

THE PATTERN COOK-BOOK.



A good dressing for slaw or lettuce is made from three eggs beaten until light, twelve tablespoonfuls of vinegar, six tablespoonfuls of cream, three tablespoonfuls of melted butter, one tablespoonful of mixed mustard, half a tablespoonful of celery seed, half of salt and one of sugar; stir well together while cooking to prevent curdling. This will keep for weeks in a cool place if bottled.

When the embroidery on a white



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W. Wither Spoon, Mrs. Edna

METROPOLITAN
CULTURE SERIES.



THE
PATTERN COOK-BOOK.



FIRST EDITION.

NEW YORK:
THE BUTTERICK PUBLISHING COMPANY, [LIMITED].

1890.

" Ah! happy age when ladies learn to bake,
And when kings' daughters know to knead a cake.
Rebecca was esteem'd of comely hue,
Yet not so nice her comeliness to keep
But that she water for the camels drew."

THOMAS FULLER.

" The turnpike road to people's hearts, I find,
Lies through their mouths, or I mistake mankind."

DR. WOLCOT.

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INTRODUCTION.



A BOOK on cookery that is to be of genuine assistance alike to the experienced housewife and to the beginner must, in our opinion, possess two important qualifications; in the first place, the dishes and preparations presented in it must be such as may be readily made up with the facilities to be found in an ordinary household; and in the second place, all instructions and directions should be couched in language so simple that every one can comprehend them. It has been our earnest endeavor that in both these respects the present work shall excel.

The recipes are eminently practical and easy to follow, all having been thoroughly and successfully tested by the author; and in their selection chief attention has been given to those unpretentious yet dainty and wholesome dishes that are so acceptable and appropriate upon the average family board.

Among the admirable features of the book deserving

INTRODUCTION.

of special mention are an intelligent but not too lengthy dissertation on the Chemistry of Food; a Cook's Time-Table; a chapter on Cookery and Simple Remedies for the Sick; a list of Menus for all occasions; a Glossary of Terms used in Cooking; a Table of Measurements; helpful talks regarding "Small Economies," "Things Worth Knowing," and "Miscellaneous Helps;" and lastly, a most admirably arranged index.

When we add that the work is from the pen of one whose experience entitles her to a position of foremost authority in all matters pertaining to the culinary science, we have said all that is needful to commend the book fully and heartily to the world of women as a complete and reliable guide in the selection, preparation and cooking of food.

THE BUTTERICK PUBLISHING CO.

[*Limited*].

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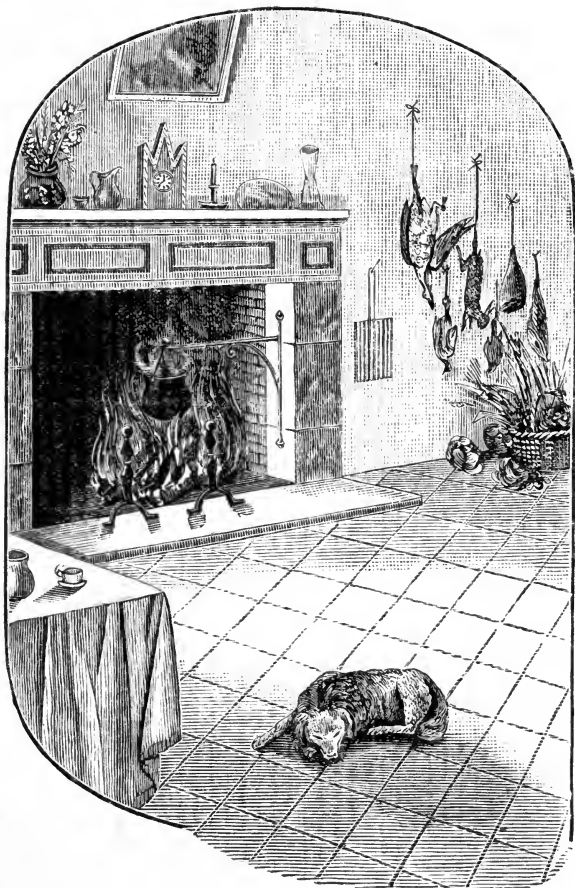
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THE PATTERN COOK-BOOK.

PREFATORY.

“There’s no want of meat, sir,
Portly and curious viands are prepared
To please all kinds of appetite.”

MASSINGER.

