rise, covered lightly. In the morning beat in a tablespoonful of molasses and the same of melted cottolene. Whip together for three minutes and bake.

Good and economical.

HOMINY CAKES.

Rub two cupfuls of cold boiled hominy smooth, beat into it a tablespoonful of melted cottolene, then three well-whipped eggs, a teaspoonful of salt, and one of molasses ; next a quart of milk, and lastly a cupful of sifted flour. Stir for two minutes and bake.

RICE CAKES

are made according to the foregoing recipe, substituting rice for hominy.

BREAD-AND-MILK CAKES.

Soak two cupfuls of dry crumbs for an hour in a quart of milk. Beat in, then, a tablespoonful of melted butter, three well-whipped eggs, a teaspoonful of salt, and a tablespoonful of molasses. Mix thoroughly, and stir in lightly and swiftly half a cupful of flour, with which has been twice sifted half a teaspoonful of Cleveland's Baking Powder.

These cakes are good and wholesome, especially when baked upon a soapstone griddle.

INDIAN MEAL FLAPJACKS.

Scald two cupfuls of Indian meal with a quart of boiling milk and let it get lukewarm. Beat into it a tablespoonful of melted cottolene and one of molasses, a teaspoonful of salt, two well-beaten eggs, and when these ingredients are well mixed, thin to the consistency of buckwheat batter with more milk, added alternately with half a cupful of flour with which has been twice sifted a saltspoonful of soda, *i. e.*, a quarter teaspoonful.

WAFFLES.

RISEN WAFFLES.

Sift a teaspoonful of salt with a quart of flour into a bowl. Wet up with a quart of milk and four tablespoonfuls of warm water in which you have dissolved half a yeast-cake. Beat three minutes hard, cover and leave all night. In the morning beat in two well-whipped eggs and a tablespoonful of melted butter, and bake in waffle-irons.

Try a little of the batter in the irons when they are heated and greased before risking a whole waffle.

MINUTE WAFFLES.

Sift together twice into a bowl a pint of flour, a rounded teaspoonful of Cleveland's Baking Powder, and a teaspoonful of salt. Beat the yolks and whites of three eggs separately, stir the yolks into two scant cupfuls of milk with a tablespoonful of melted cottolene. Pour this into the hollowed flour, stir together quickly, add the stiffened whites and bake.

RICE WAFFLES.

Rub a cupful of cold boiled rice smooth with a tablespoonful of melted cottolene and a teaspoonful of salt. Beat into it gradually three well-whipped eggs; then a quart of milk alternately with handfuls of three even cupfuls of sifted flour which have been twice sifted with a rounded teaspoonful of Cleveland's Baking Powder. Do not get the batter too stiff.

TOAST.

Pare the crust from slices of stale bread, and toast delicately, avoiding blackening and smoking. Butter lightly. Toast soaked in butter is an abomination.

BAKED TOAST.

Pare rather thick slices of stale bread, and toast. Have on the range a pan of boiling water, well salted, and dip each slice

into it as it comes from the toaster. A mere dip is all that is needed, but the water must be boiling. Arrange the dipped toast in a pudding-dish, sprinkle each layer with salt, and butter well. When all are in, cover with boiling milk. If you can spare a little cream it will be still better. Cover and set in a quick oven for fifteen minutes.

The peculiar richness of this dish is due chiefly to the baking. It is delicious for well people and nutritious for invalids. A single round of toast, dipped in boiling salted water, buttered and salted, then drowned in hot cream, covered and baked until it is as soft as jelly, but unbroken, will tempt the most capricious appetite, and prove as digestible as it is tempting.

TOMATO TOAST.

Pare off the crust from slices of stale bread, toast, and as each comes from the fire, dip in boiling milk, salted. Pack in layers in a pudding-dish, salt and butter each layer and pour over it a few spoonfuls of tomato sauce, strained and seasoned with sugar, butter, pepper, salt, and a few drops of onion-juice. When the dish is full turn the sauce over all, cover and set for ten minutes in a quick oven. There should be enough tomato sauce to make the toast very wet.

A good dish for luncheon or supper.

FAMILIAR TALK.

THE "QUICK" LUNCHEON.

"I am still so far left to myself as to take beefsteak for my lunch."

The speaker was one of the great army of women who work for their living outside of the home. The topic under discussion was the midday lunch. One girl had said peanut-brittle and a pickle checked the gnawings of hunger for her. Another had declared her adherence to those good old stand-bys of the schoolgirl, cream-puffs. A third had sustained the claims of pie

as a "filler." It required a distinct effort of moral courage for any one to mention so homely and simple an article of diet as steak after these less substantial dainties, and it was evident that its advocate had stamped herself as hopelessly gross and material.

While the lunch question may be frequently and fervently debated from the stand-points of cheapness and palatableness, there is seldom much time wasted over such a trifle as nutritive values. Almost never is thought given to choosing food which will supply specific wastes. The woman who spends her time in active physical labor, the woman who toils in an occupation which is a constant strain upon the nerves, and the woman who exhausts her brain by steady and concentrated mental work, alike stay the cravings of hunger in the noon hour by "pie and soda-water," by pickles and ice-cream, by cream-puffs and caramels.

For a long time patient nature submits to the indignity. The stomach is a tough muscle, and bears much abuse without complaint, or with only an occasional murmur or writhing. But it is composed of ordinary human tissues, after all; it is not a cast-iron or gutta-percha repository, as it should be to bear the outrages inflicted upon it. The time comes when it turns—turns literally—when that exact creditor, the body, demands a strict settlement of long-standing accounts. Then we hear that So-and-so is a "martyr to dyspepsia," or that she is laid up with nervous prostration, or that she has "gone all to pieces." And every one wonders what could have been the cause of the break-down.

The busy worker who gives her best thoughts and energies to the occupation choice or circumstances has made her own, is likely to wax impatient at the suggestion that she should bestow serious consideration upon so unimportant a matter as her diet. Even those women who abjure the unholy combinations of food just enumerated usually select their meals entirely at random, or with but one essential qualification—that they shall please the taste. Yet here is just the point where a little present care may spare them much future inconvenience and even suffering. A small amount of knowledge of the specific effects of certain kinds of food will go far toward supplying strength and repairing wastes.

For example, the slight, bloodless-looking girl who is always chilly should eat meat like beef or mutton, that contains good red blood. She should also take fats and starchy foods that will produce heat. The stout, flabby girl does not need the starches, and she should cut sweets, pastry, and white bread from her bill-of-fare. She may eat meats, salads, green vegetables, fresh fruit. Neither should depend upon a cup of strong coffee or tea at noon to brace her for her afternoon toil. That stereotyped refreshment of women, a cup of tea and a piece of toast, is probably as poor a stand-by as any working woman could select. A sandwich and a glass of beer would be far more sustaining.

The brain worker needs phosphates. She should supply the demand by fish, brown bread, whole-wheat bread, and cereals. The woman who does hard physical labor can digest food that would cause distress to her of sedentary habits. The former can rely upon cheese in its various forms and will find chocolate nutritious and strengthening.

It is a great mistake to fancy that nourishing and wholesome food cannot be appetizing. The palate that craves cakes, candies, and pastry may not be tickled by plainer diet, and the girl whose ideal of an agreeable lunch is realized in coffee and "sinkers," may turn with scorn from a meal that makes less strain upon digestion. But that woman is hard to satisfy who cannot select a menu that will be at once pleasing, easy of digestion, and inexpensive. Such are, eggs in their many styles, fish in the variety that is possible on the sea-coast, steak, chops (not pork or veal), stews, minces, poultry, bacon, vegetables, and fruit, fresh or stewed.

The midday meal need not be heavy. A light lunch, so long as the food is all of it wholesome, will stand in better stead the woman who must work in the afternoon than a hearty meal which demands so much of the force of the body to digest it that it leaves no energy for other employment. A few experiments will teach the seeker for knowledge what article of diet she may safely choose and what she must leave severely alone.

C. T. H.

CAKES AND CAKE-MAKING.

IN Cake- as in Bread-making practical knowledge of a few cardinal rules will enable the cook to bring forth an almost infinite variety of sweets in this line of culinary adventure. She who can make, once and again, good cup cake is equal to whatever the layer-cake species may offer for experiment. The filling gives character and individuality to each of the family. Become proficient in the manufacture of pound cake, and, to parody Mr. Wegg, "all cake is open to you." Recipes many and divers are only suggestions to her whose sponge cake always turns out well, whose pound cake is never streaky, or her jelly cake too stiff or too friable.

We do not, then, propose to clog her memory and these pages with a host of mere memoranda of the fine art. By the help of general laws herewith submitted even the Average American Cook ought to be able to attain excellence, if not perfection, in what is a much simpler branch of cookery than salads, sauces, or even soups.

1. Before mixing the cake, weigh or measure the ingredients as carefully as if you had never made a cake before, and have them all ready on the table by you.

2. Cream butter and sugar by rubbing them together in a bowl with a wooden, agate-iron, or silver spoon, until you have a mixture as white as cream and as bland as oil.

3. Sift baking powder, or soda, and salt twice with the flour, and if there is the least suspicion of dampness about the flour, set it near the fire for half an hour, then sift again.

4. Beat whites and yolks separately, the whites to a close-

grained, standing froth that can be cut with a knife, the yolks to a smooth, stiff cream.

5. Add the flour last in mixing, or alternately with the whites of the eggs, whipping in lightly and almost horizontally with as few strokes as are needful to incorporate all the ingredients.

6. Do not let the cake stand after it is mixed, awaiting the oven's mood, or the maker's convenience. Look to it that the oven is ready for it before beginning operations.

7. Cottolene is better for greasing the pans than butter. Salt disposes the batter to stick, and if you use tin-ware (agate-iron is far preferable) blackens the pans.

8. Give as much attention to baking as mixing. After the cake goes into the oven do not open the door for at least fifteen minutes, and then cautiously, to peep at the interior, closing the door again gently. A "slam" has caused the sudden fall of many a promising cake. To remove half-baked dough from one oven to another will almost certainly spoil it irretrievably.

This octave is the foundation of all cake-ly compositions.

POUND CAKE. (No. 1.)

One pound of sifted flour; one pound of fine sugar; one pound of eggs; one (scant) pound of butter; one tablespoonful of brandy; one-half teaspoonful of mace.

Cream sugar and butter; beat yolks and whites separately. Just before mixing whip brandy and spice into the creamed butter and sugar. Then stir in the yolks; beat hard for two minutes, and add whites and flour alternately, whipping them in with long side-strokes, lightly and quickly. The heavy work is done before these go in. Do not stir the batter after they are added. A pound-cake batter should be stiffer than that of a cup or sponge cake.

Bake in small greased tins or in square flat pans in a steady oven. Test the oven with a bit of letter-paper before putting the cake into it. If pale yellow in five minutes, it is right.

POUND CAKE. (No. 2.)

One pound of sifted flour ; one of sugar and one of butter ; ten eggs ; a wineglassful of brandy, and as much nutmeg as would lie easily upon a dime. Mix as before directed, and bake three-quarters of an hour in a moderate oven. Cover, when fully risen, with paper, to prevent scorching, removing to brown. Some cooks line the pans intended for pound cake with greased paper. You can take your choice of methods. The tyro would better not attempt the paper.

CUP CAKE.

“One cup of butter, two of sugar, three of flour, and four eggs.” Thus ran the formula that fixed the proportions of “one, two, three, and four cake” in our grandmothers’ minds. When we add a cupful of milk and a heaping teaspoonful of Cleveland’s Baking Powder we better the recipe.

You may vary it by beating into the batter, alternately with the flour, half a cupful of raisins, seeded and halved, then dredged with flour, or the same quantity of cleaned currants, also floured.

SPONGE CAKE. (No. 1.)

Ten eggs ; the weight of the eggs in fine sugar, and half their weight in flour ; half the grated peel and all the strained juice of a lemon.

Beat the sugar with the whipped yolks, then the lemon-juice and peel, next the stiffened whites, finally the flour, folded, rather than beaten in.

SPONGE CAKE. (No. 2.)

Six eggs ; two cupfuls of powdered sugar ; two cupfuls of sifted flour ; one even teaspoonful of Cleveland’s Baking Powder, sifted twice with the flour.

Beat yolks and whites separately ; add sugar to yolks, then the whites, lastly the prepared flour.

Bake in small tins, or in two cards.

MARbled CAKE.

One cupful of butter ; two cupfuls of powdered sugar ; three cupfuls of flour ; five eggs ; one large cupful of milk ; one rounded teaspoonful of Cleveland's Baking Powder. Half a cake of vanilla chocolate, grated.

Mix as you would an ordinary cup cake, reserving two tablespoonfuls of the milk to wet up the chocolate. After mixing the rest of the cake dip out three tablespoonfuls of the batter and beat up hard with the chocolate paste. Fill a greased mould one-third full of the cake-batter, and drop upon this, here and there, a large spoonful of the chocolate mixture. Stir in slightly to give the effect of dark waves and circles blending with the yellow cake. Pour in more batter, variegate as before, and fill the mould in this order. Bake forty-five minutes in a steady oven.

GOLD CAKE.

One cupful of butter creamed with two of sugar ; three cupfuls of flour sifted with two rounded teaspoonfuls of Cleveland's Baking Powder ; yolks of seven eggs ; grated rind of an orange and the juice of a lemon.

Cream butter and sugar ; add orange-peel and lemon-juice and beat hard for five minutes before the flour goes in. If you object to finding bits of orange-peel in the cake, steep it beforehand in the lemon-juice, strain and squeeze hard through coarse muslin.

If you ice the cake, flavor with orange-peel and lemon-juice thus treated.

SILVER CAKE.

One cupful of powdered sugar ; whites of six eggs ; half a cupful of flour sifted with a rounded teaspoonful of Cleveland's Baking Powder.

Mix as you would sponge cake and bake in a mould similar to that used for your gold cake. When ready to use them, cut and pile in alternate slices of silver and gold.

PINK-AND-SILVER CAKE.

Make as directed in the last recipe ; take out a small cupful of batter and stir into it enough powdered cochineal moistened with rose-water to color it a pretty pink. In filling the mould drop here and there a teaspoonful of this, spreading slightly with the tip of a spoon to blend it with the surrounding batter.

GREEN-AND-SILVER CAKE.

Make a good "silver-cake" batter ; reserve a cupful and mix with it enough spinach-juice to color it green. Add a little flour to make up for the thinning of the juice. To get the coloring matter, put freshly washed leaves of spinach in an inner boiler, and set in boiling water. Cover and keep the water at a hard boil until the leaves are scalded and drowned in their own juices. Squeeze through a cloth and cool before using.

WHITE CUP CAKE.

One cupful of butter rubbed to a cream with two of sugar ; one cupful of milk ; the stiffened whites of six eggs ; juice of a lemon and half the grated peel steeped in the juice, then strained ; one scant quart of flour, or enough for good batter, sifted twice with a rounded teaspoonful of Cleveland's Baking Powder.

Cream butter and sugar ; whip in the lemon-juice and peel ; add the whites alternately with the flour ; bake in a loaf, or in layers for jelly cake.

ORANGE CAKE.

Make a white cup cake, as just directed, bake in layers and when cold put together with this filling :

Beat stiff the whites of two eggs, whip in a cupful of powdered sugar, then the juice of half a lemon, and the same quantity of orange-juice, in which has been steeped for half an hour and then strained out the grated peel of an orange. Reserve a little and whip in more powdered sugar to make frosting for the uppermost layer.

The effect of the white and yellow is pleasing.

ORANGE LAYER CAKE.

Four eggs ; three cupfuls of flour ; two cupfuls of sugar ; half cupful of butter ; two small oranges ; one cupful of cold water ; two teaspoonfuls of Cleveland's Baking Powder.

Add the beaten yolks of the eggs to the creamed butter and sugar, stir in the orange-juice and grated peel, the water, flour, baking powder, and the whites of the eggs last. Bake in layers, and spread between these a filling made by beating into the whites of two eggs enough powdered sugar to make a tolerably stiff frosting, and flavoring this with lemon-juice and grated peel. Add a little more sugar for the top icing than for the layer filling.

STRAWBERRY LAYER CAKE.

Cut a square sponge cake into halves. Upon one half put a thick meringue, made from the whites of two eggs and two tablespoonfuls of powdered sugar ; beat the eggs until light, then add the sugar and beat again until white. Strew large strawberries thickly over this ; put on the upper half, cover with strawberries neatly arranged, sprinkle with sugar, and serve with cream.

CREAM CAKE.

Cream half a cupful of butter with one-and-a-half cupfuls of powdered sugar, or very fine granulated. Add three-quarters of a cupful of milk, and when well mixed, the stiffened whites of three eggs alternately with enough prepared flour to make a good batter. Begin with two cupfuls, and use your discretion. Bake in layers with this filling :

Heat a cupful of milk, and when it boils thicken with three tablespoonfuls of flour wet up with a little water. Take from the fire when it has boiled for a minute and pour upon the yolks of three eggs beaten light with half a cupful of powdered sugar or fine granulated. Stir together over the fire until you have a smooth, thick cream. When cool, put between the layers of cake.

APPLE CAKE.

Cream half a cupful of butter with two cupfuls of powdered sugar and beat light; add half a cupful of milk. Sift with three scant cupfuls of flour, three tablespoonfuls of corn-starch, and a rounded teaspoonful of Cleveland's Baking Powder, and add to the milk, butter, and sugar, alternately with the stiffened whites of six eggs.

Bake in jelly-cake tins.

FILLING FOR APPLE CAKE.

Beat the yolk of an egg light, and into it a cupful of sugar with the grated peel and the juice of a lemon. Grate directly into this mixture three fine pippins or other tart apples, stirring every now and then, to prevent discoloration of the apple before it is coated. Cook in a double boiler until it is scalding-hot, stirring constantly. Cool before putting into the cake. Eat fresh, with or without cream. It is very good.

QUICK JELLY CAKE.

Cut a thick loaf of sponge cake, bought at the confectioner's, horizontally into four parts. Put between alternate layers liberal instalments of tart and sweet fruit jelly, such as currant or grape and crab-apple. Fit the slices smoothly into place and cover the whole cake with an icing made by whipping stiff the whites of four eggs with enough powdered sugar to make a consistent frosting. Set in the oven for five minutes to harden, but not to color, then in a sunny window. You can make this in one-tenth of the time required for a regular jelly cake. Angel cake, or any good plain loaf, is suitable for this purpose.

ALMOND CAKE.

One pound of powdered sugar; one quart of flour sifted twice with two rounded teaspoonfuls of Cleveland's Baking Powder; a quarter-pound of butter; seven eggs, whites and yolks beaten

separately; one large cupful of almonds, blanched, pounded, and flavored with a teaspoonful of rose-water, and half as much essence of bitter almonds.

Cream butter and sugar, beat the whipped whites into this mixture and whip this two minutes before the almond paste goes in alternately with the whites. Lastly, whip in the flour lightly. Bake in a loaf or two cards. To blanch the almonds, pour boiling water upon them, slip off the skins and set the almonds in the sun or in an open oven to dry and crisp. They should be cold before they are pounded in a mortar and the essences added while this is going on.

Flavor the icing with rose-water and a little essence of bitter almonds.

SEEDLESS RAISIN CAKE.

One cupful of butter, two of sugar, three of flour, and six eggs; one cupful of milk; one pound of seedless (sultana) raisins dredged with flour; one-half teaspoonful of cinnamon and the same of mace; two tablespoonfuls of brandy; two rounded teaspoonfuls of Cleveland's Baking Powder, sifted twice with the flour.

Cream butter and sugar well, add the beaten yolks of the eggs, then the spice and brandy. Beat for three minutes, add the milk, finally the prepared flour alternately with the floured fruit and the stiffened whites. Bake in four small loaves or in *pâté-pans*.

The raisins should be carefully picked over, stemmed, washed, and dried before they are dredged with flour.

CURRENT CAKE.

Make as directed in the last recipe, substituting a pound of cleaned currants for the sultanas.

RAISIN-AND-CITRON CAKE

is made in the same way, putting half a pound of seeded raisins and the same of citron, finely shredded and clipped into half-inch lengths, in the place of the currants or sultanas.

NUT CAKE.

One cupful of butter creamed with two of sugar ; three cupfuls of flour sifted twice with two teaspoonfuls of Cleveland's Baking Powder ; one cupful of cold water ; four eggs ; half a teaspoonful of mace ; two cupfuls of white walnut kernels or of hickory nuts, or of blanched almonds dredged in flour, cut up small and added alternately with the sifted flour and stiffened whites.

Cream butter and sugar, add the beaten yolks, the water, and spice, the nuts, whites, and flour.

A delicious cake and a well-tested recipe.

CREAM CHOCOLATE CAKE.

One tablespoonful of butter ; one cupful of sugar ; three eggs ; two cupfuls of flour ; half a cupful of milk ; one heaping teaspoonful of Cleveland's Baking Powder.

Cream the butter and sugar, add the beaten yolks, the milk, the whipped whites, and the flour, which has been sifted with the baking powder. Bake in jelly-cake tins.

CREAM CHOCOLATE FILLING.

One egg, beaten light ; half a cupful of sugar ; one cupful of milk ; two teaspoonfuls of corn-starch ; two tablespoonfuls of grated chocolate.

Wet the corn-starch with a little cold milk, and heat the remaining milk in a double boiler. Stir in the corn-starch and the chocolate. Cook together until smooth, remove from the fire, and pour, a little at a time, on the beaten egg and sugar. Return to the stove ; cook ten minutes longer, stirring constantly. When cool, spread between the cakes.

CREAM-CAKE FILLING.

One cupful of milk ; one egg ; half a cupful of sugar ; two even teaspoonfuls of corn-starch ; one teaspoonful of vanilla.

Heat the milk, stir in the corn-starch wet up in a little cold

milk, add gradually the egg beaten light with the sugar ; return to the fire and cook, stirring all the time, until thick. Cool, season, and spread between the layers of cake.

CHOCOLATE FILLING FOR CAKE.

Grate half a cake of vanilla chocolate ; wet with three tablespoonfuls of milk, rubbing them together gradually ; beat into an egg which has been whipped light with a cupful of powdered sugar, and cook, stirring constantly, until thick.

Or—

Beat the whites of three eggs stiff with a cupful of powdered sugar ; wet three tablespoonfuls of grated chocolate with a teaspoonful of vanilla and whip into the meringue. Do not cook it.

CARAMEL FILLING.

One cupful of brown sugar and the same of molasses, stirred for five minutes with a tablespoonful of melted butter ; add half a cupful of hot milk, and a tablespoonful of flour wet up in two of cold water. Mix well, heat and boil five minutes, stirring often, add half a cake of vanilla chocolate (grated), and boil for five minutes more. Lastly, stir in a generous pinch of soda, and a minute later take from the fire.

Flavor with vanilla, or other essence ; when cold spread between the cakes and upon the top. Set in the sun to dry.

RASPBERRY-CAKE FILLING.

Beat stiff the whites of three eggs, adding gradually half a cupful of powdered sugar. Spread the lowest layer of the cake with this, and strew thickly with raspberries. Proceed in the same way with each successive layer, sprinkling powdered sugar over the berries on top of the cake.

COCOANUT FILLING. (No. 1.)

Mix a cupful of powdered sugar with a grated cocoanut, and add the milk of the cocoanut. Put into the oven until the sugar melts, then spread between layers of cake.

COCOANUT FILLING. (No. 2.)

One grated cocoanut or a like quantity of the desiccated, soaked in a little milk. Divide into two equal parts. Add to one the stiffened whites of three eggs, and a cupful of powdered sugar. Beat hard and spread between the layers. Mix with the other portion half a cupful of powdered sugar and cover the top of the cake with it. Flavor with rose-water.

COFFEE FILLING.

One cupful of hot milk ; half a cupful of sugar ; three eggs, beaten light ; one tablespoonful of corn-starch wet with a little cold milk ; half a cupful of black coffee. Stir the corn-starch into the hot milk and this into the beaten eggs and sugar. Set over the fire and stir three minutes. When almost cold beat in the cold coffee. You may make this with the yolks of the eggs, omitting the whites.

COCOANUT LOAF-CAKE. (No. 1.)

One cupful of butter creamed with two of sugar ; three cupfuls of flour sifted with two rounded teaspoonfuls of Cleveland's Baking Powder ; whites of four eggs ; one-half of a grated cocoanut, stirred in alternately with the flour.

COCOANUT LOAF-CAKE. (No. 2.)

Half a cupful of butter ; two cupfuls of sugar ; five eggs ; one cupful of milk ; two cupfuls of flour ; two cupfuls of grated cocoanut ; two teaspoonfuls of Cleveland's Baking Powder ; one lemon.

Cream the butter and sugar and stir them into the beaten yolks of the eggs. Put in the milk and the flour through which you have sifted the baking powder. Add the juice and grated peel of the lemon and the cocoanut, and last stir in the whites of the eggs, beaten stiff. Make into two loaves, or one loaf and a dozen small cakes, and bake in a steady oven until a straw will

come out clean from the thickest part of the cake. If icing is wished, beat a cupful and a half of powdered sugar with the white of one egg, and after spreading this over the cake sprinkle it with grated cocoanut.

ENGLISH BUN-LOAF.

One cupful of bread-dough which has had the second rising. One-half cupful of butter, or cottolene, melted ; one egg ; one-half teaspoonful of soda dissolved in a little milk ; one-half teaspoonful of cinnamon and half as much nutmeg ; one-half cupful of seeded and chopped raisins dredged with flour ; one-half cupful of brown sugar.

Cream butter and shortening, beat in the egg, and work these into the risen dough ; next the spices, the soda, and lastly, the fruit. Knead for two minutes, make into a loaf or into rolls, let them stand for half an hour, and bake in a moderate oven.

This is a Lancashire recipe.

JELLY ROLL.

Four eggs and their weight of butter, sugar, and flour. Cream butter and sugar, then add the beaten yolks and beat for five minutes. Now put in the stiffened whites alternately with the flour, which should have been sifted with one rounded teaspoonful of Cleveland's Baking Powder. Pour into a greased baking-pan, evenly, less than half an inch deep, spreading with a broad knife. Bake quickly, but steadily, turn out while hot, spread with jelly, and roll. Cover with paper, and tie into shape until cold. You can make this with plain sponge cake also.

CHRISTMAS FRUIT-CAKE.

An Old Virginia Recipe.

Six eggs ; one cupful of butter ; one cupful and a half of powdered sugar ; two cupfuls of flour ; half a pound of raisins ; half a pound of currants ; quarter of a pound of citron ; one teaspoonful each of cinnamon and nutmeg ; half a teaspoonful of ground cloves ; three tablespoonfuls of brandy.

Seed and chop the raisins, wash and dry the currants, and shred the citron; cream the butter and sugar and mix with the well-beaten yolks of the eggs; stir in half the flour, the spice, the whipped whites, the rest of the flour, the fruit well dredged with flour, and lastly, the brandy. This will make a large cake. It should be baked about two hours in a steady oven.

FRUIT WEDDING-CAKE.

One pound of flour; one pound of butter creamed with one of sugar; one pound each of cleaned currants and of chopped and seeded raisins; one-half pound of citron, shredded and clipped; twelve eggs; one tablespoonful of cinnamon, one teaspoonful of mace or nutmeg, and one of allspice; one wineglassful of brandy.

Cream butter and sugar; add the beaten yolks and beat for five minutes before going further. Next, put in the spices, then the flour and stiffened whites by turns, whipping them in with sidelong, light, but long, strokes, and as few as possible. Then comes the brandy. Finally, put in the fruit well mixed and thoroughly dredged with flour. Beat in quickly, and at once pour the batter into two large moulds, well greased and lined with buttered paper. Bake two hours steadily.

This also is an old Virginia recipe, and has been approved by four generations of housewives and guests.

SMALL CAKES, COOKIES, ETC.

ALMOND CAKES.

One pound of shelled, blanched, and pounded almonds or of prepared almond paste; two teaspoonfuls of rose-water; one pound of sugar; two eggs, whites and yolks beaten separately; one tablespoonful of powdered cinnamon. Beat the sugar into the yolks, add the cinnamon, then the almond paste, alternately with the stiffened whites. Beat for three minutes, flour your hands thickly, take up a little ball of the almond compound and

flatten into a small, thin cake. As fast as you mould them lay upon buttered paper, lining baking-pans. Bake in a very hot oven until lightly colored.

BOSTON CREAM-CAKES.

One-half pound of butter ; three-quarters of a pound of flour ; eight eggs ; two cupfuls of hot water.

Melt the butter in the water, set over the fire and bring to a gentle boil. Then put in the flour and boil until it leaves the sides of the saucepan, never ceasing to stir. One minute should suffice. Turn out into a bowl to cool. Beat the eggs in, one at a time, allowing a minute of brisk beating to each, and when all are in, allow two minutes more to the whole. Set upon ice for an hour, then drop, in great spoonfuls of equal size, upon buttered paper laid in a broad baking-pan, taking care not to let them touch one another. Bake for fifteen minutes in a tolerably quick oven, by which time they should be golden brown.

When they are cool make a slit in one side of each and fill with a cream-cake filling or a coffee filling, or, nicer still, with whipped cream into which has been beaten a little sugar, and vanilla or other essence.

ÉCLAIRS.

Make as directed for Boston Cream-Cakes, but lay the paste in long loaves, about four inches in length and an inch wide. When baked and cold slit the side and put in chocolate, vanilla, or cocoanut filling, icing with the same.

MACAROONS.

Whites of four eggs beaten stiff ; half a pound of almonds, blanched, cooled, and pounded to a paste with a little rose-water to prevent oiling while you pound (or use confectioners' almond paste) ; one heaping cupful of powdered sugar ; a teaspoonful of corn-starch ; ten drops of essence of bitter almonds. Beat the sugar up with the stiffened whites, then the almond paste, the corn-starch, and the essence. Beat well and drop, by

the spoonful, upon buttered paper laid upon a baking-pan. Cook in a hot oven.

COCOANUT MACAROONS.

To a grated cocoanut, or the same quantity of desiccated cocoanut moistened with milk, add a scant cupful of powdered sugar, and the stiffened white of an egg. Drop upon buttered paper and bake in a quick oven.

LADY-FINGERS.

Make a good batter as directed for sponge cake, and put a little at a time into a buttered paper funnel with an opening at the end half an inch wide. Squeeze out, upon buttered papers, enough batter to make cakes four inches long and one wide, and bake at once in a hot oven.

JUMBLES. (No. 1.)

One egg; one cupful (scant) of fine sugar; half a cupful of butter; three tablespoonfuls of cream; one teaspoonful of Cleveland's Baking Powder sifted with two cupfuls of flour; juice and grated peel of a lemon; flour to make the dough stiff enough to roll out into a sheet a quarter of an inch thick.

Cream butter and sugar, add the beaten egg, the lemon-juice and peel, lastly the flour. Cut into round cakes, sift granulated sugar over them, and bake in a quick oven.

JUMBLES. (No. 2.)

One cupful of sugar creamed light with one of butter; half a cupful of sour cream; one egg, beaten well, white and yolk separately; one teaspoonful of soda sifted twice with flour enough for soft dough (begin with two cups); half a teaspoonful of ground mace.

Mix as directed in former recipe, roll out and bake.

SAND TARTS.

Mix according to either of the jumble recipes; cut round, or in squares, or in lozenge-shaped cakes, when you have rolled it

thin. After they are in the greased or floured pan wash the tops with beaten white of egg ; sift granulated sugar and cinnamon thickly over them, and stick a whole raisin and four or five blanched and split almonds on top of each.

GINGER-SNAPS. (No. 1.)

One cupful of butter creamed with one of sugar, and, when creamed, whipped lighter with a cupful of the best molasses ; half a cupful of water ; one tablespoonful of ginger, and the same of cinnamon ; one teaspoonful of allspice, and one of soda, sifted in three cupfuls of flour. When well mixed, work in flour for rather stiff dough. Roll thin, and cut out. These little cakes will keep well and are good.

GINGER-SNAPS. (No. 2.)

Warm a cupful of molasses, and beat into it half a cupful of butter. When you have a smooth mixture, some shades lighter than at first, add half a cupful of sugar, two teaspoonfuls of ginger, and four cupfuls of flour into which you have sifted twice a teaspoonful of soda. Add flour for stiffish dough, roll very thin, and cut out.

COOKIES.

POMPTON COOKIES.

An Old New Jersey Recipe.

Beat six eggs light, whites and yolks separately ; cream one cupful of butter with three of sugar. Work the beaten yolks into this cream, then add the whites alternately with enough flour to make a soft dough. Do not attempt to roll it, but mould with well-floured hands into round cakes, or, if you prefer, into rings. Lay upon buttered paper and bake in a quick oven.

SPICE COOKIES.

Cream a cupful of butter with two of sugar ; stir into this the beaten yolks of three eggs ; whip together well, and add a tea-

spoonful each of nutmeg and cloves. Beat in the whites alternately with two cupfuls of flour sifted twice with an even teaspoonful of Cleveland's Baking Powder. The dough must be just stiff enough to roll out. Cut into round cakes, sift granulated sugar mixed with a little cinnamon on top, stick a currant, a blanched almond, or a raisin, in the centre of each, and bake in a quick oven.

SUGAR COOKIES.

One generous cupful of sugar creamed with three-quarters of a cupful of butter ; three tablespoonfuls of milk ; two eggs, yolks and whites beaten separately ; one heaping teaspoonful of Cleveland's Baking Powder sifted twice with two cupfuls of flour. A half teaspoonful of mixed cinnamon and nutmeg.

Add flour to make a soft dough ; roll out and cut into round cakes. Bake in a quick oven.

PICNIC COOKIES.

