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ONE THOUSAND
AND
ONE
USEFUL RECIPES
AND
Valuable Hints
ABOUT
COOKING & HOUSEKEEPING



SAN FRANCISCO :

PUBLISHED BY DUTTON & PARTRIDGE, STATIONERS,
212-214 CALIFORNIA STREET.



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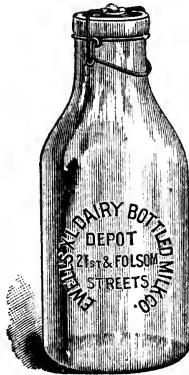
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TO THE

Fathers and Mothers of San Francisco

WHO LOVE THEIR CHILDREN,

THIS BOOK IS RESPECTFULLY DEDICATED.



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History of the Business. 1890 2

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Nothing was further from Mr. Ewell's thoughts than going into the milk business when, many years ago, he loaned a relative and friend some money to engage in the business. Their subsequent failure forced him to take the business to secure himself. Becoming interested after a little experience, Mr. Ewell soon found out, what few people knew, viz.: That but a small proportion of the milk sold in this city is absolutely pure, and the idea occurred to him that a large and profitable business might be built up by furnishing such an article. Not knowing the meaning of the word fail, he commenced experimenting. Starting with the idea that young, healthy cows, with plenty of good, wholesome food, fresh air, pure water, good pasture and proper treatment, would produce the best milk, and having all these requisites to start with, at his 800-acre ranch, seven miles from the city, on the San Bruno road, Mr. Ewell for years experimented with all kinds of feed (for be it known that good pasture alone does not produce the richest milk, as most every one thinks), both ground and dry, his experience teaching him finally that cooked food gave better results than dry, and that corn, wheat, Egyptian corn, bran, peas, beans, broomcorn seed and middlings, in their seasons, in various combinations, cooked to the consistency of mush, with plenty of squash when in season, cut fine and fed green, giving a cow all she can eat twice a day, with plenty of good Bur clover hay for a change, is the best. This liberal feeding, with good pasture, has enabled Mr. Ewell to produce a milk richer and superior to the production of any other dairy, as the analysis of two of the most prominent analytical chemists of this city (which will be given hereafter) will sufficiently demonstrate, their samples being taken at their own volition, at widely different dates.

Having satisfied himself as to the quality of his milk, Mr. Ewell took for his motto :

" The Purest and Best in the World,"

And then turned his attention to its delivery to consumers, and the best means of getting it to them as pure and fresh as when it leaves the cow, for it must be admitted that the old system of delivering milk has disadvantages that should have condemned it long ago, for its lack of cleanliness and its opportunities for contamination, and Mr. Ewell firmly believes that, with all his care and trouble, and efforts to produce the best of milk, his business would have been a failure had he adhered to the old system of delivery.

Bottling milk warm from the cow is an original idea of Mr. Ewell, and to its adoption, two years ago, Mr. Ewell attributes

Pacific Bank, Capital and Surplus. \$1,700,000.00.

the wonderful success of his business, it having increased from 500 quart-customers a day, to over 4500, and there seems to be hardly any limit to its possible extension, so popular is it with all who have tried it, together with the exceeding richness of the milk.

AN INCORPORATED COMPANY.

About the time of introducing this system of delivering milk, Mr. Ewell, in order to get the most faithful and devoted service from his large number of employes, incorporated his business, letting all of them, who desired, have stock, at a mere nominal rate, at which price he will either buy or sell to them, at any time, thus encouraging his men to save their wages, and at the same time make one per cent. per month on their savings. This system has worked so well that most all of his employes are now interested in the business. The company is known as the Ewell's X. L. Dairy Bottled Milk Company, and while paying one per cent. per month dividends, as before stated, since its incorporation, has accumulated a large surplus fund of over \$5000, a most wonderful showing in so short a time. The headquarters in this city are at the northwest corner of Folsom and Twenty-first streets, where also are located their large stables for the fifty horses and delivery wagons, and where are accommodations for as many of the men to sleep, as may desire.—C. P. JONES.

WM. T. WENZELL & CO.,

ANALYTICAL, CONSULTING AND MANUFACTURING CHEMISTS.

Careful Analysis, Qualitative and Quantitative, Made of Ores, Metals, Oils, Waters, Foods, Medicines, Poisons, Etc.

OFFICE AND LABORATORY - - - - No. 153 GROVE STREET.

SAN FRANCISCO, CAL., Oct. 23d, 1889.

MESSRS. EWELL & Co., SAN FRANCISCO :

Gentlemen—I have made a careful chemical analysis of your milk, and have visited your dairy in San Mateo county. I have also investigated your methods for supplying fresh and pure milk to your customers, and can affirm that I commend your idea of bottling your milk immediately after its removal from the cows, and then put into bottles, thoroughly cleansed with boiling water, in order to secure the destruction of organic germs. I find that your milk, at ordinary temperature and atmospheric conditions, still retains its amphisteric reaction on litmus paper for fully 36 hours, showing the value of your method in securing and retaining the characters of unchanged and fresh milk during this period.

I would further state that I have used your bottled milk in my family during the past two years with perfect satisfaction.

The following is the result of my analysis of an average sample, which proves that it is fully up to the standard of a pure article :

Butter Fat.....	4.19
Cascin.....	3.98
Sugar of Milk.....	3.81
Salts (chiefly Phosphates).....	.65
Albumen.....	.77
Total solids.....	13.40
Water.....	86.60

Respectfully submitted,

100 00.

W. T. WENZELL.

Pacific Bank Letters of Credit available the world over

Milk.

FOR YOUNG AND OLD—IN HEALTH AND IN SICKNESS—IT MAKES
TEETH, BONE, MUSCLES AND BRAINS.

Milk has been, since the dawn of Pastoral life, one of the chief mainstays of mankind, in health and in sickness. Two substances in daily use contain, each of them, the elements necessary to support life. The first is milk, which consists of carbonaceous, nitrogenous and phosphatic elements in a watery menstruum; the second is wheat, provided that the flour used is Graham, or unbolted.

Strange to say, however, they are, of all food stuffs, the most reduced in nutritive quality. The milk—by watering, skimming, and the substitution of that of sickly or ill-fed cows. The wheat, by the process of manufacturing fine white flour, whereby it is deprived of almost all nitrogenous and phosphatic elements.

For infants, milk is the only safe, and therefore requisite diet. Before eight months, the glands which secrete the fluid by which starchy food is digested, have not developed. The success which the lower animals have in rearing their young to maturity, ought to be a lesson to our boasted civilization, where nearly one half of the children die before reaching the age of five years. Milk, pure and simple, should be given to infants, properly diluted and sweetened. And to children, with insistence that it be drank slowly, and in much larger quantity than is usual. Sugar, molasses, butter, arrowroot, white flour, etc., which the latter unfortunates are generally fed on, do not contain any tooth, bone, muscle or brain-forming elements; their constituents are carbonaceous, fat-forming and heat-giving, and, given in excess, increase the tendency to inflammatory affections.

Milk from the cow, can be rendered very similar to human milk, when we take into consideration the distinctive characteristics of the two, the difference being that the former contains more casein (nitrogenous material) and less sugar than the latter.

Prepared milk, for infants, can be made as follows: If we heat milk very *gently*, a thin skin will form on the surface; this is casein, and, by skimming it off one or more times, we deprive the milk of any desired proportion, each infant's digestive power being the most correct guide. The best method of sweetening is to use sugar of milk, the properties of which are entirely different from cane sugar; it can be readily obtained from any druggist. The temperature at which milk, at all ages, should be given, is important: it ought to be 95° F.

(Continued on page 18)

Don't fail to see the Battle of Gettysburg Panorama.

PACIFIC BANK.

INCORPORATED 1863.

Depositors secured by the unlimited pro rata guarantee of all the Shareholders.

SAN FRANCISCO, CAL.

Capital	\$1,000,000.00
Surplus	700,000.00
Average Resources	4,356,175.94

- Dividends** and Coupons Collected.
- Loans** on goods in transit.
- Bullion** Bought and Sold.
- Loans** on Warehouse Receipts.
- Drafts** issued on Australia and the Orient.
- Orders** Executed for all Investment Securities.
- State, County, City and Water Bonds** negotiated.
- Inquiries** about the Pacific Coast cheerfully answered.
- Approved** business paper discounted or received as security for loans.
- Exchange** on the principal cities of the United States bought and sold.
- Letters** of Credit for use of travelers, available in all parts of the world.
- Telegraphic** Transfers in cipher made to London, Paris, Berlin, and various places in the United States.
- Bills** drawn on Union Bank of London, Credit Lyonnais, Paris, and Direction der Disconto Gesellschaft, Berlin.
- Collections** made promptly, and at lowest market rates.

Soups.

White Stock Soup.

Six pounds knuckle of veal, one-half a pound of lean bacon, two table-spoons of butter rubbed in one of flour, two onions, two carrots, two turnips, three cloves stuck in an onion, one blade of mace, bunch of herbs, six quarts of water, pepper and salt, and one cup of EWELL'S X. L. DAIRY BOTTLED MILK, boiling.

Cut up the meat, slice vegetables, put the meat, etc. on with mace, and all herbs, except parsley, in two quarts of cold water. Boil slowly for about an hour, then add rest of cold water—one gallon. Cook slowly four hours. Strain off the liquor, season the meat and vegetables highly; add to them three quarts of stock well salted, keep on ice. Heat part of the stock up with a cup of EWELL'S X. L. DAIRY BOTTLED MILK, stir in floured butter to thicken it. Carefully skim the soup.

Ox-Tail Soup.

Take two ox-tails and two whole onions, two carrots, a small turnip, two table-spoons of flour, a little white pepper, three quarts of water, and boil for two hours; then take out the tails and cut the meat in small pieces, return the bones to the pot for a short time, boil for another hour, then strain the soup, and rinse two spoonfuls of arrowroot to add to it with the meat cut from the bones; add a quart of EWELL'S X. L. DAIRY BOTTLED MILK and let all boil for a quarter of an hour.

Egg Balls for Soup.

Boil four eggs, mash the yolks with yolk of one raw egg, and one table-spoonful of flour, pepper, salt and parsley; make into balls and boil ten minutes in soup.

Eel Soup.

Put three pounds of small eels in two quarts of water with a crust of bread, some mace, whole pepper, sweet herbs, and an onion; cover them close and stew till the fish is quite broken; then strain it off and serve with some toasted bread cut in slices. Before serving, thicken with a quarter of a pint of EWELL'S X. L. DAIRY BOTTLED CREAM, and a teaspoonful of flour mixed in it.

Oyster Soup.

Take one quart of water, one pint of EWELL'S X. L. DAIRY BOTTLED MILK, one small tea-cup of butter, four crackers rolled fine, one teaspoonful of salt, and half a teaspoonful of pepper. Bring to full boiling heat as soon as possible, then add one quart of oysters. Let the whole come to a boiling heat quickly and remove from the fire.

Mock Oyster Soup.

One-half pint tomatoes, three-quarters of a pint of boiling water, butter the quarter size of an egg, one-quarter of a teaspoonful each of soda, salt and pepper, and one pint of EWELL'S X. L. DAIRY BOTTLED MILK.

Put the tomatoes and hot water over the fire, strain and rub through collander. Meanwhile boil the EWELL'S X. L. DAIRY BOTTLED MILK, stir in soda and butter, let it come to a boil. Put pepper and salt with tomatoes, simmer five minutes, and then stir in the milk. Serve with crackers.

Veal Soup.

To about three pounds of a joint of veal, which must be well broken up, put four quarts of water and set it over to boil. Prepare one-quarter pound of macaroni by boiling it by itself with sufficient water to cover it; add a little butter to the macaroni when it is tender; strain the soup and season to taste; then add the macaroni in the water in which it is boiled. The addition of a pint of EWELL'S X. L. DAIRY BOTTLED MILK and celery flavor is relished by many.

— THE —

CONNECTICUT MUTUAL LIFE

Insurance Company,

OF HARTFORD, CONN.

Organized 1846.

JACOB L. GREENE, President.

JOHN M. TAYLOR, Vice-President.

W. G. ABBOT, Secretary.

D. H. WELLS, Actuary.

ELISHA RISLEY, Supt. of Agencies.

AN UNEQUALLED RECORD.

The Connecticut Mutual Life Insurance Company's forty-three years administration of trust funds challenges comparison with any similar institution.

Better Results Have Never Been Obtained.

ASSETS:	LIABILITIES:	SURPLUS:
\$57,460,649.20.	\$52,245,939.61.	\$5,214,709.59.

THE CONNECTICUT MUTUAL, by economical management and profitable investments, has made and saved for its members, **\$36,109,097.38** more than they have paid in premiums.

Since organization this Company has paid to its members and its representatives - -	\$134,162,485.15
Add present Assets - - - - -	57,460,649.20
Total - - - - -	\$191,623,134.35
Total premiums received since organization -	155,424,036.97
Gain over premium payments -	\$36,199,097.38

A RECORD UNEQUALLED BY ANY OTHER LIFE INSURANCE COMPANY.

The Company's income from premiums, interest, rents, profit and loss, has been **\$214,535,941.76!** Over **\$59,000,000.00** more than premiums received.

The average expense of creating, handling and distributing this great business has been but 8.4 per cent., the lowest among American or European Companies.

Should you at any time contemplate insuring your life, please remember that there is no better Company than The Connecticut Mutual Life Insurance Company of Hartford, Conn. Its liberal contracts, both Life and Endowment, its large surplus, its unequalled record for economy of management and its conservative basis for future solvency, combine to give that which is the ideal of life insurance—PROTECTION FOR YOUR FAMILY, if you die, or provision for yourself if you LIVE. To enumerate the many merits of this excellent Company in this small space is impossible.

Premium rates and full information will be cheerfully furnished by

F. R. NOYES, Agent,

315 California St.,

San Francisco, Cal.

Swiss White Soup.

Stock for six persons. Beat up three eggs, two spoons of flour and one cup of EWELL'S X. L. DAIRY BOTTLED MILK, pour this slowly through a sieve into the boiling soup, adding salt and pepper.

Clam Soup No. 2.

~~Remove~~ Cut salt pork in very small squares and fry light brown; add one large onion cut very fine and cook about ten minutes; add two quarts of water and one quart of raw potatoes sliced; let it boil. Then add one can of clams. Mix one tablespoon of flour with water, put it with one pint of EWELL'S X. L. DAIRY BOTTLED MILK and pour into the soup and let it boil about five minutes. Butter, pepper, salt and Worcestershire sauce, to taste.

Lobster Soup.

One large lobster; pick all the meat from shell and chop fine; scald one quart of EWELL'S X. L. DAIRY BOTTLED MILK and one pint of water; then add the lobster, one pound of butter, a tablespoon of flour and salt and red pepper, to taste. Boil ten minutes.

Soup Balls.

Fry one small onion to a fine brown; take a quarter of a loaf of stale bread, soak in EWELL'S X. L. DAIRY BOTTLED MILK; salt and pepper to taste, mix well and stir all together in the pan with the onion, for five minutes; when cool add one egg well beaten, form into balls, and put into soup five minutes before serving.

Asparagus Soup.

Three or four pounds of veal cut fine, a little salt pork, two or three bunches of asparagus and three quarts of water. Boil one-half of the asparagus with the meat, leaving the rest in water until about twenty minutes before serving; then add the rest of the asparagus and boil just before serving; add one pint of EWELL'S X. L. DAIRY BOTTLED MILK. Thicken with flour; season; boil soup about three hours before adding last one-half of asparagus.

Egg Dumplings for Soup.

Make a batter of two well-beaten eggs, half a pint of EWELL'S X. L. DAIRY BOTTLED MILK and as much wheat flour as will make a smooth batter, about as thick as pound cake; drop it by the spoonful into the boiling soup, until all is used, then cover it for fifteen minutes.

Savoy Soup.

Remove the outside leaves, cut in quarters and boil in clear water two small heads of savoy cabbage; when tender, drain off and press all the water from them; put them to as much beef broth as will cover them; put it into a closely covered stew-pan or soup-pot over a moderate fire for one hour; set on the fire a large frying pan with a quarter of a pound of sweet butter; let it become hot; shake flour from a dredging box over it, until the whole surface is white, then stir it until it becomes brown, taking care not to burn it; cut two large white onions into it and fry them, as soon as they are nicely colored; add it to the soup; soak some crackers or sliced rolls in a quart of boiling EWELL'S X. L. DAIRY BOTTLED MILK and add it to the soup.

USE EWELL'S X. L. DAIRY BOTTLED MILK,
PUREST AND BEST IN THE WORLD.

DENTIST.

C. O. DEAN, D. D. S.,

126 Kearny Street,

COR. KEARNY AND SUTTER STS.,

Thurlow Block,

Rooms 10 and 11.

SAN FRANCISCO.

LAUGHING GAS

— AND ALL —

ANÆSTHETICS GIVEN.

Fifteen Years in the Same Office.

ALL WORK

FIRST CLASS and at REASONABLE RATES.

Office Hours 9 to 5.

To Get up a Soup in Haste.

Chop some cold cooked meat fine, and put a pint into a stew-pan with some gravy, season with pepper and salt and a little butter if the gravy is not rich, add a little flour moistened with EWELL'S X. L. DAIRY BOTTLED MILK and three pints boiling water, boiled moderately one-half an hour. Strain over some rice or nicely toasted bread, and serve.

Soup Maigre.

Melt half a pound of butter in a stew pan, slice six onions into it, add two heads of celery, cut small; one small cabbage and a bunch of parsley cut small; shake these together over the fire for fifteen minutes, then stir in three rolled crackers; add further, two quarts of EWELL'S X. L. DAIRY BOTTLED MILK, and pepper and salt to taste; let it boil gently for three-quarters of an hour, then take it from the fire, stir into it two well beaten eggs, and serve.

Onion Soup.

Put a quarter of a pound of butter in a stew pan, with six large white onions cut in slices, let them fry a nice brown, then add six crackers rolled, pepper to taste, and a quart of boiling EWELL'S X. L. DAIRY BOTTLED MILK; let it simmer for fifteen minutes and serve.

Vermicelli Soup.

Swell quarter of a pound of vermicelli in a pint of EWELL'S X. L. DAIRY BOTTLED MILK and a pint of water, then add it to a good beef soup with one-quarter pound of sweet butter; let the soup boil for fifteen minutes after it is added.

Chicken Cream Soup.

Boil an old fowl with an onion in four quarts of cold water until there remain but two quarts. Take it out and let it get cold. Cut off the whole of the breast and chop very fine. Mix with the pounded yolks of two hard boiled eggs and rub through a collander. Cool, skim and strain the soup into a soup pot. Season, add the chicken and egg mixture, simmer ten minutes, and pour into the tureen. Then add a small cup of EWELL'S X. L. DAIRY BOTTLED MILK, boiling.

Celery Soup No. 2.

Celery soup may be made with white stock. Cut down the white of half a dozen heads of celery into little pieces and boil it in four pints of white stock, with a quarter of a pound of lean ham and two ounces of butter. Simmer gently for a full hour, then drain through a sieve, return the liquor to pan and stir in a few spoonfuls of EWELL'S X. L. DAIRY BOTTLED CREAM with great care. Serve with croutons and thicken with flour. Season to taste.

Corn Soup.

One small beef bone, two quarts of water, four tomatoes, eight ears of corn; let the meat boil a short time in the water; cut the corn from the cob and put in the cobs with the cut corn and tomatoes; let it boil about half an hour; remove the cobs; just before serving add EWELL'S X. L. DAIRY BOTTLED MILK, which allow to boil for a few moments only; season with salt and pepper.

Corn Soup No. 2.

One quart of corn cut from the cob in three pints of EWELL'S X. L. DAIRY BOTTLED MILK; when the grain is quite tender, mix with them two ounces of sweet butter rolled in a tablespoon of flour; let it boil fifteen minutes longer; just before taking up the soup, beat up an egg and stir in with pepper and salt.

USE THE BEST OF EVERYTHING.

THE BEST IS THE CHEAPEST.

Potato Soup.

Boil five or six potatoes with a small piece of salt pork, and a little celery; pass through a collander and add EWELL'S X. L. DAIRY BOTTLED MILK or CREAM (if milk, a little butter) to make the consistency of thick cream. Chop a little parsley fine and throw in; let boil five minutes; cut some dry bread in small dice, fry brown in hot lard; drain them and place in bottom of soup tureen, and pour soup over; chop two onions and boil with soup, if liked.

Pea Soup.

Cut two large slices of ham into dice with a sliced onion, fry them in a little bacon fat until lightly browned. Cut up one turnip, one large carrot, four stalks celery and one leek fine; add these last ingredients to the ham and onion, simmer for fifteen minutes; then pour over them three quarts of corned beef, or hot, water, add a pint of split peas, which have been soaked in cold water all night; boil till peas are tender, stirring constantly; add salt and pepper with a teaspoonful of brown sugar. Remove soup and rub through a sieve. Thicken a little with a little flour stirred in EWELL'S X. L. DAIRY BOTTLED MILK; return soup to the fire, simmer for half an hour. Serve with croutons.

Chicken Soup.

Take three young male chickens; cut them up, put them in a saucepan with three quarts veal stock; a sliced carrot, one turnip, and one head of celery may be put with them and removed before the soup is thickened; simmer for an hour. Remove all the white flesh, return the rest of the birds to the soup, boil gently for two hours. Pour a little of the liquid over a quarter of a pound of the crumbs of bread; when well soaked put it in mortar with the white flesh, pound the whole to smooth paste; add pinch of ground mace, salt and pepper, press through a sieve, boil again, add a pint of EWELL'S X. L. DAIRY BOTTLED CREAM. Thicken with flour mixed in EWELL'S X. L. DAIRY BOTTLED MILK, remove bones and serve.

Potagè a La Reine.

Remove the fat from one quart of the water in which a chicken has been boiled. Season highly with salt, pepper and celery salt, and a little onion. Mash the yolks of three hard boiled eggs fine, and mix them with one-half cup of bread crumbs soaked until soft in a little of EWELL'S X. L. DAIRY BOTTLED MILK. Chop the white meat of the chicken very fine, stir it into the egg and bread paste. Add one pint of EWELL'S X. L. DAIRY BOTTLED CREAM, hot, slowly, and then rub all into the hot chicken liquor. Boil five minutes. It should be like a purée.

Celery Soup.

Three pounds veal, three bunches celery, one gallon water, one teacupful of EWELL'S X. L. DAIRY BOTTLED CREAM, one tablespoonful of cornstarch, season to taste; put one-half of the celery in the water with the veal; boil three hours; strain and return to the pot, add remaining half of the celery; season; boil twenty minutes longer. Just before taking off the fire add EWELL'S X. L. DAIRY BOTTLED CREAM, thickened with a table-spoonful of cornstarch. Serve with croutons.

Marrow Dumplings for Soups.

Grate the crust of a breakfast roll, break remainder into crumbs; soak in EWELL'S X. L. DAIRY BOTTLED MILK; drain, add two ounces flour; chop up one-half pound beef-marrow freed from skin and sinews; beat up yolks of five eggs; mix all together; season; form into dumplings; boil in soup half an hour before serving.

Clam Soup.

Take about three dozen clams; chop the hard part of the clams, and boil about five minutes in a pint of water; add one pint of EWELL'S X. L. DAIRY BOTTLED MILK, a large spoon of butter, season to taste; let it boil up once; toast three or four slices of bread very brown and dry, lay into your dish and pour the above on.

Vegetable Soup.

Take a large beef bone together with a leg of veal, and cover with cold water; add salt, a large onion, half a carrot, two small turnips, celery and parsley cut up, and skin just before boiling; boil three or four hours moderately, strain and add a little parsley, a small carrot, two small turnips chopped, tomatoes and a thickening of scorched flour; boil half an hour; put a cup of EWELL'S X. L. DAIRY BOTTLED CREAM in the tureen before the soup is poured in.

Pea Soup No. 2.

Soak four cups split peas over night, put in one gallon water with one-half pound pork or corned beef; boil slowly in a porcelain kettle until the peas are soft; pass through a tin strainer, add a cup of EWELL'S X. L. DAIRY BOTTLED CREAM, just before it goes to table. Serve with dry toast quite brown.

Chicken Soup No. 2.

Cut up one chicken; put into a stew-pan two quarts of cold water, one teaspoonful salt, and one pod of red pepper; when half done add two dessert spoonfuls of well-washed rice. When thoroughly cooked remove the bird from the soup, tear a part of the breast into shreds, and add it to the soup with a wine glassful of EWELL'S X. L. DAIRY BOTTLED CREAM.

Crab Soup.

Boil the crab about twenty minutes; take the white meat from the shell, strip it into small pieces; boil EWELL'S X. L. DAIRY BOTTLED MILK and water, add the crab, and thicken with sifted cracker; when done, add a nice piece of butter; season with salt and pepper; two large crabs will make two quarts of soup.

Oyster Soup No. 2.

Made the same as crab soup, using oysters instead of crab; add some crackers. Be sure and use EWELL'S X. L. DAIRY BOTTLED MILK.

Celery Cream Soup.

One quart EWELL'S X. L. DAIRY BOTTLED MILK, one pint veal stock; season plentifully with celery, straining before using, and flavor slightly with nutmeg. Thicken with a little flour. Put celery with stock. At the last add small croutons of toast.

This soup is especially recommended as being cheap yet delicious and appetizing.

Cream of Lettuce Soup.

This soup is made the same as above, except that lettuce is substituted for celery.

Bean Soup.

Made in same manner as pea soup. Don't forget the cup of EWELL'S X. L. DAIRY BOTTLED CREAM.

Tomato Soup.

Four good sized tomatoes boiled with skins on in a quart of water; put in a collander and mash them; then put a teaspoonful of soda in the tomatoes. Boil one quart of EWELL'S X. L. DAIRY BOTTLED MILK, add a piece of butter, pepper and salt, the same as for other soup; roll a cracker and put into the milk, add the tomatoes and serve.

JAS. G. STEELE & CO.,
Chemists and Druggists,
 635 MARKET STREET,

MANUFACTURERS AND SOLE PROPRIETORS OF

STEELE'S AURANTINE, for Cleansing Gloves, Clothing, &c.;
 STEELE'S COLD CREAM;
 STEELE'S COUGH MIXTURE;
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 (For the cure of Poison Oak);
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 STEELE'S WINE OF PEPSINE, &c., &c.

Agents for Ricord's Restorative Pills, Wm. Lassen's Hair Elixir, and
 True's Celebrated Mineral powders.

635 MARKET STREET, PALACE HOTEL.

Tomato Soup No. 2.

Boil a dozen, or a can of tomatoes till they are thoroughly cooked. To a quart of tomato pulp, add a scant teaspoonful of saleratus dissolved in water. Put into a sauce-pan, butter the size of an egg, when it bubbles, sprinkle and stir in a heaping teaspoonful flour; when it is cooked, stir into this a pint or more of EWELL'S X. L. DAIRY BOTTLED HOT MILK, a little pepper and salt, when it boils add the tomato pulp. Heat it well and press through a sieve.

To Color Soups.

A fine amber color is obtained by adding grated carrot. Red, by using strained tomatoes. Burnt Sugar, or browned flour added to clear stock will give soups a rich brown color. Two baked onions well browned and then chopped fine makes an excellent coloring and flavoring. The shells of green peas dried in the oven until they are brown but not black, will also answer to brown soup, and will keep all winter if hung in a dry place.

Cape Cod Chowder.

Cut into small pieces five slices of salt pork, fry them quite brown, chop two onions fine, put them in after the pork is brown, and fry them till tender; pour hot water into the pot (about two and one-half quarts to the above) and add three pounds fish; let it boil about twenty minutes, season with salt and pepper; make a little thickening of flour and milk, and add while boiling also some sliced potatoes and crackers.

Chicken Chowder.

Cut your fowl into small pieces, cover it with three and one-half quarts water; cook until tender; then put in your frying pan the pork as above, fry brown; add the onions, fry till tender, and pour this into the pot with the chicken. Let it boil up, add pepper and salt and thicken.

Crab Soup No. 2.

Boil the crab about twenty minutes; take the white meat from the shells, strip into small pieces. Boil milk and water, add the crab, thicken with sifted cracker; when done, add piece of butter; season with salt and pepper.

Wine Soup.

Boil three-quarters pounds raisins in about three quarts of water for two hours; make a thickening of flour and water stir in sufficient to make as thick as common soup, grate in part of a nutmeg and sweeten with sugar to taste. Add a small piece of butter a wine-glass of wine. Very nice.

Vegetable Soup.

Take a large beef bone and cover with cold water; add salt, a large onion, half a carrot, two small turnips, celery and parsley cut up, and skim just before boiling; boil three or four hours moderately, strain and add a little parsley, a small carrot, two small turnips chopped, tomatoes, and a thickening of flour; boil half an hour. A cup of EWELL'S X. L. DAIRY BOTTLED MILK in the tureen improves it.

Mock-Turtle Soup.

Boil a calf's head and haslet until perfectly tender in four or five quarts of water; take them out, strain the liquor and skim off the fat; cut the meat, the lights, a part of the heart, and of the liver into small pieces; put these into the liquor with two chopped onions, a few cloves and a little sweet margoram, pepper and salt to taste, then boil gently an hour and a half; then put the whole yolks of four eggs and the chopped whites in the tureen with one-quarter pint of wine and pour the soup in boiling hot; slice two lemons and put in soup.

Turnip Soup.

Stew for about four hours a knuckle of veal in a little over four quarts of water; cool, skim off the fat, and bring the stock to a boil. Put into the soup, when boiling, an onion, about a dozen small turnips, and a little thyme chopped very fine. Let the soup then simmer for about an hour. Then strain, return to fire and add a cup of EWELL'S X. L. DAIRY BOTTLED MILK, which has been thickened with a little flour, and a large lump of butter. Season to taste, bring to a boil, stirring constantly, and remove instantly.

If you want your babies fat and rosy, feed them on EWELL'S X. L. DAIRY BOTTLED MILK.

Graham Soup.

Chop very finely three onions, two carrots, three turnips, one bunch celery and put them over fire with three and one-half quarts of water. Simmer gently for about forty minutes, then add a small cabbage, which has been previously parboiled and chopped up. In about twenty minutes put in a pint of stewed tomatoes and some sweet herbs, then boil all quickly about twenty minutes. Rub through a collander, return to fire, stir in lump of butter, pepper and salt and three-quarters cup of EWELL'S X. L. DAIRY BOTTLED CREAM thickened with a little rice-flour; let it boil up, then serve.

Do you want a good digestion? Drink EWELL'S X. L. DAIRY BOTTLED MILK.

EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

Gumbo Soup.

Take about a pound and three-quarters of beef cut up small, and three-quarters pound corned pork cut up, and put this with two quarts of ochras sliced thin, enough cold water to cover them, and stew for about an hour. Then add about a quart of sliced tomatoes and two quarts of boiling water, or a little more and boil nearly an hour longer, skimming at intervals with a silver spoon. When the contents of the vessel are boiled to pieces, put in three tablespoons of butter, with salt and pepper. Strain and serve with croutons.

EWELL'S X. L. DAIRY BOTTLED MILK is absolutely pure. Try it and see.

Mutton Broth.

Boil for two and a quarter hours, slowly, about four pounds of lean mutton in a gallon of water. Then add half teacup of rice that has been soaked in warm water about two hours. Boil an hour longer. Beat an egg, stir it in a cup of EWELL'S X. L. DAIRY BOTTLED MILK, which has been thickened with a little flour. Mix with this gradually some of the scalding soup, until the egg is partly cooked. Pour into the pot, removing the meat, season with pepper, salt and parsley. Boil up and serve.

Giblet Soup.

Break into small pieces one and three-quarters pounds veal, half pound ham, and put over fire, with the giblets and neck of three chickens, in three quarts of water, add some sweet herbs and a little allspice, and boil for two hours slowly. Remove giblets, keeping them warm in a pan. Stir into a cup of the hot soup a tablespoon of flour which has been wet with cold water and stirred in a paste, and also one and a half tablespoons butter. Return to the pot and boil about twenty minutes. Season then with a glass of brown sherry and a tablespoon of tomato catsup. Then add chopped giblets, boil up and serve.

Venison Soup.

Cut up three and one-quarter pounds venison, and one pound salt pork; chop one onion and a head of celery. Put these on fire with just enough water to cover them, and stew for an hour slowly, keep pot covered. Then add two quarts boiling water, and a little mace and cayenne pepper. Boil two hours longer, salt, strain, then return to the pot. Stir in tablespoon butter, thicken with a paste of browned flour and cold water, add tablespoon of walnut catsup, some Worcestershire sauce and glass of brown sherry.

Brown Gravy Soup.

Slice one large onion and fry brown in some nice dripping. Remove and keep warm in a covered pan. Cut about three and one-quarter pounds beef in small pieces about an inch by half an inch, and fry brown. Chop one carrot, one turnip and a head of celery, and put them with meat and onions in a covered pot with three and three-quarters quarts water. Stew for two hours. Then season, boil about an hour longer, and skim carefully. Strain, boil up again and add a handful of boiled vermicelli.

Rabbit Soup.

Prepare as you would for venison soup, first dissecting the rabbit and cracking the bones, and put in less onions. Add a bunch of sweet herbs.

Catfish Soup.

Skin, clean and cut up six catfish. Chop three-quarters pound of salt pork into small pieces. Put these in a pot with two and one-quarter quarts of water, sweet herbs minced finely, and one head of celery. Boil for an hour, strain, return to fire and add a pint of EWELL'S X. L. DAIRY BOTTLED MILK, which should be hot. Then add two beaten eggs and a large lump of butter. Boil and serve with croutons.

Fish.

Codfish.

Codfish should always be laid in soak, it should never boil, but simmer.

Stewed Codfish.

Scald some soaked codfish by putting it over the fire in boiling water for ten minutes; pick it in flakes, and put it in a stew-pan with a tablespoon of butter worked in the same, of flour, and as much EWELL'S X. L. DAIRY BOTTLED MILK as will moisten it, let it stew gently for ten minutes; add pepper to taste; put it in a deep dish, slice hard boiled eggs over, and sprigs of parsley around the edge.

Broiled Codfish.

Cut salt codfish in strips, lay it in water over night; when taken from the water thoroughly dry it, and have ready a hot pan well buttered, dip each piece in flour, broil it over a brisk fire.

Purest and Best.

Thousands of children ought to drink EWELL'S X. L. DAIRY BOTTLED MILK.

Suggestion.

Always freshen fish or ham in EWELL'S X. L. DAIRY BOTTLED MILK.

Sauce for Codfish.

Chop an onion fine and boil it in EWELL'S X. L. DAIRY BOTTLED MILK, when done add one tablespoonful of flour rubbed with one of butter, add a little parsley.

Codfish Balls.

Take four cups of boiled potatoes, chopped fine, three cups of soaked codfish minced fine; add half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, mix all well together, then add one well beaten egg, beat it up again thoroughly, drop by spoonfuls into hot lard and fry.

Codfish Puff.

Receipt the same as for codfish balls, put in an earthen baking plate with bits of butter over the top, bake in a quick oven.

Codfish Hash.

One pint soaked codfish well freshened, chopped fine, one quart cold boiled chopped potatoes, one onion chopped fine, mix well together; three slices of salt pork, cut in small pieces and fried brown; add your fish and potatoes to the pork, let it steam ten minutes, be careful and not let it burn, then add one cup of EWELL'S X. L. DAIRY BOTTLED MILK and stir thoroughly, let it simmer over a slow fire for fifteen minutes until it forms a brown crust, then turn it over on a platter and serve.

Codfish Balls.

Four cups of mashed potatoes; three cups of boiled codfish, chop fine with one onion, add a little mustard and red pepper; three tablespoons of EWELL'S X. L. DAIRY BOTTLED CREAM, two eggs, beat them all together thoroughly; roll into balls and fry as doughnuts in hot lard.

The source of supply from which the city family receives its milk, should be chosen with great consideration; the health of the children, and the comfort of parents and guardians, depend upon the milk being sweet and pure. The cows should be well fed, healthy, and surrounded by good sanitary conditions. The milk should be immediately strained and placed in some cool, cleanly apartment, where germs of disease and fatal emanations can not reach it. Nothing takes up the evils of the surrounding atmosphere more quickly or surely than milk; it forms a culture fluid for them when introduced, and, as a large proportion of registered deaths are attributed to the lowering of the vitality of the masses by the use of vitiated and improper food, it is undoubtedly necessary to exercise care in this case at least. Moreover, it is now a well-ascertained fact, that disease and poisonous material from certain herbs can be transmitted from the cow through the milk. A great question of the day is, the communicability of disease from animals to mankind; it promises to be a still greater one in the future. The science of the prevention of disease is in its infancy, that of the treatment of disease, has been, in many instances, a grievous failure.

Not a word can be said in favor of keeping a dairy within city limits; want of space and proper ventilation for the cows, the dangers of contamination to the milk, and the water, often impure, which is added, render the risk so great that many Boards of Health prohibit it altogether.

For young children, the milk of the cow furnishes the most proper elements of nutrition. In selecting the food to accompany it, much will depend upon the inherited tendencies and constitution of the child. Should it be fat, heavy and stupid, too much carbonaceous food—such as white flour, butter, sugar and cream are being given; on the other hand, is a child precocious (and such is acknowledgedly the most difficult to rear), lean meat, oaten meal, cracked wheat, and other highly nitrogenous and phosphatic articles of food tend to develop the muscles and brain too rapidly. These are the two extremes, and between them, there is a large range of other children whose dieting likewise requires judgment and care. Milk, and, as a rule, Graham bread, lean meats, fish, fruit and vegetables, should not be neglected; white bread, sugar, butter, preserves and fat meats may.

For the sick, we must be careful to have milk very sweet and fresh; it is better to obtain the milk twice daily, having the morning delivery for use during the day, and the evening supply for night time. It is usual to skim it in intestinal disorders, as the cream is not always digested. It may be peptonized by the following process, for sometimes the greatest dangers arise from the stomach and pancreas suddenly striking work.

Pancreatized Milk.—Milk is digested in great part in the small intestines; there it is acted on by the pancreatic secre-

(Continued on page 24.)

Scalloped Crab.

Have the back upper shell carefully washed, or use small dishes. If the shell is used to contain the crab scrape it a little and butter it. The dishes if used must also be buttered. For ten large sized crabs put a tablespoonful of butter and a tablespoonful of flour in a saucepan and stir them over the fire, then stir in a pint of milk (EWELL'S is the best) quite smoothly, and add the crab meat, two hard boiled eggs, chopped, a level teaspoonful of salt, little pepper, a *very* little cayenne pepper, the grated rind of one lemon and the juice. Let the mixture get scalding hot, put it into the crab-shell, dust it with cracker dust or bread crumbs, sprinkle with salt and pepper, lay the shells in a baking pan, set the pan in a very hot oven; just brown the top.

To Choose Lobsters.

These are chosen more by weight than by size, the heaviest are best. If fresh, a lobster will be lively and the claws will have a strong motion when the eyes are pressed with the finger.

To Boil Lobster.

Place them in boiling water, head first, which kills instantly, boil briskly for half an hour.

Buttered Lobster.

Take the meat from the shell, and mince or chop in small pieces; put the coral and inside, if liked (leave out what is called the lady) to a wine glass of hot water or vinegar and a quarter of a pound of fresh butter; add a little cayenne pepper and salt, spoonful of mustard, put it with the lobster in a stew-pan over a gentle fire; stir it until it is thoroughly heated through, serve hot with lettuce, garnish with hard boiled eggs.

Soft Shelled Clams.

Soft shelled clams may be boiled from the shells, and served with butter and pepper over them.

Stewed Soft Shell Clams.

Fifty clams freed from their shell or black skin; wash them well in clear water and put them in a stew-pan with very little water; cover and set it over a gentle fire for half an hour; then add butter the size of an egg, dredge in a tablespoonful of flour—salt and pepper to taste. Serve hot, some like an addition of wine or vinegar.

To Fry Clams.

Get them from the shell and thoroughly clean them, lay them on a double napkin to dry out the water; then roll a few at a time in wheat flour, until they will take no more, have ready a frying pan with plenty of hot salted lard, lay close together and fry gently until one side is a delicate brown, then turn carefully and brown the other side, then place on a hot dish, garnish with parsley.

Boil Clams.

Wash the clams until perfectly clean, put them into a kettle, add a pint of water, set them over a brisk fire; when the shells open they are done. When done take them from the shell, toast some thin slices of bread, butter them and cut them small, and put them in a deep dish; place the hot or warm clams over the toast bread with some of the clam juice.

EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

Stewed Clams.

Wash clean fifty sand clams and put to them their own liquor and water, equal parts, nearly to cover them; put them in a stew-pan over a gentle fire for half an hour; take off the scum that rises, then add to them two-thirds of a cup of butter, in which is worked a tablespoonful of wheat flour, and pepper to taste; let them simmer ten minutes longer, then serve. Pour over toast if preferred.

Substitute EWELL'S X. L. DAIRY BOTTLED MILK for water, makes them more delicate and white.

Clam Fritters.

Take twenty-five clams from their shell, wash them clean, lay them on a thick folded napkin, put a cup of wheat flour into a basin, add to it two well beaten eggs, half a pint of EWELL'S X. L. DAIRY BOTTLED MILK, a little of their own liquor; beat the batter until it is smooth, then stir in the clams; have ready a fry pan with plenty hot lard, put in the batter by the spoonful; let them fry gently until one side is a delicate brown, then turn the other. Serve with lemon juice.

Clam Chowder.

Batter a deep tin dish, strew it thickly with grated bread crumbs, sprinkling some pepper over and bits of butter, and if liked, some finely chopped parsley; then put a layer of clams, season with pepper and bits of butter, another layer of bread crumbs; after that, clams and bits of butter, little salt, add a pint of EWELL'S X. L. DAIRY BOTTLED MILK; lastly, a layer of cooked crackers, place a cover over the basin and bake in a hot oven three-quarters of an hour.

Clam Chowder No. 2.

Put in a pot a layer of sliced pork, chopped potatoes, chopped clams, salt, pepper and lumps of butter and broken cracker soaked in EWELL'S X. L. DAIRY BOTTLED MILK; put in layers and cover with clam-juice, add a little chopped parsley and stew slowly for two hours.

Boiled Muscles.

Wash clean and put them in a kettle with a little water; set them over the fire until the shells are open; then take them up, take out the beard from each one; put them in a deep dish, put butter, pepper and salt over, and serve with catsup or vinegar.

Boiled Salmon.

Sew up in a mosquito-net bag, and boil a quarter of an hour to a pound in hot salted water. When done, unwrap with care and lay upon a hot dish, pour over it a pint of drawn butter very rich, in which has been stirred a tablespoonful of chopped parsley and a few slices of lemon, garnish with sliced eggs and parsley.

Salmon Broiled.

Cut the fish in slices about an inch thick; season well with pepper and salt, and broil over a bright fire for ten minutes, a coal fire if clear is best. Serve with butter or tomato sauce.

Salmon Croquettes.

About one pint of cold cooked salmon, minced fine, one-half pint of EWELL'S X. L. DAIRY BOTTLED MILK, two tablespoonfuls butter, one of flour, three eggs, one cup of bread crumbs, pepper and salt. If corned salmon is used, the liquor must be drained off; and cream and other ingredients must be graded in proportion to the salmon used. Add the flour to the butter and mix together, put the cream into a saucepan, let it come to a boil, and stir in the flour and butter, then the salmon and seasoning; stir in a well beaten egg, when cold shape into croquettes and fry.

Salmon and Caper Sauce.

Two slices of salmon, one-quarter pound of butter, one teaspoonful of chopped parsley, salt, pepper, and grated nutmeg, to taste. Lay the salmon on a baking dish, place pieces of butter over it and add the other ingredients, baste frequently; when done lay it on a hot dish, pour caper sauce over it and serve. Salmon dressed with tomato sauce is very good.

Boiled Cod.

Clean the fish carefully, lay it on a plate in a circle and tie a netting cloth around it, to a gallon of hot water put a tablespoonful of salt and a gill of vinegar; put in the fish and boil according to its weight, allowing fifteen minutes to a pound.

Cod Pie.

Any remains of cold fresh cod, or any kind of fish, sufficient melted butter to moisten it; mashed potatoes enough to fill the dish, add twelve oysters, flake the fish from the bones, cut away all the skin, lay it in a pie dish, pour over the melted butter and oysters, and cover with mashed potatoes, bake for half an hour and send to the table hot.

Boiled Bass.

Cover the fish with water, add half a cup of vinegar, salt, and an onion, sew up the fish in a piece of net; heat slowly for the first half hour, then boil five minutes to the pound quite fast, unwrap and pour over a pint of drawn butter made from the liquor in which the fish was boiled, garnish with parsley and sliced lemons.

Fried Bass.

Dredge inside and out with flour, and season with salt, fry in hot butter or lard, the moment the fish are done to a dark brown take them from the fat, on a hot dish, garnish with parsley.

Baked Bass.

Seven onions chopped fine; half that quantity of bread crumbs; butter the size of an egg; pepper and salt, mix thoroughly with anchovy sauce until quite red. Stuff your fish with this dressing and pour the rest over it, previously sprinkling it with red pepper. Shad, pickeral, and trout are good the same way. Tomatoes can be substituted for anchovies.

Salt Mackerel with Cream Sauce.

Soak until fresh in lukewarm water, wipe dry, grease your gridiron with butter, and rub the fish on both sides with the same, melted; then broil quickly over a clear fire, be careful not to break it, lay upon a hot dish, heat a small cup of EWELL'S X. L. DAIRY BOTTLED MILK to scalding; stir into it a teaspoonful of corn starch, wet up with cold water, when this thickens add two tablespoonfuls of butter, pepper, salt and chopped parsley. Beat an egg light, pour the sauce over it, put the mixture again over the fire, for one minute pour over the fish.

Fried Trout.

Clean and dry well, dredge them with flour and fry in a pan of boiling hot fat or oil, turn them from side to side until they are nicely browned, drain off all the fat before sending to the table. Garnish with parsley, or provide melted butter.

Trout in Jelly.

Turn the fish in rings, with tail in month. Prepare a seasoned water in which to boil the trout, the water should have a little vinegar and salt, and garlic; boil them slowly, so as not to break them, when done baste with fish jelly, coat after coat as each coat hardens. Serve hot.

ESTABLISHED 1870.

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Fish Jelly.

One tablespoonful of butter, one of flour, one large sliced onion, one cupful of stock, salt and pepper to taste; cut the onion fine, and fry brown in the butter, add the flour, stir for one minute, add the stock and season, simmer five minutes; then strain and serve.

To Fry Smelts.

Wash clean and dry them thoroughly, dip them in egg and bread crumbs, and put them in boiling lard, fry a nice pale brown, be careful not to break them, dry them before the fire on a drainer, garnish with parsley.

Roast Sturgeon.

Rub the bottom of the saucepan with clove of garlic, put into it a good bit of butter or clarified fat, a pinch of flour, salt and pepper, a chopped onion, and any herb you like the flavor of; add half a pint of cold water, a gill of vinegar; let it cook all together, as soon as it is all blended take it from the fire, and when it is luke warm put in the thick slices of sturgeon, let them lie in this sauce for three hours, turning them over now and then, take them from the sauce and roast, basting them continually with the sauce. Serve very hot.

Fried Eels.

Clean the eels well, cut them in pieces two inches long, wash and wipe them dry; roll them in wheat flour or rolled crackers, and fry as directed for other fish, in hot lard. They should be thoroughly done.

Boiled Eels.

Choose small eels for boiling, put them in a stew-pan with a bunch of parsley and just water sufficient to cover them, simmer until tender; take them out and pour a little chopped parsley and butter over them.

Poultry and Game.

Boiled Fowl.

Take a young fowl and fill the inside with oysters; place in a jar and plunge into a kettle of water; boil for one and one-half hours; there will be a quantity of gravy in the jar from the juice of the fowl and oysters; make this into a white sauce with the addition of one egg and half a cup of EWELL'S X. L. DAIRY BOTTLED CREAM; add oysters or serve up plain with fowl.

Roast Turkey.

Having picked and drawn the fowl, wash them well; wipe dry; dredge them with a little flour inside and out, and a little pepper and salt; prepare a dressing of bread and cracker crumbs, fill the body and crops of the fowl, and then bake them from two to three hours; baste them frequently while roasting; stew the giblets in a saucepan; just before serving, chop the giblets fine. After taking up the turkey, add the chopped giblets to the gravy of the roast fowl. Thicken with a little flour, previously wet with half a cup of EWELL'S X. L. DAIRY BOTTLED MILK. Boil up and serve in gravy dish. Roast turkey should be accompanied with celery and jellies.

Baked Chicken.

Cut the fowls open and lay them flat in a pan, breaking down the breast and the back bones; dredge with flour and season well with salt and pepper and with bits of butter. Put in a very hot oven until done, basting frequently with melted butter; or, when half done, take out the chicken and finish by broiling it upon a gridiron over bright coals. Add to the juices in the pan in which it was baked, one tablespoonful flour with one-half cup EWELL'S X. L. DAIRY BOTTLED MILK.

Chicken Fricassee.

Cut up the chickens and put on the fire in a kettle with cold water sufficient to cover, add a little salt or salt pork sliced, boil until tender, and cut up and put in part of a head of celery when tender, have ready hot baking powder biscuits broken open and laid on a platter. On this place the chickens. Thicken the gravy with flour moistened with EWELL'S X. L. DAIRY BOTTLED MILK, and pour it over the chickens and biscuits.

Fried Chicken.

Cut the chicken in pieces, lay it in salt and water, which change several times; roll each piece in flour. Fry in very hot lard or butter. Season with salt and pepper. Fry parsley with them also. Make a gravy of EWELL'S X. L. DAIRY BOTTLED CREAM, seasoned with salt, pepper and a little mace, thickened with a little flour in the pan in which the chickens were fried, pouring off the lard.

Dressing for Chickens.

Chop bread crumbs fine, season with pepper and salt and butter. Moisten with EWELL'S X. L. DAIRY BOTTLED MILK, and add a few oysters with a little of the liquor if you like. The dressing is the finest when it crumbles as the fowl is cut.

Dressing for Turkey.

Stale bread or crackers soaked in one pint of EWELL'S X. L. DAIRY BOTTLED MILK; add two tablespoons of sage, two tablespoons of summer savory, two teaspoons of salt, two teaspoons of pepper. Butter the size of an egg.

USE THE BEST OF EVERYTHING.