“THE destiny of nations depends on their diet,” says Savarin, an opinion exactly coinciding with that of the ancient ballad-monger who asserted the infallibility of Britons so long as they were fed upon beef. Without exactly agreeing with either of these, time has proven that the civilization of a people or age may be ascertained by the style of its cookery—that gastronomic taste changes with the progress of a people. In the time of Henry VIII. a porpoise was esteemed a great delicacy. The seasoning of dishes was strong and pungent, saffron being a predominating flavoring for them. Shakspeare speaks of this in “The Winter’s Tale,” when the clown, sent shopping for the sheep-shearing feast, says,—“I must have saffron to color the warden pies.” The fee-favor of the city of Norwich was twenty-four herring-pies, each containing five herrings. They were car-

ried to court by the Lord of the Manor of Carleton in 1629. These pies were seasoned with ginger, pepper, cinnamon, cloves, and "grains of Paradise," which were much used in those days of strong palates, being pungent and peppery. Looking back only to the last century, we are confronted with the coarseness of our more recent ancestors' cookery. A gammon of bacon was to be boiled and a quantity of hay was tied up in a cloth and placed in the water during the cooking—for flavoring. A neck of lamb was fried with ale, which appears to have been freely used in cooking. Simplicity evidently was unknown, as may be gathered from a perusal of the "Cook's Dictionary," published a century ago.

But we must not forget, while criticising the cookery of the past, that every age and country have been laid under contribution to supply the materials with which the modern cook works, and that our tables are now supplied, thanks to the increased and rapid intercourse with other lands, from the larder of the world. How best to use and enjoy these gifts of Providence became at length a study, and a literature of cookery gradually arose. The first books were written by cooks or housewives, who lacked the power of language to convey their knowledge to others; and like the "Cook's Dictionary," their books, ill-spelled and poorly expressed, were of no great use to the worker. But in the present day, as the art improves, books on the subject grow with it, and ladies vie, in writing them, with the professional cook.

COOKING

is the art of preparing food for the nourishment of the

human body. It is usually done by the direct application of heat, fruits and some of the vegetables eaten in their natural state having really been "cooked" by the sun. Milk and eggs, which are perfect food, would be nothing unless they came from the warm living animal. Foods dried or smoked have undergone a certain process of natural cooking.

HEAT

seems to create new flavors and to change the odor, taste and digestibility of nearly all articles of food. It opens the cells of starch in flour, rice and potatoes; hardens the albumen in eggs, fish and meal; softens the fibre of tough meat, hard vegetables and fruits; and gives new flavor to tea, coffee, etc.

COLD

is also a most important factor in the preparation of food; honey, ices, custards, salads, butter, gelatine dishes and many others being only fit to eat when cold.

WATER

or some other liquid, in connection with heat, is necessary in the many forms of cookery. Grains, dried fruit, and foods which have parted with nearly all their moisture in the ripening or drying process, need the addition of a large quantity of water in cooking to soften and swell the gluten and starch before they are fit for the table.

AIR,

or the free action of oxygen upon our food while cooking,

develops certain flavors not otherwise obtainable ; thus, meat roasted or broiled has a much finer flavor than when boiled or fried. Food cooked before the fire or in the open air (as "camping-out" parties can testify) shows the advantages of this combined action of heat and air. Drying in the sun was one of the earliest modes of cookery. Then came roasting before the fire or broiling over the coals, and baking in hot ashes ; this last was the primitive oven. As the art of making kitchen utensils developed, other modes were adopted. Then to economize heat, ovens were invented. The oven originally consisted of a covered dish set over or near the fire, having sometimes a double cover filled with coals. Afterwards stoves, which kept the fire and heat in a limited space, were introduced ; and so extensive are the improvements in them, that we now have conveniences with them for doing all forms of cooking with wood, coal, oil or gas.

THE CHEMISTRY OF FOOD.

“ Now, good digestion wait on appetite,
And health on both.”

SHAKSPERE.

WHY we eat, what to eat, and when to eat it, are questions which all should be able to answer. That a man may eat his fill and yet be hungry is a well-known fact. What then is the reason? It is certainly not the quantity but the quality of food which satisfies; and often, indeed, it not only happens that what is one man's meat is another's poison, but it is also true that what is food at one season of the year or time of life, or in one climate, may be poison at another season or age or in another climate. Dwellers in the tropics thrive on fruits upon which the inhabitants of the frigid zone would starve, while the blubber and oil that completely nourish the Icelander would be fatal if eaten under the Equatorial sun. Even the same person requires fruit in the tropics and fat and oils in the frozen zones. The child requires food made up of different elements from that needed by the adult, and the food of a laborer in the field must differ from that of the student, who takes little exercise, and whose strain of life is heavy on the nervous system.

It is particularly important that those who are forced to practice rigid economy should know just what will best supply the needs of a family and how the most nourishment may be had at a minimum of expense. We are told by scientists that an adult requires daily eight and a-quarter pounds of dry food and water, with air necessary for respiration. The same amount is thrown off as waste, or in other words eight and a-quarter pounds is used up as fuel to keep the machinery of life in motion, and if that fuel is not forthcoming, death ensues. The better the oil, the better the light; and the more perfectly suited the food is to the wants of the system, the more vigorous will be the body, the more perfect the working of muscle, nerve and brain.