One cupful of butter ; two cupfuls of sugar ; three eggs, well beaten ; one-quarter teaspoonful of soda dissolved in boiling water ; one teaspoonful of nutmeg ; one teaspoonful of cloves ; flour to make soft dough, just stiff enough to roll out—try two cupfuls to begin with, working it in gradually. Cut in round cakes, stick a raisin or currant in the top of each, and bake quickly.

MOLASSES COOKIES.

Cream a cupful of butter with two cupfuls of molasses, warming both slightly to enable you to do this ; beat very light and add a teaspoonful of allspice with a tablespoonful of ginger. Sift a teaspoonful of soda through two cupfuls of flour twice, and stir in lightly, adding flour for a soft dough. Mould with floured hands into round cakes, handling as little as may be, and bake quickly.

CRULLERS AND DOUGHNUTS.

Almost as much depends upon frying as upon mixing the doughnut family. A deep "Scotch kettle" or saucepan of agate-iron ware is far better for cooking them than a frying-pan,

and cottolene is the best vehicle for this purpose. Put it into a cold saucepan or kettle, and bring it gradually to the right temperature. Cottolene, unlike lard, does not boil, or hiss, or sputter. Test the heat by dropping in a bit of dough. It should sink to the bottom and arise to the surface almost immediately, puffing to twice the original size, and quickly begin to color evenly and lightly all over. Turn when the lower side is of a golden brown. Put in a few crullers at a time. When done, they must be fished out with a perforated spoon, and drained in a hot colander. When all are cooked sift fine sugar over them while still warm. Keep in a covered jar. They are better the second day than the first.

NONPAREIL CRULLERS.

Cream half a pound of butter with three-quarters of a pound of powdered sugar ; when light, stir in the beaten yolks of six eggs, with a half-teaspoonful of mace and nutmeg mixed. Add the stiffened whites of the eggs alternately with flour for a pretty stiff dough. Roll into a thin sheet, cut into shapes with a jaggig iron, and fry in deep cottolene. Cut out a goodly supply before you begin frying them, and unless you have an assistant cut out all. They do better if left upon ice to become firm before they are cooked. Half an hour should get them into the right condition.

SOUR-CREAM CRULLERS.

Cream a heaping cupful of sugar with one-third of a cupful of butter ; when light add a beaten egg, and whip well ; put in half a cupful of sour cream, and work in two cupfuls of flour in which an even teaspoonful of soda has been sifted twice. Add flour for a stiff dough.

Fry in deep cottolene, and while warm strew with powdered sugar and cinnamon.

An economical and good recipe.

POWHATAN CRULLERS.

Cream half a pound of sugar with two tablespoonfuls of butter ; add the beaten yolks of three eggs, two teaspoonfuls of milk, a

saltspoonful of grated nutmeg, and an even teaspoonful of Cleveland's Baking Powder sifted twice with two cupfuls of flour. Add flour enough for a rather stiff dough, roll out thin, cut into shapes and fry.

NEW ENGLAND DOUGHNUTS.

Half a pound of butter and a pound of sugar; two cupfuls of milk; two eggs; half a cake of compressed yeast dissolved in four tablespoonfuls of warm water, or half a cupful of yeast; one teaspoonful each of mace and of cinnamon; flour for dough.

Cream butter and sugar, stir in the milk, the yeast, and a scant quart of flour. Set to rise for six hours, or in winter all night. Then beat the eggs light, and stir in with spice and enough flour to make a good dough. Let it rise to double the original size, roll out nearly half an inch thick, cut into circles, rounds, or other figures, and fry in deep cottolene. Sift sugar and cinnamon over them while hot. They keep well.

QUICK DOUGHNUTS.

One cupful of sugar creamed with half a cupful of butter; one cupful of milk; two eggs; a teaspoonful of mixed cinnamon and nutmeg; one rounded teaspoonful of Cleveland's Baking Powder sifted twice with two cupfuls of flour. Work in flour for soft dough, roll into a rather thick sheet; cut into rings or into narrow strips which you may twist into fantastic shapes; fry in deep cottolene; drain, and sift sugar over them.

GINGERBREAD.

SUGAR GINGERBREAD.

Cream one cupful of butter with two of sugar, add the beaten yolks of three eggs, and a cupful of sour cream, or loppered milk, or buttermilk, with two teaspoonfuls of ginger and a teaspoonful of cinnamon. Work in alternately with the whipped

whites four cupfuls of flour in which has been sifted a teaspoonful of soda. Add flour for a soft dough. Bake in two large cards; wash with white of egg while hot.

EGGLESS GINGERBREAD. (No. 1.)

Warm a cupful of molasses until it will melt a scant half-cupful of mixed cottolene and butter, when they are beaten up in it. Whip until you have a coffee-colored cream, add a cupful of sour cream or milk, and two tablespoonfuls of ginger. Whip one minute and stir into the mixture two teaspoonfuls of soda sifted twice with four cupfuls of flour, or enough for soft dough. Roll out, cut into two cards the size of your baking-pans, or into round cakes, and bake.

Gingerbread is more likely to burn than other cake, when molasses is used.

EGGLESS GINGERBREAD. (No. 2.)

Warm a cupful of molasses slightly and stir into it a cupful of sugar with a tablespoonful of butter and two teaspoonfuls of ginger mixed with half as much cinnamon. Beat all together until smooth; then whip into the mixture a cupful of sour cream. Lastly, add four cupfuls of flour in which have been sifted twice two teaspoonfuls of soda. Beat well, and bake in broad, shallow card-pans, well greased, or in small tins.

RAISIN GINGERBREAD.

Make as in last recipe, adding at the last half a pound of raisins, seeded and chopped, or halved, well dredged with flour.

GINGERBREAD LOAF.

Cream a cupful of butter with one of sugar, and when light beat in a cupful of molasses with a tablespoonful of ginger and a teaspoonful of cinnamon. Warm them slightly and whip in a cupful of sour cream, or loppered milk, or buttermilk; next, the beaten yolks of two eggs, then, alternately with the frothed

whites, four cupfuls of flour in which has been sifted twice a teaspoonful of soda. Beat up from the bottom for five minutes and bake in a greased mould with a funnel in the middle. Take care that it does not burn. The batter should be of the consistency of pound cake. Half a pound of cleaned currants, or of seeded and halved raisins, dredged with flour, make an elegant cake of this.

ICINGS.

PLAIN ICING.

Break the white of an egg upon a clean cold platter. Allow a scant cupful of powdered sugar for each egg. Put a tablespoonful of sugar upon the egg and begin at once to whip it in with sidelong sweeps of fork or egg-beater, folding, rather than stirring, in the frothing egg. Beat them together from the first, adding lemon-juice or other flavoring as you go on. Beat until you have a smooth, stiff meringue.

Pour the icing upon the middle of the cake, and smooth it with the wet blade of a knife over top and sides.

BOILED OR FONDANT ICING.

Put a pound of granulated sugar and half a cupful of water over the fire and let it boil slowly (without stirring) until a little dropped from the tip of a spoon looks like spun silk, or a hair. Set aside until a little more than blood-warm, when begin to stir steadily, always in one direction, and keep it up until you have a smooth, snowy cream. Apply as above directed. If properly made it will harden by the time it is on the cake. Flavor to taste, while stirring.

This icing can be kept for several days or longer, and may be softened for use in a vessel set in boiling water.

CHOCOLATE ICING.

Add to a cupful of fondant or boiled icing a tablespoonful of grated chocolate, and stir smooth.

PUDDINGS.

BOILED AND STEAMED PUDDINGS.

ALWAYS put puddings which are to be boiled over the fire in boiling water, and keep it at a hard bubble until the time for cooking them is up. If you use a cloth for holding the batter or dough, have one of strong unbleached muslin, and keep it for nothing else. When you are ready to use it, rinse it in hot, then in cold, water, wringing it dry in the last, butter it on the inside and dredge plentifully with flour. In tying up the pudding leave room for it to swell, and tie tightly with strong twine or tape.

When the pudding is done plunge the bag for one instant into cold water to make the contents shrink away from the cloth; leave it for a few minutes on a dish to harden the outside, untie the strings, and turn out carefully upon a hot dish.

If you prefer a pudding-mould, grease it well, see that the top fits tightly, do not fill it too full, and look to it that the boiling water does not upset it in the pot. The mould should not float in the water. Dip into cold water for an instant when the pudding is done. Should the water boil away too much from the cloth or mould, replenish from the boiling tea-kettle.

PLUM PUDDING.

Five cupfuls of flour; half a pound of suet; half a pound of sugar; quarter of a pound of butter; one pound of currants; one pound of raisins; two tablespoonfuls of shred citron; one cupful of milk; six eggs; half a teaspoonful of cloves; half a teaspoonful of mace; one grated nutmeg; half a cupful of brandy.

Seed and chop the raisins ; wash and pick over the currants. Rub the butter and sugar together and stir into them the beaten yolks of the eggs and the milk. Add the flour and the whipped whites of the eggs, the spices and the liquor. Dredge the fruit with flour and stir it in, and after all is well mixed pack it into greased moulds and boil five hours. After the pudding is turned out, stick a spray of holly in it, pour a little brandy over the pudding, and touch it with a match into a blaze, just as it is brought to the table.

SAUCE FOR PLUM PUDDING.

Two tablespoonfuls of butter ; one cupful of powdered sugar ; half a cupful of boiling water and a wineglassful of brandy.

Cream the butter and sugar, add the brandy and boiling water, set the vessel containing the sauce in a saucepan of boiling water, and beat until very light. If you object to brandy, you may substitute the juice of one large, or two small lemons.

STEAMED PLUM PUDDING.

One cupful of flour ; two cupfuls of bread-crumbs, fine and dry ; one cupful of sugar ; one cupful of milk ; one cupful of raisins, seeded ; one cupful of currants, washed and dried ; half a cupful of molasses ; half a cupful of suet ; quarter of a pound of citron, sliced ; one ounce of candied orange-peel, minced ; half a teaspoonful each of mace and cinnamon ; one scant teaspoonful of soda dissolved in a little hot water and mixed with the milk ; three eggs, beaten light.

Mix all the ingredients together, putting in the fruit, very well dredged with flour, last of all. Beat hard, and steam in a thoroughly buttered mould for five or six hours. Turn it out, pour a little brandy over it, and light this just before it is put on the table. Serve with either hard or liquid sauce.

QUICK PLUM PUDDING.

One pound can of plum pudding, put up by a trustworthy house ; two cupfuls of bread-crumbs soaked in sufficient milk to

soften them ; one small cupful of suet ; three eggs, beaten light ; half a cupful of sugar ; half a cupful of stoned raisins.

Crumble the canned pudding, powder the suet, stone the raisins, and grate the bread-crumbs overnight. The next morning mix these with the other ingredients mentioned, turn all into a well-greased pudding-mould, and boil three hours. Eat with a rich, sweet sauce.

STEAMED INDIAN PUDDING.

One pint of milk ; two eggs ; one and a half cupfuls of Indian meal ; two small tablespoonfuls of beef-suet ; two tablespoonfuls of molasses ; half a teaspoonful each of cinnamon and ground ginger ; saltspoonful of salt ; pinch of soda.

Heat the milk boiling-hot ; add the soda and pour upon the meal. Stir well ; add the suet, powdered, and the salt. When this mixture is cold put with it the eggs, beaten light, the molasses and spices, and beat all hard. Turn into a well-greased mould, and steam four hours. Eat with hard sauce.

DATE OR FIG PUDDING.

One cupful of figs or dates, cut into small pieces ; one cupful of bread-crumbs ; two tablespoonfuls of powdered suet ; two eggs ; one cupful of milk ; half a cupful of sugar ; saltspoonful each of salt and cinnamon.

Soak the crumbs in the milk for ten minutes, and add to them the beaten eggs, the spice, the salt, and the sugar. Dredge the fruit in a heaping tablespoonful of flour, stir it into the pudding ; beat all vigorously before turning into a well-greased mould and steam for three hours. Eat with hard sauce.

PEACH OR APPLE PUDDING.

Two cupfuls of flour ; one small cupful of beef-kidney suet ; half a cupful of cold water ; one even teaspoonful of salt.

Free the suet from skin and fibre, and chop it fine with the flour. Add the salt and stir in the water, making a dough just

soft enough to handle. Roll it out in a square sheet. Lay the fruit, peeled and sliced, in the centre and sprinkle thickly with sugar. Fold the paste over the fruit, pinching the edges together as you would with an apple dumpling; lay the pudding in the steamer, and cook two hours. Eat with hard sauce.

ORANGE ROLY-POLY.

Two cupfuls of flour; one cupful of milk; one tablespoonful of butter, or of butter and cottolene mixed; two small teaspoonfuls of Cleveland's Baking Powder; saltspoonful of salt; well-flavored oranges, peeled, seeded, and sliced.

Chop the shortening into the flour after you have twice sifted this with the salt and baking powder. Mix with the milk into a soft dough, and roll this into a sheet about half an inch thick. Cover it with the fruit, and sprinkle this liberally with sugar. Roll up the dough as you would a sheet of paper, with the fruit inside, and steam it for two hours. Serve with hard sauce flavored with lemon.

STEAMED "BROWN BETTY."

One cupful and a half of fine bread-crumbs; two cupfuls of tart apples, peeled, cored, and minced; half a teaspoonful each of cinnamon and mace; three eggs; saltspoonful of salt.

Mix the chopped apple and crumbs together, add the eggs, beaten light, the salt and spice, turn into a buttered mould, and steam three hours. Serve with liquid sauce.

ENGLISH FRUIT-PUDDING.

Half a cupful of butter; half a cupful of sugar; three eggs; one and a half cupfuls of flour; quarter of a pound of raisins; four figs; two ounces of citron; grated peel of a lemon.

Cream the butter and sugar and stir it into the eggs, beaten very light. Mix in the flour and the grated lemon-rind, and, last, put in the fruit. The raisins should be seeded and cut in half, the citron and figs minced fine, and all well dredged with flour. Steam it in a greased mould for three hours.

STEAMED CABINET PUDDING.

Two cupfuls of stale cake ; two eggs ; two cupfuls of milk ; two tablespoonfuls of white sugar ; saltspoonful of salt ; one teaspoonful of vanilla ; two tablespoonfuls each of cleansed currants, sultana raisins, washed and stemmed, and citron cut in shreds.

Stir the milk into the beaten eggs ; add the sugar, vanilla, and salt. Grease your pudding-mould, and fill it with alternate layers of the fruit and the crumbed cake, beginning with the fruit, and moistening each layer of the cake with a little of the mixed milk and egg. Should the cake still seem dry when the mould is filled, add a trifle more milk. Cover the mould and steam the pudding for two hours.

If a steamed pudding does not turn out readily, dip the mould for an instant into cold water. This will loosen the pudding from the sides.

AN ENGLISH POTATO-PUDDING.

Boil six large potatoes quite soft, skin them, and mash with the back of a spoon. Run them through a fine wire sieve, add half a cupful of butter melted, the same quantity of sugar, and four well-beaten eggs. Mix all well together, place the mixture in a well-buttered mould, tie a wet cloth over it and boil for thirty minutes, then turn out carefully and cover with the following sauce :

A tablespoonful of red currant jelly, one of port wine, and the same of hot butter, thoroughly heated in a small saucepan.

STRAWBERRY PUDDING.

Three cupfuls of firm strawberries, hulled (N.B., don't wash the berries) ; two cupfuls of milk ; three cupfuls of flour ; two eggs, whipped light ; one tablespoonful of butter ; two teaspoonfuls of Cleveland's Baking Powder sifted with the flour.

Stir the milk and the melted butter into the beaten eggs ; add the prepared flour gradually, stirring constantly to prevent lump-

ing, and last of all, the strawberries, well dredged with flour. Turn the pudding into a greased mould, and steam for three hours, filling up the outer vessel with boiling water as fast as the first supply evaporates. Serve with hard sauce.

CHERRY PUDDING.

This may be made and cooked exactly like the strawberry pudding, but the cherries should be stoned before using, and, as they yield their juice freely, the quantity of flour should be increased by half a cupful. Two full cupfuls of stoned cherries will be sufficient. Dried cherries may be substituted for the fresh fruit, after undergoing the usual preliminary soaking, and a delicious pudding may be made of canned cherries, drained of their juice.

CHERRY-AND-CURRANT PUDDING.

One pint of flour ; half a pound of beef-kidney suet ; one small cupful of cold water ; half a teaspoonful of salt.

Salt the flour and chop the suet into it, add the cold water, and make it into a dough as lightly and quickly as possible. Roll it out half an inch thick ; butter a quart bowl and line it with the paste, leaving about an inch above the bowl all around. From the trimmings roll out a top-crust for the pudding ; fill the bowl with three cupfuls of stoned cherries and one cupful of currants, sprinkling sugar on each layer. Cover with crust ; tie a cloth over the bowl, and boil for two hours.

RASPBERRY PUDDING.

Three cupfuls of milk ; three eggs ; three cupfuls of berries ; two heaping teaspoonfuls of Cleveland's Baking Powder ; pinch of salt ; enough flour (about four cupfuls) to make a good batter.

Proceed as with strawberry pudding. Either black or red raspberries may be used, and a pleasant variety is given by mixing two cupfuls of red raspberries with one of currants. All fruit should be thoroughly dredged with flour.

STRAWBERRY DUMPLINGS.

Make a dough as for shortcake, roll into a thin sheet and cut with a large round cutter ; put three strawberries in the centre of each round, fold the dough over, so that you have a neat dumpling. Stand these dumplings on a buttered plate, place them in a steamer and steam twenty minutes. Serve with strawberry sauce.

BOILED LEMON PUDDING.

Two cupfuls of dry bread-crumbs ; one cupful of powdered beef-suet ; four tablespoonfuls of flour ; two teaspoonfuls of Cleveland's Baking Powder ; half a cupful of sugar ; one large lemon, all the juice and half the peel ; four eggs, whipped light ; one cupful of milk—a large one. Soak the bread-crumbs in the milk ; add the suet ; beat eggs and sugar together and these well into the soaked bread. To these put the lemon, lastly the flour sifted with the baking powder and beaten in with as few strokes as will suffice to mix up all into a thick batter. Boil three hours in a buttered mould. Eat hot with wine sauce.

BLACKBERRY PUDDING (RAISED).

Two cupfuls of flour ; two cupfuls of blackberries ; two eggs ; one cupful of milk ; one tablespoonful of butter ; half a yeast-cake dissolved in warm water ; one small teaspoonful of soda ; half a teaspoonful of salt.

Melt the butter, beat the eggs, and mix these, the flour, the yeast, the salt, and the soda, to a batter. Let it rise in a warm place until light. Four or five hours will probably be needed for this. When the pudding has risen sufficiently, stir in the blackberries, well dredged with flour, turn the pudding into a buttered mould, and steam it for three hours. Serve hard sauce with it.

This pudding is even better when huckleberries take the place of blackberries.

APPLE DUMPLINGS.

Chop one tablespoonful of butter and one of cottolene into a quart of flour, which has been sifted twice with one heaping teaspoonful of Cleveland's Baking Powder, and a saltspoonful of salt. Wet with two cupfuls of milk, or enough to make a soft dough, and roll into a sheet a quarter of an inch thick. Pare well-flavored, firm tart apples ; extract the cores, filling the holes left with a mixture of sugar, butter, and cinnamon to taste. Cut the crust into squares that will easily enfold the apples ; put an apple in the centre of each and fold together, pinching the edges where they join. Tie up in small cloths, leaving a little room for swelling, and boil one hour.

PEACH DUMPLINGS

are made in the same way. The stones are left in the peaches if the fruit be large and ripe. They then give a delicious flavor to the flesh of the peach. If small peaches are used, pare, quarter, and take out the stones, putting two or three peaches in each dumpling.

CHERRY DUMPLINGS.

Prepare a crust as already directed, cut into squares, and put a great spoonful of whole cherries into each. Tie up in cloths and boil as with other dumplings.

RICE-AND-APPLE DUMPLINGS.

Boil a cupful of rice for twenty minutes without stirring ; drain and cool upon a coarse cloth spread over a sieve. When cold, have your dumpling cloths ready wrung out, buttered, and floured. Put a large spoonful of the cold rice upon each, flattening it into a round cake. Upon this lay a pared and cored apple ; fill the hole left by coring with butter and sugar, and stick a whole raisin in the middle. Draw up the corners of the cloth so as to enclose the apple in the rice, tie, and boil for an hour.

PEACH-AND-RICE DUMPLINGS.

Make in the same way, substituting whole peaches, pared, but not stoned, for the apples, and sprinkling with sugar before folding the rice about them. Serve these dumplings with sweet sauce, hard or liquid.

FARMERS' DUMPLINGS.

Soak two cupfuls of dry bread-crumbs in one cupful of milk until they absorb all. Beat into this the whipped yolks of four eggs, a cupful of beef-suet, powdered fine, and a tablespoonful of sugar. Half a cupful of flour, sifted twice, with a rounded teaspoonful of Cleveland's Baking Powder, is worked in next, alternately with the stiffened whites of the eggs. There should be just enough flour to enable you to form the mixture into large balls with floured hands. Wring out your dumpling cloths, butter and flour them inside; enclose the balls, leaving room to swell, tie up tightly, and boil for an hour.

Eaten with brandy or wine sauce they will be relished by others besides farmers.

BAKED PUDDINGS.

Nearly all the puddings for which recipes have been given under the head of "boiled puddings" may be baked and meet with favor. The time for baking is, usually, about half of that required for boiling. When a baked pudding is to be turned out of the mould, it is well to cook it by setting the bake-dish in boiling water, and this in the oven.

BAKED HUCKLEBERRY PUDDING.]

One pint of milk; two eggs; one quart of flour (sifted); one gill of yeast; one saltspoonful of salt; one teaspoonful of boiling water; nearly a quart of berries dredged with flour. Make a batter of these ingredients—leaving out the berries—and set in a warm place to rise, for about four hours. If light then, stir in

the dredged berries, pour into a buttered cake-mould, and bake one hour in a moderate oven. Turn out and eat with hard sauce.

BAKED CANNED PEACH DUMPLINGS.

Empty a can of cheap peaches (put up for pies) into a bowl, and leave uncovered for three hours or more. Make a good biscuit-dough, roll less than half an inch thick, cut into squares from four to five inches wide, drain the peaches, and lay two or three halves in the middle of each square. Fold up as you would apple dumplings, lay in a floured pan, folded edges down, and bake to a light brown. Serve hot with sauce made of the strained peach-syrup sweetened and with a tablespoonful of butter. Boil sharply for one minute.

BAKED APPLE DUMPLINGS.

Prepare as for boiling, but after folding the crust over upon them and pinching the edges together, lay them in a greased bake-pan, folded edges downward, and bake. Wash over with cream and sugar just before taking them up.

BAKED CHERRY DUMPLINGS.

One quart of prepared flour; two *heaping* tablespoonfuls of cottolene; two cupfuls of fresh milk; a little salt; two cupfuls of stoned cherries; one-half cupful of sugar. Rub the cottolene into the salted flour; wet up with the milk; roll into a sheet a quarter of an inch thick, and cut into squares about four inches across. Put two great spoonfuls of cherries in the centre of each; sugar them; turn up the edges of the paste and pinch them together. Lay the joined edges downward, upon a floured baking-pan, and bake half an hour, or until browned. Eat hot with a good sauce.

BAKED BLACKBERRY DUMPLINGS

are made in the same way.

PEACH-BATTER PUDDING.

Twelve rich ripe peaches, pared but not stoned; one quart of milk; about ten tablespoonfuls of prepared flour; five beaten eggs; one tablespoonful of melted butter; one saltspoonful of salt. Set the peaches closely together in a buttered pudding-dish, strew with sugar, and pour over them a batter made of the ingredients above named.

BAKED BLACKBERRY PUDDING.

One quart of berries; three tablespoonfuls of melted butter; one cupful of milk; one and a half cupfuls of prepared flour sifted twice with a heaping tablespoonful of salt; three eggs, beaten light, yolks and whites separately.

Add the milk to the beaten yolks, then the butter, and the prepared flour, alternately with the stiffened whites. Pour the batter into a broad pudding-dish, well greased, and upon it the blackberries dredged with flour and mixed with four tablespoonfuls of sugar. Put in a handful at a time, stirring very gently into the surface of the batter. Cover and bake half an hour in a hot oven; uncover and leave it for five minutes more. Serve in the dish with hard brandy or wine sauce.

MACARONI PUDDING.

One-half pound of macaroni; one pint of milk; two tablespoonfuls of butter; four tablespoonfuls of cream; four tablespoonfuls of sugar; nutmeg and vanilla; a little salt. Break the macaroni into short pieces, put into a farina-kettle, cover with the milk, put on the lid of the kettle, and cook with boiling water in the outer vessel, until the milk is soaked up and the macaroni looks clear, but has not begun to break. Add the butter, sugar, and flavoring, and, if you have it, a few spoonfuls of cream. If you have not, thicken a little milk slightly with corn-starch, and use instead. Cover, and set in the boiling water for ten minutes before serving in a deep dish. Eat with powdered sugar and cream.

INDIAN PUDDING.

Three pints of milk ; four eggs ; one heaping cupful of yellow Indian meal ; one small cupful of molasses ; two tablespoonfuls of butter ; one teaspoonful of salt stirred into the meal ; one teaspoonful of ground ginger ; one teaspoonful of cinnamon and mace mixed ; one cupful of seeded raisins.

Heat the milk in a double boiler. When it is scalding-hot pour it on the salted meal, stirring carefully to prevent lumping. Return to the fire and cook for half an hour, stirring often. Beat the molasses and butter together, add to these the eggs whipped light, the spice and the meal and milk, and beat hard. Last of all, stir in the raisins. Turn all into a buttered pudding-dish and bake covered three-quarters of an hour. Stir the pudding well up from the bottom and brown. Make a hard sauce by creaming a tablespoonful of butter with a cupful of powdered sugar, and season to taste with nutmeg and cinnamon. Cream, liberally sweetened with maple sugar, makes a good sauce for this pudding.

SWEET-POTATO PUDDING.

One pound of parboiled sweet potatoes ; half a cupful of butter ; three-fourths of a cupful of white sugar ; one tablespoonful of cinnamon ; four eggs, whites and yolks beaten separately ; one teaspoonful of nutmeg ; one lemon, juice and grated rind ; one glass of brandy. Let the potatoes get entirely cold, and grate them. Cream the butter and sugar ; add the yolks, spice, and lemon. Beat the potato in by degrees, to a light paste ; then the brandy ; lastly the whites. Bake in a buttered dish, and eat cold.

BREAD PUDDING.

Soak two cupfuls of fine, dry crumbs in a quart of milk, beat the yolks of four eggs light and stir into the soaked crumbs, then two tablespoonfuls of melted butter and half a teaspoonful of soda dissolved in warm water, finally, fold in the whites as

deftly as if you were mixing a rich cake. Bake in a well-greased pudding-dish, covered, for half an hour, then brown delicately and send to table before it falls. It will be found as delicate as a soufflé. Eat with wine sauce.

You may vary this excellent family pudding in a dozen ways, by the addition of raisins, currants, citron, almonds—blanched and chopped—berries, dredged with flour—cocoanut, and other devices that will occur to the ingenious housewife. Since stale bread must be used, it is well for her to study methods of doing this to advantage. Crusts are inadmissible and the crumbs must be fine and dry. Dry slices of stale bread in an open oven and crush them with a rolling-pin.

BREAD-AND-JAM PUDDING. (No. 1.)

Cut the crust from slices of stale bread, butter them thickly and spread more thickly with jam, marmalade, or fruit-jelly. Fit a layer of them in the bottom of a greased bake-dish and saturate with hot custard, made by scalding a quart of milk, pouring it upon five well-beaten eggs into which have been stirred five tablespoonfuls of sugar, then stirring over the fire for one minute, but not until it thickens. Let each layer soak up the custard before putting another upon it. When all the slices are in pour in the rest of the custard; cover the dish and bake half an hour, then brown lightly. Eat hot with lemon sauce, or cold with cream.

BREAD-AND-JAM PUDDING. (No. 2.)

Grease a deep bake-dish and cover the bottom an inch deep with fine crumbs. Pour in, a spoonful at a time, hot custard made as in last recipe, but without cooking at all after the eggs and sugar go in. Merely stir it long enough to melt the sugar. When the crumbs have taken it up, pour half a cupful of strawberry, peach, or other jam, or if you have nothing else, of nice strained apple sauce upon the crumbs and cover with another inch of crumbs. Pour the custard upon these, a little at a time, until they are soaked and the custard stands on the surface.

Cover and bake half an hour, and brown lightly. Eat ice-cold, with cream. It is very nice.

ENGLISH BISCUIT PUDDING.

One cupful of rolled cracker-crumbs (called by the English "biscuit crumbs"); half a cupful of powdered beef-suet; three eggs; three cupfuls of milk; three tablespoonfuls of sugar; piece of soda no larger than a pea; one teaspoonful of salt.

Soak the crumbs in the milk until stiff, and stir into this the beaten yolks; beat three minutes; put in suet, salt, and soda, and then "fold in" the whites dexterously and swiftly with long, almost horizontal, sweeps of the spoon. Bake, covered, half an hour, brown, and eat hot with brandy or wine sauce.

FARINA SOUFFLÉ.

Soak half a cupful of farina two hours in just enough water to cover it. Heat two cupfuls of milk in a farina-kettle with a good pinch of salt. When it boils, stir in the soaked farina and continue to stir until it thickens well. Take from the fire and mix with the beaten yolks of four eggs. Beat all together for three minutes, and set aside until just lukewarm. Now whip in with long, even side-strokes the stiffened whites of the eggs, pour into a greased bake-dish, set in a pan of boiling water and bake in a hot oven, covered for the first ten minutes, and uncovered for fifteen. It should puff up high above the edge of the dish. Send to table in the bake-dish and eat at once with hot wine sauce.

TAPIOCA PUDDING.

Soak a cupful of pearl tapioca in two cupfuls of cold water for two hours, or until it takes up all the water. Warm a quart of milk to scalding and stir the tapioca into it, taking from the fire to do it. Let it get almost cold, beat up for one minute from the bottom, and add two tablespoonfuls of sugar creamed with one of butter and beaten light with the whipped yolks of five eggs. When it is well mixed whip in the stiffened whites of the

eggs; pour into a buttered dish and bake, covered, half an hour, then brown delicately.

Eat hot with wine, lemon, or brandy sauce.

SAGO PUDDING.

Make as you would tapioca, but soak the sago an hour longer. Either of these puddings is made more elegant by reserving two of the whites, and when the pudding is nearly done, and quite firm, drawing it to the door of the oven and spreading upon the surface the reserved whites whipped to a meringue with a tablespoonful of powdered sugar. Shut the oven for two minutes to set and lightly color the meringue.

APPLE-AND-TAPIOCA PUDDING.

Cover half a pint of tapioca with one pint of water; soak overnight. In the morning add one pint of hot water; stand a saucepan over the fire, and cook very slowly, without stirring, until the tapioca is clear. If the water has been entirely absorbed add enough to make the mixture soft enough to pour easily. Pare and core six good-sized apples. Put them in a pudding-dish, add four tablespoonfuls of sugar and a cupful of water. Place them in the oven and cook slowly until you can pierce them with a fork. Now fill the cores with the tapioca and cover them with what remains. Stand the dish away until the contents are ice-cold. Serve with sugar and cream. It may also be eaten warm with cream, or sweet sauce.

PLAIN RICE PUDDING.

Soak half a cupful of raw rice (which has been well washed) in a pint of warm milk for two hours. Keep the milk warm by setting the vessel containing it and the rice in another of boiling water, kept at one side of the range. Put a good pinch of salt into the milk, with a pinch of soda. By this time it should have absorbed all the milk. Put in a quart more, turn the mixture into a pudding-dish, add four tablespoonfuls of sugar, a tablespoonful of melted butter, and a little vanilla, or nutmeg, or cin-

namon. Set in a pan of hot water in a slow oven, cover and bake for two hours. Should the rice grow dry, add hot milk enough to fill the dish.

RICE-AND-RAISIN PUDDING.

Make as just directed, and when the pudding has cooked one hour, stir in three tablespoonfuls of seeded and halved raisins, dredged with flour.

CUSTARD RICE PUDDING. (No. 1.)

Soak half a cupful of washed rice in a pint of milk for an hour, then set the saucepan containing it in another of hot water and bring the latter to a boil, keeping this up until the rice is soft. Spread upon a platter to cool. Beat the yolks of four eggs light, stir into them half a cupful of sugar creamed with a tablespoonful of butter, and the cooled rice, with two cupfuls of cold milk, beat in the stiffened whites, turn into a pudding-dish and bake covered half an hour, uncovered fifteen minutes. Grate nutmeg or sprinkle mace on the top.

Eat warm—not hot—with hot sauce, or cold with cream. You may add a handful of raisins, seeded and chopped, when the pudding goes into the oven.

CUSTARD RICE PUDDING. (No. 2.)

One quart of milk; three well-beaten eggs; four tablespoonfuls of sugar; one small cupful of boiled and still warm rice; one scant tablespoonful of butter; a little salt. Cream butter and sugar; add the beaten eggs, salt, then the rice stirred warm into the milk. Bake in a buttered dish half an hour in a quick oven. Eat warm. Simple, wholesome, and palatable.

COTTAGE PUDDING.

Cream a cupful of sugar with a large tablespoonful of butter, beat into this the whipped yolks of two eggs, and into this a cupful of milk. Stir in alternately with the stiffened whites of the eggs three cupfuls of flour, sifted twice with one rounded

teaspoonful of Cleveland's Baking Powder, and an even teaspoonful of salt.

Beat one minute and bake in a buttered mould, until a straw comes out clean from the centre of the loaf. Turn out and slice while hot. Pass liquid sauce with it.