THE BEST IS THE CHEAPEST.

tion, which is alkaline—add to one pint of milk five grains of Pancreatic Ext. (Fairchild's), and 15 grains Bicarbonate of Soda, having previously dissolved them in a little water. Put in a bottle and immerse it in hot, not boiling, water. Cover carefully in order to retain the heat, and allow it to stand in a warm place for an hour and a-half. At the end of this time, the product will be found of a greyish, yellow color, much thinner, and with a bitter taste. By placing it on ice, or in boiling water, the digestive process can be stopped, and it may be kept like ordinary milk. In many acute diseases—such as typhoid and scarlet fever, milk is largely given. In the former, its value is extreme, and in the latter, owing to milk having diuretic properties, albuminuria is less likely to occur.

A Milk Diet.—In chronic diseases much attention has of late years been paid to a steady milk diet. This has been particularly the case in London, where dyspepsia, gastralgia, chronic diarrhoea, dysentery, gastric catarrh, ascites, anasarca, albuminuria, diabetes, eczema, gout and gouty affections have been effectually removed by the use of milk alone.

Great resolution on the part of the patient is necessary, because, as a rule, though taken readily at first, it soon begins to pall upon the appetite, and a distressing sense of emptiness is felt at the pit of the stomach. The mouth becomes pasty, and the tongue coated with a whitish fur. Constipation, more or less obstinate, is not unusual; when diarrhoea occurs it is a sign that the milk is disagreeing with the patient and peptonized milk or koumiss may be tried. Weight is lost at first, and the pulse quickens, the arterial tension being much lowered. After a time, however, the waste ceases and the pulse becomes normal. Weakness is often experienced, in fact a certain degree is usual; this need not cause alarm. In rare cases vertigo and faintness occur. Usually, however, but little trouble is experienced.

Four ounces may be taken every three hours at the commencement of the treatment, the amount being gradually increased until the patient can take all he or she can assimilate, the milk being slightly warmed and drank slowly. Some physicians, soon after the patient has ceased to lose weight, make a gradual change to a mixed diet; they commence at the end of the third week and gradually increase the quantity of solid food until the end of the sixth week, after which time a full mixed diet, consisting largely of milk, may be continued for a number of months.

Finely formed men and women, having good teeth, lungs, muscles and brains, would be much less uncommon were the milk of the cow, unskimmed and unadulterated, to enter more largely into the dietary of infants, children, and growing lads and lasses. I cannot urge too strongly the use in every household of pure milk and Graham bread.

WILLIAM GREGORY HODSON,

Chemist, Physician and Journalist, Graduate of Trinity College, Dublin.

(Continued on page 32.)

Chicken Pie No. 2.

Stew chicken until tender; line the sides of a deep pie dish with nice pastry; put in the chicken and the water in which it was boiled (which should be about a half pint), season with a large piece of butter, pepper and salt, then cover loosely with a crust; while this is baking prepare a quart of oysters as follows: Let a pint of EWELL'S X. L. DAIRY BOTTLED MILK come to a boil, thicken with a little flour, season with butter, pepper and salt; pour this over the oysters boiling hot, and about fifteen minutes before the pie is done, lift the crust and pour oysters and all into the pie, then replace in oven to finish.

Chicken Croquettes.

Four and one-half pounds of chicken boiled and chopped fine; moisten to a thick pulp with the liquor in which it has been boiled; mix with this a pint and a half of mashed potatoes beaten to a cream; three eggs, one pint EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoon of mustard, sweet majoram, salt and pepper to taste, a little celery chopped very fine, a quarter of a pound of butter, mould into forms, dip in egg and cracker dust, and fry in boiling lard.

Croquettes.

Take cold fowl or fresh meat of any kind with slices of ham, chop very fine; add half as much grated bread, same amount of mashed potatoes; season with salt, pepper and nutmeg, one teaspoon of cayenne pepper, one teaspoon of mustard, and lump of butter. Mix well together with EWELL'S X. L. DAIRY BOTTLED MILK, make up in little balls, dip in beaten yolks of eggs, cover with grated bread crumbs, and fry in lard until brown.

Chicken Plates.

Mince chicken that has previously been roasted or boiled, and season well; stir into this a sauce made of half a pint of EWELL'S X. L. DAIRY BOTTLED MILK, into which, while boiling, a teaspoonful of corn starch has been added to thicken; season with about one tablespoonful of butter, salt and pepper to taste. Have ready small paste pans lined with good puff paste. Bake the crust in a brisk oven, then fill the pans and set in the oven a few minutes to brown over slightly.

Forced Meat Balls.

Mix with one pound of chopped veal or meat one egg, a little butter, one cup of bread crumbs, the whole to be well moistened with EWELL'S X. L. DAIRY BOTTLED MILK; season with salt and red pepper, make up in small balls and fry them brown.

Chicken Cheese.

Two chickens boiled tender, chop fine or picked in small pieces, salt and pepper to taste; three eggs boiled and sliced, line dishes or moulds with them; add to the chicken and liquor they were boiled in three tablespoons EWELL'S X. L. DAIRY BOTTLED CREAM, pour in the moulds the chicken and liquor; when cold, slice. Boil in as little water as possible.

Chicken Pie No. 1.

Boil your chicken until they are tender and season highly, line deep pie plates with a rich crust, take the white meat and a little of the dark off the bones, put into the pie plates; add to the gravy a little flour wet with four tablespoons of EWELL'S X. L. DAIRY BOTTLED CREAM. Pour the gravy over the chicken, cover with the crust; bake three-quarters of an hour

Rice and Chicken Croquettes.

One cupful of boiled rice, one cupful of finely chopped cooked chicken, one teaspoon salt, a little pepper, two tablespoons of butter, half cup of EWELL'S X. L. DAIRY BOTTLED MILK, one egg. Put the milk on to boil; add the meat, rice and seasoning; when this boils, add the egg, well beaten, stir one minute; after cooling, dip in egg and crumbs and fry.

To Choose a Goose.

Be careful in choosing a goose that it is young; an old goose is very poor fare. If the skin and joints are tender and easily broken, it is young. The bill and feet of a young goose are yellow, in an old one they are red.

To Roast a Goose.

Pick it clean, cut off the legs at the joints, and singe it nicely; wash the inside of the body with cold water; rub it with a mixture of salt and pepper; prepare the stuffing. Cut one loaf of wheat bread in slices, pour over one pint EWELL'S X. L. DAIRY BOTTLED MILK, to wet; then add a teaspoon of salt, the same of pepper, and a quarter of a pound of butter, with a tablespoonful of sage, a little thyme, if liked. Fill the body, then sew up the slit, tie the ends of the legs together, put a pint of water in the pan to baste with; have a steady fire, allow fifteen minutes for each pound of meat.

Gravy.

If the gravy is very fat take some of it off; put the pan over the fire, then stir into it a thin batter of a tablespoonful of flour wet with EWELL'S X. L. DAIRY BOTTLED MILK, stir it until it is brown and smooth, and pour it through a strainer into a gravy tureen.

Pigeon Pie.

Make a fine paste; lay a border of it around a dish, and cover the bottom with a veal cutlet; season with salt, cayenne pepper and mace. Prepare as many pigeon as can be put in one layer in the dish; put in each pigeon a small lump of butter, season with pepper and salt; lay them in the dish, breast downward, cut in slices half a dozen hard-boiled eggs and lay in with the birds; put in one-half pint EWELL'S X. L. DAIRY BOTTLED MILK, and cover the whole with crust. Bake one hour and a-half.

Roast Goose.

Stuff and roast in the same manner as duck. Cover the goose with a paste of flour and water, while baking. Make a sauce with the drippings in the pan in which the game is roasted, thicken the gravy with brown flour moistened with EWELL'S X. L. DAIRY BOTTLED MILK.

Quail on Toast.

Cut the birds open down the back, salt and pepper them, dredge them with flour. Break down the breast and backbone so they will lay flat, place them in a pan with butter and very little water in a hot oven, covering them up tightly until nearly done; then place them in a spider in hot butter and fry to a nice brown. Have ready slices of baker's bread, toasted, upon a platter, on this place the quail. Make a sauce in the pan, thickened lightly with brown flour moistened with EWELL'S X. L. DAIRY BOTTLED MILK, and pour over each quail and the toast.

Rice Chicken.

Place a full grown chicken and about one pound of pickled pork, with a pod of red pepper and a bunch of thyme, in a pot with water enough to cover. When perfectly tender put the chicken and pork in a steamer which fits the pot; wash your rice and boil it seventeen minutes in the water from which the meat was taken; make a gravy tureen full of drawn butter sauce, to which you add two hard-boiled eggs sliced, and capers; use about one pint of EWELL'S X. L. DAIRY BOTTLED MILK for the sauce. When you serve place the rice on a large flat dish and chicken on top.

Duck.

When roasted, use dressing as for turkeys with the addition of a few slices of onions. Make a sauce with the drippings in the pan in which the game is roasted, and to which are put the chopped giblets which are previously well cooked. Thicken the gravy with brown flour moistened with EWELL'S X. L. DAIRY BOTTLED MILK. Serve with currant jelly.

Chicken Pie with Sweet Potatoes.

Cut up a chicken and put it on to stew; and after it has boiled for a while, add six medium sized sweet potatoes peeled and cut in halves. Stew until tender, and then place the pieces of chicken and potatoes alternately in a deep pie dish lined with crust. Season with salt and pepper, little onion, and the gravy furnished by stewing the chicken and potato; cover with crust and bake.

Poultry Croquettes.

Melt a small piece of butter in a stew pan; put into it chopped parsley and mushrooms, two teaspoonfuls of flour, salt, pepper and nutmeg, fry it and pour in half-pint of EWELL'S X. L. DAIRY BOTTLED MILK, or better, cream, cut up any poultry which has been cooked the day before into dice, put them into the sauce and let it get cold; form it into balls, and cover them with bread crumbs, wash them in eggs which have been beaten up, and roll them in bread crumbs second time. Fry them to a light brown; serve with parsley.

Wild Duck.

All wild duck which have a fishy taste before roasting should be parboiled with a small carrot put within each, which will absorb the unpleasant taste. Chop apples fine and stuff them for roasting, gives them a much nicer flavor than the ordinary stuffing.

Pressed Chicken.

Clean, wash and cut the fowl in small pieces; place them in a kettle with a tight cover; put in two cups of water, salt and pepper; let it cook slowly until the meat cleans from the bones; shred all the meat (freed from skin, bones and gristle) about as for chicken salad, season well, put into a deep dish and pour the remnant of the juice in which it was cooked over it. This will be jelly when cold and can then be sliced; it will not jelly if too much water is put over. Do not allow the water to boil away entirely while cooking.

To Make a Bird's Nest.

Boil some macaroni gently until it is quite tender; have it in about five inch pieces, and lay them on a dish like a straw nest. Truss pigeons with the heads on (having picked and clean); turn under the left wing; leave the feet on, and having stewed them, arrange them as in a nest; pour the gravy over and serve. The nest may be made of bread cut in pieces the length and thickness of the macaroni and fried a light brown in hot lard; season with pepper and salt. Any small bird may be stewed and served in this way.

Fricassee of Chicken.

Scald and skin, cut into joints, place in a stew pan with one good sized raw onion cut in slices, a little chopped parsley, salt and pepper, add butter about the size of an egg, and fill in a pint of water; cover close and stew for an hour and half over a slow fire, then lift and strain off the gravy, into which beat gradually a half pint of EWELL'S X. L. DAIRY BOTTLED CREAM and the yolk of one egg; heat up the gravy, but not boil, and pour it over the fricassee.

Roast Prairie Chicken.

The flesh being very dry should be either larded, or better, wide strips of bacon or pork placed over the breast. A mild seasoning stuffing will improve the flavor of the birds; dust a little flour over them. Baste often.

Curry Chicken.

Slice an onion and brown in a little butter; add a teaspoonful of curry powder; cover for a few minutes to cook; add a little more butter and put in chicken cut up in small pieces; thicken with a little flour. A good way to freshen up cold chicken or veal. Rice is excellent with curry chicken.

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Meats.

Roast Beef.

Prepare for the oven by dredging lightly with flour and seasoning with salt and pepper; place in the oven and baste frequently while roasting. Allowing a quarter of an hour for a pound of meat, if you like it rare, longer if well done. Serve with a sauce made from the drippings in the pan, to which has been added three tablespoons of EWELL'S X. L. DAIRY BOTTLED CREAM. Thicken with brown flour and serve in a gravy boat.

Roast Beef with Yorkshire Pudding.

Set a piece of beef to roast upon a grating, or several sticks laid across a dripping-pan. (Allow fifteen minutes to a pound.) Three quarters of an hour before it is done, mix the pudding and pour into the pan. Continue to roast the beef, the dripping meanwhile falling upon the pudding below. When both are done cut the pudding into squares and lay around the meat when dished. Drain off most of the fat from the pan before putting the pudding in.

Recipe for Pudding—One pint of EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, whites and yolks, beaten separately; two cups of flour, one teaspoon salt. Be careful in mixing not to get the batter too stiff.

Yorkshire Pudding.

To be eaten with roast beef instead of a vegetable: Three tablespoons flour, mixed with one pint of EWELL'S X. L. DAIRY BOTTLED MILK; three eggs and a little salt. Pour into a shallow baking pan; put into oven, an hour before dinner, for ten minutes; then put it under the roasting beef and leave it till you take up the beef; leave it in about five minutes after you take up the beef.

Boiling.

Before boiling joints of meat it should be decided whether the juices are to go into the water, as in soup and gravies, or to be retained in the meat itself. If they are to be retained, put the meat into fast boiling water, and let it boil for fifteen minutes, and thus prevent the juice from escaping; after, let it boil moderately until done. Care must be taken to remove the scum when the water is on the point of boiling. If you wish to extract the juice from raw meat, cover it with cold water and simmer slowly.

Boiled Leg of Mutton.

Wash nicely a leg of mutton; put it into a pot and cover it with boiling water; add a little salt. Allow it to boil five minutes; skim clean; let it boil slowly until done; time two hours to two and a half. Mutton is much improved by hanging up two or three days before using, four or five in cool weather.

The liquor from the boiling may be converted into a soup by adding three grated potatoes, pepper, seasoning to taste.

Mutton Broth for the Sick.

Boil a piece of mutton until it will fall from the bones; then strain off the broth, let it cool, skim off the fat; add salt and swelled rice; cook gently for twenty minutes.

Curry Mutton.

Put six small onions, cut fine, and an ounce of butter into a saucepan with an ounce of curry powder, a teaspoonful of salt, one of flour, and half a pint of EWELL'S X. L. DAIRY BOTTLED CREAM; stir until smooth. Cut two pounds of mutton into small pieces, and fry a light brown; put the meat into a saucepan, pour the sauce over it and boil gently for one hour and a half; place the meat on a hot dish, and arrange a border of hard boiled eggs, cut in thick slices, around it.

Veal may be used instead of mutton, or cold meats, with less cooking.

Roast Veal.

Prepare a leg of veal for the oven by washing, drying and larding it with strips of fat bacon, and dredging it with flour, seasoning with pepper and salt; baste frequently and serve with the gravy thickened. A roast fillet of veal should be prepared by stuffing it with bread crumbs, well wet with EWELL'S X. L. DAIRY BOTTLED MILK, seasoned with chopped ham, summer savory, salt and pepper.

Shoulder of Veal.

Put a piece of butter the size of an egg into a kettle; put it on the stove. When this begins to fry, put in the veal, season it, and let it fry until done brown; then add water sufficient to cook it. When done, thicken EWELL'S X. L. DAIRY BOTTLED CREAM with flour and stir well. Two pounds of veal will make a dinner for six.

Veal Pie.

Three pounds of lean veal, two slices of salt pork, chopped fine, one cup of bread crumbs, two eggs, salt and pepper to taste; mix thoroughly with one-half cup EWELL'S X. L. DAIRY BOTTLED MILK; bake one hour and a half. Use cold as a relish.

Veal Loaf.

Three pounds raw veal, one half pound raw salt pork chopped fine, three Boston crackers rolled fine, three eggs, little mace, little sage, one teaspoon black pepper, one of salt. Make into a loaf, and baste while baking, with butter the size of an egg melted in a little of EWELL'S X. L. DAIRY BOTTLED MILK. Put outside of the loaf a small quantity of rolled crackers. Bake three hours. Is very nice cold, cut in thin slices.

Filled Veal.

Boil the veal tender, pick it up fine, put in a mould; add to the water in which it was boiled a little flour, well mixed with EWELL'S X. L. DAIRY BOTTLED MILK, seasoned with salt and pepper; a layer of hard boiled eggs improves it.

Fricondeau.

Three pounds of cold roast veal chopped fine, one teaspoon of salt, one of pepper, one-half nutmeg, five rolled crackers, three eggs, butter the size of an egg, tablespoon of EWELL'S X. L. DAIRY BOTTLED MILK. Form this into a roll, and spot it over with bits of butter; then strew over it the pounded crackers, put in the oven, and from time to time add a little water. Cook slowly for two hours.

Pate of Veal.

Three pounds of leg of veal fat and lean, chopped fine, seven small crackers rolled fine, two eggs, piece of butter the size of an egg, one teaspoon salt, one of pepper, and one of nutmeg, a slice of salt pork chopped fine; work all together with a little of EWELL'S X. L. DAIRY BOTTLED MILK, in the form of a loaf. Bake two hours; to slice when cold.

Veal Cutlets a la Fried Oysters.

Cut the veal into pieces three inches square, dry with a towel, season to taste; have ready a beaten egg and crackers rolled fine, each on separate dishes; dip each piece of the cutlet in the egg, then in the rolled cracker; have enough lard or butter hot in your pan so as to cover the cutlets. A rich gravy can be made after the meat is done by adding a little of EWELL'S X. L. DAIRY BOTTLED MILK.

Veal Loaf.

Six Boston crackers, three eggs, one tablespoon of salt, pepper and sage, three pounds of veal. The veal must be raw and chopped fine; mix all well together and pack it hard in a deep pan, bake slowly for one hour. Two table-spoons of EWELL'S X. L. DAIRY BOTTLED CREAM improves it. Nice for tea, sliced thin when cold.

Sauce Tartare.

Mince two pickles; one half of a small onion and a few sprigs of parsley together; add to this three tablespoonfuls of mayonnaise sauce and the juice of a small lemon. Mix and serve.

Calf's Head Boiled.

Cut up a prepared calf's head into small pieces, place them in a saucepan and cover with cold water, add half cup of vinegar and let it simmer for half an hour, then place it in cold water a few minutes, dry each piece, rub sweet oil on them and broil, when done lay bits of butter on them with juice of half a lemon.

Sweet Bread.

Choose white sweet breads, put them in warm water to draw out the blood, let them remain one hour, then put them in boiling water, let them simmer fifteen minutes, take them out, drain them, and dip them in egg and then in bread crumbs, drop on them a little melted butter and put into a moderately heated oven, let them bake three-quarters of an hour; serve them on toasted bread and pour over a gravy.

Sausage.

Seven pounds of lean fresh pork, three pounds of fat pork, twelve teaspoonfuls of sage and six teaspoonfuls of pepper, six teaspoonfuls of salt (two of cloves and two of nutmeg, if you prefer), chop very fine; mix these ingredients thoroughly and pack in a jar and pour hot lard over the top.

Breaded Sausage.

Wipe the sausage dry, dip them in beaten egg and bread crumbs, put them in the frying basket and plunge into boiling fat; cook ten minutes, garnish with parsley.

Bake Sausage.

Place them in a baking pan in a single layer, and bake in a slow oven; turn them over when they are half done, that they may brown both sides; send to the table with pieces of toast between each sausage, cut the toast about the same size as the sausage and moisten it with a little of the sausage fat. They make a nice entree by placing them on a mound of mashed potatoes, and serve with apple sauce.

Oxford Sausage.

Take one pound of pork, fat and lean, one pound of lean veal, and one pound of beef suet, chopped fine together, put in half pound bread crumbs, teaspoonful of sage, teaspoonful of pepper, two of salt, some sweet marjoram and savory; shred fine; mix thoroughly.

Fried Calf's Head.

Cut the prepared calf's head into two pieces, lay them for two hours on a pickle made of two tablespoonfuls of lemon juice, one cup of water, salt and pepper to taste and a little mace. Take them out, drain them, and dip each piece in egg batter; roll in cracker dust, fry in hot lard, and serve with sauce tartare.

Calf's Liver--Stewed.

Boil till partly done; take out of the saucepan; chop in small pieces, put back in saucepan, skim well; stew until tender; season with butter, pepper and salt, thicken with a little flour wet with EWELL'S X. L. DAIRY ED MILK. Served on slices of toasted bread.

Calf's Liver--Fried.

Cut in thin slices; wash and drain them; roll them in corn meal and fry in fresh or salt pork gravy, add to the pan one tablespoon of flour mixed with one cup of EWELL'S X. L. DAIRY BOTTLED MILK; when done pour over the liver.

AN INTERESTING LETTER.

PURE MILK PUT TO THE TEST.

SAN FRANCISCO, CAL., January 2, 1888.

L. J. Ewell & Co., Proprietors X L Dairy,

Twenty-first and Folsom Sts., San Francisco—

GENTLEMEN: Having obtained samples of milk from your dairy through various sources for chemical analysis, as requested by you, the same has been exhaustively examined, and I give herein its chemical constituents. The mere tabulated statement of the result would be unintelligible, except to chemists, without some practical comparison. That you may understand the more clearly, permit me to first present the accepted analysis of the average milk that is consumed in the United States, according to the National Dispensatory, by Stille & Maisch, which is the recognized authority. Of course, it varies in all animals according to the time that elapsed since the birth of its offspring, but the average chemical constituents of the milk from the cow are :

Albuminoids.....	4.1
Fat, Butter.....	4.0
Milk, Sugar.....	4.2
Salts (chiefly phosphates).....	0.7
Total Solids.....	13.0
Water.....	87.0
Total.....	100.0

A careful analysis of the samples of milk from your dairy developed the following constituents :

Albuminoids.....	5.0
Fat, Butter.....	5.1
Milk, Sugar.....	4.8
Salts.....	0.7
Total Solids.....	15.6
Water.....	84.4
Total.....	100.0

Of course, it goes without saying that as between two samples, that is the purest and best milk that contains the most of the wholesome solids and the least water. Thus the advantage in your favor from the above figures is 20 per cent. Your sample develops one-fifth more solids, and, of course, proportionally less water, than the average sample of pure milk ; in other words, one-fifth or 20 per cent. better than the established average.

Respectfully yours,

EDWIN W. JOY,

Practical Analytical Chemist.

852 Market street, San Francisco.

Continued on page 40.

A Valuable Suggestion.

Soak your ham or salt pork (cut in slices for boiling or frying) in a quart of EWELL'S X. L. DAIRY BOTTLED MILK over night for breakfast. The milk may be either fresh or sour.

Nice Breakfast Dish.

Chopped cold meat well seasoned; wet with gravy, put it on a platter; then take cold rice made moist with EWELL'S X. L. DAIRY BOTTLED MILK and one egg, season with pepper and salt; if not sufficient rice add powdered bread crumbs; place this around the platter quite thick; set it in the oven to heat and brown.

Mutton Hash with Poached Eggs.

Take a pound of the remains of roast mutton, chop it fine and put it into a stewpan with a cupful of mutton gravy; season with pepper and salt and a little grated nutmeg, add a teaspoonful of flour, and let the meat heat gradually until hot; do not let it boil; simmer 20 minutes and serve with poached eggs placed around the dish.

Curry Mutton.

Put six small onions, cut fine, and an ounce of butter into a saucepan with an ounce of curry powder, a teaspoonful of salt, one of flour, and half a pint of EWELL'S X. L. DAIRY BOTTLED CREAM; stir until smooth, cut two pounds up into small pieces and fry a light brown; put the meat into a saucepan, pour the sauce over it and boil gently one hour and a half; place the meat on a hot dish and arrange a border of hard boiled eggs, cut in thick slices, around it. Veal may be used instead of mutton, or cold meats with less cooking.

Meat from Soup Bones.

Before putting in the vegetables take out a bowl of the liquor; take the meat from the bones, chop it fine, season with sage, thyme, salt and pepper; pour over the liquor, which should be thick enough to jelly when cold, put into molds and serve cold in slices.

Potato and Beef Hash.

Mince some cold beef, a little fat with the lean, put to it as much cold boiled potatoes as you like, season with pepper and salt; add as much gravy or EWELL'S X. L. DAIRY BOTTLED MILK as will make it moist, then put in a stew pan over a gentle fire; stir it about with a spoon, cover the stew pan and let it simmer for fifteen minutes. Dish it with or without a slice of toast under it:

Meat and Potatoes.

Mince beef or mutton small, with onions, pepper and salt, add a little gravy, put into scollup shells or small cups, making them three-quarters full, and filling them up with potato mashed with a little cream, put a little butter on the top and brown them in an oven.

A Nice Way to Cook a Cheap Steak.

Take two or three pounds of cheap beefsteak, chop fine; chop with it a few slices of corned pork; season to taste, add two eggs, a cup of bread crumbs and a little of EWELL'S X. L. DAIRY BOTTLED MILK and flour. Make it in a roll and bake in a pan, putting a little water in the bottom of the pan as you would for a roast. Bake slowly an hour. Eaten cold or hot.

Spiced Beef.

Four pounds of round of beef chopped fine; take from it all fat; add to it three small crackers rolled fine; four eggs; one cup of EWELL'S X. L. DAIRY BOTTLED MILK; one tablespoon ground mace, two teaspoons of black pepper, one tablespoon melted butter; mix well and put in any tin pan that it will just fill, baste with butter and water, and bake two hours in a slow oven.

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Beef Croquettes.

Chop fine some cold beef; beat two eggs and mix with the meat, and add a little EWELL'S X. L. DAIRY BOTTLED MILK, melted butter, and salt and pepper. Make into rolls and fry.

Beef Loaf.

Three pounds of beef chopped fine with one-fourth of a pound of salt pork, six Boston crackers powdered fine, one sheet of Cooper's isinglass dissolved in a cup of EWELL'S X. L. DAIRY BOTTLED MILK, one tablespoon of butter, one teaspoon of salt, one of pepper, one of cloves; mix well together with two eggs; bake one hour. Very good cold.

Beefsteak and Mushrooms.

Put in a sauce-pan one ounce of butter, a small onion chopped fine, a little ground sage, and a little thyme, and put it over the fire; when hot shake in two tablespoons of flour, and when it becomes brown put in one gill of EWELL'S X. L. DAIRY BOTTLED MILK, and let it simmer for half an hour. Then add three tablespoons of beef stock, a little salt, a little nutmeg and one wine glass of sherry wine. Put in one can of mushrooms, let it boil for ten minutes. Pour this over a nicely broiled beefsteak.

A La Mode Beef.

Take a piece of beef four or five inches thick, and with a small knife make holes entirely through it small distances apart. Then take strips of fat pork, roll them in pepper and cloves. Lay them on a pan, cover closely, and put over in a steamer and steam for three hours. When done thicken the gravy in the pan with a little flour wet with EWELL'S X. L. DAIRY BOTTLED MILK.

Scotch Hash.

Cut one-half pound cold meat into thin slices; melt one-half ounce dripping in a stew pan; remove it from the fire; add one large teaspoonful flour and mix well; pour in gradually one-half pint water, stirring till smooth; add one large tablespoonful ketchup, one-half teaspoonful vinegar, one pinch pepper, one-fourth teaspoonful salt, and a sprig of herb; boil for three minutes, stirring. Let the sauce cool, remove the sprig of herb, place the meat in the sauce, simmer for about ten minutes. Do not let it boil; serve hot with toast-ed bread.

Stewed Beef.

Cleanse, prepare and slice one-half carrot and one-half turnip; skin, scald and slice the onion. Brown one-half pound beef in a stew-pan, then brown slightly the vegetables. Pour away the dripping that you have browned the beef and vegetables in; add one pint warm water and a dessertspoonful of ketchup to the beef and vegetables; take one-half ounce flour with a little water, stir it smoothly. Simmer with the lid on for an hour or more, but do not boil; stir frequently. Season with salt and pepper.

Stewed Kidneys.

Cut two sheep's kidneys into small pieces, removing all the fat; place them in stew-pan with about a quart of cold water; stew slowly till tender, about three hours; melt one-half ounce dripping in pan and stir in one-half ounce flour; add some of the liquor gradually, stir till quite smooth. Add this with a little pepper and salt to the stewed kidneys a quarter of an hour before they are ready.

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Stewed Tripe.

Soak a pound of tripe all night in cold water; next day wash it in warm water with a piece of soda in it the size of a pea, but do not let it soak in this, as the soda will harden the tripe. Place the tripe in plenty of cold water and boil. If the water has not a pleasant smell put in fresh water and boil again. Simmer gently for about six hours. Skin and scald two onions; add them one hour before the tripe is ready; mix one ounce of flour with half a pint of EWELL'S X. L. DAIRY BOTTLED MILK; add half a pint of the liquor the tripe has been boiled in; boil five minutes, chop the onions, cut the tripe into neat pieces, add to it the sauce with pepper and salt, and serve.

Sausage Pudding.

Make into three round balls two pounds of sausages. Parboil for a minute in hot water, then throw them into cold water and afterwards remove the skins. Line the pudding basin with suet paste, fill it with the sausages, and pour upon them the following preparation: Chop one onion and three sage leaves; boil these three minutes in water, drain them upon a sieve, and then fry them in butter. As soon as light brown add a tablespoon of flour and a teacupful curry paste, season with pepper and salt, and moisten with half a pint good broth. Stir the sauce upon the fire, and when boiled fifteen minutes rub it through a sieve, and use it as above directed. Cover the pudding with paste, bake for two hours, and send to table with plain gravy under it.

Cheap Meat Pie.

Cut one-half pound cold meat into thin slices. Skin, scald and slice two small onions, and brown them slightly with half an ounce of dripping; pour away the dripping, one teaspoonful flour with a little water, add it with the rest of the water, one teacupful; also a sprig of herb, a little salt and pepper to the onions. Simmer till onions are tender, stirring to prevent flour sticking to the pan. Remove the sprig and let the sauce cool. Pour it into a pie dish; place the pieces of meat in it. Mash one pound cold potatoes, add half ounce dripping and one tablespoon EWELL'S X. L. DAIRY BOTTLED MILK to them; lay the potatoes smoothly on top of the meat. Put the pie in the oven to brown.

Beeswax and salt will make rusty flatirons as clean and smooth as glass. Tie a lump of wax in a rag, and keep it for that purpose. When the irons are hot, rub them first with the wax rag, then scour with a paper or cloth sprinkled with salt.

Veal and Ham Pie.

Trim the veal and ham into scollops and season with pepper and salt. Chop a handful of mushrooms and some parsley very fine and put them in stewpan with a small pat of butter and one shallot chopped fine; fry these lightly, then add pint of good stock. Boil the whole five minutes and pour in the pie. Place six yolks of eggs, boiled hard, in the cavities, cover with puff paste, bake the pie for an hour and a half and serve.

Kate's Stew.

Cut scraps of cold meat into small bits, add a little water, pepper, salt, butter, onion or sage, and stew it awhile. Do not get it too juicy.

Wilmington Stew.

Chop fine bits of cold meat, add a little water, pepper, salt and butter, and just before removing from fire, add half a can of stewed tomatoes. Boil a few minutes longer, then pour over toast.

Stew Loaf.

Take your scraps of cold meat, chop very fine, add pepper, salt, one egg well beaten, a cracker rolled fine, and a little sage. Press into a loaf and brown in slow oven. Very nice for sandwiches.

Meat Cakes.

Hash any kind of cold meats fine, season with pepper, salt, sage; add mashed potato and an egg. Have crackers rolled fine and roll the meat, made in flat cakes, in the cracker. Fry in butter.

Beefsteak and Oyster Pie.

Cut three pounds of rump steaks into large scallops, fry them quickly over a very brisk fire, so as to brown them before they are half done; then place them on the bottom of the dish, leaving the center open in two successive layers; fill the center with four dozen oysters previously parboiled and breaded, season with pepper and salt, and pour the following preparation over the whole: when the scallops of beef have been fried in a frying pan, pour nearly all the grease out and shake a tablespoonful of flour into it, stir this over the fire for one minute, and then add a pint of good gravy, two tablespoonfuls of mushroom catsup and an equal quantity of Harvey sauce and the liquor from the oysters. Stir the whole over the fire and keep it boiling for a quarter of an hour. Half an hour after this sauce has been poured in the pie cover it with puff paste in the usual way; bake it an hour and a-half, then serve.

English Mutton Pie.

Remove the scrag and the spine bone from a neck of mutton, shorten the ribs to about three inches and use these trimmings to make some gravy for the pie. Next cut the mutton into neat chops, pare off the superfluous fat, season them with pepper and salt, and place them in the dish in circular order, one resting upon another, in the same way cutlets are dished up; fill the center with small new potatoes, boil the mutton stock down to the quantity required to nearly fill up the dish, season with pepper and salt, cover with puff paste, bake the pie an hour and a-half, and serve.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

Dickey's Creme de Lis.



This admirable preparation improves and preserves the cuticle to a degree which is absolutely astonishing. Society ladies, who take a proper degree of pride in their personal appearance, use it exclusively, and the dressing table of no boudoir can be considered complete if Dickey's Creme de Lis is not found on it. Its constant use will render any skin soft and beautiful.

Sold by all Druggists.

WM. T. WENZELL & CO.,

ANALYTICAL, CONSULTING AND MANUFACTURING CHEMISTS.

Careful Analysis, Qualitative and Quantitative, Made of Ores, Metals, Oils, Waters, Foods, Medicines, Poisons, Etc.

OFFICE AND LABORATORY - - - - No. 153 GROVE STREET.

SAN FRANCISCO, CAL., Oct., 23d, 1889.

MESSRS. EWELL & Co., SAN FRANCISCO :

Gentlemen—I have made a careful chemical analysis of your milk, and have visited your dairy in San Mateo county. I have also investigated your methods for supplying fresh and pure milk to your customers, and can affirm that I commend your idea of bottling your milk immediately after its removal from the cows, and then put into bottles, thoroughly cleansed with boiling water, in order to secure the destruction of organic germs. I find that your milk, at ordinary temperature and atmospheric conditions, still retains its amphoteric reaction on litmus paper for fully 36 hours, showing the value of your method in securing and retaining the characters of unchanged and fresh milk during this period.

I would further state that I have used your bottled milk in my family during the past two years with perfect satisfaction.

The following is the result of my analysis of an average sample, which proves that it is fully up to the standard of a pure article :

Butter Fat.....	4.19
Casein.....	3.98
Sugar of Milk.....	3.81
Salts (chiefly phosphates).....	.65
Albumen.....	.77
<hr/>	
Total solids.....	13.40
Water.....	86.60

Respectfully submitted,

100.00

W. T. WENZELL.

Sauces for Meat, Etc.

Drawn Butter.

Drawn butter forms the basis of most sauces. From this a great variety may be made, by adding to this different flavors. A good standard receipt for drawn butter is as follows: Rub one tablespoon of flour with one-quarter of pound of butter; when well mixed, put in a saucepan with a pint of EWELL'S X. L. DAIRY BOTTLED MILK; set it in a dish of boiling water, shaking it well until the butter melts and is nearly boiling. If set directly on the stove or over the coals, makes the butter oily and spoils it.

Parsely Sauce.

One tablespoon of butter, one teaspoon of flour, rubbed together; one tablespoon parsely, first boiled five minutes in water and squeezed out, two cupfuls EWELL'S X. L. DAIRY BOTTLED MILK. Shake over a clear fire, one way, until it boils; add the parsely gradually.

To Brown Flour for Sauces.

Take some flour into a pan and set it over coals, stir it continually about that it may not burn, but nicely browned. Keep it in a dredging box for browning gravies.

To Make Drawn Butter.

Put half a pint of EWELL'S X. L. DAIRY BOTTLED MILK in a stew-pan, and set it over a moderate fire; put into a bowl a heaping teaspoonful of flour, quarter of a pound of butter, little salt; work these well together with the back of a spoon; then pour into it, stirring it all the the time, half a pint of boiling water; when it is smooth, stir it into the boiling milk; let it simmer for five minutes.

Parsley Sauce.

Put one pint of EWELL'S X. L. DAIRY BOTTLED MILK in a stew-pan, and set it over a moderate fire; rub together one tablespoonful of wheat flour and two of butter; then pour into it a little boiling water, stirring all the time; when it is smooth stir it into the boiling milk; cut a bunch of parsely very fine, and stir into drawn butter a few minutes before taking up.

Mint Sauce.

Mix one tablespoon of white sugar to half a teacup of vinegar; add two tablespoons green mint, cut fine; let it infuse for half an hour in a cool place before sending to the table. Serve with roast lamb or mutton.

Celery Sauce.

Mix two tablespoons of flour with half a cut of butter; have ready a pint of EWELL'S X. L. DAIRY BOTTLED MILK, boiling; stir the flour and butter into the milk; take three heads of celery, cut into small bits, and boil for a few minutes in water, which strain off; put the celery into the melted butter, and keep it stirred over the fire for ten minutes. Nice with boiled fowl or turkey.

Cream Sauce.

Cream together a large tablespoon of butter with a little flour, and put over a gentle heat; add a little chopped parsely, a little grated onion, pepper, salt and nutmeg; when these ingredients are well mixed, add a pint of EWELL'S X. L. DAIRY BOTTLED CREAM; let it boil for fifteen minutes.

Cream Sauce.

Put in a saucepan one pint of EWELL'S X. L. DAIRY BOTTLED MILK, set it over a moderate fire; cream together a large tablespoon of butter and one of flour; add a little chopped parsely, a little grated onion, pepper, salt; mix well together, and stir them into the milk; cook ten minutes. If used for fish, add a little horse radish.

Pure Milk.

HOW TO TEST IT.

The importance of knowing, absolutely, that you are getting pure milk, is not appreciated as it should be by the citizens of San Francisco. For the sake of fifty cents per month, many families are taking milk that is very nearly half water, to say nothing of the vile compounds that are frequently sold to cheap restaurants for milk, that have little of the elements of milk about them. The *Head* of a family, that *daily* spends from ten to fifty cents for cigars or liquor, insists upon his wife, taking milk of poor quality, to save fifty cents per month; thereby robbing his children of proper nourishment, if not entirely disgusting them with the use of milk as a beverage: for a pint of the EWELL X. L. DAIRY BOTTLED MILK will make a quart of as good milk, as is regularly served to many families. Why, then, is it not of sufficient interest to find out absolutely what you are buying? The politicians cry out for a Milk Inspector, to make a place for another lamb! We assert that there is really no need for any such official, as any one can test their milk at any time, at an expense of ten cents. The lactometer, that would ordinarily be used by a milk inspector, could not be near so efficacious as the following test, as skimmed milk shows a greater density than fresh milk, from which the cream has not been taken.

At the risk of being somewhat verbose, yet to make it so perfectly plain, and easy to tell, to a certainty, the quality of the milk you are paying for, that the simplest person cannot be mistaken if they will only take the trouble to follow these directions:

In the first place, it is necessary to have a *standard* to go by, without which you could hardly compare *fair* to *good* milk, with the VERY BEST that can be produced. *That standard* we

Continued on page 48.

Oyster Sauce.

Take oysters out of their liquor and throw them into cold water ; put the liquor over the fire and boil with a bit of mace and lemon-peel ; then strain the liquor ; drain the oysters and put them with the strained liquor into a saucepan, with sufficient butter and EWELL'S X. L. DAIRY BOTTLED MILK for your sauce ; dust into this flour ; let it boil up ; add a little lemon juice and serve hot.

Onion Sauce.

Boil three or four white onions until they are tender, and then mince them fine ; put one pint EWELL'S X. L. DAIRY BOTTLED MILK over to boil ; add a piece of butter the size of an egg, little salt and pepper ; stir in the minced onion and a tablespoon of flour which has been moistened with water ; let it cook in boiling water.

Oyster Sauce.

Put half a pint of EWELL'S X. L. DAIRY BOTTLED MILK into a stewpan, set it over a fire ; mix a tablespoon of flour with two of butter ; when the milk has boiled put to it a pint of small oysters, then pour into the butter and flour half a pint of boiling water, stirring until smooth ; then add to the milk ; season with salt and pepper to taste.

Milk should always be drank slowly.

Sour Sauce.

Make half a pint of vinegar hot, stir into it half a cup of fresh butter, add a teaspoon of made mustard and a little pepper, and serve with boiled lobster or fish.

EWELL'S X. L. DAIRY BOTTLED MILK good for babies.

Egg Sauce.

Take the yolks of two hard boiled eggs, mash them with a teaspoon of mustard, a little salt and pepper, then add tablespoon of vinegar and three of EWELL'S X. L. DAIRY BOTTLED CREAM. Nice for boiled fish.

Fish Sauce.

Put a pint of EWELL'S X. L. DAIRY BOTTLED MILK into a saucepan over a steady fire, one heaping teaspoon of flour, three of butter, a little salt and pepper ; work these well together with a little water, then stir into the milk ; when done add two tablespoons of salad dressing.

Fish Sauce.

One quarter of a pound of butter, one tablespoon of finely chopped parsley, a little salt and pepper and the juice of two lemons ; cream the butter, mix well together, add a teaspoon of mayonaise.

Cranberry Sauce.

Wash and pick a quart of cranberries and put in saucepan with about half a pint of water ; stew slowly, stirring often. Cook about twenty minutes, then sweeten with white sugar.

Peach Sauce.

Soak for about five hours a quart of dried peaches in water. Wash them, drain, and put into saucepan with enough water to cover them. Stew until perfectly tender. Rub to a pulp and sweeten.

Are you going far ?

Only out on the Folsom Street car,

To get a bottle of EWELL'S X. L. DAIRY BOTTLED MILK.

Depot, corner Twenty-first and Folsom streets.

Horse Radish.

Scrape or grind, cover with vinegar, and keep in wide-mouthed bottle. Eat with roast beef.

Oyster Catsup.

Chop one quart oysters and boil in their own liquor with a teacupful of vinegar, skimming the scum as it rises. Boil three minutes, strain, return the liquor to the fire, add a teacupful of sherry, one teaspoon pepper, one tablespoon salt, one teaspoon mace. Boil fifteen minutes, and when cold bottle for use, sealing the corks.

Caper Sauce.

Stir in two tablespoonsful of pickled capers to drawn butter sauce. Nice for boiled leg of mutton or lamb.

Chile Sauce.

Twelve large ripe tomatoes, two onions, four green peppers, one tablespoonful salt, four tablespoons sugar, and two teacups vinegar; chop the onions and pepper fine, and put all together in a kettle, and let them simmer about two hours.

Horse Radish Sauce.

Four tablespoons grated horse radish, one teaspoon sugar, one teaspoonful salt, one-half teaspoon pepper, two teaspoons mixed mustard; mix the horse radish well with the sugar, salt, pepper and mustard; moisten with sufficient vinegar to give it the consistency of cream; add three or four tablespoons of EWELL'S X. L. DAIRY BOTTLED CREAM.

Currant Catsup No. 1.

Five and three-quarter pounds currants, mashed, four pounds brown sugar, one tablespoon ground cloves, one teaspoon cinnamon, one tablespoon allspice, half a nutmeg, half a pint currant juice, extra scant half pint vinegar; boil slowly one hour, stirring often. Put in bottles and seal when cold.

What is that, which, cold or hot,

Always goes to the right spot?

EWELL'S X. L. DAIRY BOTTLED MILK.

Currant Catsup No. 2.

Four and a half pounds currants, one pint vinegar, one pound sugar, one tablespoon cinnamon, one teaspoon cloves; stew the currants and vinegar together, add sugar and spices and boil.

Salt fish are quickest and best freshened by soaking in sour milk.

Clean rain water and soda will remove machine grease from washable fabrics.

Melted Butter.

Melt an ounce of butter in a stewpan, then add half an ounce of flour. Stir it quite smooth over the fire, and pour in by degrees one-half pint of water. Stir till it thickens, then move it to the side of the fire.

Cucumber Catsup.

Pare and grate three large cucumbers, also one common-sized onion; strain the juice of the cucumbers and mix them; add one tablespoon salt, same of pepper, same of horse radish, and one teacup vinegar; no cooking. Put up in bottles.

EWELL'S X. L. DAIRY BOTTLED MILK can always be found corner Twenty-first and Folsom streets, City and County of San Francisco, State of California.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

Bread Sauce.

Soak one and a-half ounces bread crumbs in half pint of EWELL'S X. L. DAIRY BOTTLED MILK a quarter of an hour. Boil fifteen minutes with an onion; put in also six pepper corns and a little salt. Serve after picking out onion and pepper corns.

Tomato Catsup.

Two gallons tomatoes, boiled and strained, one quart vinegar, six and a half tablespoons salt, one teaspoon red pepper, two tablespoons black pepper, four teaspoons allspice, one tablespoon cloves, three tablespoons mustard; boil nearly five hours.

Onion Sauce.

Parboil the onions, strain, cover them with EWELL'S X. L. DAIRY BOTTLED MILK and boil gently half an hour; strain the milk off, chop the onions fine; put three-fourths of an ounce of butter in saucepan; when melted stir in half ounce of flour; add gradually the milk; stir till it thickens; then add onions and let it boil.

To soften boots or shoes which have been hardened by water, use kerosene.

Rust may be removed by rubbing the article with sweet oil, let it remain over night and then polish with powdered, unslacked lime.

Apple Sauce.

Pare six apples, quarter, core them; put them in saucepan with a little water, and sugar to taste. Boil gently till reduced to a smooth pulp; stir frequently.

Mustard Sauce.

One tablespoon sugar, half teaspoonful made mustard, two tablespoons vinegar.

EWELL'S X. L. DAIRY BOTTLED MILK challenges inspection and thorough trial. It cannot be equaled.

Brown Sauce.

Mix together one tablespoon moist sugar, two of vinegar and three of salad oil, a teaspoonful of mixed mustard, some pepper and salt. Serve at once.

Plain White Sauce.

One ounce flour, half pint EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoon sugar. Beat the flour gradually with the milk; stir over the fire till it boils, add the sugar; boil for three minutes.

Butter Sauce for Asparagus.

Take two ounces fresh butter with some grated nutmeg and pepper; add to these two ounces sifted flour; knead well together, and moisten with a half pint of EWELL'S X. L. DAIRY BOTTLED MILK. Boil for about fifteen minutes. Flavor with a little lemon juice and a pinch of salt.

A few slices of raw potatoe will clarify fat.

Iron stains are removable by lemon juice or oxalic acid, the latter being used only on white goods, which must be washed out at once.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

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PACIFIC DEPARTMENT OF

Springfield of Mass.	Assets \$3,200,141 88	Surplus \$1,867,992 38
Glens Falls of N. Y.	" 1,745,630 54	" 1,168,402 00
New Hampshire of N.H.	" 1,505,101 00	" 905,101 00
German of Freeport.	" 2,386,093 00	" 601,152 00
Merchants of Newark.	" 1,550,678 26	" 951,706 11
United States of N. Y.	" 666,178 18	" 513,902 39
Concordia of Wisconsin.	" 581,386 00	" 244,496 00
Union of Penn.	" 796,542 00	" 462,318 00
Citizens of St. Louis.	" 439,324 00	" 389,988 00
Buffalo-German	" 1,332,377 00	" 997,206 69

LOCAL AGENTS FOR

Ins. Co. of North America. Assets	\$8,696,957 00	Surplus \$5,638,907 00
Imperial of London.	" 10,044,636 00	" 7,504,369 00
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JACOBS & EASTON,

AGENTS,

423 California Street, - - San Francisco, Cal.

Lobster Sauce.

Pick the meat from a cold boiled lobster, chop it very fine, season with pepper, mace and salt, and stir it into a teacupful of drawn butter. Add a little of EWELL'S X. L. DAIRY BOTTLED MILK, and simmer the whole a few minutes, without boiling. Also add the juice of half a lemon.

Mushroom Sauce.

Stew a teacupful mushrooms in barely enough water to cover them until tender. Drain and add one and one-fourth teacupful EWELL'S X. L. DAIRY BOTTLED CREAM, four and a half tablespoons of butter and pepper and salt. Stir until it thickens, then add a little flour, wet in cold milk, boil up and serve.

Babies good tempered cannot be,
 Though loving care be taken,
 If from drinking doctored milk
 Their digestive organs are shaken.
 But if you want a healthy babe
 With cheeks like roses red,
 Let it quite often in each day
 On EWELL'S MILK be fed.

Salad.

Chicken Salad.

Take a fine white bunch of celery, four heads, scrape and wash it, reserve the delicate green leaves, shreds the white part like straws; lay this in a glass dish in the form of a nest, mince all the white meat of a boiled fowl without the skin, and put it in the nest, making a salad dressing thus: Rub the yolks of two hard boiled eggs to a smooth paste with a tablespoon of salad oil, add to it two teaspoonfuls of mustard, a teaspoon of fine sugar, a large cup of strong vinegar, four tablespoons of EWELL'S X. L. DAIRY BOTTLED MILK. Make a wreath of the most delicate leaves of the celery around the edge of the nest. Pour the dressing over the chicken when ready to serve.

Suggestion.

White heart lettuce may be used for the nest instead of celery. EWELL'S X. L. DAIRY BOTTLED MILK good for babies.

Suggestion.

An old fowl is fit for nothing but soup. EWELL'S X. L. DAIRY BOTTLED MILK cures dyspepsia.

Valuable Suggestion.

Chicken for salad should boil until it parts easily from the bone. It is always better to shred it than to cut or chop. Equal parts of butter and salad oil are by many preferred to the entire quantity of either. Many use EWELL'S X. L. DAIRY BOTTLED CREAM instead. The addition of the liquor in which the fowl is boiled is a great improvement to moisten the salad with.

Turkey.

To choose a turkey, a hen turkey is more plump and round, and is best for boiling. Be sure and choose EWELL'S X. L. DAIRY BOTTLED MILK.

Chicken Salad.

Three chickens chopped fine, both light and dark meat, juice of two lemons, eight eggs boiled hard, the whites chop fine and the yolks mashed fine; moisten with six teaspoons of melted butter, two of sweet oil, to which add one tablespoon of mustard, one of pepper, one of salt, one of sugar, three tablespoons of EWELL'S X. L. DAIRY BOTTLED CREAM, and lastly add six large bunches of celery chopped fine, with sufficient vinegar to moisten the whole.

Chicken Salad.

The yolk of six eggs well beaten, one half pint of EWELL'S X. L. DAIRY BOTTLED CREAM, or the same quantity of olive oil, three table-spoons of mixed mustard, salt to taste, two teaspoons of celery seed; mix thoroughly; then add three-fourths of a pint of strong vinegar. Place over the fire, stirring constantly until thick like custard, pour this mixture over the chicken, which has previously been chopped, just before bringing to the table add four heads of chopped celery. If it is not strong enough of spices add more mustard and cayenne pepper. This is enough for three chickens.

Chicken Salad.