Food is first masticated, then digested. When it reaches the stomach it is at once acted upon by the gastric juice, which pours from the walls of the stomach. Consequently, anything that dilutes this fluid tends to retard digestion, and sickness follows. Therefore, it is a mistake to drink freely during mastication, or until some little time has elapsed after eating to allow the stomach to do its work unhindered. As the juices of the stomach act only upon the surface of the food which passes into it, it can readily be seen why light bread is more wholesome than heavy bread. Light, spongy bread is acted upon in every part because the gastric juice is able to penetrate it; and if all housewives knew this, they would not place the heavy, stale loaf on the table, "to save it." Truly, many a mother gives a stone when asked by her child for bread!

Fats of all kinds do not digest in the stomach, but require the action of the bile and pancreatic juice

to make them available as carbon for living combustion. Only as fat is combined with other food is it a benefit to the system, and the use of more than can be perfectly blended brings on indigestion and often excessive "heart-burning," to use a domestic term.

Food has primarily two functions—the repair of muscular waste, and the supply of the body with fuel to keep the temperature up to 98° ; and each is indispensable to health and strength. The chief part of our food goes to keep up this living warmth, and the balance, except small portions of mineral substances, such as sulphur and potash, goes to muscle and brain production. The secret of healthy food is to adapt it to the present needs of those for whom it is prepared. Foods are divided into three classes: the Nitrogeous, in which nitrogen is the chief element, and which feed the muscles only; the Non-nitrogeous or Carbonaceous, which produce heat chiefly; and those in which the first two are combined.

It is known that the body requires four to five ounces of food for heat to one for muscle, and this is the key to preparing food in different climates and for different occupations and conditions. The whites of eggs (pure albumen) are richest in nitrogen or muscle-providing food. The lean parts of beef, mutton, venison and game contain nearly as great a percentage—about fifteen parts in one hundred. Grain, peas, beans and the curd of milk are also rich in nitrogen, and if muscles were all that were needed, these would be almost perfect food. But for one ounce that goes to muscle, five ounces must go to heat, and this means Carbon.

Carbon, the heat producer, comes chiefly from starch, of which the vegetable kingdom is largely composed.

Sago, tapioca, arrow-root and corn starch are almost pure starch, and desserts made of them are easily digested and contribute largely of carbon, but do not feed the muscles, except they be combined with eggs, milk, etc., in cooking. Consequently, children and working people who need to have their muscles fed should be fed on such things rather sparingly, unless muscle-making food has also been eaten. For the student, the aged and those who do not exercise much, these foods are most valuable, being easily digested and productive of warmth.

The following table shows the proportion of starch in common grains, etc.

Rice Flour,	84 to 85	parts in 100.
Indian Meal,	77 " 80	" " "
Oat " "	70 " 80	" " "
Wheat Flour,	39 " 77	" " "
Barley " "	67 " 70	" " "
Rye " "	50 " 61	" " "
Buckwheat,	52	" " "
Peas and Beans,	42 " 43	" " "
Potatoes,	13 " 15	" " "

The variation in wheat flour is due to the different processes of grinding. The old method of making fine, white flour used only the middle of the grain and rejected the gluten, which is nitrogeous and muscle-building; hence the whitest flour was the least nourishing, containing the largest percentage of starch. Modern grinding has, however, reversed this, and the "new process" flour contains the largest percentage of gluten. The old argument that graham contained the largest proportion of muscle-making material no longer holds good, as analysis

has proven that the "new process" flour and graham are almost identical in these elements.

The substance of next importance in supplying carbon to the body is oil. The oils used are butter, lard and the fat of meat. They contain about 80 parts of carbon in 100. Grains contain oils in varying quantities, as follows :

Corn meal,	9	parts	in	100.
Oatmeal,	6	"	"	"
Rye,	3½	"	"	"
Wheat,	1 to 2	"	"	"

This furnishes the best of reason why fats should be sparingly used in hot weather, the grains and vegetables supplying sufficient warmth-producing material. The excessive use of fats in cooking causes an over-secretion of bile, and this produces indigestion, sickness at the stomach, and often fevers of different kinds. Dyspeptics particularly should reject fried and oily foods.

One condition of life calls for a daily diet of fat, and that is long exposure to excessive cold. When the breath freezes on the beard, the lungs require a large amount of heat to keep the body up to a normal temperature. The best bread for cold weather is that containing the most oil. Corn bread ranks first, oatmeal second, rye third and wheat last. Woodmen, sailors, street-car drivers, railroad men and others exposed to long, cold storms, especially when there is little opportunity for exercise, should eat freely of fat meat and butter. Let the cook remember, however, that fats are physic—and truly harmful if not blended with substances containing starch. An ounce of lard and a pound of flour thoroughly blended in wheat bread are digestible, but the same in corn meal

already rich in oil would only be fit for an Icelander. The proper proportion of oil in food is found in milk, which contains $3\frac{1}{2}$ parts in 100.