One of the simplest of our popular puddings.

ORANGE PUDDING.

Peel, slice, and seed oranges. Make a good biscuit-crust, roll out less than half an inch thick, cut an oblong sheet twice as long as wide, lay the sliced oranges on it, sprinkle with sugar, roll up and bake.

Eat with sauce.

APPLE COMPOTE AU GRATIN.

Make a quart of good apple sauce, rubbing it very smooth, and beat in, while hot, sugar to make it quite sweet, nutmeg, and a great spoonful of butter. Make a heap of it (it should be rather stiff when cold) upon a deep plate or pie-dish. Wash all over with beaten egg and sift rolled cracker thickly upon it. Bake half an hour and eat hot with butter and sugar.

PRUNE SOUFFLÉ. (No. 1.)

Stew a dozen and a half of prunes, drain, and when they are cold, chop fine. Beat to a stiff meringue the whites of seven eggs and seven tablespoonfuls of fine granulated sugar. Stir in the prunes, turn the mixture into a buttered pudding-dish and bake half an hour in a good oven.

Serve at once, and eat with whipped cream. It is a delicious dessert.

PRUNE SOUFFLÉ. (No. 2.)

A Turkish Recipe.

Soak half a pound of fine Turkish prunes in cold water for six hours. Stew until soft, remove the stones, drain off the liquor in which they were boiled, and set aside for sauce; chop the

prunes and add four tablespoonfuls of sugar, beating to a paste. Let them get cold, whip the whites of six eggs to a standing froth, beat in the prune-paste, and bake quickly in a hot oven.

Serve hot with a sauce made of the prune-liquor heated, sweetened abundantly, and flavored with maraschino, or other liqueur.

CHOCOLATE SOUFFLÉ.

Make a roux by heating a tablespoonful of butter in a saucepan, stirring into it two tablespoonfuls of flour, and, as it thickens, thinning with five tablespoonfuls of scalding milk. Cook two minutes. Have ready, beaten light, the yolks of three eggs and two tablespoonfuls of sugar. Stir the thickened milk into these, beat one minute and add four tablespoonfuls of grated chocolate. Beat hard until the mixture begins to cool, then set aside until cold, closely covered, to keep it from hardening on top. Bake half an hour in a quick oven, and serve immediately before it falls. Eat with whipped cream.

This is a fine soufflé for those who like chocolate—and most people do.

PINEAPPLE PUDDING.

Butter a pudding-dish, put into the bottom slices of stale sponge cake, wet these with a little sherry wine and cover with freshly chopped pineapple. If it stand even a few minutes the color changes. Strew powdered sugar over the pineapple. Put in more cake and wine and more pineapple until the dish is full. The top layer should be cake and well soaked. Cover closely, and bake one hour in a good oven. Eat hot with lemon sauce.

“POP-OVERS.”

Heat a pint of milk to scalding, and melt in it a large spoonful of butter. While it is still warm—a little more than luke-warm—beat in the yolks of five eggs, and three cupfuls of flour sifted with two rounded teaspoonfuls of Cleveland's Baking Powder. Add flour if needful, for a rather stiff batter, and set this upon ice, or in a cold place until thoroughly chilled. Then

beat in the whites whipped stiff, and bake in greased muffin-rings, or pâté-pans, or in custard-cups.

Serve as soon as they are baked. Split, without cutting them open, and eat with liquid sauce.

APPLE POP-OVERS.

Make a white roux of two tablespoonfuls of flour stirred into one of hissing butter, and when thick, thinned with two cupfuls of scalding milk. Stir two minutes and pour upon the beaten yolks of four eggs. (A bit of soda three times as large as a pea should go into the hot milk.) Have ready six fine pippins, pared, and grate them directly into the sugarless custard. Lastly, whip in the stiffened whites, half fill greased custard-cups or nappies with the mixture, set in a pan of hot water and bake in a quick oven until they puff high and are lightly browned.

Turn out at table upon hot plates and serve brandy sauce with them.

LEMON PUDDING.

Soak two cupfuls of crumbs in a quart of milk until very soft. Stir a quarter of a teaspoonful of soda into the milk. Beat into this the whipped yolks of five eggs, and half a cupful of butter that has been creamed with a cupful of sugar. Add, now, the rind of a lemon, grated fine, and two tablespoonfuls of lemon-juice. Beat hard for two minutes; stir in half a cupful of raisins, seeded, chopped, and dredged with flour, and bake in a greased pudding-dish until firm and beginning to brown. Have ready a meringue of the whipped whites, three tablespoonfuls of powdered sugar, and a teaspoonful of lemon-juice. Open the oven door, spread this high upon the hot pudding, quickly and smoothly; shut the door and color lightly. Sift sugar over the top, and when the pudding cools set on ice until you are ready to eat it.

ORANGE PUDDING

is made in the same way. You can, if you like, omit the raisins.

LA REGINA PUDDING.

One cupful of crumbs soaked in half a cupful of milk. Three quarters of a cupful of sugar, creamed with a tablespoonful of butter. Six eggs, whites and yolks beaten separately. Half a pound each of stale sponge cake and the same of macaroons. Half a cupful of jelly—crab-apple or quince or currant—and half a cupful of sherry. One lemon.

Beat the whipped yolks into the bread-crumbs with the lemon-juice and grated peel. Stir and beat for a whole minute before adding the stiffened whites of the eggs. Butter a round mould with straight sides, or a round one which is not fluted, and put a layer of fine dry crumbs in the bottom; upon this arrange one of macaroons, and another, half an inch deep, of the mixture just made. Next lay slices of sponge cake, spread thickly with jelly, more macaroons, wet with wine, more custard, sponge cake and wine until all the ingredients are in, the custard on top. Cover closely, set in a pan of boiling water and cook in the oven for one hour. Then uncover and brown. Turn out upon a hot platter, and pour a sauce over it made of currant jelly warmed and beaten light with two tablespoonfuls of melted butter and a glass of sherry.

This is an Italian recipe, and the result is good.

MACARONI SOUFFLÉ.

Break half a pound of macaroni into inch lengths and boil tender in a quart of milk slightly salted. It should absorb nearly if not all the milk. Put aside until cold; beat into it the whipped yolks of four eggs and four tablespoonfuls of sugar. Season with vanilla, or other essence, then whip in the stiffened whites of the eggs and bake in a deep dish set in a pan of hot water in a quick oven.

Serve with sweetened cream or with wine sauce.

VERMICELLI SOUFFLÉ

is made in the same way.

RHUBARB PUDDING.

Butter a pudding-dish and cover the bottom an inch deep with fine crumbs. Sprinkle this with bits of butter and lay upon it raw rhubarb that has been cut into thin pieces half an inch long. Scatter over this a dozen raisins, seeded and halved, and two tablespoonfuls of sugar. Cover with buttered crumbs, then more rhubarb, filling the dish to the top, the uppermost layer being crumbs, buttered, sugared, and strewed with a teaspoonful of grated orange-peel. Bake, covered, for an hour in a moderate oven. Uncover and brown. Eat hot with sauce.

RHUBARB AND TAPIOCA PUDDING.

Wash a scant cupful of pearl tapioca and soak four hours in a pint of lukewarm water. It should absorb all the water. Butter a pudding-dish and cover the bottom thickly with sliced rhubarb cut small. Strew upon this a heaping tablespoonful of sugar. Scatter a teaspoonful of chopped raisins over the rhubarb and put half of the soaked tapioca upon it. Dot plentifully with butter, sprinkle with two tablespoonfuls of sugar, more rhubarb, raisins, and sugar, then the rest of the tapioca with butter and sugar as before. There should be two cupfuls of rhubarb in all. Bake one hour, covered, brown, and send to table in the pudding-dish. Eat hot with hard or liquid sauce.

VERMICELLI PUDDING.

Heat a cupful of milk to scalding, salt slightly and cook tender in it a quarter of a pound of vermicelli. Stir into it while warm four tablespoonfuls of sugar and two of butter and let it cool. When quite cold add the beaten yolks of five eggs and two tablespoonfuls of blanched and chopped almonds. Beat all well together, and whip in lightly the stiffened whites of the

eggs. Bake, covered, three-quarters of an hour, then brown. Eat warm with liquid sauce.

THE QUEEN OF PUDDINGS.

Cream a cupful of sugar with a heaping tablespoonful of butter ; beat into the cream the whipped yolks of five eggs. Add next two cupfuls of dry crumbs soaked in a quart of milk. Season with vanilla, lemon, or bitter almond. Beat two minutes and pour into a greased pudding-dish. Bake, covered, half an hour, or until the custard is tolerably firm in the middle. Draw to the oven door and cover with the jelly, and the jelly with a meringue of the reserved whites, beaten stiff, with two tablespoonfuls of powdered sugar. Shut up in the oven until it is very delicately colored.

Eat cold with cream. In spring and summer substitute strawberries or fresh peaches for the jelly. The pudding then really deserves its name.

FAMILIAR TALK.

WHOLESALE OR RETAIL?

The tradition is current among housekeepers that there is great economy in buying supplies in large quantities. The learned of them will dilate upon the amount that may be saved by getting flour, sugar, and potatoes by the barrel, butter by the tub, coffee by the bag. They prove to you that you can put money in your pocket by purchasing a crate of eggs at a time and pickling them for winter use. They buy meat in the piece, as it were, and tell you triumphantly how much they can thus save on a pound over the ordinary retail price.

While all these data are useful and encouraging to the woman who has big pantries and a roomy cellar, they strike dismay to the heart of her who must perforce dwell in a flat. There is no place in *her* apartment for a barrel of flour. If that came in, one of the family would probably have to go out. The mere thought

of buying a bushel of potatoes at a time seems like a dream of extravagance, and in her moments of wildest unreason she never contemplated a barrel of sugar.

So when she reads or hears all these wise counsels of notable housewives her heart sinks within her, and she feels that she is an extravagant wretch who wastes her income, in that she buys sugar and butter by the pound, potatoes by the quart or "small measure," and eggs by the dozen, or "quarter's worth," as they say in the vicinity of New York. What does it matter that her family is small and would take a week to consume a quarter of mutton? According to the best judges, she cannot practise true economy unless she buys her provisions in bulk.

After a while, if she is a woman of spirit, she plucks up heart and begins to do a little figuring and make a few estimates on her own account. And if she is clear-headed and practical she finds before long that there may be as much economy in her mode of living as there is in that of her neighbor who has larder-room to spare; for there are undoubted advantages in buying provisions in small quantities. In the face of much evidence to the contrary, one housekeeper might hesitate to make this assertion, were she not backed up by the testimony of the thrifty French, who bear the reputation among all nations of having reduced—or elevated—elegant economy to a science. The French housewife never buys her supplies in large quantities. Not only bread and milk, but butter, potatoes, flour, sugar, and the like are bought by the day. So closely does she calculate that frequently there is not enough left in the pantry at bedtime to provide the scantiest of breakfasts. The Italians follow the same plan, and literally live by the day.

All the traditions of the American housekeeper are against her following their example to the extreme. Yet she knows that the system has merit, and after she has modified it to suit New World ideas she pursues it with exceeding peace of mind and pocket.

In the first place she sees that she would save little money in buying dry groceries by the large quantity, and that little would

be more than lost by the extravagance generally induced by having a practically unlimited supply of any commodity in the house. Such extravagance is not confined to hirelings. The careful housekeeper herself feels it when she takes advantage of the tub of butter just come from the country, or the full barrel of sugar, to make costly dainties. She would think several times before she made pound cake or fruit cake or puff paste if she had to send to the grocer's and pay ready money for the ingredients. She finds that where this is to be done both she and the cook are more prudent.

Another advantage gained is that of knowing exactly what she consumes in the week. When she buys three and a half pounds of sugar, a pound of butter, and a dozen eggs on Saturday, she knows just about how long these should last. If there is a waste, she can check it promptly, and she can estimate pretty nearly what her housekeeping bills should be at the end of the week.

There is extra labor avoided by her system. For her there are no unpleasant hours spent in picking over apples, potatoes, and winter vegetables. She has not to count upon a certain amount of loss from rotting and withering. Her grocer bears that loss. His shop is her pantry, to which she goes and gets her vegetables and fruit by the quart or the half dozen. There will be no maggots in the corn-meal or Graham flour when she gets only two or three pounds of it at a time. If a freshly opened package of oatmeal is musty she knows it reached that state on the grocer's shelves, and sends it back to him forthwith. The coffee in her small canister cannot lose its strength, for it is constantly used and constantly renewed. Butter never grows rancid, eggs never become stale, on her hands. Sufficient unto the day are her provisions and the good and the evil thereof. Even when she buys meat she has her points of privilege; for, as she says wisely, where is the advantage of getting so much of one thing that it is impossible to eat it all? She shows wisdom when she purchases her meat as she needs it. She finds the economy of small cuts. She does not get a leg of lamb at sixteen cents a

pound, but the shoulder at ten cents a pound, and finds it no whit inferior to the higher-priced piece. A well-cut "Delmonico" or "short" steak is as juicy and tender as a sirloin. A small roast may be as well cooked with care as a large one. She acquires a fine taste in ragoûts, salmis, scallops, and croquettes, and it is gradually borne in upon her that there is a common-sense foundation for the apparent paradox that pronounces the French nation the best cooks and the most economical providers of the civilized world.

C. T. H.

PUDDING SAUCES.

MILK-PUDDING SAUCE.

Two eggs, beaten stiff ; one cupful of sugar ; five tablespoonfuls of boiling milk ; one teaspoonful of arrow-root or corn-starch wet with cold milk ; one teaspoonful of nutmeg or mace ; one tablespoonful of butter. Rub the butter into the sugar, add the beaten eggs, and work all to a creamy froth. Wet the corn-starch and put in next with the spice ; finally, pour in by the spoonful the boiling milk, beating well all the time. Set within a saucepan of boiling water for five minutes, stirring all the while, but do not let the sauce boil. This is a good sauce for bread and other simple puddings.

CREAM SAUCE.

Two cupfuls of rich milk—half cream if you can get it ; four tablespoonfuls of sugar ; whites of two eggs, whipped stiff ; one teaspoonful of extract of bitter almonds ; half a teaspoonful of nutmeg ; one *even* tablespoonful of corn-starch wet up with cold water. Heat the milk to scalding ; add the sugar ; stir in the corn-starch. When it thickens beat in the stiffened whites, then the seasoning. Take from the fire and set in boiling water to keep warm—but not cook—until wanted.

VANILLA SAUCE.

One cupful of boiling water ; two teaspoonfuls of corn-starch wet up in cold water ; one heaping teaspoonful of butter ; half a cupful of sugar ; juice of half a lemon ; one teaspoonful of vanilla ; pinch of nutmeg.

Stir the wet corn-starch into the water with the sugar, and cook clear; put in the butter and beat one minute before adding the vanilla and nutmeg.

Use for plain puddings—rice, bread, and the like.

SOUFFLÉ SAUCE (COLD).

Scald a cupful of milk and stir into it a teaspoonful of corn-starch wet with milk. Cook, stirring all the time, for three minutes. Take from the fire and beat in the yolk of an egg which has been whipped light with half a cupful of powdered sugar. Let the mixture get cold; flavor with bitter almond or vanilla, and when you are at dinner let an assistant whip in the stiffened whites of two eggs. It should look like cream-colored snow. Eat with fruit or tapioca pudding.

LEMON SOUFFLÉ SAUCE.

Make as just directed, but, instead of the essence, beat into the cold mixture the juice and half the grated peel of a lemon.

This is nice with apple puddings.

SHERRY SAUCE.

Cream two tablespoonfuls of butter with a cupful of powdered sugar, beating in the juice of half a lemon until the cream is light and white; add two tablespoonfuls of hot water with a dash of mace. Set in boiling water over the fire, stir for two minutes or until scalding-hot, and just before it goes to table add a glassful of brown or pale sherry. Eat with cabinet, fruit, or batter pudding.

BRANDY SAUCE.

Cream a tablespoonful of butter with a scant cupful of powdered sugar and the juice of half a lemon. Stir in three tablespoonfuls of boiling water, beat two minutes over the fire, or until hot, stir in quickly the stiffened whites of two eggs, take from the fire, add a wineglassful of brandy, and serve at once.

Send in with plum pudding or any rich dumpling or fritter.

EGG SAUCE.

Yolks of four eggs, well beaten ; one cupful of sugar and one tablespoonful of butter ; one level teaspoonful of mixed cinnamon and nutmeg ; juice of half a lemon and half the grated peel ; one wineglassful of wine.

Cream butter, and sugar, add beaten yolks and spice. Beat hard five minutes, and set in a saucepan of boiling water, stirring until it is hot. It must not boil. Add the wine just before it goes to table.

CUSTARD SAUCE.

Scald two cupfuls of milk and pour upon a cupful of powdered sugar, beaten light with the yolks of two eggs. Season with nutmeg or cinnamon and stir until it thickens slightly. Remove from the fire, whip in the stiffened whites, set in boiling water to keep warm, but not over the fire, and just before it goes to table add a teaspoonful of vanilla or other essence.

JELLY SAUCE.

Heat a large tablespoonful of butter in a saucepan and while it is still on the fire stir into it half a glassful of currant or other tart jelly, and a tablespoonful of sugar. When the mixture is smooth, put in as much corn-starch as would lie upon a dime, wet up with the juice of half a lemon. This is to prevent the butter from oiling and separating from the jelly. Cook for two minutes and keep hot in a vessel of boiling water, and just before sending to table add two glasses of wine. This is an excellent sauce for rich puddings.

FRUIT-JUICE SAUCES.

The same rules apply to them all. Squeeze the juice from the fruit through a coarse bag ; cream a tablespoonful of butter with a cupful of sugar, and if you wish to have a hard sauce, beat in the fruit-juice until you have a frothy mass ; then set it on ice to form.

If you would like to have a liquid sauce, heat the juice, and after beating it into the creamed butter and sugar, set it in boiling water to heat, adding, when it is at boiling point, a very little corn-starch or arrow-root wet up in cold water, to prevent juice and butter from separating. Cook three minutes, stirring often.

STRAWBERRY SAUCE. (No. 1.)

Beat two ounces of butter to a cream with one cupful of powdered sugar ; add one mashed strawberry, beat it well ; add another, and so continue until the sauce is a pretty pink. If the strawberries seem to give the sauce a curdled appearance, add just a little more sugar. Stand on ice to harden.

STRAWBERRY SAUCE. (No. 2.)

One gill of butter ; one cupful of sugar ; one cupful of ripe strawberries, mashed ; white of one egg.

Cream together butter and sugar ; add the white of the egg beaten to a very stiff froth, and the strawberries thoroughly mashed. When well beaten together serve cold.

BRANDIED PEACH SAUCE.

Cream one tablespoonful of butter with four of powdered sugar, and pour upon it a cupful of liquor drained from brandied peaches, and heated in a covered saucepan that the brandy may not evaporate. Stir all together, and add a quarter of a teaspoonful of arrow-root wet up in a little cold water. Set in boiling water and cover until scalding-hot, then stir for three minutes and serve.

The liquor from any canned or brandied fruit may be treated in like manner. If canned fruit-liquor is used, double the quantity of sugar.

TART CLARET SAUCE.

Instead of throwing away the tart claret left or overlooked in bottles that have been opened and partly used, make it into pudding sauce.

Cream a tablespoonful of butter with a cupful of sugar. Heat a cupful of claret in a saucepan, stir into it half a teaspoonful of arrow-root or corn-starch, cook one minute, beat gradually into the creamed butter and sugar, and put away upon ice for hard sauce, or set it into a vessel of boiling water, and cover until needed, for liquid sauce.

WHITE HARD SAUCE.

Cream two tablespoonfuls of butter with a heaping cupful of powdered sugar, beat into it the juice of a lemon, a liberal pinch of nutmeg, and when the mixture is white and creamy, a glass of wine or brandy, or a teaspoonful of essence.

PINK HARD SAUCE.

Make as just directed, and whip in enough powdered cochineal to give a pretty pink.

RUBY HARD SAUCE.

Cream two tablespoonfuls of butter with a cupful of powdered sugar, and beat in half a cupful of red currant jelly. Set on the ice to form.

HARD BRANDY SAUCE.

Cream two tablespoonfuls of butter with a cupful of powdered sugar. Whip in a little lemon-juice to whiten and make light the cream, then a teaspoonful of mixed cinnamon and mace, and a wineglassful of brandy.

PURÉE OF FRUIT SAUCE.

Crush strawberries, raspberries, and cherries, chop peaches, pineapples, and apricots, and grate apples, when you would have a purée of fruit. In any case have ready the invariable creamed butter-and-sugar—two tablespoonfuls of one to a cupful of the other. Stir this cream to a boil over the fire, beat in a teaspoonful of arrow-root wet up in cold water, cook two minutes, and add the fruit before the latter can change color. Apples should be

grated directly into the hot mixture. Let all get scalding-hot together and serve. Canned fruits may be used when you have not fresh.

TUTTI-FRUTTI SAUCE.

Half a cupful of raisins, seeded and chopped ; one tablespoonful each of blanched and chopped almonds, and shredded and chopped citron, a teaspoonful of lemon-juice, and half the grated rind of a lemon with the same quantity of orange-peel. One tablespoonful of butter creamed with a cupful of powdered sugar ; one cupful of boiling water, and two wineglassfuls of sherry. As much arrow-root as will lie on a dime.

Heat the water and pour over the fruit, nuts, and grated peels. Cover, and leave in a vessel of boiling water for an hour. Then beat in the creamed sugar-and-butter with the arrow-root, heat to a boil, add the wine, and serve.

This is a very fine sauce and makes a plain batter or bread-crumble pudding elegant.

FRITTERS.

THE same rules control the frying of fritters that regulate doughnuts. The fat must be put into a cold frying-pan and brought gradually to the proper temperature; it must be deep enough to float the fritters; it is wise to try a small fritter before risking a large, and a few must go in at a time. Should bits of batter drop off and adhere to the next batch, strain the fat and return to the kettle. Cottolene is better for frying than lard; olive oil is sometimes used both in mixing and in frying fritters.

FRITTER BATTER. (No. 1.)

One cupful of flour, sifted twice with a rounded teaspoonful of Cleveland's Baking Powder and half a teaspoonful of salt. One tablespoonful of melted butter or of best salad oil. A cupful of milk. One teaspoonful of sugar. Two eggs.

Beat yolks and sugar together, add the oil, or butter. Beat hard for one minute, put in the milk, then the prepared flour alternately with the stiffened whites. Do not mix until you are ready to cook the fritters. If you are making plain fritters drop large spoonfuls of the batter into the hot fat, a few at a time, and when they are a golden brown take out with a skimmer and dry in a hot colander.

FRITTER BATTER. (No. 2.)

One cupful of flour sifted with half a teaspoonful of Cleveland's Baking Powder and a saltspoonful of salt; one cupful of warm, not boiling, water; the white of one egg; one tablespoonful of butter.

Melt the butter in the water; make a hole in the prepared

flour and pour the water and butter gradually upon it, making a batter, then beat in the stiffened white of the egg.

FRITTER BATTER. (No. 3.)

One whole egg and the whites of two. One cupful of milk. One scant cupful of flour which has been sifted with half a teaspoonful of Cleveland's Baking Powder, and a pinch of salt. The grated rind of half a lemon.

Beat the whole egg very light, stir into the milk, add the prepared flour and the stiffened white of a second egg, with the grated lemon-peel.

This is a simple and safe recipe. In giving directions for fritters after this, it will be needless to recapitulate the proportions and manner of mixing the batter.

CUSTARD FRITTERS.

Beat the yolks of two eggs light with a tablespoonful of sugar and pour upon them a cupful of hot milk in which has been stirred a teaspoonful of flour wet up with cold milk. Season with a pinch of salt and as much nutmeg as will lie on a dime. Turn the custard into a greased pan or broad dish, set in another of boiling water, and bake until well set. Let it get perfectly cold and firm; cut into squares, coat with a Fritter Batter (No. 2), and fry.

As the custard is tender, pour the batter around each piece in a saucer, and lift with a spatula or broad-bladed knife from the saucer to the fire.

PEACH FRITTERS.

Three eggs; one cupful of milk; one cupful of flour which has been sifted twice with a level teaspoonful of Cleveland's Baking Powder, and a saltspoonful of salt.

Make a batter of these ingredients, beating yolks and whites separately and adding the stiffened whites last, alternately with the flour. Peel and slice a dozen fine peaches, stir into the batter and drop by the spoonful into the hot cottolene. When

they are a golden brown take up and lay on soft paper in a colander to drain. Sprinkle with sugar while hot. Apricot fritters are made in the same way.

CREAM FRITTERS.

Two cupfuls of hot milk ; a saltspoonful of salt ; a cupful of sugar. One tablespoonful each of corn-starch and of flour wet up in cold milk. A tablespoonful of butter, three eggs, and a teaspoonful of vanilla extract. Heat the milk, stir in the flour and corn-starch and cook until they thicken, stirring constantly. Take from the fire, stir in the butter and the eggs, beaten light with the sugar. Beat until well mixed and light, flavor, and let the mixture get perfectly cold. Cut, then, into squares or oblongs, dip in a good Fritter Batter (No. 3) and fry in hot cottolene. Drain, sprinkle with sugar, and serve.

They are extremely nice.

NUT FRITTERS.

Two cupfuls of fine crumbs, seasoned with mace or nutmeg, a teaspoonful of bitter almond essence, and beat in the whites of two eggs whipped light with a teaspoonful of arrow-root and a tablespoonful of sugar. Mix to a stiff paste with three tablespoonfuls of hickory-nuts, or blanched almonds, or English walnuts, chopped fine ; set on the ice for ten minutes ; make into balls, coat with Fritter Batter No. 2, and fry.

APPLE FRITTERS.

A French Recipe.

Pare fine, firm pippins and slice crosswise into rounds a quarter of an inch thick. Sprinkle them with sugar, and pour a few drops of maraschino or of brandy, or of brandied peach-liquor, upon each. Leave them in this for fifteen minutes, and drain each for an instant before coating it with Fritter Batter No. 1. Drop, one at a time, into hot cottolene, fry to a yellow brown and lay on paper in an open oven. Sift sugar over them and eat with brandy sauce.

ORANGE FRITTERS.

Peel and cut the oranges into slices a quarter of an inch thick. Pick out the seeds, taking care not to tear the orange, sprinkle with sugar and at once dip in Fritter Batter No. 3. Drain in a hot colander when they have colored a light brown in the hot fat ; sprinkle with sugar and serve with wine sauce.

BANANA FRITTERS.

An East Indian Recipe.

Peel and cut large, firm bananas crosswise into slices half an inch thick. Squeeze a little orange-juice upon each, and, if you like, add a little wine before cooking them, letting them lie in the juice for ten minutes, turning them over once. Dry between two soft cloths, dip in fritter batter and fry to a pale brown.

SAUCE FOR BANANA FRITTERS.

Heat three tablespoonfuls of currant jelly with one teaspoonful of butter ; stir in half a cupful of boiling water in which you have mixed a teaspoonful of arrow-root wet with cold water. Mix all together until slightly thickened, when add a tablespoonful of blanched almonds, chopped fine, with the juice and half the grated peel of an orange. Cook one minute to heat the nuts.

JELLY-CAKE FRITTERS.

Cut stale sponge or plain cup cake into rounds with a cake cutter and fry in hot cottolene to a golden brown. Dip each into boiling milk for one second to take off the grease. Pile in heaps of six upon a hot platter with jelly spread between them. Eat hot with cream sauce.

RUSK FRITTERS.

This is a good way of using up stale rusk.

Pare off the crusts and make three slices of each if large, two if small. Trim into uniform size and shape. Pour over each a

teaspoonful of mingled orange-juice and sherry, and let them soak for a few minutes. Then drain, and coat with a thin Fritter Batter (No. 2 is good for this purpose). Fry in hot cottolene, drain well, sprinkle with powdered sugar and cinnamon and serve with or without sauce. They are very good.

BREAD FRITTERS.

Cut thick slices of stale bread into rounds and roll in Fritter Batter No. 1 and fry in deep, hot cottolene. Drain, and eat with wine sauce.

SWISS FRITTERS.

Cut stale bread into round, thick slices and fry in hot cottolene to a light brown. Dip each slice into boiling water for one second to take off the grease, sprinkle well with sugar and cinnamon and pile upon a hot plate.

Eat with a sauce of lemon-juice and sugar thinned with a glass of wine. You will need no butter in the sauce.

POTATO FRITTERS.

Work light with half a cupful of cream a cupful of hot mashed potato; stir into it while warm the beaten yolks of three eggs and two tablespoonfuls of sugar. Whip light before stirring in the juice of a lemon, half the grated peel, a tablespoonful of brandy, and lastly, two tablespoonfuls of flour sifted twice with a saltspoonful of soda and the same of salt alternately with the whipped whites of the eggs. Make with floured hands into balls and set upon ice until cold and stiff. Roll then in beaten egg and cracker-crumbs, and fry in hot, deep cottolene. Drain, sprinkle with sugar and serve hot. They are very nice.

QUEEN'S PANCAKES.

Two eggs; one tablespoonful of butter; two cupfuls of flour; one and a half cupfuls of milk.

Beat the eggs, add to them the milk slightly warmed, the but-

ter melted, a little salt, and the flour. Bake in cakes on a griddle, and when done spread them lightly with jam, jelly, or honey, roll up, sprinkle with sugar, and serve hot.

By making the batter a little stiffer you can make fritters by the same recipe, dropping by the spoonful into hot fat, and frying light brown. Eat with jelly sauce.

STRAWBERRY FRITTERS.

One heaping cupful of flour; one tablespoonful of salad oil, two eggs; grated peel of half a lemon; large strawberries.

Mix the oil, lemon-peel, and flour together; beat in the yolks, and add enough white wine to make this the consistence of thick cream. At the last moment add the whites of eggs beaten to a stiff froth. Remove the stems from very large strawberries, drop them into the batter, have hot in a kettle cottolene at least two inches deep. Drop the mixture by the spoonful into this, allowing one strawberry to each fritter. Fry to a golden brown. Remove with a skimmer to brown paper laid in the mouth of the oven, and sift sugar over them.

SHORTCAKES, TEA-CAKES, ETC.

STRAWBERRY SHORTCAKE. (No. 1.)

INTO one pint of flour rub two ounces of butter ; add half a tablespoonful of salt, a teaspoonful of Cleveland's Baking Powder, and not quite a cupful of milk ; turn the dough upon a board, knead just a moment, and roll out one inch thick. Cut it into a round, place on a greased pan, brush the top with milk, and bake in a quick oven fifteen minutes. Have one quart of berries picked and sugared. As soon as the cake is done, remove it from the oven and pull it apart. Do not cut it or it will be heavy. Put the underpart on a plate, dust with sugar, spread a thick layer of strawberries over the bottom cake, put on the top, cover it with berries, and sprinkle with sugar. Serve at once. Pass cream and sugar with the shortcake.

STRAWBERRY SHORTCAKE. (No. 2.)

One cupful of sugar ; one tablespoonful of butter ; one heaping cupful of flour ; quarter of a cupful of milk ; three eggs, the yolks and whites beaten separately ; one teaspoonful of Cleveland's Baking Powder ; one quart of strawberries.

Rub butter and sugar together, add yolks, milk, flour, whites, and baking powder. Bake in three jelly-cake tins, and when cold, place the berries between the layers, sprinkling them with sugar. Heap whipped cream upon the cake.

STRAWBERRY SHORTCAKE. (No. 3.)

Two cupfuls of prepared flour ; one tablespoonful each of cot-tolene and butter ; half a cupful of milk ; three tablespoonfuls

of white sugar ; one saltspoonful of salt. Bake in jelly-cake tins. When cold, spread between the layers one quart of mashed and sweetened berries. Eat at once, with cream.

ORANGE SHORTCAKE.

Make a crust as directed in last recipe, and while hot, tear it open, butter the sides, and fill with chopped and seeded oranges, well sweetened. Eat hot.

BLACK RASPBERRY SHORTCAKE.

Four cupfuls of flour ; two tablespoonfuls of butter ; two cupfuls of milk ; one egg ; half a teaspoonful of salt ; two teaspoonfuls of Cleveland's Baking Powder ; half a cupful of sugar ; one quart of berries.

Sift the salt and baking powder with the flour, chop in the butter, and add the milk and beaten egg. Roll this dough into a sheet half an inch thick, and spread with it the bottom of a greased baking-tin. Cover it with the berries ; sugar them liberally, and lay over another sheet of dough a little thinner than the lower crust. Bake in a steady oven, cut into squares, and eat hot with butter and sugar.

CURRANT SHORTCAKE.

Make a good biscuit dough ; roll out half an inch thick and bake in a pie-plate.

While hot run a knife lightly around one side, tear it open, butter well, without crushing the crumbly interior, and lay between the severed sides a pint of currants, which were mashed and plentifully sweetened before you began to make the cake. Wash the top with white of egg, sift powdered sugar thickly over it and serve, still hot, all this having been done in three minutes after the crust was taken from the oven.

BLUEBERRY TEA-CAKE.

A Vermont Recipe.

Three cupfuls of blueberries ; two tablespoonfuls of butter ; one cupful of sugar ; one cupful of milk ; two cupfuls of flour sifted twice with two rounded teaspoonfuls of Cleveland's Baking Powder, and a saltspoonful of salt ; two eggs, beaten very light.

Cream butter, and sugar, add the eggs, then the milk and prepared flour. Dredge the berries with flour, stir in lightly and bake in a greased biscuit-tin. Split, butter and eat while warm.

HUCKLEBERRY TEA-CAKE.