To one chicken use the same quantity of celery, which is three large bunches, three or four eggs, one tablespoon mixed mustard, one teaspoon of salt, two of celery seed, one tablespoon of hard butter, two-thirds tea cup of vinegar, four tablespoons of table oil, two-thirds cup of EWELL'S X. L. DAIRY BOTTLED CREAM. Process of making: Season your chicken in cooking, cut by hand both chicken and celery, then beat the whites and yolks of eggs separately, into that beat the oil slowly; then mix all the ingredients in an earthen dish, except the cream, and set on the stove. Cook until as thick as custard; when cold add the cream, stirring well, and pour over the chicken and celery one hour before eating. Do not be afraid of cooking too thick.

Veal Salad.

Boil veal until very tender, chop fine, and stir into it a nice salad dressing of the yolk of three eggs, three tablespoons olive oil, red pepper, salt and mustard to taste, the juice of three lemons, and lastly one-half pint of EWELL'S X. L. DAIRY BOTTLED CREAM; put the cream in just before sending to the table.

Tomato Salad.

Twelve tomatoes peeled and sliced, four eggs boiled hard, one egg (raw) well beaten, one teaspoon salt, one-half teaspoon cayenne pepper, one teaspoon sugar, one cup vinegar. Take EWELL'S X. L. DAIRY BOTTLED MILK.

Dressing for Salad.

Two raw eggs, one tablespoon of butter, eight tablespoons of vinegar, one half teaspoon of mustard; put in a bowl over boiling water and stir until it becomes like cream; pepper and salt to taste; add three tablespoons EWELL'S X. L. DAIRY BOTTLED CREAM.

Salad Dressing.

The yolks of four eggs, two-thirds of a cup of olive oil, red pepper, salt and mustard to taste, the juice of two lemons, and last of all, one cup of EWELL'S X. L. DAIRY BOTTLED CREAM. If the dressing is for chicken salad, use the fat from the chicken instead of sweet oil. Be sure and put the cream in just before sending to the table.

Salad Cream Dressing.

Two even tablespoons dry mustard, one teaspoon salt, one teaspoon sugar; scald with hot water enough to mix. Pour in the oil slowly, beating all the time—drop in all the oil it will contain; three unbeaten eggs; beat all together; one-half cup of vinegar, and then two-thirds cup of EWELL'S X. L. DAIRY BOTTLED MILK. Put over the fire in a double boiler; stir constantly.

Chicken Salad.

Cut the white meat of the chicken into small bits, the size of peas (also the dark meat if you like); chop the whole part of the celery nearly as small. Prepare a dressing thus: Rub the yolks of hard boiled eggs smooth; to each yolk put a half teaspoon of mustard, the same quantity of salt, a tablespoon of oil and a wine glass of vinegar; mix the chicken in a large bowl, and pour over this dressing a little of EWELL'S X. L. DAIRY BOTTLED CREAM. The dressing must not be put on till just before being served.

Chicken Salad.

Two chickens chopped coarse, eight heads of celery, three eggs, one pint of vinegar, one tablespoon of flour, one tablespoon sugar; rub the yolks of the eggs to a fine powder, then add salt, mustard and oil; mix well together; then add the cream, one gill, from EWELL'S X. L. DAIRY RANCH, and after that the vinegar and salt.

EWELL'S X. L. DAIRY BOTTLED MILK the purest in the world. All should have it.

Lobster Salad.

Two lobsters picked fine, four heads of fresh lettuce cut fine, put in layers in a dish with the lobsters; boil your eggs, mash the yolks fine, add three tablespoons of melted butter, a teaspoon of mustard, cayenne pepper and salt, two tablespoons of sugar, three of EWELL'S X. L. DAIRY BOTTLED CREAM, two cups of vinegar; heat together and pour over when served.

Asparagus Salad.

Boil the asparagus in water until tender, cut off the hard ends and set the rest sway; when cool cut in inch pieces and put it in a salad dish; pour over the dressing. Take the yolks of two raw eggs, beat them with one teaspoon of made mustard, then add olive oil drop by drop, and stir it until it becomes very thick; then add two teaspoons of powdered sugar, one of salt; mix thoroughly; squeeze in the juice of one lemon, beat well, and add three tablespoons of EWELL'S X. L. DAIRY BOTTLED MILK.

Potato Salad.

Mix a nice salad dressing of one tablespoonful of salt, a little pepper, two tablespoons of fine cut crisped parsley, grate onion, about two teaspoonfuls, with four tablespoons of EWELL'S X. L. DAIRY BOTTLED CREAM, or salad oil. To this add eight tablespoons of vinegar, slice two quarts of cold boiled potatoes, not sliced too thin; pour over the dressing; let them stand half an hour before serving.

Vegetable Salad.

Take cold vegetables left from dinner, such as potatoes, peas, string beans, beets, etc.; chill them on the ice; cover them with any nice salad dressing. Take EWELL'S X. L. DAIRY BOTTLED MILK.

Salad Dressing.

Take two teaspoons of mustard, two of sugar, two of salt, eight tablespoons of EWELL'S X. L. DAIRY BOTTLED CREAM; put the yolks of three eggs in with this and work until thick as boiled custard, then add six tablespoons of sharp vinegar, beat the whites of eggs and stir in last good.

Cold Slaw.

Chop or shred white cabbage; prepare a dressing of one tablespoonful of oil to four of vinegar, a teaspoonful of mustard, one of salt, one of sugar and a little pepper. Chop fine one cup of celery; mix with the cabbage, pour over the dressing, and toss up well, and put into a salad bowl.

Cream Dressing for Cold Slaw.

Two tablespoonfuls of EWELL'S X. L. DAIRY BOTTLED CREAM (whipped), two of sugar, and four of vinegar; beat well, and pour over cabbage, previously cut very fine, and seasoned with salt.

Go to Twenty-first and Folsom streets for EWELL'S X. L. DAIRY BOTTLED MILK.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

claim to be "The EWELL, X. L. DAIRY BOTTLED MILK." Be sure and get it from one of their *own* wagons, and make no *mistake* on this point, as envious competitors are now selling bottled milk, that would not compare with Ewell's, while yet very fair milk. After procuring a quart bottle, turn it up and down a few times to thoroughly mix the cream with the milk, or your test would not be a fair one. Then take five glasses or goblets, of ordinary size, and put them in a convenient place, where they can remain unmolested four or five days. Fill No. 1 with the milk full to the brim, and bear in mind that *this one* is to be your standard of what is *pure, rich milk*. The amount of cream on the top will indicate its richness. The balance will simply be, solid clabber, with no appearance of water. Fill No. 2 to within a quarter of an inch of the brim, No. 3 to within half an inch of the top; No. 4 to within three-quarters of an inch, and No. 5 to within one inch, and then fill Nos. 2, 3, 4 and 5 full with pure, clear water. After four or five days—according as the weather may be warm or cold,—note the *results*. Each of the numbers, 2, 3, 4 and 5, will have some cream on top; in the bottom of each will be clabber, and between the two just the amount of water you put in, and no more. After satisfying yourself of the correctness of the test, and noting carefully the amount of cream on glass No. 1, you can test any other milk by setting it aside to turn to clabber, the cream on top indicating its proportion of richness, and if there is any water between it and the clabber, rest assured it was put there by the dealer who supplies you, and you can tell whether The EWELL'S X. L. DAIRY BOTTLED MILK is worth the difference they charge or not.

If milk is diluted, over half, the mixture will not clabber, but simply get sour, or take a *very* long time to clabber. As only about one-half of all the milk sold in San Francisco is fairly pure or good, the importance of testing your milk should be apparent to all.

(Continued on page 56.)

See the Battle of Gettysburg at Market and Tenth Sts.

English Dressing.

Yolks of two hard boiled eggs, rubbed very fine and smooth, one teaspoonful of English mustard, one of salt, the yolks of two raw eggs beaten into the other, spoonful of fine sugar, add sweet oil in small quantities, and beat as long as the mixture continues to thicken; then add vinegar till as thin as desired. If not hot enough, add a little cayenne pepper.

Cold string beans or cabbage sprouts, make a very good salad by pouring over a nice dressing.

Cucumber and Tomato Salad.

Slice very thin a good sized cucumber, put it in a bowl with a little salt and two tablespoonfuls of vinegar; set it aside, and mix a plain dressing. Take two tomatoes, scald and remove the skin, line the salad-bowl with lettuce, drain the cucumber from the salted water, and put it in the bowl; cut the tomatoes into slices, put them on top of the cucumber, and pour the dressing over.

Muskmellon Salad.

Should you at any time have an over ripe mellon, do not send it away from your table, but scoop it out, and pour over a French dressing. You will find it excellent.

Red Vegetable Salad.

One pint of boiled potatoes, one pint of uncooked red cabbage, two boiled beets, six tablespoonfuls of oil, eight of vinegar, one teaspoonful of salt, little red pepper. Cut the potatoes and beets in thin slices, and chop the cabbage very fine; mix all carefully, then serve.

Cucumber Salad.

Peel, slice and pound sliced cucumbers, lay them in salted water for fifteen minutes, place them in a net to drain, getting out all the water, then place them in a salad bowl, pour over a dressing made from vinegar and oil, a little pepper and salt.

Celery Salad.

One boiled egg, one raw egg, one tablespoonful salad oil, one tablespoonful sugar, four tablespoonfuls vinegar, one teaspoonful mustard, salt and pepper to taste; prepare the dressing as for tomato salad; cut the celery into bits half an inch long; eat before the vinegar injures the crispness of the celery.

Salmon Salad.

One quart of cooked salmon, two heads of lettuce, the juice of two lemons, one tablespoonful of vinegar, two of capers, salt and pepper to taste, one cup of Mayonnaise dressing. Break up the salmon, add to it the salt, pepper, vinegar and lemon juice; put it in a cool place for three hours. Prepare the lettuce, border the dish with the leaves, cut up the remainder and lay them on the bottom of the dish; then heat the salmon lightly and cover with the dressing. Now sprinkle on the capers, and lay over them slices of lemon.

Lettuce Salad.

Take the yolks of three hard boiled eggs, add salt, pepper and mustard to taste, mash it fine; make a paste by adding oil, little at a time. Mix thoroughly, and then dilute by adding gradually a small cup of vinegar, and pour over the lettuce; garnish with sliced egg. Butter can be used in place of oil.

Tomato Salad.

Fill a salad dish with whole lettuce leaves, and slice nice, fresh tomatoes over them; pour over any good salad dressing.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

Sardine Salad.

Arrange one quart of cooked fish on a bed of lettuce; split eight sardines if there are any bones remove them. Cover the fish with the sardine dressing; over this put the sardines, having the ends meet in the dish; at the base of the dish make a layer of thin sliced lemon. Garnish with parsley and serve immediately.

French Salad Dressing.

Three tablespoonfuls of oil, one of vinegar, salt and pepper to taste; put the salt in a cup, add a very little oil, when thoroughly mixed, add the remainder of the oil, then the vinegar; grate a little onion juice into the dressing.

Bacon Dressing.

Cut half a pound of fat bacon into small pieces, first slice then cut across, then fry until a dark brown; remove the pan from the fire, add the juice of one lemon, one wineglassfull of vinegar, a salt-spoon of salt, one of pepper, mix thoroughly and pour it over the salad with the pieces of bacon; good for potatoe salad.

Mustard and Cress.

These, if eaten alone, make an excellent salad. Wash and dress as lettuce.

Vegetables.

Boiled Potatoes.

Old potatoes are better for being peeled and put in cold water two hours before boiling. They should be put into fresh cold water when set over the fire. New potatoes should always be put into boiling water, and it is best to prepare them just in time for cooking. They are better steamed.

Mashed Potatoes.

Old potatoes, when unfit for plain boiling, may be mashed; take off all the skin and imperfections, and lay them in cold water for one hour; then put them into a stew-pan with a teaspoon of salt. Cover with cold water and let them boil for half an hour; take them up with a skimmer into a wooden bowl and mash them fine. Melt a piece of butter the size of an egg into half a pint of EWELL'S X. L. DAIRY BOTTLED MILK; mix it with the mashed potatoes until it is thoroughly smooth. The quantity of milk must be in proportion to the quantity of potatoes.

Mashed potatoes may be made a highly ornamental dish. After shaping it as taste may direct, turn the edge of the plate with a wreath of celery leaves or green parsley.

Potatoes and Cream.

Mince cold boiled potatoes fine; put them into a spider with hot butter in it. Let them fry a little in the butter, well covered; season with salt and pepper, and pour over half a cup of EWELL'S X. L. DAIRY BOTTLED CREAM. Let it boil up once and serve.

Potato Croquettes.

Boil and mash six good-sized potatoes, add one tablespoonful of butter, two-thirds of a cup of EWELL'S X. L. DAIRY BOTTLED MILK; put the whites of two eggs, well beaten, salt and pepper to taste. When cool enough to handle work into shape, roll in egg and bread crumbs, and fry in hot lard.

Potato Stew.

Wash and pare three or four potatoes, and cut them into small pieces; boil until tender; then drain off the water, and put in three pints of EWELL'S X. L. DAIRY BOTTLED MILK. When it begins to boil, add two cupfuls of nice wheat bread crumbs. Season with pepper, salt and butter.

Potato Puffs.

Take one pint of cold mashed potatoes, beat two eggs, pepper and salt to taste, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, a little flour, one teaspoon yeast powder; shape in balls and bake in a quick oven. Garnish with parsley and serve hot.

Whipped Potatoes—Good.

Instead of mashing in the ordinary way, whip with a fork until light and dry; then whip in a little melted butter, half cup of EWELL'S X. L. DAIRY BOTTLED MILK, salt and pepper to taste, whipping rapidly until creamy; piled as lightly and as irregularly as you can in a hot dish, with bits of butter over the top.

Baked Onions.

Boil the onions slightly in water, cut in halves and take out the centers; fill the cups with a stuffing of bread crumbs moistened with an egg and a half cup of EWELL'S X. L. DAIRY BOTTLED CREAM. Season with grated cheese, pepper and thyme; baked in a quick oven with a little milk to prevent burning.

Stewed Tomatoes.

Pour boiling water over six large tomatoes, or a greater number of small ones; let them remain for a few minutes, then peel of the skins, cut them in small pieces, put them in a stew-pan, with salt and pepper to taste; little butter, a tablespoon of grated bread or rolled crackers; wet in two-thirds cup of EWELL'S X. L. DAIRY BOTTLED MILK; stir occasionally that it may not burn. Serve hot. This is decidedly the best manner of stewing tomatoes; then may add an onion cut fine.

Scalloped Tomatoes.

Turn nearly all the juice off from a can of tomatoes; salt and pepper this, by the way, and put aside in a cool place for some other day's soup. Put a layer of bread crumbs in the bottom of a dish well buttered, on them a layer of tomatoes; sprinkle with salt, pepper and some bits of butter, also a little sugar; another layer of crumbs, another of tomatoes, seasoned; then a top layer of very fine crumbs. Pour over one cup of EWELL'S X. L. DAIRY BOTTLED MILK. Bake until brown; quick oven.

EWELL'S X. L. DAIRY BOTTLED MILK, drank slowly, will cure dyspepsia.

Tomatoes may be sliced thin, and be served with sugar, salt, pepper and cream, or vinegar over for breakfast; or sliced and served with sugar, salt and grated nutmeg for tea.

Stewed Tomatoes.

Peel and cut in small pieces six tomatoes; put them in a stew-pan with one onion sliced fine, let them boil twenty minutes until the onion is tender; add teaspoonful salt, one of butter, little pepper, two tablespoonfuls of grated bread crumbs or rolled cracker; let it simmer twenty minutes longer. Serve hot.

Baked Tomatoes.

Wash clean and cut in two; place in a baking tin, put in each one a little salt, pepper and a bit of butter, place in a hot oven and bake for nearly an hour. Serve hot.

Tomato Hash.

Butter the dish well, put in a layer of sliced tomatoes, a layer of cold chicken, chopped fine, then a layer of buttered bread, and so on until the dish is full, seasoning with pepper, salt and sugar to taste; beat two eggs, pour over the top; bake to a golden brown.

EWELL'S X. L. DAIRY BOTTLED MILK.

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Fried Tomatoes.

Cut six large tomatoes in thick slices, dip them in egg batter and fry them in hot lard. When done, season them with pepper and salt, and pour over a teacup of EWELL'S X. L. DAIRY CREAM. Serve hot.

Baked Cabbage.

Boil a cabbage, then put in a colander and drain it until very dry; chop fine; put in pepper, salt and half cup EWELL'S X. L. DAIRY BOTTLED MILK; put in a baking-pan, with bits of butter over the top and into the oven; bake one hour.

Boiled Cabbage.

Cut the cabbage in quarters, wash very thoroughly in several waters, put it into a pot in which a piece of corned beef has already been boiling for one hour; boil until the cabbage is tender. Before it is sufficiently done put into the pot a salt-spoon of baking soda.

Stewed Cabbage.

Slice a head of red cabbage, wash it well, put it into a saucepan with pepper and salt; one tablespoonful of water, let it stew until quite tender; add three tablespoonfuls of vinegar, one of butter, one of flour, let it boil long enough to thicken the flour. It may be served with sausage or cold meat.

Cream Dressing for Cold Slaw.

Beat the yolk of one egg, add a piece of butter the size of an egg, two teaspoonfuls of sugar, salt and pepper, half teacup vinegar, put on the stove to simmer; one teaspoonful of flour, made smooth in half a cup of water; when boiled pour over the cabbage; this is for a pint of fine shaved cabbage.

Cauliflower.

Boil a fine cauliflower, tied in coarse tarlatan, in hot water, a little salt; drain and lay in a deep dish, flower uppermost. Heat a cup of EWELL'S X. L. DAIRY BOTTLED MILK, thickened with one tablespoonful of flour rubbed into one of butter; add pepper, salt, the beaten white of an egg, and boil two minutes, stirring well. Taken from the fire, squeeze the juice of one lemon into the sauce, and pour over the cauliflower.

Green Peas.

If a little hard, shell and lay in cold water fifteen minutes; cook twenty-five minutes in boiling salted water; when half done add baking soda the size of a pea. When done drain, put into a deep dish with a good lump of butter, pepper, salt and teaspoonful of sugar. M 52

To Stew Cabbage a la Cauliflower.

Parboil in water, and then shred it; put it into a stewpan with some pieces of butter, a teacupful of EWELL'S X. L. DAIRY BOTTLED CREAM and seasoning, and stew tender.

Boiled Onions.

Peel and wash the onions, and if large cut in half; boil in water, when done drain well; add for seasoning, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, when it comes to a boil stir in one tablespoonful flour, little salt and pepper; cook a few minutes after seasoning.

Turnip a la Poulette.

Cut the turnips in slices and put in a saucepan, when boiled tender, turn them into a colander; put a little butter and flour in a saucepan and stir, add a gill of EWELL'S X. L. DAIRY BOTTLED MILK, and stir, then add the turnips; salt and pepper to taste.

To Stew Celery.

Wash well and cut in small pieces; stew them with a little broth until tender, then add three spoonfuls of EWELL'S X. L. DAIRY BOTTLED CREAM, flour to thicken, salt and pepper, and simmer all together; add mace, if wished.

Parsnip Fritters.

Wash and scrape five parsnips, boil them until tender, drain the water off, mash them fine; add to them a teaspoonful of cornstarch and a beaten egg; mix well with half a cup of EWELL'S X. L. DAIRY BOTTLED CREAM; put a tablespoonful of lard in a frying-pan over the fire, add to it a pinch of salt; when boiling hot, put in the parsnips, making them in small cakes with a spoon; when one side is a delicate brown turn; when done sprinkle over a little fine chopped parsley; serve hot.

String Beans.

String, snap and wash two quarts of beans, boil in plenty of water; boil an hour, or until tender; add salt and pepper just before taking up, stirring in one and a-half tablespoons butter rubbed into two tablespoons flour and half pint EWELL'S X. L. DAIRY BOTTLED MILK, or boil a piece of pork one hour, then add beans, and boil until tender.

Visit EWELL'S X. L. DAIRY BOTTLED MILK Ranch, and examine for yourself.

Lentils Boiled Plain.

Wash one pint of lentils, put them over the fire in two quarts of cold water with a tablespoonful of butter and teaspoonful of salt, little pepper, and boil slowly until tender, about three hours; drain off the water; add to the lentils one tablespoonful of good butter, a little chopped parsley, teaspoonful of sugar, a little more salt and pepper, if required; serve hot.

Lima Beans.

One pint of lima beans (if dried let them soak over night), if fresh, wash them and put them in boiling water and cook until tender; pour off the water, and add one cup of EWELL'S X. L. DAIRY BOTTLED MILK, butter, pepper and salt; let them simmer in this dressing ten minutes before serving.

Boston Baked Beans.

Clean and wash one pint of beans; soak them over night, in the morning pour off the water, cover with cold water and put to boil; after boiling fifteen minutes stir in one salt spoonful of baking soda; let them continue to boil until they begin to split open, then turn them into the colander; put about half of the beans into a deep earthen pot, lay on them a piece of well cleaned salt pork and the remainder of the beans, mix one teaspoonful of mustard, a little red and black pepper, with one tablespoonful of molasses, half pint of water, pour this over the beans, add water to cover, bake slowly eight hours.

Butter Beans.

With a knife cut off the ends of pods and string from both sides, cut every bean lengthwise, in two or three strips, and leave them for half an hour in cold water. Cover them with boiling water; boil till tender, drain well, return to the kettle, and add a dressing of half a cup of EWELL'S X. L. DAIRY BOTTLED CREAM, one even teaspoon salt, half a teaspoon pepper. This is sufficient for a quart of beans.

Mushrooms Stewed.

If fresh, let them lie in salt and water about one hour, then put them in the stewpan, cover with water, and let them cook two hours gently. Dress them with EWELL'S X. L. DAIRY BOTTLED CREAM, butter and flour as ysters, and season to taste.

JACOBS & EASTON

JULIUS JACOBS.
GEO. EASTON.
JAS. N. BROWN.
E. P. FARNSWORTH

GENERAL

INSURANCE AGENCY

312 PINE ST.,
SAN FRANCISCO.

P.O. BOX 2138.

TELEPHONE 742.

PACIFIC DEPARTMENT OF

Springfield of Mass...	Assets	\$3,200,141 88	Surplus	\$1,867,992 38
Glens Falls of N. Y...	"	1,745,630 54	"	1,168,402 00
New Hampshire of N.H.	"	1,505,101 00	"	905,101 00
German of Freeport...	"	2,386,093 00	"	601,152 00
Merchants of Newark..	"	1,550,678 26	"	951,706 11
United States of N. Y.	"	666,178 18	"	513,902 39
Concordia of Wisconsin.	"	581,386 00	"	244,496 00
Union of Penn.....	"	796,542 00	"	462,318 00
Citizens of St. Louis...	"	439,324 00	"	389,988 00
Buffalo-German	"	1,332,377 00	"	997,206 69

LOCAL AGENTS FOR

Ins. Co. of North America.	Assets	\$8,696,957 00	Surplus	\$5,638,907 00
Imperial of London....	"	10,044,636 00	"	7,504,369 00
Prussian Nat'n'l of Stettin	"	3,204,965 00	"	2,671,510 00

JACOBS & EASTON,

AGENTS,

312 PINE STREET, - - San Francisco, Cal.

Stuffed Egg Plant.

Cut the eggplant in two; scrape out all the inside and put it in a saucepan with a little minced ham; cover with water and boil until soft; drain off the water, add two tablespoonfuls grated crumbs, little butter, half a minced onion, salt and red pepper, wet with a little of EWELL'S X. L. DAIRY BOTTLED CREAM; stuff each half of the hull with the mixture, and bake fifteen minutes.

Baked Maccaroni.

Boil half a pound of maccaroni until quite soft; put it into a vegetable-dish, with a little mustard, pepper and salt, a small piece of butter, and some grated cheese, cover with EWELL'S X. L. DAIRY BOTTLED MILK; bake half an hour.

Have you had a sample of EWELL'S X. L. DAIRY BOTTLED MILK?

Rice Japanese Style.

Put half a pound of well washed rice into a double kettle, with one pint of EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoonful of salt, and quarter of a nutmeg grated: boil it until tender, about half an hour; if it seems very dry add a little more liquid, taking care not to have it sloppy when it is cooked.

Sweet Corn.

Husk and clear it of the silk, put it in boiling water enough to cover, and boil ten minutes only. Send to the table on the cob.

Another Way.

Cut the corn from the cob and put it in a stewpan, with a cup of EWELL'S X. L. DAIRY BOTTLED MILK to each quart; add butter, pepper, salt and very little cornstarch.

Succotash.

Lima beans.—Prepare and cook the beans as usual. About ten minutes before serving add a quantity of sweet corn cut from the cob; season with pepper and salt, and add half cup EWELL'S X. L. DAIRY BOTTLED CREAM. This dish may be prepared with pork if desirable.

EWELL'S X. L. DAIRY BOTTLED MILK, the very best food for children.

Salsify or Vegetable Oyster.

Clean well and cut in slices; lay them in a saucepan with sufficient water to cover them, when tender turn off nearly all the water; add one cup of EWELL'S X. L. DAIRY BOTTLED MILK, salt, pepper, butter, a little flour rubbed smooth in a tablespoon of water.

Scolloped Oyster Plant.

Boil the oyster plant until tender, drain off the water and rub through a colander; add butter, pepper, celery, salt, a little sugar, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, mix well; put in a baking dish, and cover the top with bread crumbs; sprinkle little pepper and bits of butter over the top; set in a quick oven and bake a delicate brown.

Oyster Plant Croquettes.

Prepare as for baking. The preparation should be made thin into balls, dipped in beaten egg and rolled in bread crumbs, and fried in hot lard until a bright brown.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

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Progress of the Business.

Some allusion has been made in previous pages to the initial, or starting point, of the immense business of 'The EWELL'S X. L. DAIRY BOTTLED MILK CO. From small beginnings it has grown to its present proportions in the short space of two years and three months. Yet few people who now enjoy the luxury of this most excellent milk can have any idea of the worry and strain, the vexations and disappointments of years of experiments to bring it to its present high standard. Only those who have stood by Mr. Ewell in these years of trial can appreciate the triumph he now enjoys. Step by step, month by month, and year by year, regardless of expense, he has bent his mind to the work of producing milk so rich in all the essentials of a perfectly pure article that competition seems to be almost out of the question.

Yet the details of these many triumphs over unforeseen obstacles deserve more than a passing mention. After determining that the old methods of delivery were entirely incompatible with this idea of serving milk direct to consumers, so as to prevent the many ways of tampering with it, so well known to all milkmen, and after adopting his original idea of bottling his milk, warm from the cow, one of the first difficulties that presented itself was the cleaning of the bottles. This was overcome by utilizing his steam power, used in cooking his feed, to run a system of fast-revolving brushes, whereby each bottle is put through a boiling solution of sal soda and soap, then rinsed in boiling hot water, after which they are placed in the sun to dry.

The filling of the bottles was another obstacle met by Mr. Ewell by an invention whereby 16 bottles are filled at a time, and this going on during the whole time of milking. By the time the milking is done the entire product of ten thousand

Continued on page 62.

Pacific Bank Sells Drafts on every Important City.

Summer Squashes.

Wash and cut in halves, place them in a saucepan, cover with boiling water, let them boil until tender; drain and press the water out, mash and season well with butter, pepper and salt and a tablespoonful of EWELL'S X. L. DAIRY BOTTLED CREAM.

Baked Squash.

Cut in pieces, remove the mealing and scrape well; bake one hour and a half; to be eaten with salt and butter.

Asparagus with Eggs.

Boil a bunch of asparagus twenty minutes; cut off the tender part and lay in a deep pie plate, buttering, salting and peppering well; beat three eggs just enough to break the yolks well, add a spoonful of melted butter, little salt and pepper, and pour over the asparagus; bake ten minutes in a quick oven, serve hot.

Boiled Asparagus.

Cut off the tough parts, wash the green in cold water, and tie it in small bundles that they may be taken up without breaking, put them in boiling water with a teaspoon of salt, let them boil fast for half an hour; when done take them from the water and lay over butter, or they may be dipped in a nice salad dressing.

Asparagus upon Toast.

Wash and tie them up and boil for half an hour, have ready some slices of crustless toast; dip each in asparagus liquor, butter well while hot, and lay upon a heated dish; drain the asparagus and arrange upon the toast; pepper salt and butter generously.

Purest and best found corner of Twenty-first and Folsom Streets.

Boiled Squash.

Cut them up and remove the skin and seeds, and cook in hot water until tender, then mash them and dress with butter, salt and pepper.

Summer Squash.

Cut them in quarters and boil in hot water, add a little salt and cook about twenty minutes; mash in a colander, press out the water, season with pepper, salt and butter.

Fried Squash.

Cut the squash in thin slices and sprinkle it with salt; let it stand a few minutes, then beat two eggs and dip the squash into the egg, then fry it brown in butter.

Egg Plant.

Cut the plant into slices half an inch thick, remove the skin, sprinkle salt over each slice, pile them and cover with a weight; drain and dip each slice in fine crumbs, then in beaten egg; fry in hot fat until tender.

Boiled Parsnips.

Wash and scrape the parsnips thoroughly and don't leave any dark specks about them; cut them in quarters; put them in a sauce-pan of boiling water, salted; boil them continual until tender; take them up and add salt, pepper and plenty of butter. This vegetable is usually served with salt fish.

Parsnips Fried in Butter.

Cold boiled parsnips; cut in long thin slices about one-third of an inch thick, seasoned with salt and pepper; dip in melted butter and in flour; pour two table-spoonful of hot butter in the frying-pan; put in enough parsnips to cover the bottom of the pan; fry brown on both sides, and serve on a hot-dish.

Creamed Parsnips.

Boil tender; scrape and slice lengthways; put over the fire with two-tablespoonsful of butter, little pepper, salt and minced parsley; shake until the mixture boils, dish the parsnips; add to the sauce three-tablespoonsful of Ewell's X. L. Dairy Bottled Cream in which has been stirred a quarter of a spoon of flour; boil five minutes, and pour over the parsnips.

Turnips.

Boil until tender; wash and smooth and season with butter, pepper, salt, and add a little Ewell's X. L. Dairy Bottled Cream.

Mushrooms Fried.

When peeled put them into hot fat, and let them heat thoroughly through; much cooking toughens them. Season well with salt and pepper. Serve on buttered toast; a teaspoonful of wine on each mushroom.

Baked Mushrooms.

Line a baking tin with slices of well buttered bread, place on them some large flat mushrooms, cleaned and trimmed. Put a little nudget of butter in each, also a snuff of pepper and salt. Cover them close, and let them bake for fifteen minutes.

Broiled Mushrooms.

Choose the largest sort. Lay them on a small gridiron over bright coals, the stalk upwards. Boil quickly, and serve with butter, pepper and salt.

Beets.

Wash them clean; put them into a pot of boiling water; boil from one hour and a half or two hours; when tender take them into a pan of cold water; scrub the skins off with the hands as quickly as possible; cut them in thin slices; put them in a deep dish; strew over salt, pepper, little sugar, and over all pour cold vinegar; good with boiled meats.

Boiled Sweet Potatoes.

Clean, and if very large, cut in half; put them in a pot and pour boiling water over them; cover, and boil fast until a fork will pass through them. When done drain off the water, take off the skin and serve. Cold sweet potatoes may be cut lengthwise and fried in butter.

To Bake Sweet Potatoes.

Wash them clean, and bake in a quick oven, from three-quarters to an hour, according to their size; let the oven have a good heat, and do not open it unless it is necessary to turn them, until they are done; baked potatoes should not be cut, but broken open and eaten from the skin as from a shell.

French Fried Sweet Potatoes.

Boil them for about fifteen minutes, then pare, slice and fry in hot butter until both sides are a rich brown; when they are crisp and done, take them up, place them on brown paper to absorb the grease from them; serve very hot; sprinkle with salt. These are delicious with steak, as a breakfast dish.

Carrots.

When young and small, carrots need only be washed without scraping; leave on about an inch of the green; put them in a stew-pan with hot water, salted; let them boil for twenty minutes, then take them in a dish, put butter and pepper over, and serve with boiled meat or poultry; old carrots must be scraped clean then boiled until tender.

USE EWELL'S X. L. DAIRY BOTTLED MILK,
PUREST AND BEST IN THE WORLD.

Carrots Sliced.

Carrots may be sliced and boiled in very little water ; when tender add a cup of Ewell's X. L. Dairy Bottled Milk ; tablespoonful of flour, salt and pepper to taste ; a little parsley is very good.

Mashed Carrots.

Wash and scrape off the skin ; cut in small pieces and boil until tender, then take them up with a skimmer ; mash them smooth ; add butter, pepper and salt ; make them in form with a knife blade ; serve with roast meat.

Radishes.

Radishes should be fresh and tender to be palatable ; to prepare them for the table, cut off all the leaves, leaving an inch of the stalk ; trim them neatly, and lay them in cold water for an hour ; they are generally eaten with salt only ; they may be served, cut in thin slices with vinegar and salt.

Eggs.

Plain Omelet.

Break four eggs into a large bowl ; beat them well ; season with salt and pepper ; take a tablespoon of flour, and mix smoothly in a cup of EWELL'S X. L. DAIRY BOTTLED MILK ; then pour it into the bowl with the eggs, and beat all well ; have a hot pan ready with a good lump of melted butter in it ; pour in the omelet, and as soon as it becomes "set" in the middle, turn very carefully ; serve hot.

Ham Omelet.

Two eggs, four ounces of butter, a little pepper, two tablespoons of minced ham ; mince the ham very fine, and fry for two minutes, then make the batter for the omelet ; stir in the ham, and proceed as in the plain omelet.

EWELL'S X. L. DAIRY BOTTLED MILK found corner of Folsom and Twenty-first streets, S. F.

Corned Beef Omelet.

Mince very fine one cup of boiled corned beef ; beat two eggs thoroughly ; mix them with the minced beef, then add one tablespoonful of EWELL'S X. L. DAIRY BOTTLED MILK, and a little pepper and mustard if you like ; have ready a hot pan well buttered ; fry quickly, and serve hot.

Baked Omelet.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK ; four eggs beaten separately ; scald the milk, and thicken with a tablespoon of flour ; let it cool a little ; add the yolks, white, and salt ; pour into a buttered dish, and bake until it rises all over like a custard.

Omelet.

Six eggs ; whites beaten to a stiff froth ; yolks well beaten ; one teacup of EWELL'S X. L. DAIRY BOTTLED MILK ; warm with tablespoonful of melted butter ; stir in one tablespoon of flour, wet to a paste ; little salt ; mix all except the whites, add them last ; cook immediately about ten minutes, then fold like a turnover.

EWELL'S X. L. DAIRY BOTTLED MILK
Will make the complexion as smooth as silk.

EWELL'S X L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

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THE ONLY PLACE IN TOWN WHERE YOU CAN GET REALLY

FRESH CRACKERS and BISCUITS.

SPECIALTIES:

10-pound Boxes,	- - -	Assorted
5 " Hinge Tins,	- - -	"
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SPECIAL TERMS TO HOTELS AND BOARDING HOUSES.

Goods * Delivered * Free.

BOXES AND TINS PACKED TO ORDER.

Charcoal Biscuits for Dyspepsia. Unsweetened Graham Crackers for Indigestion.

J. G. MACDONALD,

PROPRIETOR.

Corn Omelet.

Take half a cup of canned corn ; chop it very fine, and to that add the yolk of an egg, well beaten ; pepper and salt to taste ; two tablespoons of EWELL'S X. L. DAIRY BOTTLED MILK ; beat the white of the egg to a stiff froth, and stir it in just before cooking ; have the griddle very hot and buttered, and pour the mixture on, and when brown, turn over as in other omelet.

Corn Oysters.

Grate young, sweet corn, and to a pint add one egg well beaten ; small teacup of flour ; half a gill of EWELL'S X. L. DAIRY BOTTLED MILK ; teaspoon of salt ; mix well together, and drop into boiling fat in spoonfuls the size of an oyster.

Eggs a la Luisse.

Spread the bottom of a dish with two ounces of fresh butter ; cover this with grated cheese ; break eight whole eggs upon the cheese without breaking the yolks ; season with red pepper ; pour a little of EWELL'S X. L. DAIRY BOTTLED CREAM, on the surface ; strew about two ounces of grated cheese on the top, and set in a moderate oven for about fifteen minutes, or long enough to brown it.

Stuffed Eggs.

Six hard boiled eggs cut in two ; take out the yolks, and mash fine ; then add two teaspoons of butter ; one of EWELL'S X. L. DAIRY BOTTLED CREAM ; three drops of onion juice ; salt and pepper to taste ; mix all thoroughly, and fill the eggs with this mixture ; put together, then there will be a little of the filling left, to which add one well-beaten egg ; cover the eggs with this mixture, and then roll in cracker crumbs ; fry a light brown in boiling fat.

Dutch Omelet.

Break eight eggs into a basin ; season with pepper and salt ; add two ounces of butter cut small ; beat these well, together ; make an ounce of butter hot in a frying pan ; put the eggs in ; continue to stir it, drawing it away from the sides, so that it may be evenly done ; when the under side is a little browned, turn the omelet into a dish, and serve ; this must be cooked over a moderate fire.

To Test Eggs.

Put them in water—if the large end turns up, they are not fresh.

To Keep Eggs Fresh.

To three gallons of water, put of unslacked lime and coarse salt each a pint ; keep in a cool place, and put the eggs in, as fresh as possible ; with the small end down.

Soft Boiled Eggs.

Place the eggs in a sauce pan, and cover with boiling water. let them stand where they will keep hot, but not boil, for eight minutes.

Hard Boiled Eggs.

Place your eggs in a sauce pan, cover with cold water, set them over a brisk fire, let them boil two minutes.

Dropped Eggs.

Have one pint of boiling water and one teaspoon of salt in a sauce pan ; break the eggs, one by one, into a saucer, and slide into the boiling water ; cook until the white is firm, lift out carefully and place on toasted bread ; lay a small piece of butter on each egg.

EWELL'S X. L. DAIRY furnishes the purest and best milk in the world.

pounds of milk, or five thousand quart bottles, are all filled and sealed, and put away in the cold storage chamber in boxes of one dozen each, ready for the heavy teams to bring them into town.

Not the least of the difficulties of producing such an immense quantity of milk is the procuring and having on hand the feed for seven hundred and fifty cows, for, as before stated, while the cows are up to their knees in rich grass, they are fed daily seven and one-half tons of other food, such as has been heretofore mentioned—viz.: Wheat, peas, beans, Egyptian corn, broom corn seed, middlings, corn and bran in combination, varying according to the season and cooked to the consistency of mush, amounting to about four tons. In addition there is fed daily three and one-half tons of burr clover hay, and from two to three tons of squash, fed green, when it can be had.

This will give the reader some idea of what it is to run a large dairy, and yet Mr. Ewell considers his business but in its infancy.

On the sixth page of this book will be found the advertisement of the Pacific Bank, the oldest incorporated bank in San Francisco. With its large resources, conservative management and correspondents all over the world, its facilities for doing your banking business are second to none. At the Pacific Bank you can always depend upon courteous treatment, and all the accommodations required at such an institution.

On the 8th page the advertisement of The Old Connecticut Mutual Life Insurance Company of Hartford, Connecticut, will be seen. To anyone contemplating insuring their life, our advice would be, do not do so, before calling upon their agent in this city, Mr. F. R. Noyes, at 315 California street.

On the 10th page the card of that old reliable dentist, Dr. C. O. Dean, who has had his office in the same apartments for 15 years, and whose reputation is too well established to need commendation from us.

Continued on page 66.

See the Battle of Gettysburg at Market and Tenth Sts.

A Nourishing Omelet.

Dissolve a tablespoonful of beef extract in half a cup of hot water, and stir into it half a cup of the crust of whole wheat bread rolled fine; let them soak over the kettle while you beat the yolks and whites of two eggs, stir the crumbs into the yolks, add a dash of salt and pepper, then stir the whites in lightly; cook in a hot, buttered omelet pan; garnish with parsley.

EWELL'S X. L. DAIRY BOTTLED MILK for the sick.

Bread Omelet.

One cup of fine bread crumbs moistened with half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, three eggs beaten separately, adding the whites last, season with salt and pepper to taste, put in the frying pan a good piece of butter, and when hot, pour in the omelet; leave on the stove a short time and finish in the oven.

Asparagus Omelet.

Boil tender asparagus in little water with a small portion of salt, chop it very fine, mix it with the yolks of five and whites of three well beaten eggs, add two teaspoonfuls of EWELL'S X. L. DAIRY BOTTLED CREAM; fry and serve quite hot.

Scrambled Eggs.

Five eggs, one tablespoonful of butter, beat the eggs, and add half a teaspoonful of salt to them; melt the butter in a saucepan, turn in the eggs, stir briskly over a hot fire for one minute, and serve immediately.

Egg Omelet.

Six eggs, whites and yolks beaten separately, half pint of EWELL'S X. L. DAIRY BOTTLED MILK, six teaspoons corn starch, one teaspoon baking powder, salt to taste; beat the whites to a stiff froth, add last cooked in hot butter.

Fricasseed Eggs.

Boil hard six eggs, and cut them into slices, then make a sauce as follows: Chop very fine a small onion, a little parsley and two mushrooms, put them into a stew pan with two table-spoonfuls of butter, salt and pepper; let them stew gently, but do not brown them; then add one half cup of EWELL'S X. L. DAIRY BOTTLED CREAM, mixed with a little flour for thickening the sauce, lay the sliced eggs in; let them come to a boil and serve.

Curried Eggs.

Slice two onions and fry brown in butter, add a tablespoon of curry-powder and one pint of stock, stew until onions are tender, add half pint of EWELL'S X. L. DAIRY BOTTLED CREAM, thickened with arrowroot of flour, simmer a few moments, then add eight hard boiled eggs, cut in slices; stir them well but do not let them boil.

Omelet Au Natural.

Break eight eggs into a basin, add a small teaspoonful of salt and a little pepper, with a tablespoonful of EWELL'S X. L. DAIRY BOTTLED MILK; beat the whole well with a spoon. In the meantime put some butter into an omelet pan, and when it is nearly hot, put in an omelet. When the eggs are set and one side is a fine brown, double half over, and serve hot.

Scrambled Eggs.

Break eight eggs into a basin, add to them a tablespoonful of sweet butter, cut into bits. When the pan is hot, pour in the eggs, and let them cook. Stir them with a silver spoon until they are just set, without becoming hard; serve on toast.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

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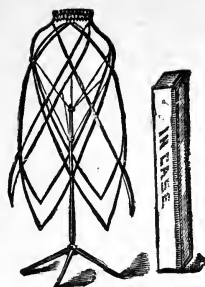
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STUDABECKER'S TAILOR SQUARE,

And Perfect Patterns Cut to Measure.

W. M. LOUDON,

224 Stockton St near Post, San Francisco.



EWELL'S X. L. DAIRY BOTTLED MILK, the purest and best in the world.

French Omelets.

Break eight eggs into a basin, season with a little salt and pepper, and, if liked, mace or nutmeg; add two tablespoons of EWELL'S X. L. DAIRY BOTTLED MILK, two of butter broken in bits, and a little parsley, cut small, if liked also a fine chopped onion. Beat these ingredients well together with a spoon, butter the pan, let it become boiling hot, and pour the omelet in about one-half inch thick; as it is cooking stir it with a spoon, drawing it from the side to the center, let it fry gently; when it is a clear brown, turn it into a dish and serve.

Breakfast Omelets.

It is better to make two or three small omelets than one large one. The eggs should be slightly beaten, just long enough to mix them; a tablespoonful of EWELL'S X. L. DAIRY BOTTLED MILK to every two eggs; sprinkle a little salt just before turning out on the dish.

Eggs upon Toast.

Put a tablespoonful of butter into the frying-pan. When hot stir in five well-beaten eggs, with salt, pepper and a little parsley. Stir and toss for three minutes. Have ready some slices of buttered toast, spread thickly with minced cold meats of any kind. Heap the stirred eggs upon these in mounds, garnished with parsley and pickled beets.

Creamed Eggs.

Boil six eggs twenty minutes. Thicken one pint of EWELL'S X. L. DAIRY BOTTLED MILK; have six slices of toast on a hot dish, put a layer of sauce on each one, and part of the whites of the eggs, cut in thin strips; rub the yolks through a sieve on to the toast. Repeat this and finish with a third layer of sauce. Place in the oven for three minutes, garnish with parsley and serve.

Omelet in Batter.

Fry an omelet; when done, cut it in squares; dip each piece in batter made of two eggs and a half pint of EWELL'S X. L. DAIRY BOTTLED MILK, fry them in salted lard to a delicate brown; serve hot.

"The best is always the cheapest."

USE THE BEST OF EVERYTHING,

THE BEST IS THE CHEAPEST.

Curds and Cream.

To one gallon of EWELL'S X. L. DAIRY BOTTLED MILK put four table-spoonfuls of prepared rennet, when it has become curd, tie it loosely in a thin cloth or bag, hang it to drain; do not press the cloth; when well drained, put the curd in a bowl, and set in a cool place; when you dish it if there is whey in the bowl, ladle it out without pressing the curd; lay it on a deep dish, and pour fresh cream over it; sprinkle loaf sugar and grated nutmeg over.

Cream Cheese.

One gallon of EWELL'S X. L. DAIRY BOTTLED MILK (sour), place it over a slow fire, let it heat gradually, but not boil; when it has become curd tie it loosely in a thin cloth, and hang it to drain; press it gently; when the whey is all taken out, put the curd into a deep dish, add one cup of fresh cream, one tablespoon salt, salt-spoon of red pepper, mix thoroughly.

Welsh Rarebit.

Grate one pint of cheese; sprinkle on it half a teaspoonful of mustard, salt-spoon of cayenne and of salt; lay this on slices of buttered toast, put it in the hot oven for a few minutes, until the cheese melts; serve hot.]

"Purest and the best."

Bread, Biscuit, Muffins, Etc.

Wheat Bread.

Have your oven ready for baking; sift or mix thoroughly two quarts of flour and four teaspoons baking powder and a teaspoonful of salt, stir up to a soft dough with EWELL'S X. L. DAIRY BOTTLED MILK, knead but little, mould and bake immediately.

Vienna Bread, No. 1.

Sift into a tin pan four pounds of flour, bank it up against the sides, pour in one quart of EWELL'S X. L. DAIRY BOTTLED MILK, mix into it enough flour to make thin batter; then quickly add one pint of milk, in which is dissolved one ounce of salt and three quarters compressed yeast. Leave the remainder of the flour against the sides of the pan, cover the pan with a cloth and set in a place free from draught for three-quarters of an hour, then mix in the rest of the flour until the dough will leave the bottom and sides of the pan, and let it stand two hours and a half; finally divide the mass into one pound pieces, to be cut in twelve parts each; this gives square pieces three inches and a half thick, each corner of which is taken up and folded over to the center, and then the cakes are turned over on a dough board to raise for half an hour, when they are put in a hot oven that bakes them in ten minutes.

Vienna Bread, No. 2.

Sift four pounds flour, pour in the center of it one quart of EWELL'S X. L. DAIRY BOTTLED MILK, mix in enough flour to form a batter, then add one pint of milk and one cup yeast. Cover the pan with a cloth and set it in warm place for an hour, then mix in flour until a stiff dough is formed. Let it rise in warm place and bake quickly.

Corn Bread.

Two cups fresh meal, one cup flour, one teaspoon salt, two teaspoons baking powder, thoroughly sifted together; when the oven is hot, add two well beaten eggs, two teaspoons softened butter, half a cup of syrup, stir all with EWELL'S X. L. DAIRY BOTTLED MILK to a soft dough; place in a pan and bake immediately.

On page 14 the advertisement of Jas. G. Steele & Co., Chemists and Druggists, appears. This firm are manufacturers and sole proprietors of many well known and valuable remedies and compounds, as well as *agents* for many others, and while they do not, in their advertisement *brag* of their age, there are few better known druggists in this city than James G. Steele.

On page 22 we have placed the advertisement of Boericke & Schreck, Homœopathic Pharmacy, manufacturers and importers—both wholesale and retail. This firm was established in 1870, and makes a specialty of Family medicines in cases.

On page 28—that of Mark Strouse, wholesale and retail butcher, judging from the size of his store one would think that Mark would like to own, if not the earth, certainly he aims to do all the butcher business of the town. His mammoth refrigerator is one of the sights of San Francisco and attracts great attention.

On page 34, Messrs. McAlester & Jones, set forth their claim of having the best regulated Real Estate Office in San Francisco. They are men of great experience in the business, and for twenty-five years have made a study of the wants of landlords and tenants, and are reliable, prompt, and responsible.

On page 36, A. F. Green, Broker in Real Estate, throws out his card to the public. Mr. Green buys and sells real estate on commission, negotiates loans, affects insurance, rents houses, collects rents, and takes full charge of property for absentees or others.

On page 38, Dickey's Cream de Lis advertisement is illustrated by a cut of a beautiful lady. This well-known preparation for beautifying the complexion is sold by all druggists.

Messrs. Jacobs & Easton come next in our list of advertisers—on page 44. They have moved their office since this page was printed, and can be found now at 312 Pine street. This firm represent ten large Eastern Insurance Companies, and are local agents for three large Foreign Companies with an aggregated capital of about forty million (40,000,000) dollars.

Continued on page 70.

Pacific Bank Sells Drafts on every Important City.

Graham Bread.

One quart of flour and two heaping teaspoons of baking powder, sifted together. One cup sugar, one teaspoonful salt; wet with EWELL'S X. L. DAIRY BOTTLED MILK to stiff batter and place at once in hot oven.

Insist on having EWELL'S X. L. DAIRY BOTTLED MILK, purest and best in the world.

French Rolls, No. 1.

Mix thoroughly one quart of flour with three teaspoonfuls of baking powder; rub in one ounce of sweet butter or lard and salt, add one beaten egg and as much of EWELL'S X. L. DAIRY BOTTLED MILK as will make soft dough, roll and cut out large sized cakes, wet half of top and fold over; bake immediately.

French Rolls, No. 2.

At noon, scald a pint of EWELL'S X. L. DAIRY BOTTLED MILK, then let it cool; sift two quarts of flour, into which rub two tablespoonfuls of butter, and then make a hole in the center; stir a spoonful of yeast and two spoonfuls of sugar into your milk, then put all into the center of your flour; let it stand several hours till foamy, then mix in all the flour, cover and set it away over night. In the morning it will be found nicely risen; knead it a very little on the board; roll out, not too thin, spread over with butter, and cut in round, lapping one edge. Do not place the rolls near together in the pans; let them rise about two hours, then bake them in a quick oven about twenty minutes.

Vienna Rolls.