The next element which supplies carbon is sugar, which is found in all vegetables and largely in milk. Sugar contains 40 parts carbon and 60 parts water; consequently candy should be sparingly eaten in the warm months and children should be allowed little if any.

There are other elements found in food, and while noticed only in small quantities, they are no less essential to health and comfort. One is phosphorus, which largely enters into the building up of brain and nerve waste. Phosphorus is found in eggs, fish, oysters, lobsters, game, cheese and potatoes, and these should be freely eaten by the brain-worker. Another element that enters into body-building is sulphur, which is required for growth of hair, nails, bones and cartilage. Of this there is so much found in eggs that silver is darkened by contact with them. Curd of milk and cheese are also rich in sulphur. Iron is also present in the blood and is found in most articles of food, being most abundant in the juice of beef, in eggs and in milk. Lime and salt are also needed for the body, the lime making bone, while salt aids digestion. Lime is found in all grains, in wheat and in milk. Nothing is more healthful for growing children than bread and milk, as it supplies heat, muscle and bone material.

Races develop largely in proportion to their adeptness in supplying heat and muscle producing food. The Scotch use oatmeal, rich in nitrogen; the Irish endure a large amount of labor on cheap fare, potatoes, cabbage and milk largely entering into their daily food. The use

of "Chemistry in Cooking," is to learn how to combine all the life essentials. With a meal that contains much nitrogen should be served vegetables and dessert that are rich in carbon, to make up the needed healthy food. For instance, the farmer's dinner of salt pork, cabbage and potatoes is about perfect for an outdoor laborer in cold weather, the cabbage giving the nitrogen and the pork the carbon. It is a proper dinner also from the fact that it takes four hours and a-half to digest, and, as an old farmer once said, "it stands by a man," although the why of the "standing" had never entered into his education. Venison is about the easiest of digestion of all meats and contains fifteen parts of nitrogen, which is the same proportion as beef. Wheat bread does not contain muscle-producing material enough for a laboring man, and should be supplemented with lean meat; consequently a sandwich made of rare roast beef and bread is most nourishing.

Beans contain, next to meat, the most nitrogen and form a durable food for laborers, and this is the reason the inmates of our State prisons have beans served to them daily in the form of soup, made with fat pork, the fat supplying the carbon needed. Cabbage ranks next to beans in nitrogeneous qualities, and then come oats, wheat and barley. Milk, containing all the elements of body building, and eggs, rich in nitrogen, used together with rice and sugar, containing carbon, produce a most nutritious dish that is easy of digestion. Buttermilk is a healthful drink in summer as it is still rich in nutritive parts, and the acidity aids digestion. Eggs contain a large quantity of carbon and are, in consequence, good food for cold weather. Wheat bread alone will support

life longer than any one food, except meat, the proportion of nitrogen to carbon—1 to 5—being nearly correct for the student and those not taking vigorous exercise. For active life, however, more nitrogen is needed, and lean meat should be used.

Considering the requirements of the body and the elements that make up food, a wholesome breakfast should consist of strength-giving and muscle-making food. Nothing is better than broiled beefsteak, which is most easily digested, especially by real workers. Eggs are nourishing but less stimulating and provide for the muscles. For heat, bread and cakes are to be preferred, and fruit with its mild acid aids digestion. If coffee is to be taken at all during the day, it should be drunk in the morning, as it is stimulating, and the effect should have time to pass off before the hour for retiring comes.

In summer less carbon should appear on the bill of fare, and blanc-manges, creams, berries and ripe fruits should be served for dessert. In giving a dinner the wise hostess will consider well her company, their occupation, etc. A party of hunters or outdoor workers would require an abundance of meat, while persons of sedentary occupation would be better pleased with delicacies and nothings. A sleighing party will devour carbon, but persons almost fainting under a July sun long for cooling fruits and the leanest of meat. The time when food is given should decide the nature of the bill of fare—whether easy of digestion or not; thus those starting upon a journey should be given rare roast beef or beefsteak, which can be quickly disposed of by the stomach (thus preventing possible loss by car sickness), rather than a fried pork-chop, that takes nearly five hours to digest.

THE KITCHEN.

“ There is always work,
And tools to work withal, for those who will.”

LOWELL.

IT is almost impossible to give any except general suggestions as to the arrangement of the kitchen.