One quart of huckleberries ; three cupfuls of flour sifted twice with two rounded teaspoonfuls of Cleveland's Baking Powder ; four eggs, whites and yolks beaten separately ; one cupful of butter ; two cupfuls of sugar ; one heaping teaspoonful of mixed cinnamon and nutmeg ; one cupful of milk.

Cream butter and sugar, beat in the whipped yolks, then the milk, spice, and prepared flour, alternately with the whipped whites, at last the fruit dredged with flour. Bake in muffin-tins well greased, or in two small loaves. It is good warm, but better still cold, on the second day.

ENGLISH TEA-CAKES.

Two eggs ; two tablespoonfuls of butter creamed with the same of sugar ; two cupfuls of flour.

Cream the butter and sugar very light, beat in the whipped yolks ; stir and beat for a minute and add the flour alternately with the stiffened whites. Bake in jelly-cake tins ; butter and eat while fresh.

FAMILIAR TALK.

DUST, DUSTING, AND DUSTERS.

In an interesting treatise upon "The Germ Theory of Contagious Diseases" Tyndall remarks:

"There is no respite to our contact with the floating matter of the air." He alludes, moreover, to "our sufferings from its mechanical irritation," and tells how astonished he was by the result of a series of experiments proving that this floating curse is *organic* matter.

"I had previously thought that the dust of our air was, in great part, inorganic and non-combustible.

He subjoins a foot-note to the effect that "in none of the public rooms of the United States where I had the honor to lecture was this experiment made. The organic dust was too scanty."

In the unscientific and domestic mind this engenders the desponding query, "Is the national dust, then, incombustible?" For years neat housewives have insisted that the contents of dust-pans should be burned as soon as collected. Organic matter, including disease-germs and parasitic larvæ, are thus destroyed, to the evident advantage of family health, but the bulk of inorganic particles—"the atoms," named by another scientific writer, "which the sun discovers, though they be invisible by candle-light, and makes them dance naked in his beams"—are dispelled for a season only. They reappear unchanged in the attributes of "mechanical irritation," and other undesirable properties, including ubiquity.

"The dust on which we tread was once alive,"

says the poet. No living organism is more lively and viciously omnipresent to us to-day. The Phoenix was more perishable; original sin could be more easily eliminated. Yet—and there would seem to be an element of injustice here—visible dust is

everywhere taken as a token of neglect and untidiness. The writing upon the Babylonian palace-wall was not more condemnatory than the initials of the unwary housewife traced upon the top of a table by the finger of critical spouse or sarcastic (and anonymous) visitor.

“ You could have written your name upon the furniture,” is a phrase as common as it is crushing.

To avoid the verdict we wage incessant warfare upon an almost intangible foe, and one that is no respecter of things or persons. The most grewsome feature in the case of a cataleptic sufferer whom I once knew was that the dust settled upon the immobile eyeballs and had to be wiped away several times each day. The floor may be swept clean, then scrubbed, then wiped with a dry cloth, and the empty room, after an hour's airing, be carefully closed and not opened for twenty-four hours. At the end of that time a film of dust will be upon cleansed boards, window-frames, and cornices—wherever it can settle and lie. We carry it with us everywhere, upon our garments, our hair, our skin—until one can imagine the dismayed combatant dropping duster and dust-pan in broken-hearted despair, to mingle finally with what she loathes.

Clearly, then, any practical advice I offer must refer only to the methods of mitigating the evil I have likened to natural depravity.

One of the housewife's most efficient allies is the broom. Careless sweeping makes more dust than no sweeping at all. The first step in the work is to remove all the portable furniture from the room to be treated, the second, to scatter damp—not dripping—tea-leaves thickly over the carpet, if there be one; the third, to sweep with long, even strokes of a good broom the dirt from the four corners into the middle of the floor; the fourth, to collect the heap into a dust-pan and carry it directly to a fire, there to be cremated. Next, wrap a damp cloth securely about the broom and, slowly and gently, brush down the walls. All this time the windows through which the wind does not blow into the room should stand open. The sweeper should keep her

mouth shut while at work, that the dust she raises, organic and inorganic, should not eddy down her throat into the lungs. The hair should be protected by a light, round cap shirred upon elastic and covering the ears. Upon the hands should be a pair of very loose gloves, two sizes, at least, too large for her.

When the walls have been swept, let her open all the doors and windows wide—the more air the better. Much of the floating matter must, perforce, be carried upon the beneficent draught into the wide outer world where it belongs. While this goes on, the furniture may be dusted in hall or piazza, and returned, piece by piece, to its proper place. For this process have a wicker paddle made for the purpose of beating stuffed lounges and chairs, a whisk-broom to dislodge the dust from tufted seats and carved corners; lastly, a soft cloth duster.

I wish my protest against the bunch of feathers, misnamed “a duster,” could be prevalent with my sister-housewives. It is the chamber-maid’s delight, the lazy woman’s stand-by. When the characters unite in one and the same “girl,” she will not “take a place” where she cannot have it. Her manner of brandishing it is a gesture of insolent triumph over decency and order. She sweeps it across mirrors and pictures, wriggles it into corners, and pokes it into hollows. It leaves a gray arc of dust within every right angle, and, when conscientiously wielded, cannot possibly do anything better than to scatter into the air clouds of floating matter that must fall again, and shortly.

It was assuredly not a feather-duster the management of which George Eliot describes in “Adam Bede.” “How it went into every small corner, and on every ledge in and out of sight; how it went again and again round every bar of the chairs, and every leg, and under and over everything that lay on the table! If you had ever lived in Mrs. Poyser’s household you would know how the duster behaved in Dinah’s hand.”

Such feats are only practicable to the soft cloth spoken of just now. It must not be too large or too small, and there must

not be a particle of starchy dressing in it ; it must be of washable material, and it must be washed often.

The cheese-cloth square, hemmed on all sides except where there is a selvedge (query—"self-edge?"), so nearly meets these requirements that many housekeepers prefer it to any other fabric. It is cheap, takes up the dust obediently, does not scratch polished wood or gilt, and grows better with every washing while it hangs together. It has two defects—it soon wears into holes, and no housekeeper with whom I have compared notes on the subject ever yet succeeded in getting back from the laundry five per cent. of the cheese-cloth dusters that are sent down for cleansing. Some ingenious women feather-stitch the hems with Turkey-red cotton for convenience of identification ; one adds to this precaution that of drawing with indelible ink a great cross in the middle of each square, and another writes the number of every duster upon it in figures six inches long. The end of the cheap conveniences, plain and marked, is to be degraded into dish-cloths, floor-cloths, wash-cloths—every kind of cloth that your servants like "to have handy." Two days of this sort of misapplication ruin an article whose chief merit is flimsiness, and renders recognition on the part of the inquisitive employer impossible.

For several successive seasons I submitted with resignation, born equally of mean-spiritedness and of philosophy, to this species of petty larceny, employing each summer a worthy and needy seamstress to make up four or five dozen cheese-cloth dusters (feather-stitched with red), and finding myself at the end of the winter's campaign the possessor of, at the most, four disreputable fragments. Nobody had purloined or misappropriated so much as one of them. The general opinion in the kitchen-cabinet was that "they had blown off the line on wash-day—they were *that* light!" Chancing to mention my evil case to a friend, she advised me to try the chamois-cloth duster. I have used none other since. It is just the right size, the surface is soft and furry, collecting the dust and holding it until the duster is shaken sharply. It is the color of a new chamois skin,

and has a border of purple, red, or blue. It can be washed again and again, and outlasts ten cheese-cloth squares. Its individuality is so marked that no amount of soaking in dish-water, or scrubbing of tables, chairs, and candle-sticks can disguise it into the semblance of a kitchen-rag.

If you would know of what quantity of dust such faithful dusting as fingers with brain and conscience behind them remove from your rooms, wash your chamois-cloth duster yourself after two days' use. The grime left in the bottom of the bowl will incite you to renewed diligence in keeping organic and inorganic "atoms" away from your household gods.

With hardwood floors and rugs, the work of dusting is comparatively easy, because so much floating matter is carried out of the house with the rugs, and taken up by the cloth used in wiping the floor. Still, it settles in the shape of non-analyzable fluff in corners, and beneath sofas and cabinets, and veils polished surfaces grayly. The price of comparative cleanliness is daily dusting, done thoroughly—*as hirelings never do it*. The hall-mark of the eye-server is the neglected soap-dish in the bedroom and the undusted rungs of chairs all over the house. Bear continually and bravely in mind the truism with which this homely chat began :

"There is no respite to our contact with the floating matter of the air."

M. H.

PIES.

GOOD pastry is expensive. Indifferent pastry is indigestible and unpalatable ; a mere waste of materials that might be used to advantage in some other way. When we reflect upon the small percentage of tolerable pastry one finds in the multitudinous brigades of pies concocted for family and guest throughout this great land of ours, the wonder remains and grows that The National Pie maintains its sovereignty. A hopeful feature of the outlook is that students of dietetics and educated housewives combine to relegate pastry to the background in making up daily bills-of-fare, and exclude it altogether from the nursery table. No growing child should be allowed to eat pies, good or indifferent, which in this connection is a synonym for bad.

The dictum that pastry should be avoided in summer is almost as rigid as the foregoing sentence of banishment. It is harder to make good pie-crust in hot weather than in cold, and much harder to digest it.

Yet, because excellent puff-paste is so deliciously toothsome, and because people who have once tasted it will have it again and yet again, a select list of pies is herewith presented, with instructions for making the crust that must underpin and mask their contents. A word as to the same contents. Many of them would find equal favor with the eaters if they were baked in deep dishes as puddings, with no crust at all. Many more—notably many kinds of ripe fruit and all kinds of custard and pumpkin pies—would be more acceptable if baked with no bottom crust. This opens a loop-hole of escape for the conscientious house-mother whose “men-folks” must have pie three, four, six days in the week, let the thermometer be what it may.

Let her make excellent pastry for their delectation half or a third of the time, and pudding-pies the rest of the week. Puff-paste on Tuesday, Thursday, and Saturday, costs no more than so-called family pie-crust from Sunday to Sunday.

A GOOD PUFF-PASTE.

One quart of sifted flour ; one and one-half cupfuls of butter (three-quarters of a pound) ; one cupful of ice-water.

Before beginning the work make butter, flour, chopping-bowl and knife, pastry-board and rolling-pin ice-cold, by setting out-of-doors in winter, and in warmer weather upon the ice. Chop butter and flour together until the former is in bits no larger than a pea. Pour in the ice-water and mix with the chopping-knife to a paste. Do not touch it with your hands.

Turn out upon the well-floured pastry-board, and roll quickly—always from you—into a sheet about half an inch thick. Dredge lightly with flour, fold it into three thicknesses, turn the roll lengthwise toward you, and roll out again—still from you. Dredge, fold, and roll twice more. Fold lightly, lay upon a dish, and set on ice until thoroughly chilled. All night is not too long. When you are ready to make your pies, divide the paste into as many pieces as you wish to have pies, and roll each piece separately. Too much handling and folding makes pastry stiff.

HOW TO MAKE A PIE.

That is, after the paste is made and chilled, and the proposed contents of the pie are prepared.

Roll out the paste about an eighth of an inch thick for the lower crust, half as thick again for the upper. Dust the plate with flour, cut out a round paste larger than the plate, and lay it lightly upon the place prepared for it, holding the sides up until the middle touches the plate and then letting it settle into shape. Press lightly upon it to drive the air from beneath. Brush the bottom crust with white of egg to keep it from becoming soaked and soggy. Put in the filling, cover the pie ; moisten the

edges of the lower crust to make the upper stick to it. Otherwise it may "crawl" in baking. Cut a strip of pastry over an inch wide, wet the under side, and lay upon the outer rim of the upper crust. Run a sharp knife all around to cut off ragged bits, and, with the back of knife or jaggings-iron, indent the upper strip into any pattern you like. Or you may merely press it lightly upon the crust beneath. Make a gash in the centre of the top crust, or prick in several places with a fork to let out the steam generated in cooking.

PUMPKIN PIES.

Four cupfuls of stewed pumpkin; two quarts of milk; eight eggs; two cupfuls of white sugar; two teaspoonfuls of mixed mace, nutmeg, and cinnamon.

Beat the yolks of the eggs light and put the sugar with them. Press the pumpkin through a colander and stir the eggs and sugar into it. Add the milk, spice, and the whipped whites of the eggs. Have very deep pie-plates for pumpkin pies, and after you have floured the plates and lined them with the paste, cut slashes here and there in this, that it may not puff up too much. Stir the pumpkin custard well before you pour it in. Of course no top crust is used.

MINCE PIES.

Four pounds of lean beef; four quarts of chopped apples; one quart of chopped suet; one quart of stoned raisins; one pint of cleaned currants; one pound of citron, cut in small pieces; one scant quart of sugar; one pint of molasses; three tablespoonfuls of mace; three tablespoonfuls of cinnamon; two tablespoonfuls of allspice; three tablespoonfuls of salt; one and one-half tablespoonfuls of cloves; four grated nutmegs; juice and rind of three lemons; two ounces of candied lemon-peel; two ounces of candied orange-peel; half a pint of orange wine; one quart of California brandy.

This will make a large quantity of mince meat.

Bake with a bottom crust and lay narrow strips of pastry in a sort of trellis-work over the top.

RICE-AND-RAISIN PIE.

Boil half a cupful of rice in two quarts of water until tender, or for about twenty minutes. Drain until thoroughly dry. Beat four eggs light. Add half a cupful of sugar and beat again, then add one pint of milk, one tablespoonful of vanilla and the boiled rice. Line two pie-dishes with good, light paste, and cover the bottom of the dishes with seeded raisins. Fill with the rice mixture and bake in a quick oven about thirty minutes, or until the rice is solid. Beat the whites of two eggs to a meringue with a little powdered sugar, spread over the top and brown lightly.

APPLE PIE. (No. 1.)

Pare, core, and slice well-flavored tart apples, and fill a pie-dish with them, strewing sugar and nutmeg between the layers. Have the dish very full, as the fruit shrinks in cooking. Cover with a good crust. If you have a lower crust, brush with white of egg before putting in the apples.

APPLE PIE. (No. 2.)

Stew and strain tart apples, season and sweeten to taste, and while still hot, beat in a tablespoonful of butter for two cupfuls of sauce. Let it cool, line your pie-plates with crust, wash with white of egg and pour in the apple sauce. Cover with crust and bake. It is very good without a lower crust.

Or—

Bake without the upper crust, and let them get cold. Send around cream with them. "Cheese," says a little girl in a popular novel, "is very good with apple pie."

CREAM-APPLE PIE.

Make and bake according to Apple Pie No. 2, and let it get ice-cold. Heap with whipped cream and cut through the white covering, as if it were not there, serving the cream with the pie. It is delicious.

MERINGUE APPLE PIE.

Make and bake as you would No. 2, and just before drawing from the oven, cover evenly with the meringue of the whites of two eggs, beaten stiff, with a tablespoonful of powdered sugar. Brown lightly. Eat cold.

APPLE-CUSTARD PIE.

Stew and strain enough finely flavored tart apples to make a large cupful of sauce. Sweeten well and season with nutmeg or mace. Beat two eggs light and pour upon them half a cupful of hot milk to which has been added a bit of soda not larger than a pea. Let sauce and custard get cold, beat quickly together, fill a pie-dish lined with good paste (brush the latter with white of egg before the filling goes in), and bake, without an upper crust, in a quick oven. It is very nice and will be still better for the addition of such a meringue as that mentioned in the last recipe.

Peach pies are delicious when made according to this recipe.

WHOLE PEACH PIE.

Peel small or medium-sized peaches. Fill a deep pie-plate with them, heaping them toward the centre of the dish, and sprinkling them liberally with sugar. Cover with a top crust and bake. Eat while warm.

PEACH-AND-ALMOND PIE.

Peel free-stone peaches, cut open one side of each, extract the stone carefully and replace with a blanched almond. Sweeten to taste. Cover with crust and bake.

PEACH MERINGUE PIE.

Peel, stone, and stew enough peaches to fill a pie-plate. Sweeten well. Line the plate with a good paste, fill with the stewed peaches, and bake until done. Draw the pie to the mouth of the oven, and spread over it a meringue made of the whites

of three eggs, beaten stiff with three tablespoonfuls of powdered sugar. Let this come to a delicate brown in the oven, and eat the pie when it is very cold.

PEACH PIE WITH WHIPPED CREAM.

Make as directed in last recipe, but let the pie get cold before heaping whipped cream upon the top. Eat as soon as the cream is put upon it.

PEACH COBBLER.

A South Carolina Dish.

Line a pudding-dish with puff-paste. Peel, halve, and stone enough ripe peaches to fill the dish. Crack about a dozen peach-stones and scatter the kernels among the halved peaches. Sweeten plentifully, and when the peaches are all in pour in a glass of brandy for every cupful of fruit. Cover with paste, pinched well down at the edges to keep in the strength of the brandy. When the crust has hardened, cover with paper to keep it from burning. A "cobbler" that holds a quart of peaches (halved and stoned) will take an hour to bake.

OPEN PEACH PIE.

Pare and halve the peaches; line a pie-plate with pastry and lay the peaches within it, cut sides downward. Strew two tablespoonfuls of sugar over the lower layer, and sprinkle with a teaspoonful of lemon-juice and bake in a brisk oven. Eat cold with whipped cream, or just warm with cream and sugar.

PLUM TART AND CREAM.

Select blue plums or ripe green gages; stem and stone them, and fill with them a deep pie-plate, or, better still, a shallow pudding-dish; strew with sugar; cover with an upper crust, and after cutting several slits in the pastry to allow the steam to escape, bake in a moderate oven. When ready to serve lift the crust, lay it upside down on a large plate, turn the plums out upon the paste, and smother all with whipped cream.

This is an English recipe and fine.

STRAWBERRY PIE

is very good made according to the foregoing recipe, also raspberry pie.

CHERRY PIE. (No. 1.)

Line a pie-plate with paste; wash with white of egg and fill with whole ripe cherries that have been washed and picked over. Sweeten abundantly. Cover with a crust and bake.

CHERRY PIE. (No. 2.)

Stone ripe cherries. Save every drop of juice that escapes during the process. Line a pie-plate with crust, sweeten the cherries plentifully and fill the plate with them. Heat the juice to scalding, and stir into it half a teaspoonful of corn-starch or arrow-root; pour over the cherries and bake twenty minutes in a good oven, or until the paste edge is lightly browned.

APRICOT TARTS.

Peel, stone, and halve ripe apricots; line a pie-plate or small pâté-pans with puff-paste and wash with white of egg. Pack the halved apricots in layers upon the crust, with a blanched almond in each half. Put in the first layer with cut sides down, hiding the almonds, and the second with the rounded sides downward, showing an almond-pit in each. Sugar abundantly and bake in a quick oven.

Canned apricots, somewhat insipid in themselves, are nice prepared in this way, as are canned peaches.

CRANBERRY TART.

Prick the cranberries clear through with a needle and allow for each cupful a heaping tablespoonful of seeded and chopped raisins. Line a pie-dish with paste, wash with white of egg. Allow for each cupful half a cupful of sugar. Bake with paper laid over the pie until the cranberries are broken, then leave in the oven fifteen minutes longer. You may omit the raisins if you like.

RIPE GOOSEBERRY PIE.

Top and tail the berries. Line the pie-dish with crust, wash with white of egg and fill with berries, sweetening well. Bake with or without an upper crust.

GREEN GOOSEBERRY TART.

Top and tail the fruit. Put into an agate-iron or porcelain kettle, with a very little water to prevent burning, and stew until they break. Sweeten lavishly and let them get cold. Line a pie-plate with paste, wash with white of egg, fill with the stewed berries, and bake with or without an upper crust.

CURRANT TART.

Like the green gooseberries, currants deserve the name of tart. Line a pie-dish with paste, wash with white of egg and fill with stemmed currants. Sweeten very liberally; you can hardly get the currants too sweet. Bake with or without the top crust.

RHUBARB TART.

Skin the stalks and cut into inch lengths. Put into a sauce-pan with a few spoonfuls of water and stew soft. Sweeten while hot; stir in a teaspoonful of butter and a beaten egg for each cupful of fruit, and bake in an open crust washed with white of egg.

All of these tarts are good baked with a top crust alone.

RHUBARB PIE.

Skin and cut into small pieces. Line a pie-dish with pastry, wash with white of egg, and fill with the raw rhubarb, scattering sultana raisins among the fruit. Sweeten plentifully; put on a top crust and bake. Brush with white of egg while hot and shut the oven door to glaze the crust.

Eat cold.

CUSTARD PIE.

Make a custard by pouring two cupfuls of hot milk upon three beaten eggs which have been whipped light with four tablespoonfuls of sugar. Flavor with vanilla or other essence. Line a pie-dish with paste, wash with white of egg, pour in the custard, and bake.

COCOANUT-CUSTARD PIE.

Make a custard as in the last recipe, and while still hot stir in half a cupful of grated cocoanut sweetened with two tablespoonfuls of powdered sugar. Heat over the fire for three minutes, pour into a pie-plate lined with puff-paste, and bake.

COCOANUT PIE.

Cream half a cupful of butter and a cupful of sugar with a tablespoonful of rose-water and a tablespoonful of sherry. Beat into this a scant cupful of grated cocoanut, whip in the stiffened whites of three eggs, and bake in pie-plates lined with puff-paste.

ORANGE PIE.

Cream two tablespoonfuls of butter with three-quarters of a cupful of sugar, beat in the juice and half the grated rind of one large orange and half the grated peel and juice of one lemon. Whip light, add the beaten yolks of three eggs; fill two pie-dishes lined with puff-paste with the mixture and bake. When the pies are done whip the whites of the eggs stiff with two tablespoonfuls of powdered sugar and spread upon them, returning to the oven for a few minutes to bake the meringue.

LEMON PIE. (No. 1.)

Peel a lemon, taking all the thick white inner rind off with the outer. Chop the pulp of the lemon and grate the yellow peel, removing all the seeds. Pare and core a fine pippin and chop it also. Cream a tablespoonful of butter with a cupful of

sugar, beat in the lemon, the apple, and the grated peel, and bake in open shells of pastry. You can, if you like, add a meringue like that on the orange pie.

LEMON PIE. (No. 2.)

Cream a tablespoonful of butter with a cupful of sugar, beat into the cream the juice of a lemon and half of the grated peel, then a large spoonful of raisins, seeded and chopped, and a teaspoonful of arrow-root or corn-starch wet with cold water. Beat hard and bake with upper and lower crusts of puff-paste.

LEMON TARTLETS.

Five eggs ; five tablespoonfuls of sugar ; one quart of milk ; one-third cupful of prepared flour ; one lemon, a large one, juice and grated peel ; a pinch of salt. Heat the milk, stir in the flour wet with a little cold milk, and heat again, stirring all the while. Pour upon the beaten yolks and sugar ; cook for one minute. Take from the fire and beat in the lemon-juice and grated rind. Have ready, baked and hot, some shells of puff-paste lining *pâté-pans*. Fill with the mixture and cover each with a meringue made of the whipped whites and a little powdered sugar. Put into the oven to set, and lightly color the meringue. Eat fresh, but not hot.

CHRISTMAS LEMON TART.

Two cupfuls of sugar ; one cupful of butter ; six eggs ; two lemons ; two large tablespoonfuls of brandy ; one teaspoonful of grated nutmeg.

Beat butter and sugar together, add the whipped yolks, the juice of one lemon and the rind of two, the nutmeg, the brandy, and the stiffly beaten whites of the eggs. Bake in small pastry-shells and use no top crust.

AMBER, OR "TRANSPARENT," LEMON PIE.

Cream half a pound of butter with a pound of sugar ; beat in the yolks of six eggs ; the juice and grated peel of a lemon ; half

a teaspoonful of nutmeg and a tablespoonful of brandy ; finally, the whites of four eggs, whipped stiff.

Bake in open pie-crust, washed over with the white of an egg. When done, spread upon the top the whites of two eggs, beaten to a meringue, with two tablespoonfuls of sugar, and a little lemon-juice. Leave in the oven a few minutes to set the meringue. Eat cold.

SWEET OMELETS.

OMELET AUX CONFITURES.

SEVEN eggs ; two tablespoonfuls of sugar ; one-half cupful of milk (or cream) ; grated peel of half a lemon ; one-half cupful of marmalade or jam. Beat yolks and whites apart and very stiff. Add sugar, lemon, and milk to the yolks ; then, with a few rapid whirls of your egg-beater, the whites. Put the marmalade in the bottom of a neat bake-dish (buttered), pour on the omelet, and bake until it has puffed up high and begins to "crust" well. Serve in the bake-dish at once or it will fall. Eight minutes should suffice to cook it.

BAKED OMELET SOUFFLÉ.

Beat the yolks of four eggs smooth with three tablespoonfuls of powdered sugar and a teaspoonful of essence. In a separate bowl whip the whites so stiff that you could cut them with a knife. Fold the whites lightly into the yolks and the sugar and turn into a buttered pudding-dish, still lightly. Sift powdered sugar over the top, and bake in a steady oven until lightly browned.

Send immediately to the table in the dish.

FRIED OMELET SOUFFLÉ.

Mix as above, but fry, as you would a plain omelet, in a little butter in a frying-pan. Turn out upon a very hot platter, sift powdered sugar over it, and serve instantly.

APPLE OMELET.

Into a cupful of strained apple sauce stir, while it is hot, a tablespoonful of butter, half a cupful of powdered sugar, and half a teaspoonful of mace or nutmeg. Let it get cold and add the beaten yolks of five eggs. Beat hard and high for two minutes, and put in the stiffened whites very gently with a good pinch of soda dissolved in a teaspoonful of cream. Turn the mixture into a buttered and heated bake-dish and bake in a steady oven until puffy and delicately browned. Send at once to the table.

JELLY OMELET.

Beat the yolks of five eggs light ; add then two heaping tablespoonfuls of powdered sugar ; next, four tablespoonfuls of cream ; finally, the stiffened whites. Have ready a tablespoonful of butter in a frying-pan, and when hot pour in the omelet. As it "sets," spread upon one-half of it several spoonfuls of currant, grape, or other jelly. Double the omelet upon the jelly and turn out upon a hot platter. Sift powdered sugar over it, and serve.

CUSTARDS, BLANC-MANGE, JELLIES, ETC.

GENERAL RULES FOR CUSTARDS.

1. Five eggs and as many tablespoonfuls of sugar for each quart of milk is a safe general rule for custard making.
2. Do not let the milk really boil before adding it to the eggs.
3. Do not stir the eggs and sugar into the milk, but pour gradually the hot milk upon them.
4. A pinch of soda in the milk is a safeguard against curdling.
5. Always cook custard in a double boiler, or in a vessel set within another of boiling water. Scorching, or "catching," is impossible if this precaution be taken.
6. Experience is the only teacher as to the precise moment when a custard has thickened sufficiently. The mixture should be as smooth as rich cream and coat the spoon evenly. If the spoon, dipped in and withdrawn, has a thin, slightly granulated liquid clinging to it, the custard is still raw. Watch incessantly for the right instant of removal from the fire.

BOILED CUSTARDS.

One quart of milk ; yolks of five eggs and the whites of seven ; six tablespoonfuls of sugar ; two teaspoonfuls of vanilla.

Scald the milk, stir in the yolks, beaten light, with the sugar. Pour the hot milk upon these, "fold" in the whites of five eggs, return to the fire, and stir until it thickens. When cold, season

and pour into small cups. Whip the whites of two eggs to a meringue with a tablespoonful of powdered sugar, and heap a large spoonful upon each cup.

The meringue is improved by the substitution of half a glass of currant jelly for the sugar. Whip it up with the whites until you have a pink froth.

BAKED CUSTARDS.

Make as above directed, but instead of returning to the fire, after pouring the hot milk upon the eggs, fill buttered custard-cups with the mixture; set in a pan of hot water and bake until set. Then draw to the door of the oven and heap the meringue high upon the custards. Close the oven door to color the meringue slightly.

CHOCOLATE CUSTARD.

One quart of milk; five eggs; one cupful of sugar; four heaping tablespoonfuls of grated chocolate; two teaspoonfuls of vanilla extract. Scald the milk, rub the chocolate to a smooth paste in a little cold milk. Stir into the milk and cook two minutes in it. Beat up the yolks of the five eggs with the whites of two, and the sugar. Pour the hot mixture, gradually, upon them, stirring deeply. Turn into a buttered pudding-dish, and set in a dripping-pan of boiling water. Bake until firm. When "set" in the middle, spread quickly, without taking from the oven, with a meringue made by whipping the reserved whites stiff with a very little sugar. Bake until this is done. Eat cold.

STRAWBERRY CUSTARD.

Make a custard of one pint of milk, the yolks of three eggs, and four tablespoonfuls of sugar. Set it aside to cool. Beat the whites of the eggs until stiff, add to them four tablespoonfuls of powdered sugar, and beat again until stiff and white. Put about a pint of strawberries into a deep dish, pour over the custard, heap the whites in spoonfuls over the top, dust with sugar, place in the oven a moment to brown. Serve ice-cold.

ARROW-ROOT CUSTARDS.

Scald two cupfuls of milk, and stir into it a heaping tablespoonful of arrow-root wet up with a little cold milk. Cook until it thickens; take from the fire and pour upon the yolks of two eggs, beaten smooth with four tablespoonfuls of sugar. Return to the fire, stir for two minutes, season to taste, and pour into custard-cups. Set these in a pan of hot water in the oven. Beat the whites of the eggs to a meringue with two tablespoonfuls of sugar, and when the cups have been three minutes in the oven, heap them with the meringue, sift powdered sugar over it, and leave in the oven to color lightly. Eat ice-cold.

ORANGE CUSTARDS.

Take a pint of orange-juice into which the juice of one lemon has been squeezed. Put to it the yolks of six eggs very well beaten, a pound of granulated sugar, and the grated peel of one orange. Stir these over a slow fire till they are just ready to boil, then pour into custard-cups. Eat cold.

STRAWBERRY FLOATING ISLAND.

Make a custard of a quart of milk, the yolks of five eggs, and a cupful of sugar. Cook until smooth, and when it is cool flavor it with lemon-juice. Beat the whites of the eggs stiff with three tablespoonfuls of powdered sugar, and into this whip the sweetened juice from a pint of crushed strawberries. Serve the custard, when ice-cold, in a glass dish with spoonfuls of the strawberry meringue floating on top. The meringue should not be made until just before it is to be eaten.

PLAIN FLOATING ISLAND

is made as in the last recipe, but the meringue is flavored with vanilla, or other essence, or beaten up with fruit jelly of some kind. It is pretty when speckled by currant jelly, broken up just enough to leave red bits here and there in the stiffened whites.

ARROW-ROOT PUDDING.

Three tablespoonfuls of arrow-root. Get the Bermuda if you can, or you may require more; three cupfuls of fresh milk; two tablespoonfuls of sugar; one tablespoonful of butter; one-quarter pound of crystallized peaches, chopped fine. Heat the milk to scalding, and stir in the arrow-root wet up with cold milk. Stir ten minutes, and add sugar and butter. Stir five minutes more, and pour out. When nearly cold beat in the fruit. Pour into a wet mould. When cold and stiff turn out upon a dish, and eat with sugar and cream. It is very good without the fruit, but needs more sugar in making.

PLAIN BLANC-MANGE.

Soak half a box of gelatine for two hours in a cupful of milk. Scald three liberal cupfuls of milk and stir into it half a cupful of sugar. (Put a bit of soda into the milk.) Pour the milk over the soaked gelatine, stir one minute over the fire to make sure that the gelatine is dissolved, and strain through a cloth. When cool, flavor and pour into a mould wet with cold water.

TUTTI-FRUTTI BLANC-MANGE.

Make as just directed, season with rose-water, and when the blanc-mange begins to thicken in the bowl, add one teaspoonful of citron, minced fine, a tablespoonful of blanched and pounded almonds, one of seeded and chopped raisins, and the same of cleaned currants. The blanc-mange should be firm enough to hold the fruit and not to let it sink to the bottom of the mould, into which turn it when all the ingredients are in. Set on ice and eat with whipped cream.

BAVARIAN CREAM.

Soak half a package of gelatine in a cupful of cold water for two hours. Heat a pint of rich milk and pour upon the soaked gelatine, stirring until it is dissolved. Then add it to the yolks of four eggs, beaten light, with a scant cupful of powdered sugar.

Stir over the fire for four minutes, remove and flavor, and let it get cold, but not harden. It should be like yellow cream when you beat into it, a spoonful at a time, a pint of whipped cream. When it is all in, put into a wet mould and set in the ice to form.

There are countless varieties of Bavarian cream, but the base of all is that just given.

TAPIOCA CUSTARD.

Soak four tablespoonfuls of tapioca (pearl) in two cupfuls of cold water for four hours. Scald a quart of milk and pour upon the tapioca without draining the latter, adding a good pinch of salt. Stir over the fire to a boil and turn, gradually, upon the yolks of three eggs, beaten light, with a cupful of sugar. Cook in a double boiler until thick. Ten minutes should be enough. Pour into a bowl, and when it is quite cold, fold into the custard the whipped white of the eggs, with a teaspoonful of vanilla or other extract. Set upon ice until it is wanted. The whites should be added not more than half an hour before you mean to serve the custard.

Brandied peaches are a pleasant accompaniment to this dessert.

TAPIOCA BLANC-MANGE.

One scant cupful of tapioca ; one large cupful of cold water ; two cupfuls of milk ; one cupful of sugar ; two teaspoonfuls of vanilla ; pinch of salt and the same of soda in the milk. Soak the tapioca in the water four or five hours. Scald the milk, stir in the sugar, then the soft, clear tapioca. Cook and stir fifteen minutes ; take from the fire, pour into a bowl, put in your egg-beater and whip two minutes to get out the lumps. Flavor, and mould in cups or bowls wet with cold water. When firm, turn out and eat with cream.