Sift two or three times one quart of flour with two heaping teaspoonfuls of baking powder, rub in butter the size of an egg, and half teaspoonful salt; stir all to a dough with EWELL'S X. L. DAIRY BOTTLED MILK; take small pieces of dough, roll them into small round lumps, cut them across slightly each way once with a sharp knife, set them in tins not touching each other, brush them over with milk, or butter melted in milk, and bake.

EWELL'S X. L. DAIRY BOTTLED MILK, purest and best in the world.

Velvet Rolls.

Three pints of flour; three-fourths of a cup of EWELL'S X. L. DAIRY BOTTLED MILK; one teacup of hop yeast; three eggs; two tablespoons lard; work well; let rise; work, and let rise again; make in rolls and bake when light.

English Biscuit.

Two pints of flour; three-fourths cup of corn starch; three tablespoons of sugar; teaspoon salt; two teaspoons baking powder; two tablespoons butter; one egg, two cups of EWELL'S X. L. DAIRY BOTTLED MILK; roll half an inch thick; rub over with milk; lay on buttered tins and bake.

Lunch Biscuit.

One pint of flour; one tablespoon of butter; three of sugar; three eggs; three teaspoons baking powder sifted with the flour, pinch of salt; two-thirds of a cup of EWELL'S X. L. DAIRY BOTTLED MILK; cut out into biscuits and bake.

Soda Biscuit.

Sift one quart of flour with two teaspoons of baking powder; one of salt and one tablespoon of white sugar; rub in one tablespoon and a half of butter; wet with half a pint of EWELL'S X. L. DAIRY BOTTLED MILK; roll on board about an inch thick; bake in quick oven.

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THE BEST IS THE CHEAPEST.

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B. F. STERETT,

532 CLAY STREET,

SAN FRANCISCO.

Graham Biscuit.

Two cups and a half of graham flour ; one cup and a half of wheat flour ; two teaspoons baking powder ; sift together ; rub in two tablespoons of butter, salt, half a cup of sugar, one egg, and enough of EWELL'S X. L. DAIRY BOTTLED MILK to make soft dough ; roll out, and bake at once.

A teaspoonful of turpentine boiled with white clothes will aid the whitening process.

Muffins, No. 1.

Beat well the yolks and whites of five eggs separately ; to the yolks add two pints and a half of EWELL'S X. L. DAIRY BOTTLED MILK, two teaspoonfuls baking powder, salt, stir in enough flour to make batter, then add whites of eggs, one half cup butter, drop into gem pans and bake immediately.

Muffins, No. 2.

Mix one heaping teaspoonful of baking powder and a little salt in one pint of flour ; add to the beaten yolks of three eggs two-thirds teacup of EWELL'S X. L. DAIRY BOTTLED CREAM, a piece of butter melted half the size of an egg, the flour with the baking powder and salt mixed, and the well beaten whites of two eggs. Beat well, bake immediately in gem pans in hot oven and send to the table at once.

Rice Waffles.

One and one-half pints of boiled rice mixed with half a teacup of butter, pint of flour, teaspoon of baking powder, half a teaspoon of salt, seven eggs, and enough of EWELL'S X. L. DAIRY BOTTLED CREAM to make thin batter. Beat very light.

Snow Balls.

One cup of white sugar, one and one-third cups of EWELL'S X. L. DAIRY BOTTLED CREAM, whites of four eggs, two teaspoons baking powder, flour to make batter. Bake in buttered cups.

Graham Griddle Cakes.

Equal parts of graham and wheat flour, one quart, two and one-half teaspoons baking powder ; wet to a batter with EWELL'S X. L. DAIRY BOTTLED MILK ; salt.

Boston babies cry for beans ; Frisco babies for EWELL'S X. L. DAIRY BOTTLED MILK.

Bread Cakes.

Soak a loaf of bread in EWELL'S X. L. DAIRY BOTTLED MILK (sour) until soft, rub through a colander, and to one quart add the yolks of three eggs, one teaspoon of salt, one of soda, two tablespoons sugar, with flour to make batter, lastly the whites of the eggs ; bake on greased griddle.

Flannel Cakes.

One and one-half pints of flour, one tablespoon brown sugar, two teaspoons baking powder, one teaspoon salt, three eggs, and a pint of EWELL'S X. L. DAIRY BOTTLED MILK ; bake on greased griddle.

Rice Griddle Cakes.

Two cups boiled rice, one pint of flour, one tablespoon sugar, half a teaspoon salt, two teaspoons baking powder, two eggs, and scant half cup of EWELL'S X. L. DAIRY BOTTLED MILK ; bake brown.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

Ball of the Bottles.

BY AUNT FANNY ANN.

It was New Year's night, and all the house was wrapped in slumber. The beautiful young ladies of the family, after the festivities of the day, were dreaming the pleasures all over again, and enjoying them with even greater zest. The fire, too, had settled down to a quiet nap, with just a few red coals glowing to keep itself warm. The cat on the hearth had ceased her purring, and gave forth a little snore, now and then. The sweet flowers that decorated the elegant rooms, had drooped their lovely heads, and they too slept.

But strange to say, on the side board, which had been transferred to the back parlor, all was bustle and merriment.

"Now," spoke up a little fat jug of Curaco, "we are ready, but there are so many late—why must some bottles, like humans, be *always* late!"

"Now, Mrs. Curaco," spoke up Mr. Whiskey, a little thickly, "you can't shay that of me. I've been here all day—and—and—night, too."

"Yes, you and Mr. Gin are very faithful. As for that, Mr. Brandy, too. You stick closer than a brother, if once one is at all friendly with you."

"O, yesh, yesh! we don't forsake a friend, specially if he's got the cash," grinned Mr. Whiskey.

"But there's little Miss Ketchup, the pert little thing,—and Miss Pepper Sauce—these two think they are the world, and try and snub me sometimes, and call me "fat," but when I shine in a beautiful bright flame on a big plum pudding, I can see they nearly faint with envy, specially when somebody is making wry faces, because of too much of their company," and Mrs. Curaco smoothed out her seal-brown dress, and tittered.

"Yes," said Mr. Brandy, in a deep voice, that seemed to come from the bottom of his boots, "this envy is a dreadful thing, the inferior qualities," casting a sidelong look at Mr. Whiskey, who luckily did not notice it, or the party might have been broken up before it had begun—"are constantly envying and aping we of the upper ten," and he swelled his portly person out to the fullest extent. "But here comes Miss Vinegar—How do you do, happy New Year, and may you have many of them," and he almost embraced her in his warm effusion of good wishes, for it was a well-known fact in bottle society that fat Mr. Brandy was a little "struck" on slim Miss Vinegar.

Soon the bottles began to come in two's and three's and

Continued on page 76.

Deposit Your Savings with Peoples' Home Savings Bank.

Bread Dumplings.

Soak a pint and a half of bread crumbs in EWELL'S X. L. DAIRY BOTTLED MILK, mix with two beaten eggs, two teaspoons baking powder, a little flour; mix all together, stir to a soft dough by adding milk and flour, drop from a spoon into stewing veal or chicken when the meat will be done in half an hour; when the dumplings rise to the surface they are done.

Crust for Meat Pies.

One quart of flour, three teaspoons baking powder, two and a half table-spoons lard, well mixed in two and a half cupfuls of EWELL'S X. L. DAIRY BOTTLED MILK, a little salt; work quickly and do not make it very stiff.

No milk will remove a wet ink stain as quickly as EWELL'S X. L. DAIRY BOTTLED MILK.

Rye and Indian Loaf.

Four cups of Indian meal, one and one-half cups rye meal, one cup molasses, one teaspoon soda, a little salt and a quart of EWELL'S X. L. DAIRY BOTTLED MILK (sour); boil steadily and gently four hours in a steamer.

Brown Bread.

Two and one-half cups corn meal, two and one-half of graham flour, one of molasses, one teaspoon even full of soda dissolved in a cup of EWELL'S X. L. DAIRY BOTTLED MILK, one quart of EWELL'S X. L. DAIRY BOTTLED MILK, a little salt; pour into your steam kettle and steam for four hours.

Indian and Graham Bread.

One cup and one-half of corn meal, one and one-half cups graham flour, two cups of EWELL'S X. L. DAIRY BOTTLED MILK, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, (sour), half a cup of syrup, a little salt; steam three or four hours over a hot fire.

Fresh Rolls.

Take about four pints of flour, a piece of butter the size of a large walnut, mix with EWELL'S X. L. DAIRY BOTTLED MILK (warm); the whites of three eggs, well beaten, two tablespoons of yeast; when risen make into rolls, let them stand to rise again, and then bake in a quick oven; a little salt.

Parker House Rolls.

Scald about a quart of EWELL'S X. L. DAIRY BOTTLED MILK, let it stand till cold; five pints of flour, rub a large tablespoon of lard into flour, make a hole in the flour and pour in the milk, having mixed with the milk one large spoon of sugar, a little salt and half a cup of yeast; sift a little flour over the whole and let it stand till risen; then knead it well, let it rise again, cut with a pint pail cover, and fix like a turn-over, let them rise again, bake twenty minutes.

Milk which is turned or changed may be sweetened and rendered fit for use again by stirring in a little soda.

Breakfast Cakes, No. 1.

Three cups flour, one and one-half cups of EWELL'S X. L. DAIRY BOTTLED MILK, half cup sugar, three eggs, two teaspoons yeast powder; bake in gems; a little salt.

Breakfast Cakes, No. 2.

One-half cup of melted butter, two tablespoons sugar, two-thirds cup of EWELL'S X. L. DAIRY BOTTLED MILK, three eggs, three and a half cups flour, two teaspoons yeast powder, a little salt; bake in gems.

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Breakfast Cakes, No. 3.

One cup of sugar, one cup and a half of EWELL'S X. L. DAIRY BOTTLED MILK, two-thirds cup of melted butter, four eggs, one quart flour, two teaspoons yeast powder ; bake twenty minutes.

Breakfast Cream Cakes.

One pint of EWELL'S X. L. DAIRY BOTTLED CREAM, four eggs, a little salt, flour for a good batter, about four cups; bake in gems or rings in a quick oven.

Potato Biscuit.

Two large potatoes, a piece of butter half size of an egg, one pint and a half of EWELL'S X. L. DAIRY BOTTLED MILK, half a teaspoon salt, flour enough to make soft batter, a tablespoon brewer's yeast. Put the potatoes through the colander, rub the butter into the flour and stir into the milk, a little warmed, and salt and yeast; let it rise from twenty minutes to half an hour, then knead it well and set to rise another half hour, mould into biscuits; let them stand fifteen or twenty minutes and bake.

Milk Toast.

Boil one quart of EWELL'S X. L. DAIRY BOTTLED MILK and one-third pound butter ; toast your slices of bread brown, and pour the milk over hot.

Rusks.

Two-thirds pint of warm milk, in which you have put half a cup butter, half a teacup sugar, and three large spoons yeast; flour sufficient to make light paste; let it rise and bake in small loaves; when cold, slice and place in oven to brown.

Graham Gems.

One cup EWELL'S X. L. DAIRY BOTTLED MILK (sour), half a teaspoon soda, dissolved and put in the milk, a little salt, a large spoon sugar, one egg, and flour sufficient to make soft batter; bake in gem pans.

Hominy Muffins.

Beat smooth two cups boiled hominy, stir in two cups and a half of EWELL'S X. L. DAIRY BOTTLED MILK, one-half cup melted butter, two tablespoons white sugar, four eggs well beaten, one scant teaspoon soda dissolved in hot water, one large cup flour; bake in gems.

Muffins, No. 3.

Five eggs, half a cup sugar, half a cup butter, half a cup yeast, one pint and a half of EWELL'S X. L. DAIRY BOTTLED MILK, flour sufficient for a stiff batter; when well risen, bake quickly in gem pans.

Delicate Corn Muffins.

Two tablespoons white sugar and three eggs beaten together; add three cups and a half of flour with two teaspoons yeast powder sifted through it; one heaping tablespoon cornmeal, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one tablespoon melted butter, a little salt; bake in gem pans fifteen minutes.

Bread and milk is always a treat to healthy childhood's appetite. It is an absolute delicacy if EWELL'S X. L. DAIRY BOTTLED MILK be used.

Quick Muffins.

One quart flour, one tablespoon heaped of butter, two teaspoons yeast powder, two tablespoons sugar, four eggs, a little salt, sufficient of EWELL'S X. L. DAIRY BOTTLED MILK to make soft batter; bake as above.

Muffins, No. 4.

Three teacups flour, one teaspoon and a half, of yeast powder, a little salt, three eggs, one tablespoon melted butter, milk for thick batter.

Jump-Up.

Two-thirds cup of EWELL'S X. L. DAIRY BOTTLED MILK, one cup flour, two eggs well beaten; bake in gem pans; a little salt.

Breakfast Cakes.

Take a pint of EWELL'S X. L. DAIRY BOTTLED MILK (sour), a teaspoon of soda dissolved and put in the milk, a little salt and one egg; stir in flour to make a very stiff batter; drop them into hot fat by a large spoon, frying them as you would doughnuts; serve them with cold sauce, made from boiling sugar and water, flavored as you like. Do not cut them when eaten, but pull them apart.

Jokers.

A cup and one-half of graham meal, a cup and a half of flour, a little salt, two eggs well beaten, added after flour and milk are mixed to a batter as thick as pound cake; bake in quick oven; two teaspoons yeast powder.

Oatmeal Cake.

One cup of EWELL'S X. L. DAIRY BOTTLED CREAM, two cups of EWELL'S X. L. DAIRY BOTTLED MILK (sour), two tablespoons sugar, one full teaspoon soda put in the sour milk, one egg, and oatmeal sufficient to make thick batter.

Graham Muffins.

Three cups Graham flour, three teaspoons yeast powder, two eggs, one large spoon melted butter, two-thirds pint EWELL'S X. L. DAIRY BOTTLED MILK, a little salt, a large spoon molasses or brown sugar.

Corn Meal Muffins.

Two cups corn meal scalded with as little water as possible; one cup flour, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one large spoon butter, melted, one egg, one-half cup brown sugar, a little salt, and yeast sufficient to raise them.

Johnny Cake.

Boil two-thirds of a pint of EWELL'S X. L. DAIRY BOTTLED MILK, pour it on one and one-half cups corn meal; beat fifteen minutes; add a little salt, half a cup of EWELL'S X. L. DAIRY BOTTLED MILK (sour), three eggs, one tablespoon butter, one teaspoon soda, and one tablespoon of flour; beat well together.

Rye Biscuit, No. 1.

Two cups rye meal, one and one-half cups flour, one-third cup molasses, two eggs, a little salt, one and one-half cups sour milk, one and one-half even teaspoons soda dissolved and poured into the milk.

Rye Biscuit, No. 2.

A little more than a pint of rye, the remainder of a quart of flour, butter nearly as large an egg, one egg, two teaspoons yeast powder, mix with EWELL'S X. L. DAIRY BOTTLED MILK quite soft; bake immediately.

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Corn Bread, No. 1.

One pint of meal, half a pint of flour, three eggs, two teaspoons yeast powder, two-thirds pint of EWELL'S X. L. DAIRY BOTTLED MILK, two tablespoons sugar.

Waffles, No. 1.

Take one cup of EWELL'S X. L. DAIRY BOTTLED MILK, and half a cup of sour milk, a piece of butter the size of an egg, four eggs, one teaspoon of yeast powder, flour for a batter to pour, and a little salt; bake in waffle irons.

Waffles, No. 2.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, one teaspoon of yeast powder, a little salt, flour sufficient for a batter to pour; bake in waffle irons.

Green Corn Cakes.

One pint of grated green corn, one cup of flour, half a cup of butter, one egg, three large tablespoons of EWELL'S X. L. DAIRY BOTTLED MILK; season with salt and pepper; fry in thin cakes on griddle.

If a bird is hoarse, or loses its voice, give it white rock candy dissolved in water.

Velvet Rusk.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK (warm), flour for a thin batter, two tablespoons yeast; let it rise over night. In the morning add half a cup of butter, three eggs well beaten with a cup of sugar, one teaspoon of salt, flour sufficient to make a soft dough; mould in small cakes, put close together in a pan, let it rise until very light; when baked brush the top with white of an egg.

Potato Puffs.

Two cups and a half of cold mashed potatoes, stir in two tablespoons of melted butter, beat to a cream three eggs whipped light, salt, a cup of EWELL'S X. L. DAIRY BOTTLED MILK; beat all well together, pour into a deep dish; bake in quick oven.

Potato Short Cake.

Grate two boiled potatoes, medium size, carefully into one pint of flour, one and one-half teaspoons yeast powder, butter the size of an egg; mix with EWELL'S X. L. DAIRY BOTTLED MILK, soft about like yeast powder biscuit; a little salt.

Fritters, No. 2.

One cup sugar, one pint of EWELL'S X. L. DAIRY BOTTLED MILK (sour), half a teaspoon of soda, three eggs, a little salt, flour to make it stiff enough to drop.

Indian Slapjacks.

One pint and a half of Indian meal, half a pint of flour, one quart of EWELL'S X. L. DAIRY BOTTLED MILK, five eggs, and a little salt, one teaspoon of yeast powder.

Flannel Cakes.

Four eggs, one quart of EWELL'S X. L. DAIRY BOTTLED MILK, stir in flour until of the consistency of buckwheat cakes; two tablespoons of yeast; let it rise and fry on griddle; a little salt.

EWELL'S X. L. DAIRY BOTTLED MILK.

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Buckwheat Cakes.

One quart of Buckwheat, one handful of corn meal, a little salt and about two tablespoons of yeast; water and EWELL'S X. L. DAIRY BOTTLED MILK for thick batter; when risen, fry on griddle well greased.

Batter Cakes.

Three eggs, half a pint of EWELL'S X. L. DAIRY BOTTLED MILK, one teacup of EWELL'S X. L. DAIRY BOTTLED CREAM, one teaspoon of yeast powder, a little salt, flour for thick batter; butter the griddle, fry thin and serve with butter and sugar.

Bread Omelet.

Four slices of bread soaked in two cups and a half of EWELL'S X. L. DAIRY BOTTLED MILK; six eggs; mash the bread fine and beat the eggs with it; fry by the spoon full in hot lard; when it stiffens, cut in quarters and turn.

Rice Cakes.

Take a pint bowl of cold boiled rice, four eggs, a little salt, a pint of EWELL'S X. L. DAIRY BOTTLED MILK, and flour sufficient for quite a stiff batter; add a scant teaspoon of yeast powder to the flour before mixing with the other ingredients; fry in cakes.

Baked Rice Cakes.

One quart of EWELL'S X. L. DAIRY BOTTLED MILK, one cup rice, when boiled soft, four eggs, thicken with flour to stiff batter; bake in gem pans.

Fritters.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK, four tablespoons of flour, a little salt, four eggs; fry thin and eat with sugar.

Apple Fritters.

Quarter and slice your apples; make a batter of three eggs, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, a little salt and flour; put in your apples and fry as you would oysters.

Apple Fritters, No. 2.

Four eggs, one pint of flour, a little salt, and enough of EWELL'S X. L. DAIRY BOTTLED MILK to form thin batter; peel apples, core and slice them thickly, dip them in the batter, and fry them with hot lard, sift fine sugar over them and serve.

Bread Fritters.

Crumb stale bread into EWELL'S X. L. DAIRY BOTTLED MILK sufficient to soften it; let it stand until you can mash it with a spoon, add three eggs, a scant teaspoon of soda, flour sufficient to make batter thick. If you use sweet milk, use yeast powder instead of soda.

You know you are getting good measure when you take EWELL'S X. L. DAIRY BOTTLED MILK. Purest and best in the world.

Corn Bread, No. 2.

Four tablespoons corn meal, two of flour, three eggs, two tablespoons of brown sugar; beat together with EWELL'S X. L. DAIRY BOTTLED MILK, to make soft batter; butter half the size of an egg, melted, and a little salt, two teaspoons yeast powder.

Corn Cake.

Two cups of EWELL'S X. L. DAIRY BOTTLED MILK (sour), one teaspoon soda, two teaspoons sugar, two of flour, a little salt, two eggs, corn meal sufficient for thin batter.

four's, till the side-board was full and crowded. And Mrs. Curaco, who had taken upon herself to be mistress of ceremonies, with Mr. Whiskey as assistant—Mr. Brandy being rather too fat and heavy—and between us, this was why he was angry and sarcastic—moved to adjourn to the dining table which was an unusually large one. So when they had accomplished the difficult feat of removal, with only a few accidents, especially to Mr. Whiskey, who being a little “off,” came near breaking a leg, so was artistically lame for the rest of the night, the dance began. And such laughing and shouting you never heard, when suddenly the bell rang loudly, and Miss “Bottled Milk” was announced, and as she entered with her stately tread, and her beautiful shining white dress, all eyes were turned towards her in admiration. For a while the dance was completely stopped, as every male present wanted her for a partner, and as she couldn't be in two places at once, a waltz had to be started, and she took a turn around the table with each of her admirers, till the poor thing was nearly exhausted, and of course she was hated with a deadly hate, and fearfully scandalized the rest of the night by all the lady bottles present. So much one has to pay for being the “Belle of the Ball.” After awhile the dancing became general again, the males present seeing the impossibility of all having Miss Bottled Milk for a partner, choose lesser lights, but still quite aristocratic, for there was Miss Salad Dressing in her pale yellow robe, and Miss Tomato Catsup in red, and Miss Mustard in gold, and Miss Ceyenne Pepper in terra cotta. All Mr. Ward McAllisters “Four Hundred” were there, including Mr. Black Pepper; and all the varieties of Wines from France, Italy, Spain, Portugal and from our own Golden California.

When they were tired of dancing, refreshments were served—the remains of the family's feast of a few hours before—and then around the warmth of the hanging lamp, whose extinguishment had been forgotten, the good old English custom of telling anecdotes and stories, was indulged in.

Mr. Whisky, soon grew red then black in the face, with anger, at all the evil, crime and misery laid at his door, and he spoke up saucily.

“Well there's one thing I can do that none of you can, I can make a man feel like a millionaire, if he has a couple of drinks of me, and a dime in his pocket for a cigar.”

“Yes, and then——?” spoke up sober Mr. Black Pepper, who was rather a parson in his dress and speech. But Mr. Whisky was silent, knowing that the end of his votaries, was generally—the gutter.

“Well,” said Miss Mustard,” you can't say anything bad

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Bannock.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK, one pint of meal, one pint of water, four eggs, a little salt, two tablespoons sugar; scald the meal with the water and add eggs while hot; bake an hour.

Pop-Overs.

Four eggs, two and one-half cups of EWELL'S X. L. DAIRY BOTTLED MILK, three of flour, a little salt, one teaspoon of yeast powder; bake in gem pans.

Hot Cakes.

Four cups of sour milk, half a teaspoon of soda to each cup, a little salt, two tablespoons melted butter, sufficient flour to make thin batter; beat well.

Corn Cake.

Two cups of EWELL'S X. L. DAIRY BOTTLED MILK (sour), one teaspoon level full of soda, one tablespoon of syrup, two cups corn meal, half a cup of flour, two eggs, a little salt.

Corn Meal Cake.

One pint of corn meal, one quart of sour milk, four eggs well beaten, three tablespoons sugar, soda sufficient to sweeten the milk, dissolved and put in the milk; bake in pans.

Strawberry Short Cake.

One pint of flour, a piece of butter size of an egg, two scant teaspoons of yeast powder; mix with EWELL'S X. L. DAIRY BOTTLED MILK as soft as you can knead; bake quickly, split, butter and fill plentifully with berries and sugar; cover with the other crust; put into oven for a few minutes; serve.

Crumpets.

Three cups of EWELL'S X. L. DAIRY BOTTLED MILK (warm), half a teacup of yeast, a large tablespoon of melted butter, one teaspoon of salt, half a teaspoon of soda dissolved in hot water, flour enough to make a good batter; leave out the butter and soda and set the other to rise as a sponge; when well risen, add the butter and soda, and a very little flour; fill your gem pans and let them stand twenty or thirty minutes to rise.

Sally-Lunn Tea Cakes.

One quart of EWELL'S X. L. DAIRY BOTTLED MILK, half a teacup of butter, four eggs, one teaspoon salt, three tablespoons of yeast; beat it very light; let it rise and bake in quick oven; flour for stiff batter; a little sugar.

Boiled starch is much improved by the addition of a little sperm or a little salt, or both.

Black Cake.

One cupful butter and one and one-half cups brown sugar, half cup molasses, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, three eggs well beaten, one teaspoon each of nutmeg, cloves and cinnamon, four cups of flour, two teaspoonfuls of baking powder, two pounds of seeded raisins, one pound of currants and one-quarter pound of citron finely sliced. Bake immediately.

EWELL'S X. L. DAIRY BOTTLED MILK can't be beat.

Snow Cake.

Half teacup butter, one of sugar, one and a half flour, half cup of EWELL'S X. L. DAIRY BOTTLED MILK, whites of four eggs, one teaspoonful of baking powder, sifted with the flour; flavor with lemon extract.

of me. I do good to the sick, as well as to the well," and no bottle said nay.

But the fancy sauces were voted as of little account, except as relishes, but Pepper, Salt and Vinegar held their own. All the Foreign Mr. Wines listened to the discussion in silence, with a high bred simper on their faces. Then Mr. California Claret spoke up.

"There is a distinguished guest present, who with native modesty, has forbore to parade her claims to distinction and honor before this august company, but she and her family are bound to work a revolution in the drinking world; the good she has accomplished, is something wonderful; the good she will accomplish, is too great to be told. How many babes she has saved from death, helping them to grow up into beautiful healthy California children; how many men she has saved from the gutter, and restored to their homes and families, cannot now be told, or how she has modestly stood among a lot of vile companions on a bar, and shamed them with her purity and goodness—her very sight quenching the inebriate's fiery thirst—she has come here to stay—allow me to introduce Miss Bottled Milk, the purest and best in the world, from the clean, wholesome, undulterated article furnished by the EWELL'S X. L. DAIRY BOTTLED MILK COMPANY," and such a clapping of hands you never heard—in fact, some of the bottles are chipped to this day, from their enthusiasm.

Just then such a noise sounded outside.

"Oh!" cried Mrs. Curaco, "Those low, vulgar beer bottles, are mad at not being invited, and are giving a chiveri; oh, the brutes." But Mr. Whiskey, would not stand having his poor relations abused, tho' he did it himself sometimes, yet it was a very different thing to allow others to do so, so he spoke up angrily:

"And what are you, you fat old scandal-monger? you haven't a good word for anyone, their music is just as good as you make with your gab, gab, gab!"

"Oh, oh, oh! Mr. Brandy, quick!" cried Mrs. Curaco, and she was about to faint in his arms, but he, too, felt himself agrieved at the epithet 'fat,' so said, in his deep voice:

"Let me get at him!" and with one blow from his good right hand he landed Mr. Whiskey, smashed and broken, on the floor. Then Mr. Gin thought he'd take a hand, and he shared the same fate; then Mr. Absinthe smiled a green smile of envy at Mr. Brandy's strength, and he lay on the floor, as well.

Miss Pepper Sauce said:

"For shame!" for she rather liked the handsome stranger; but Miss Bottled Milk looked on serene, knowing it was better

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Caramel Cake.

One cup butter, two cups sugar, a scant cup of EWELL'S X. L. DAIRY BOTTLED MILK, one and one-half cups flour, one cup corn starch, whites of seven eggs, two teaspoons baking powder in the flour, well sifted; bake in a long pan; take half pound of brown sugar, scant quarter pound of chocolate, half cup of EWELL'S X. L. DAIRY BOTTLED MILK, butter size of an egg, two teaspoons of extract of vanilla; mix thoroughly and cook as syrup until stiff enough to spread; spread on cake and set in oven to dry.

Scotch Fruit Cake.

A cup butter, two of white sugar, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, four cups flour, dry, with two teaspoons baking powder, nine eggs beaten separately, one pound raisins, half pound currants, a fourth pound citron; cream the butter and sugar, add milk gradually, then beaten yolks of eggs, and lastly, while stirring in the flour, the whites well whipped. Flavor with one teaspoon each of lemon and vanilla extract, have raisins seeded and citron sliced thin, wash and dry currants before using, and flour all fruit slightly. In putting cake in pan, place first a thin layer of cake, then sprinkle in some of three kinds of fruit, then a layer of cake, and so on, always finishing off with a thin layer of cake. Bake in a moderate oven for two hours.

Cocoanut Cake.

One cup butter, three of sugar, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, four and one-half cups flour, four eggs with whites beaten to a stiff froth, two teaspoons of baking powder, and one of grated cocoanut.

Golden Cake, No. 3.

The yolks of eight eggs, one cup of sugar, three-quarters cup of butter, one-half cup of EWELL'S X. L. DAIRY BOTTLED MILK, one and one-half cups of flour, and two teaspoonfuls of baking powder; flavor with lemon extract.

Silver Cake.

The whites of eight eggs, two cups of sugar, one-half cup of butter, three-fourths cup of EWELL'S X. L. DAIRY BOTTLED MILK, three cups of flour, and two teaspoonfuls of baking powder; flavor with almond or lemon extract.

EWELL'S X. L. DAIRY BOTTLED MILK, good for dyspeptics.

Julia's Cake.

Beat two cups of sugar and half a cup of butter to a cream, half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, one and a half cups of flour in which is well mixed, dry, half a cup of corn starch and two teaspoonfuls of baking powder; then add the whites of six eggs beaten to a stiff froth; flavor to taste with orange or lemon extract.

Sponge Cake, No. 1.

Mix one cup of flour with one heaping teaspoonful of baking powder, one cup of sugar, three eggs and one tablespoonful of EWELL'S X. L. DAIRY BOTTLED MILK; flavor with lemon or orange extract; stir briskly and bake at once.

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Marbled Chocolate Cake.

Make a batter as for white cake, take out one teacup, add to it five teaspoonfuls of grated chocolate, moistened with EWELL'S X. L. DAIRY BOTTLED MILK and flavor with vanilla extract; pour a layer of white batter into the baking pan, then drop the chocolate batter with a spoon in spots, and spread the remainder of white batter over it; bake in a well-heated oven.

Delicious Cake.

One cup of sugar, half a cup of butter, two eggs, the yolks and whites separately beaten, half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, and one and one-half teaspoonfuls of baking powder.

To relieve asthma, soak blotting paper in strong saltpetre water. Dry and burn at night in your bedroom.

Cream Cake.

Four cups of sifted flour, two teaspoonfuls baking powder, three cups white sugar, one cup butter, one cup EWELL'S X. L. DAIRY BOTTLED CREAM, five eggs; flavor with lemon extract.

Tea Cake.

One cup sugar, one egg, one-fourth cup butter, one-third cup of EWELL'S X. L. DAIRY BOTTLED MILK, one coffee cup flour, one teaspoonful of baking powder; flavor as desired.

Cup Cake.

One cup butter, two of sugar, beaten to a cream; four eggs well beaten with one-half cup of EWELL'S X. L. DAIRY BOTTLED MILK; stir into butter and sugar; three cups of flour, one teaspoonful of baking powder; flavor with extract of vanilla.

Fan's Cake.

One and a half cups of sugar, one-half cup of EWELL'S X. L. DAIRY BOTTLED CREAM, a little salt, four well beaten eggs, two cups of flour, one teaspoonful of baking powder. Bake in hot oven.

Baker's Pound Cake.

Two cups sugar, one small cup butter, beat to a cream; three eggs well beaten, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, three cups of flour, two teaspoonfuls baking powder, and one of nutmeg; mix all together quickly and bake immediately.

Citron Cake.

Stir three cups of sugar and one cup of butter to a cream; four cups of flour well mixed, dry, with two teaspoonfuls of baking powder; one cup of EWELL'S X. L. DAIRY BOTTLED MILK, five eggs, yolks and whites beaten separately; mix all well together, adding one-half pound of citron finely cut, sliced and floured, then bake.

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Kentucky Cake.

Four cups of flour mixed, dry, with two teaspoonfuls of baking powder, two cups of white sugar, one cup butter, one-half cup of EWELL'S X. L. DAIRY BOTTLED CREAM, the whites of eight eggs beaten to a stiff froth, added to the cream; flavor with vanilla, lemon or orange extract. Work the butter and sugar well together, then stir in the cream, then alternate the flour and eggs until all the ingredients are in, the last of all the extract. Put into deep buttered pans and bake in moderate oven.

A White Delicate Cake.

Three cups of sifted flour, one and one-half cups of sugar, whites of seven eggs, one teacupful of EWELL'S X. L. DAIRY BOTTLED MILK, two tablespoonfuls butter, two teaspoonfuls of baking powder, and one teaspoonful of lemon extract. Beat the butter and sugar to a cream, add to it the milk and eggs well beaten, then add the extract. Mix with this very slowly three cups of flour, in which the baking powder has been well mixed. Bake in a quick oven.

Cure for Burns—One-third part linseed oil, two-thirds lime water. Shake up well; apply and wrap in soft linen.

Cocoanut Cake, No 3.

One cup of butter and two of sugar, beat to a cream; one cup of EWELL'S X. L. DAIRY BOTTLED MILK, three and one-half of flour with two teaspoonfuls of baking powder, sifted dry; whites of ten eggs; flavor with almond extract; bake in jelly cake tins, making six layers.

ICING—Two cups white sugar, whites of three eggs, beat together; spread between each layer, sprinkled with grated cocoanut over top and sides; around the edge of each layer place blanched almonds split, and sprinkle cocoanut over all.

Ice-Cream Cake.

Two teaspoonfuls baking powder, well mixed, dry, with three and one-half cups flour; beat the whites of eight eggs, two cups white sugar and one cup butter, beat together; one cup of EWELL'S X. L. DAIRY BOTTLED MILK; add all together and bake in jelly pans.

ICING—Two cups white sugar, the juice of one lemon, one cup of water, boil to a thick clear syrup; beat the whites of three eggs and stir them in hot; when cool, flavor with lemon or orange extract, and spread between layers and on the top.

Lady Cake.

One-half pound of butter, one pound of flour, eight eggs, one teaspoonful of cream tartar, one-half teaspoonful of soda, one pound sugar, one-half pint of EWELL'S X. L. DAIRY BOTTLED MILK. Flavor with bitter almond, and bake in square not very deep tins. Flavor the frosting with vanilla. The combination is very pleasant.

Sister Mag's Cake.

Two and one-half cups powdered sugar; three-quarters cup of butter; one cup sweet EWELL'S X. L. DAIRY BOTTLED MILK; three cups flour; four eggs; one lemon, juice and rind; one small teaspoonful soda. Bake in a square or oblong tin, and frost with whites of two eggs beaten stiff with powdered sugar.

Caramel Cake.

Three cups sugar; one and one-half cups butter; one cup of EWELL'S X. L. DAIRY BOTTLED MILK; four and one-half cups prepared flour; five eggs.

CARAMEL FOR FILLING—One and one-half cups brown sugar, half cup of EWELL'S X. L. DAIRY BOTTLED MILK; one cup molasses; one teaspoonful butter; one tablespoonful flour; two tablespoonfuls cold water. Boil this mixture five minutes, add half a cake Baker's chocolate (grated), boil until it is of the consistency of rich custard. Add a pinch of soda, stir well, and remove from the fire. When cold, flavor with a large teaspoonful of vanilla, and spread between the layers of the cake, which should be baked as for jelly cake; cover the top with the same, and set in an open, sunny window to dry.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

for the dear people, were all their enemies thus destroyed. But Miss Vinegar began to cry, as a big chip flew out of Mr. Brandy's side, and he soon rolled off the table, with a sigh, and joined his victims on the floor. Mrs. Curaco was knocked down in the fray, but she was just as happy as ever, knowing her fate was to be painted and decorated with ribbons, by Mistress Port, and to become a parlor ornament. And when the simpering foreigners—the Wines—began to grow excited, and to take a hand, Miss Bottled Milk drew her silver hat over her eyes, to shut out the disgraceful sight, and the clock struck one!

No other business college on the coast can boast such a long term of usefulness as this well-known institution. Its graduates are to be found in almost every mercantile establishment in the State, and numbers of them have won the highest positions in the community. As a training school for business it is unequaled, and the general public appreciation of its merits is evidenced by the large attendance, which often reaches as high as five hundred pupils. This is a practical world, and the demand is for practical young men and women. A business education—one that can be applied so as to enable the student to earn a living—is worth a great deal of ornamental knowledge, and parents are awakening to that fact. The course of instruction at Heald's Business College includes all the ordinary commercial branches, book-keeping, penmanship, commercial law, shorthand, typewriting, telegraphy and languages. Half the stenographers of San Francisco graduated from this institution, and the thoroughness of its instruction in every department is generally recognized. It is a school of which San Francisco has reason to be proud.

(Continued on page 86.)

See the Battle of Gettysburg at Market and Tenth Sts.

Dover Cake.

One pound flour; one pound white sugar; half pound butter, rubbed with the sugar to a very light cream; six eggs; one cup of EWELL'S X. L. DAIRY BOTTLED MILK; one teaspoonful soda dissolved in vinegar; one teaspoonful powdered cinnamon; one tablespoonful rose water. Flavor the frosting with lemon juice.

Ellie's Cake.

One cup sugar, half cup butter, three eggs, half cup EWELL'S X. L. DAIRY BOTTLED MILK, two and one-half cups prepared flour. Bake in jelly cake tins, and fill with jelly or chocolate.

Grease Spots—One quart boiling water, one ounce pulverized borax, half ounce gum camphor. Shake up well and bottle.

Cream Sponge Cake.

Two eggs, one cup sugar, one cup flour, half a cup of EWELL'S X. L. DAIRY BOTTLED CREAM, a piece of soda the size of a pea.

Railroad Cake.

One and one-half cups of flour, one cup sugar, half a cup of EWELL'S X. L. DAIRY BOTTLED MILK (sour), two eggs, a small piece of butter, two teaspoons of yeast powder, lemon.

Calico Cake.

Three cups sugar, one and one-half butter, six eggs, two-thirds of a cup of EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoonful cream tartar, half a teaspoon of soda, four cups flour; make the dark part with brown sugar; one teaspoon each of cloves, cinnamon, mace and nutmeg; half a pound of currants; make the light part with white sugar and the whites of the eggs. When put into the pans, put a spoonful of the dark and one of the light alternately.

The Depot for EWELL'S X. L. DAIRY BOTTLED MILK, is on the direct line of Folsom street cars.

Apple Cake.

Soak three cups of dried apples in as little water as possible over night; in the morning, chop and boil half an hour in two cups of syrup; take one cup of butter, one cup of sugar, one cup of EWELL'S X. L. DAIRY BOTTLED MILK (sour), with one teaspoon of soda dissolved in the milk, four eggs, four cups flour, containing two and one-half teaspoons of yeast powder, one cup of raisins, one teaspoon of cloves, two of cinnamon, and one nutmeg.

Cup Cake with Currants.

Two cups sugar, half a cup of butter, three eggs, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, three cups of flour, two teaspoons yeast powder, two cups currants, nutmeg.

Huckleberry Cake.

One cup of sugar, half a cup butter, five teacups flour, three scant tea spoons yeast powder mixed with the flour, a little salt, one quart of huckleberries, mix with EWELL'S X. L. DAIRY BOTTLED MILK, as stiff as pound cake, and bake quickly in square tins; add the berries last.

To Clean Straw Matting.—Wash with a cloth dipped in clean salt and water; then wipe dry at once.

USE THE BEST OF EVERYTHING,

THE BEST IS THE CHEAPEST.

Mountain Cake.—(Mrs. B.)

One pound of sugar, one pound flour, half a pound of butter, six eggs, one-teacup of EWELL'S X. L. DAIRY BOTTLED MILK, three teaspoons yeast powder; flavor with lemon or vanilla.

Clove Cake.

One pound sugar, one pound of flour, one-half pound of butter, four eggs one cup of EWELL'S X. L. DAIRY BOTTLED MILK, two teaspoons yeast powder, one teaspoon of mace, one of cloves, one of cinnamon, one large cup of raisins, the same of currants, and some citron.

Lemon Cake.

Two cups sugar, two-thirds cup butter, three eggs (beat the yolks separately), one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoon of soda, two of cream tartar, the grated rind of a lemon, three cups flour.

Lemon Cake, No. 2.

Beat six eggs (the yolks and whites separately), add to the yolks the juice and grated rind of one lemon, two cups sugar, half a cup of butter, half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoon of soda, and four cups flour.

A Nice Loaf of Cake.

One cup sugar, one-half a cup of melted butter, two eggs, half cup of EWELL'S X. L. DAIRY BOTTLED MILK, two even cups flour, one teaspoon yeast powder.

Barnard Cake.

One cup butter, two and a half of sugar, four of flour, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, two teaspoons yeast powder, spice.

A Nice Sponge Cake.

One cup sugar, one cup of flour, three eggs, reserving the white of one for frosting, one and one-half teaspoons of yeast powder, three large spoons of EWELL'S X. L. DAIRY BOTTLED MILK.

Bring up your children on EWELL'S X. L. DAIRY BOTTLED MILK. It makes the strongest men and women.

English Six Months Cake.

Two cups sugar, one of molasses, a cup and one-half of butter, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, five and a half of flour, one and one-half pounds of seeded raisins, one teaspoon soda, one wine glass of brandy or wine, spices of all kinds.

Pound Cake by Measure.

Three coffee cups sugar, one coffee cup butter, eight eggs, half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, two teaspoons yeast powder, four cups of flour.

EWELL'S X. L. DAIRY BOTTLED MILK contains pure nutrition and nothing else.

Good Plain Cake.

Four eggs, three cups sugar, half a cup of EWELL'S X. L. DAIRY BOTTLED MILK filled up with water, and one-fourth teaspoon of soda put in the water, two-thirds cup of butter, two full teaspoons yeast powder, put into four level cups of sifted flour; work the butter and sugar to a cream; add the eggs and then the other ingredients; flavor with nutmeg.

A Splendid Plum Cake.

One pound white sugar, one pound flour, three-quarters pound of butter, six eggs beaten separately. Beat sugar, butter and yolks, whites added last, beaten to a stiff froth; one pound raisins, a little citron, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoon soda, two cream tartar.

Spiced Cake.

One and one-half cups sugar, two large spoons molasses, one cup butter, one-half cup of EWELL'S X. L. DAIRY BOTTLED MILK (sour), two eggs, two and one-half cups flour, two teaspoons yeast powder, a little of all kinds of spices, currants and raisins.

Spice Cake, No. 2.

One cup butter, one cup sugar, one cup molasses, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one pound chopped raisins, two teaspoons yeast powder, one nutmeg, one small teaspoon cloves, flour sufficient to make like other stirred cake.

To Curl Tumbled Feathers.—Hold over the heated top of the range or stove, not near enough to burn; withdraw, shake them out and hold them over it again until curled.

Toledo Cake.

One cup butter, two of sugar, two-thirds cup of EWELL'S X. L. DAIRY BOTTLED MILK, three eggs, two and one-half cups flour, one teaspoon of cream tartar sifted into the flour, one-half teaspoon in the milk, a pint bowl of raisins scalded, mace or nutmeg to the taste, a little citron.

White Pound Cake.

One cup of white sugar, one-half cup of butter, beat twenty minutes; whites of two eggs, beat ten minutes; one and one-half cups of flour, one teaspoon of yeast powder, one-half cup of EWELL'S X. L. DAIRY BOTTLED MILK.

Modest Fruit Cake.

One cup of brown sugar, one cup butter, one-half cup of EWELL'S X. L. DAIRY BOTTLED MILK (sour), one teaspoon of soda dissolved in water and poured into the milk, three eggs, one cup of raisins, one cup of currants, both chopped fine, two cups flour; makes two round loaves.

Plum Cake.

One pound flour, three-fourths of a pound of butter, three-fourths of a pound of sugar, six eggs, two teaspoons of yeast powder, half a pound of currants, one pound of raisins, two ounces of citron, half gill brandy, one nutmeg; if you wish it black, add cloves and brown flour.

Plum Cake, No. 2.

Two cups brown sugar, two-thirds cup butter, half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, three eggs, three cups flour, two teaspoons yeast powder, three and a half cups raisins, cloves, cinnamon and nutmeg, citron and a little brandy.

Redwood Cake.

Four eggs, three cups sugar, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one cup of butter, five cups of flour, one or two pounds raisins, boiled fifteen minutes and used cold; flour them before using, to prevent them from falling; two teaspoons of yeast powder put in and well mixed with the flour, one teaspoon of cloves, one of cinnamon, one nutmeg; baked in loaves, makes two.

To wash doubtful Calicoes, put a teaspoonful of sugar of lead into a pailful of water, and soak 15 minutes before washing.

THE MILK ROUTE.

How City Consumers
are Supplied.

THE DAIRIES OF SAN BRUNO.

A Fruitless Search for the Mythical
Cow with the Iron Tail.

[Written for the Chronicle, and published October 6, 1889.]

There are a great many San Franciscans who dismiss the subject of the milk supply from their minds with the brief reflection that some person unknown has milked certain cows, to them unknown, in some suburban dairy, and has brought a quart of the yield to their doorstep at 5 o'clock in the morning. It does not seem to have occurred to these uninquisitive gentry that something like a system is required to supply milk twice a day, with unfailing regularity, to 300,000 people.

The milkman is a much-maligned individual. It has been cynically affirmed that the milk supply will never run short so long as pumps, wells, flumes and hydrants yield a sufficiency of water. The caricature of the cow with the iron tail is as old as the hills, and in the great cities of Europe, with the notable

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Pacific Bank Sells Drafts on every Important City.

Cosmopolitan Cake.

Two cups sugar, one of butter, one of EWELL'S X. L. DAIRY BOTTLED MILK, nearly four cups flour, whites of eight eggs; three teaspoonfuls baking powder; flavor with lemon extract. Take a little more than three-fifths of this mixture in three jelly tins, add to the remaining batter one tablespoonful of ground allspice, one and one-half tablespoonfuls cinnamon, teaspoonful of cloves, one-fourth pound each of sliced citron and chopped raisins; bake in two jelly pans, and put together with frosting, alternating dark with light.

Pink and White Layer Cake.

One cup of butter, two of sugar, beat to a cream; one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one of corn starch, two of flour, two heaping teaspoonfuls baking powder well sifted, dry, with the flour; whites of six eggs beaten stiff; stir all together. This will make five layers; separate enough to make two layers, and add to it one teaspoonful of fruit coloring.

FILLING AND FROSTING.—Whites of two eggs beaten stiff, adding white sugar and extract of orange. First, cover a white layer with filling, then lay on a pink layer and cover that, next a white, next pink, last white, filling between each and frosting the top.

Cocoanut Cake, No. 1.

Three eggs, two cups sugar, one cup EWELL'S X. L. DAIRY BOTTLED MILK and two tablespoonfuls melted butter; mix together; then mix three cups flour with two heaping teaspoonfuls of baking powder, mix all together and bake.

FILLING.—One egg, half pint EWELL'S X. L. DAIRY BOTTLED MILK, half cup sugar, one tablespoonful corn starch, scalded together, make thick with grated cocoanut; two teaspoonfuls orange extract.

Cocoanut Cake, No. 2.

Five eggs, two cups sugar, one cup butter, one cup EWELL'S X. L. DAIRY BOTTLED MILK, two and one-half cups flour, two teaspoonfuls baking powder; flavor with lemon extract; bake in four long tins, icing and cocoanut sprinkled over the top of each layer. If dessicated cocoanut is used, soak it a few minutes in a small quantity of boiling milk.

Grow fat on EWELL'S X. L. DAIRY BOTTLED MILK.

Apple Jelly Cake.

Pare and grate three apples, two-thirds cup sugar, one beaten egg; mix all and cook, stirring while cooking; when done and cooled add two teaspoonfuls of lemon extract.

CAKE.—Beat whites and yolks of three eggs, one and one-half cups white sugar, half a cup of butter, one-half cup of EWELL'S X. L. DAIRY BOTTLED MILK; sift three cups of flour with two teaspoonfuls of baking powder; mix and divide, baking in sheets or jelly pans. Use the jelly while hot.

EWELL'S X. L. DAIRY BOTTLED CREAM

The poorest coffee will redeem.

Hickory-Nut Cake.

One and one-half cups sugar, half a cup of butter, three-fourths cup of EWELL'S X. L. DAIRY BOTTLED MILK, two cups flour with two teaspoonfuls baking powder, whites of four eggs beaten thoroughly; bake in sheets.

ICING AND FILLING.—Whites of three eggs beaten stiff, three large tablespoonfuls white sugar, one cup chopped nut-meats; flavor with orange, almond or lemon extract.

**USE EWELL'S X. L. DAIRY BOTTLED MILK,
PUREST AND BEST IN THE WORLD.**

E. P. HEALD, Pres't.

C. S. HALEY, Sec'y.

HEALD'S**Business College****24 POST STREET,***Opposite Mechanics' Institute,***SAN FRANCISCO.****The Most Popular School on the Pacific Coast.**

The design of this Institution is to impart to persons of both sexes a practical and useful Business Education. Young men are thoroughly fitted for Bankers, Merchants, Book-Keepers, Cashiers, Shorthand Writers, Typewriters, Clerks and Salesmen by our great system of ACTUAL BUSINESS TRAINING. By this system the pupil receives while in the school the same practice in conducting business affairs that he would in a bona fide Bank, Office, or Counting-House.

BRANCHES TAUGHT:

Single and Double Entry Book-Keeping,	Shorthand,	Custom House Business,
Plain and Ornamental Penmanship,	Modern Languages,	Real Estate,
Commercial Arithmetic,	Typewriting,	Telegraphy,
Business Correspondence,	Railroading,	Commission,
Mercantile Law,	Stenography,	Importing,
Actual Business,	Brokerage,	Forwarding,
Merchandising,	Exchange,	Grammar,
Insurance,	Jobbing,	Reading,
Banking,	Mining,	Spelling.

The School-Room and Counting-Room

Are united upon a plan that secures to the student all the practical advantages of each. There is in operation a Banking House, with Checks, Drafts, Notes, Bills of Exchange, Certificates of Deposit, etc., fully illustrating the Banking Business.

INSTRUCTION FOR LADIES.

Ladies are admitted into all the departments of the College on the same terms and conditions as young men. Their progress in all branches thus far has been most flattering.

GENERAL INFORMATION.

Pupils can enter the College at any time and pursue their studies to graduation, without interruption, if they see fit to do so. Pupils not sufficiently advanced for the Business Course can enter for instruction in the English Department.

Modern Languages, Shorthand, Typewriting and Telegraphy are optional studies, and may be taken or not, as the student may see fit, but no extra charge will be made for them when pursued.

The discipline of the school is very careful, in order to impart such habits as shall conduce to the future success of graduates.

Visitors will be always welcome at the College, as we are pleased to have the public inform itself of the merits of our school.