If every housewife had the pleasure of planning this part of her house, a model kitchen might be fully drawn out; but unfortunately the large percentage of our people live in rented houses, in which the kitchen has to be taken just as it is found, and endured among other inconveniences. A few hints, however, for those about to build homes for themselves may be found helpful.

The room should not be too large, 15×15 feet being a very good size. If larger, more time will be required to keep it properly cleaned, and many more steps will be needed to accomplish the necessary work. The matter of ventilation should be given an important place in the planning of the kitchen, since the comfort of the entire household depends upon it. The odors from the cooking should not go through the house, and high and wide windows in the kitchen furnish the only means of preventing this. Good ventilation and plenty of light are indispensable, for there should be no dark corners to

tempt untidiness. The floor should be made of hard pine, maple or birch, and laid in three-inch strips, and a carpet should cover all the floor, except around the stove, where an oil-cloth will be found much neater. Many persons object to a carpet in the kitchen, but it is restful to tired feet and can be taken up and washed when soiled.

About the room should be a wainscot of oiled pine wood, and none of the wood-work should be painted. The walls of the room are by many considered quite improperly finished unless paint is applied, but unless you are sure the painter understands just the kind of paint to use, paper them instead. Well painted walls are a continual satisfaction, for they can be easily cleaned; but when poorly painted they are great burdens to the good housekeeper, inasmuch as no amount of cleaning cleans them. If paper is used, choose neither a light nor a dark tone, and have plenty of it left over to repair any disasters that may come to the walls. The usual objection to paper, that the steam from the cooking ruins it, will not hold good if the windows are lowered from the top a couple of inches throughout the day. Whitewash the ceiling, and have it re-whitened every spring at the usual cleaning time.

Have a large sink, choosing one of iron rather than of slate, as dishes are more likely to be chipped and broken if a stone sink is used. The strainer in the sink should be fastened down permanently, as anything that will not run through the holes ought not to go into the drain pipe at all. A great temptation to raise the lid and let sediment pass through is thus removed. Do not enclose the space under the sink, for such a closet will afford a

secure and inaccessible abiding-place for water bugs should they gain a foothold in the kitchen. Besides, if this be left open, the manner in which it is kept will furnish a reliable criterion of the neatness of the kitchen-maid.

In many parts of the country what is known as the "dresser" in the kitchen is not in use, the pantry giving space enough for dishes and utensils of all kinds. A dresser usually has two closets above and two below, with two deep drawers at the top of the lower closets. In the upper closets should be kept all the dishes necessary for use in the kitchen, and in the lower ones all pots, sauce-pans and other utensils of this kind. In one of the drawers should be the cooking knives and forks, larding needles, wooden spoons, can-opener, rolling-pin, etc.; and in the other the jelly-bags, dish-towels, linen soup-strainer, fish cloths, a large extra piece of cheese-cloth that may be torn into convenient pieces as wanted, a ball of twine and all other necessary articles of this kind. It is a question whether a dresser is a good arrangement for dishes, as the doors of the upper closets are frequently left open by careless workers, so that the smoke from broiling and the steam from the cooking have a most untidy effect upon the dishes. It is very unwise to dispense with a pantry altogether and depend on one of these dressers. Have a pantry always, even if you are compelled to do away with the parlor of the house to make room for it.

There should be a large table in the kitchen, or two, if there be room enough; but if there is to be no separate laundry and the stationary tubs are in the kitchen, the top of the tubs forms a very handy table for dishes,

etc. A small table covered with zinc and placed near the range is a most convenient addition to the kitchen furniture, as hot dessert, cake, pie, etc., can be placed on it to cool. There should also be a good-sized shelf or mantel, upon which the clock, match-safe, candle-sticks, etc., may be kept.

Screen the windows and the door in summer, or swarms of flies will enter, rendering it impossible to keep the room clean and creating a personal annoyance that must be endured to be fully appreciated.

In the pantry under the shelves should be built a long bin divided into compartments for holding wheat flour, corn meal, graham, etc. This is a most satisfactory arrangement, for often a space that is large enough for the purpose would be found entirely too small to contain a barrel of flour.

CARE OF THE KITCHEN AND THE UTENSILS.

“A place for everything, and everything in its place” is a motto to be followed in the kitchen more than in any other part of the house; for there are so many utensils, dishes, etc., that confusion is certain to reign supreme unless order is the first thought all day and every day. But even if the worker is careful, there should be one day set apart for general cleaning and putting in order of everything pertaining to the room. The entire wood-work should be cleaned at least once a month, and around the tubs and wherever the strain of the work is the greatest it should be cleaned every week.

The sink requires special attention. Wash it daily with soap and water, always giving a final rinse with scalding water. Set a regular time for this cleaning, just

after the dinner work is out of the way being obviously the most convenient. The drain pipe of the sink should be carefully cleansed once every ten days with washing soda. To prepare a cleansing agent for this purpose, pour three quarts of boiling water on a pound of washing soda, and when the latter is dissolved, bottle for use. Pour a pint of this liquid down the drain-pipe when it needs purifying; the soda unites with the grease and keeps the pipe free from deposits.