CORN-STARCH BLANC-MANGE WITH BRANDIED PEACHES.

One quart of milk ; four tablespoonfuls of corn-starch wet in cold water ; three beaten eggs ; one cupful of sugar ; grated peel

of half a lemon ; one saltspoonful of salt. Scald the milk in a farina-kettle ; stir in corn-starch, lemon, and salt, and cook five minutes. Pour this upon the beaten eggs and sugar, return to the fire, and stir two minutes more. Pour into a wet mould and set in a cold place for four or five hours. Turn out upon a broad glass dish and lay brandied peaches about the base. In helping it out put a peach upon each share of blanc-mange.

COFFEE BLANC-MANGE.

One-half package of gelatine ; two scant cupfuls of milk ; one cupful *strong* clear coffee ; one-half cupful of sugar ; pinch of soda in the milk ; one-half cupful of cold water. Soak the gelatine two hours in the water. Scald the milk, stir in soda and sugar until dissolved, add the gelatine, and, this melted, the coffee, hot and freshly made. Boil all together two minutes and strain through a thick cloth into a wet mould. Eat with cream and sugar.

CHOCOLATE BLANC-MANGE.

Make a plain blanc-mange with half a package of gelatine, a pint of hot milk, and a scant half cupful of sugar ; rub four liberal tablespoonfuls of grated chocolate smooth with a little milk and add to the boiling milk. Stir over the fire until the mixture almost boils. When cold, flavor with vanilla and turn into a wet mould.

TEA, COFFEE, AND CHOCOLATE BLANC-MANGE.

One quart of milk ; one package of gelatine ; one cupful of sugar ; two tablespoonfuls of grated chocolate ; one cupful of *strong* tea ; one cupful of strong coffee. Soak the gelatine an hour in a cupful of cold water. Heat the milk to boiling and add the gelatine. When this is dissolved, put in the sugar, stir until melted, and take from the fire. Strain through thin muslin and divide into three parts. Into the largest stir the chocolate, rubbed smooth in cold water ; into another the tea, and into a third, equal to the second, the coffee. Return that containing the chocolate to the farina-kettle, and heat scalding-

hot. Rinse out the kettle well with boiling water, and put in, successively, those portions flavored with the tea and the coffee, scalding the vessel between each. Wet several small cups or glasses with cold water. Pour the chocolate into some, the tea into others, and the coffee blanc-mange into the rest. When cold, turn out upon a flat dish and eat with sugar and sweet cream.

NARCISSUS BLANC-MANGE.

One quart of milk ; one package of gelatine, soaked in two cupfuls of cold water ; yolks of four eggs, beaten light ; two cupfuls of white sugar ; one large cupful of sweet cream, whipped with a little powdered sugar, and flavored with vanilla ; rose-water for the blanc-mange. Heat the milk to scalding. Stir in the sugar and gelatine, and when these are dissolved, beat in the yolks, and cook two minutes. Turn out into a shallow dish to cool. When it begins to form, put a few spoonfuls at a time into a bowl, and whip vigorously, flavoring with rose-water. When it is a yellow sponge, put into a wet mould, with a cylinder in the centre. When it is firm, turn into a dish, and fill the hole in the middle with whipped cream just churned. Lay more whipped cream about the base. Like all other preparations of gelatine, this should be kept upon ice until you are ready to use it.

EASTER EGGS.

Make a quart of blanc-mange in the usual way. Empty twelve egg-shells through a small hole in one end and rinse well with cold water. Divide the blanc-mange into four parts. Leave one white ; stir into another two beaten yolks ; into a third chocolate ; into the fourth cochineal coloring. Heat the yellow over the fire long enough to cook the egg. Fill the shells with the various mixtures, three of each. Set upright in a pan of meal or flour to keep them steady, and leave until next day. Then fill a glass bowl more than three-quarters full with nice wine jelly broken into sparkling fragments. Break away the egg-shells, bit by bit, from the blanc-mange. If the insides of the shells have been properly rinsed and left wet, there will be no trouble

about this. Pile the vari-colored "eggs" upon the bed of jelly, lay shredded preserved orange-peel, or very finely shredded candied citron about them, and surprise the children with them as an Easter-day dessert.

PEACH TRIFLE.

Three cupfuls of milk; four tablespoonfuls of sugar; three eggs; one small sponge cake; peaches peeled and sliced. Make a boiled custard of the milk, yolks of eggs, and half the sugar. Slice the cake, lay it in the bottom of a glass dish, soak with the custard and heap it with the sliced peaches, strewing these plentifully with sugar. Beat the whites to a meringue with two tablespoonfuls of sugar, and cover the peaches with this. Have all the ingredients very cold before mixing them.

SPONGE-CAKE TRIFLE.

Split horizontally a "card" loaf of sponge cake and spread between the halves a cupful of whipped cream into which has been stirred a heaping tablespoonful of sugar, the juice and half the grated rind of a lemon. Do this just before serving. Sift powdered sugar on the top of the cake. An easy and delightful dessert.

GOOSEBERRY TRIFLE.

One quart of green gooseberries; one and one-half cupfuls of granulated sugar; two cupfuls of milk; three eggs; one pint of whipped cream. Cook the gooseberries in a double boiler until they are soft enough to run through a colander and add one cupful of sugar, or more if they are very sour. While they are stewing make a boiled custard of the milk, eggs, and half a cupful of sugar. When the pulped gooseberries are cool, pour them into a glass dish, cover them with the cold custard and heap the whipped cream on top.

RASPBERRY TRIFLE.

Six small sponge cakes, such as are sold for a cent apiece at bakers' shops; one quart of milk; five eggs; one cupful of

sugar ; one quart of red raspberries ; one cupful of sweet cream ; vanilla for flavoring. Make a custard of the milk, the sugar, and the yolks of the eggs ; let it get cold and flavor to taste with vanilla. Pour the cold custard into a dish, cover lightly with the raspberries dredged with powdered sugar. Whip the cupful of cream, sweeten slightly, and heap irregularly upon the berries. Set on ice until it is served. It should not stand ten minutes after the berries go in.

RASPBERRY CREAM.

Half a box of gelatine ; half a cupful of cold water ; half a cupful of boiling water ; one cupful of sugar ; one pint of cream, whipped ; one pint of raspberry-juice.

Soak the gelatine one hour in the cold water, then put it with the sugar and boiling water in a double boiler over the fire and stir until thoroughly dissolved. Add the raspberry-juice ; strain and set in a cool place. When it has begun to form stir in the whipped cream, turn into a mould, and set on the ice to harden.

RASPBERRY FLUMMERY.

One quart of red raspberries ; one small cupful of pearl tapioca ; half a cupful of sugar ; two cupfuls of cold water ; two cupfuls of boiling water.

Soak the tapioca several hours in the cold water, then put it on the fire with the boiling water and stir until clear. Add the sugar, and when the tapioca is lukewarm, stir in the berries. Eat, when ice-cold, with cream and sugar.

STRAWBERRY FRENCH CREAM.

Soak half a box of gelatine in a small cupful of cold water for half an hour. Stir in the juice and rind of one lemon and one and one-half cupfuls of sugar, and let it stand an hour longer. Pour on this two cupfuls of boiling water, stir until dissolved, strain, and set aside to cool. When it begins to harden, whip the whites of three eggs stiff and beat into it the jelly, a little at a time, until you have a smooth sponge. Stir in then half a pint

of fresh, firm strawberries, turn all into a mould, and set on the ice for a couple of hours. Eat with sweet cream.

STRAWBERRIES IN JELLY.

Half a cupful of gelatine ; one and one-half cupfuls of sugar ; one lemon ; one cupful of cold water ; two cupfuls of boiling water ; one pint of capped strawberries.

Make a plain lemon jelly, and when it begins to form arrange the berries in regular order in the bottom of a mould wet with cold water. Pour the jelly in upon them, and put all on the ice until the jelly is cold and hard. Turn out on a platter and garnish with whipped cream.

STRAWBERRY FOAM.

Sprinkle a pint of capped strawberries with sugar, and set them aside in this for an hour, when the juice will be found to run freely. Press the berries in a sieve and extract all the juice. Have ready a half-ounce of gelatine soaked in cold water for half an hour ; add to this three tablespoonfuls of sugar, and heat to the boiling-point. When the gelatine is thoroughly dissolved, stir in the strawberry-juice and the juice of one lemon ; strain, and when it is cool and begins to thicken beat into it a half-pint of whipped cream. Set on the ice until thoroughly chilled.

STRAWBERRY SPONGE.

Soak half a box of gelatine in half a cupful of cold water. Hull and mash one quart of strawberries, and sprinkle over them half a cupful of sugar. Boil one cupful of water and half a cupful of sugar together twenty minutes, but do not boil hard. Rub the berries through a hair-sieve or fine colander ; add the soaked gelatine to the boiling syrup, take from the fire, turn into a bowl, and add the berry-juice ; stir until the gelatine is all dissolved ; add the juice of one lemon, place the bowl in a pan of crushed ice and beat with an egg-beater for five minutes. Add the whipped whites of four eggs, and beat the whole until it be-

gins to thicken. Pour into wet moulds and set on the ice to harden. Serve very cold with cream.

ROSE CREAM.

Soak one ounce of pink gelatine in a cupful of cold water until soft. Pour over it two cupfuls of boiling water and stir until dissolved. Add a cupful and a half of sugar, and enough of the extract of rose to flavor it very decidedly. Set the jelly thus made in a cool place, and when it begins to form whip it into the whites of three eggs which you have beaten to a froth. Beat until the jelly and the eggs are a stiff sponge, and then turn this into a prettily shaped mould wet with cold water. Let it stand on the ice for some minutes before it is used.

FRENCH ORANGE JELLY.

Squeeze the juice from five oranges and one lemon and remove every seed. Rub two of the oranges with six lumps of sugar so as to make each lump very yellow and oily ; in this way you obtain the flavor of the peel. Add half a pint of boiling syrup made by boiling one scant cupful of granulated sugar and the yellow lumps with two tablespoonfuls of water for five minutes. When nearly cold add an ounce of gelatine that has been dissolved in a little water ; stir well. Turn into a wet mould and set in a cold place until firm.

STRAWBERRY CHARLOTTE.

Cover one-fourth of a box of gelatine with a quarter of a cupful of cold water. Whip one pint of cream until it makes three pints. Boil with one-third of a cupful of granulated sugar a small cupful of milk ; when boiling add the gelatine and stir until dissolved. Strain it into a bowl and add a tablespoonful of lemon-juice. Stand the bowl in a pan of crushed ice, stir occasionally, and when the mixture is cold and begins to thicken, stir in lightly the whipped cream. Line a mould or a plain bowl with whole strawberries, and when the cream is nearly stiff enough to drop, pour it into the mould.

SNOW PUDDING.

One-half package of gelatine ; three eggs ; one pint of milk ; two cupfuls of sugar ; juice of one lemon ; one large cupful of boiling water. Soak the gelatine one hour in a cupful of cold water, then stir in two-thirds of the sugar, the lemon-juice, and the boiling water. Beat the whites of the eggs to a stiff froth, and when the strained gelatine is quite cold, whip it into the whites, a spoonful at a time, for half an hour. When all is white and stiff, pour into a wet mould, and set in a cold place. When the mixture is stiff dip the mould into hot water, and turn out into a glass dish. Make a custard of the milk, yolks, and the rest of the sugar, flavoring with vanilla. Boil until it begins to thicken. When the meringue is turned into the dish, pour this custard, cold, about the base.

COCOANUT BLANC-MANGE.

Make a plain blanc-mange with a scant measure of milk. When the gelatine has been added, mix in a cupful of boiling water in which a grated cocoanut has been soaked for fifteen minutes, then beaten up hard in it, finally strained out of it in a coarse cloth. The cloth must be squeezed and wrung to get every drop of moisture from the cocoanut. Whip the mixture together well and put into a wet mould.

ORANGE TRIFLE.

One pint of cream, whipped stiff ; three eggs—yolks only ; one cupful of powdered sugar ; one-half package of gelatine, soaked in a cupful of cold water ; juice of two sweet oranges ; grated rind of one orange ; one cupful of boiling water. Stir the soaked gelatine in the boiling water. Mix the juice, rind, and sugar together, and pour the hot liquid over them. Should the gelatine not dissolve readily, set all over the fire and stir until clear. Strain, and stir in the beaten yolks. Heat quickly within a vessel of boiling water, stirring constantly lest

the yolks should curdle. If they should, strain again through coarse flannel. Set aside until perfectly cold and slightly stiff, when whip in the frothed cream. Wet a mould, fill, and set it on ice.

CHARLOTTE RUSSE. (No. 1.)

Line a dish with sliced sponge cake or with lady-fingers, and fill the centre with whipped cream sweetened slightly and flavored to taste.

This is the simplest form of the popular delicacy.

CHARLOTTE RUSSE. (No. 2.)

Line a glass dish as directed in last recipe, spread the cake with jelly or jam and fill with whipped cream.

CHARLOTTE RUSSE. (No. 3.)

Line a mould with sponge cake, sliced, or whole, or with lady-fingers fitted neatly to the sides and bottom, and fill with such a mixture as you would prepare for snow pudding. Set on ice until firm, and turn out carefully upon a flat dish.

TIPSY PARSON.

Line a glass dish with sliced sponge cake, pour upon this two glasses of sherry, and when the cake is well soaked fill the centre with whipped cream, sweetened and flavored to taste.

Or—

Fill the space in the middle of the cake with a rich, cold custard, or a snow-pudding mixture.

HEDGEHOG TRIFLE.

Lay an oblong sponge cake in a glass dish and soak with wine. Stick blanched almonds in it in regular rows from end to end, half burying them in the cake. Now soak in warm custard, poured over it, a large spoonful at a time, and when the custard is absorbed, heap whipped cream about the base. Eat cold. A pretty dessert and easily made.

PEACH TRIFLE.

Stew peaches soft, run through a colander, sweeten to taste, and return to the fire to get hot. You should have a pint of the peach sauce when this has been done. Soak half a box of gelatine in a cupful of cold water for four hours; when the peach sauce is again scalding, stir in the soaked gelatine. As soon as it is dissolved, remove from the fire and let it get cold, but not stiff before you add, lightly and quickly, two cupfuls of whipped cream. Fill a wet mould with the mixture and set on ice. When firm, turn out.

You can use apple sauce, canned peaches, apricots, cherries, plums, strawberries—indeed any canned or ripe fruit for this purpose, and be satisfied with the result.

VICTORIA PUDDING.

Two cupfuls of milk; four eggs; half a package of gelatine; half a cupful of sugar; vanilla or other essence; one sponge cake; two glassfuls of wine; raspberry or other jelly. Soak the gelatine in the milk for one hour. Put into a farina-kettle with a tiny bit of soda and heat to boiling, stirring until the gelatine is dissolved. Pour upon the beaten eggs and sugar; return to the fire and cook one minute. Pour half, when cold, into a wet mould. After half an hour, cover this with slices of sponge cake with jelly spread between them. Wet these well with wine. Add the rest of the custard and set the mould upon ice or in a cold place.

WHIPPED CREAM.

The secret of success in whipping cream lies mainly in the coldness of everything employed in the process. Fill a good syllabub churn—there is no better than Silver's upright glass egg-beater—with ice, and put the cream itself in the ice, for an hour or more before you use it. Turn a cupful of cream into the chilled churn if you wish to have a pint when it is whipped, and set the churn—in warm weather—in a bowl of ice while you work the piston up and down, steadily, but never fast, until the

cream is smooth and firm, like a good meringue. Sweeten to taste.

The work is so simple and the cream, when whipped, may be wrought up into so many delicious compounds, that it is a pity not to learn how to prepare it.

WINE JELLY.

Soak a package of clear gelatine in a cupful of cold water until it absorbs it all. Have ready the juice of two lemons in which the grated peel of one has been soaked one hour. Strain the juice through muslin, squeezing hard, upon three cupfuls of sugar, add a liberal pinch of cinnamon, put into a bowl with the soaked gelatine and pour over all a quart of boiling water. Set over the fire for three minutes, stirring all the time, and strain through a double flannel bag without squeezing. Let it drip until the bag is empty. When the jelly is cool, put in a cupful of wine—white, or Madeira, or sherry. Wet a mould with cold water and fill with the jelly. When it is firm and you are ready for it, wrap a cloth wrung out of hot water about the mould and invert over a glass dish.

CLARET JELLY.

Make as directed in foregoing recipe, substituting claret for sherry.

CIDER JELLY

may be made in the same way, using clear cider instead of wine.

LEMON JELLY.

Make like Wine Jelly, but omit the wine and put in its place one small cupful of cold water. Use three lemons instead of the two required for wine jelly.

ICES.

1. Rock-salt is better for freezing ices than common salt.
 2. Break the ice as fine as possible. If you have no plane with which to shave it, put it into a stout sack, lay it upon the floor or upon stone and beat with a wooden mallet or the flat side of a hatchet until the ice is like coarse snow.
 3. Do not turn off the salt water too often. It is the chief agent in the work of congelation.
 4. Pack ice and salt in alternate layers and hard all around and over the freezer when the contents are frozen and you wish to hold them at that point until they are to be served.
 5. Instead of dipping the freezer into hot water when you wish to turn out the ice or cream, wrap about it a cloth just wrung out of hot water, and shake the freezer very gently.
- There are freezers now in general use that will freeze a gallon of cream in fifteen minutes. Get the best and take care of it when you have it.

DELMONICO ICE-CREAM.

One quart of rich milk. Eight eggs, whites and yolks beaten together. Four cupfuls of sugar beaten with the eggs, after the latter are light. One quart of rich cream. One vanilla bean, broken in two, boiled in the custard, and left in until the latter is cold, then fished out.

Scald the milk and turn it upon the beaten eggs and sugar. Pour the hot milk gradually upon the mixture and return to the fire in a double boiler. Stir for fifteen minutes, or until you have a thick custard. Let it cool, take out the bean, beat in the cream, and freeze.

Extract of vanilla may be used instead of the bean, but it is not so good.

SELF-FREEZING ICE-CREAM.

One quart of milk; eight beaten eggs; three pints of rich cream; four cupfuls of sugar; one vanilla bean boiled in the custard, or five teaspoonfuls of vanilla essence. Heat the milk; pour it upon the eggs and sugar. Cook, stirring steadily, fifteen minutes, or until it has thickened well. When cold add the cream and set on ice. Early next morning beat in the cream and put all in a freezer set in a pail. Put a block of ice between folds of carpeting and beat small. Put a thick layer into the outer pail, then one of rock-salt. Fill the pail in this order and beat the custard for five minutes with a flat stick. Shut tightly; pack pounded ice and salt over it and put a folded carpet over all. In an hour and a half open the freezer, first wiping off the salt. Dislodge the frozen custard from sides and bottom with a knife and beat until the custard is a smooth paste. Replace the cover, let off the water, and pack more pounded ice and salt about it. Put back the folded carpet. The cream will take care of itself for four hours, with a visit of three minutes every two hours to let off the water and pack in more salt and ice. Do not open the freezer until you are ready for the cream. Then take it out, wipe it off, wrap a towel wrung out in hot water about the lower part, and invert it upon a flat dish.

CHOCOLATE ICE-CREAM.

Make as for Delmonico Cream, adding five tablespoonfuls of grated chocolate, rubbed smooth with a little cold milk.

COFFEE ICE-CREAM.

Scald one pint of pure cream, dropping in a bit of soda; add two cupfuls of sugar, and when this has melted, one cupful—a large one—of black coffee, very clear and strong. Finally, stir in a heaping tablespoonful of arrow-root wet up with milk. Boil, stirring constantly for five minutes after the boil recommences.

Let the mixture get cold and beat in a pint of whipped cream. Freeze.

FRUIT ICE-CREAM, WITH THE FRUIT FROZEN IN.

Make such a custard as that indicated in the recipe for Delmonico Cream, and when it is half-frozen open the freezer to beat in a quart of peaches, cut up small, or minced pineapple, or oranges, or berries, or bananas well sweetened. Replace the top of the freezer, and proceed to freeze the contents.

FROZEN PUDDING.

Two quarts of vanilla ice-cream ; mace ; cinnamon ; nutmeg ; one lemon, juice, and grated peel ; one cupful of pale sherry ; one pound of crystallized fruits, chopped ; one cupful of sugar ; half a pound of seeded raisins, and same of minced citron. Chop fruits, raisins, and citron fine ; add wine, lemon-juice, and peel ; season to taste with spice ; stir in the sugar, and cook in a closely covered jar or pail, set in hot water, two hours. When cold beat into the vanilla ice-cream and freeze. In the city you can prepare the fruit and send to a confectioner to do the rest. Served with whipped cream it is especially delicious.

TUTTI-FRUTTI ICE-CREAM.

Make and half-freeze a custard such as is prepared for Delmonico Ice-Cream, and beat into the stiffened mass a pint of crystallized fruit and, if you wish it, minced citron, raisins, and currants mixed with them. Beat in with the fruits the juice and grated peel of a lemon and a glass of pale sherry. Put the top back, and freeze.

LEMON ICE-CREAM.

Stir into a quart of rich, perfectly sweet cream, two cupfuls of sugar, and when it is dissolved, pour into a patent freezer. When the crank turns so stiffly that you know the work is half-done, open the freezer and add the juice of two lemons and the grated peel of one and a half. Do it quickly, replace the cover, and turn fast for awhile lest the acid should curdle the cream.

You can treat frozen custard in the same way, adding the lemon mid-way in the freezing.

BANANA ICE-CREAM.

Pare and mince six fine ripe bananas (with a silver knife) and stir into two quarts of lemon ice-cream when half-frozen. Beat the fruit in well and freeze quickly. City housekeepers can send the bananas to a confectioner to be minced and frozen. The product of this receipt is truly luscious.

Cocanut is also a pleasing addition to ice-cream. It should be freshly grated, and be added just before freezing.

A FRUIT SURPRISE.

One quart of fruit—berries, peaches, bananas, oranges, or bananas and oranges in combination—chopped or crushed. One cupful of cold water; two cupfuls of sugar, stirred in with the fruit; whites of four eggs—unbeaten. Mix and freeze. This “surprise” will be delightful and complete. Apple sauce, prunes, or dates, stewed and chopped fine, may be substituted for fresh fruit, and will defy recognition when the ice is served.

NESSSELRODE PUDDING.

Make a rich custard as for Delmonico Ice-Cream, and when more than half-frozen add half a pound of *marrons glacés* cut into dice, taking out the paddle from the centre of the freezer, and thrusting, with a long-handled spoon, the *marrons* down into the centre of the custard. Replace the top of the freezer, turn it a dozen times to settle the contents, pack down with fine ice and rock-salt, and leave it for two hours at least.

Turn out the frozen pudding and heap whipped cream about the base.

BROWN BREAD ICE-CREAM.

One quart of cream; half a pound of sugar; three slices of Boston brown bread, dried and toasted.

Boil half the cream and dissolve the sugar in it. Add the

uncooked cream, and when cold freeze it. Crush and sift the brown bread, beat it into the frozen cream, and let it stand packed in ice for three hours.

STRAWBERRY MOUSSE.

Mash a quart of berries with two cupfuls of sugar, and leave on ice for three hours. Soak for the same time half a package of gelatine in a cupful of cold water. Then pour a cupful of boiling water over the soaked gelatine, and stir over the fire until it is dissolved. Rub the berries through a fine colander, add the dissolved gelatine, and let it get cold. As soon as it is as thick as thin starch, beat into it, gradually, a quart of whipped cream, blending this thoroughly with the other ingredients. Pour into a freezer and freeze.

SHERBET, OR LEMON ICE.

Six lemons—juice of all and half the grated rind ; one large sweet orange ; three tablespoonfuls of chopped pineapple ; one pint of cold water ; two cupfuls of sugar. Steep the grated peel and pineapple for one hour in the lemon-and-orange juice. Squeeze hard through a muslin bag, mix with the sugar and water. When the sugar is dissolved turn into a freezer and freeze.

ORANGE ICE.

Make and freeze as you would lemon ice, using the juice of six oranges, the grated peel of three, and the juice only of two lemons, and omitting the pineapple.

CURRENT ICE.

One pint of currant-juice ; one quart of water ; one cupful of sugar. Stir until the sugar is dissolved, strain, and freeze.

CURRENT AND RASPBERRY ICE.

One pint of currant-juice ; half a pint of juice of red raspberries ; one pint of water ; one cupful of sugar.

When the sugar is dissolved strain the liquid, and freeze.

CURRENT AND RASPBERRY ICE-CREAM.

Half a pint of currant-juice ; half a pint of raspberry jam ; one pint of new milk ; one pint of cream ; one cupful of sugar.

Mix all thoroughly and freeze.

CHERRY ICE.

One quart of tart, well-flavored cherries ; two cupfuls of sugar ; two cupfuls of water ; one gill of brandy or one-half gill of maraschino.

Stone the cherries, remove the kernels from a dozen of the stones, rub them to a paste, and put with the crushed cherries. After these have stood together for an hour squeeze out the juice, add the sugar and water, stir until the sugar is dissolved, strain again, add the brandy or cordial, and freeze.

ROMAN PUNCH.

Two quarts of water ; one pound of sugar ; five lemons ; half a pint of Jamaica rum.

Boil the sugar and water together for fifteen minutes. Take it from the fire and, when perfectly cold, add the juice of the lemons. Put it into a freezer and, when about half frozen, add the rum. Let the punch stand in the freezer, packed in ice, for two hours before serving.

STRAWBERRY ICE.

Juice of two quarts of strawberries, mashed and strained ; equal quantity of water ; two pounds of sugar ; whites of four eggs.

Mash the berries, cover with sugar, let them stand one hour or more, then press out the juice, add the water, and freeze. When half-congealed, add the whites of eggs. Close carefully and freeze again.

RASPBERRY MOUSSE.

One quart of rich cream ; one gill of raspberry-juice ; half a cupful of powdered sugar.

Sweeten the cream, mix the juice with it, and whip all until very light and frothy. Freeze as you would ordinary ice-cream.

RASPBERRY ICE.

Four cupfuls of water; two cupfuls of raspberry-juice; two cupfuls of sugar; two lemons—the juice alone.

Mix the juice of the raspberries and lemons with the sugar, and let them stand for an hour. Strain through a wire sieve, add the water, and freeze.

CURRANT AND RASPBERRY ICE.

Make according to the foregoing recipe, but with one quart of currants and the same of red or white raspberries. The combination is delicious.

STRAWBERRIES IN AMBUSH.

When a plain custard is frozen pull out the central paddle or "beater" and fill the space thus left with fine ripe strawberries that have been thoroughly chilled on the ice, and dredged with sugar just as they are going into the freezer. Spread frozen cream over them, replace the top, and pack down the freezer in rock-salt and fine ice. Leave it thus for two hours, turn out, and serve.

COFFEE FRAPPÉ.

To one quart of strong black coffee add four tablespoonfuls of sugar and a cupful of cream. Pack in a freezer and proceed as with ice-cream. Serve in glasses.

GINGER ICE-CREAM.

Make a custard as directed for Delmonico Ice-Cream, and, when half frozen, stir in a cupful of preserved ginger minced very fine with two tablespoonfuls of syrup from the preserves. Cover the freezer and freeze until firm.

GINGER ICE

is made by adding the minced preserved ginger to two quarts of lemon or pineapple ice.

FRUIT DESSERTS.

MELONS.

KEEP on ice until you are ready to serve them. Wipe water-melons and lay on a large platter with carving-knife at hand. Wipe "nutmeg" or musk-melons, cut in two, scrape out the seeds, and put a lump of ice in each half. They are eaten with fine sugar, with pepper and salt, with a mixture of grated ginger and sugar, or without any seasoning other than their own spiciness.

APPLES.

Polish and pile in a fruit-dish or basket.

ORANGES.

Send in whole or with the peel half stripped off and curled up against the fruit, or you may cut them in half crosswise and serve plain, or with sugar sprinkled thickly over them and a teaspoonful of rum or sherry poured on the sugar. When served thus they are eaten with a spoon.

PEACHES AND PEARS.

Wipe and pile, with bits of ice between, upon a broad dish or in a basket, with grapes and green leaves.

BLACKBERRIES, STRAWBERRIES, AND RASPBERRIES.

Pick over, capping the strawberries and rejecting unripe or decayed berries, but never washing them. Water ruins the flavor irretrievably. Send around "fruit" sugar with the berries, also cream.

Large strawberries are often served with the stems on and dipped into sugar by the eater, who holds them by the stem in doing this. Wash and drain huckleberries and serve with sugar and cream.

FROSTED CURRANTS.

Whites of two eggs; four tablespoonfuls of water; powdered sugar at discretion.

Select large, fine bunches of currants, dip each in the egg and water, and then roll in the sugar. Lay on waxed paper to dry. When all have been treated in this way give the currants a second dip in the sugar.

BANANAS AND CREAM.

Peel and slice crosswise at table a banana for each saucer, strew with fine sugar and cover with cream. The bananas should be ice-cold. They are very nice eaten in this way.

BARTLETT PEARS AND CREAM.

Pare and slice the pears, sugar and cream for each guest as he is served. Any mild, tender pear can be eaten with sugar and cream.

PEACHES AND CREAM.

Peel just before serving the peaches, and if they are to stand but five minutes, set on ice. Sugar upon the saucer as they are helped out, and cover with cream.

STRAWBERRIES AND CLARET.

Set the berries in ice until almost frozen. As you serve them, sprinkle abundantly with sugar, and pour claret over them.

BANANAS AND WINE.

Sprinkle sugar on sliced bananas and pour over them a wine-glassful of port or sherry. These are very nice.

TROPICAL SNOW.

Twelve sweet oranges; one grated cocoanut; one cupful of powdered sugar; four red bananas. Peel and cut the oranges into small pieces by dividing each lobe crosswise into thirds. Extract the seeds and put a layer of the fruit in the bottom of a glass dish. Strew with powdered sugar. Over the layer of oranges spread one of cocoanut; cut the bananas into very thin, round slices, and lay these, one deep, upon the cocoanut. Repeat the order just given until your dish is full and the oranges and bananas are used up. The top layer must be of cocoanut sprinkled with powdered sugar and garnished about the base with slices of banana. Eat soon.

PINEAPPLE AND WINE.

Pineapples cut into dice, mixed with sliced oranges or halved strawberries, or sliced bananas, sprinkled with sugar and moistened with a couple of tablespoonfuls of sherry or claret, make a delicious dessert, if served ice-cold.

PINEAPPLE IN THE SHELL.

Cut off the top and lay it aside. Trim the bottom to make it stand steadily upon a plate. Cut out the inside, leaving a wall half an inch thick. Pick the part taken out into small bits with a silver fork. Cut two peeled oranges into small dice, saving all the juice. Mix with the shredded pineapple, sugar well, put into a glass jar, and bury in ice for two hours. When you are ready to serve the fruit fill the shell of the pineapple with this mixture, pour in a tablespoonful of sherry, put on the top and send immediately to table.

You may substitute strawberries for oranges.

Or you may serve simply the shredded pineapple with the wine. In this case, purchase two pineapples. The shredded contents of two will hardly fill one shell.

AMBROSIA.

Peel and cut into small bits six fine juicy oranges, and lay in a glass dish alternately with strata of grated cocoanut, strewing each relay thickly with fruit-sugar. The uppermost layer must be cocoanut with sugar sifted thickly over it. In helping out the ambrosia give the guest choice of accompanying nectar in the shape of a teaspoonful of the best Jamaica rum poured upon each saucerful, or the same quantity of sherry.

SAVORIES.

OUR grandmothers had a fashion of inviting home-people and guests to take a pickle, a sliver of ham or of salted fish, oftenest of all, a cracker and a morsel of cheese, "to take the sweet taste out of the mouth" after dinner. For a like reason modern professors and amateurs in gastronomic art are bringing into vogue what, for want of a fitting French phrase, we call "Savories," as a sequel to harmonious luncheons and more stately dinners.

Prominent among these stands the genus Cheese, with its numerous species—patrician, middle-class, and plebeian.

"Remember, they say," quotes the author of that graceful and gracious extravaganza—"The Feasts of Autolycus"—"Remember, they say, 'as well woman with but one eye as a last course without cheese.'" Her essay upon "The Indispensable Cheese" is a prose poem over which the culinary connoisseur lingers with a tenderly smiling mouth that waters meanwhile.

Another and a homelier proverb says of cheese that "it is warranted to digest everything except itself." This, we take it, applies to the heavier cheeses, eaten as *pièces de résistance* at noon-day dinners and hearty suppers rather than to the delicate tid-bits that round off course dinners and efface from tongue and palate the sweet that will be sour presently. Gorgonzola, Roquefort, and Gruyère demand a degree of education in the partaker who would appreciate the flavor of each, de Brie and Camembert must be chosen wisely and eaten sparingly. All are served with crackers, and as savories demand a touch of piquancy, there must be a little devilment in this same biscuit or crackers. Toast and butter saltines, and spread thinly with a coating of

anchovy paste, caviare, or *pâté de foie gras*, or the butter may be sprinkled lightly with cayenne, or paprica, then strewed with grated cheese. Cheese-straws and ramakins may follow a repast that began with fruit or raw oysters. The sandwich also comes into service at this stage of the meal.

SAVORY TARTINES.

Cut Boston brown bread thin, buttering it on the loaf, and cut each slice into two small triangles. Spread one with grated Parmesan cheese and sprinkle with cayenne, the other with anchovies rubbed smooth with a little French mustard. Lay them together, inclosing the mixture.

SWEET PEPPER AND CHEESE TARTINES.