There is no extra charge for any study taught in the school; everything is included under one tuition fee of \$75 for the six months' course.

Further Information.—Full particulars regarding the school and its workings may be had at the office of the College, 24 Post Street, or by addressing

E. P. HEALD & CO.,

24 Post Street, San Francisco, Cal.

French Cream Cake.

One cup of sugar and three eggs beaten together, one and one-half cups of flour, two teaspoonfuls baking powder well mixed, dry, three tablespoonfuls water; bake in two tin pie plates, making two cakes.

CUSTARD OR CREAM—Take nearly a pint of EWELL'S X. L. DAIRY BOTTLED MILK, heat, and when nearly boiling add two small tablespoonfuls corn starch, wet with a little cold milk, two beaten eggs, with one-half cup sugar; cook and stir it all the time until it thickens enough to drop from a spoon without running; remove from the stove, add a half teacupful melted butter; when cool, add two tablespoonfuls extract of vanilla. Turn out the cakes on a molding board, and split them with a sharp knife; spread the cream in each cake.

Lemon juice mixed with an equal weight of salt, powdered starch and soft soap, rubbed on mildew, will remove it.

Fig Cake.

One and one-half cups sugar, one-half cup butter, one-half cup EWELL'S X. L. DAIRY BOTTLED MILK, three cups flour, the whites of six eggs beaten stiff, two teaspoonfuls baking powder.

FOR FILLING.—One pound of figs, chopped, one teacup sugar, one-half cup water, put them on the stove and boil fifteen minutes; put it between the cakes the same as jelly.

Almond Cake.

One cup of butter and two of sugar stirred to a cream, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, two cups flour, half a cup of corn starch mixed dry with two teaspoonfuls baking powder; beat the whites of seven eggs to a stiff froth; stir all together in order as above, adding two teaspoonfuls of almond extract. Bake in layers.

FROSTING.—Beat the whites of two eggs until the plate can be turned upside down, adding half a pound of pulverized sugar; use the yolks of the eggs for chocolate cake.

Minnehaha Cake.

One and one-half cups sugar, half a cup of butter, one-half a cup of EWELL'S X. L. DAIRY BOTTLED MILK; two heaping cups of flour with two teaspoonfuls of baking powder, whites of six eggs beaten thoroughly; bake in sheets.

FOR FILLING.—Take a teacup sugar and a little water, boil together until it is brittle when dropped in cold water, remove from the stove and stir quickly into the well beaten white of an egg; add to this a cup of stoned raisins chopped fine or a cup of chopped hickory nut meats, and place between layers and over top.

Lemon Jelly Cake.

One and one-half cups sugar, half a cup of butter, beat to a cream; half cup of EWELL'S X. L. DAIRY BOTTLED MILK, two and a half cups of flour, two teaspoonfuls baking powder, three eggs well beaten; bake in sheets or jelly tins.

JELLY.—One cup sugar, one egg; grate the yellow rind and use the juice of one lemon, one tablespoonful of water, one teaspoonful of flour; place the dish in a kettle of boiling water and let it thicken; when cool, spread between the sheets.

Mountain Cake, No. 2.

Stir to a cream one teacupful of butter with two coffee cupfuls of sugar, add one teacupful of EWELL'S X. L. DAIRY BOTTLED MILK, the whites and yolks of six eggs beaten separately; three and a half teacups of flour well mixed, dry, with three heaping teaspoonfuls of baking powder, and two teaspoonfuls of lemon, orange or vanilla extract.

exception of Paris, the insinuation as to the connection between the milkman and the pump handle is fully justified. We recall the old story of the lodging-house keeper and the dairyman. "This is very poor milk," remonstrated the indignant landlady, as she gazed at the sky-blue liquid in the milk pitcher. "Sorry for it, ma'am," said the dairyman with an evanescent look of gravity, "but the cow lay all night in a wet pasture, and the rain soaked in through her hide."

It is fair to say, however, that the people of San Francisco, as a rule, get very good milk. The 180 dairies which supply the city range from the smallest capacity, represented by a one-horse team and an output of twenty gallons per diem, up to enterprises of the joint-stock order, which daily send six-horse teams to town, the team and milk representing a cash value of \$2000.

The dairymen in the small way of business get their milk chiefly from the ranches in Alameda, Marin and San Mateo counties by boat and train, but the larger concerns are located in the Mission, and especially in the Guadalupe valley, on the San Bruno road, seven miles from the new City Hall. The approach to these big milk ranches is by a very pleasant drive round an arm of the bay, with stretches of marsh land and pleasing expanses of clear-blue water. Of course the water is salt, a circumstance which appears to be in some mysterious way associated with the success of a dairy-farming enterprise. Another object gained by locating a dairy farm on the shores of the bay is the advantage offered for transportation of the enormous quantities of hay and special feed required for the cows.

A representative of the *Chronicle*, who visited one of these large dairy ranches, went away a wiser though not a sadder man. The first object that met his eye was a big wagon with

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Golden Cake, No. 1.

* The yolks of six eggs well beaten, one cup of sugar, half a cup of butter, half a cup of EWELL'S X. L. DAIRY BOTTLED MILK; flavor with lemon or vanilla extract; sift or mix well together, dry, two cups of flour with two teaspoonfuls of baking powder, then add the same to the eggs, etc., and bake.

Golden Cake, No. 2.

Yolks of eleven eggs beaten, and two cups of sugar, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, and one cup of butter; mix four cups of flour with four teaspoonfuls of baking powder, and just before putting into the oven, mix all thoroughly together; flavor with lemon or vanilla extract.

Prudent Cake.

One cup sugar, one-half cup butter, whites of three eggs, one half cup of EWELL'S X. L. DAIRY BOTTLED MILK, two cups of flour, one teaspoonful of baking powder; bake in two layers in hot oven.

FROSTING.—Yolks of three eggs, one cup of pulverized sugar, one teaspoonful of vanilla extract; beat twenty minutes, and spread between the layers and on top.

Emma Nevada Cake.

Three cups sugar, one cup butter, two cups of EWELL'S X. L. DAIRY BOTTLED MILK, five cups flour, one cup raisins, one teaspoonful cloves, one teaspoonful each of cinnamon and nutmeg, two eggs and two teaspoonfuls of baking powder.

Chocolate Cake, No. 1.

One and one-half cups white sugar, one cup butter, small cup of EWELL'S X. L. DAIRY BOTTLED MILK, yolks of ten eggs well beaten, two and one-half cups flour, two teaspoonfuls baking powder; flavor with extract of vanilla; baked in sheets.

ICING.—Take whites of three eggs, beaten stiff, one and one-half cups powdered sugar, six tablespoonfuls grated chocolate, and two teaspoonfuls vanilla extract.

Chocolate Cake, No. 2.

One cup butter, two of sugar, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one of corn starch, two of flour, two heaping teaspoonfuls of baking powder mixed dry with flour; whites of seven eggs beaten stiff; add all together; flavor with lemon extract; bake in layers or sheets.

ICING.—Beat the yolks of the eggs, sweeten and add chocolate to taste; cup of EWELL'S X. L. DAIRY BOTTLED MILK; cook a few minutes, stirring continually, not allowing it to boil; flavor with vanilla extract when cool.

French Chocolate Cake.

The whites of seven eggs, two cups sugar, two-thirds cup butter, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, and three of flour, three teaspoons of baking powder; the chocolate part of the cake is made same as above; only use yolks of eggs and one cup grated chocolate; bake it in layers and spread a custard between them, which is made with two eggs, one pint of EWELL'S X. L. DAIRY BOTTLED MILK, one half cup of sugar, one table-spoonful corn starch, and one teaspoonful of vanilla extract.

Don't think that one kind of milk is as good as another. EWELL'S X. L. DAIRY BOTTLED MILK is ahead of all.

Cream Puffs, No. 2.

Stir into a pint of boiling water three cups of flour, one cup butter rubbed smooth; after it is cooled stir in five eggs, one at a time, and bake in small tins, half filled, about fifteen minutes; cream, two eggs, one cup of sugar and a small cup of flour boiled with a pint of EWELL'S X. L. DAIRY BOTTLED MILK until thick; flavor with lemon or vanilla; split the puffs and spread the cream between the parts.

Pop Overs.

Three eggs, three cups flour, three cups EWELL'S X. L. DAIRY BOTTLED MILK, a little salt, butter half the size of an egg, two teaspoonfuls of baking powder; beat the whites of the eggs separately and add last; bake in small muffin pans in a quick oven.

Spoon Crullers.

Two tablespoonfuls each of lard, sugar and EWELL'S X. L. DAIRY BOTTLED MILK, two eggs well beaten, one teaspoonful baking powder, and flour enough to roll out; fry in hot lard.

Fritters.

Four eggs well beaten, one quart of flour, two teaspoonfuls baking powder, half a teaspoonful of salt, enough EWELL'S X. L. DAIRY BOTTLED MILK to make a batter; fry in hot lard, sprinkle with sugar, or eat with syrup.

Hominy or Rice Fritters.

Two cups of cold boiled hominy or rice, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, a little salt, one cup of sifted flour, with a teaspoonful of baking powder, one beaten egg, the white separately and added last; beat all up to a batter and drop from a spoon into hot lard.

Cream Fritters.

Stir into one pint of EWELL'S X. L. DAIRY BOTTLED MILK one and one-half pints flour, mixed with two teaspoonfuls baking powder, adding six eggs well beaten, one teaspoonful salt, and lastly one pint of EWELL'S X. L. DAIRY BOTTLED CREAM; drop this mixture from a tablespoon into hot lard, and fry the same as doughnuts.

Dry ink stains can be removed from white cloth by oxalic acid, or lemon juice and salt.

Plain Doughnuts.

One cup sugar, one cup EWELL'S X. L. DAIRY BOTTLED MILK (sour) with a scant teaspoon of soda, one or two eggs, one large spoon melted butter, allspice for flavoring, flour sufficient to roll out.

Plain Doughnuts, No. 2.

Six tablespoons sugar, four of melted butter, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, two eggs, a little salt and nutmeg, one teaspoon of yeast powder, scant, and one-half teaspoon of soda put in the milk; flour sufficient to roll out.

Doughnuts, No. 3.

One cup sugar, three spoons butter or lard, two eggs, one-half teaspoon soda dissolved in a cup of EWELL'S X. L. DAIRY BOTTLED MILK; flour sufficient to roll out.

Doughnuts, No. 4.

One pint flour, half pint sugar, three eggs, a piece of butter the size of an egg; mix the sugar and butter, add the eggs, and add enough of EWELL'S X. L. DAIRY BOTTLED MILK to mix them, with half a teaspoon of soda in the milk; a little nutmeg.

Mrs. C.'s Crullers.

Four eggs, five large spoons melted butter, four large spoons EWELL'S X. L. DAIRY BOTTLED MILK, eight large spoons sugar, nutmeg, one teaspoon yeast powder, one-half teaspoon soda in the milk, flour sufficient to roll out.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

Crullers, No. 2.

Five eggs, five large spoons melted butter, eight of sugar, two of water, one small teaspoon soda dissolved in EWELL'S X. L. DAIRY BOTTLED MILK, a little nutmeg; fry in hot lard; flour as above.

Crullers, No. 3.

Five eggs, ten tablespoons sugar, seven tablespoons melted butter, one small teaspoon soda dissolved in a teacup nearly full of EWELL'S X. L. DAIRY BOTTLED MILK, spice; flour as above.

Strawberries and cream are delicious; but how much more delicious if EWELL'S X. L. BOTTLED DAIRY CREAM be used.

Custard Cake.

One cup flour, one cup sugar, three eggs, one tablespoon of EWELL'S X. L. DAIRY BOTTLED MILK, one and one-half teaspoons of yeast powder, a little salt.

CUSTARD FOR SAME.--One cup sugar, half a cup flour, two eggs, a pint of EWELL'S X. L. DAIRY BOTTLED MILK; boil the milk, then add the other ingredients well beaten; while hot, add a piece of butter the size of walnut; flavor with vanilla; make two cakes; split them to fill.

Orange Cake.

One cup powdered sugar, one-quarter cup of butter, one-half cup of EWELL'S X. L. DAIRY BOTTLED MILK, one and one-half cups flour, two eggs, one teaspoon yeast powder, one teaspoon flavoring; bake in jelly tins. This will make three layers.

ORANGE FILLING FOR ABOVE.--Take the whites of three eggs beaten to a stiff froth, one cup powdered sugar to the juice and grated rind of one orange. Spread between each layer of cake.

Molasses Cake.

Two cups of molasses, one cup of EWELL'S X. L. DAIRY BOTTLED MILK (sour), half a cup butter, one large spoon dry saleratus, dissolved and put in the sour milk, a full teaspoon ginger, flour to roll as soft as possible to handle, and take it from the oven almost before it is done. Bake quickly.

Sugar Cookies.

Two cups sugar, one cup butter, one cup EWELL'S X. L. DAIRY BOTTLED MILK, two eggs, one teaspoon soda, two teaspoons cream tartar, or two teaspoons of yeast powder if the milk is sweet; spice to taste.

Economical Cookies.

One cup EWELL'S X. L. DAIRY BOTTLED MILK (sour), one teaspoon soda, one cup lard, two cups sugar; flavor highly with lemon, make stiff with flour, and roll thin; a little salt.

Sure Cough Remedy.

Take six limes, slice them, cover with water, and boil until you can mash them easily; add one pound crushed sugar, and one pound honey; boil until it when cold, strain.

Cookies, No. 1.

Eight cups of flour, two of sugar, one of butter, one cup of, EWELL'S X. L. DAIRY BOTTLED MILK, two eggs, one teaspoon of baking powder; flavor with orange or lemon to taste. Sift white sugar over when rolled for cutting.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

six horses harnessed to it, and loaded up for the journey to town. It was just 10:30 A. M. and the milk, duly strained and cooled, was ready for transportation to the city office, there to be distributed to 2,000 consumers the same afternoon. The cows are milked twice a day, and as there are 600 of them the sixteen milkers are kept busy. To insure dispatch in this particular each man milks the same cows every day, for it is a well established fact that an animal always yields more when handled by a familiar milker. It is also a fact that, though there are 600 cows on the ranch and the stalls are exactly alike, every cow will walk without hesitation into her own stall when the hour of milking arrives.

The milking for the morning's supply has to be completed by 9 o'clock of the preceding evening. The wagon is loaded up by 10 o'clock and reaches the city delivery office at midnight. The delivery teams, about a dozen in number, then commence the distribution of the load, and begin to deliver at the doors of consumers about 1 A. M., the process being completed in six hours.

The numerous references to "swill milk" in medical comments on the milk supply of towns naturally prompted the inquiry whether the cows of the great San Bruno dairies are fed on "swill," which it may be parenthetically stated, is the refuse of distilleries. It is well known to medical men that cows fed in this manner soon get into an unhealthy febrile condition, and yield poor milk, entirely unsuited for children and invalids. For reply to the question, the *Chronicle* representative was shown the special food prepared for the cows. In a large shed was placed a boiler containing three tons of feeding material, and an adjoining tank containing two tons more, cooked by steam. The food consisted of *Egyptian corn, wheat, beans, peas and bran*. The cooked food, which is clean and

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Cookies, No. 2.

One cup white sugar, one-half cup butter, one egg, two tablespoonfuls EWELL'S X. L. DAIRY BOTTLED MILK, and two teaspoonfuls baking powder. Add sufficient flour to roll thin. Bake in quick oven.

Cocoanut Cookies.

One cup sugar, half a cup butter, one egg, two tablespoonfuls EWELL'S X. L. DAIRY BOTTLED MILK, one and a half teaspoonfuls baking powder, and a little salt, one cup grated cocoanut, enough flour to roll.

Neapolitaines.

One pound flour, half a pound powdered sugar, half a pound butter, six eggs, six yolks; mix the flour, sugar, butter and eggs together, adding a small quantity of extract of rose; if too stiff, add a little of EWELL'S X. L. DAIRY BOTTLED MILK; leave the dough half an hour in a cool place; roll it out a quarter of an inch thick, and cut it with a small tin cutter of any shape; put the cakes on a pan slightly greased, and color the tops with beaten egg, and EWELL'S X. L. DAIRY BOTTLED MILK, with some chopped almonds over them; cook in a very hot oven.

Cream Cakes.

One-half pint hot water, two-thirds of a cup of butter mixed together while boiling; stir in two cups of sifted flour; take off and cool; when nearly cold stir in four eggs well beaten, then drop in cakes on a tin pan; bake three-quarters of an hour.

CREAM FILLING.—One pint of EWELL'S X. L. DAIRY BOTTLED MILK, two well beaten eggs, one cup of sugar, two tablespoonfuls of corn starch; boil all together a few minutes; a small piece of butter; flavor to taste.

Our Ensign.

EWELL'S X. L. DAIRY BOTTLED MILK, purest and best in the world.

Rice Croquettes.

Boil one half a pint of rice in a quart of EWELL'S X. L. DAIRY BOTTLED MILK, with a little salt, until soft; add half a cup butter; two beaten eggs and a little corn meal; make them such shape as you like, and drop them into hot lard or fry them with a small quantity of butter or lard.

Jumbles.

Two cups sugar, one of butter, three eggs, one-third cup of EWELL'S X. L. DAIRY BOTTLED MILK, one and one-half teaspoonfuls baking powder, and flour enough to roll.

Sponge Ginger Bread.

One cup of EWELL'S X. L. DAIRY BOTTLED MILK (sour), one of Orleans molasses, half a cup butter, two eggs, one teaspoon soda, one tablespoon ginger, flour to make as thick as pound cake; put butter, molasses and ginger all together, make them quite warm, add the milk, flour, eggs and soda, and bake as soon as possible.

Ginger Snaps.

Two cups molasses, one-half cup sugar, one cup lard or butter; boil together; then add when cool one-half cup of EWELL'S X. L. DAIRY BOTTLED MILK with two teaspoonfuls soda dissolved in it, two teaspoonfuls of ginger; mix with flour, roll and bake.

Lemon Snaps.

One cup sugar, one-half cup butter, two eggs, one teaspoonful lemon, a quarter teaspoonful of soda dissolved in a teaspoonful of EWELL'S X. L. DAIRY BOTTLED MILK, flour enough to make it very stiff, and roll very thin.

Cookies.

Two-thirds of a teacupful of butter, one coffeecupful of sugar, two beaten eggs, two tablespoonfuls of EWELL'S X. L. DAIRY BOTTLED MILK, two teaspoonfuls baking powder, two teaspoonfuls vanilla; mix with flour as soft as can be well rolled out.

Use oxalic acid for brightening zinc bathtubs.

Molasses Pound Cake.

One cup sugar, half cup butter, four eggs, two cups molasses, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, two teaspoons of yeast powder, one glass wine or brandy, one nutmeg, five cups flour, well beaten.

Harrison Cake.

Two cups molasses, one cup butter, one of sugar, one of EWELL'S X. L. DAIRY BOTTLED MILK (sour), one teaspoon of soda, one of cloves, two teaspoons of currants or raisins, flour to make as stiff as cup cake.

Soft Gingerbread.

One cup syrup, one cup brown sugar, one-half cup butter, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, three and one-half cups flour, two eggs, one teaspoonful of ginger, two teaspoons yeast powder.

Soft Gingerbread, No. 2.

Three cups flour, beat one cup of butter and one of sugar together, then add a cup of molasses, one of EWELL'S X. L. DAIRY BOTTLED MILK (sour), sweetened with a little soda, four eggs, two teaspoons of yeast powder, spices same as above, and three cups raisins.

The best of anything is always the cheapest. EWELL'S X. L. DAIRY BOTTLED MILK is the best and cheapest.

Martha's Cake, for Jelly.

Three eggs, one cup sugar, butter the size of an egg, one cup flour, one teaspoonful cream tartar, sifted in the flour, one-half teaspoonful soda, dissolved in a tablespoonful of EWELL'S X. L. DAIRY BOTTLED MILK; bake in jelly cake tins, and spread, when cold, with fruit jelly.

Cream Cake.

Two cups powdered sugar, two-thirds cupful butter, four eggs, half a cupful of EWELL'S X. L. DAIRY BOTTLED MILK, one-half teaspoonful of soda, one teaspoonful cream tartar, three cups flour; bake in thin layers as for jelly cake, and spread between them when cold the following mixture: One-half pint of EWELL'S X. L. DAIRY BOTTLED MILK, two small teaspoonfuls of cornstarch, one egg, one teaspoonful of vanilla; heat the milk to boiling and stir in the cornstarch, wet with a little cold milk; take out a little and mix gradually with the beaten egg and sugar; return to the rest of the custard and boil, stirring constantly until quite thick; let it cool before you season, and spread on cake; season the icing also with vanilla.

Coriander Cookies.

One cup butter, three cups sugar, one cup EWELL'S X. L. DAIRY BOTTLED MILK (sour), four eggs, six cups flour, or just stiff enough for a rollable paste; two tablespoonfuls coriander seed, ground or beaten, one tablespoonful soda dissolved in boiling water.

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Aunt Hannah's Jumbles.

One cup butter, two cups sugar, one teacup of EWELL'S X. L. DAIRY BOTTLED MILK, five eggs, one-half teaspoon soda dissolved in boiling water, one teaspoonful soda, sufficient flour to make soft dough; roll out, cut into shapes, and sift sugar over them before they go into the oven.

Lemon Jumbles.

One egg, one teacupful sugar, one-half teacupful butter, three teaspoonfuls EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoonful cream tartar, one-half teaspoonful soda, two small lemons, juice of two and grated rind of one; mix rather stiff; roll and cut out with a cake knife.

Ring Jumbles.

One pound butter, one pound sugar, four eggs, one pound flour, or enough to make out a soft dough, small wineglass rosewater; cream the butter and sugar, add the beaten yolks, then the rosewater, next half the flour, lastly the whites, stirred in very lightly, alternately with the remaining flour; have ready a pan, broad and shallow, lined on the bottom with buttered paper; with a tablespoon form regular rings of the dough upon this, leaving a hole in the center of each; bake quickly and sift fine sugar over them as soon as done.

Mrs. E's Jumbles.

One cup sugar, one cup butter, one-half cup of EWELL'S X. L. DAIRY BOTTLED CREAM (sour), one egg, one teaspoonful soda, dissolved in hot water, nutmeg to taste, flour for soft dough; bake in rings as directed in previous receipt.

Fish may be scaled much easier by dipping into boiling water about a minute.

Almond Jumbles.

One pound sugar, half pound flour, quarter pound butter, one teacup of EWELL'S X. L. DAIRY BOTTLED MILK (sour), five eggs, two tablespoonfuls rosewater, three-quarters pound almonds, blanched and chopped small, but not pounded, one teaspoonful soda dissolved in boiling water.

Cream butter and sugar; stir in the beaten yolks, the milk, the flour, and the rosewater, the almonds lastly; the beaten whites very lightly and quickly. Drop in rings or round cakes upon buttered paper, and bake immediately.

Spiced Gingerbread.

One pound flour, one pound sugar, one-eighth pound butter, five eggs, half teaspoonful soda dissolved in hot water, one teaspoonful cream tartar, three tablespoonfuls EWELL'S X. L. DAIRY BOTTLED MILK, one large tablespoonful ginger, one teaspoonful cloves, one teaspoonful nutmeg, one teaspoonful cinnamon.

Sugar Gingerbread.

One cup butter, two cups sugar, one cup EWELL'S X. L. DAIRY BOTTLED CREAM (sour), three eggs, one teaspoonful soda dissolved in hot water, two teaspoonfuls ginger, one teaspoonful cinnamon, five cups flour, or enough to roll out soft.

Bread Cake.

Take two cups risen dough, also two cups white sugar, one cup butter, creamed with the sugar, three eggs, one teaspoonful soda dissolved in hot water, two tablespoonfuls of EWELL'S X. L. DAIRY BOTTLED MILK, half pound currents well washed and dredged, one teaspoonful nutmeg, one teaspoonful cloves. Stir until all are well mixed; beat hard for five minutes, let it rise twenty minutes in two well buttered pans, and bake half an hour until done.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

Sweet Wafers.

Six eggs, one pint flour, two ounces melted butter, one and one-half cup powdered sugar, one cup EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoonful nutmeg. Beat whites and yolks separately and very stiff, rub the sugar and butter together, work in first the yolks, then the milk, then the flour and whites; bake in waffle irons, browning as little as possible; roll them while hot on a smooth white stick, not larger than your little finger, slipping it out carefully when the cake takes the right shape.

Take EWELL'S X. L. DAIRY BOTTLED MILK. You will never regret it.

Crullars, No 4.

Three eggs, six tablespoons sugar, three tablespoons melted butter, two of EWELL'S X. L. DAIRY BOTTLED MILK, two of yeast powder, and a little nutmeg; flour as above.

Nut Cake.

One cup melted butter, two cups sugar, one-half cup EWELL'S X. L. DAIRY BOTTLED MILK, two eggs, three cups flour, one teaspoon yeast powder, one pound English walnuts, broken in small pieces.

Raised Doughnuts (Mrs. A.)

Two cups of EWELL'S X. L. DAIRY BOTTLED MILK, one-half cup yeast, flour enough to make a batter; let it rise; when light add one tablespoon melted butter, one egg, one and one-half cups sugar, a little spice; let it rise again and fry in hot lard.

Jumbles, No. 2.

One cup butter, five cups flour, two of sugar, four eggs, one-third cup of EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoon soda, spice to taste.

Coffee Cake, No. 2.

One and one-half cups brown sugar, one cup molasses, one cup butter, three eggs, one coffeecup coffee, one cup of EWELL'S X. L. DAIRY BOTTLED MILK (sour), one cup raisins, two teaspoons yeast powder, two of all-spice, the same of cloves, same of cinnamon, and a little nutmeg, five cups sifted flour.

Sallie Lund Cake.

One egg, two tablespoons melted butter, one cup EWELL'S X. L. DAIRY BOTTLED MILK, two tablespoons sugar, two cups flour, one teaspoon cream tartar, one-half one of soda; bake fifteen minutes; stir the butter and sugar together, then the beaten egg, the cream tartar in the flour, etc.

Frosting for Cake.

Five tablespoons of EWELL'S X. L. DAIRY BOTTLED MILK, one cup granulated sugar, flavor with lemon, let this boil five minutes, then beat it hard, or until it is cool enough to spread on cake.

Washington Cake.

Three cups sugar, two cups butter, five eggs, one cup EWELL'S X. L. DAIRY BOTTLED MILK, four cups flour, two teaspoonfuls cream tartar; one teaspoonful soda; mix as usual, and stir in, at the last, one-half pound currants, well washed and dredged, one-quarter pound raisins, seeded and chopped fine, then floured, a handful of citron sliced fine, cinnamon and nutmeg to taste.

Lincoln Cake.

Three-quarters pound butter, one pound sugar, one pound flour, six eggs, two cups EWELL'S X. L. DAIRY BOTTLED MILK (sour), one grated nutmeg, one teaspoonful powdered cinnamon, one-quarter pound citron, one tablespoonful rosewater, one teaspoonful soda dissolved in hot water, and stirred into the milk just before adding the latter to the cake; cream the butter and sugar, put with them the yolks whipped light, then the cream and spice, next the flour, then the rosewater, and a double handful of citron cut in slices and dredged; finally the beaten whites of the eggs; stir all well and bake in a loaf.

Salt will curdle new milk; hence, in preparing porridge, salt should not be added until done.

Doughnuts.

Mix two teaspoons of baking powder with one quart of flour; beat two eggs with one coffee cup of sugar, adding a teacupful of EWELL'S X. L. DAIRY BOTTLED MILK, and flavor with nutmeg; mix all together, reserving a little flour for rolling out; fry in hot lard.

Doughnuts, No 2.

Two quarts of flour, four teaspoonfuls of baking powder, one teaspoonful of salt, two cups sugar, two eggs, one tablespoonful of mace, one tablespoonful melted butter; mix with EWELL'S X. L. DAIRY BOTTLED MILK.

German Coffee Cake.

One quart flour, two scant teaspoons baking powder, salt, two heaping tablespoonfuls sugar, piece of butter the size of a walnut, one teaspoonful ground cinnamon; mix well together; add enough EWELL'S X. L. DAIRY BOTTLED MILK to make a soft dough; roll into two sheets and cover the bottom of two medium sized pie tins, allowing it to come a little way up the sides; wash the tops with egg or milk, cover with sugar, cinnamon and bits of butter; bake in moderate oven until done.

Coffee Cake.

One cup of EWELL'S X. L. DAIRY BOTTLED MILK, two of sugar, one of butter, three well-beaten eggs, three teaspoonfuls baking powder worked into flour enough to make a stiff dough; roll out thin and sift ground cinnamon on the sheet, and roll up into a roll, cut off slices from the roll and place on tins; before baking, sprinkle rather thickly dry white sugar on the tops of the slices.

Strawberry Short Cake, No. 1.

Make a rich crust with baking powder, flour and shortening, roll out rather quick and bake; split with a sharp knife into two parts, butter them well, mash ripe berries with sugar and EWELL'S X. L. DAIRY BOTTLED CREAM, and place between the two crusts, eat warm; the sugar and the berries make the juice needed.

Strawberry Short Cake, No. 2.

Make a crust with one-half more shortening than for biscuit; roll out one-third of the crust, lay it in a bake tin, spread butter over the top; do the same with the other thirds of the crust, except not buttering the top of the last one; lay one on top of the other, bake in a quick oven; when baked, the parts will separate easily; mix berries with plenty of sugar and some of EWELL'S X. L. DAIRY BOTTLED CREAM, and place between the layers, and send to the table warm.

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sweet enough for human consumption, is run off when cold into troughs adjoining the stalls, so arranged that each cow can get her share without hinderance. Every pound and a half of this food produces a pound of milk. The common notion that cows will give all the milk required on grass feed alone is rudely dispelled by the statistics of a dairy ranch. Provision is, however, made for the cows on this particular ranch to obtain a share of grass food. When the *Chronicle* representative visited the place the cows, 600 in number, were turned out on a range of 800 acres, and they also received daily four tons of clover. Lastly, the skim milk is added to the cows' feed. The healthy appearance of the herd gave abundant evidence of the beneficial results of the treatment.

Said the manager : " Our experience is that the production of milk, to be made a commercial success, must be conducted on commercial principles; that is to say, by producing on a large scale an article of the best quality at a good price. Not a drop of water is added to our milk, because a certain standard is required by our consumers, which would not pay us to depart from. In smaller dairies it will often happen that the milk has to be watered to make up for a short supply, for even the daily yield of a cow is an uncertain matter. I can point to my record books, and merely by glancing at the figures, pick out the hot and cold days, for cows are very susceptible of atmospheric influences, and when the temperature varies greatly from 65 degrees, the yield of milk decreased."

The herd of 600 made a brave show on the hillside. They were of all breeds—Devons, Jerseys, Shorthorns, Ayreshires, and Denmarks, while a great many crosses were noticed. It is found in modern dairy farming that the thoroughbred cow is not the best for dairy purposes, but that judicious crossing, with an eye single to the yield of milk, gives the best results.

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Boston Strawberry Short Cake.

One quart of flour sifted dry with two teaspoonfuls of baking powder, a little salt, one tablespoonful white sugar, mix thoroughly, add three tablespoonfuls butter, and enough of EWELL'S X. L. DAIRY BOTTLED MILK to form a dough; roll out into two crusts, lay one on the top of the other, buttered slightly between; when baked and partially cooled, separate the crusts, place the bottom crust on a platter, cover it with a layer of ripe strawberries, sprinkle well with white sugar, lay on the other crust, and cover with berries and sugar; eat while warm.

Cream Puffs.

Into half a pint of cold water stir until smooth one and a half cupfuls of flour, turn the same into a spider with a small cup butter, cook and stir all the time until well done; when cooled, add four beaten eggs, beat well and drop the dough in small round balls on a tin, so that they will not touch one another, and bake them; for filling, take half a pint of EWELL'S X. L. DAIRY BOTTLED MILK, two beaten eggs, half a cup of flour, rub them smooth, and add half a cup of sugar; cook it in a tin pail set in a kettle of hot water, stir well; flavor with vanilla or lemon; insert custard in the puffs.

Mixed Layer Cake.

WHITE PART.—One cup of sugar and half a cup of butter well beaten together; half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, whites of three eggs beaten to a stiff froth, two cups of flour well mixed with one teaspoonful of baking powder; bake in jelly tins, making two sheets or layers.

DARK PART.—Two cups of brown sugar, one small cup of butter, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, yolks of five eggs, three and one-half cups flour, two teaspoonfuls baking powder, one teaspoonful each of ground allspice, cinnamon and nutmeg, one coffeecupful of seeded and chopped raisins; bake in jelly tins, making three sheets.

FILLING.—Whites of two eggs beat to a stiff froth, adding white sugar; spread between layers, first on dark and then on white sheet, alternating other sheets.

Orange Cake.

Two cups sugar and half a cup of butter stirred to a cream, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, three eggs well beaten, three cups flour, with two teaspoonfuls baking powder; bake in sheets.

FROSTING.—Whites of two eggs; make a frosting as for other cakes; save out enough to frost the top of the cake, add to the rest the juice and grated rind of one orange, or two teaspoonfuls of extract of orange, and half the juice of one lemon; spread between the layers.

Almond Cake, No. 2.

Two cups of sugar, two heaping teaspoonfuls of butter, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, two cups flour, whites of six eggs, two teaspoonfuls of baking powder, one teaspoonful of lemon extract; bake in jelly tins.

FOR FILLING.—Pound fine in a mortar two pounds of almonds, beat two eggs, add a cup of sugar, then the almonds and a teaspoonful of vanilla extract; spread between the cakes; ice the top and sprinkle with chopped almonds.

Almond Cake, No. 3.

Beat the whites of ten eggs, sift two cups of sugar and add one cup of flour, with a teaspoonful of baking powder; stir very gently and not beat; bake in jelly tins.

FILLING.—Take half a pint of EWELL'S X. L. DAIRY BOTTLED CREAM, yolks of three eggs, two tablespoonfuls sugar, teaspoonful cornstarch; boil the cream and beat the other ingredients in with half a pound of finely chopped almonds; put together while the mixture is hot, like jelly cake; cover the top with icing and chopped almonds.

YOLO MILLS

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Northwest Corner Mission and Main Streets,
SAN FRANCISCO.

HINZ & PLAGEMANN,

Manufacturers of the Celebrated

BREAKFAST · DELIGHT.

Made of the Choicest White Sonora Wheat, cleaned, brushed and steam-cooked, so that it will be ready for use after ten minutes cooking.

SPECIAL ATTENTION IS CALLED TO OUR

NORMAL NUTRIMENT

A Nutricious Substitute for Mother's Milk and a Nourishing Food for Nursing Mothers, Invalids, Dyspeptics and Convalescents.

After long and studious experience the *Nutrimint* is prepared with utmost care and conscientiousness, from the **very choicest** of cereals, partly changing the starch contained in the same into dextrine.

By the addition of the salts contained in the husk of the cereals the nutritive percentage is increased beyond that of any similar preparation.

Its Absolute Purity is Guaranteed.

Spiced Cake.

One cup of brown sugar, one of molasses, one of butter, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoonful each of nutmeg and cinnamon, one teaspoonful of ground cloves, three eggs, four small cups of flour, and two teaspoonfuls of baking powder.

Marble Cake.

For the white part: Half cup butter, one and one-half cups white sugar, half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, two and one-half cups flour, teaspoonful of baking powder, the whites of four eggs; flavor with lemon extract.

For the dark part: Half cup butter, the same of molasses, two of brown sugar, half cup of sour milk, half teaspoonful soda, yolks of four eggs and one whole egg, two cups flour, spices to taste; after each part is thoroughly mixed butter the pans well and put in first a couple of large spoons of the dark, and then the same of white part, alternately, until all is used.

Wedding Cake.

Whites of twelve eggs, three cups of sugar, small cup of butter, a cup of EWELL'S X. L. DAIRY BOTTLED MILK, four small cups of flour, half cup cornstarch, two teaspoonfuls of baking powder, and flavor with lemon extract, adding a cup of citron, sliced thin and dusted with flour; bake in moderately hot oven.

Orange Cake.

One-half cup butter, two cups sugar, five eggs, one pint flour, one and one-half teaspoonfuls baking powder, one teaspoonful of orange extract, one cup of EWELL'S X. L. DAIRY BOTTLED MILK; rub the butter and sugar to a cream, add the eggs, two at a time, beating five minutes between each addition; add the flour sifted with the baking powder, the milk and extract; mix into a smooth batter; put in a cake tin and bake in a moderately hot oven half an hour; when cool, cover the top with the following: Whip the whites of three eggs to a froth, then carefully mix in four cups of sugar, the juice, grated rind and soft pulp, free from pith and seed, of two oranges.

The puniest babe can drink and thrive on EWELL'S X. L. DAIRY BOTTLED MILK.

Washington Cake.

One teacup of butter, three of brown sugar, one of EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, one teaspoonful each of cinnamon, nutmeg and allspice, one cup of seeded raisins, three cups of flour and two heaping teaspoonfuls of baking powder.

Carolina Cake.

Two cups of sugar, four tablespoonfuls of butter, one cup of EWELL'S X. L. DAIRY BOTTLED CREAM, whites of eight eggs beaten stiff, two teaspoonfuls of lemon extract, two cups of flour well mixed with two heaping teaspoonfuls of baking powder; mix all together and bake.

Hickory Nut Cake.

Two cups of sugar, one cup of butter, stir to a cream; whites of six eggs beaten stiff, one-fourth cup of EWELL'S X. L. DAIRY BOTTLED MILK, three cups of flour, two teaspoonfuls of baking powder, one coffeecup of nut meats; bake in a loaf.

Corn Starch Cake.

Two cups of pulverized sugar, one-half cup of butter, stir to a cream; one cup of EWELL'S X. L. DAIRY BOTTLED MILK, whites of seven eggs beaten stiff, two cups of flour, one of corn starch and two teaspoonfuls of baking powder; flavor with almond, lemon or orange extract.

BEST SYSTEM OF DELIVERING MILK

Some of the Obstacles that Have
to be Overcome.

WHY DOCTORS RECOMMEND IT.

Some allusion has heretofore been made in these articles on this subject, yet the attention of the public cannot be too earnestly fixed on this important point of their milk supply.

While claiming to produce a *better* and *richer* milk than any other dairy that serves milk in this city, the EWELL'S X. L. DAIRY BOTTLED MILK CO. do not claim that good, pure milk is not served by other dairies. Many times it is not the fault of the dairies, but of the men employed to deliver it.

A weak man (morally) on a very moderate salary is often tempted to stop at a saloon, wet, cold, and frequently hungry, and withal, a not over-plethoric purse. The temptation to make terms with the saloon man is obvious. Result: Several gallons of *top of can* milk is furnished the saloon, and water substituted, and the poor victims are the customers that happen to come next. This is only one of the incidental risks overcome by Mr. Ewell's system of bottling milk warm from the cow, to say nothing of the fact that, by his system, every bottle must and can be accounted for.

Another important item in this manner of delivering milk is

(Continued on page 106.)

Pacific Bank Sells Drafts on every Important City.

Mountain Cake, No. 1.

Sift carefully through one pound of sifted flour two heaping teaspoonfuls of baking powder, whip to cream half pound of butter, then stir into the butter one pound of sugar, the yolks of six eggs and about half of the flour; then add one cup of EWELL'S X. L. DAIRY BOTTLED MILK and the remainder of the flour; lastly the whites of six eggs beaten to a stiff froth, and lemon, vanilla or orange extract to flavor; bake in a slow oven.

Cocoanut Pound Cake.

One cup of butter, two and two-thirds cups sugar, four cups flour (scant cups), four eggs, one cup cocoanut, one cup sweet milk (EWELL'S X. L. DAIRY, PUREST AND BEST IN THE WORLD), two teaspoonfuls yeast powder.

Corn Starch Cake.

Whites of six eggs, one cup of butter, two cups of sugar, two cups of flour, one scant cup of corn starch, one cup milk (X. L.), one-half teaspoonful yeast powder. Very nice.

PIES.

Pie Crust.

For good common pie crust, mix thoroughly two teaspoons of baking powder with one quart of flour, well sifted, dry; then take half a pound of shortening, more or less, as you may prefer the cooked article more or less short; crust looks nicer when lard is used, but part butter makes a better taste. Rub half of the shortening with three-fourths of the flour, add a little salt if lard only is used for shortening; when well mixed, add just sufficient cold water to make it roll out easily; divide the crust into two equal parts, use one for the under crust; flour the rolling board and pin with some of the flour; for the upper crust, use the rest of the paste, adding the other half of the shortening and the remainder of the flour. Do not warm the shortening to a melted state, or the crust will not be flaky. Less shortening will be required when baking powder is used than if made without.

Squash Pie.

Steam the squash over boiling water until soft; strain through a colander; one pint of squash, one pint EWELL'S X. L. DAIRY BOTTLED MILK, three eggs, one cup of sugar, one teaspoonful of ginger, and one of nutmeg, a little salt; bake without top crust.

Pumpkin Pie, No. 1.

Pare and grate raw pumpkin; to one pint of grated pumpkin add one quart of EWELL'S X. L. DAIRY BOTTLED MILK, two cups sugar, one teaspoonful of ginger and one of cinnamon, half a teaspoonful of salt, three well beaten eggs; bake in custard pans with an under crust.

Pumpkin Pie, No. 2.

Pare nice, ripe pumpkin, slice into small pieces, boil or stew them with water enough to prevent burning; when quite tender rub the pulp through a colander; to one pint, add one pint of EWELL'S X. L. DAIRY BOTTLED MILK, two eggs, one cup sugar and one teaspoonful of nutmeg and ginger.

**USE EWELL'S X. L. DAIRY BOTTLED MILK,
PUREST AND BEST IN THE WORLD.**

its cleanliness. Under the old way, every vessel used, *i. e.*, the milk can, the cover, the utensil for receiving it furnished by the customer, must necessarily be exposed to the dust, dirt and street sweepings, generally, every time milk is transferred from the wagon-can to the customer's receptacle in dry weather, to say nothing of the drippings from oilcloth coats, etc., during the rainy season. All these and many more reasons can be mentioned in favor of bottling milk as soon as strained, and immediately hermetically sealed, not the least being the well-known adaptability of milk to absorb odors prevalent about all dairies, notwithstanding the utmost care is taken to keep everything clean.

Another good feature is the fact that every bottle shows at once the cream on top ; if not uniform it would show at once. And if you find your milk varies, by this system, you have only to insist that your bottle be not opened by the servant until placed before you on the table. Do not conclude at once that your milk is not as heretofore, before insisting on this. Good rich milk is frequently a great temptation to servants, who appreciate it quite as much as yourselves. It is risky to tamper with EWELL'S BOTTLED MILK, on the part of servants, if the master or mistress are only ordinarily careful.

A story told the writer by one of San Francisco's most successful retail merchants will illustrate this, and is as follows :

Being put by his physician upon a milk diet for a disordered stomach, and having heard a great deal about EWELL'S BOTTLED MILK, he concluded to try it, using altogether, himself and family, four quarts per day, his personal allowance being three bottles. Very much to his disgust, one day he found his milk very different from what it had been, and, as usual in such cases, began abusing his milk man with such expressions as

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Custard Pie.

Break three eggs into a quart bowl and beat them; add two-thirds of a coffeecup of sugar, a teaspoonful of nutmeg, and nearly a pint of EWELL'S X. L. DAIRY BOTTLED MILK; stir all together, pour into plates lined with bottom crust, and bake.

Cream Pie.

Lay in a pie plate a crust as for custard pie; stir to a cream half a cup of sugar and one tablespoonful of butter; add two well beaten eggs, two tablespoonfuls of flour, and two cups of EWELL'S X. L. DAIRY BOTTLED MILK; mix altogether and flavor with lemon or orange.

Lemon Pie.

Grate the yellow part of the rind from one lemon, and squeeze out the juice; one cup of white sugar and one tablespoonful of butter beat to a cream, two tablespoonfuls of EWELL'S X. L. DAIRY BOTTLED MILK, four eggs; mix all and pour into a crust-lined plate and bake. When done, beat the whites of two eggs with two tablespoonfuls of powdered sugar, spread it over the pie and return it to the oven to brown.

Sweet Potato Pie.

Boil or bake sufficient sweet potatoes to make a pint of the pulp when rubbed through a colander; add a pint of EWELL'S X. L. DAIRY BOTTLED MILK, a small cup of sugar, a little salt, the yolks of two eggs, a teaspoonful of lemon; bake in a shallow pan lined with a rich crust. When done, beat the whites of the eggs with powdered sugar for the top, and brown it in the oven.

Rice Pie.

To a quart of boiling water, add a teacupful of rice, boil until very soft; remove it from the fire and add a quart of EWELL'S X. L. DAIRY BOTTLED MILK, a teaspoonful of salt, five beaten eggs, a teaspoonful of nutmeg extract; sugar to taste, and bake in deep pie-plates with an under crust and rim of pastry.

Cocoanut Pie.

For a pie put a cup of grated cocoanut to soak over night, if it is dessicated; place in a coffeecup and fill it with EWELL'S X. L. DAIRY BOTTLED MILK. When ready to bake, take two teaspoonfuls of flour, mix it with a cup of EWELL'S X. L. DAIRY BOTTLED MILK; place on the stove in a tin pail placed in a kettle of boiling water; stir it until it thickens; add a tablespoonful of butter while it is warm; when cool add a little salt, the yolks of two eggs, sugar to taste; add the cocoanut, beating all together, fill the crust and bake. When done, beat the whites of two eggs with three tablespoonfuls powdered sugar, spread on the top, return to the oven and brown slightly.

Never use fresh soap. The dryer and harder it is the less it will stain and waste; and the longer it will last.

Corn Starch Pie.

One quart EWELL'S X. L. DAIRY BOTTLED MILK, two tablespoonfuls corn starch, two cups sugar; mix starch in a little milk, boil the rest of the milk to a thick cream, beat the yolks, and starch, put in the boiled milk and add sugar; bake with an under crust; beat whites with two tablespoonfuls sugar and put on the top of the pie, and when done return to the oven to brown.

Whipped Cream Pie.

Sweeten with white sugar one teacup of EWELL'S X. L. DAIRY BOTTLED CREAM, made as cold as possible without freezing, and flavored with lemon to taste; beat until as light as eggs for frosting, and keep cool until crust is ready; make crust moderately rich, prick well with a fork to prevent blistering, bake, spread on the cream, and to add finish, put bits of jelly on the top. The above will make two pies.

Cocoanut Pie, No. 2.

The yolks of four eggs, the whites of two well beaten, one pint of EWELL'S X. L. DAIRY BOTTLED MILK, sugar and salt to taste; prepared cocoanut to make quite thick; put in a crust and bake.

Apple Custard Pie.

Grate twelve large apples, add a teaspoon salt, sugar and nutmeg to taste, three eggs well beaten, a pint of EWELL'S X. L. DAIRY BOTTLED MILK, a tablespoonful of melted butter, and the juice of two lemons, also the grated rind of one lemon; line your plates with nice crust, pour in your mixture and put strips over the top; sift over sugar after they come from the oven.

Frosted Lemon Pie.

One lemon, rind grated and juice added, piece of butter size of a walnut, one cup sugar, one tablespoon corn starch, the yolks of three eggs, one cup of EWELL'S X. L. DAIRY BOTTLED MILK stirred in the last thing before baking; for frosting use the whites of three eggs, and three large spoonfuls of powdered sugar, beaten till it stands alone. Apply the frosting and lightly brown.

When you use milk, you want the purest and best. That can only be found at EWELL'S X. L. DAIRY, corner Twenty-first and Folsom streets.

Ground Rice Pies.

Soak four heaping teaspoons of rice in EWELL'S X. L. DAIRY BOTTLED MILK, and cook a few minutes in one quart of boiling water; cool and then add four or five eggs; bake in crust; the whites of three eggs may be reserved for frosting if desired.

Irish Potato Pie.

One pound mashed potato rubbed through a colander, one-half pound butter creamed with the sugar, six eggs, whites and yolks separately, one lemon squeezed into the potato while hot, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoonful nutmeg and same of mace, two cups white sugar; mix as you do sweet potato pie, and bake in open shells of paste; to be eaten cold.

Chocolate Tarts.

Four eggs, whites and yolks, one-half cake baker's chocolate, grated, one teaspoonful cornstarch dissolved in water, three tablespoonfuls of EWELL'S X. L. DAIRY BOTTLED MILK, four tablespoonfuls white sugar, two teaspoonfuls vanilla, one saltspoonful salt, one-half teaspoonful cinnamon, one teaspoonful butter, melted; rub the chocolate smooth in the milk and heat to boiling over the fire, then stir in the cornstarch; stir five minutes until well thickened, remove from the fire and put in a bowl; beat all the yolks and the whites of two eggs well with the sugar, and when the chocolate is almost cold put all together with the flavoring and stir until light; bake in open shell pastry; when done, cover with a meringue made of the whites of two eggs and two tablespoonfuls of sugar flavored with a teaspoonful of lemon juice.

Cocoanut Custard Pie.

One pound cocoanut, grated, one-half pound sugar, one quart of EWELL'S X. L. DAIRY BOTTLED MILK, six eggs beaten to a froth, one teaspoonful nutmeg, two teaspoonfuls vanilla; boil the milk, take it from the fire and whip in gradually the beaten eggs; when nearly cold, season; add the cocoanut and pour into paste shells; do not boil the eggs and milk together.

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PUREST AND BEST IN THE WORLD.

Chocolate Custard Pie.

One quarter cake of baker's chocolate, grated, one pint of boiling water, six eggs, one quart of EWELL'S X. L. DAIRY BOTTLED MILK, one-half cu white sugar, two teaspoonfuls vanilla; dissolve the chocolate in a very little milk, stir into the boiling water and boil three minutes; when nearly cold beat up with the yolks of all the eggs and the whites of three; stir this mixture into the milk, season, and pour into shells of good paste; when the custard is set, but not more than half done, spread over it the whites, whipped to a froth, with two tablespoonfuls sugar.

Corn Starch Custard Pie.

Six eggs, three pints of EWELL'S X. L. DAIRY BOTTLED MILK, six tablespoonfuls white sugar, two tablespoonfuls corn starch, two teaspoonfuls essence bitter almonds; boil the milk, stir in the corn starch wet in a little cold milk, and boil one minute; when nearly cold, stir in the sugar, the yolks of all the eggs and the whites of two, flavor and pour into paste shells; whip the remaining whites to a meringue, with two tablespoonfuls white sugar and a teaspoonful of vanilla, and when the custard is just set draw your pies to the edge of the oven and spread this over them.