Tinware, granite-ware and frying pans will need frequent scouring, and nothing is of greater comfort in the kitchen for this work than a generous supply of Sapolio. Bristol brick may be used for this purpose, but scarcely with as admirable results for the labor expended. Woodenware that has been washed should never be dried before the fire, as the wood will warp and crack when thus exposed to the heat. Steel knives should be brightened with Sapolio. The refrigerator should be carefully cleansed throughout once a week and a wire run through the drain pipe to dislodge anything that may have dropped into it. It is very unwise to have this pipe connected with the sewer or the drain of the house, as such an arrangement offers a constant menace to the health of the household. The range or stove should be cleaned once a fortnight, all the flues being swept out, the top of the oven brushed off, and the stove pipe sharply tapped to loosen any soot that may have formed.

Above all, the kitchen should be plentifully supplied with towels. There should be three kinds: some of crash for the hands, which can be made to go over a roller; some of soft crash for dishes and kitchen implements generally; and some of unbleached cotton for use about the

range in lifting hot utensils. These cotton towels are much more convenient than the padded holders commonly in use, as they can be easily washed, and the heated dishes can be handled much more safely with them.

UTENSILS NEEDED.

The young housekeeper will, we believe, gladly receive some advice in the matter of choosing the utensils needed to produce a well-furnished kitchen. In buying tinware (and, indeed, any article for equipping this part of the house) it is economy to purchase the best in the beginning. It is a well-known fact to experienced housekeepers that American wares for the kitchen are not nearly so durable as English. Of course, the latter cost more here, but if, when furnishing the kitchen, a little more money be expended in this way, it will never be regretted, since the best wares last fully twice as long as those of poorer quality. A superior quality of tinware will last a life-time, while the cheap varieties will scarcely survive a year's usage. The best tin has a smooth and rather dull-looking surface and keeps its shape until worn out; its surface will stand great heat without becoming rough, but when the poorer tin is thus exposed, the coating melts, producing a rough surface that is difficult to clean, and to which the food clings until it burns. The utensils should all be made of XX tin, and the bread and cake pans, when not made of iron, should be of the XXXX quality.

The surface of the iron-ware for the kitchen becomes smoother with use, but iron utensils of poor quality are a great annoyance and can never be relied upon to attain

this desired smoothness. Before iron-ware is used, it should be washed out and dried perfectly. The inside should then be rubbed with fat or oil that contains no salt, and be allowed to remain thus greased for six or eight hours before washing again. Place the utensil on the fire and heat it gradually, after which wash it thoroughly with soap and water and rub with a dry towel. This process will smooth the surface, if carefully done. Iron comes next to copper in the matter of retaining heat, although it is far below the latter metal in this respect. Copper utensils are not much used for two reasons—their weight and the danger of poisoning. Copper requires constant inspection and care and does not find favor in the eyes of housekeepers generally. It may be cleaned with sour milk and salt.

Granite-ware is most commonly used nowadays, being preferred on account of its lightness and cleanliness; and if its cost can only be brought to a more reasonable figure, it will eventually displace all other varieties of cooking utensils. In selecting this ware, if a piece does not seem firm in every part, or if there is a flaw in the enamel, reject it, for the granite will chip and crack. Granite-ware will not endure rough treatment, but with care, it will last a long time.

Two lists of kitchen utensils are here given, each being very complete in itself. One, which is called by the house supplying it the "one hundred dollar outfit," includes everything needed in the kitchen and is sold for one hundred dollars. The other is the "twenty-five dollar outfit," the cost for the articles furnished amounting to that sum. For those who cannot afford the costlier outfit, the less expensive one will be found very complete.

List No. 1, \$100.00.