Cut Boston brown bread (buttered) into strips three inches long and one wide, and cover thickly with cream-cheese or with Neufchâtel. Strew upon the cheese sweet green-peppers, chopped fine and sprinkled with a few drops of lemon-juice. Close the strips upon the mixture.

ANCHOVY CROÛTONS.

Slice white bread into strips or three-cornered "sippets," and fry to a pale brown in hot butter. Drain and let them cool suddenly that they may be the more crisp. Lay upon one the thinnest imaginable slice of cool tomato, a translucent shaving of cucumber, next an anchovy picked into shreds and sprinkled with paprica and lemon-juice. Press lightly with a silver knife to keep all in place, and keep cold until served.

SUNNY BITS.

Pick anchovies into shreds, season with paprica, lemon- and onion-juice, and spread upon thin slices of buttered white bread or upon heated crackers, also buttered. Cover with yolk of egg boiled mealy and rubbed to a powder.

A SCOTCH TID-BIT.

Butter heated "Scotch biscuits" and spread with herring-
roes, seasoned with cayenne or paprica and a few drops of lem-
on-juice. You can substitute pickled shad-roes for the herring,
if you like.

SCOTCH WOODCOCK.

Heat Scotch biscuits (brown crackers known by that name)
very hot, and spread lightly with a mixture made by rubbing to-
gether a tablespoonful of butter with one of anchovy paste and
the same quantity of powdered hard-boiled yolk of egg.

SARDINE CANAPÉS.

Cut strips or squares of stale bread thin, butter and set in a
quick oven to color lightly. Spread with a mixture of sardines,
skinned and picked fine, then rubbed smooth with butter and
seasoned with lemon-juice, a dash of paprica and a suspicion of
French mustard.

AN ENGLISH SAVORY.

Broil delicate slices of breakfast-bacon, pepper lightly, touc-
yet more coyly with a little made mustard, and lay each slice
between two slices of Graham bread, cut thin and buttered.

A CHICAGO SAVORY.

Carve cold corned beef so thin that it curls in following the
knife. Each piece should be a translucent shaving. Arrange
upon a bed of water-cresses and serve. Each person transfers a
dainty shaving and a sprig of cress with thumb and finger from
dish to plate.

A VIRGINIA POUSSE-CÂFÉ.

Slice cold ham as directed in the foregoing recipe, and curl
the slices upon small crisp lettuce-leaves. Serve a leaf and a
curl of pink ham upon each cool individual plate and send to
table.

STUFFED OLIVES.

With a keen, narrow pen-knife cut the olive in one piece from the stone, around and around like a thick paring. Fill the space left by the extraction of the stone with a paste made by rubbing skinned and boneless sardines smooth with butter, lemon-juice, and the merest dash of onion-juice. Set the dish containing them in the ice for at least one hour before serving.

You can buy stuffed olives from the grocers if you would avoid the trouble of making them. Set the glass dish in which they are laid upon ice.

MIXED PICKLES.

Line a dish with lettuce or cresses and pile within it tiny pickled gherkins or cucumbers, olives, pickled limes (small), and other miniature pickles, keep on ice until very cold and pass at the conclusion of a hot-weather luncheon or dinner.

BROILED MUSHROOMS.

Peel and stem flat mushrooms, roll in melted butter and broil quickly. Lay upon thin, crisp slices of toast, each of which has been wet with a teaspoonful of mingled sherry and lemon-juice. Pepper and salt the mushrooms while hot. let them and the toast get very cold, and serve as a savory.

SANDWICHES.

HAM SANDWICHES.

MINCE the ham very fine, putting the fat with the lean. Work into this a suspicion of made mustard, and spread it upon white buttered bread. Always cut the crust from the bread unless it is very soft.

CHICKEN SANDWICHES.

Mince cold boiled or roast chicken fine, season it with pepper and salt to taste, and stir it to a paste with a little melted butter. Spread this upon thin white or brown bread, buttered and cut as directed above.

CHEAP CHICKEN-AND-HAM SANDWICHES.

When chickens are scarce and dear, buy for forty cents a can of boned chicken; mince and mix with a like quantity of chopped ham, seasoning with pepper, and adding a little melted butter. This will make two dozen large sandwiches.

ROLL SANDWICHES.

Take finger-rolls that are at least half a day old. Cut them in two, lengthwise. Scoop out the crumbs and fill the hollow thus left with chicken, tongue, or ham. Tie the two halves together with a narrow ribbon. It is a pretty idea to indicate the filling used by different colored ribbons. Thus, the tongue sandwiches may be tied with a red ribbon, the ham with pink, and the chicken with light yellow.

Almost any sort of filling that is good in other sandwiches

may be used for rolls. The old method of laying slices of meat between the sides of biscuit or pieces of bread makes graceful eating extremely difficult, and it is always best to chop the filling for all meat sandwiches.

SARDINE SANDWICHES.

Lay the sardines upon tissue-paper for a few minutes to free them from the oil in which they come. Reject all bits of skin or bone, and break the sardines to bits with a fork. Work into them a little melted butter and a few drops of lemon-juice, and spread them upon buttered bread or rolls.

EGG SANDWICHES.

Boil several eggs hard, rub the yolks to a powder, and chop the whites to extreme fineness. Mix yolks and whites to a paste with mayonnaise dressing or melted butter, season to taste, and spread upon brown or white bread.

EGG-AND-ANCHOVY SANDWICHES.

Mix two anchovies fine and add them to your egg-paste. Spread rolls or biscuit with this. Anchovy paste also makes a good filling for sandwiches and is excellent to spread thinly upon buttered crackers.

LOBSTER-MAYONNAISE SANDWICHES.

Chop cold boiled lobster fine and moisten it with a thick mayonnaise dressing. Select white bread, a day old, butter each slice on the loaf, and cut very thin. Spread one slice with the lobster mixture and lay another slice over it. Do not have the sandwich the size of the whole slice, but cut it into squares, oblongs, or triangles that are easily managed. Salmon mayonnaise or chicken mayonnaise sandwiches are also very good.

CHEESE-AND-LETTUCE SANDWICHES (VERY GOOD).

Cut Boston brown bread into thin slices, butter one of these lightly, and spread it with Neufchâtel or Philadelphia cream-

cheese. On this lay a leaf of lettuce which has been dipped for a moment in French salad dressing. Place another slice of buttered brown bread upon this and cut the round into three triangular sandwiches. Water-cress may be used in place of lettuce.

FRENCH SANDWICHES.

Mince and mix a quarter of a pound of tongue and the same of ham to a paste with two tablespoonfuls of butter and three minced truffles. Season with paprica, a few drops of lemon-juice, and five drops of onion-juice. Spread between thin slices of bread, laying a few water-cress leaves upon the mixture in each before enclosing between the two slices.

SAVORY SANDWICHES.

Mix a cupful of chopped chicken, a generous slice of boiled ham (minced), three tablespoonfuls of butter, half a teaspoonful of mace, and a few drops of onion-juice into a soft paste with a few spoonfuls of oyster-liquor. Set in a saucepan of boiling water and stir until smoking-hot. Set aside to get cold, and spread between thin slices of Graham bread.

TONGUE SANDWICHES.

Mix a cupful of finely chopped tongue with half as much boiled ham, stir in three tablespoonfuls of melted butter beaten light with as much salad oil, half a teaspoonful of made mustard, and a quarter of a teaspoonful of paprica. When the mixture is smooth and light set in a saucepan of boiling water over the fire and cook until it is thoroughly heated. Beat in the yolk of a whipped egg, take from the fire and set by until perfectly cold. Spread between thin slices of bread.

MAYONNAISE SANDWICHES.

Mix together a cupful of cold minced chicken and a dozen champignons, chopped fine; season with salt and paprica and beat into the mixture a cupful of good mayonnaise dressing. Cut thin rounds of bread and spread this mixture between them.

CREAM-CHEESE SANDWICHES.

Rub together half a Philadelphia cream-cheese, a tablespoonful of butter, the powdered yolks of two hard-boiled eggs; season with salt and paprica and spread this between crackers—saltines, or water-thin biscuits, or “sea-foams.”

Home-made cottage cheese can be substituted for the Philadelphia.

PIQUANT SANDWICHES.

Cut bread very thin, buttering it lightly on the loaf. Upon each slice spread a filling made by mixing three hard-boiled eggs, minced extremely fine, with half their bulk of sharp green pickle chopped equally small. Season this compound with salt and pepper to taste, and work in a little butter. Lay another thin slice of bread, buttered side down, over this, and cut them into square and triangular sandwiches.

CELERY SANDWICHES.

With a sharp knife cut white tender celery into bits a quarter of an inch long until you have a cupful. Mix with it two minced eggs that have been boiled twenty-five minutes, then left in cold water until they have cooled to the heart. Chop them fine and rub through a coarse sieve, work up well with the celery and beat in two tablespoonfuls of mayonnaise dressing. Spread between thin slices of buttered bread.

LETTUCE SANDWICHES.

Cut thin slices from the end of a loaf of Graham bread, buttering before slicing. Cut these into rounds with a cake-cutter. Spread each slice with mayonnaise dressing and enclose between every two a leaf of crisp “heart” lettuce. Trim off the projecting edges of the leaves.

CRESS SANDWICHES

are made in the same way.

TUTTI-FRUTTI SANDWICHES.

Chop together a quarter of a pound each of crystallized cherries, peaches, and apricots, or other tart fruit. Wet the paste with a tablespoonful of wild-cherry liquor and spread between buttered water-thin biscuits.

Pass with lemonade or claret cup at afternoon receptions as a variation upon the everlasting cake and wine, cake and cream, cake and coffee.

RAISIN SANDWICHES.

Seed and mince fine layer raisins; moisten with wine, and spread between thin biscuits, buttered.

WALNUT-AND-CHEESE SANDWICHES.

Chop a cupful of English walnuts, or hickory-nut meats, fine, mix with one-fourth the quantity of cream-cheese; salt to taste and spread between thin slices of buttered Boston brown bread.

SAUSAGE SANDWICHES.

Cook link sausages in enough water to cover them until the water, evaporating, leaves them dry. Let them get cold, cut crosswise into the thinnest possible slices. Slice Graham bread thin when you have buttered it on the loaf, lay upon each slice a lettuce-leaf, then a slice of sausage, then a mere wafer of cucumber-pickle, put another buttered slice over this, and you have a relishful sandwich for a winter's afternoon tea or a supper.

BEEF SANDWICHES.

Season a cupful of rare roast beef, chopped fine, with a little celery-salt, a teaspoonful of tomato catsup, half as much Worcestershire sauce, ten drops of onion-juice, and a scant tablespoonful of melted butter.

Mix well and spread between thin slices of buttered bread.

MUTTON SANDWICHES.

Season a cupful of finely chopped rare mutton with salt, tomato catsup, and paprica. Chop a tablespoonful of capers fine and mix with four tablespoonfuls of mayonnaise dressing. Spread thin slices of bread with this mixture and enclose a layer of the mutton between every two slices thus prepared.

They are convenient and nice for picnics.

SUPPER CHEESE SANDWICHES.

Cut thin slices of rather stale bread into rounds with a biscuit-cutter. Work grated American cheese to a paste with a very little good stock—chicken, if you have it ; season with salt and cayenne. Cut thin slices of buttered bread into rounds with a cake-cutter, spread with the paste, press firmly together, and fry them in nice hot dripping or in half butter, half cottolene. Drain and serve hot. They are very savory.

BEVERAGES.

COFFEE.

BUY none except the very best coffee. A mixture of Mocha and Java in equal proportions is perhaps the most popular with good judges of the beverage.

“Coffee,” says the dietetist whom we have quoted so often in these pages, “owes its stimulant effect of the circulatory and nervous systems to the theime (or caffeine) and aromatic oil present. In order that coffee may be enjoyed in perfection, not only must it be free from admixture with the cheap and miserable adulterants commonly stated to improve its taste, but it must be freshly roasted to the right extent, freshly ground, and so made into a beverage that its soluble constituents are extracted without dissipating the aroma.”

Soyer, the distinguished French cook, contended that coffee should never be boiled. He was as strenuous in insisting that it must always be run twice (at least) through the strainer or filter attached to the French “biggin” or coffee-pot. When made, the coffee should be clear, bright, and have almost the color of strong old brandy.

BREAKFAST COFFEE.

A half-pint of ground coffee; a quart of freshly boiled water. It must be on the active boil. Put the coffee into the filter, or strainer, set the pot on the side of the range and pour the water (measured) from a boiling kettle into the upper strainer, until the whole quart is in. Wait until it has filtered through, when pour through the spout of the lower pot into a saucepan or other

hot vessel, and run it again through the filter. Do this three times, let the coffee-pot stand for three or four minutes in boiling water to make it scalding-hot, and serve by pouring it into a heated silver pot or directly into hot cups. It must not boil after it is made.

BLACK, OR AFTER-DINNER COFFEE.

One cupful of freshly ground coffee ; three large cupfuls of freshly boiled water. Make as directed in last recipe, running through the filter three times. Serve in small cups, and give the drinkers their choice of sugar or no sugar.

Black coffee is a good digestive agent and is far more wholesome than coffee mixed with cream or milk.

CAFÉ AU LAIT.

One-half cupful of ground coffee ; two cupfuls of boiling water ; one cupful and a half of fresh milk.

Make the coffee in the usual way. Strain into a coffee-pot or pitcher, add the milk, scalding-hot, and set for five minutes, closely covered, in boiling water.

When allowed to cool and then iced this is a favorite beverage at hot-weather luncheons and picnics.

TEA.

Directions for making this have already been given in full in the FAMILIAR TALK on "*Tea, Tea-Making, and Tea-Drinking.*"

CHOCOLATE.

Allow to six tablespoonfuls of grated chocolate a pint of boiling water, and as much milk. Rub the chocolate to a paste with a little cold water, and stir into the hot water. Boil twenty minutes ; add the milk and boil ten minutes longer, stirring often. Sweeten in the cups. It is improved by laying upon the surface of each cup a teaspoonful of cream.

MILLED CHOCOLATE.

When the chocolate has boiled twenty minutes, and before the milk goes in, take it from the fire and with it more than half fill one of Silver's tall glass egg-beaters which has been prepared for the scalding liquid by dipping and rinsing it in hot water. Churn vigorously for five minutes, return to the saucepan and set in hot water while you "mill" the rest, if you have too much for the churn. Add the hot milk and cook for five minutes after the chocolate reaches the boil.

Milling makes the beverage lighter in color and in weight, and is thought by epicures to render it far more delicate and delicious. Put a heaping teaspoonful of whipped cream upon each cupful when poured out.

COCOA.

"Cocoa," says a noted writer upon Dietetics, "is, for general use, a milder, less stimulating, and more nutritious beverage than tea or coffee." As it contains fifty per cent. of fat and twelve per cent. of albuminoids, the chemical analysis bears out the assertion.

Boil a pint of water, rub three tablespoonfuls of grated cocoa to a smooth paste with cold water and stir into the hot water. Boil ten minutes, hard, and pour upon it a pint of hot milk (with a bit of soda in it). Boil for ten minutes longer, stirring and beating well. Sweeten in the cups.

COCOA NIBS OR SHELLS.

This is a milder preparation of cocoa. They are called, incorrectly, "shells," being, in fact, the cocoa seeds dried, roasted, winnowed from the shells, or husks, and broken into coarse fragments known as "nibs."

Wet three tablespoonfuls with a little cold water, add to a pint of boiling; cook for one hour slowly, strain, and add a pint of hot milk. Boil one minute and serve.

CAMBRIC TEA.

Put a lump of loaf-sugar in a cup ; fill the cup one-third full of cream ; let it stand a minute to melt the sugar and fill up with boiling water direct from the kettle. To those whose nerves forbid the use of tea or coffee, and who do not like chocolate, this mild, nutritious beverage is cordially commended. There is no milk-and-water insipidity about it if the cream be genuine and the water on a fresh, violent boil.

It is especially good for invalids and sickly children.

LEMONADE.

Four lemons, rolled, peeled, and sliced ; four large spoonfuls of sugar ; one quart of water. Put lemons (sliced) and sugar into a pitcher and let them stand for an hour, then add water and ice. If you substitute Apollinaris for plain water you have a most refreshing drink.

ORANGEADE.

Make as you would lemonade, but add the juice of a lemon, a few bits of shredded orange-peel, and a slice of pineapple. Orangeade is insipidly sweet without these additions.

RASPBERRY OR BLACKBERRY VINEGAR.

Put a gallon of berries into a great crock and crush them well with a potato-beetle or wooden mallet. Cover an inch deep in cider-vinegar. Set in the hot sunshine for a day and leave all night in the cellar. Stir six times during the day of sunning. Strain and squeeze the berries dry and throw them away. Put another gallon of mashed berries into the strained vinegar and leave again in the sun all day and another night in the cellar. On the morrow strain and squeeze the berries and measure the liquid thus gained.

For each quart allow a pint of water, and for every pint of the water thus added, five pounds of sugar (you have then five pounds of sugar for every three pints of mingled juice, vinegar,

and water). Turn into a porcelain-lined or agate-iron kettle and set over the fire, stirring until the sugar melts. Heat to boiling, and boil hard one minute to throw up the scum. Skim well, take from the fire, strain, and, while still warm, bottle. Seal the corks with a mixture of beeswax and rosin.

RASPBERRY ROYAL

is made as in the last recipe, but a pint of fine brandy is added to every three quarts of the raspberry vinegar just before it is bottled.

BLACKBERRY CORDIAL.

Pound and squeeze enough blackberries through a coarse muslin bag to make a quart of juice. Put this into an agate-iron or porcelain-lined kettle, with a pound of sugar, two teaspoonfuls each of grated nutmeg, cinnamon, and allspice, and one teaspoonful of cloves. Tie the spices up in little thin muslin bags and stir the sugar until dissolved. Set over the fire and cook together, after the boil begins, fifteen minutes. Take off the scum, turn into a jar, and cover closely while it cools. When perfectly cold strain out the spices and add a pint of good brandy. Bottle and seal.

This cordial will keep for years and is valuable in case of summer complaint and other intestinal disorders.

STRAWBERRY SHERBET.

Crush two quarts of strawberries and strain through muslin upon a pound of granulated sugar. Set in a cold place, stirring now and then until the sugar melts. Add then a quart of cold water, the juice of a lemon, and a tablespoonful of maraschino. Cover closely and set on ice for an hour or more before you use it. As it goes to table throw in a handful of fine ripe strawberries capped, that one or two may float in each glass.

PINEAPPLE SHERBET.

To three pints of boiling water add a pound of sugar, and cook briskly for half an hour. While it is cooking pare a fine pine-

apple and grate or chop it fine. Add four teaspoonfuls of lemon-juice, and an orange cut into small bits. When the boiled syrup is cold, pour it upon the pineapple and orange, and bury the vessel containing the mixture in ice for two hours. When you are ready to use it, put a big block of ice in a punch-bowl and pour the mixture over it. Stir into it a wineglassful of sherry, and if they are in season, a handful of fine strawberries. If not, cut two dozen white grapes in half, take out the seeds, and put them in instead.

LARNED TEA SHERBET.

Measure four teaspoonfuls of good tea ("Ceylon-Bud," if you can get it) into a pitcher, and pour from the boiling kettle a quart of hot water upon it. Cover it closely and let it stand five minutes. Strain and set in a cold place until cool. Put a block of ice into a punch-bowl, and about it a cupful and a half of granulated sugar, and strain over this five tablespoonfuls of lemon-juice. Add the tea now, and, just before the sherbet is served, a pint of Apollinaris water.

A handful of strawberries, or bits of fresh orange-peel, floating on the surface is a pretty touch which you may add to your sherbet.

Or—

You may mix your sherbet in a pitcher, and fill the mouth of it with sprays of fresh mint.

ORANGE SHERBET.

Peel away all the rind and the white skin from six fine oranges, and scrape the pulp away from the inner membranes, saving every drop of juice. Put pulp and juice into a bowl with six tablespoonfuls of granulated sugar and the juice of a lemon. Stir until the sugar is melted, add two tablespoonfuls of pineapple dice, very small and thin, and set on ice until needed. Then put a block of ice into a punch-bowl, pour the mixture about it, and when you are ready to serve the sherbet add two bottles of Apollinaris water.

GINGER-ALE JULEP.

Put a scant cupful of granulated sugar into a glass pitcher, and squeeze upon it the juice of six large lemons. Set on ice until the sugar dissolves and you are ready to serve the sherbet. Stick half a dozen long stalks of mint in the pitcher, bruising the lower leaves slightly by pinching between the thumb and finger; put into the pitcher a cupful of pounded ice; shake hard for one minute and add two bottles of Ginger Ale. Pour out at once. It is a most refreshing and delicious drink in hot weather. The mint sprigs make it comely and graceful.

MINT JULEP.

Pound ice enough to fill as many glasses as there are people to be served. Into each glass put three or four sprigs of green mint and two lumps of sugar. Fill the glass with ice, stir, press, and shake until the sugar is dissolved; pour in, then, enough water to fill the interstices of the ice within an inch of the top, stir up the sugar, and add a tablespoonful of the best old whiskey. Stir this in, and the julep is ready for drinking.

This is the real old Virginia "hail-storm" julep, compounded and drunk with gusto and comparative impunity in a day when liquors were pure, and men knew the true meaning of temperance. Now the best place for the fragrant stimulant is the sick-room, where it does good service.

CLARET CUP.

Squeeze the juice of three lemons upon four tablespoonfuls of sugar; add a pint of ice-water; stir well and pour upon a block of ice set in a punch-bowl. Peel and slice a lemon as thin as paper, and float these slices with a few shreds of orange-peel upon the water before emptying a quart bottle of claret into the bowl.

SHERRY COBBLER.

Put four tablespoonfuls of granulated sugar into a pitcher and cover it with a lemon, peeled and sliced very thin, also a peeled

orange cut into tiny bits, and a good tablespoonful of minced pineapple. Add two cupfuls of pounded ice, cover the pitcher, and shake hard for a full minute, or until the ingredients are well mixed. Pour in a pint of ice-water, stir for a minute, and add four wineglassfuls of good sherry or Catawba. Stir up vigorously, and pour out.

Some epicures add a handful of strawberries and two or three slices of cucumber to the cobbler.

SAUTERNE CUP.

Put four tablespoonfuls of sugar into a bowl, strain over it five tablespoonfuls of lemon-juice, and set on ice for an hour. Stir well and mix into the syrup a tablespoonful of pineapple-dice, a handful of strawberries, or of white grapes, seeded and halved, and a few thin slices of cucumber. Empty a quart bottle of Sauterne upon the mixture; pour over a block of ice into a punch-bowl, and add a bottle of soda-water that has been on the ice for several hours. A few leaves of citron-aloes or lemon-verbena are sometimes laid upon the surface of Sauterne Cup.

EGG-NOGG.

Beat the yolks of six eggs light, and then with them half a cupful of granulated sugar; pour upon and mix with them a quart of milk; mix well and add half a pint of fine old brandy. Finally, whip in the whites of three eggs. The rest of the whites must be beaten to a meringue with a tablespoonful of powdered sugar, and a large spoonful laid upon the surface of each tumbler of egg-nogg as it is poured out.

MILK SHAKE.

Put a teaspoonful of sugar in the bottom of a half-pint tumbler and pour upon it milk enough to fill the glass to within an inch of the top. Stir to dissolve the sugar, flavor with a teaspoonful of maraschino or other liquor; put a tablespoonful of whipped cream upon the surface of the milk; cover the tumbler with a piece of clean white paper, put your hand firmly upon it to pre-

vent the escape of a drop of milk, and shake hard up and down for a full minute. Grate a little nutmeg on top and drink, or serve. It is nourishing and palatable for an invalid.

A useful utensil for shaking the milk may be purchased at house-furnishing stores.

WILD-CHERRY BOUNCE.

Pick over and wash wild cherries and pack in small glass jars, strewing sugar over each layer and pounding them hard with a small stick to bruise them and allow the juice to escape. Allow five tablespoonfuls of sugar to each quart jar. When the cherries and sugar are well mixed and fill the jar, pour in as much good brandy or whiskey as can find room for itself between fruit and sugar. It will be gradually soaked up. Return to each jar until the contents of all are saturated, and the liquor stands on top. Screw on covers, and do not trouble yourself to think of the bounce again for four months. Turn out the contents then into a bowl, pound and crush them with a potato-beetle, and strain and squeeze a cupful at a time through a coarse cloth. You have now a fine liquor, palatable and highly medicinal as a tonic and a corrective to coughs. The liquor will improve with age and keep for years.

HOME-MADE CANDIES.

CHOCOLATE CARAMELS.

PUT on the fire in a saucepan two pounds of brown sugar, half a pound of Baker's Chocolate, broken into small pieces, and a small cupful of cold water. Boil this until a little of it hardens in water, stir into it two tablespoonfuls of butter and two teaspoonfuls of vanilla, turn into buttered pans and cut into squares. If you like the sugary, soft caramels, stir the mixture hard for several minutes after you take it from the fire ; but should you prefer the sticky variety, add four tablespoonfuls of molasses to your sugar when you put it on to cook, and do not stir it after it leaves the stove.

CHOCOLATE CREAMS.

To the white of an egg, mixed with as much water, add enough confectioner's sugar to make a dough-like paste that can be worked with the fingers into small balls. Grate six tablespoonfuls of sweetened chocolate, melt it, without water, in a cup on the stove, and when smooth and thick dip your balls of sugar-paste into it and then let them dry on waxed paper. They may have to be dipped several times before they are satisfactory.

MAPLE-SUGAR CANDY. (No. 1.)

Take two pounds of maple sugar, broken into small pieces, and put it in a saucepan with a quart of rich milk—part cream is better. Let this boil until it reaches the stage where it hardens in cold water ; pour it into pans, and mark it in squares as you would taffy or caramels.

MAPLE-SUGAR CANDY. (No. 2.)

One pound of maple sugar ; one pint of milk ; one tablespoonful of butter. Break the sugar into small pieces and put it into a double boiler with the milk. Put it on the stove and cook until the sugar melts. Set the inner vessel of the double boiler directly on the stove and boil, stirring constantly, until the syrup reaches the stage where a little dropped in cold water becomes brittle. Add your butter then, and when this is melted turn the syrup into greased pans. As it cools, mark it off in squares with a knife.

NOUGAT.

The simplest, if perhaps the least scientific, way to make this is the following :

Boil together a pound of sugar and half a cupful of cold water until a little of it becomes brittle when dropped in cold water. Do not stir it after the sugar melts. Butter a shallow tin—a biscuit-pan will answer—and cover the bottom closely with blanched almonds, the kernels of hickory, pecan, and hazel nuts, thin strips of cocoanut, split and stoned dates, bits of figs, etc. When the candy is done add to it a tablespoonful of lemon-juice, and pour it over your nuts and fruits. Mark it into strips or squares when cool.

FRENCH BON-BONS.

Make a paste of sugar and water as described in the recipe for Chocolate Creams. Divide it into as many portions as you wish flavors, and add to one grated and melted chocolate to taste, to another a drop or two of essence of rose and a little powdered cochineal, moistened in cold water, to a third a few drops of coffee essence, or of rum, or of strawberry or other fruit syrup. Or you may make a fondant like that for Boiled Icing (see recipe), and melting that over boiling water, proceed as directed above with flavoring and coloring.

CREAM PEPPERMINTS OR WINTERGREENS.

Make a fondant as for Boiled Icing (see recipe), stir until it begins to become creamy, and drop from a teaspoon upon waxed paper.

MAPLE CREAM.

Proceed as in preceding recipe, using maple sugar instead of the plain white sugar.

STUFFED DATES.

Remove the stone and put in its place a bit of fondant, or, better still, a peanut or a blanched almond and dust with fine sugar.

CANNED FRUITS.

THERE is a general opinion that "canned goods" bought from a trustworthy grocer are at once as good and cheaper than those put up at home. This is a great mistake—quite as erroneous as the idea that baker's sponge cake is the same article as the golden, porous, home-made loaf, composed of pure sugar, fresh eggs, with no soda and no ammonia.

Much of the general prejudice against fruit and vegetables put up in cans is consequent upon the fact that many housewives know them only as the insipid products of factories that line the windows of the corner grocery. But even with this class there are brands *and* brands. Certain houses have a well-deserved reputation for putting on the market fruits carefully selected and preserved with a just regard to quality and flavor.

These goods, it may be remarked, are never cheap, although they may be well worth all the money asked for them. The housekeeper of moderate means considers them altogether too expensive for family use—perhaps

Too sweet and good
For human nature's daily food,

especially when the boys and girls, with school-children's appetites, will consume the contents of a large can at one repast, and then, like the glutton of nursery rhyme, complain that they have not yet attained the end of their capacity in that line. The mother of such a flock is forced to content herself with what she can afford, although it be a second-rate article.

It does not occur to her that, unless her time has a specific

market value, and her strength be rated according to the same standard, she may stock the pantries in the fruit season with what will vie with the finest brands offered by high-priced grocers.

To many people the very mention of canned goods is productive of a disgusting qualm—for have we not all been obliged to partake of them, or at least been expected to accept them, at summer hotels and boarding-houses, on steamboats, and railroad trains, where they furnish, day after day, the chief dessert?

Peaches and apricots thus offered have the same faint, sickly sweetness, and can hardly be distinguished the one from the other, while berries are only recognizable among the larger fruits by their shape and seeds. The only use to which these apologies for the genuine article may be put is to “doctor” them for pies and puddings, and even then they will be much improved by being boiled down and sweetened according to taste.

Before proceeding to the method of preparing the materials, let us consider the can question. Shall it be tin or glass? If you ask my opinion I should say glass—decidedly. Of course they are more expensive in the beginning, but they are cheaper in the long run, for, if carefully used for half a dozen seasons, when the seventh summer approaches they are still there and ready to do service again. I do not think that I strain a point in saying that there is no place on this broad, green earth for old tin cans. In every community, from the tiny hut to the fashionable summer hotel, from the crowded tenement-house to the palatial brown-stone front, the tin can is the one indestructible piece of rubbish. The scavenger cart is loaded with them. In the country an occasional small boy uses an empty “tomayto can” for “worms for bait.” But were there a small boy for every old tin can, the danger predicted by Malthus of over-population would be imminent.

There is a popular superstition to the effect that this blemish upon the fair face of nature is an article of diet for the omnivorous goat, but while we do not question his capacity to acquire

adipose tissue from a frugal regimen of newspapers and old shoes, we doubt if even his digestive juices could extract nutriment from the tin can.

Let us, then, refuse to make use of the plebeian article, and fasten our faith to the quart and pint glass jars, always making sure that tops and rubbers are in good condition and laid ready to the hand, that they may be adjusted the very second the glasses are filled. Do not attempt to use the same rubbers year after year, but purchase new ones each season, that you may be sure they are firm and strong, and will preclude all air.

In canning there are certain principles which our housewife should bear in mind, and one of them is that the work must be undertaken when articles to be put up are at the height of the season in the part of the country in which she lives. The reasons for this are self-evident, as then the fruit is not forced, but has ripened naturally, and has not been bruised by transportation from the South, and, above all, is fresh. It is a great mistake to think of buying bruised or green peaches, apples, etc., for canning. They may be cooked, sweetened, and boiled down into marmalade or jellies, but for present purpose your fruit must be as carefully picked as if intended for eating from the hand.

The peeling of pears, apples, and peaches is an art in itself, and should be performed with a sharp knife. Handle lightly, not to bruise, and throw whole fruits into ice-water as soon as the skin is removed, and peaches when they are halved and the stones taken out. This serves to retain their original color and prevents the unsightly "browning" so often seen when this precaution is neglected.

Plums require no peeling, but they must be carefully selected, that no bruised ones are used.

CANNED PEACHES.

To each quart of fruit allow a heaping tablespoonful of granulated sugar. Pour a little water into your kettle to prevent the contents from burning, then put in a layer of peaches, a sprinkling of sugar, another layer of peaches, more sugar, and so on

until the kettle is full. Bring slowly to a boil, which may continue for three minutes. Can and seal.

CANNED PEARS OR APPLES.

If your fruit be tough, boil it in water until tender. But, as a rule, this is unnecessary, and may be avoided by buying tender fruit to begin with. Make a syrup of a pint of water and a quarter of a pound of sugar for every quart of fruit. When this is hot, drain the cold water in which they were laid after peeling, from the pears or apples, and drop them carefully, one by one, into the now boiling syrup, and cook until they can be readily pierced with a fork. Your cans, meanwhile, should be lying in hot water, from which you may now remove them, and fill them with the pears. This done, pour in the syrup until the jars are full to the brim, and fit on the tops and rubbers immediately.

CANNED PLUMS.

Twelve quarts of greengage plums; one pint of water; one pound of sugar. Put the sugar and water on the stove in the preserving kettle. Prick each plum with a needle to prevent bursting, and as soon as the sugar is dissolved, turn the fruit into the kettle. Heat very slowly to a boil, and cook for five minutes. Fill the jars to the rims with the plums alone, pour over them the scalding liquid until full to overflowing. Purple plums may be canned in the same way.

CANNED TOMATOES.

Loosen the skins from your tomatoes by pouring boiling water over them, when you may easily peel them. This done, drain off all the liquid, lay them gently, not to break them, in the kettle, and heat to the boiling-point. Take them from the stove and rub smooth through a colander. Return to the fire, boil for ten minutes, drain off the surplus juice, pack the tomatoes, still boiling hot, into the cans, fill with the juice, and seal immediately.

CORN

is exceedingly difficult to can, and is so likely to spoil that I do not give directions for its preparation. But it may be put up with tomatoes, according to the following recipe :

CANNED TOMATOES AND CORN.

Boil the corn on the cob for twenty minutes, and cut off while hot. Scald the skin from your tomatoes, and rub to a pulp. To every one part of cut corn add two of tomatoes. Salt to taste, boil hard for a moment, and can. Keep in a cool, dark place.