There is an important subject,
That appeals to one and all;
To men and women and children,
To creatures great and small.
MILK is the point in question,
Where to find the purest and best—
At EWELL'S X. L. DAIRY
You'll find the answer—rest.

Apple Meringue Pie.

Pare, quarter and stew ripe, tart apples, mash and season with nutmeg (or stew lemon peel with them for flavor), fill crust and bake till done; spread over the top a thick meringue by whipping to froth the whites of three eggs for each pie, sweetening to taste with powdered sugar; flavor with vanilla; beat until it will stand alone, cover the pie three-quarters of an inch thick, set in oven to brown. Peaches can be substituted for apples.

Apple Pie, No. 2.

Stew green or ripe apples when you have pared and sliced them, mash smooth, sweeten to taste, and while hot stir in a teaspoonful of sweet butter for each pie; season with cinnamon or nutmeg; when cool, fill your crust and cross-bar the top with strips of paste; eat hot with sugar and EWELL'S X. L. DAIRY BOTTLED CREAM.

Home-Made Apple Pie.

Pare and slice three good-sized apples, spread them on the paste, spread over them three tablespoonfuls sugar, small piece of butter, tartaric acid the size of a pea; sprinkle over all a little cinnamon and cover with a top paste, cutting several small strips in top paste; bake until well done.

Green Apple Pie.

Stew and strain the apples and sweeten to taste, add a small piece of sweet butter, flavor with rosewater; bake in a rich paste for half an hour.

Dried Apple Pie.

To a pint of stewed dried apples, passed through a colander, add a pint of EWELL'S X. L. DAIRY BOTTLED MILK, three eggs and three tablespoonfuls of sugar, beaten well together as for custard, spice with a teaspoonful of cinnamon or clove; bake with an upper and under crust; this will make two pies.

“Never knew a man to keep up his standard after making a success.” “Just as I thought it would be; can’t depend on any one!” And, waxing warmer as he reflected upon the perfidy of man, and particularly of milk men, he finally ordered his milk stopped, and told his wife never to take any more of that EWELL’S MILK. The terrific outburst finally became so warm that his much more level-headed wife appealed to the servant as to the cause of such deterioration of the milk, who, with the utmost *sang froid*, stated that, having an urgent necessity for some cream to use in some of her culinary concoctions, she had taken the cream from each and every bottle and simply filled them up with what was left, without reporting the matter to her mistress. It is needless to say the order to discontinue taking EWELL’S X. L. DAIRY BOTTLED MILK was immediately countermanded, and the great merchant, meeting the writer, was so overjoyed at finding that there was at least *one* honest man, opened out upon the scribe about thusly: “Say, you have something to do with that man Ewell, have you not?” “Yes,” replied the knight of the lead pencil, “what of it?” “Well, I want you to tell Ewell when you see him that I think he furnishes the best milk in the world;” and, getting the cool reply, “Well, Mr. Ewell knows that; why should I tell him that?” This so astonished the man full of EWELL’S BOTTLED MILK that he almost fainted, and coming down to business told the story as given above, and henceforth will no doubt be a walking advertisement of EWELL’S X. L. DAIRY BOTTLED MILK, the noted improvement in his looks being enough to attract the attention of all his friends, whose name is legion.

Another case showing the advantage of a milk diet when it is indeed milk, is that of a prominent boot and shoe dealer on Market street, whose friends about two years ago did not ex-

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See the Battle of Gettysburg at Market and Tenth Sts.

Dried Apple Pie, No. 2.

Put your apples in a jar and put water over three inches more than to cover them, let them stand over night, then put them over a slow fire with the water in which they were soaked, cut a lemon in thin slices and put it to the apples, add half a pound brown sugar for each quart of apples, let them stew until they become soft, turn them into a dish to become cold, line a pie plate with nice puff paste, put in the stewed apples half an inch thick, roll an upper crust very thin, cut three small slits on each side of the middle and put it over the pie, press the edges together; bake in quick oven.

Cherry Pie.

Line the dish with a good crust and fill with ripe cherries, regulate the sugar to taste, cover and bake; eat cold.

Peach Pie.

Line a pie tin with puff paste, fill with pared peaches in halves or quarters, well covered with sugar, put on upper crust and bake; or make as above without upper crust; bake until done; served with EWELL'S X. L. DAIRY BOTTLED CREAM.

Peach Pie, No. 2.

Take good ripe peaches, halve and stone them, make a nice puff crust and lay it in your pie plate, lay your peaches to cover it, then add to each pie three tablespoonfuls of sugar, half a cup of water, sprinkle over the top a little cinnamon, bake in a quick oven until done; serve with cream from the X. L. DAIRY RANCH.

Prune Pie.

Stew the prunes until soft, then cool and remove the stones, sweeten them and season with clove or cinnamon, bake with under and upper crust.

To Make Mince Meat.

Two pounds of chopped meat; put to it two pounds of suet free from strings, and chopped fine; add two pounds of raisins, two of currants, picked, washed and dried, and four pounds of chopped tart apples, with the juice of two lemons and the chopped peel of one, a pint of sweet wine, a pint of chopped cranberries and one grated nutmeg, quarter of an ounce of ground cloves, allspice, cinnamon, mace, three pounds of sugar, one cup of molasses, large tablespoonful of salt; mix the whole well together, let it cook two hours over a slow fire, put it in a stone jar, cover it close and set it in a cool place for use.

Mince Meat, No. 2.

To five pounds of the round of beef, after it is boiled and chopped, add two pounds each of suet and raisins, one pound each of currants and sugar, half a pound each of butter and citron, ten pounds of apples, chopped, one pint of molasses, one of brandy, all kinds of spices to taste; mix well, put in a stone pot, cover closely and set it in a cool place for use.

SUGGESTION.—Meat should be perfectly cold before chopping.

Look for EWELL'S X. L. DAIRY BOTTLED MILK.

Mock Mince Pie.

One egg, four crackers, one-half cup of molasses, one-half cup sugar, one-half cup of vinegar, one-half cup of strong tea, one cup chopped raisins, a small piece of butter, spices to taste, salt.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

pect him to live. Meeting the writer one day recently, the noted improvement in his looks called forth the jocular remark, "Well, I am beginning to think you will pass for life insurance; hadn't you better let me put in an application for ten thousand?" Very much to our surprise his reply was: "That is just what I did last week." This astounding piece of information so upset the writer, who has a *friend* in the life insurance business, and is accustomed to throw his influence that way, that he felt it incumbent to ask what had occasioned so notable an improvement. "My doctor put me on a milk diet and ordered me to take EWELL'S X. L. DAIRY BOTTLED MILK. As my case was almost hopeless I complied, and for many months lived almost wholly upon milk, using as much at times as four quarts per day, but now I am only using two bottles, and weigh 165 pounds. Before going upon the milk diet I was reduced to less than 100 pounds, and if Mr. Ewell wants any reference as to the quality of his milk he has only to call upon me. I think the milk saved my life."

Thus it will be seen there is as much of philanthropy as profit in producing milk upon which infants, invalids and well people thrive, the only disappointment being the difficulty of overcoming dishonest competition. If the few honest dealers that supply only about one-half of the milk used in this city would combine, and admit none into their association but those who furnish pure milk, and charge as Mr. Ewell does, ten cents per quart for it, and no less, they might control the better portion of the family trade and leave the cheap restaurant part of it to vendors who can produce *only cheap milk*. The unparalleled success of the EWELL X. L. DAIRY BOTTLED MILK CO. shows that people are willing to pay a fair price for a good article.

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Mock Mince Pie, No. 2.

Six soda crackers rolled fine, two cups of cold water, one cup of molasses, one cup of brown sugar, one cup of sour cider, one cup of melted butter, one and a half cups of raisins, one and a half cups of currants, one and a half cups of citron cut fine, one tablespoonful of cinnamon, one teaspoonful nutmeg, one teaspoonful of clove, one teaspoonful of salt, one saltspoonful of black pepper, one wineglass of brandy, two eggs beaten lightly, mix well; sufficient for six pies.

Raisin Pie.

One lemon, juice, and grate the yellow off the rind, one cup of raisins, one cup of water, one cup rolled crackers, one cup sugar; stone the raisins and boil in water to soften.

Rhubarb Pie.

Wash and remove the skin from the stalks, cut them in small pieces, fill the pie dish, spread over four tablespoonfuls of sugar, a little butter, and dredge a little flour over the top, cover with a thin crust and bake in a quick oven.

Tomato Pie.

Take ripe tomatoes, wash, peel, and cut in slices; fill a pie plate lined with good paste with them, sprinkle well with sugar, and sift a little cinnamon and grated nutmeg over, add two teaspoonfuls of vinegar, a little butter; cover with crust and bake.

Orange Pie.

Five crackers rolled fine, a pint of EWELL'S X. L. DAIRY BOTTLED MILK, one orange grated, two eggs well beaten, sugar to sweeten to taste; bake as custard.

Cranberry Pie.

Pick a quart of cranberries, put a pint of water to them and put them in a stew pan over a moderate fire; put a pound of sugar to them and stew them gently until they are soft; turn them into a dish to cool, then make them in pies or tarts, and bake.

Gooseberry Pie.

Take off the stems and blossom end and wash them and stew them, sweeten to taste, make them in pies or tarts and bake in a quick oven.

Green Currant Pie.

Pick the currants free from stems, stew as directed for gooseberry pie.

Puddings.

Tapioca Pudding.

Soak four tablespoonfuls of tapioca in a little water over night, or two hours; boil one quart of EWELL'S X. L. DAIRY BOTTLED MILK and pour over it while hot; when cool, add half a teacup of sugar, one egg and the yolks of two well beaten, flavor with lemon and bake; when done, beat the whites of two eggs with two tablespoonfuls of pulverized sugar, spread upon the top, return to oven to brown.

Catskill Mountain Pudding.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK, two eggs, one tablespoonful butter, one tablespoonful of sugar, one-half teaspoonful salt, one quart flour and two heaping teaspoonfuls baking powder. Bake in cups. To be eaten with rich sauce.

THE TRIALS OF THE BUSINESS.

Very few of our citizens have any idea of the enormous difficulties that have to be overcome by the milkmen of this city who really *have dairies*. We do not include the so-called dairies who keep their cows in large barns and feed them entirely on brewery slop, but, of course, they being in the city, have the use of good roads. But the milkmen who have large ranches of hundreds of acres, cannot, of course, find pastures for their cows on this peninsula, but have to go down into San Mateo county. The past winter has been a hard one on them. Through the blunders of the Street Department, and the indifference of the contractors for the Omnibus railroad extension, the old San Bruno road has been rendered impassable at times, and the strange fact has been brought to the attention of the public that we have not, by land, a decent outlet for San Francisco, or a single road that an ordinary load can be hauled over by the best of horses.

We unhesitatingly assert that there is not in the whole United States another city of its size that is so completely isolated in winter, in bad weather, as this city. It is a disgrace to the municipality that there is not a single good all-through-the-year road or drive leading out of this city.

During the past winter for months the EWELL'S X. L. DAIRY have been obliged to double the cost of hauling their product on account of the deplorable condition of the San Bruno road, and at one time had actually to abandon it. The product of one milking that should have been brought into their depot at Twenty-first and Folsom Streets by a single six-horse team was started one night in two six-horse wagons, one four-horse and one two-horse; at one point on the road one of the six-horse wagons actually sunk so deep in the road that it

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Pacific Bank Sells Drafts on every Important City.

Corn Starch Pudding.

One quart of EWELL'S X. L. DAIRY BOTTLED MILK, except enough to wet three tablespoonfuls of cornstarch, placed in a tin pail, set in a kettle of boiling water; add the yolks of four eggs, beaten, half a cup of sugar, the cornstarch and a little salt; let it boil until it thickens; when cool, flavor with one teaspoonful of vanilla, pour into a pudding dish, beat the whites of the eggs, half a cup of pulverized sugar, flavor with lemon, and brown in oven.

Bread Pudding.

One quart of grated bread crumbs, one quart of EWELL'S X. L. DAIRY BOTTLED MILK, yolks of four eggs, well beaten, butter size of an egg, one cup of sugar, two teaspoonfuls of baking powder and two teaspoonfuls of lemon; mix all well together and bake; beat the whites of the eggs, add a cup of powdered sugar, flavor with one teaspoonful of orange, cover the pudding with it, and bake until browned a little.

Christmas Pudding.

One and one-half pounds flour, three teaspoonfuls baking powder, well mixed, dry; one pound suet finely chopped, one pound clean currants, quarter pound sugar, one pound seeded raisins, chopped, two ounces citron, one teaspoonful each orange, lemon, ginger and nutmeg, one teaspoonful each ground cloves, cinnamon and allspice, juice of one lemon, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, ten well beaten eggs; mix all thoroughly, wring out the pudding cloth in hot water, flour well inside, pour in the mixture, tie, and boil five hours.

EWELL'S X. L. DAIRY BOTTLED MILK, purest and best in the world.

Cheap Pudding.

Put in a tin pail two quarts of EWELL'S X. L. DAIRY BOTTLED MILK, and set in a kettle of boiling water; when very hot stir into it one pint of meal; take from the fire and add one teacup of molasses, one teaspoonful salt and two teaspoonfuls cinnamon; bake in a buttered cake pan; use cream sauce.

Dearborn Avenue Pudding.

One cup suet, chopped fine, one cup chopped raisins, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one-half cup molasses, one teaspoonful cinnamon, pinch of salt, one egg, two heaping teaspoonfuls baking powder, sifted with the flour; use flour enough to make as thick as cake dough; steam three hours and serve with cream sauce.

Lake Como Pudding.

Into a quart of EWELL'S X. L. DAIRY BOTTLED MILK (boiling), stir a cup of corn meal; into this stir a quart of sliced sweet apples, add a cup of molasses and a teaspoonful of salt, mix all together well. When ready to put into the oven add two quarts EWELL'S X. L. DAIRY BOTTLED MILK, pour into a large buttered pudding dish, and bake slowly four hours. When cold, a clear amber jelly will be formed throughout the pudding; the apples will be of a dark rich brown.

Orange Pudding.

Pare and slice five oranges, pour over them a coffee-cup of sugar, make a boiled custard of one pint of EWELL'S X. L. DAIRY BOTTLED MILK, one tablespoonful corn starch, and the yolks of three eggs; when cooked, pour it over the sugared oranges. Beat the whites of the eggs to a stiff froth, and add one tablespoonful sugar. Spread over the top of the custard, and warm in the oven. Eat cold.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

LA GRIPPE,
INFLUENZA, PNEUMONIA AND COLDS,

INSTANT RELIEF AFFORDED BY THE USE OF

JAY EYE SEE LINIMENT

NO HOUSEHOLD IS COMPLETE WITHOUT IT.

IT IS GOOD FOR MAN AND BEAST.

**For Cuts, Burns, Scalds and Sores of all Kinds JAY EYE SEE
LINIMENT is the Best in the World.**

DAIRYMEN SHOULD HAVE IT!

—FOR SALE BY ALL DRUGGISTS.—

California Fruit Salt

MADE FROM

SOUND RIPE FRUIT.

The Only *HARMLESS*, but Thoroughly Effective Remedy, for
**HEADACHE, INDIGESTION, DYSPEPSIA
AND CONSTIPATION.**

For Hives on Children it is Infallible.

**ALL STOMACH TROUBLES ARE CORRECTED
BY ITS USE.**

ASK YOUR DRUGGIST FOR IT.

Apple Dumplings.

Pare and quarter tart ripe apples; make a crust by using a large teaspoonful of baking powder to each pint of flour, well sifted together, dry, one tablespoonful butter rubbed into the flour, a pinch of salt, and enough of EWELL'S X. L. DAIRY BOTTLED MILK to form a soft dough; roll out one thin crust for lining the sides and edge of a baker, put in the apples, add a little water, cover with crust half an inch thick, steam half an hour.

Cracker Pudding.

One quart of EWELL'S X. L. DAIRY BOTTLED MILK, one coffee-cup sugar, six Boston crackers rolled fine, one heaping teaspoonful baking powder, two beaten eggs, a little salt, a tablespoonful of butter, one teaspoonful of vanilla; bake, and serve with sauce.

Baked Indian Pudding.

Three quarts of EWELL'S X. L. DAIRY BOTTLED MILK, six heaping spoonfuls meal, three eggs, one coffee-cup molasses, one of sugar, butter size of an egg, one teaspoonful each of nutmeg, ginger, cloves and cinnamon, salt, one coffee-cup seeded raisins. Boil half the milk, wet the meal to a thin batter with the balance of the milk, and stir into the boiling milk; when cool add the other articles and bake slowly for three or more hours.

Iron mold spots may be removed from books by first applying a solution of sulphuret of potash, to render the iron soluble, and then one of oxalic acid, which is to be washed off with clear water.

White Puffs.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK, whites of four eggs, whipped stiff, one heaping cup flour, well sifted, with one teaspoonful of baking powder, one scant cup powdered sugar, grated peel of half a lemon, a little salt; whisk the eggs and sugar to a maringue, and add this alternately with the flour to the milk. Beat until the mixture is very light, and bake in buttered cups. Turn out, sift powdered sugar over them, and eat with lemon sauce.

Cream Pudding.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK, one pint of flour, one teaspoonful salt; to this add six eggs well beaten, with three tablespoonfuls of white sugar and one teaspoonful lemon; bake in buttered bish.

Methodist Pudding.

Stew prunes or any small fruits, sweeten to taste, and while boiling hot put in a few slices of good light bread, when the bread is saturated with the boiling juice put the bread and fruit in alternate layers in a deep dish, leaving a thick layer of fruit on the top. Put a plate on top, and when cool, set on ice or where it will get real cool. Serve with sugar and EWELL'S X. L. DAIRY BOTTLED CREAM.

Harrison Pudding.

Four cups flour, two-thirds cup melted butter, one cup molasses, one of raisins, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoon of soda, a little salt; steam three hours.

Alaska Pudding.

One pint sifted flour, one teaspoon yeast powder, one-quarter cup sugar, one tablespoon melted butter, one gill of EWELL'S X. L. DAIRY BOTTLED MILK, one egg, a little salt; bake in cups; wine sauce.

USE THE BEST OF EVERYTHING,

THE BEST IS THE CHEAPEST.

had to be abandoned and another wagon brought up from the ranch. This one, after going a few hundred feet, broke an axle, and resort was then had to sending out from the city depot all their small delivery wagons, which twelve hours after their regular time finally got through their delivery, but the teamsters pronounced the road actually impassable, and to illustrate the indomitable energy, pluck and determination of Mr. Ewell, who realizes how much inconvenience results from his customers not getting their milk at the accustomed time, chartered a steamer, and for many days brought his milk into town at an expense largely in excess of any possible profit. Such enterprise only illustrates why Mr. Ewell succeeded in placing his business far above all competition. Reliability is appreciated by every one, and in no direction more so than where it ministers to our necessities, as in so important a thing as our milk.

The next advertisement is that of McDonald's wholesale and retail cracker store, where can be seen a greater variety of crackers than was probably ever gathered together in one store. Mr. McDonald makes a specialty of putting up assorted crackers in 10 and 25 pound boxes. All goods delivered free.

On page 64 the advertisement of W. M. Loudan, wholesale and retail agency for dress forms and drapers. Also the Studabecker system of dress cutting taught.

On page 58 B. F. Sterrett's advertisement appears, one of the largest and most complete printing establishments in the city, where everything in the printing line, from cards, book, bill and general mercantile printing to the largest plain and colored posters, such as are used by theatrical people, can be had.

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See the Battle of Gettysburg at Market and Tenth Sts.

Salem Pudding.

One cup chopped suet, one cup molasses, one cup EWELL'S X. L. DAIRY BOTTLED MILK, one cup raisins, three and one-half cups flour, two teaspoons yeast powder, a little salt. Steam three hours.

Do not drink doctored milk. Drink only EWELL'S X. L. DAIRY BOTTLED MILK, which is absolutely pure.

New England Corn Pudding.

Take two dozen ears green corn, well filled, but young; grate or pound the corn, and add two pounded crackers, one quart EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, four tablespoons sugar and a little salt. Bake two hours in a moderately heated oven; serve with batter.

Corn Pudding, No. 2.

One quart EWELL'S X. L. DAIRY BOTTLED MILK, twelve ears of corn, grated, four eggs, piece of butter size of egg, and a little salt.

Tapioca Fruit Pudding.

Soak a cup of tapioca over night, cook in soft water, then add and cook thoroughly a pint of preserved raspberries, strawberries or canned peaches. Cool in molds and serve with EWELL'S X. L. DAIRY BOTTLED CREAM.

Cocoonut Bread Pudding.

Soak half cup dessicated cocoonut in EWELL'S X. L. DAIRY BOTTLED MILK, boiling hot, for half an hour or more, then add to it the usual bread pudding preparation, the quantity of bread being about three times as much as the cocoonut. Enrich and flavor to suit.

Snow Pudding.

Pour one pint of boiling water on one-half a box of gelatine, add the juice of one lemon and two cups sugar; when nearly cold, strain; add the whites of three eggs beaten to a froth, beat the whole together, put in a mold and set on ice; with the yolks of the eggs, one pint of EWELL'S X. L. DAIRY BOTTLED MILK, one large spoonful of sugar and one teaspoonful cornstarch, make a boiled custard, flavored with vanilla; serve cold by pouring custard around portions of the snow, placed in saucers.

Chocolate Pudding.

Let a pint of EWELL'S X. L. DAIRY BOTTLED MILK come to the boiling point, add one-half cup sugar, two tablespoonfuls grated chocolate, one large spoonful cornstarch, boil until thickened, pour into a mold and place on ice; serve with sugar and EWELL'S X. L. DAIRY BOTTLED CREAM. V. 3. 1. 1
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Mountain Dew Pudding.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK, yolks of two eggs, two tablespoonfuls grated cocoonut, one-half cup rolled cracker crumbs and one teaspoonful lemon; bake one-half hour; make a frosting of whites of eggs, and put in the oven to brown.

Treat acid stains with hartshorn; alkaline with acids. For instance, if the color be taken out of cloth by whitewash, wash with strong vinegar.

Baked Indian Pudding, No. 1.

Two quarts EWELL'S X. L. DAIRY BOTTLED MILK, one pint meal; boil the milk, stir in the meal gradually; take it from the fire, add two or three eggs, sugar and syrup to taste, pretty sweet; if whey is desired, reserve part of the milk and add it cold; bake in a well buttered dish two or three hours.

CONTRASTS.

Why Ewell's X. L. Milk Must be a Superior Article.

This book, in previous pages, has endeavored to demonstrate the superior advantages of EWELL'S X. L. DAIRY BOTTLED MILK over milk deposited, transported and delivered in metal receptacles, and the greater nutrition that is, and must necessarily be, contained in a pure article, kept free from occuous contact, and which is from animals whose healthy condition and careful and proper nutrition are the prime considerations in the production of the article. All this goes without saying to the intelligent mind ; and, for the avoidance of repetition, we will only here repeat the axiom, which is every day demonstrated, that "the best is the cheapest." The main object of this particular chapter is to draw

THE CONTRASTS

Between a pure, honest, carefully and physiologically produced article with that of the product of shiftlessness and ignorance. It is not worth while to charge adulterations, because that such are freely practiced by unscrupulous persons is as well known to the reading community—if not to every consumer—as the fact that men will stretch their consciences and their goods just the *least leetle bit* in the struggle for existence and the pursuit of the almighty dollar. Numberless newspaper sensations and volumes of scientific scintillations have been devoted to "swill" milk. Happily, "swill" milk is a rarity in San Francisco, but it exists all the same ; and, while but few milch

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Baked Indian Pudding, No. 2.

Three tablespoons Indian meal to one quart of EWELL'S X. L. DAIRY BOTTLED MILK; sweeten well with molasses, mix the meal and molasses together, and stir into the boiling milk; add one cup of cold milk for whey, a little salt and nutmeg.

Plain Plum Pudding.

One cup of fine dry bread crumbs, one cup scalded raisins, four table-
spoons sugar, one-half cup butter, three or four eggs, and one-half pint of
EWELL'S X. L. DAIRY BOTTLED MILK boiled and poured over the
crumbs; while the mixture is warm add the butter and sugar, letting them melt
in; when cold add the well beaten eggs and raisins, a little salt and nutmeg if
you like; bake in buttered dish.

Pinafore Pudding.

Four cups flour, two teaspoons yeast powder, one cup sugar, one cup
butter, two eggs, one cup raisins, one cup currants, a little salt, one pint
EWELL'S X. L. DAIRY BOTTLED MILK; spice with nutmeg and allspice;
boil or steam three hours; serve with wine sauce.

Plum Pudding, No. 1.

One and one one-half cups EWELL'S X. L. DAIRY BOTTLED MILK
(sour), one spoonful soda, one of molasses, one cup sugar, suet, raisins, spices,
and flour to make stiff batter; steam three hours.

Twenty-first and Folsom streets is the principal depot for EWELL'S X.
L. DAIRY BOTTLED MILK.

Troy Pudding.

One cup suet, one cup molasses, one cup of EWELL'S X. L. DAIRY
BOTTLED MILK, one cup raisins, three cups flour, and yeast powder; boil
three hours.

Suet Pudding.

Two cups suet, three cups flour, five eggs, two teaspoons yeast powder and
enough of EWELL'S X. L. DAIRY BOTTLED MILK to make a stiff batter,
a little sugar, spice and fruit; boil three hours; to be eaten with a sauce.

Suet Pudding, No. 2.

Two and a half cups of EWELL'S X. L. DAIRY BOTTLED MILK, half
a cup of suet, three and a half cups flour, half teacup of molasses, one tea-
spoon soda dissolved in water, one teacup raisins and one teacup currants.

English Plum Pudding.

One cup fine chopped salt pork, one cup chopped raisins, one cup molasses,
two teaspoons soda (scant), one and one-half cups EWELL'S X. L. DAIRY
BOTTLED MILK, one teaspoon powdered cloves, five cups flour; steam four
hours.

Gingerbread Pudding.

One cup molasses, one cup of EWELL'S X. L. DAIRY BOTTLED MILK,
one teaspoon dry saleratus, one teaspoon cloves, one cup raisins, and flour as
for soft gingerbread; steam one and one-half hours. Sauce: One cup sugar,
piece of butter size of an egg, one egg well beaten; pour about three table-
spoons of boiling water over the mixture.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

cows are fed on distillery swill—as, strange to say, California, while a great grain-producing State, contains but few distilleries and imports the major portion of the spirits consumed in her borders—there is, in many instances, in the vicinity of San Francisco a dairy feeding which is as injurious to the cow, and, consequently, as detrimental to the purity of the milk, as if the animals were fevered on a diet of distillery swill. Now, as to the contrast between metal and glass, admitting, for the moment, that all milk sold in San Francisco is from cows equally fed and cared for [which is not the case], let us reason a little on the matter. In the first place, the pores of metal are more sensitive to the absorption of filth than are those of glass, and are less easily cleansed. There is no body—liquid or solid—which in the nature of its constituents is more sensitive to the absorption of atmospheric, metallic, animal or vegetable poisonous particles than milk. If these particles permeate the pores of the vessel in which the milk is contained, a poisonous residue remains, which in the case of some so-called dairies is never removed by cleaning, but remains as a typhoidic condition in the pores of the metal till the defunct can finds its way to its Potter's Field in the junk shop. That

“GOOD FOOD

Makes good blood,” and that the blood is the life, are two expressions that we cannot forbear quoting in this connection; although we have promised to endeavor to avoid repetition as to the hygienic features of the production of EWELL'S X. L. DAIRY BOTTLED MILK; but, having, either purposely or inadvertently, been led into this lapse, we will now discuss this question from a *chemical* standpoint. This we propose to do in a homely way, as freely as possible from technical terms or scientific phrases. One of the active principles of milk is lactic acid. All acids, whether animal, vegetable or mineral,

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Bread and Butter Pudding.

One quart of EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, sweeten to taste, slices of bread buttered on both sides, enough to cover the top; bake in a large shallow pan only until the custard is set; take out and spread over the whites of four eggs, beaten, sweetened and flavored; bake five minutes, eat cold.

Batter Pudding.

One pint EWELL'S X. L. DAIRY BOTTLED MILK, three eggs, six tablespoonfuls flour, a little salt; bake twenty minutes or steam three-quarters of an hour slowly until nearly done, then increase the heat; serve with wine or strawberry sauce.

Apple Roll.

Make a crust as for yeast powder biscuit, roll out the size of a large plate nearly an inch thick, cover with apples, sliced, roll up carefully, lay on a plate and steam one hour; serve with EWELL'S X. L. DAIRY BOTTLED CREAM.

Farina Pudding.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK, a piece of butter half the size of an egg; let it come to a boil, stir in three-quarters of a cup of dry farina, boil it until it does not adhere to the sides of the saucepan, stirring it constantly, then let it cool; take the yolks of three eggs beaten with three large tablespoons of powdered sugar, and one and one-half teaspoonfuls vanilla; stir in the farina mixture, stir until smooth, then add one pint of EWELL'S X. L. DAIRY BOTTLED MILK; stir again, then add the whites of three eggs beaten stiff; put in the oven and bake for three-quarters of an hour.

Sponge Pudding.

One cup sifted flour, half cup sugar, half cup butter, six eggs, one pint of EWELL'S X. L. DAIRY BOTTLED MILK; wet the flour with a little of the milk, add the remainder of the milk, cooking a little, then add the butter and sugar; when cool, add the eggs, beaten separately; set the dish in scalding water and bake an hour; serve with cold sauce.

The Queen of Puddings.

One pint bread crumbs, one quart EWELL'S X. L. DAIRY BOTTLED MILK, one cup sugar, yolks of four eggs well beaten, grated rind of one lemon, a piece of butter size of an egg; bake until done, but not watery, about three-quarters of an hour; when done, spread over the top jelly or preserves; beat the whites to a froth with a cup of sugar and the juice of a lemon; set in the oven to brown; pour the whites on top before placing in the oven.

Ink spots may be removed from a book by applying spirits of salts diluted with five times their bulk in water, which may be washed off in three minutes with clear water.

Puff Pudding.

One quart EWELL'S X. L. DAIRY BOTTLED MILK, one pint sifted flour, four eggs; bake twenty minutes; to be eaten immediately with cold sauce.

Poor Man's Pudding.

Four cups flour, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one cup chopped suet, one cup molasses, one cup raisins, half teaspoon of soda dissolved in a little water, citron and currants; boil three hours; to be eaten with hot sauce.

Boiled Egg Pudding.

Eight eggs, one quart EWELL'S X. L. DAIRY BOTTLED MILK, one pint flour; boil one hour.

have a reactive effect on the ignoble metals, and tin and iron come in this category. This action is the freeing of mineral salts, and every metallic salt is a poison. Many of these salts are used in medicine, however, but only in infinitesimal quantities under the prescription of a physician. Lactic acid is as liable to produce these salts as is sulphuric, nitric or any of the stronger acids of chemistry or commerce. No such effect can come from glass, as that material is impervious to the action of acids and contains no poisonous qualities to be freed. to enter into the composition of the contents of the containing vessel. Were metals as non-sensitive to disintegration by acids as is glass the chemical works would not go to the expense and trouble of confining acids in the clumsy and costly carboy, but would enclose them in neat and handy metal packages. Agitation of acid against metal is certain to free the metallic salts, and the rapid transportation necessary in the delivery of the milk from the dairy to the consumer necessarily causes agitation, and also a fermentation, which causes are sure solvents of the metallic salts in the metal of which the containing vessel is composed. If our milkmen would substitute gold or silver milk cans for tin-plated iron, this chemical action would not take place, for the nobler metals do not respond to the action of acids. As all dairymen cannot be Solomons, Neros, Caligulas, Mammons, Cræsuses, Vanderbilts, Jay Goulds, Railroad Princes or Bonanza Kings, the consumer can not expect to have his milk carried to him in gold or silver cans ; and, therefore, the next best thing is glass, which is innocuous and easily and readily cleaned. Even were glass subject to the chemical action of lactic acid as is metal, even then EWELL'S X. L. DAIRY BOTTLED MILK would be safer than the milk carried in cans ; for, the bottles being filled to the brim and hermetically sealed, there is no chance for agita-

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Amherst Pudding.

Four cups flour, three-quarters cup molasses, one cup of EWELL'S X. L. DAIRY BOTTLED MILK (sour milk preferable), one cup chopped raisins, one cup chopped suet, one teaspoon soda, spice to taste; steam three hours.

Baked Indian Pudding, No. 3.

Two quarts EWELL'S X. L. DAIRY BOTTLED MILK, ten heaping teaspoons Indian meal, one cup syrup, piece of butter size of an egg, little salt; scald the meal with the milk, stir in the butter and syrup; reserve half a cup of milk and add before putting in the oven; bake three or four hours.

Boiled Indian Pudding.

Three pints EWELL'S X. L. DAIRY BOTTLED MILK, one pint meal, five eggs; sweeten and flavor to taste; boil in a cloth two or three hours; to be eaten with butter.

Baked Indian Pudding, No. 4.

Two quarts EWELL'S X. L. DAIRY BOTTLED MILK, one and one-half teacups corn meal; put two-thirds of the milk on to boil; when boiling stir in the corn meal, then take it from the fire, add the cold milk, one tablespoon flour and a little salt; sweeten with sugar and molasses to taste; add half a teacup chopped suet and one teaspoon ginger.

Dorchester Cracker Plum Pudding.

Two quarts EWELL'S X. L. DAIRY BOTTLED MILK, six Boston crackers, split and buttered, eight eggs beaten very light, two cups sugar, nutmeg, cloves and cinnamon to taste, one teaspoonful salt, one pound raisins, seeded and cut in two; make a custard of the milk, eggs and sugar, seasoned with the spices, by heating the milk almost to boiling, then take it from the fire and add gradually the yolks, sugar, seasoning and whites; do not boil it again; butter a pudding dish, put a layer of crackers in the bottom, moistening with a few spoonfuls of the custard; on this lay some of the raisins, a thick stratum, cover with crackers, the buttered side downward; moisten with the custard and proceed in this order until your crackers and fruit are used up; pour in custard until only the top of the upper layer is visible, but not enough to float them; cover closely and set in the cellar over night; in the morning add the rest of the custard, at intervals of five or six minutes between the cupfuls; bake two hours in a moderate oven; eat hot with sauce.

Cracker Suet Pudding.

One-quarter pound beef suet, freed from strings, and powdered; one cup fine cracker crumbs, two tablespoons sugar, four eggs, three cups EWELL'S X. L. DAIRY BOTTLED MILK, pinch of soda, one teaspoonful salt; beat the yolks with the sugar, add to these the milk in which the cracker has been soaked for half an hour; work into a smooth paste before putting in the suet and soda; whip the whites in last and bake nearly an hour; eat hot with wine sauce.

Fruit Cracker Pudding.

One cup powdered cracker soaked in one pint of EWELL'S X. L. DAIRY BOTTLED MILK, one-quarter pound beef suet, cleared from strings and powdered, one-half pound raisins seeded and cut in two, one-quarter pound currants, washed and dried, three ounces almonds, five eggs, one-half cup sugar, one teaspoonful nutmeg and same of cinnamon, rose water to taste; blanch the almonds and cut with a sharp knife into thin shavings; beat the yolks with the sugar until light and thick; mix in the cracker and milk, the suet and fruit well dredged, the spice and rose water, then the whipped whites, finally the almonds; bake in a buttered mould one hour and one-half; eat with wine sauce.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

tion or "churning" in carriage, and hence no possibility of fermentation.

LACTIC ACID,

As chemically known, is sugar in solution induced by albuminous ferments, exposed in said solution to the atmosphere, producing an element known as diastase. This is a strong absorbent, as anybody can demonstrate by placing an open vessel containing milk in a closed receptacle, as an ice chest or cupboard where other food articles are contained, and it will be found that the milk has absorbed the odors of the other articles thus brought in contact ; or, if said milk be set in the open air, it will be found to readily absorb floating atmospheric particles of whatever nature. Now, if we place milk in glass and hermetically seal the orifice of the vessel, which has a cap so handily arranged that you can draw just such quantity as is required for use at the time being, and then re-seal the bottle, it must be apparent that the fluid so protected must be free from contamination from the outer atmosphere, as well as protected from the opportunity of the absorption of surrounding elements, animal, vegetable or otherwise ; that is to say, if this milk is put in the same cupboard with Limburger cheese it will not rob the cheese of its perfume, and if onions happen to be on the same shelf in the closet the milk in the bottle will not absorb the scent of the onion.

Lactic acid in milk fresh from the cow and uncontaminated by atmospheric or metallic chemical influences, is not only nutriment, but medicine. Set this acid free by taking it up with bi-carbonate of soda, the casein separated therefrom ferments, and by the addition of soda, the sugar of milk contained becomes butyric acid. The effect of this acid on iron is to produce the lactate of iron, which causes oxidization of the metal. Now all these chemical products from the action of lactic acid

(Continued on page 128.)

Don't let yourself be cheated as to milk. Be sure and use only EWELL'S X. L. DAIRY BOTTLED MILK.

Corn Starch Meringue.

Five eggs, one quart EWELL'S X. L. DAIRY BOTTLED MILK, three-quarters cup sugar, four teaspoonfuls corn starch, one-half cup fruit jelly or jam; heat milk to boiling, stir in corn starch, which has been previously dissolved in cold milk; boil fifteen minutes, stirring all the while; remove from fire, and while still hot add gradually the yolks of the eggs beaten up with sugar and seasoned with vanilla, lemon or bitter almond; pour this into a buttered pudding dish and bake fifteen minutes; spread lightly and quickly upon the pudding a meringue of the whites whipped up stiff with a half cup of jelly, added gradually; bake for five minutes.

Fruit Bread Pudding.

One quart EWELL'S X. L. DAIRY BOTTLED MILK, five eggs, two tablespoons melted butter two tablespoons sugar, one-quarter pound raisins, chopped and seeded, one-quarter pound currants, handful citron, one teaspoon soda, dissolved in hot water, two scant cups bread crumbs; beat the yolks light with the sugar, add the bread crumbs when they have been well soaked in the milk, and stir until smooth; next put in the fruit, well dredged with flour, and finally the whites, whipped to a stiff froth.

Alice's Pudding.

One quart EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, one cup fine bread crumbs, one-half cup strawberry jam, one-half cup sugar; butter a pudding dish, sprinkle the bottom with bread crumbs; pour over these a half cup of jam, and cover this well with the rest of the crumbs, wet with a little milk; heat the quart of milk until near boiling, take it from the fire and add gradually the beaten yolks and sugar, stirring in the beaten whites lightly at last; heat this by degrees, stirring constantly until it begins to thicken; put it, spoonful by spoonful, upon the layer of bread crumbs, taking care not to disturb these, and when all is in bake until well "set" and slightly browned.

Baked Apple Pudding.

Six large firm Pippins, grated, three tablespoons butter, one-half cup sugar, four eggs, whites and yolks separately, juice of one lemon and half the peel; beat butter and sugar to a cream, stir in yolks, the lemon, grated apple, lastly the whites; grate nutmeg over the top, and bake until nicely browned. Eat cold with EWELL'S X. L. DAIRY BOTTLED CREAM.

Sweet Apple Pudding.

One quart EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, three cups chopped apples, one lemon, all the juice and half the rind, nutmeg and cinnamon, one-quarter teaspoonful of soda dissolved in a little vinegar, flour for a stiff batter; beat the yolks very light, add the milk, seasoning and flour; stir hard five minutes, beat in the apple, then the whites, lastly the soda, well mixed in; bake in two pans one hour and eat hot.

Pippin Pudding.

Eight Pippins, pared, cord and sliced, breaking them as little as possible, one-half cup fine bread crumbs, two teaspoonfuls butter, melted, five eggs, whites and yolks separate, three-quarters cup sugar, one ounce citron, shred finely, one teaspoonful nutmeg, and a dozen whole cloves, one cup EWELL'S X. L. DAIRY BOTTLED MILK; soak bread crumbs in milk, cream butter and sugar and beat this into the yolks, next, adding milk and soaked bread, stir until smooth and light; put in the nutmeg and citron and whip in whites lightly; butter a deep dish and put in sliced apple, sprinkling each piece well with sugar, and scattering cloves among them; pour the custard you have prepared over them and bake three-quarters of an hour.

on metal are good in their places in the drug stores ; but we don't want them in our milk which we use ourselves or feed to our tender infants. The writer once heard Brigham Young preach a sermon on butter. . It was at the inception of the Gentile migration through Utah to Montana, when the Mormons found ready cash customers for their farm products, which was something new to them, as before that all their business transactions were carried on by what they called "Trade," or, in other words, swapping. Said Brigham :

" I want to say a few words to the sisters before we sing the doxology. These sons of Belial, these Gentiles who are passing through Zion in search of Mammon, complain that they find hairs in the butter they buy from the Saints. Now, brethren and sisters, we all know that hair is a good thing in its place, but nobody wants it in his butter."

So with metallic salts and other poisons that may be useful in medicine ; they are good enough in their place, but we don't want them in our milk.

One of the diseases for which butyric acid is prescribed by physicians is chlorosis. One of the attendants of this complaint is an abnormal and morbid craving for chalk, which is eaten with avidity. Victims of this ailment need not expect to find relief in this particular in EWELL'S X. L. DAIRY MILK ; but, for purity and nutritive qualities, all invalids will find that this milk is true to name and cannot be XL'd.

A RESUME.

Mr. Ewell does not for a moment intend to claim or convey that PURE MILK in properly cleansed tin vessels is poisonous or injurious to health, because pure milk is life and health-giving. But what he does claim is the superiority of glass over metal as the containing vessel, on the score that under the metal system there is always a liability of the absorption of impurities by contact, atmospheric or otherwise, and a possibility of integration into the milk, by agitation, of the poisonous salts con-

(Continued on page 130.)

BATTLE OF GETTYSBURG PANORAMA IS GRAND.

Apple Batter Pudding.

One pint EWELL'S X. L. DAIRY BOTTLED MILK, two cups flour, four eggs; one teaspoonful salt, one-quarter teaspoonful soda, dissolved in hot water; peel and core eight apples carefully, and range them closely in deep dish; beat the batter very light and pour over them; bake an hour.

Plum Pudding, No. 2.

One and one-half pints bread crumbs, six tablespoonfuls sugar, two pints EWELL'S X. L. DAIRY BOTTLED MILK poured boiling on the bread, three eggs, half cup butter, one pound raisins, one wineglass wine.

Cottage Pudding.

One pint flour, three teaspoons yeast powder, one cup sugar, one egg, a piece of butter same size, one cup of EWELL'S X. L. DAIRY BOTTLED MILK; to be eaten immediately with sauce; bake half an hour in moderate oven.

Tapioca and Apple Pudding.

Take about seven good-sized apples, core them; boil one cup tapioca in one quart water until thoroughly dissolved (about one hour); add half a cup sugar, one teaspoon salt, a little butter and nutmeg; pour over the apples when they are well cooked; eat with EWELL'S X. L. DAIRY BOTTLED CREAM.

A Nice Rice Pudding.

One quart EWELL'S X. L. DAIRY BOTTLED MILK, one cup rice, a little salt; boil until soft, take from the fire, stir in the yolks of three eggs, a small piece of butter; sweeten and flavor to taste; put in a dish, take the whites and one cup sugar, beat well, pour over the top and brown in the oven.

Rice Pudding, No. 2.

Take half teacup rice, two quarts EWELL'S X. L. DAIRY BOTTLED MILK, a little salt; sweeten and flavor to taste, and bake in a moderate oven two or three hours, stirring frequently during the first hour; a cup of milk may be reserved and added when you cease stirring; to be eaten cold.

Apple Meringue Pudding.

One pint stewed apples, three eggs, one-half cup white sugar and one teaspoon butter, one teaspoon nutmeg and cinnamon mixed, one teaspoon essence bitter almond (for the meringue); sweeten and spice, and while apple is still very hot, stir in butter and yolks of eggs; beat all light, pour into buttered dish and bake ten minutes; cover, without drawing from oven, with a meringue made of beaten whites, two tablespoons white sugar, and bitter almond seasoning; brown slightly; eat with EWELL'S X. L. DAIRY BOTTLED CREAM.

Cracker and Jam Pudding.

Three eggs, one-half cup cracker crumbs, one-half cup sugar, one tablespoon butter, one teacup of EWELL'S X. L. DAIRY BOTTLED MILK, one-half lemon, juice and grated rind, three tablespoons jam; soak the crackers in the milk, rub the butter and sugar together, adding the lemon, and beating to a cream; then stir in the beaten yolks, next the cracker and milk, lastly the whites; butter a deep dish and put the jam, which should be pretty stiff, at the bottom; fill up with the mixture, and bake about half an hour; eat cold.

Paper yellowed by age or water stains may be bleached by immersion in a bath of chlorine and subsequent rinsing in clean water.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

tained in the enclosing metal. Such contingencies are absolutely impossible under the glass system as pursued by Mr. Ewell.

During the summer season one can scarcely pick up a newspaper without reading accounts of wholesale poisoning by ice cream. Ice cream is delicious and refreshing in heated times, and, when properly prepared from pure ingredients, is no more injurious than is a beefsteak to a healthy and hungry man in mid-winter. The poisons generated in ice cream may be, and are, due to various causes, as follows: A dirty freezer, with the decomposed particles of former freezings permeating the pores, the metallic salts contained in milk held in cans and transported to the picnic or church social through the agitation of transportation, or the febrile or otherwise unhealthy condition of the milk or cream itself. Such conditions are not only improbable, but next to impossible, in ice cream made from pure milk, protected from the influences of milk thus exposed and enclosed and conveyed in cans; and, for making ice cream; there as richness and less danger in EWELL'S X. L. MILK than in the alleged cream of the ordinary dairy; because, it being a pure article, and protected against the unadventitious conditions that attend milk by the can system, the danger of the disintegration of the salts of the metal of which the freezer is contained is reduced to a minimum, and, if the freezer has been properly scoured, the presence of metallic salts is so infinitesimal that the amount contained in a freezerfull of ice cream couldn't disturb the stomach of a humming bird.

On page 116 appears the advertisement of the Jay Eye See Liniment, highly recommended for cuts, burns, scalds and sores of all kinds. They claim that all dairymen should have it.

Also on same page the advertisement of California Fruit Salt, made from sound ripe fruit, a remedy for headache, indigestion, dyspepsia and constipation.

(Continued on page 134.)

Highest Rates of Interest at People's Home Savings Bank.

Rice and Tapioca Pudding.

One-half cup rice, one-half cup tapioca, three-quarters cup sugar, three pints EWELL'S X. L. DAIRY BOTTLED MILK; cinnamon to taste; soak the tapioca in a cup of milk three hours; wash the rice in several waters and soak in another cup as long as you do the tapioca; sweeten the remaining quart of milk, put all the ingredients together, and bake two hours in slow oven; eat cold.

Rice Flour Pudding.

Two quarts EWELL'S X. L. DAIRY BOTTLED MILK, one-half pound rice flour, one cup sugar, six eggs, one tablespoonful butter, one small teaspoonful nutmeg, two teaspoonfuls vanilla, one lemon, juice of the whole and half the grated rind; heat the milk to a boil, and stir in the rice flour wet to a smooth paste with a little cold milk; boil until well thickened, stirring all the time; take from the fire, and while still hot stir in the butter, the yolks beaten light with the sugar, the lemon, nutmeg and whites of three eggs; mix well and bake in a buttered dish three-quarters of an hour; just before you take it up draw to the mouth of the oven and cover with a meringue of the remaining whites, beaten stiff with two tablespoons of powdered sugar and flavored with vanilla; bake until the meringue begins to brown.

German Puffs.

Three cups flour, three cups EWELL'S X. L. DAIRY BOTTLED MILK, three eggs, whites and yolks beaten separately and very light, three teaspoonfuls melted butter, one saltspoonful salt; pour in nine well-buttered cups of same size as that used for measuring, and bake to a fine brown; eat as soon as done with sauce.

Huckleberry Pudding.

One pint EWELL'S X. L. DAIRY BOTTLED MILK, two eggs, one quart flour, one gill baker's yeast, one saltspoonful salt, one teaspoonful soda, nearly a quart of berries, well dredged with flour; make a batter of eggs, milk, flour, yeast, salt and soda, and set it to rise in warm place about four hours; when you are ready to boil it stir in the dredged fruit quickly and lightly; boil for two hours.

Fruit Valise Pudding.

One quart flour, one tablespoon lard, same of butter, one teaspoon soda dissolved in hot water, two teaspoons cream tartar sifted through flour, one saltspoon salt, two cups EWELL'S X. L. DAIRY BOTTLED MILK, one quart berries, chopped apples, sliced peaches or other fruit; jam, preserves, canned fruit or marmalade may be substituted for berries; roll out the crust less than half an inch thick into an oblong sheet, cover thickly with the fruit and sprinkle with sugar; begin at one end and roll up closely the fruit inside; in putting this in leave a narrow margin at the other end of the roll, which should be folded down closely; pinch the edges of the folded roll together to prevent escape of fruit, and baste up in a bag the same size and shape of "valise;" flour the bag well before putting in the pudding; boil an hour and a half.

Suet Dumplings.

Two cups fine bread crumbs soaked in a little of EWELL'S X. L. DAIRY BOTTLED MILK, one cup beef suet powdered, four eggs, whites and yolks separated and beaten very light, one tablespoon sugar, one teaspoon cream tartar in flour, one-half teaspoon soda dissolved in hot water, one teaspoon salt, enough of EWELL'S X. L. DAIRY BOTTLED MILK to mix into stiff paste; mix into large balls with floured hands; put in dumpling cloths; boil three-quarters of an hour.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

JACOBS & EASTON,

JULIUS JACOBS.
GEO. EASTON.
JAS. N. BROWN.
E. P. FARNSWORTH



P.O. BOX 2138.

TELEPHONE 742.

PACIFIC DEPARTMENT OF

Springfield of Mass.	Assets, January 1, 1890,	\$3,410,983	00
Glens Falls of N. Y.	“ “ “	1,785,404	00
New Hampshire of N. H. “ “ “	“ “ “	1,588,817	00
German of Freeport.	“ “ “	2,452,621	00
Merchants of Newark.	“ “ “	1,554,658	00
United States of N. Y.	“ “ “	651,403	00
Concordia of Wisconsin. “ “ “	“ “ “	581,386	00
Union of Penn	“ “ “	796,542	00
Citizens of St. Louis.	“ “ “	462,977	00
Buffalo-German.	“ “ “	1,374,766	00
Newark Ins. Co.	“ “ “	730,039	00

LOCAL AGENTS FOR

Ins. Co. of North Am.	Assets, January 1, 1890,	\$8,731,251	00
Imperial of London	“ “ “	10,044,636	00
Prussian Nat'l of Stettin “ “ “	“ “ “	3,204,965	00

JACOBS & EASTON,

AGENTS,

312 PINE STREET, - - San Francisco, Cal.

Gooseberry Pudding.