1 Step Ladder	\$2.15	1 Graduated Measure.....	\$ 15
1 Clothes Horse	1.50	1 Cake Turner.....	12
1 " Line, 50 Yds.....	1.00	1 Dipper	5
10 Doz. Clothes Pins.....	20	1 Oyster Broiler	50
1 Skirt Board.....	70	1 Egg Beater	25
1 Ironing Table.....	5.00	1 Egg Whip.....	6
1 Zinc Top Kitchen Table	4.50	1 Skimmer	7
1 Dish Drainer.....	25	1 Scoop	5
1 Water Bucket.....	20	1 Cake Cutter.....	3
1 Rolling Pin	25	1 Tea Strainer.....	5
1 Potato Masher.....	8	1 Coffee Strainer.....	12
1 Vegetable Slicer	35	1 Fish Boiler.....	2.85
1 Clothes Wringer.....	5.00	1 Waffle Iron	1.00
1 Wash Bench	1.00	1 Wire Vegetable Boiler.....	22
1 Cedar Wash Tub.....	1.00	1 Soap Stone Griddle	1.00
1 " " ".....	1.25	1 Pudding Boiler	75
1 " " ".....	1.50	1 Jelly Mould.....	50
1 Wash Board.....	40	1 Melon Mould.....	55
1 Flour Bucket.....	50	1 Soup Strainer,	85
1 Salt Box.....	40	1 Dust Pan	20
1 Nest Boxes.....	40	1 Dust Brush	40
1 Coffee Mill.....	1.25	1 Bread Box	80
3 Wooden Spoons.....	27	1 Cake "	75
1 Soap Cup	5	1 Sugar Can	75
1 Oval Iron Boiler, Lined.....	1.70	1 Coffee Canister	18
1 Muffin Pan.....	90	1 Tea "	15
1 Roasting Pan	85	1 Spice Box	70
2 Bread Pans	80	1 Crumb Tray and Brush.....	60
1 Fry Pan	38	2 Japanned Trays.....	1.10
1 Omelette Pan.....	20	1 Mincing Knife.....	18
1 Garbage Can.....	1.35	1 Bread Knife	35
1 Tea Kettle.....	1.10	1 Butcher Knife	20
1 Agate Cook Pot.....	1.10	1 Set Sad Irons.....	1.40
1 " " ".....	1.30	1 Polishing Iron.....	80
1 " Sauce-Pan	1.60	1 Ice Pick	12
1 " Farina Boiler.....	1.75	1 Egg Poacher	25
1 " Pudding Pan.....	50	1 Hatchet	40
1 " Colander	70	1 Meat Saw.....	40
1 " Coffee Pot.....	1.15	1 Tack Claw.....	15
1 " Tea Pot	90	1 Set Scales and Weights	1.65
3 Tin Pie Plates	15	1 Stove Brush	35
3 " Jelly Cake Plates.....	15	1 Package Stove blacking	5
1 Butter Kettle.....	85	1 Dish Mop.....	12
1 Basin.....	25	1 Steamer	50
1 Turk's Head	35	1 Oyster Fryer	1.25
1 Wire Broiler.....	50	1 Cleaver.....	60
3 Iron Spoons, assorted	24	1 Hanging Safe	4.00
1 Wash Boiler, Copper Bottom.....	2.25	1 Set Table Mats	85
1 Toaster	5	1 Market Basket.....	80
1 Radish Grater	8	1 Clothes "	1.50
1 Chain Dish Cloth	10	1 Knife Box	40
1 Croquette Mould.....	30	1 Meat Board.....	25
1 Nutmeg Grater	3	1 Broom	25
1 Set Skewers.....	20	1 Coal Scuttle.....	50
1 Flour Dredge.....	12	1 Coal Shovel.....	8
1 Sugar "	12	1 Poker.....	5
1 Pepper "	3	1 Paring Knife	10
1 Tin Cup.....	5	1 Family Nail Box.....	10
1 Dish Pan.....	50	1 Refrigerator	15.75

List No. 2, \$25.00.

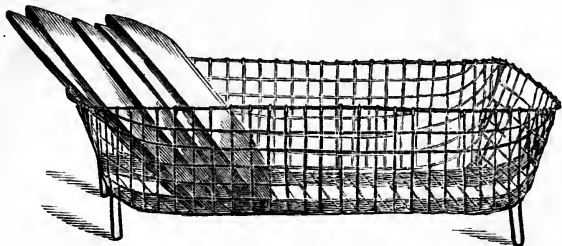
1 Wash Tub	\$ 55	1 Coffee Canister	\$ 10
1 " "	70	1 Tea Canister	10
1 " "	85	1 Japanese Tray	12
1 Wringer	2.25	1 Crumb Brush and Tray	45
1 Wash Board	25	1 Dust-Pan	9
25 Yds. Clothes Line	25	1 " Brush	20
3 Doz. Pins	6	1 Bread Box	60
2 Clothes Props	20	1 Market Basket	60
1 " Horse	75	1 Pudding Pan	12
1 Ironing Board	60	1 Cake Cutter	3
1 Step Ladder	90	1 Wash Boiler	55
1 Kitchen Table	1.25	1 Tin Kettle	9
1 Coffee Mill	60	1 Dish-Pan	20
1 Rolling-Pin	10	1 Flour Sieve	15
1 Potato-Masher	8	1 " Dredge	5
1 Pie Board	25	1 Pepper Box	3
1 Radish Grater	8	1 Iron Fork	5
1 Slaw Cutter	25	1 " Spoon	6
1 Meat Board	25	1 Scrub Brush	12
1 Flour Bucket	30	1 Set Skewers	20
1 Water "	20	1 Chain Dish Cloth	5
1 Soap Cup	5	1 Egg Whip	5
1 Wooden Spoon	5	1 Nutmeg Grater	3
1 Ash Sieve	20	1 Apple Corer	5
1 Tea Kettle	70	1 Butter Kettle	15
1 Round Iron Boiler, Lined	66	1 Gem Pan	15
1 Oval "	1.20	1 Colander	18
1 Round Sauce-Pan, "	57	1 Broiler	20
1 Coal Scuttle	30	1 Toaster	5
1 Roasting Pan	40	1 Tin Cup	4
1 Broom	25	2 Pie Plates	10
1 Chamois	20	1 Basin	12
1 Griddle	25	1 Paring Knife	5
1 Frying Pan	25	2 Flat Irons	65
1 Bread "	15	1 Hatchet	40
1 Waffle Iron	45	1 Mincing Knife	18
1 Tin Coffee-Pot	15	1 Tack Claw	7
1 " Tea "	12	1 Ice Pick	9
1 Tea Strainer	3	6 Knives and Forks	60
1 Coffee "	10	1 Can Opener	8
1 Scoop	4	1 Flat Iron-Stand	5
1 Ladle	5	1 Butcher Knife	20
1 Skimmer	6	1 Bosom Board	25
1 Spice Box	25		