After many experiments I have discovered only one way to prevent the accumulation of a sticky moisture on the outside of preserve jars.

In the first place the housekeeper must herself (no hireling will do it properly) wash each jar in a separate water. This is troublesome and tedious, but well worth the pains, and is the only way to have the glass completely clean. Keep your cans in a closet or pantry that is not only dark and cool, but through which a current of air may pass. Ventilation of this sort is the only cure for the condensation of moisture. I have tried keeping preserves in a large, dark, cool closet, and had them "sweat ;" while in a room in which there was a door and a window, both of which were frequently thrown open, they remained clean and dry.

M. H.

FRUIT JELLIES.

With but a few exceptions, noted below, the rule for all fruit jellies is substantially the same. The directions given, if followed closely, cannot fail to produce a clear, sparkling jelly. If it should after strict adherence to the recipe prove watery, the fault is in the fruit, not in the method or the maker. Thin liquid jellies can often be brought to greater firmness if the filled

glasses are allowed to stand in the hot sun for a season. Sometimes three or four hours will suffice, at other times as many days may be required. Not until the jelly is at least comparatively firm should it be covered with waxed or brandied tissue-paper, and sealed from the air.

CURRANT JELLY.

Select currants that are not over-ripe for this, and put them into a stone crock. Set it in an outer vessel of hot water, bring gradually to a boil, and cook until the fruit is so broken that the jelly flows freely. Squeeze the fruit, a small amount at a time, in a jelly-bag or fruit-press and measure the juice. Allow to each pint of this a pound of white sugar. Place the juice on the fire in the preserving kettle and bring rapidly to a boil. Put the sugar into shallow pans, and set in the oven, stirring occasionally to prevent burning. When the juice has boiled twenty minutes, skim it, turn in the sugar, stir until it has dissolved and come back to the boil; boil one minute and take from the fire. Fill your jelly-glasses at once, setting each on a wet cloth to prevent cracking. A spoon placed in the glass is also a safeguard. The jelly will harden quickly. As soon as it is firm, spread the top with brandied tissue-paper, and screw on the cover.

STRAWBERRY, BLACKBERRY, AND GRAPE JELLY

may be made by the same recipe.

CRAB-APPLE JELLY.

Quarter, without peeling or coring, ripe crab-apples. Put on the stove in a preserving kettle and allow them to heat slowly. If the apples are very dry you may add a little water, not quite enough to cover the fruit. Boil slowly until the apples are tender and broken to pieces. Put it into a flannel bag, a little at a time, and allow the juice to drop through. Squeezing the pulp will make the jelly cloudy. Measure the juice and proceed exactly as with currant jelly.

APPLE JELLY

may be made by the same recipe from any tart, juicy apple.

PEACH JELLY

This is made like apple jelly, except that the stones are removed, a dozen or so of them cracked, and the kernels of these added to the stewing fruit. When the liquid is strained and measured, add a tablespoonful of lemon-juice to each pint of the jelly and then proceed as with other jellies, allowing, as usual, a pound of sugar to a pint of the juice.

QUINCE JELLY

may be made like apple jelly, although a commoner and more economical fashion is to use only the peelings and cores for this purpose, reserving the choice parts of the fruit for preserving.

FRUIT-JAMS, MARMALADES, ETC.

RASPBERRY JAM.

Six pounds of berries; four and one-half pounds of sugar.

Crush the berries with a wooden spoon, and put pulp and juice in a preserving kettle. After they boil, cook steadily half an hour, stirring often. Add the sugar, cook twenty minutes longer, and put boiling hot into jars. If there is a great deal of juice, dip out part of it, and make jelly of it or reserve it for raspberry vinegar. Either black or red raspberries may be used for this, but the latter are especially delicious.

BLACKBERRY OR STRAWBERRY JAM

may be made by the same recipe.

GOOSEBERRY JAM.

Six pounds of ripe gooseberries; four pounds of sugar.

Stem and top the gooseberries, and boil one hour in a pre-

serving kettle, watching closely that the fruit does not scorch. Stir often. If the juice increases very rapidly, dip out some of it. When the fruit has boiled an hour add the sugar, and cook an hour longer. Put the jam boiling hot into glass tumblers or small jars and seal. The extra juice from this makes a delicious tart jelly, almost equal to currant for serving with meats and game.

DAMSON JAM.

Stone damsons, weigh them, and stew for twenty minutes. Add then half a pound of sugar for every pound of fruit and cook together slowly an hour longer, or until the jam is of the desired consistency. Put up hot in small jars.

PEACH MARMALADE.

To each pound of the peeled and stoned peaches allow three-quarters of a pound of sugar. Put the fruit on by itself and let it heat slowly, stirring frequently, that it may not burn. When it has boiled three-quarters of an hour add the sugar and boil five minutes, skimming constantly. To every two pounds of fruit add then the kernels of half a dozen peach-stones, chopped fine, and the juice of a lemon. Cook ten minutes longer and put in small jars or jelly-glasses.

APRICOT MARMALADE

may be made by the same recipe as Peach Marmalade.

ORANGE MARMALADE.

Slice very thin and seed twenty-four small, well-flavored oranges, or twelve large ones, and two lemons. Measure, and if there is less than six pints of juice, add enough water to reach this amount. Some persons consider that it improves the flavor of the marmalade to slice one grape-fruit with this number of oranges. Let the fruit stand in a covered earthen jar or bowl for several hours or overnight. Heat it slowly in a preserving

kettle and simmer gently until the orange-peel is tender. Stir in then six pounds of granulated sugar (this is allowing a pound of the sugar to a pint of the juice) and boil until the skin looks clear and the marmalade is jelly-like. Test it by cooling a little in a saucer to see if it has reached the right stage. Let it cool before putting it up in glasses as you would jelly.

SPICED CURRANTS.

Five pounds of stemmed currants; four pounds of sugar; one pint of vinegar; two tablespoonfuls of cloves; two tablespoonfuls of cinnamon.

Put on the fire together and cook half an hour after they come to a boil. Put up in jars or jelly-glasses.

SPICED CHERRIES.

Stem and stone the cherries before weighing them and proceed as with Spiced Currants.

SPICED GRAPES.

Pulp and seed the grapes before weighing and prepare by the recipe given for Spiced Currants.

SPICED TOMATOES.

Seven pounds of peeled and sliced tomatoes; four pounds of granulated sugar; one ounce each of whole cloves, cinnamon, and allspice; half a nutmeg, grated; one pint of vinegar.

Boil the vinegar and spice together for ten minutes, put in the tomatoes, and cook slowly until the mixture is thick. Keep in sealed jars.

SPICED CANTELOPES.

These may be made by the same recipe. The cantelope must be cut into strips and the seeds and rind removed before it is weighed. It must cook in the spiced vinegar until tender enough to be pierced with a straw.

PRESERVED FRUITS.

For some years it seemed as though canned fruits would eventually supersede preserves. Their novelty tickled the fancy of many people, and to others the cheapness of canning and the small amount of labor it involved as compared with the lengthy process of preserving, commended the simpler operation. The old-fashioned "pound-for-pound" preserves were seen only on the shelves of the Women's Exchanges, where they found a market among a limited class of dainty-lovers, and on the table of the conservative housewife (generally a Southern woman) who preferred "good old ways" of cooking to any innovations.

Of late, canned fruits have rather declined in popularity. They have become too cheap to be a luxury, and even those whose voices were at first loudest in their praise are forced to own that the canned fruits are insipid compared with those preserved in a rich syrup. The latter are undoubtedly more costly and more difficult to prepare. On the other hand, they are eaten less freely than canned fruit, and there can be no question that they are infinitely more agreeable to the palate.

In the recipes given below there has been no effort at a compromise with economy. Good preserves are always expensive, and those who desire the luxury of having them upon their tables must be prepared to pay for it.

PRESERVED PEACHES.

Peel and stone firm white peaches, and weigh them. To each pound of the fruit allow a pound of granulated sugar. Spread a layer of this on the bottom of a preserving kettle, cover it with a layer of fruit and proceed with sugar and fruit in alternate strata until all are used up. Put the kettle at the side of the stove where it will heat slowly. A pleasant flavor is given by straining into the sugar, when it is melted, a small cupful of water in which have been steeped and boiled the crushed kernels of two dozen peach-stones.

Let the peaches stew in the syrup until they are clear and tender—half an hour should suffice—take them out with a perforated skimmer, and lay on flat dishes, arranging them so that they will not crowd one another. Let the syrup boil fast for fifteen minutes, or until clear and thick, skimming it frequently. Fill wide-mouthed jars nearly full of the peaches, pour in the boiling syrup, and close the jars.

PRESERVED APRICOTS.

Put up by the same recipe as Preserved Peaches.

PRESERVED PEARS.

Peel without stemming the pears, and proceed as with Preserved Peaches.

PRESERVED PLUMS.

Select firm and perfect plums, prick each with a large needle, and weigh the fruit. Allow a pound of sugar and a pint of water to a pound of fruit, and make a syrup of the sugar and water. Let this boil until it is clear, removing all the scum that rises to the surface. When the syrup is quite clear drop in the plums, putting in only as many as the kettle can easily hold, and cook twenty minutes. Remove with a perforated skimmer and spread out in plates to cool. Proceed thus with each kettleful until all are done. Put the plums in small jars, pour over them the boiling syrup, and seal.

Greengages, purple, red, and yellow plums may be put up by this recipe.

PRESERVED QUINCES.

Peel, core, and quarter firm quinces, weigh them, and put them in a preserving kettle with barely water enough to cover them and stew slowly until they are soft. Before they begin to break take them out with a perforated spoon and lay the pieces carefully, side by side, upon flat dishes. To the liquor left in the kettle add a pound of sugar for each pound of the fruit. Bring it to a boil, skim it, and when it has boiled fifteen or twenty minutes, put in the quinces. Cook fifteen minutes after the syrup again

boils, and proceed as with preserved peaches. The skins and cores of the quinces make excellent jelly.

PRESERVED PINEAPPLE.

Pare, core, cut into slices, and proceed as with Preserved Peaches.

PRESERVED WATERMELON OR CITRON RIND.

Remove the green outer peel of the melon, and scrape away the soft inner part. Cut the rind into strips or fancy "shapes" and steam it for three hours in a closely covered preserving kettle, lining this and covering the rind with grape-leaves (if you can get them). In any case scatter a little powdered alum over each layer of citron. Two teaspoonfuls will be enough for the whole kettleful. There should be enough water put in to just cover the rind.

When this has steamed for three hours, take it out and throw it at once into very cold water. Let it soak for four hours, changing the water four times.

Make a syrup of a quart of water and two pounds and a half of granulated sugar, boiling and skimming it until the scum ceases to rise. When it reaches this point drop in the rind and let it simmer until tender enough to be pierced with a straw. Take it out with a skimmer, spread it out on flat dishes, and let it stand in the sun for a couple of hours. Add to the syrup a small lemon, sliced, and a little sliced green ginger-root for every pound of the rind, boil the syrup for about ten minutes and set it aside. When the rind is cool put it in the jars, let the syrup come to a boil and pour it over the rind. Seal when it is cool.

PRESERVED CHERRIES.

For this select sour cherries—the morellos, if you can get them. To every pound of stoned cherries allow a pound of sugar. Lose none of the juice. Arrange fruit and sugar in alternate layers in an agate-iron or porcelain-lined preserving kettle; let it stand an hour or two to draw out the juice; then

put it over the fire, and boil slowly and steadily until the juice thickens. Put up the preserves in small glass jars and keep in a dark closet.

PRESERVED CHERRIES.

German Mode.

Stone tart cherries, preserving all the juice. Weigh the fruit, and to every pound of this allow one of granulated sugar. Put the sugar into the preserving kettle with the cherry-juice, and cook slowly until the sugar is entirely dissolved, when the fruit must be added. Cook this just five minutes, spread fruit and syrup out on broad platters and set them in the hot sun. Cover each platter with a pane of window-glass or with netting and let them have the full benefit of the sun's rays for three or four days, or until the fruit is thick and rich. Put up in jelly-glasses or preserve jars.

PRESERVED STRAWBERRIES OR RASPBERRIES

may be put up by either of the preceding recipes, using a little water to moisten the sugar in place of the juice procured from the stoned cherries.

BRANDIED PEACHES.

One quart of best white brandy ; six pounds of white sugar ; eight pounds of peaches (peeled) ; three cupfuls of water. Put water and sugar together on the fire and bring to a boil. Drop in the peaches and simmer fifteen minutes after the syrup begins to boil again. Take out the peaches with a perforated skimmer and pack them in quart glass jars. After they are all out let the syrup boil fifteen minutes, add the brandy, and pour this boiling liquor over the peaches in the jars. Seal these and keep them in a dark place.

They will be ready for the table in about six weeks.

BRANDIED APRICOTS

are put up by the same recipe as Brandied Peaches.

BRANDIED PEARS.

Put up in the same manner as Brandied Peaches, selecting firm Bartlett pears of uniform size, and paring them carefully, so as to keep the shape of the fruit. Do not remove the stems.

BRANDIED PLUMS.

Proceed as with Brandied Peaches, pricking the plums instead of peeling them.

BRANDIED PINEAPPLES.

Peel the pineapple, remove the eyes and tear the fruit from the core with a fork, or cut it into dice. Pack self-sealing jars with the fruit, allowing four heaping tablespoonfuls of granulated sugar to each jar, and sprinkling it on each layer of pineapple. When the jars are filled, pour in white preserving brandy slowly, allowing it to filter through the fruit and sugar, until the jars can hold no more. Screw down the tops, keep the jars in a dark place, and let it season some weeks before using.

BRANDIED STRAWBERRIES.

Cap fine fresh strawberries and proceed with them as with the Brandied Pineapple.

BRANDIED CHERRIES, RASPBERRIES, OR BLACKBERRIES may be prepared in the same way.

PICKLES.

EXCELLENT pickles may now be purchased from first-class grocers. Still better may be ordered from Women's Exchanges, or from some of the many housekeepers in reduced circumstances who earn an honorable living by preparing kitchen dainties for sale. In spite of all these facilities, there is a goodly number of homes beyond their reach, and there are others whose inmates prefer the pickles made by themselves to any they can buy. The home-made pickles possess the advantage of cheapness, unless the maker's time is of money value. The cost of the materials is comparatively slight.

GHERKIN OR SMALL CUCUMBER PICKLES.

Select firm small gherkins, the smaller the better. None should be more than three inches in length. Lay them smoothly, with alternate layers of salt, in a large earthenware crock, and after putting on the top coat of salt, pour in enough cold water to cover all. Keep the pickles from floating by laying a weighted plate on top of them. Leave the pickles in brine for at least ten days, stirring them from the bottom every other day. When they have lain in the brine for the appointed time, pour it off and pick over the gherkins, throwing away those that have softened, and let the firm ones soak two days in fresh water, changing this once.

To green the pickles, line your kettle, which should be of agate-iron-ware, or porcelain-lined, with grape-leaves, and arrange the gherkins in it in layers, scattering a pinch of powdered alum over each layer. A heaping teaspoonful is sufficient for a large kettle-

ful. Cover the pickles with cold water, spread a triple thickness of grape-leaves over them, put on a closely fitting cover, and steam the pickles over a slow fire for six hours. The water must not boil. By the end of this time the pickles should be well-greened and should be thrown into very cold water. While they are becoming firm and crisp, four quarts of vinegar, one cupful of sugar, three dozen whole cloves, three dozen black peppers, eighteen whole allspice, and twelve blades of mace may be boiled together for five minutes. The gherkins, drained from the water, may then be put into jars, the scalding vinegar poured over them and the jar closely covered. The pickles should be kept in a cellar or a cool, dark closet. They will be ready for use in about two months.

STRING BEANS

may be pickled like Gherkins.

SLICED CUCUMBER PICKLES.

Slice twenty-four good-sized cucumbers, put them into a preserving kettle with enough vinegar to cover them and boil them for an hour. Let them stand in the hot vinegar while you prepare the following pickle :

One cupful of sugar ; one teaspoonful, each, of mace, allspice, and cloves ; one tablespoonful, each, of sliced garlic, ground horse-radish, cinnamon, ginger, celery seed, black pepper, and turmeric, and a half teaspoonful of cayenne ; one gallon of cider vinegar. Into this put the sliced cucumbers, simmer two hours, and put into jars.

PICKLED ONIONS.

Select small white onions of nearly uniform size, peel them, and put them into strong brine. Leave them in this four days, make fresh brine, heat it to scalding, put in the onions and boil three minutes. Drain, pour cold water on them, and set aside for six hours. Drain again, put them into jars and pour over them scalding spiced vinegar, prepared as directed in recipe for Pickled Gherkins. They should ripen for two months before using.

PICKLED CAULIFLOWER.

Cut firm white cauliflowers into tiny clusters, and boil them three minutes in scalding brine. Take them out, drain, put them into a jar with cold vinegar, and let them stand in this two days. Turn this off, arrange the clusters in jars, and pour over them the following spiced vinegar :

One gallon of vinegar ; one cupful of sugar ; one tablespoonful, each, of celery seed, coriander seed, mustard seed, and whole white peppers, twelve blades of mace, and a small red pepper, sliced. These should boil together five minutes before putting the mixture upon the cauliflower.

PICKLETTE.

One large cabbage, peeled and chopped ; six large white onions peeled and chopped. Arrange these in a large crock in alternate thicknesses, sprinkling a little salt on each layer, and leave them thus twenty-four hours. The next day add to a pint of vinegar half a pound of brown sugar, a heaping teaspoonful each of powdered alum, turmeric, ground cinnamon, allspice, mace, black pepper, mustard, and celery seed, and heat all to boiling. Pour these over the cabbage and onion, let it stand twenty-four hours, drain off the vinegar, heat it again to boiling, and pour it over the cabbage. Repeat the process three successive mornings. On the fourth, put all together into the kettle, boil five minutes, and when cold pack in small jars.

PICKLED CHERRIES.

For every quart of the fruit allow a half-pint of vinegar ; two tablespoonfuls of white sugar ; twelve whole cloves, and six blades of mace, and put all but the cherries on to heat together. When they have boiled ten minutes, set them aside to cool. Have ready small jars, fill them nearly full of cherries, strain the cold vinegar over them, and seal the jars.

Large tart cherries are best for pickling. They should be very fresh and need not be stemmed.

PICKLED CABBAGE.

Cut the outer leaves from white cabbages, quarter, put them into a pot of scalding water, and boil three minutes. Drain, cover thickly with salt, let the cabbages dry in the sun, shake the salt from them, and cover them in cold vinegar in which has been steeped a tablespoonful of turmeric. They should lie in this two weeks. At the end of the time pack the cabbages in jars, and cover with a seasoned vinegar prepared as follows :

One gallon of vinegar ; one pound of sugar ; two tablespoonfuls, each, of white mustard-seed, ginger, and black pepper-corns ; one tablespoonful, each, of cloves, celery-seed, minced garlic, and grated horse-radish ; one teaspoonful, each, of allspice and mace ; one sliced lemon.

Pound the spices fine, and boil the mixture five minutes before pouring it on the cabbage. This will not be fit for use under a couple of months.

ENGLISH CHOW-CHOW.

One cauliflower ; one-half pint of string beans ; six green tomatoes, sliced ; one pint of tiny cucumbers ; two medium-sized cucumbers, sliced ; one-half pint of small onions ; four small long red peppers.

Nasturtium seeds and radish pods may be added, if desired.

Cut the cauliflower into small clusters, and peel the onions. Place a layer of the vegetables in a wide-mouthed stone jar, and sprinkle thickly with salt. Over this lay more vegetables, covering these, too, with salt, and continue thus until your supply is exhausted. Pour on enough cold water to cover all, keeping the pickles from floating by pressing down over them a plate or a disk of wood, and weighting this with a flat-iron. Let the jar remain undisturbed for three days ; then drain off the brine, wash the pickles in pure water, cover them again—this time with fresh water—and let them lie in this twenty-four hours.

Thus far the process has been the same with that followed for several varieties of sour pickles, such as the ordinary mixed

pickle, gherkin pickle, onion, or cabbage pickle, etc. But in making English chow-chow there is no need of "greening" the pickle, and so one tiresome process is avoided.

Prepare the vinegar as follows :

One gallon of vinegar ; one teaspoonful of whole black peppers ; one teaspoonful of whole cloves ; two teaspoonfuls of turmeric ; one teaspoonful of celery-seed ; one teaspoonful of white mustard-seed ; one teaspoonful of whole mace ; one teaspoonful of grated horse-radish ; one cupful and a half of brown sugar ; three tablespoonfuls of ground mustard. Bring the vinegar and condiments to a boil, and drop in the pickles, taking care that none of them are soft or decayed. Simmer five minutes, remove the pickles with a perforated skimmer, lay them in a stone jar, and pour the scalding vinegar over them. Leave them in this for forty-eight hours. Then drain the vinegar off, return it to the kettle, and add to it a tablespoonful of curry powder. When the vinegar boils, pour it over the pickles in the crock, let them stand until cold, then put into wide-mouthed bottles or small jars, and seal. This pickle must ripen two or three weeks before it will be ready for the table.

SOUTHERN CHOW-CHOW.

Proceed in salting, etc., as directed for English chow-chow, substituting sliced green peppers for string-beans, omitting the onions and increasing the quantity of green tomatoes ; sliced white cabbage may also be added. The mixture of vinegar, spices, etc., is the same, except that the ground mustard, turmeric, and curry powder are left out. Vinegar, spices, and vegetables are all boiled together for half an hour, then allowed to cool, and put up in air-tight jars.

GREEN TOMATO SOY.

Four quarts of green tomatoes ; six onions ; one pound of sugar ; one quart of vinegar ; one tablespoonful, each, of ground mustard, ground black pepper, and salt ; one half tablespoonful, each, of allspice and cloves.

Put all together in a preserving kettle and stew, stirring often, until tender. Put into glass jars and seal.

Like most other pickles this is better when it is over a month old.

PICKLED WALNUTS.

These must be gathered while young and green, and be laid in strong brine. Leave them in this for a week, changing it every other day. Take them out, dry them between two cloths, and pierce each with a large needle. Throw them into cold water and leave them several hours before packing them in small jars and pouring over them scalding-hot seasoned vinegar prepared like that for Pickled Gherkins.

Not good under two months.

PICKLED BUTTERNUTS

may be put up by the preceding recipe.

PICKLED MANGOES.

Select small muskmelons, cut a small round opening in each at the stem end, and through this remove the seeds, saving the piece cut out to replace when the mango is stuffed. Make a strong brine, putting in as much salt as the water will take, and let the melons lie in this for three days. Lay them then in fresh water for twenty-four hours. Green the melons according to the directions given in Pickled Gherkins, and lay them again in cold water. When chilled and firm take them out, drain them, and fill with a stuffing made by mixing together four tablespoonfuls of English mustard-seed with two of grated horse-radish, one teaspoonful, each, of chopped garlic, celery-seed, whole pepper-corns, ground mace, and white sugar; half a teaspoonful, each, of ground mustard and ground ginger, and two teaspoonfuls of salad oil. When the stuffing is all in, replace the pieces cut out and tie them in place with soft cords. Pack the melons in a stone crock, pour scalding vinegar over them, and set away in a cool, dark place. They will require at least four months to ripen.

PEPPER MANGOES.

Select full-grown green peppers that have not begun to redden, extract the seeds with a pen-knife or a long-handled coffee-spoon, as they burn the fingers cruelly. Proceed as with the Pickled Mangoes.

SWEET PICKLES.

PICKLED PEACHES (PEELED).

Peel firm white peaches, weigh them, and to every pound of the fruit allow half a pound of sugar. Place this and the fruit in a preserving kettle in alternate layers. Bring slowly to a boil. To every six pounds of fruit allow one pint of vinegar. To this add a tablespoonful, each, of ground mace, cinnamon, and cloves, mixing them and dividing them into three portions. Tie each up in a bit of thin muslin. Put the spices into the vinegar, pour this upon the peaches, and boil five minutes. At the end of this time remove the fruit and spread it upon a flat dish, boil the syrup fifteen minutes, or until thick, put into glass jars with the fruit, pour the boiling syrup upon it and seal.

PICKLED PEACHES (UNPEELED).

Select peaches of uniform size, and after rubbing off the down with a coarse cloth, like a crash towel, prick each with a fork. Weigh and put them into a preserving kettle with just enough water to cover them, and let them become scalding hot. Just before they reach the boil remove them from the kettle and add sugar to the water in the proportion of three pounds to every seven pounds of the peaches. Let this boil for a quarter of an hour, skimming two or three times, and put in three pints of vinegar and one teaspoonful, each, of cloves and celery-seed, and one tablespoonful, each, of ground mace, cinnamon, and allspice, mixed and tied up in thin muslin bags. Bring the syrup to a boil and cook together for ten minutes, then put in the fruit and

let it stew until tender. Remove it again from the kettle with a skimmer, spread on dishes to cool, boil the syrup until thick, and after you have packed the peaches in glass jars, pour the scalding syrup upon them and seal.

PICKLED PEARS (UNPEELED).

Put up by the preceding recipe.

PICKLED PEARS (PEELED).

Put up by the recipe given for Pickled Peaches (peeled). All sweet pickles should for the first few weeks be examined every two or three days for signs of fermenting. Should these appear, uncover the jars and set them thus in a kettle of water. Bring this to a boil, and keep it at this until the contents of the jar are scalding hot.

PICKLED PLUMS.

Put up by the recipe given for Pickled Peaches (peeled), pricking the plums instead of peeling them.

PICKLED WATERMELON RIND.

Proceed as directed for Preserved Watermelon Rind until you reach the point where the pieces of rind are put into the syrup. Weigh them then and make for the pickles a syrup of a pound of sugar and a half cupful of water for every pound of the rind. Add to this a half ounce of sliced ginger-root for every eight pounds of sugar. Heat the sugar and water slowly and when they are hot lay in the rinds. Let them simmer very slowly until clear and tender, take them out, spread them upon dishes, add to the syrup a pint of vinegar for every pound of rind, a tablespoonful, each, of ground mace, cloves, and cinnamon tied up in thin muslin, and a tablespoonful of turmeric to every eight pounds of rind. When the syrup boils, put in the rind again, let it simmer fifteen minutes and put it up in glass jars. It must season two or three weeks before it is ready for use.

CATSUPS, RELISHES, FLAVORING VINEGARS, ETC.

TOMATO CATSUP.

One peck of ripe tomatoes ; four onions ; half a teaspoonful of garlic, grated ; twelve sprigs of parsley ; two bay leaves ; one tablespoonful, each, of salt, sugar, ground cloves, mace, black pepper, and whole celery-seed—tie the last up in a bit of thin muslin ; one scant teaspoonful of cayenne ; one pint of vinegar.

Boil the tomatoes and onions together until soft, press through a colander, and then strain the liquid through a fine sieve. Put this over the fire with the seasoning and boil five hours, stirring well from the bottom from time to time. When the liquid is reduced nearly one-half and is quite thick, add the vinegar, removing the bag of celery-seed. When the catsup is cold, bottle it and seal the corks. Keep in a cellar or cool, dark closet.

TOMATO PASTE.

Proceed as in the preceding recipe, adding to the tomatoes two good-sized carrots, peeled and sliced, and omitting the vinegar altogether. Cook the ingredients as for catsup until they reach the stage where a little of the pulp will jelly in a saucer. Spread on shallow pie-plates and let the paste dry thoroughly in the sun or in an open oven. It can be packed in layers in wooden boxes, with waxed paper between the layers, and is useful for seasoning macaroni, soups, stews, etc. A piece a couple of inches square melted in a half pint of butter (see Sauce) makes an excellent tomato sauce.

WALNUT CATSUP.

The walnuts should be young, and tender enough to be readily pierced with a large needle. Prick each in three or four places, allow salt in the proportion of two tablespoonfuls to twenty-five walnuts, and lay salt and nuts in a jar with enough

water to cover them. Leave them in this for a fortnight, pounding them every day with a wooden mallet or potato beetle. At the end of that time strain off the liquor into a preserving kettle, cover the nuts with boiling vinegar, pound them in this thoroughly, and strain this liquid into the other. Measure it, and for every quart add a tablespoonful, each, of ginger and black pepper, a dessert-spoonful, each, of cloves and mace, a teaspoonful, each, of finely minced onion and grated horse-radish, and a pinch of cayenne. Boil for an hour, cool, bottle, and seal. Good in two months.

BUTTERNUT CATSUP.

This may be made by the recipe given for Walnut Catsup.

MUSHROOM CATSUP.

Wipe firm, fresh mushrooms and break them into pieces. Allow two tablespoonfuls of salt to every quart of the mushrooms, and arrange the latter in a large crock, sprinkling salt over each layer. Stand the jar in a cellar or other cool place for three days, stirring the contents three or four times each day. At the end of the time turn mushrooms and salt into a preserving kettle, and let them get warm very slowly over a low fire. When the juice flows freely, strain it off, put it back over the fire and boil fifteen minutes. Measure it then and allow to each quart of the liquor a tablespoonful, each, of whole black peppers and of allspice, two blades of mace, a bay leaf, a tiny section of a clove of garlic, a bit of ginger root of the same size, and a very little cayenne. Return the liquor to the fire once more with the spices and boil until it is reduced to half the quantity ; let it cool, strain and bottle it. Seal the bottles. The addition of a teaspoonful of brandy to each bottle is recommended by some authorities as an aid in preserving it.

CUCUMBER CATSUP.

Peel, seed, and grate large cucumbers. Drain the pulp in a sieve, measure, and to a quart allow two green peppers, seeded

and minced, two teaspoonfuls of salt, a grated onion, a gill of grated horse-radish and a scant half teaspoonful of cayenne. Mix all well together, add a pint of vinegar, bottle the catsup and seal.

GRAPE CATSUP.

Wash and stem the grapes and put them over the fire with enough water to keep them from burning, stew slowly until tender, and rub through a colander. The seeds and skins should both be removed by this process. Measure the pulp and put it back in the preserving kettle, allowing to three quarts of it, two pounds of brown sugar, a pint of good cider vinegar, a large tablespoonful, each, of ground cloves, allspice, cinnamon, salt, and black pepper, and an even teaspoonful of cayenne. Boil the catsup until it is reduced about one-half and is very thick, skim, take from the fire, and when cool, bottle and seal.

APPLE CHUTNEY.

Peel and chop six large tart apples. Mix with them a small onion and a section of garlic, grated, a teaspoonful of ground ginger, two tablespoonfuls of brown sugar, a pinch of cayenne, and half a pint of vinegar. Boil ten minutes, and bottle when cool.

CHILI SAUCE.

Twelve large ripe tomatoes ; four onions ; two green, or one red pepper ; four tablespoonfuls of sugar ; two tablespoonfuls of salt ; two teaspoonfuls, each, of ground cinnamon, cloves, and allspice ; one teaspoonful of ground ginger ; one quart of vinegar.

Peel onions and tomatoes, seed peppers, and chop all fine. Add the spices, put over the fire and boil steadily for two hours. Cool, bottle, and seal.

MINT VINEGAR.

Pick mint leaves from the stems, wash them and dry between soft cloths and pack a cupful in a glass jar or wide-mouthed bottle. Cover with vinegar, seal or cork, and let it stand for three weeks. Strain off the vinegar through a fine cloth, and put into

a clean bottle. Or you may use two cupfuls of leaves, let them remain in the vinegar and put into a quart jar of this a tablespoonful of mustard-seed and a bit of horse-radish. You then have a mint sauce that only needs the addition of a little sugar to be ready for the table.

CELERY VINEGAR.

Cut a bunch of celery into small bits and put it into a jar. Bring a quart of vinegar to a boil, add to it a teaspoonful of salt and a tablespoonful of white sugar; pour it, still scalding hot, upon the celery, let it cool, close the jar and leave it unopened for two weeks. Then strain off the vinegar, bottle it, and cork tightly. A quarter of a pound of celery-seed may be used instead of the fresh celery.

ONION VINEGAR.

Peel and chop six large onions, sprinkle over them a tablespoonful of salt, and let them stand over night. Scald a quart of vinegar with a tablespoonful of white sugar, pour this over the onions, let them steep for two weeks, closely covered, strain, and bottle the vinegar.

TARRAGON VINEGAR.

Prepare like Mint Vinegar and let it stand, closely covered, three weeks before straining and bottling it.

CHILDREN'S DIET.

ALL matters bearing upon dietetics have sprung into prominence during the past ten years. Physicians have adopted the practice of recommending diet rather than medicine, and writers on domestic topics have devoted their best powers to raising the national standard of food, both in quality and modes of preparation. In spite of all this, the reforms introduced have been neither radical nor universal. Men and women still eat at express rates, devour pie, drink ice-water, and cling to the frying-pan. The national dyspepsia is yet unsubdued, and worst of all, the rising generation are planting their feet in the footprints left by their fathers and mothers.

Henry James has presented a picture of what he evidently considers the typical American boy in Daisy Miller's small brother, a portrait at which readers have alternately laughed and fumed. In either case they have been compelled to admit that the description contained elements of resemblance, although they might be overdrawn. The pertness of Randolph Miller, his total absence of respect for parent or guardian, his candy-eating propensities, and various other disagreeable traits are all familiar, though seldom all combined in the person of one child. For any and all of these faults at least nine-tenths of the blame must rest with the father and mother. Original sin and total depravity may be negated, but a natural tendency to do wrong rather than right, cannot be denied by any one who has had much to do with young children. This acknowledged, it follows that it is the bounden duty of the guides of the little ones to do all they can to counteract this disposition in order to pre-

vent their charges from becoming intolerable to themselves and to all about them.