One pint ripe gooseberries, six or eight slices toasted stale bread, one cup of EWELL'S X. L. DAIRY BOTTLED MILK, one-half cup sugar, one tablespoon melted butter; stew gooseberries ten minutes very slowly; cut slices of bread to fit pudding dish, toast to a light brown, dip each slice while hot in milk and spread with melted butter; cover the bottom of the dish with them; put next a layer of gooseberries, sprinkled thickly with sugar, more toast, more berries, and so on; cover closely and steam in moderate oven twenty-five minutes.

Newark Pudding.

One cup fine bread crumbs soaked in a pint of EWELL'S X. L. DAIRY BOTTLED MILK, one quart of EWELL'S X. L. DAIRY BOTTLED MILK, five eggs, two tablespoons rice flour, one-half pound raisins seeded, cut in two and dredged with flour, vanilla or bitter almond extract, two tablespoons melted butter and half teaspoonful soda; beat the yolks light, add soaked bread crumbs and milk, stir to a smooth batter and put in the rice flour, wet up first with cold milk; the reserved pint of milk, the seasoning, butter, the fruit, lastly the whites whipped stiff; bake an hour in a buttered mould; turn out and pour sauce over it, serving hard sauce also with it.

Dot's Dumplings.

One quart prepared flour, two and one-half tablespoons lard and butter mixed, two cups EWELL'S X. L. DAIRY BOTTLED MILK, or enough to make soft dough; roll out quarter of an inch thick; cut into oblong pieces, rounded at corners; put a great spoonful of Damson preserves in the middle and roll into a dumpling, bake three-quarters of an hour, brush over with beaten egg while hot, set back in the oven three minutes to glaze; eat hot with brandy sauce.

EWELL'S X. L. DAIRY BOTTLED MILK is sent to all parts of the city, and is welcomed by all.

Berry Pudding.

One pint EWELL'S X. L. DAIRY BOTTLED MILK, two eggs, one salt-spoon salt, one-quarter teaspoon soda dissolved in hot water; one-half teaspoon cream tartar sifted through a cup of flour and added to enough flour to make a thick batter, one pint blackberries, raspberries, currants, well dredged with flour, stirred in at the last.

Orange Marmalade Pudding.

One cup fine bread crumbs, one-half cup sugar, one cup EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, two teaspoons butter, one cup orange marmalade; rub the butter and sugar together, add yolks well beaten, the milk, bread crumbs, and the whites whipped to a froth; put a layer of this in the bottom of a well-buttered mould, spread thickly with marmalade, then another layer of the mixture, and so on until the mould is full, having the custard on top; bake in moderate oven about an hour.

Macaroni Pudding.

One cup macaroni broken into inch lengths, one quart EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, half a lemon, juice and grated peel, two tablespoons melted butter, three-quarters cup sugar; simmer the macaroni in half the milk until tender; while hot, stir in the butter, the yolks, well beaten up with the sugar, lastly the whipped whites and lemon. Bake about half an hour.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

POWDERED MILK.

Invention of a Swiss Savant Which Reverses Known Natural Laws.

The idea of reducing cow's milk to a dry powder, says the *American Dairyman*, and shipping it in this condition all over the world, seems to have first originated with Dr. Krueger, a Swiss savant, and under his management a company was organized to make milk powder in Switzerland.

It is claimed that milk in this form is much better than canned or condensed milk for one reason—it has no sugar in it. It is well known that condensed milk cannot be used in many departments of cooking on account of this sugar, and this also makes it objectionable for use with very young children, not that sugar itself is injurious to children, for it is always put into their milk, we believe, but it is better that this sugar be put in fresh at the time of preparing milk for the child.

How far this powdered milk will answer these objects remains to be seen. One thing is certain, the powder would be much better for transportation and more handy to have in the house than either plain or condensed milk, provided it is a success.

It looks somewhat dubious as a complete substitute for plain milk, not only on account of necessary expense, but we do not find any kind of food capable of being thoroughly dried and afterward made over with water so as to closely resemble the original article, and we never expect to see it done with cow's milk.

Nature has a way of mingling these things that thus far man has not been able to closely imitate.

The above from a recent issue of the *Call* shows how utterly hopeless is the idea of ever producing any substitute for pure rich cow's milk, such as is produced by EWELL'S X. L. DAIRY BOTTLED MILK CO., bottled warm from the cow.

(Continued on page 138.)

See the Battle of Gettysburg at Market and Tenth S ts.

Neapolitan Pudding.

One large cup fine bread crumbs soaked in EWELL'S X. L. DAIRY BOTTLED MILK, three-quarters cup sugar, one lemon, juice and grated rind, six eggs, one-half cup stale sponge cake, one-half pound macaroons, almond, one-half cup jelly or jam and one small tumbler of sherry wine, one-half cup EWELL'S X. L. DAIRY BOTTLED MILK poured on the bread crumbs, one tablespoon melted butter; rub the butter and sugar together, put the beaten yolks in next, then the soaked bread crumbs, the lemon, juice and rind, and beat to a smooth light paste before adding the whites; butter your mould very well and put in the bottom a light layer of bread crumbs; upon this one of macaroons, laid evenly and closely together; wet this with wine and cover with a layer of the mixture; then with slices of sponge cake, spread thickly with jelly; next macaroons, wet with wine, more custard, sponge cake and jelly, and so on until the mould is full, putting custard on top; cover closely and steam in the oven three-quarters of an hour, then remove cover to brown on top; serve with sauce made of currant jelly warmed and beaten up with two tablespoons melted butter and a glass of pale sherry.

Cup Puddings.

Four eggs, the weight of the eggs in sugar and flour, half their weight in butter, two tablespoons EWELL'S X. L. DAIRY BOTTLED MILK, one-quarter teaspoonful soda dissolved in hot water; rub the sugar and butter together, beat the yolks light and then add the milk and soda, lastly the flour and beaten whites alternately; fill six small cups, well buttered, and bake twenty minutes, or until a nice brown; eat warm.

Lemon Pudding.

One cup sugar, four eggs, two tablespoons corn starch, two lemons, juice of both and rind of one, one pint EWELL'S X. L. DAIRY BOTTLED MILK, one tablespoonful butter; heat the milk to boiling and stir in the corn starch, wet with a few spoonfuls of cold water; boil five minutes, stirring constantly; while hot, mix in the butter, and set it away to cool; beat the yolks light and add the sugar, mixing very thoroughly before putting in the lemon juice and rind; beat this to a stiff cream, and add gradually the corn starch milk when the latter is cold; stir all smooth, put in buttered dish and bake.

Lemon Meringue Pudding.

One quart EWELL'S X. L. DAIRY BOTTLED MILK, two cups bread crumbs, four eggs, one cup butter, one cup white sugar, one large lemon, juice and half the rind grated; soak the bread in the milk; add the beaten yolks, with the butter and sugar rubbed to a cream, also the lemon; bake in a buttered dish until firm and slightly brown; draw to the door of the oven and cover with a meringue of the whites whipped to a froth with three tablespoons of powdered sugar and a little lemon juice; brown very slightly; sift powdered sugar over it and eat cold.

Cocoanut Pudding.

One-half cup grated cocoanut, one-half cup stale sponge cake grated fine, one cup sugar, one large cup EWELL'S X. L. DAIRY BOTTLED MILK, six eggs, two teaspoons vanilla; cream the butter and sugar and add beaten yolks; when well mixed, put in cocoanut, stir well, add milk, cake crumbs, flavoring, lastly whites of three eggs; whip the other whites stiff with three tablespoons powdered sugar; flavor with vanilla, spread over top of pudding and brown in oven; bake three-quarters of an hour.

USE THE BEST OF EVERYTHING,

THE BEST IS THE CHEAPEST.

W. F. McALLISTER, M. D.
Office, 321 Sutter St.,
RESIDENCE, PALACE HOTEL.

U. S. Quarantine Inspector.
Ex. U. S. Commissioner of Immigration,
Port of San Francisco.

SAN FRANCISCO, Feb. 6th, 1890.

For a number of years I have used EWELL'S
X. L. DAIRY BOTTLED MILK. For purity
and richness it is unexcelled. I invariably pre-
scribe it for my patients when a milk diet is
required.

W. F. McALLISTER, M. D.

Cabinet Pudding.

One-half pound flour, one-quarter pound butter, five eggs, one and one-half pounds sugar, one-half pound raisins, seeded and cut in three pieces each, one-quarter pound currants, one-half cup EWELL'S X. L. DAIRY BOTTLED CREAM, one-half lemon, juice and rind grated; cream the butter and sugar, add beaten yolks, then the milk and flour, then the whites, last stir in fruit, turn into buttered mould; boil two hours and a half.

Tomato Pudding.

Pour boiling water on tomatoes, remove the skin; put in the bottom of the dish some bread crumbs, then slice the tomatoes on them; season with sugar, butter, pepper and salt; add another layer of bread crumbs, then of sliced tomatoes and more seasoning; beat two eggs, mix with them half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, and pour over the crumbs and tomatoes; bake twenty minutes in a quick oven.

Rice and Apple Pudding.

Steam until tender one cup of rice in two cups of water; have ready in your pudding dish one quart of pared and quartered apples, sprinkled with half a cup of sugar; pour over the rice half a cup of EWELL'S X. L. DAIRY BOTTLED MILK, a sprinkle of cinnamon.

Custards, Creams, Ices, Etc.

Charlotte Russe.

Make a sponge cake; beat one pint of EWELL'S X. L. DAIRY BOTTLED CREAM and the whites of three eggs to a stiff froth; sweeten the cream to taste, flavor with almond, and mix the cream and egg froth; blanch and split one dozen almonds and place them on the cake; then pour over the cake the cream and froth of eggs.

Eldorado Cream.

One quart of EWELL'S X. L. DAIRY BOTTLED CREAM, yolks of four eggs, one-half ounce of gelatine, one small cup sugar, two teaspoons vanilla; soak the gelatine in enough cold water to cover it for one hour; drain and stir into a pint of the cream made boiling hot; beat the yolks smooth with the sugar and add the boiling mixture, beaten in a little at a time, heat until it begins to thicken, but not boil; remove it from the fire, flavor while it is hot, stir in the other pint of cream whipped to a froth, beat this in slowly into the custard until it is of the consistency of sponge cake batter; pour into the mould to cool.

Chocolate Cream.

Soak half a box of gelatine in half a cup of warm water one hour; add to the same one-half a cup of grated chocolate, one-half a pound of white sugar, and one pint of EWELL'S X. L. DAIRY BOTTLED MILK; stir all together and boil five minutes by placing the vessel in another of boiling water, then add half a pint of EWELL'S X. L. DAIRY BOTTLED CREAM; boil one minute; flavor with vanilla and pour into mould to cool.

Tapioca Jelly.

One cup tapioca, soaked in three cups cold water four hours, set in boiling water half an hour until it is like jelly, three lemons grated, and stir frequently; serve with sugar and EWELL'S X. L. DAIRY BOTTLED MILK.

FEED VS. BREED.

It is a singular fact that notwithstanding Mr. Ewell's experience years ago taught him that feed, and the manner of preparing it, was of more importance than *fancy breeds* of cattle, the following from the *Breeder and Sportsman* of this city is the first acknowledgment of this important point we have noticed by any prominent authority :

“ In breeding dairy stock, individual merit and the possession of desirable qualities are more to be considered than the breed, which is valuable only as it indicates the probable possession of these qualities, with the power to transmit them. The breed or the individual animal that possesses the most desirable points and gives the best return, in milk, beef or work, is the one to be desired. In breeding for beef, not only quantity but quality should be considered. If for work, both weight and endurance, coupled with activity, should be aimed at. The dairy animal should be bred more for quality than for quantity, more for value of the returns at the pail than for size. Too many Holsteins have been reared because they were Holsteins, and too many Jerseys because they were Jerseys, and so on. The small animal with the rich mess of milk needs to be bred up and have the flow increased. The large animal with the large yield of only fairly good milk needs to be bred for the improvement of the quality of the milk. This can be done by selecting and breeding from the animals giving the richest milk. We want more lean meat in our hogs, which means more nitrogenous food and exercise. For mutton sheep we want the large carcass of lean and fat well mixed and tender, and for wool we want not only weight but fine and even fibre, strong and elastic. In short, we must always have a purpose in view in breeding, and subordinate everything else to that purpose.

“ It will generally be observed that big feed and big yield go together. There is nothing unphilosophical about this. So

(Continued on page 142.)

Deposit Your Savings with Peoples' Home Savings Bank.

Swan's-Down Cream.

Whip stiff a pint of EWELL'S X. L. DAIRY BOTTLED CREAM, then beat to a froth the whites of three eggs, sweeten with a cup of sugar, and flavor with almond; beat all together, put in a glass dish and set in a bowl of hacked ice to send to the table.

Italian Cream.

Two sheets of isinglass in a cup of cold water, to be boiled down to three-fourths of a cup; take a pint of EWELL'S X. L. DAIRY BOTTLED CREAM, sweeten with white sugar to the taste, and add a good-sized wineglass of sherry wine; stir well; when the isinglass is tepid stir in the mixture and put in a mold.

Spanish Cream.

Dissolve half a box of gelatine in half a pint of EWELL'S X. L. DAIRY BOTTLED MILK, beat six eggs very light, mix the yolks with the boiling milk, add the gelatine; sweeten and flavor with vanilla; pour the whites of the eggs, well beaten, on top.

Orange Gelatine.

Take six oranges, pare them, cut in thin slices, take out the seeds, lay in a dish; dissolve half a box of gelatine in half a pint of cold water, then add to it, after it is all dissolved, one pint of boiling water, one cup of white sugar; strain through a sieve on to the orange; set away to cool for the next day; serve with EWELL'S X. L. DAIRY BOTTLED CREAM and sugar; cut the oranges in small pieces.

English Blanc Mange.

Four tablespoonfuls of corn starch to one quart of EWELL'S X. L. DAIRY BOTTLED MILK, two eggs; dissolve the corn starch in some of the milk; put into the remainder of the milk four ounces of sugar, a little salt, one teaspoonful of lemon, and heat to near boiling, then add the mixed corn starch and boil four minutes, and pour into a mould and keep till cold; when turned out, pour around it any kind of stewed fruits.

Tapioca Cream.

One cup tapioca, soaked over night in cold water; boil one quart of EWELL'S X. L. DAIRY BOTTLED MILK in a pail set in hot water; beat the yolks of three eggs, one cup sugar and a little salt into the tapioca, and stir into the milk and boil until it thickens; turn it into a dish and stir into it the whites of three eggs and a little flavoring; set it away to cool, and then it is ready for the table.

Chocolate Blanc Mange.

One quart of EWELL'S X. L. DAIRY BOTTLED MILK (take a cupful from the quart and soak one ounce of gelatine in it for an hour), four heaping tablespoonfuls of grated chocolate rubbed up with a little milk, three eggs, the whites and yolks beaten separately, a cupful of sugar and a tablespoonful of vanilla; heat the milk to boiling, then pour in the gelatine and the milk, and stir it until it is dissolved; add the sugar to the beaten yolks, and stir till it is smooth; beat the chocolate into this, and stir in a spoonful at a time of the scalding milk upon the mixture; return to the inner saucepan and heat gently until it almost boils, remove from the fire and turn into a bowl, then beat in quickly the beaten whites, then pour into the moulds, which must be wet in cold water, and set away to cool.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

EWELL'S X. L. DAIRY BOTTLED MILK COMP'Y



FURNISHES THE

PUREST AND BEST MILK AND CREAM IN THE WORLD.

— PRICES —

MILK, 10 CENTS PER QUART BOTTLE. ∴ ∴ ∴ ∴ ∴

CREAM, 40 CENTS PER QUART BOTTLE.

∴ ∴ CHARLOTTE RUSSE CREAM, 60 CTS. PER QUART BOTTLE.

TWO - DELIVERIES - PER - DAY.

MAIN OFFICE:

21st and FOLSOM STREETS, SAN FRANCISCO,

DAIRY, SAN MATEO COUNTY.

Telephone 6109.

P. O. Box 1129.

L. J. EWELL,

2460 FOLSOM STREET.

Ice Cream, No. 1.

Two quarts of EWELL'S X. L. DAIRY BOTTLED MILK, three table-
spoons arrowroot, two teacups fine sugar; after it has boiled, pour it upon the
whites of eight eggs, beaten to a stiff froth.

Ice Cream, No. 2.

One quart of EWELL'S X. L. DAIRY BOTTLED MILK, four eggs, half
a pound of sugar, one tablespoon corn starch; mix the starch with a little milk,
boil the milk, and while boiling stir in the starch, eggs and sugar, well beaten
together; cool before freezing.

Ice Cream, No. 3.

Scald two quarts of EWELL'S X. L. DAIRY BOTTLED MILK, wet four
tablespoons corn starch with cold milk, put into the scalding milk with four
cups sugar, and boil until the taste of the corn starch is quite gone; when quite
cold, add one quart of EWELL'S X. L. DAIRY BOTTLED CREAM beaten to
a stiff froth, flavor to taste and freeze.

Ice Cream, No. 4.

To each quart of EWELL'S X. L. DAIRY BOTTLED MILK use five eggs
and one-half pound sugar; beat the eggs and sugar together; after boiling the
milk pour it over the sugar and eggs, beating it all at the same time, then put
it on the fire again, and as soon as it thickens take off and strain into the
freezer to cool; when cold, add a pint of EWELL'S X. L. DAIRY BOTTLED
CREAM and flavor to taste.

Orange Ice Cream.

To one gallon of cream squeeze in the juice of five oranges; rub lumps of
sugar on the orange peels and put in the cream; sweeten and freeze.

Peach Ice Cream.

Take very soft ripe peaches, to each quart after being mashed add a pint
and a half of EWELL'S X. L. DAIRY BOTTLED CREAM, with half an
ounce of gelatine dissolved and mixed in; sweeten to taste and freeze.

Fruit Ice Cream.

Half a gallon of EWELL'S X. L. DAIRY BOTTLED MILK, one ounce
of gelatine dissolved in cold milk and poured in, four eggs and four and a half
cups sugar; pour in the freezer; as soon as it begins to freeze add a pound of
raisins, one pint strawberry preserves, one pound chopped almonds, one grated
cocoanut, one pound currants; freeze.

Tea Ice Cream.

Pour over five tablespoons of Old Hyson Tea a pint of EWELL'S X. L.
DAIRY BOTTLED CREAM; scald in a custard kettle; remove from the fire,
and let stand five minutes; strain it into a pint of cream, put on to scald again,
and when hot mix with four eggs and three-fourths pound sugar, well beaten
together; let cool and freeze.

Borax is infinitely better for washing clothes than soda, for it injures
nothing, and softens, whitens and cleanses thoroughly.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

long as the yield increases with increase of feed, it pays, no matter how much may be fed, provided the cow's system will stand it and convert the extra feed into milk and butter. It becomes thus far a mere question of converting raw material into manufactured product. A cow cannot make something out of nothing, and the point to be determined is only how much may be fed with a paying profit. In some of the remarkable tests it would not be strange if the feed should be pushed beyond the point of profit, nor if the cow should be injured by forcing her beyond her normal capacity. The *Holstein-Friesian Register* calls attention to the feed of the Jersey cow Cromwell Maid, when from July 21st to July 27, 1887, she averaged $19\frac{1}{2}$ quarts of milk per day, which made 29 pounds and 12 ounces of butter. Her daily grain feed was 6 quarts of corn meal, 7 quarts oat meal, 2 quarts of pea meal, 1 quart of oil meal and 6 quarts of middlings. This is figured out to be 34.87 pounds of grain feed daily, which is certainly very high for a 900-pound cow. But how could she be expected to produce such a prodigious result without it? Comparison is made with the feed of the Holstein-Friesian cow De Kol 2d, which made 33 pounds and 6 ounces of butter in 7 days. The daily ration was 18 pounds of hominy chop, $7\frac{1}{2}$ pounds of wheat bran and $3\frac{1}{2}$ pounds of cotton seed meal—a total of 29 pounds of grain. She weighed 1500 pounds, and averaged a pound of butter for $6\frac{1}{2}$ ounces of grain feed, while the Jersey consumed 8 $\frac{7}{32}$ ounces of grain feed for a pound of butter. Thus it appears that a pound of Jersey butter costs more grain feed than a pound of Holstein-Friesian butter, the smaller animal eating the more. We do not question the fairness of this statement, as far as it goes; but unfortunately there is a big omission. Only the grain feed is given. How much grass, hay, or other food did each animal consume? With this omission, the comparison is incomplete."

And yet no large dealers have so far adopted his system of cooking all his grains. As has been mentioned in former articles in this book, cooking feed for cows enables him to use a greater variety of food than can be fed by simply grinding and feeding it moistened. For instance, he uses corn, wheat,

(Continued on page 146.)

Chocolate Icing.

Two and a half ounces grated chocolate, one ounce brown sugar, three tablespoons EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoonful prepared gum arabic; boil briskly ten minutes, and add one teaspoonful vanilla.

EWELL'S X. L. DAIRY BOTTLED MILK Co., corner Twenty-first and Folsom streets.

Custard.

Beat the yolks of ten eggs, add one quart of EWELL'S X. L. DAIRY BOTTLED MILK, two thirds cup sugar; flavor to suit taste; pour into cups and bake in moderately hot oven.

Custard. No. 2.

Beat five eggs with two-thirds cup of white sugar; add a quart of EWELL'S X. L. DAIRY BOTTLED MILK; flavor to suit taste, stir together, pour into cups and bake.

Boiled Custard.

Two tablespoonfuls of corn starch to a cup and two-thirds of EWELL'S X. L. DAIRY BOTTLED MILK; mix the corn starch with a small quantity of the milk, flavor to taste, beat up two eggs, heat the remainder of the milk to near boiling, add mixed corn starch, the eggs, three and a half tablespoons sugar, a little butter and salt; boil two minutes, stirring briskly.

Floating Island.

One quart of EWELL'S X. L. DAIRY BOTTLED MILK, five eggs, yolks and whites beaten separately, four and a half tablespoonfuls sugar, two teaspoonfuls vanilla, one-half cupful of currant and raspberry jelly; heat the milk to scalding; beat the yolks, stir into them the sugar, pour upon them gradually a cupful of hot water; return to fire and boil until it thickens; when cool, flavor and put in glass dish; heap upon the top meringue of whites into which you have beaten jelly, a teaspoonful at a time.

Corn Starch Meringues.

Three pints of EWELL'S X. L. DAIRY BOTTLED MILK, five eggs, three tablespoons corn starch; put the milk on to boil, reserving a little cold to wet the corn starch with; beat the yolks and a large cup sugar together, and when milk boils stir in corn starch and eggs; let it boil a few minutes, then pour it into a dish; flavor with vanilla; beat the whites to a stiff froth, add a tablespoon sugar, spread it on top and brown in oven.

Strawberry Souffle.

Fill a glass dish with strawberries, leaving a hole in the center; make a custard with a pint and a half of EWELL'S X. L. DAIRY BOTTLED MILK, yolks of three eggs, two tablespoons sugar; thicken the custard over the fire, stir constantly; when cold, pour in the center of the dish, sprinkle over the berries; beat the whites of two eggs to a froth and pour over the whole.

Orange Custard.

Five eggs, beaten with two cups of sugar, juice of two oranges, rind of one orange, two cups and a half of EWELL'S X. L. DAIRY BOTTLED MILK; fill the cups and bake half an hour.

If you take flannels out of hot water and hang them in freezing air it will shrink them.

USE EWELL'S X. L. DAIRY BOTTLED MILK,
PUREST AND BEST IN THE WORLD.

HARMONY IS NATURE'S FIRST LAW

*And is Equally True in the Arrangement of Your
Home as in Music.*

The effects of elegant carpets together with fine furniture is frequently spoiled by leaving the walls white.

Have your homes made pleasant by covering the walls in a tasteful and artistic manner with wall paper

THAT HARMONIZES WITH YOUR CARPETS AND FURNITURE.

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IMPORTERS OF AND DEALERS IN

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DONE IN THE LATEST STYLE.

ALL WORK GUARANTEED.

ESTIMATES CHEERFULLY GIVEN.

GIVE US A CALL.

Ewell's Ice Cream, No. 1.

One quart milk, one quart cream; sweeten and flavor to taste; freeze.

Ewell's Ice Cream, No. 2.

Two quarts milk, one quart cream; sweeten and flavor to taste; freeze.

Ewell's Ice Cream, No. 3.

Use three quarts of milk to one of cream; sweeten and flavor to taste; freeze.

In fact, EWELL'S X. L. DAIRY BOTTLED MILK, sweetened and flavored to taste, makes very fair ice cream.

Candy.

Molasses Candy.

Take one pint of granulated sugar, one pint of New Orleans molasses; place over a slow fire and boil, stirring all the time to prevent burning; when nearly done, add butter the size of an egg; when a little dropped in cold water becomes hard and snaps, it is sufficiently boiled; take from the fire, add one saltspoon of soda, rubbed fine, stir quickly to mix, and pour on large buttered platters to cool; let it run down flat; as it cools keep turning in the outer edges toward the center, so that the whole may cool evenly; when cool enough to handle without burning the hands, pull it over a hook or in the hands, as fast as possible; the more the candy is worked the lighter it will be.

Molasses Candy.

One cup of New Orleans molasses, two cups of sugar, one tablespoonful of vinegar, a little butter; boil until brittle if dropped in cold water; pour on buttered platters to cool, and pull.

Molasses Candy Taffy.

Put a pint of New Orleans molasses in a stew pan over a slow fire to boil; stir it to prevent its boiling over; take it off when it has boiled half an hour, try it by taking some in a saucer; when cold, if it is brittle it is done; flavor with lemon, sassafras or vanilla and pour it quarter of an inch deep in buttered pans; shelled peanuts or almonds may be stirred into it, enough to make thick, or but few.

Scotch Butter.

One pound of brown sugar, one teacupful of water, one-half cup butter, half teaspoonful essence of lemon; put the sugar and water into a saucepan and beat the butter to a cream; when the sugar has dissolved, add the butter and keep stirring the mixture over the fire until it sets when a little is poured into cold water; just before the Scotch is done add the essence of lemon; pour it over a buttered tin; when cool, break it in regular pieces; ginger can be used in place of vanilla.

Yankee Cream.

Six ounces of loaf sugar, one ounce of soaked isinglass and one pint of EWELL'S X. L. DAIRY BOTTLED MILK put in a saucepan; boil slowly and stir all the time until the isinglass is dissolved; strain the mixture, and when a little cool mix it with a coffee-cup of cream; beat thoroughly until it thickens; pour into a mould and put away to cool.

EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

Egyptian corn, bran, peas, beans, broom corn seed and middlings, in various combinations, cooked to the consistency of mush, many of the most valuable of which cannot be used by simply grinding, as cows will not eat it raw, thus enabling him to feed his cows a greater variety; and they do not become tired of having the same food too often.

Another clipping from the same valuable journal gives some information on the milk question in Boston, giving analyses of milk from all the best dairies, in none of which do their tests come anywhere near the grade of the milk regularly served by the EWELL'S X. L. DAIRY BOTTLED MILK COMPANY of this city to their patrons, as has been shown by the analysis of two of the most prominent chemists in this city, from milk taken at random from their delivery wagons on the street, with no thought of submitting it for a test.

“The Boston people—or, rather, milk dealers—appear to be considerably waked up on the milk question. They are trying to get at some scale whereby milk may be bought and sold without doing injustice to any one. Naturally their first drive is at the amount of solids contained in the average milk of the different herds. Analyses of 391 samples showed 19 below 11 per cent. of solids, 121 between 11 and 12, 192 between 12 and 13, 51 between 13 and 14, and 8 above 14 per cent. of solids. Car No. 1 contained 88 samples averaging $12\frac{1}{2}$; car No. 2 contained 11 samples averaging a little over 12; car No. 3 contained 52 samples averaging 12; car No. 4 contained 71 samples averaging 12, and car No. 5 contained 112 samples averaging $12\frac{3}{4}$ per cent. of solids. The low average is attributed to the wet weather and the extra succulency of the feed. The milk is said to be deficient in sugar and fat. The lack of sugar in sweet corn, which has been noticed by many, is given as evidence of the truthfulness of this conclusion: The quantity of milk has been increased, but the quality lowered. The increase has been mainly in the element of water. It causes lower figures, but the extra amount makes up for this loss in price and keeps the dairyman's receipts at about a fair

(Continued on page 150.)

People's Home Savings Bank Pays Interest from Date of Deposit.

Pine Apple Candy.

Take three pounds of sugar, one pint of water and one teaspoonful of cream of tartar; let it boil until it becomes brittle when dropped in cold water; when sufficiently done, take off the fire and pour into a shallow dish; when this has cooled so that it can be handled, add a teaspoonful of tartaric acid and two teaspoonfuls of the extract of pine apple, and work them in the mass; the acid must be fine; work this in thoroughly and run out in thin sticks.

Chocolate Caramels.

One quart sweet cream, five pounds granulated sugar, one and one-half pounds glucose, one-half pound chocolate, two ounces butter, one ounce paraffine, one-half teacup molasses; boil to a hard ball, then place to cool on greased marble or tin; use vanilla flavoring for above.

Vanilla Caramels.

One-half quart sweet cream, five pounds granulated sugar, two pounds glucose, one-quarter pound butter, two ounces paraffine, vanilla flavoring; cook to a hard ball, then place on greased tin or marble.

Cocoanut Caramels.

One quart of cream, five pounds granulated sugar, two and a half pounds glucose, two and a half pounds fresh grated cocoanut, one ounce paraffine, two ounces butter; stir briskly and boil to a hard ball; flavor with lemon.

Marsh Mallows.

One and one-half quarts of cream, five pounds granulated sugar, two and a half pounds glucose, one ounce paraffine, one ounce butter, vanilla for flavoring; cook to a hard ball, let stand until almost cold, then pull to a white cream.

Chewing Molasses Peppermints.

One quart of water, one-half quart sweet cream, five pounds granulated sugar, one and a half pounds glucose, half pound butter, one pint molasses, one ounce paraffine; flavor when cold with peppermint; pull to a cream; save pieces of unpulled for stripes.

Molasses Kisses.

One quart water, four pounds granulated sugar, one and a half pounds glucose, half pint molasses, quarter pound butter, half cup sweet cream; cook to a hard ball; after being pulled, make flat, place strip of white cream through center and roll candy over; draw to a strip of one inch in diameter and cut.

French Nougat.

Four pounds pulverized sugar, one and a half pounds glucose, two cups honey, one quart water, half teacup sweet cream; place over a quick fire, boil to a soft ball; beat the whites of six eggs stiff; before adding eggs place cream in an earthen jar and stir briskly to a soft cream, then add eggs, vanilla and almond flavoring to suit the taste, and chop blanched almonds and pistachio nuts to stir in cream when almost finished; line a two-inch deep tin with nougat wafers, and pour cream into same, then cover with nougat wafers; let stand until hard, then cut.

Sour de Ville Custard.

One pint cream (sweet), balance in milk to make quart; place latter over fire until almost to a boil; nine eggs, beat yolks with three tablespoons of granulated sugar, and whip until stiff; one teaspoon vanilla; stir in yolks, then whites; place in oven a tin of hot water large enough to hold vessel containing pudding; to cook twenty minutes.

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The Only Scrofula, Catarrh, Blood, Liver and
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Diseases. The Greatest Blood Purifier in the World.
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to any part of the United } Price, \$1 Per Box, Six for \$5.
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M. I. S. T. COMPANY,
125 O'FARRELL STREET, SAN FRANCISCO.

French "Fan Fan" Cream.

Two quarts sweet cream, four pounds granulated sugar, one tablespoon of vanilla, one-half teaspoon of cream tartar; boil to a soft ball, place in an earthen jar or on marble; when almost cold, stir with a wooden spoon or paddle to a stiff cream; add chopped nuts; let these be blanched almonds and pistastie nuts; let the above remain until hard, then slice.

French Honey.

Take one pound of brown sugar, three eggs well beaten, four lemons, juice and rinds, one-quarter pound of butter; put all in a saucepan and stir continually until thick like honey.

Fig Candy.

Take one cup of sugar, one-third cup of water, saltspoon cream tartar; do not stir; boil to amber color, cut the figs open, lay them on a well-buttered platter, pour the candy over the figs.

Cocoanut Candy.

To one grated cocoanut add half its weight of sugar and the white of one egg beat to a stiff froth; mix thoroughly and drop on buttered white paper; bake fifteen minutes in a quick oven.

Cocoanut Caramels.

Two cups of brown sugar, one cup of molasses, one cup grated cocoanut, one cup EWELL'S X. L. DAIRY BOTTLED MILK (boiled), one tablespoonful of flour, butter the size of an English walnut; let it boil slowly and pour on flat tins to cool; mark off while warm.

EWELL'S X. L. DAIRY BOTTLED MILK ten cents per quart.

Peppermint Drops.

Take two cups sugar, one-half cup of water; boil five minutes; flavor with essence of peppermint to taste; stir until quite thick, then drop on a buttered paper.

Peanut Candy.

Take one cup of sugar, one cup of New Orleans molasses, half cup of butter, half a cup of water; let it boil until it is brittle by dropping a little in water; have ready one cupful of peanuts rubbed in halves, stir into the boiling candy; pour over buttered tins; set in a cool place.

Cinnamon Tablets.

Melt one pound of loaf sugar with very little water over the fire and put in one ounce of pounded cinnamon, and keep stirring it till it begins to rise into a froth, then pour into a buttered dish; when cool enough, cut into any shape you fancy.

Maple Sugar Cream.

Take a pound of maple sugar, put it in a saucepan, set it over a slow fire until it melts into syrup; then put in a half teacup of EWELL'S X. L. DAIRY BOTTLED CREAM, and boil for ten minutes; pour it out into well-buttered dishes; cut in squares while cooling.

Barley Sugar.

One pint of strong barley water, strained, two pounds of rock candy, lemon juice to taste; boil until brittle; after taking off stir in briskly the white of one egg well beaten; do not stir while boiling; pour into buttered pans; it may be dropped or scored into long sticks.

EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

average. Now all this analysis of milk and development of facts is interesting and confirmatory of the popular opinion about the effect of excessive moisture on quality, but what does it settle as far as the equity of the cause is concerned? The analyses shows only the condition at the time when the samples were taken, but do not touch the future at all. There is a constant daily variation in quality which must daily be ascertained in order to do justice to all concerned. Have the Boston men discovered any method whereby they can test the milk of any dairy on every car that reaches them? If not, they are still beating the air. The test for solids is as simple and just as any, as it is made by simple evaporation. Can this be done every day? And then can average samples of every herd be always taken? This taking of samples is a nice thing to do. One or two cans may not truly represent the rest, and the sample taken from a single can may not truly represent the contents of the whole can. The obstacles in the way of reaching perfect justice are many."

On page 144 will be found the advertisement of Messrs. James Duffy & Co., in which a point is made that deserves the serious consideration of our well-to-do people. There is probably no other city in the world where white walls predominate as in this city, and a more incongruous conglomeration than handsome furniture, an elegant carpet, and white walls, cannot be imagined. Besides wall paper in endless variety, they offer a fine assortment of other decorations to finish off a room, artistically, too numerous to mention.

On page 148 is the advertisement of the M. I. S. T. Company, the most prominent feature of which is the honest manner in which they advertise the merits of their remedy. You are not referred to people living in the State of Maine or in Patagonia, as is too often the case, but the names of well-known citizens of this city are given, with their address, located in various parts of the city, convenient for any one to refer to.

(Continued on page 162.)

BATTLE OF GETTYSBURG PANORAMA IS GRAND

Chocolate Cream Drops.

One cake of chocolate, three cups of powdered sugar, one cup of water with a pinch of soda in it, two tablespoonfuls of arrowroot, one tablespoonful butter, two teaspoonfuls vanilla; stir the sugar and water together; mix in the arrowroot and bring to a boil, stirring constantly to induce granulation; boil about ten minutes, then add the butter; take from the fire and beat until it begins to look like granulated cream, put in the vanilla, butter your hands, make the cream into balls about the size of a large marble, and lay upon a buttered dish; meanwhile the chocolate, grated fine, should have been melted by putting it in a saucepan or pail, and that into boiling water; when it is a black syrup add two tablespoonfuls of powdered sugar to it, beat smooth, turn out upon a hot dish and roll the cream balls in it until sufficiently coated; lay upon a cold dish to dry.

Walnut Creams.

Take the white of one egg and stir into it enough powdered sugar to be able to roll into balls; flavor with vanilla and set in a cool place for fifteen minutes; then roll into balls and place half an English walnut on either side of each ball and press tightly together.

Butter Taffy.

Two cups of brown sugar, four tablespoonfuls of molasses, two of vinegar, two of water, two tablespoonfuls of butter; boil until it is brittle in water; pour into buttered pans and let it cool.

Chocolate Caramels.

One cup of white sugar, one cup of brown sugar, eight tablespoonfuls chocolate, one tablespoonful flour, stirred into the cream, one tablespoonful butter, vanilla flavoring, soda the size of a bean, stirred into cream, one cup EWELL'S X. L. DAIRY BOTTLED CREAM; boil all the ingredients except the chocolate and vanilla extract half an hour, stirring to prevent burning; reserve half the cream and cut up the chocolate in it, adding very little water if necessary, draw the saucepan to side of range and stir this in well; put back over the fire and boil ten minutes longer, stirring continually; when it makes a hard glassy coat on the spoon it is done; add the vanilla after taking from the range; pour into well buttered tins; when cool enough, cut it in squares.

Chocolate Candy.

Take one cup of molasses, two cups of sugar, one of EWELL'S X. L. DAIRY BOTTLED MILK, one-half cup of chocolate, a piece of butter the size of an English walnut; boil the milk and molasses together, scrape the chocolate fine and mix with just enough of the boiling milk and molasses to moisten it; rub it perfectly smooth, then with the sugar stir into the boiling liquid; add the butter and boil twenty minutes; try it by putting a little in cold water; if it hardens, pour it into buttered shallow dishes; cut in squares.

Chocolate Creams.

Take two cups of sugar, one cup of water, one and a half teaspoonfuls of arrowroot, one teaspoonful of vanilla, inside; outside, half a pound of chocolate; mix the inside ingredients, except the vanilla, let them boil seven minutes, stir all the time; after this is taken from the fire stir until it comes to a cream; when it is nearly smooth add the vanilla and make the cream into balls; for outside, melt the chocolate, but do not add water to it; roll the cream balls into the chocolate while it is warm.

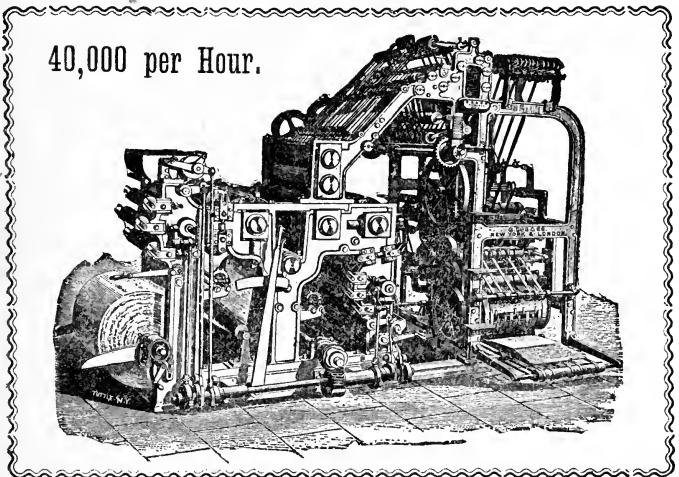
Chocolate Candy.

Take one cup of chocolate one cup of sugar, one cup of molasses, small piece of butter, one cup of EWELL'S X. L. DAIRY BOTTLED MILK; put them all in a saucepan and let them boil ten minutes; pour it on to buttered tin pans and mark off.

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THE PACIFIC COAST.

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A CIRCULATION LARGE ENOUGH TO REQUIRE TWO LIGHTNING
PRESSES AND THE ONLY ONE TO STEREOTYPE ITS FORMS.

Editorial Rooms: 320 Sansome St. **Business Office:** 238 Montgomery St.
W. M. Bunker. A. C. Hiester.

Caramels.

Take one cup of best syrup, one cup of brown sugar, one cup of white sugar, two cupfuls of grated chocolate, two cupfuls of EWELL'S X. L. DAIRY BOTTLED CREAM, one teaspoonful of corn starch mixed with cream; rub the chocolate to a smooth paste with a little of the cream; boil all together half an hour and pour it into buttered platters to cool; when cool enough, mark off into little squares.

Sugar Kisses.

The whites of two eggs, half a pound sugar, lemon or vanilla; drop on buttered paper and bake a light brown.

Sugar Candy.

Three cups granulated sugar, one and a half cups cold water, one-half cup vinegar; boil very quickly until it hardens in cold water, then add one teaspoon vanilla; pour on buttered tin, cool, and pull till white; it must all be done quickly.

Tutti Frutti Candy.

Four cups white sugar, one cup hot water; let this boil for eight minutes without stirring; if it then threads from the spoon take it from the fire and see if a small spoonful of it will be creamy and roll in a ball; if it will not, let it boil a few minutes longer; if satisfactory, pour it all in a dish and beat rapidly with a large spoon; do not add flavoring until the cream has commenced to cool; raisins, currants, dates and citron may be chopped fine and mixed with the cream, and be formed into bars or flat cakes.

EWELL'S X. L. DAIRY BOTTLED MILK cannot be beat. As all dairy shows it takes the front seat.

Efferton Candy.

Put one pound of powdered white sugar to one teacup of water, beat one-quarter pound of butter to a cream; when the sugar is dissolved add the butter and keep stirring the mixture over the fire until it sets when a little is poured on a buttered dish; just before it is done add vanilla flavoring.

Cocoanut Kisses.

One cup of sugar to two and one-quarter of grated cocoanut, three-quarters tablespoon of corn starch; moisten with white of egg to make it stiff; bake in hot oven.

Corn Candy.

Pop the corn and pound the nicest sufficiently to crack it; boil one coffee-cup of molasses and one and three-quarters of sugar with a piece of butter size of a walnut; when nearly done, stir in the corn and pour all into buttered tins.

Vanilla Taffy.

One pound white sugar, three-quarters cup cream, one ounce gum arabic; boil sugar and cream together; when half done add dissolved gum arabic; flavor with vanilla.

The cry of the people: "We must have EWELL'S X. L. DAIRY BOTTLED MILK."

EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

T. J. BASS & CO.,

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WHOLESALE AND RETAIL.

**Goods Delivered Promptly to any Part of the City
Free of Charge.**

Butter Taffy.

One cup syrup, one cup sugar; when nearly done, stir in over one-quarter cup butter; flavor with vanilla.

Cocoanut Candy.

Three-quarters pound dessicated cocoanut, one-half pound powdered sugar, and the white of an egg; work all together and roll into little balls.

Cocoanut Cream Drops.

One cocoanut, one and one-quarter pounds granulated sugar; put sugar and milk of cocoanut together, heat slowly until sugar is melted, then boil five minutes; add grated cocoanut, boil, stirring constantly for ten minutes longer; cut in squares; will take two days to harden.

FOR CHOKING.—If a bone or any substance lodges in the throat, swallow as large a piece of the pulp of an orange as possible.

NEURALGIA.—Use horse radish prepared in vinegar for external application.

Hickory Nut Macaroons.

To hickory nuts pounded fine add mixed ground allspice and nutmeg; make a frosting as for cakes, stir in the meats and spices, putting in enough to make convenient to handle; flour the hands and then make the mixture into small balls; lay them on buttered tins, giving room to spread; bake quickly; use washed butter for greasing tins.

Honey Candy.

Three-quarters pint white sugar, water enough to dissolve it, three table-spoons honey; boil until brittle; pull.

Hoarhound Candy.

Boil an ounce and a half of dried hoarhound in a pint and a quarter of water for about a half an hour, strain and add three and one-half pounds brown sugar; boil until sufficiently hard; mark in squares.

FOR BRUISES.—Apply hot water; apply hot and as quickly as possible.

Marshmallows.

Dissolve one-half pound of white arabic in one pint water, strain and add three-quarters of a pound fine sugar, and place over the fire, stirring constantly until the syrup is dissolved and all of the consistency of honey; add gradually the whites of four eggs, well beaten; stir the mixture until somewhat thin; flavor with vanilla and pour into tin; mark in squares when cool.

CROUP.—Use powdered alum for croup. Mix one teaspoon powdered alum with two of sugar, and use freely until it relieves.

Use powdered alum for toothache. Fill decayed tooth with it.

FOR EARACHE.—A bit of cotton batten; put on a pinch of black pepper, tie it up, dip in sweet oil, insert in the ear, put a flannel over the ear to keep it warm.

Nutritious and satisfying: EWELL'S X. L. DAIRY BOTTLED MILK.

EWELL'S X. L. DAIRY BOTTLED MILK,

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BET. BUSH & SUTTER.

Most popular modern priced Coffee House on Kearny st

*SMALL FRONT, BUT AMPLE ROOM INSIDE, INCLUDING
LARGE LADIES PARLOR ADJOINING IN THE REAR.*

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Johnson's Home-made Doughnuts,

FOR SALE IN ALL PRINCIPAL COFFEE HOUSES IN THE CITY.

ASK FOR THEM.

Depot (during Berry Season) for the Famous Johnson's Strawberry Charlotte Russe Cake, BEST IN THE CITY.

A trial Respectfully Solicited,

M. JOHNSON.

P. S.—Public Telephone Station, direct communication to points now reached by telephone; long distance speaking instrument. Strictly private.

M. JOHNSON.

Beverages.

Tea.

Boil the water, scald the pot; allow a teaspoon of tea to each person; pour a little water on the tea and let it stand a few minutes, then fill the pot from the tea kettle; do not let it boil, but just come to the boiling point; serve with EWELL'S X. L. DAIRY BOTTLED CREAM.

Coffee.

Allow a tablespoon of coffee to each person and an extra tablespoonful for strength; stir with this a little cold water and an egg, then add the rest of the water and let the coffee just come to boiling point; serve with EWELL'S X. L. DAIRY BOTTLED CREAM.

Chocolate.

Grate your chocolate, allowing an ounce of chocolate to each person, pour on it a quart of boiling water, boil it twenty minutes, add enough of EWELL'S X. L. DAIRY BOTTLED MILK to cool; also stir in white of an egg, well beaten, add more milk and boil about ten minutes.

Cocoa.

Boil three tablespoons of cocoa in a quart of water about a half an hour, pour in nearly a quart of EWELL'S X. L. DAIRY BOTTLED MILK and boil it up again.

Cocoa Shells.

Put a heaping teacup of shells in a quart of water; boil them a long time, about two hours; boil some of EWELL'S X. L. DAIRY BOTTLED MILK, and serve with it.

Irish Moss Jelly.

Take half an ounce of Irish moss, one pint of EWELL'S X. L. DAIRY BOTTLED MILK; boil well, strain and add sugar, salt and lemon to taste.

Milk for Infants.

Cow's milk one part, water two parts; sweeten slightly with loaf sugar; the above preparation may be altered as the child advances in age.

Crust Coffee.

Toast slowly one or two slices of brown or white bread, pour boiling water over it; drink hot or cold, milk and sugar to taste.

Drink in Fevers.

Put a little sage, two sprigs of balm and a little sorrel into a stone jug, having first washed them; peel thin a lemon, slice it and put a small piece of the peel in, then pour in three pints of boiling water; sweeten and cover close.

Sage Tea.

Dried leaves of sage half an ounce, boiling water one quart; infuse for half an hour and strain; add sugar and lemon juice as required by the patient.

Tapioca Jelly.

Tapioca two tablespoonfuls, water one pint; boil gently for an hour, or until it assumes a jelly-like appearance; add sugar, wine and nutmeg, with lemon juice to suit the patient's taste.

EWELL'S X. L. DAIRY BOTTLED MILK,

FUREST AND BEST IN THE WORLE.

Why Live in Lodgings?

STUDY THIS OUT!

\$150

[ONE HUNDRED AND FIFTY DOLLARS.]

Will enable you to go to Housekeeping in a Four-Room House or
Flat with the following Outfit of

CARPETS AND FURNITURE:

PARLOR—Tapestry Brussels Carpet, of good quality; Walnut Parlor Set, Mohair Plush Covering, comprising Sofa, Divan, Armchair, Patent Rocker, Two Reception Chairs, and Antique Center Table.

BEDROOM—Good Ingrain Carpet; Hardwood Antique Bedroom Set, including Double Bedstead, Bureau with Swing Bevel Mirror, Washstand, Table, Two Chairs and Rocker, Woven Wire Mattress, Top Mattress, Pair of Pillows and Comforter.

DINING-ROOM—Kidderminster Carpet; Antique Hardwood Extension Table, and Six High-back New Style Antique Cane Seat Dining Chairs.

KITCHEN—Linoleum; Patent Kitchen Table with Flour-bins, Two Moulding Boards and Two Hardwood Chairs.

N. B.—The Carpets are for rooms up to 12 feet square, and are Sewed, Lined and Laid.

One of the Largest Stocks of Carpets and Furniture in the City of the
Newest Designs and Styles, marked throughout in Plain Figures
at Prices to Suit all Purses.

STERLING FURNITURE CO.,

(Rosenthal Building,)

1039 and 1041 Market Street,

Bet. 6th and 7th, Opp. Jones and McAllister.

Barley Water.

Put a large tablespoonful of well-washed pearl barley into a bowl, pour over it boiling water; let it simmer half an hour, then drain off the water, sweeten to taste and add the juice of a lemon and grated nutmeg.

Hot Apple Toddy.

Heat a tumbler, put in one teaspoonful of sugar and one wineglassful of apple brandy; fill glass two-thirds full with hot water, add one-half of a warm baked apple, a little grated nutmeg, and send to the table with spoon in the glass and some hard crackers.

Milk Punch.

Dissolve half a pound of sugar in a little hot water which has been flavored lightly with lemon peel; add this to two quarts of EWELL'S X. L. DAIRY BOTTLED MILK, pour in one pint of brandy and one gill of rum; mix thoroughly, dust a little grated nutmeg over it and set it in a cool place; beat the whites of four eggs to a stiff froth with a little sugar and float on top of punch; place a small piece of ice in each tumbler when serving.

Santa Cruz Punch.

Place the juice of two lemons, two tablespoonfuls of sugar and a little water in a tumbler, stir a few minutes to dissolve the sugar, add a wineglassful of Santa Cruz rum, fill up the tumbler with fine ice, add a slice of orange and pine apple; stir well and serve with straws.

Roman Punch.

Grate the yellow rinds of four lemons and two oranges upon two pounds of loaf sugar, squeeze on the juice of the lemons and oranges, cover it and let it stand till next day, then strain through a sieve, add a bottle of champagne and the whites of eight eggs beaten to froth; you may freeze or not.

Slippery Elm Tea.

Take one teaspoonful of slippery elm, pour over it one cup of boiling water; use the bark broken in small pieces; when cool, strain and flavor with lemon juice and sugar; this is soothing in any inflammation of the throat.

Cream Nectar.

Dissolve two pounds of crushed sugar in three quarts of water, boil down to two quarts, drop in the whites of two eggs while boiling, then strain and put in tartaric acid to taste; when cold, drop in the lemon juice to taste, then bottle and cork; shake two or three times a day.

Herb Teas.

Pour one cup boiling water over one tablespoon of the herbs, cover, steep ten minutes, sweeten to taste; catnip tea is good for inflammation of the lungs, camomile for sleeplessness, catnip for infant's colic, cold sage for night sweats, cinnamon for hemorrhages.

Claret Cup.

Take one bottle sodawater, one lemon cut very thin, five tablespoonfuls of powdered sugar, one grated nutmeg, one glass of brandy, one wineglass of sherry wine, one quart of claret, mix thoroughly together; half an hour before it is to be used put in a large piece of ice, so that it may be very cold to serve.

Elder Tea.

Make a strong tea of elder flowers, sweeten with fresh honey; this tea should be drank as hot as possible after the person is warm in bed; it produces perspiration, and will often break up a hard cold, and is a most excellent remedy for a cough.

P. O. Box 2055.

Rooms 18, 19, 20 and 21.

DR. C. G. TOLAND,

OFFICE: 7 MONTGOMERY AVENUE,

Cor. of Washington Street.

SAN FRANCISCO, Feb. 15, 1890.

EWELL'S BOTTLED MILK CO.—*Gentlemen:* Have used your milk for more than a year past, and though tested more than once, I find it absolutely pure.

Respectfully,

C. G. TOLAND.

Residence 820 Filbert Street.

Thieves' Vinegar.

Soak two ounces each of rue, sage, rosemary, lavender and wormwood for three days in one pint of white wine vinegar, stand at a short distance from the fire, dissolve half an ounce of camphor in the vinegar, mix thoroughly and strain well; in case of infection bathe the nostrils and around the mouth with the preparation.

Scent Sachet.

Take one ounce each of orris root, coriander seed, rose leaves, mace, lavender flowers, sweet flag (*calamus aromaticus*), mix well together and put in a silk bag.

Raisin Wine.

Take three pounds of raisins, seed and chop them, a lemon, a pound of sugar, two gallons of boiling water; pour into a stone jar and stir daily for six days; strain, bottle and put in a cool place for ten days, when the wine will be ready for use.

Currant Wine.

Stem, mash and strain them, adding a half pint of water and a pound of sugar to a quart of mashed fruit, stir well up together and pour into a clean cask, leaving the bung hole open or cover with a piece of net; it should stand for a month to ferment, when it will be ready for bottling.

Milk Punch.

Pare off the yellow rind of four lemons and steep it for twenty-four hours in a quart of brandy, then mix with it the juice of the lemons, a pound and a half of sugar, two grated nutmegs and a quart of water; add a quart of EWELL'S X. L. DAIRY BOTTLED MILK, made boiling hot, and strain the whole through a jelly bag; bottle it; it will keep for months.

Raspberry Vinegar.

To four quarts of ripe raspberries put enough vinegar to cover, and let them stand twenty-four hours; scald and strain it, add a pound of sugar to a pint of juice, boil it twenty minutes, bottle and seal; it will keep for years; to one glass of water add a great spoonful of the vinegar; it is much relished by the sick.

Lemonade.

Take half a pound of sugar and reduce it to a syrup with one pint of water, add the rind of six lemons and let stand an hour; remove the rinds and add the strained juice of the lemons; add one bottle of "Apollinaris" water and a block of ice in center of bowl; peel two lemons and cut up in very thin slices and put in lemonade.

Egg Nogg.

Whip the whites of six eggs into a stiff cream, adding half cupful of sugar; whip the yolks and pour in a quart of EWELL'S X. L. DAIRY BOTTLED MILK, adding a half pint of good brandy and a little flavoring of nutmeg; stir up and thoroughly mix, then add the whites.

Lemon Syrup.

Take the juice of ten lemons, grate the rind of five in it, let it stand over night, then take five pounds of sugar and make a thick syrup; when cool, strain the juice into it and squeeze as much oil from the grated rind as will suit the taste; a tablespoonful in a goblet of water will make a refreshing drink on a hot day.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

On page 152 appears the advertisement of the Daily Report, a paper, too well known to our citizens to need special mention.

On page 102 will be found the advertisement of the Yolo Mills, Messrs. Hinz & Plagemann, proprietors. At this mill is manufactured the celebrated "Breakfast Delight," also a preparation called "Normal Nutriment," for which great things are claimed, as a substitute for mother's milk for infants, also a food for nursing mothers, invalids, dyspeptics and convalescents.

On page 154 will be found the advertisement of T. J. Bass & Co., dealers in artists' materials, picture frames, house painters' and carriage painters' materials, and window glass, wholesale and retail.

On page 156 the advertisement of "The Cafe" is placed, one of the most popular coffee houses in the city. The frontage on Kearny street is small, but upon entering one is ushered into one of the largest dining rooms in the city, where ample accommodations can be found at most reasonable prices.

On page 158 the Sterling Furniture Company announce to the public their unsurpassed facilities for furnishing a modern house. They have but recently taken possession of their fine building on Market street, but are one of the oldest houses in the business, and make a specialty of trying to induce people to go to housekeeping by offering to furnish a four-roomed house complete for one hundred and fifty dollars.

On page 168 is the advertisement of Craig, Cochran & Co., undertakers and embalmers.

On page 168 is the advertisement of the old-established photographer, Taber, than whom none is better known on this coast.

On page 168 is the advertisement of John T. Myers & Co., dealers in ranges, gasoline stoves, and all kitchen supplies; also agents for the New Monarch gasoline stove.

On page 168 is also the advertisement of C. M. Gruman, dealer in furniture, bedding, carpets, mirrors, etc.; also agent for the New Era hydraulic washer.

(Continued on page 178.)

Highest Rates of Interest at People's Home Savings Bank.

Raspberry Syrup.

Take very ripe raspberries, crush them in a cloth and press the juice from them; to each pint of the raspberry juice add a pint of simple syrup; boil gently for one hour, then let it become cold; bottle and seal it; when served, reduce it to taste with water or soda.

Strawberry Syrup.

Made as directed for raspberry.

Strawberry Sherbert.

Take one pound and a half of pickled strawberries, crush them, add to them a quart of water; pour this into a basin with a lemon, sliced; let it remain for two hours; put one pound and a half of sugar into another basin and strain through a cloth the juice; when the sugar has all dissolved strain again; set the vessel containing it on ice until ready to serve.

Iced Tea.

Prepare tea in the morning, making it stronger and sweeter than usual; strain and pour into a jar or bottle and set in the ice chest until ready to use; drink from goblets without cream; serve ice broken in small pieces; iced tea may be prepared from either green or black, but is improved to mix the tea.

Iced Orange Water.

Take as many oranges as will be necessary, cut in half and press the juice from them; take the pulp carefully from the rind and put it in a bowl, pour a little boiling water on it, stir it well and strain it through a sieve; mix this with the orange juice and stir in as much syrup as will make a rich syrup; freeze it like ice cream.

Lemon Ice.

Rub the rinds of six lemons upon twelve lumps of sugar, squeeze over them the strained juice, half a pint of water, and a pint of syrup made by boiling one pound of sugar in a pint of water; put in an earthen crock for two hours, then mix, strain and freeze; the ice will be improved by adding the whites of three eggs beaten to a froth with four ounces of sugar; serve in glasses.

Try the X. L. DAIRY BOTTLED MILK.

Elderberry Syrup.

Wash and strain ripe elderberries, put a pint of molasses to a pint of the elderberry juice, boil it twenty minutes, stirring constantly; when cold, add to each quart a pint of French brandy, bottle and cork it tight; it is an excellent remedy for a cough.

Red Currant Cordial.

To two quarts of red currant juice put one quart of whisky; let it stand twenty-four hours, strain through a flannel bag; to every two quarts of this liquor add one pound of loaf sugar, quarter of a pound of ginger; let the whole stand twelve hours, then strain, bottle and seal; it is improved by using half raspberry juice.

Whisky Punch.

One wineglass Phoenix Old Bourbon Whisky, two wineglasses boiling water, sugar to taste; dissolve the sugar well with one wineglass of the water, then pour in the whisky and add the balance of the water; sweeten to taste and put in a small piece of lemon rind or a thin slice of lemon.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

USE EWELL'S X. L. DAIRY BOTTLED MILK,
PUREST AND BEST IN THE WORLD.

NABER ALFS & BRUNE,

IMPORTERS & WHOLESALE

WINE & LIQUOR MERCHANTS

SOLE AGENTS FOR

PHOENIX OLD BOURBON

323--325 Market St., S. F.

Damiana Bitters.



The Great Mexican Remedy

For Disorders of the Kidneys and Bladder and Nervous Diseases.

DAMIANA Is recognized by all Physicians as the best Nervous Stimulant, with a special action on the Sexual and Generative Organs.

For the above action it is recommended in all cases of Sexual Weakness and Want of Sexual Desire.

NABER, ALFS & BRUNE,

SOLE AGENTS,

323 and 325 Market St.,

SAN FRANCISCO, CAL.

PHOENIX OLD BOURBON

The Purest and Best Whiskey in the Market for Medical and Family Use.

ASK YOUR GROCER FOR IT.

Whisky Cobbler.

Two wineglasses of Phoenix Old Bourbon Whisky, one tablespoonful of sugar, two or three slices of orange; fill tumbler with ice, and shake well; sip through a straw.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Whisky Cocktail.

One teaspoonful of sugar, two dashes of bitters (Angostura), one wineglass of Phoenix Old Bourbon Whisky and a piece of lemon peel; fill one-third full of fine ice, shake and strain in a fancy red wineglass.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Whisky Smash.

One-half tablespoon of white sugar, one tablespoon of water, one wineglass of Phoenix Old Bourbon Whisky; fill two-thirds full of shaved ice, and use two sprigs of mint, the same as in the recipe for mint julep.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Whisky Toddy.

One teaspoonful of sugar, one-half wineglass of water, one wineglass of Phoenix Old Bourbon Whisky, one small lump of ice; stir with spoon.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Hot Whisky Sling.

One wineglass of Phoenix Old Bourbon Whisky; fill tumbler one-third full with boiling water, and grate nutmeg on top.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Milk Punch.

One tablespoonful of fine white sugar, one tablespoonful of water, one wineglass of Cognac brandy, one-half wineglass of Santa Cruz rum, one-half tumblerful of shaved ice; fill with EWELL'S X. L. DAIRY BOTTLED MILK, shake the ingredients well together and grate a little nutmeg on top.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Egg Nogg.

One tablespoonful of fine sugar dissolved with one tablespoonful of cold water, one egg, one wineglass of Cognac brandy, one-half wineglass of Santa Cruz rum, one-third tumblerful of EWELL'S X. L. DAIRY BOTTLED MILK; fill the tumbler one-quarter full with shaved ice, shake the ingredients until they are thoroughly mixed together, and grate a little nutmeg on top. Every well-ordered house has a tin egg-nogg "shaker," which is a great aid in mixing this beverage.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Hot Egg Nogg.

This drink is very popular in California, and is made in precisely the same manner as the cold egg nogg above, except that you must use boiling water instead of ice.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

The Evening Bulletin,

SAN FRANCISCO, CAL.

Established 1855.

Has attained the highest rank among the Journals of the Pacific Coast as a Family Newspaper. Pure in tone, high in literary excellence, containing all that is valuable of the news of the world, without sensationalism, its regular visits are hailed with delight at thousands of firesides,

To the Ladies of the family does it especially commend itself, each issue containing in its several departments so much that is valuable in household economy.

As an educator of the youth of the family lies perhaps its greatest value; teeming with news from all portions of the globe, every issue is looked for with impatience and read with the greatest interest by each member in turn.

Talent and experience have combined to make the EVENING BULLETIN the most desirable of all papers for the home and fireside. It is bright, fresh, and ever new, and there can be no more welcome visitor or more delightful one in the home circle.

THE WEEKLY BULLETIN

Is the Largest and Best Weekly Newspaper published in the West, and is in every respect a First-Class Family Paper, appealing to the interest of every member of the household.

The **SEMI-WEEKLY BULLETIN** is the regular Weekly Bulletin and Friday's issue of each week.

TERMS OF SUBSCRIPTION.

The DAILY BULLETIN is served by carriers in San Francisco and the large towns of the interior at 25 cents per week.

Daily, by mail or express, - - - - \$6 00

Weekly alone, - - - - - 1 50

Weekly, with Daily of Friday, . - 2 00

Parts of a year in proportion.

Advertising Rates made known on application.

San Francisco Bulletin Co.,

622 Montgomery Street, San Francisco, Cal.

Imperial Egg Nogg.

Take one tablespoonful powdered sugar, one tablespoonful cold water, one wineglassful brandy, one egg, one-half tumbler of EWELL'S X. L. DAIRY BOTTLED MILK, a little St. Croix rum; shake it well with a small quantity of ice, then grate a little nutmeg over it.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Champagne Cocktail.

(One bottle of wine to every six large glasses. Per glass.)

One-half teaspoonful of sugar, one or two dashes of bitters, one-piece of lemon peel; fill tumbler one-third full of broken ice and fill balance with wine; shake well and serve.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Hot Brandy and Rum Punch.

(For a party of fifteen.)

One quart of Jamaica rum, one quart of Cognac brandy, one pound of white loaf sugar, four lemons, three quarts of boiling water, one teaspoonful of nutmeg.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Stone Fence.

One wineglass of whisky (Phoenix Old Bourbon), two or three small lumps of ice. Fill up the glass with sweet cider.

All these goods can be had at Naber, Alfs & Brune's, Nos. 323 and 325 Market street. Warranted pure.

Cookery for Invalids.

Mutton Broth.

For the sick such broths must be made as plainly as possible, and so as to secure the juices of the meat. Boil slowly two pounds of lean mutton for two hours, skim it carefully, and do not put in too much salt. If the doctor permits, some vegetables, as seasoning, may be added—rice or barley are good.

Tapioca Relish.

Wash the tapioca carefully; then soak it for five hours; simmer it then in a stewpan until it becomes quite clear; add the juice of one lemon and a little white wine.

Flour Caudle.

Take two tablespoonfuls of flour; mix very smoothly with a little water and a pinch of salt; stir it into a quart of EWELL'S X. L. DAIRY BOTTLED MILK, stirring it very carefully to prevent burning or becoming lumpy; add a few raisins. Season with nutmeg or cinnamon. This is excellent in case of diarrhoea.

Rye Pudding.

Take one pint of EWELL'S X. L. DAIRY BOTTLED MILK; thicken with rye flour, and eaten with cream or molasses, is very wholesome.

Taber

Photographer,

8 Montgomery Street.

OPPOSITE
Palace Hotel and Masonic Temple.

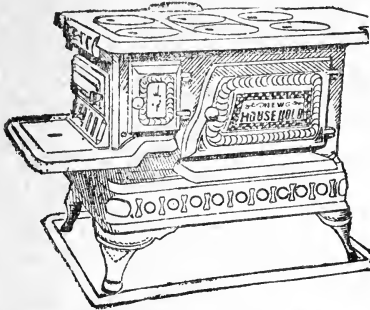
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'New Household' 'New Pacific' 'New Home' RANGES.

New ventilated self-basting oven, clean out in ash hearth, smooth finely finished casting with broad polished edges, are the best for coal or wood.

JOHN F. MYERS & CO., 863 Market St.
Catalogue mailed on application.

"New Monarch" Gasoline Stove,
With broiler, fuel-saving and safety attachments, are convenient, economical and safe. Asbestos lined oven, solid inside, makes it a perfect baker.

The trade supplied. Send for catalogue.

JOHN F. MYERS & CO.,
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WE CAN SAVE YOU MONEY.

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CRAIG, COCHRAN & CO., UNDERTAKERS AND EMBALMERS.

22 and 26 Mint Avenue, San Francisco, Cal.

All Orders Promptly Attended to.

Telephone 3047.

Hasty Pudding.

Made by boiling salted water and thickening it slowly as it boils with Indian meal stiff; to be eaten with cream or butter and sugar. Pleasant article of diet for an invalid.

Use the purest and best in all things.

Stewed Rabbits in Milk.

Two very young rabbits, not half grown; one quart of EWELL'S X. L. DAIRY BOTTLED MILK; one blade of mace; one tablespoonful of flour; a little salt and cayenne; mix the flour very smoothly with a little milk. When this is well mixed add the remainder. Cut up the rabbits into joints; put them into a stewpan with the milk and ingredients, and simmer them gently until tender; stir from time to time to keep the milk smooth, and prevent it from burning. Half an hour will be sufficient for the cooking of this dish.

Arrowroot Blanc-Mange.

Put one quart of EWELL'S X. L. DAIRY BOTTLED MILK to boil; take an ounce of arrowroot, ground fine; make it a smooth batter with cold water; add a teaspoonful of salt; when the milk is boiling hot stir the batter into it; continue to stir it over a gentle fire for four minutes: sweeten to taste with double-refined sugar and flavor with lemon extract, or boil a stick of cinnamon in the milk before putting in the arrowroot; strain the blanc-mange through a muslin into a mould; when perfectly cold turn it out; serve currant jelly or jam with it.

The best milk is always the cheapest.

Milk Toast (for the Sick).

Take a couple of slices of bread; toast to a crisp. Take one cup of EWELL'S X. L. DAIRY BOTTLED MILK, also a bit of butter and melt in a saucepan together. Then dip in the slices of toast; let them soak for a moment or two; lift on to a deep plate and pour the remains of the milk and butter on top. Serve very hot and salt to taste.

Arrowroot Wine Jelly.

One cup of boiling water, three teaspoonfuls of arrowroot, two of white sugar, one tablespoonful brandy or three of white wine.

Wine Jelly.

One box of Cox's gelatine, dissolved in one pint of cold water, one pint of wine, one quart of boiling water, one quart of granulated sugar and four lemons.

Onion Gruel.

Slice down a few onions and boil them in a pint of EWELL'S X. L. DAIRY BOTTLED MILK; stir in a teaspoon of oatmeal and little salt; boil until the onions are quite tender; add a little red pepper. Sup just before going to bed.

Beef Tea.

One pound of beef, lean, cut into small pieces. Put into a jar without a drop of water; cover tightly and set in pot of cold water; heat gradually to a boil and continue this steadily for three hours until the meat is like a white rag and the juice all drawn out. Season to taste with salt, and when cold skim.

Egg Milled in Tea or Coffee.

Beat the yolk of an egg very well in a coffee pot; stir into it a little of EWELL'S X. L. DAIRY BOTTLED CREAM; then pour on it, stirring it all the time; hot coffee or tea, sufficient to fill the cup. If the hot liquid is poured in too hastily the egg will curdle instead of mixing with the tea. Very nourishing for breakfast.

LINDEMAN & SONS, ★ ★
 CALENBERG & VAUPEL
 ★ ★ AND CONNOR PIANOS.

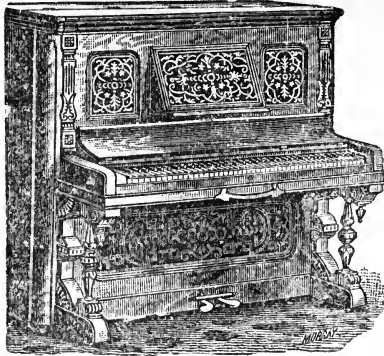
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 GOOD WE
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COFFEE PARLORS,
 38 FOURTH STREET.

BE SURE AND GET THE RIGHT PLACE,
38—FOURTH STREET—38
 CORNER JESSIE STREET.

For a Good, Home-like Lunch, this is
 the Place.

**ALL KINDS OF HOME-MADE CAKE
 AND BREAD.**

FAMILY TRADE SOLICITED.

Down Town Branch: 427 Market St.

SEND ORDERS BY TELEPHONE.

Yolk of Eggs.

Take the yolks of two eggs; beat well; add a little salt, cinnamon or nutmeg; stir into this two-thirds of a cup of EWELL'S X. L. DAIRY BOTTLED MILK. Give the patient a teaspoonful at a time and as often as they will take it.

Beef Tea No. 2.

Cut half a pound of lean fresh beef into slices; lay it into a dish and pour over it a pint of boiling water; cover the dish and let it stand half an hour by the fire; then just boil it up. Pour it off clear and salt it a very little.

Beef Jelly.

Two onions, two carrots, a few whole cloves, one teaspoonful of sugar, one slice of ham, two calf's feet, one and a half pound of beef; put in the onion and other ingredients in succession; place the ham on top, then the calf's feet, and lastly the beef; no water; put on the side of the range and let stand until reduced to a soft mass, then add a quart of water; let it boil for one hour; strain and take off the fat.

Chicken Broth.

Boil a chicken until it will fall from the bone; then strain the broth; let it cool so the fat will rise, which must be taken off; then warm the liquor; salt to taste; swelled rice or barley may be added to it.

Egg Gruel.

Boil eggs from one to three hours until hard enough to grate; then boil milk from EWELL'S X. L. DAIRY, and thicken with the grated egg and add a little salt.

Egg Wine.

One egg, one and a half glass of cold water, one glass of sherry, sugar and grated nutmeg to taste. Beat the egg; mix with it a tablespoon of cold water; make the wine and water hot, but not boiling; pour it on the egg, stirring it all the time; put it into a clean saucepan; set it on a gentle fire and stir the contents one way until they thicken; do not allow them to boil. Serve in a glass with toasted bread.

Egg and Lemon.

Take two eggs; whip them up quickly; add sugar to taste; squeeze out the juice of one lemon and stir into the egg and sugar.

The purest and best milk can be found at EWELL'S X. L. DAIRY BOTTLED MILK Ranch.

Panada.

Two thick slices of stale bread one inch in thickness; toast them a nice brown; cut them into squares of two inches in size; lay them in a bowl; sprinkle a little salt and one teaspoonful of sugar, oven them and pour over a pint of boiling water.

Gruel.

One large tablespoonful of fine Indian meal, mixed smooth with cold water, and salt to taste; add in your saucepan a pint of boiling water; stir gently into the boiling water the mixture; let it boil for nearly an hour; stir frequently, and thin with boiling water if becoming too thick; when done serve with sugar and EWELL'S X. L. DAIRY BOTTLED MILK.

Ground Rice Gruel.

Boil two spoonfuls of ground rice, rubbed down smooth, with one pint and a half of EWELL'S X. L. DAIRY BOTTLED MILK, a bit of cinnamon, and lemon peel, and when nearly done sweeten to taste.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.



RUPTURE

"DR. PIERCE'S MAGNETIC ELASTIC TRUSS" Only Electric Truss in the world. No Iron Hoops or Steel Springs! Easy to wear. This celebrated Truss has **radically cured** thousands of patients. Estab. 1875. Perfect fitting trusses sent to all parts of the world. For descriptive Pamphlet No. 1 and blank for self-measurement, send stamp to the **Magnetic Elastic Truss Co., 704 Sacramento St., San Francisco, Cal.** Trusses fitted personally at the above address, without extra charge.



ARE YOU ILL?

Dr. Pierce's Belt is the only perfect Electric Body-Battery. It will positively cure Nervous Diseases, Rheumatism, Lamé Back, Impotency, Kidney Complaint, Dyspepsia, Male and Female Weakness. Thousands cured. Electric Suspensory for Men, free with every Belt. Send stamp for Pamphlet No. 2. Address, **M. F. Truss Co., 704 Sacramento St., San Francisco, Cal.** **Caution.** Beware of peddlers selling inferior goods.

GALENA APPLIER FOR PILES
 And all Rectal Discharges.
 By means of this New Instrument patients treat themselves **AT HOME** and obtain continuous internal pressure and support, together with medicinal application directly to the affected parts. Instant relief in all cases. Price by mail, \$2. Send stamp for Pamphlet No. 3. Address, **M. F. Truss Co., 704 Sacramento St., San Francisco, Cal.** Dr. Pierce's File-Kennedy, an excellent medicine to use with the Applier, can be mailed to any address within the United States. Price of the Kennedy, \$1.

Call and See
TERRY & CO.

FOR
FURNITURE, CARPETS, STOVES,
 EITHER NEW OR SECOND HAND,
WE CAN SAVE YOU MONEY.

747 If you wish to sell Furniture we pay Cash. **S.F.**
MARKET ST., Opp. Dupont,

No Excuse for Poor Bread when you buy



Oat-Meal Gruel.

One large tablespoonful of oat-meal, mixed smoothly with cold water and a saltspoon of salt; pour upon this a pint of boiling water; turn into a saucepan and boil slowly for nearly an hour; stir it frequently; add a half cup of raisins; when done serve with sugar and EWELL'S X. L. DAIRY BOTTLED CREAM.

Buttermilk Pap.

Buttermilk, four parts; water, one part; mix, boil and thicken with Indian meal thin enough to drink.

Milk and buttermilk are both good drinks where they are agreeable.

Barley Water.

Take a tablespoonful of ground barley; mix it with a little cold water; add one pint of boiling water; boil a few minutes and sweeten. This drink is very soothing and strengthening.

Raspberry Vinegar.

To four quarts red raspberries put enough vinegar to cover, and let them stand 24 hours; scald and strain it; add a pound of sugar to one pint of juice; boil it 20 minutes and bottle it; it is then ready for use and will keep for years. To one glass of water add a great spoonful.

Apple Water.

Two large juicy apples, three cups of cold water, one quart if the apples are very large; cut the apples in quarters; do not pare or core them; put it on the fire in a porcelain saucepan with the water, and boil, closely covered until the apples stew to pieces; strain the liquor at once, pressing the apple hard in the cloth. Sweeten with white sugar, iced for drinking.

Nothing better for children than the BOTTLED MILK from EWELL'S Ranch. Purest and best.

Alum Whey.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK, one teaspoonful alum; boil together and strain to separate the curd.

Mustard Whey.

Bruised mustard seed, one tablespoonful; one pint of EWELL'S X. L. DAIRY BOTTLED MILK: boil together for a few minutes and separate the curd. This has been found a useful drink in dropsy. A teacupful at a time.

Tartar Whey.

One quart EWELL'S X. L. DAIRY BOTTLED MILK; one dessert spoonful cream of tartar; boil and separate the curd.

Suet Ptisan.

Two ounces of sheep's suet, one pint of EWELL'S X. L. DAIRY BOTTLED MILK; teaspoonful of starch; boil slowly for half an hour. This may be used as a common drink in dysentery. Good for infants.

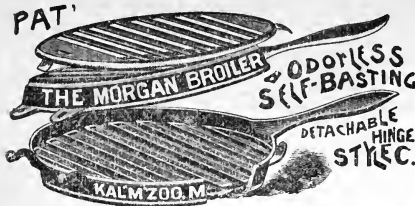
French Milk Porridge.

Stir some oatmeal and water together; let it stand till the next day, stirring occasionally; strain through a fine sieve, and boil the water, adding one pint of EWELL'S X. L. DAIRY BOTTLED MILK while so doing; the proportion of water must be small with toast. This is a good drink for weak persons.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

Improved Cooking Utensils Our Specialty.



TRY OUR
GEM of all STOVE POLISH

BEATS THEM ALL!

No Dust! No Odor! No Labor,
and no Brushing!

Ask your grocer for it, and take no other.

A Perfect Odorless Fry-Pan,
Broiler and Toaster All in One.

NOVELTY HARDWARE COMPANY,

(CHOWN & WRIGHT, Proprietors.)

1433 MARKET STREET,

BETWEEN 10th and 11th]

JACKSON'S

The Prince of
Table Waters.

Its Iron is a Tonic: its Soda and
Magnesia are Corrections to a Sour
or Disordered Stomach.

NAPA

No Other Water is so
Appetizing.

It will Positively Cure Dyspepsia if used in
sufficient quantities.

SODA.

No Table is Complete Without

HOOVER & PRICE

FINE CONFECTIONS.

Parties, Receptions and Banquets Supplied with Choice Candies
and Ice Creams.

N. W. COR. POLK AND BUSH STREETS.

UNITED STATES LAUNDRY ASS'N

HALL & FERGUSON, Proprietors,

LAUNDRY, SIXTEENTH STREET, NEAR VALENCIA.

MAIN OFFICE:

12 SIXTH STREET.

BRANCH OFFICES:

53 THIRD ST.,

121 LEIDESDORFF ST.,

16th ST., Near Valencia.

TELEPHONES:

Main Office, 3420.

Laundry, 3418.

Cure Dyspepsia.

One-half an ounce each of pepsin and bismuth, one-quarter of an ounce cubeb, and two and a half grains lime; mix well and take a pinch of the powder fifteen minutes after each meal.

Fever and Ague.

Four ounces galangal root in a quart of gin, steeped in a warm place, add tablespoonful of red pepper; take often.

To Stop Bleeding.

A handful of flour bound on the cut.

To Cure the Sting of a Wasp.

Mix common earth with water to about the consistency of mud; apply at once.

A Good Cure for Colds.

Boil one large tablespoonful of flaxseed in one quart of water; strain and add two ounces of rock candy, one-half pint whiskey, juice of two lemons; mix and let them all boil well; let cool and bottle; drink one cup before going to bed; the hotter you drink it the better.

A Gargle for Sore Throats.

Equal parts of borax and alum, dissolved in water, to be used frequently.

For Sore Throats.

Cut slices of salt pork; simmer a few minutes in hot vinegar, and apply to the throat as hot as possible.

EWELL'S X. L. DAIRY BOTTLED MILK, corner of Folsom and Twenty-first streets.

For Constipation.

A spoon of wheatenbran in a glass of water taken in the morning; a simple remedy and effective.

Earache.

Take a bit of cotton batting, put upon it a pinch of black pepper, gather it up and dip it into sweet oil and insert into the ear; put a flannel bandage on the head to keep it warm; it will give immediate relief.

For a Boil.

The skin of a boiled egg is the most efficacious remedy that can be applied to a boil; peel it carefully, wet and apply to the part affected; it will draw out the matter and relieve the soreness in a few hours.

For a Caked Breast.

Bake two large potatoes, put them in a woollen bag; crush them soft and apply to the breast as hot as can be borne; repeat constantly till relieved.

Chapped Hands.

Powdered starch is an excellent preventive, rubbing it over your hands after washing and drying them thoroughly.

Relief for Asthma.

Get a muskrat skin and wear it over your lungs, with the fur side next to the body.

EWELL'S X. L. DAIRY BOTTLED MILK.

PUREST AND BEST IN THE WORLD.

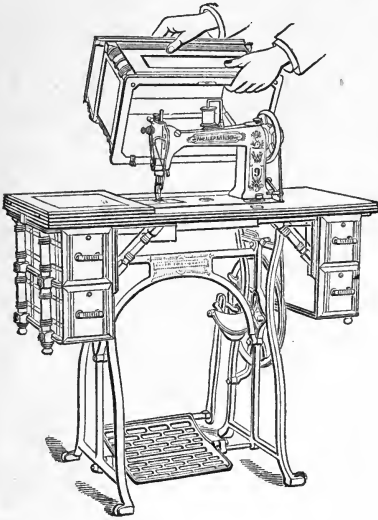
WHEELER & WILSON'S NEW HIGH-ARM No. 12

AWARDED THE ONLY GRAND PRIZE

AT THE

Paris Exposition,

1889.



Do not fail to Examine these
Machines Before Purchasing,
as they stand to-day
without an equal
IN SIMPLICITY, PERFECTION,
AND
SUPERIOR MECHANISM.

OUR HIGH ARM No. 12,

Has been conceded by all who have tested it to be the best machine in the market for all manufacturing purposes.

All machines repaired at short notice and rented on reasonable terms.

A full line of machine supplies for sale.

ALSO, AGENTS FOR

McCall's Glove Fitting Patterns

Main Office, 1368 Market Street. S. F.

For Hoarseness.

Squeeze the juice of one lemon in a pint bowl, add two tablespoonfuls loaf sugar, two teaspoonfuls of glycerine, and one full of whiskey; pour over this boiling hot water to fill the bowl, and drink hot before going to bed.

Healing Lotion.

One ounce glycerine, two ounces rose water, five drops carbolic acid; excellent for sore lips and gums.

For Neuralgia.

The leaves of the common field thistle; bruise the leaves and use as a poultice on the part affected; while a quantity of the same is boiled add a little sugar and whiskey; take a small wine glass of the decoction before each meal.

For Headache.

Pour a few drops of ether on one-half ounce of gum camphor and pulverize; add to this twenty drops of peppermint mix and put in an open-mouthed bottle and cork well.

Cure for a Bee Sting.

Apply slices of raw onions; gives sure relief.

Cure for Summer Complaint.

Two ounces tincture of rhubarb, one of paregoric, one-half of essence of peppermint, one-half essence of annis, one-half of prepared chalk. Dose for adults, one teaspoonful in a little X. L. DAIRY BOTTLED MILK boiled, taken every three hours.

For Consumptives.

One-half pound fine cut beef, one tablespoonful of pulverized charcoal, four ounces of pulverized sugar, one pint of rye whiskey, one pint of boiling water, one pound of raisins; mix all together; stand in a cool place; take two spoonfuls before eating.

To Cure a Cold.

One pint of boiling water; sugar to taste; add one-half cup of good whiskey; stir well and drop in a bit of camphor about the size of a pea; drink on retiring.

Cure for Catarrh.

Dry thoroughly three tablespoonfuls of table salt; rub smooth, add five drops of the oil of cinnamon, mix well, keep in a dry place; take as snuff morning and night.

For Toothache.

Of powdered alum, salaratus and fine salt equal quantities; apply to the tooth and it will give relief.

Cold on the Chest.

A flannel dipped in boiling water and sprinkled with turpentine, laid on the chest, gives immediate relief.

Cure for Croup.

Grate one teaspoonful of alum; mix with it two teaspoonfuls of sugar to make it palatable; administer little at a time but often, every ten minutes until you get relief; also rub on the throat and chest a mixture of sweet oil and turpentine, equal quantities; cover with red flannel.

Orders left at 2460 Folsom street for BOTTLED MILK.

The Best
Remedy
on Earth
is the
Great
Sierra
Kidney^{and}
Liver
Cure.

Keep Cool!
Don't Give Up!

Read a Few Lines of Good Advice.
It May Save Your Life.

I am broken down and discouraged, and don't know just what to do for my health. This remark we often hear from both men and women that are positively in that condition that life is no longer to them a pleasure, but instead a continual bore. THE GREAT SIERRA KIDNEY AND LIVER CURE is especially adapted for just such cases. It acts gently on the bowels, purifies the blood without unsightly blotches, renovates the kidneys and liver, the great organs of existence that must be kept clear. By thus doing its work it brings the nervous system into a healthy condition, producing sound and refreshing sleep. For all female complaints, leucorrhoea, suppressed menses, no matter from what cause, attended by severe pain, and all other complaints so common among women, it immediately relieves and effects a permanent cure. Put aside all prejudice and give this most wonderful and best of all remedies a trial. Warranted purely vegetable. Delightful to the taste. For sale by all druggists. Take no other.

IF YOU WANT

HELP

Male or Female

CALL ON

C. R. HANSEN & CO.

EMPLOYMENT AGENCY,

110 GEARY STREET.

Telephone No. 485. San Francisco.

CALL ON

WORK

IF YOU WANT

\$400 Reward — Free Advice in all Legal Matters.

G. W. HOWE,

30 Kearny St., Rooms 7, 8 and 9.

San Francisco, Cal.

PROBATE, DIVORCES, INSOLVENCY, A SPECIALTY.

Damages, Wages, Claims, Collections, etc., promptly enforced. Deeds and all Legal Documents Carefully Drawn.

Responsible Criminal and Civil Attorneys of eminence and repute practising in all courts. If in trouble call. All suits pushed vigorously. Satisfaction assured. Terms liberal.

Bad Tenants Ejected for \$4.

Consultation strictly confidential. Correspondence solicited.

NO CHARGE UNLESS SUCCESSFUL.

Cough Mixture.

Take one cup of molasses and add two tablespoonfuls of vinegar; simmer this over the fire; when taken off add three teaspoonfuls of paregoric and as much refined nitre as can be put upon the point of a small knife; of this mixture take two teaspoonfuls on going to bed and a little during the day when you have a disposition to cough.

To keep Water Cool.

Water may be kept nearly as cold as ice water by surrounding the jar with several folds of coarse cotton, to be kept constantly wet; the evaporation carries off the heat inside and it will be reduced almost to freezing.

Yeast Cakes.

Put into three pints of water a handful of hops and nearly a quart of pared potatoes, cut in small pieces, boil for half an hour and strain while scalding hot into sufficient flour to make a stiff batter; stir it well; add one tablespoonful of fresh yeast and set in a warm place to rise; when light mix it stiff with Indian meal; roll out thin and cut into round cakes; dry these thoroughly and keep them in a bag in a dry place; they will remain good for months.

Tea Kettles.

To prevent rust: Keep an oyster shell in your tea kettle, by attracting the stony particles to itself it will prevent the formation of a crust.

Catarrh Snuff.

Scotch snuff, one ounce; chloride of lime dried and pulverized rounding, teaspoonful; mix and bottle, corking tightly.

Powder for the Complexion.

Take pearl or bismuth; white and French chalk, equal parts; reduce them to a fine powder and sift through a lawn.

Remedy for Rheumatism.

Gum guaiacum, one ounce, rhubarb in powder, two drachms, four of sulphur, two ounces of cream of tartar, one ounce ginger powder; made into a liquid by pouring over one pint of water and one pint of whiskey; take a teaspoonful three times a day.

Tooth Powder.

Powdered charcoal and white sugar, each one ounce; Peruvian bark, one-half ounce; cream of tartar, one and one-half drachms; carnella, twenty-four grains; rub them well together and sift through netting.

Good Liniment.

Add to one pint of sweet oil two tablespoonfuls of tincture of arnica; good for wounds, stiff joints and other injuries.

Balm of Beauty.

Soft water, one quart; pulverized castile soap, four ounces; emulsion of bitter almonds, six ounces; rose and orange water, of each eight ounces; tincture of benzoin, two drachms; borax, one drachm; apply to the face with linen cloth.

USE EWELL'S X. L. DAIRY BOTTLED MILK,

PUREST AND BEST IN THE WORLD.

WEST COAST FURNITURE CO.

The Oldest, Largest and Most Reliable Manufacturing Establishment on the Pacific Coast, where you can have any article of

HOUSEHOLD FURNITURE, OFFICE AND BANK FITTINGS,

Made to order for less money and in less time than at any other house of the kind.

Where you will find the largest and most elegant assortment of **Wooden Mantels**, of Mahogany, Oak, Walnut, Ash, Cherry, Maple and Curly Red Wood, from \$10 each, upwards into the hundreds.

We make the best **Bedding** and the **Finest Upholstery**, at from 20 to 30 per cent. less than any of the down town stores, where the enormous rents make it necessary to charge immense profits. We have no rent to pay, and our customers get the benefit of it.

Be sure to call and convince yourself before purchasing elsewhere.

THE LARGEST AND FINEST STOCK OF

FURNITURE, BEDDING, UPHOLSTERY,

—AND—

WOODEN MANTELS

In this city, constantly on hand and in process of manufacture.

The newest and latest Eastern novelties constantly arriving.

Every article of *our manufacture* warranted, and satisfaction guaranteed.

L. & E. EMANUEL, Proprietors,

432 & 434 FOURTH STREET,

SAN FRANCISCO.

For Dyspeptics.

Take a piece of stale wheat bread and a little white sugar, and cover with boiling water, then cover with a plate for a short time; add two table-spoonfuls of EWELL'S X. L. DAIRY BOTTLED CREAM. This dish rests easy on the stomach. Both food and drink should be taken rather cool and slowly, otherwise they relax and weaken the stomach.

Milk and Soda Water.

Heat nearly to boiling a small cup of EWELL'S X. L. DAIRY BOTTLED MILK; dissolve in it a teaspoonful of refined sugar; put this into a large tumbler and fill with soda water. This is an excellent mode of taking milk when the stomach is charged with acid and is oppressed by milk alone.

Sweet Whey.

Skim two quarts of EWELL'S X. L. DAIRY BOTTLED MILK, a piece of prepared calf's rennet; mix and put in a warm place till coagulation takes place; then strain.

Orange Whey.

One pint EWELL'S X. L. DAIRY BOTTLED MILK, the juice of one orange with a portion of the peel; boil the milk; then put the orange into it and let it stand till coagulation takes place; strain.

Try EWELL'S X. L. DAIRY BOTTLED MILK.

Whey with Tamarinds.

One pint of EWELL'S X. L. DAIRY BOTTLED MILK, tamarinds two ounces; boil them together until coagulation takes place; strain.

Coffee Milk.

Boil a dessertspoonful of ground coffee in a pint of EWELL'S X. L. DAIRY BOTTLED MILK for a quarter of an hour, then put into it a shaving of isinglass and clear it; let it boil a few minutes, and set it beside the fire to clarify; sweeten with loaf sugar.

Nutritive Fluid.

Take two teaspoonfuls of lump magnesia, one teaspoonful of salaratus, one teaspoonful of salt, two of flour, half a pint of EWELL'S X. L. DAIRY BOTTLED MILK, and one pint of water; put the milk and water united over the fire; rub up the flour with a little cold water to make a thin paste; just when the milk and water begins to boil stir in the paste; this will make a thin porridge, which should boil about five minutes; then pour into a pitcher; now add the magnesia, salaratus, salt and sugar rubbed together; sweeten to taste.

Chicken Water.

Take half a chicken, divest it of all fat, and break the bones; add to this half a gallon of water, and boil for half an hour; season with salt.

Ground Rice Milk.

Take one pint of EWELL'S X. L. DAIRY BOTTLED MILK, add one spoonful of ground rice, a little cinnamon or nutmeg; sweeten when nearly done.

USE THE BEST OF EVERYTHING,

THE BEST IS THE CHEAPEST.

Terry & Co., the well-known furniture dealers, have their advertisement on page 172, and claim to be able to make it profitable for any one to call and see them, to either buy or sell furniture, carpets, stoves, etc.

On page 164 will be found the advertisement of Messrs. Naber, Alfs & Brune, wholesale liquor merchants and sole agents for the celebrated brand of whisky known as "Phoenix Old Bourbon," also sole agents for the great Mexican remedy known as "Damiana Bitters."

On page 166 is the advertisement of "The Evening Bulletin," noted as the best family newspaper on the Pacific Coast. Its weekly and semi-weekly are too well known to require mention.

On page 170 is the advertisement of J. T. Bowers & Son, agents for Lindeman & Sons, Calenberg & Vaupel, and Connor pianos; also dealers in second-hand pianos of all makes.

On page 170 is also the advertisement of Wainwright & Easton, dealers in coal, who make a specialty of family trade.

On page 170 is also the advertisement of G. D. Mayle's coffee parlors, bakery and confections, where a good home-like lunch can be had. Family trade solicited.

On page 172 is the advertisement of Dr. Pierce's magnetic elastic truss and Dr. Pierce's galvanic chain belt, also his galena applier for piles.

On page 172 is the advertisement of Sperry & Co., manufacturers of the well-known brand of family flour known as Sperry's new process patent roller flour.

Deposit Your Savings with Peoples' Home Savings Bank.

On page 174 will be found the advertisement of the Novelty Hardware Company, with a list of articles of daily use in the kitchen of all well-regulated families almost too numerous to mention, to read a description of which is calculated to make one's mouth water in anticipation of the good things that can be performed with ease by using their new patents. Prominent among them is their odorless fry pan, broiler and toaster, by the use of which even the delicious fragrance of onions is wafted on balmy breezes, not into the room, but up the chimney; their odorless and self-basting broiler, equally suited to broiling or toasting over gas, oil, gasoline, wood or coal fires, avoiding all smoke or vapors.

Also on page 174 is the advertisement of Jackson's Napa Soda, that well-known and popular "prince of table waters," so well known on this coast that comment is superfluous.

Also on page 174 is the advertisement of Hoover & Price, confectioners and caterers to parties, receptions and banquets.

Also on page 174 is the advertisement of the United States Laundry Association, Hall & Ferguson, proprietors.

On page 176 is the advertisement of the agent's (Wheeler & Wilson's) new high-arm sewing machines, Nos. 9 and 12, also for McCall's glove-fitting patterns.

On page 178 is the advertisement of G. W. Howe. Free advice in all legal matters.

On page 178 is the advertisement of C. R. Hansen & Co., the well-known employment agency of many years' standing.

Don't fail to read the advertisement of the GREAT SIERRA KIDNEY AND LIVER CURE on page 178. It may save your life.

Peoples Home Savings Bank Pays Interest from Date of Deposit.

On page 180 the West Coast Furniture Company have their advertisement, claiming to have the largest stock of furniture, both Eastern and their own manufacture, on the coast, and that, as they have no rent to pay, they give their patrons the benefit of from 20 to 30 per cent. in prices. The only trouble one has to take to see their elegant display is to get on to the Fourth-street cars and ride a few blocks from the main lines of customary promenade, and save this great difference in prices.

On page 186 "Radam's Microbe Killer" have their advertisement. A reference to this page is necessary to fully understand the wonderful virtues claimed for it.

On page 186 is the advertisement of the Pacific Electric Belt and Truss Company, also Holbrook's electric catarrh cure, who agree to furnish testimonials from all parts of the country on application.

On page 186 the advertisement of the Knabe pianos will be found, A. L. Bancroft & Co. agents for the Pacific Coast. This firm also handles the Haine's Bros. pianos and Harrington and Gilbert instruments.

On page 188 the advertisement of that great "home production," the celebrated Hemme & Long piano, will be found. J. B. Curtis manager.

On page 188 the advertisement of Starr & Co.'s best roller-made choice family flour appears. For sale by Rathjen Bros.

On page 192 the advertisement of the C. C. Liniment Co. appears, claimed to be the "great pain conqueror" for man and beast, a reference to which will prove of interest to the afflicted. For sale by all druggists.

See the Battle of Gettysburg at Market and Tenth Sts.



The above cut of the "Blind Goddess of Justice" is the best exemplification of the policy pursued by the EWELL X. L. DAIRY BOTTLED MILK CO. towards their customers that could be found, as there is positively no possibility of one getting any better milk than another. Their policy of bottling milk warm from the cow precludes the possibility of any selection. As the milk is brought in from each string of milkers every few minutes, put through the same strainer, and the bottling process constantly going on, it is evident that there can be no choice, every bottle containing the average of their daily product. Their employees are often importuned to "*be sure and serve us your best milk.*" By this system there is absolutely no such thing as best, all are served exactly alike and at the same price. The family taking ten quarts per day pays ten cents per quart for each and every quart bottle, and has no preference over the family taking a single quart bottle per day. A short trial will convince anyone that their milk is uniform in quality and cannot possibly vary. When you get the EWELL'S X. L. BOTTLED MILK, you get the best that can possibly be produced.

Occasionally a new patron of the EWELL'S X. L. DAIRY BOTTLED MILK CO. complain that their milk has a peculiar taste. This is because they are not used to milk *so thick*, and by using a sufficient quantity of water they will find the taste such as they have been accustomed to.

GERM, BACTERIA & FUNGUS DESTROYER

PROPERLY DIGESTED FOOD
MAKES PURE BLOOD.



Radam's Microbe Killer

Causes perfect digestion by furnishing the gastric juices needed.

A Perfect Blood Purifier

Has cured more people, in the same time, at less expense, than any other Remedy.

Stands at the Head!

If you are Sick it will
Cure you.

Everybody should read our Pamphlet (sent free) explaining the Theory of DISEASE, ITS CAUSE AND CURE.

RADAM'S MICROBE KILLER CO.,

1332 Market St., opp. Odd Fellows Hall.

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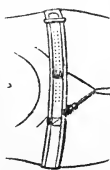
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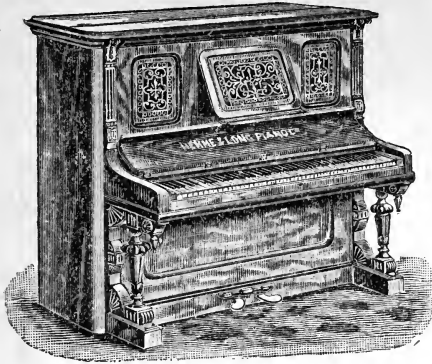
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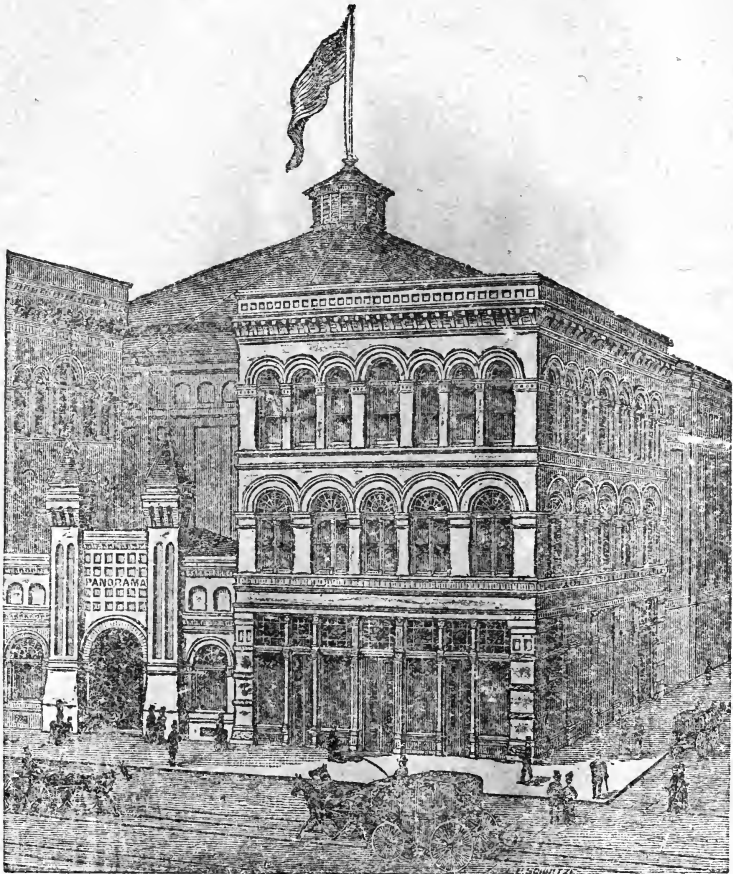
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