In no department of the nursery is close guardianship needed more than in that of children's food. To a casual looker-on, it seems sometimes that, in becoming mothers, women must have parted with whatever atoms of common sense they once possessed. Ignorant of physiology and hygiene though they may be, ordinary observation and acquaintance with the simplest laws of nature ought to teach them something. Nevertheless, one constantly sees women who, in other directions give no evidence of being candidates for lunatic asylums, trifling with the health and life of their offspring with a recklessness that, if applied to other and less important matters, would seem nothing short of madness.

The mother of several boys was one day bemoaning to a visitor the fact that her youngest, a child of five, was subject to summer complaint. She had been up with him all the preceding night in an attack resembling cholera morbus. The scourge of cholera was in the land at the time, and the anxious parent sighed as she said she knew poor little Tom would have no chance if exposed to the disease. She had hardly finished her lament when the guest caught a glimpse of its object. The morning was a rainy one, but the child was standing nearly knee-deep in wet grass under a plum-tree in the garden, eating the unripe fruit with gusto. At her friend's exclamation of horror, the mother glanced from the window, nodded smilingly to the juvenile culprit, and said calmly, as she resumed her seat:

"I never limit the boys in their allowance of fruit. They are welcome to all they find on the ground, and the dear fellows enjoy it thoroughly."

Another child, a girl of four, is "passionately fond of pickles."

"It does no good to put them out of her reach," laughs the mother. "I did that for awhile. But after I caught her risking her neck balancing herself on two chairs and a footstool to reach the jar on the top shelf of the pantry, I thought it would

be safer to keep them where she could get them without breaking any bones."

Nearly every one is acquainted with children who are as devoted to their strong tea and coffee as a regular drinker to his dram. While these beverages may be helpful in imparting temporary tone and strength to hard-worked men and women, it is a great mistake to permit a child to begin life by over-exciting his nervous system by their use. For those who do not like milk, cold water—not iced-water—should be sufficient. Thoughtless mothers often lay the foundation for this taste by pouring a few teaspoonfuls of real tea or coffee into the child's "cambric tea." Far better is it to have it understood at the outset that such drinks are not for children, instead of pretending to humor a whim which can do no good. Nervous digestions and tempers would all be the better for the abstinence.

But it is not enough to keep from children those articles of food which will do them harm. It should be the study of the mother to select and arrange their diet with the view to giving them what they need for nourishment and growth. In this day when the dietetic schoolmaster is abroad, when lectures on cookery are delivered in every town, and the press teems with tracts and treatises upon wholesome food, there is less excuse than ever before for ignorance or neglect. Yet all the preaching and printing in the land does no good unless the mother makes the practical application of the precepts. Upon her, and upon her alone, it devolves to feed her child with food convenient (or suitable) for him. She must see that while he has starches to keep up the fires of the body, as it were, he has also nitrogenous foods that will form flesh and muscle, phosphates that will feed bone and brain, fats that will warm and nourish. For no two children can one prescribe a similar bill of fare. One demands fats, another requires albuminoids, a third needs starches. Only by patient and intelligent study and experiment can the mother learn what to choose and what to reject.

C. T. H.

THE NURSERY TABLE.

CEREALS AND VEGETABLES.

At least half the mothers of young children labor under the impression that they know all there is to be learned about children's diet. Many have a lofty contempt for the "fussiness," as they term it, that leads sundry young matrons to study the comparative nutritive qualities of different kinds of food and to exclude from the baby's bill-of-fare all but the simplest articles.

"I let my baby come to the table and eat with us," said the mother of a year-old girl not long ago. "She's real fond of potatoes and green corn, and of sweet things; but"—with a sigh—"doctor, he says they ain't good for her while I'm nursin' her."

The mother of another baby of about the same age was terribly alarmed by a severe attack of cholera morbus that followed the infant's supper of boiled ham and cabbage.

"It couldn't be anything he e't," she said, decidedly, "because the four other children have always been fed just like him, and they're all right."

True, these instances are selected from an unlearned class, but the same ignorance or carelessness may be found in a much higher walk of life. The study of an appropriate diet for children will not seem unworthy of trained mental powers when one reflects upon the evil consequences that neglect may entail upon the body, and, through that, upon the mind of the growing child.

For a little baby there can be, of course, almost no variety. Milk, sterilized or peptonized, or one of the prepared foods endorsed by physicians, is all that can be offered for many months. But as the child grows older and acquires his full set of milk-teeth, a change is not only agreeable to him, but almost essential to his health. His appetite will be stimulated by variety, and if his food is properly prepared, it may be toothsome as well as nourishing. Prominent in his *menu* are cereals and vegetables which should serve as the *pièces de résistance* of the nursery-table.

OATMEAL PORRIDGE.

Four heaping tablespoonfuls of fine ground oatmeal ; three cupfuls of warm water ; one-half teaspoonful of salt.

The manufacturer of one brand of oatmeal declares that it needs no preliminary soaking. This can do it no harm, however, and aids in softening the cereal and reducing it to a fit state for childish—or adult—digestions. Let the double boiler, containing oatmeal and water, stand at the back of the range over night. In the morning fill the outer vessel with hot water and move the boiler to the front of the stove. Let it cook steadily for at least half an hour. Three-quarters of an hour, or an hour, will be even better. Just before pouring out the porridge beat it hard with a wooden spoon, and if it seems too stiff, stir in a little boiling water. Salt it the last thing before turning it out.

WHEATEN GRITS.

To be properly cooked this should be prepared the day before it is to be eaten. Put three tablespoonfuls of the wheaten grits, or cracked wheat, and a pint of warm water into a double boiler and cook at one side of the stove steadily, but not hard, for four hours. The next morning warm the porridge and salt it to taste.

HASTY PUDDING OR MUSH.

One quart of boiling water ; one cupful of yellow corn-meal ; one teaspoonful of salt.

Stir the corn-meal to a paste with a little cold water and add it to the salted boiling water in a double boiler. Cook steadily three-quarters of an hour, stirring hard and often. Avoid making the mush too stiff.

HOMINY BOILED IN MILK.

One cupful of fine white hominy ; two cupfuls of milk ; salt to taste.

Wash the hominy in several waters and soak it over night in enough cold water to cover it. In the morning drain off the

water, pour in the milk, and cook in a covered double boiler for an hour. Stir in a small tablespoonful of butter, and salt to taste before sending to table.

RICE PORRIDGE.

Two cupfuls of milk ; two tablespoonfuls of rice or rice-flour ; half a cupful of cold water.

If you cannot procure the rice-flour wash the rice thoroughly and crush it with a rolling-pin or in a mortar with a pestle ; or, it may be laid between two folds of coarse cloth and hammered with a potato-beetle until it is well broken. Mix it with the water and stir it into the milk, which should be scalding-hot, in a double boiler. Cook for half an hour, salt, and serve.

CORN-BREAD.

One cupful of corn-meal ; one cupful of flour ; two tablespoonfuls of sugar ; two tablespoonfuls of butter ; two teaspoonfuls of Cleveland's Baking Powder ; two eggs ; one cupful of milk ; one tablespoonful of salt.

Beat the eggs, add to them the salt, sugar, milk, and melted butter. Sift the corn-meal and flour together with the baking powder, and mix with the other ingredients. Beat hard, pour into well-greased muffin-tins, and bake. These are also good split and toasted when cold.

GRAHAM BREAD.

Two cupfuls of Graham flour ; one cupful of white flour ; one yeast cake dissolved in a cupful and a half of warm water ; three tablespoonfuls of molasses ; one teaspoonful of salt.

Sift the white flour with the salt and mix with the unsifted Graham flour. Stir in the yeast, the warm water, and the molasses, and make all into as soft a dough as can be handled. Should it seem stiff with the above proportions, add a little warm water. Let the dough rise over night and in the morning knead it well and make it into small loaves. Set these to rise for a couple of hours and bake in a steady oven.

This bread should not be cut while hot. It is admirable for growing children, and makes excellent toast.

GRAHAM BREWIS.

Two cupfuls of milk ; one heaping tablespoonful of white flour ; one tablespoonful of butter ; slices of Graham bread ; salt to taste.

Break the bread into small bits, spread it on a pan and set it in a slow oven for five or ten minutes, until quite crisp. Meanwhile, heat the milk to scalding in a double boiler, and thicken it with the flour and butter rubbed together.

Into this stir the bread, and let it cook slowly until soft and smooth.

Should it become too thick to stir easily, add a little more milk. Salt to taste, and serve.

Brewis may also be made of white bread, or of white and Graham mixed.

MILK TOAST.

Cut slices of baker's bread an inch thick, trim off the crusts and toast the bread quickly and lightly over a clear, smokeless fire. Place ready at the side of the stove a pan of boiling water and dip each slice into this for a second before spreading it sparingly with butter and laying it on a deep dish. When the dish is full, pour over it slowly milk that has been heated in a double boiler, adding a little salt to it just before taking it from the fire. Cover the dish and set it in a slow oven or in the plate-warmer for five minutes, uncover, and if all the milk has been absorbed, add more, and let the dish stand in a warm place five minutes longer before sending to table. By this process the toast will be soft throughout.

TOASTED CRACKERS.

Split Boston crackers, toast them on the inside, and butter. These are especially relished by children when accompanied by apple sauce or by some simple fruit-jelly, jam, or marmalade.

PANADA.

Split and toast Boston crackers and arrange them in a bowl, sprinkling each layer lightly with sugar. When the bowl is full pour over its contents enough slightly salted boiling water to cover the crackers. When this is absorbed add a little more, and let the bowl stand covered in a hot place for fifteen minutes before serving.

STUFFED POTATOES.

Select six large white potatoes, wash and bake them until soft. Cut off the end of each one, and with the handle of a fork or spoon scrape out the contents. Mash them with a fork and add to them three tablespoonfuls of hot milk, a tablespoonful of butter, and salt to taste. Return the mixture to the skins and set them in the oven for five or ten minutes until they are hot through.

STEWED POTATOES.

Peel six large white potatoes and cut them into neat dice with a sharp knife. Lay them in cold water for twenty minutes and then put them over the fire in boiling water. Cook until tender, drain off the water and sprinkle the potatoes with a tablespoonful of flour. Have ready a cupful of milk in which a good teaspoonful of butter has been melted; pour this over the potatoes and let them come slowly to a boil. Salt to taste, and serve.

POTATO PUFF.

Two cupfuls of mashed potato; one egg; half a cupful of milk; two teaspoonfuls of butter; salt to taste.

Beat the egg light, add it with the butter, the milk, and the salt to the potato, whip all together and bake in a buttered pudding-dish.

SCALLOPED POTATO.

To two cupfuls of mashed potato add one egg, a tablespoonful of butter, and a cupful of milk. Salt to taste, turn the potato

into a buttered pudding-dish, sprinkle with fine crumbs, dot with bits of butter, and bake, covered, until the potato is hot through ; uncover and brown.

POTATOES STEWED WHOLE.

Small potatoes may be selected for this. Peel and boil them. When they are almost done drain off the water and pour over them enough milk to cover them. Let them cook in this until done and stir in a tablespoonful of butter, cut up in a tablespoonful of flour. Simmer a few moments, season, and serve.

SWEET POTATOES, SCALLOPED.

Boil sweet potatoes and slice them crosswise after peeling. Arrange the slices in a buttered pudding-dish, sprinkling each layer with a few crumbs, with bits of butter, and a very little salt. Make the top layer a thick one of crumbs and dot plentifully with butter. Cook, covered, twenty minutes, uncover and brown.

SWEET POTATO PUFF.

Two cupfuls of sweet potato, mashed ; two eggs ; one cupful of milk ; two tablespoonfuls of butter ; salt.

Mix and bake like the white potato puff described above.

BUTTERED SWEET POTATOES.

Boil and peel sweet potatoes and slice them lengthwise. Butter each piece and lay all in a pan, buttered side up. Set this in the oven for a few minutes before serving.

SCALLOPED TOMATOES.

Slice ripe tomatoes and place the slices in layers in a pudding-dish, sprinkling each layer with a little sugar and salt, and putting bits of butter here and there. Bake, covered, for half an hour, uncover and brown.

RICE AND TOMATO.

Arrange alternate layers of boiled rice and sliced tomatoes in a baking-dish, making the top layer of tomato. Scatter over this small pieces of butter, bake, covered, twenty minutes, uncover and leave in the oven ten minutes longer.

STEWED OYSTER PLANT.

Scrape and slice the roots. Stew until tender, putting them on in hot water, a little salted. When done, turn off the water, add a cupful of cold milk, thicken it with a tablespoonful of butter rolled in a tablespoonful of flour, and serve after it has simmered about five minutes.

STEWED CELERY.

Cut celery into inch lengths, cook it in water until tender, drain and pour over it a cupful of milk, thickened with a tablespoonful of butter rubbed smooth with as much flour. Season to taste.

STEWED MACARONI.

Select spaghetti in preference to the pipe macaroni. Break it into small pieces, put it over the fire in boiling water and cook ten minutes. Drain off the water, pour a cupful of milk over the macaroni, and cook until tender. When done, stir in a good tablespoonful of butter, and salt to taste.

This makes an excellent nursery dessert when eaten with butter and sugar.

WITH THE CHAFING-DISH.

A FEW years ago it might have been thought necessary to include, in a book of this character, an elaborate treatise upon the methods of cooking with the chafing-dish, and a long list of recipes. But we have changed all that. Few and far between are the homes in which the chafing-dish is not a familiar friend, and each man or woman who handles it has his, or her, own pet recipes for at least the best-known dishes that can be prepared over an alcohol flame. Therefore it is not designed to give elementary instructions here. There follow only such dishes as have seemed new or unusual, and so worthy of being made known to the public. Those who desire arguments in favor of the chafing-dish, minute directions for its use, and an extensive collection of trustworthy recipes, are respectfully referred to "*The Chafing-Dish Supper*," by Christine Terhune Herrick, published by Charles Scribner's Sons.

DEVEILED OYSTERS.

Twenty oysters ; one gill of oyster-liquor ; two tablespoonfuls of butter ; one dessertspoonful of flour ; one teaspoonful of salt ; half a tablespoonful of curry powder ; one teaspoonful of Worcestershire sauce ; ten drops of Tabasco sauce ; juice of one lemon.

Melt the butter in the blazer, stir in the flour, and when this is blended, the oyster-liquor and all of the seasoning except the lemon-juice. As soon as the sauce is boiling-hot, drop in the oysters and cook three minutes or until they plump. Add the lemon-juice and serve them at once on Graham toast.

Huntley & Palmer's Breakfast Biscuits make an excellent substitute for toast in chafing-dish cookery.

OYSTERS WITH ANCHOVY.

Twenty oysters; two tablespoonfuls of butter; one heaping teaspoonful of anchovy paste; a little cayenne; juice of a lemon.

Melt the butter and the anchovy together in the blazer, put in the oysters, cook three minutes, add the cayenne and lemon-juice and serve on buttered toast or "breakfast-biscuit."

CELERY OYSTERS.

Twenty fine oysters; one gill of oyster-liquor; half a cupful of crisp celery, minced fine; two tablespoonfuls of butter; one gill of cream; one gill of sherry or Madeira; one teaspoonful, each, of salt and paprica.

Put the oyster-liquor, celery, and paprica in the chafing-dish over hot water, and when it comes to a boil simmer three or four minutes; add the butter and the cream, and when these are boiling-hot put in the oysters. Cook until the edges curl, stir in the wine and salt, and serve at once on toast.

CLAMS SAUTÉ.

Twenty soft clams, from which the tough part has been removed; two slices of salt pork or fat bacon cut into fine dice; a little white pepper.

Fry the pork or bacon crisp in the blazer, and when the dice begin to brown push them to the side of the pan and lay in the clams. *Sauté* them, turning once or twice, and serve on Graham or Boston brown bread toast.

DEVILED SARDINES.

One box of boneless sardines, drained and skinned; two tablespoonfuls of butter; one teaspoonful of paprica, or one saltspoonful of cayenne; one saltspoonful of salt; one tablespoonful of lemon-juice.

Melt the butter in the blazer and when hissing hot lay in the sardines. Cook until heated through, turning once, sprinkle with salt and paprica, add the lemon-juice, and serve on toast.

SHRIMPS WITH ANCHOVY SAUCE.

One can of shrimps ; two tablespoonfuls of butter ; one gill of cream ; one teaspoonful of anchovy paste ; yolks of two eggs ; saltspoonful of cayenne.

Melt together the butter and anchovy, lay in the shrimps, pepper them, and *sauté* until they are hot through. Break the eggs in a bowl, beat the cream into them, and pour into the chafing-dish. Stir two or three minutes, until the sauce thickens, and serve at once on toast.

This dish should be prepared over hot water.

SHRIMPS WITH TOMATO SAUCE.

One cupful of tomato sauce (see recipe). This can easily be prepared in the chafing-dish. One can of shrimps. Salt to taste, and one saltspoonful of cayenne.

Stir the shrimps into the tomato sauce, bring to a boil, season, and serve on toast or in scallop-shells, or nappies.

CELERY LOBSTER.

Two cupfuls of lobster-meat, cut into small pieces ; one cupful of crisp celery, minced ; two tablespoonfuls of butter ; one dessertspoonful of flour ; half a pint of milk ; yolks of two eggs ; one teaspoonful of salt ; one saltspoonful of cayenne ; juice of a lemon.

Cook together the butter and flour over hot water, add the milk, stir until smooth, put in the celery and cook three minutes, add the lobster, seasoning, and yolk of egg ; stir until thick, and serve.

HUNGARIAN MUSHROOMS.

Half a pound of fresh mushrooms, stemmed and peeled ; three tablespoonfuls of salad oil ; one teaspoonful of paprica ; one saltspoonful of pepper.

Heat the oil over boiling water, lay in the mushrooms. Cover closely, cook ten minutes, or until tender salt and serve on toast or "breakfast-biscuit."

DEVEILED EGGS.

Six hard-boiled eggs ; two tablespoonfuls of butter ; one tablespoonful, each, of tomato and mushroom catsup ; one teaspoonful of Worcestershire sauce ; saltspoonful, each, of dry mustard and cayenne.

Heat the butter and seasoning together in the blazer, lay in the eggs, cut into four lengthwise and then sliced across four times, and, when hot through, serve upon toast spread with butter or anchovy paste.

EGGS WITH KIDNEYS.

Four lamb's kidneys, scalded, skinned, and quartered ; two tablespoonfuls of butter ; one teaspoonful of onion-juice ; one gill of consommé or gravy ; six eggs. Heat the butter in the blazer, add the onion-juice and put in the kidneys. Cook until browned, pour in the gravy and stir in the eggs, slightly beaten. Cook until they are set, and serve.

DEVEILED KIDNEYS.

Six lamb's kidneys, scalded, skinned, and split in half ; two tablespoonfuls of butter ; one teaspoonful, each, of onion-juice and Worcestershire sauce ; two tablespoonfuls of sherry or Madeira ; one even teaspoonful of salt ; saltspoonful of cayenne. Heat the butter and brown the kidneys in the blazer, add the seasoning, cook two minutes, and serve.

DEVEILED BEEF.

Slices of rare roast beef ; three tablespoonfuls of olive oil ; one teaspoonful, each, of paprica and salt ; half a teaspoonful, each, of mustard and black pepper ; six olives, stoned and cut in two.

Heat oil and seasoning together in blazer ; lay in the beef and olives and cook until smoking-hot.

Underdone mutton may be prepared in the same way.

SAVORY SAUSAGES.

Prick and fry six small sausages in the blazer until almost crisp, put in a tablespoonful of butter, two tablespoonfuls of minced celery, and half a teaspoonful of paprica ; toss and turn until hot, and serve on toast or " breakfast-biscuit."

CELERY CHICKEN.

Prepare like Celery Lobster, adding to the roux a teaspoonful of onion-juice.

CHICKEN TERRAPIN.

Two cupfuls of the dark meat of chicken or turkey, cut into small pieces ; half a pint of cream ; two tablespoonfuls of butter ; one tablespoonful of flour ; yolks of three hard-boiled eggs ; one teaspoonful, each, of dry mustard and salt ; saltspoonful of cayenne ; one gill of sherry or Madeira.

Rub the yolks of the eggs to a paste with the butter, flour, and seasoning. Heat the cream in the blazer and stir them into it. Lay in the chicken, cook until smoking-hot, add the wine, and serve.

HOT CHICKEN SALAD.

Two cupfuls of the white meat of cold chicken or turkey cut into dice, and steeped one hour in two tablespoonfuls of salad oil ; one tablespoonful of butter ; one tablespoonful of flour ; half a pint of milk ; one gill of cream ; one teaspoonful, each, of onion-juice and celery-salt ; half a teaspoonful of common salt ; saltspoonful of white pepper.

Melt the butter in the blazer with the onion-juice, add the flour, and when these are blended, the milk. Stir until thick and smooth, put in the chicken and any of the oil it has not absorbed, let it become scalding-hot, season, put in the cream and serve at once, with or without toast.

LAKE FOREST CHICKEN RÉCHAUFFÉ.

Two cupfuls of the white meat of cold chicken or turkey ; one pint of chicken-stock ; half a cupful of fine white bread-

crumbs ; half a pint of cream ; four hard-boiled eggs ; one tablespoonful of butter ; salt and white pepper to taste.

Chop the whites of the eggs coarsely. Let the crumbs soak in the cream until soft, and rub into them the powdered yolks of the eggs. Melt the butter in the blazer, put in the stock and bring to a boil ; add the paste of crumbs, cream and yolks, and, when hot, the chicken and chopped whites. Cook five minutes, or until boiling, and serve.

SWEETBREADS WITH ASPARAGUS TIPS.

One large pair of sweetbreads, parboiled, blanched, and sliced ; half a pint of boiled asparagus tips ; one gill of asparagus liquor ; half a pint of cream ; one tablespoonful of butter ; one tablespoonful of flour ; yolks of two eggs ; one teaspoonful of salt ; saltspoonful of white pepper.

Make a roux of the butter and flour over hot water, stir in the cream and asparagus-liquor and when these are a smooth sauce, add the sweetbreads and asparagus. Put in cautiously, drop by drop, the beaten yolks of the eggs, cook three minutes, season and serve.

A SWISS WELSH RAREBIT.

Half a pound of Gruyère (Swiss) cheese ; three tablespoonfuls of butter ; six eggs ; one teaspoonful of salt ; saltspoonful of red pepper, or three times as much paprica.

Melt the butter and the grated cheese over boiling water, stir in the eggs and cook until they are thick, season and serve on toast or crackers.

Those who find this rarebit too thick as made by the above recipe may thin it with a gill of beer or of milk.

AFTERMATH.

CRAB BISQUE.

A Creole Dish.

THE meat of four boiled crabs "picked up" fine; nearly three cupfuls of rich milk; two tablespoonfuls of butter rolled in one of flour, and two left plain; two small onions and one green sweet-pepper cut up, with the seeds left out; one large tomato, peeled and sliced thin; salt and pepper to taste.

A handful of bread-dice fried.

Melt the unfloured butter in the saucepan, but do not let it hiss. As soon as it is hot put in with it the minced onions, pepper, and tomato. Season, cover closely, and stew twenty minutes. Add the crab, with a very little boiling water to prevent the crab-meat from catching on the bottom, and stew ten minutes. Heat the milk (with a bit of soda) in a separate vessel, thicken with the floured butter, season with salt and cayenne; take the saucepan from the fire and stir in the thickened milk. Pour upon the croûtons laid in the bottom of the tureen.

BAR HARBOR CLAM CHOWDER.

Fifty clams; quarter of a pound of salt pork, sliced; one cupful of potato-dice, parboiled; two tablespoonfuls of flour, stirred into two of butter; two cupfuls of milk (half cream, if you can get it); four pilot biscuits; sweet herbs, minced; salt and cayenne.

Cook the clams in their own juice for ten minutes; strain them out and set aside to cool before they are chopped. Fry sliced pork and onion together; add the clam-liquor and the parboiled potatoes, and cook half an hour. Then add the chopped clams,

cook one hour and put in the broken pilot-bread soaked in butter and water. Heat the milk, thicken with the butter and flour, pour into the tureen, and, after it, the contents of the soup-kettle. Mix up well and serve.

CLAM BROTH.

Two dozen clams should yield a scant quart of liquor. Strain it all from them and heat the juice to a boil; skim off the scum and drop in the clams. Cook fifteen minutes and strain again, now through coarse muslin, back into the saucepan, and season with pepper and salt. Have ready a cupful of rich milk in a saucepan, stir into it a heaping tablespoonful of butter rolled in Bermuda arrow-root, and boil two minutes, stirring steadily. Pour this into the tureen, and upon this the clam-soup.

This will be found both nourishing and delicious. It is highly recommended for invalids. A teaspoonful of whipped cream laid upon each portion of the broth is a dainty touch.

BROILED SARDINES.

Drain off the oil, broil on both sides in a double wire broiler which has been rubbed with a raw onion, then greased. Have ready as many slices of Graham bread as you have sardines, toasted, buttered, and sprinkled with cayenne or paprika and salt. Lay a sardine on each and squeeze lemon-juice upon the fish.

Or—

You may give a foreign touch to this appetizing entrée by laying the broiled sardines upon Holmes & Coutts' Banquet Wafers, which have been toasted, buttered, and salted, with a dash of cayenne, and covering these with Parmesan cheese. Sift cheese also over the sardines, and set in the oven two minutes before serving.

DUNDEE EGGS.

Boil six eggs for twenty-five minutes and leave them in cold water for an hour. Make a paste of one cupful of cold chopped

ham, two tablespoonfuls of fine crumbs, and the same quantity of milk ; season with a pinch of cayenne and half a teaspoonful of made mustard. Bind with a raw egg. Peel the boiled eggs, coat them with this mixture, set in a cold place for an hour, and cook three minutes in hot, deep fat. Serve cold.

MARY HILL'S FINGER-ROLLS.

Heat three cupfuls of milk to a boil and add to it half a cupful of butter, half a teaspoonful of salt and two dessertspoonfuls of sugar. Set all aside until lukewarm, when stir into it the whites of three eggs, beaten to a stiff froth, and half a yeast cake, dissolved in a little warm water. Pour upon two quarts of sifted flour, work into a dough, and knead fifteen minutes. Let it rise over night. In the morning cut and slash the dough down with a sharp knife and let it rise again. When light once more, pull it into long finger-rolls and bake to a delicate brown.

FRIED GREEN TOMATOES.

Cut green tomatoes into thick slices, sprinkle with salt and pepper, roll in egg and cracker crumbs and fry in deep cottolene, as you would egg-plant. Serve with bacon, broiled ham, or other meat, or as a vegetable.

EGG-PLANT FARCIE.

Halve a fine egg-plant with care and scrape out the inside, leaving the walls an inch thick. Chop the pulp taken out with the pulp (not the seeds) of two ripe tomatoes, season well with butter, pepper, and salt, and mix with a tablespoonful of dry crumbs. With this mixture stuff the hollowed egg-plant, bind the sides together with soft string, put into your covered roaster, dash a cupful of boiling water over it, cover closely and steam for an hour. Turn the egg-plant and cook for half an hour longer. Remove the strings, peel the vegetable deftly and serve. Pass drawn butter with it. In helping, cut into slices an inch thick, breaking the stuffing as little as possible. The walls of the egg-plant should be tender all through.

EGG-PLANT FARCIE WITH GREEN PEPPERS.

Cook as directed in the last recipe, but substitute green peppers, seeded and minced, for the tomato-pulp in making the stuffing.

CREAM TOMATO SALAD.

Pour boiling water over large ripe tomatoes to loosen the skins, strip these off quickly and set the tomatoes on ice for several hours. Cut each in half just before they are to be served, sprinkle lightly with salt and paprica, lay upon a cold plate that has been rubbed with garlic, and heap a great spoonful of whipped cream upon it.

Do not be afraid to try this unusual combination. You will find it delicious.

SALADE AU NID.

Boil seven eggs for twenty minutes, and when cold remove the yolks and mash them to a paste with an equal quantity of Neuf-châtel cream cheese. Season this with a half teaspoonful of salt, and half as much paprica, or a pinch of cayenne, and make into egg-shaped balls. Line a salad dish with crisp lettuce-leaves, shred the whites of the eggs as fine as possible, and form a nest of these upon the leaves. In this place the egg-balls and mask them with a white mayonnaise. (See Salads.)

The salad is improved if the dressing is poured over it about ten minutes before serving.

VEAL LOAF.

Two pounds of leg or loin veal, chopped very fine; quarter of a pound of salt pork, chopped with the veal; quarter of a cupful of milk; half a cupful of cracker-crumbs; two eggs; one teaspoonful of pepper; two teaspoonfuls of salt; one teaspoonful of onion-juice; one teaspoonful of kitchen-bouquet; quarter of a cupful of butter.

Mix all the ingredients but the last together, mould into a loaf, and place in a pan, dot with the butter and sprinkle with flour.

Bake one hour. Remove to a hot dish, thicken the gravy in the pan with a tablespoonful of flour, brown, add half a pint of boiling water, stir until smooth, with one teaspoonful of Worcestershire sauce, and pour over meat.

FRUIT BOUILLON.

One quart of tart cherries, or three cupfuls of raspberries and one of currants; three cupfuls of cold water; half a cupful of sugar; one even tablespoonful of corn-starch.

Cook the fruit tender, rub through a colander, then through a sieve, add the sugar, return to the fire and thicken with corn-starch wet up in cold water. Cook two minutes after the boil is reached, stirring all the time, and turn into a bowl. You can, if you like, add a glass of claret when it is cold.

Serve the bouillon cold in punch-glasses, half-full of cracked ice.

STRAWBERRY SAUCE.

Add to half a pint of cream, whipped light, half a pint of fresh strawberries, crushed fine and sweetened to taste. Beat all well together. There will be enough for eight persons. It is eaten with blanc-mange, jelly, and cold farina pudding.

MENU

English Dinner

RAW OYSTERS

CLEAR SOUP

BAKED STURGEON

POTATOES À LA PARISIENNE

ROAST SWEETBREADS WITH SAUCE SUPRÊME

ROAST SADDLE OF MUTTON

BRUSSELS SPROUTS

BOILED TURNIPS

JUGGED HARE WITH CURRANT JELLY

LETTUCE AND CELERY SALAD WITH MAYONNAISE DRESSING

PLUM TART WITH WHIPPED CREAM

FRUIT AND NUTS

COFFEE

HORS D'ŒUVRES

OLIVES. PRESERVED GINGER. DAMSON CHEESE.

MENU

German Dinner

CAVIARE BARS

CLEAR BROWN SOUP WITH NOODLES

FLOUNDER FILLETS WITH SAUCE TARTARE

LYONNAISE POTATOES

BREADED SAUSAGES

RICE LOAVES

BRAISED BREAST OF VEAL WITH OYSTER SAUCE

BEEF TOPS

STUFFED ONIONS

CROQUETTES OF LAMBS' LIVERS WITH SAUCE ALLEMANDE

RUSSIAN TOMATO AND SARDINE SALAD

JELLY OMELET

PEARS AND GRAPES

COFFEE

HORS D'OEUVRES

PÂTÉ DE FOIE GRAS. PICKLED BEETS. OLIVES

MENU

French Dinner

JULIENNE PRINTANIÈRE

SALMON WITH SAUCE HOLLANDAISE

POMMES DE TERRE SOUFLÉS

FRENCH CHOPS WITH CÊPES À LA BORDELAISE

(SEE "A Dainty Dish," p. 131)

FILET DE BŒUF WITH SAUCE CHATEAUBRIAND

FRENCH SPINACH

BROILED SQUABS

LETTUCE AND ENDIVE SALAD WITH FRENCH DRESSING

NESSELRODE PUDDING

FRUIT

COFFEE

MARASCHINO

HORS D'ŒUVRES

OLIVES. STUFFED DATES. RADISHES

MENU

Italian Dinner

CREAM OF CELERY SOUP

PARMESAN CHEESE, PASSED WITH SOUP

OYSTER PÂTÉS

CALF'S HEAD AU GRATIN

FRIED POLENTA

ROAST TURKEY STUFFED WITH CHESTNUTS

STEWED ARTICHOKEs

RICE AND TOMATO

MACARONI DI LUCCA

BROILED SNIPES

LETTUCE AND CHICORY SALAD WITH FRENCH DRESSING

FIG PUDDING WITH BRANDY SAUCE

MANDARINS. ORANGES. GRAPES

COFFEE

HORS D'ŒUVRES

OLIVES. CANDIED FRUITS. CELERY

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Waffles

- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ pint milk
- $\frac{1}{2}$ " flour
- $\frac{1}{4}$ teaspoon salt
- 2 eggs

Cream the butter. Add
beaten yolks of eggs.
and then add salt and
beat well. Add flour
and milk - a little of
each at a time. and
last add beaten white

Chocolate Icing

1 tsp milk or water
& powdered sugar - till it gets hard on
chocolate. about $\frac{1}{2}$ tsp full.

Boiled Icing

- 1 Egg
- 1 orange juice -
- 3 tsp chocolate.
- 2 powdered sugar

pa - bottle cherry wine W. J. D. S.
Oranges - Lemons - Bananas -
Mts. of figs - strawberries -

peas - sprouting -

Plant heads - mushrooms -
Lentil crops -

peas - sprouting lemons lime
bananas - Orange -

beat
with
egg beater

- 2 Eggs best good
- 2 Tablespoons Sugar
- $\frac{1}{4}$ Teaspoon soda
- " " salt
- 2 rounded teaspoons Eats (Baking Po)
- $\frac{1}{2}$ cup sour cream

the
from

($\frac{1}{2}$ cup flour
 $\frac{1}{2}$ cup corn meal mixed)

(1 square inch melted butter
melt in pans + pour into dough)

cook about 20 minutes

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