\$25.00

A dish-drainer is a great convenience in the kitchen. If the sink is too small to hold both the dish pan and the drainer, a dripping pan should be set under the drainer. A sink-rack made of slats of wood on which to place the dish-pan when in use is a necessity.

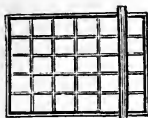
The modern potato-masher is a great improvement on the old wooden pounder. The potatoes should be sea-

soned after being put through the masher the first time ; they should then be re-heated and pressed through into the



DISH-DRAINER.

servicing-dish. They should not be smoothed nor patted down before being sent to table, as that would greatly diminish their lightness. The masher or strainer here illustrated is quite inexpensive, costing only twenty-five cents ; and it can be used in many ways—for crushing berries, in powdering the yolks of eggs, etc., etc., the method of doing which is described further on.



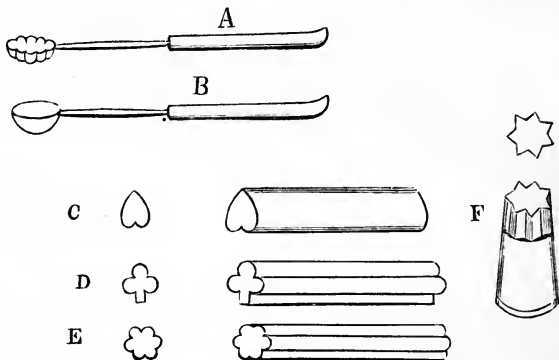
SINK-RACK.

There are many different kinds of vegetable cutters. They are made of tin, and a set of graded sizes and shapes can be purchased. They are very useful. The cups or ends of figures A and B are pressed into the vegetables, and then given a turn around. The cutter A will make



POTATO-MASHER.

little potato balls one inch in diameter, which are called potatoes "*à la Parisienne*" when fried. The cutter shown at figure B will cut oblong forms. The cutters C, D, E and F may be used for cutting vegetables that have been previously sliced for the pur-



VEGETABLE CUTTERS.

pose and are intended for decorations or for soup. These cutters can also be used for cutting slices of bread to fry, the shapes resulting being very attractive



COOKY,

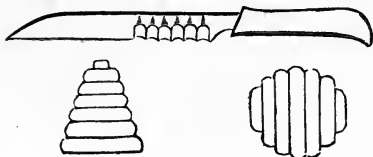
BISCUIT,

DOUGHNUT

CUTTERS.

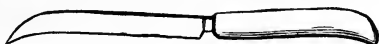
when served. There should also be biscuit cutters, one large and one small; these will answer for ginger-snaps as well. Then a round and a fluted cooky-cutter will be needed; and if doughnuts are to be made, a double cutter will be found of great assistance.

Among the various knives needed in the kitchen, the French fluted knife will be found a great convenience. It cuts solid vegetables in a round, fluted shape.



FRENCH FLUTED KNIFE.

The French cook's knife is made of the best steel and is easily kept sharp. It is very useful for boning. It costs about eighty cents, but will, if properly used, last for years in constant service.



FRENCH COOK'S KNIFE.

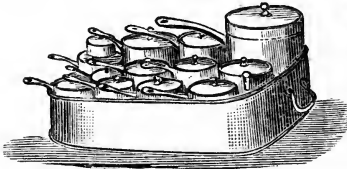
This coffee-mill is one of the newest, and is easily regulated to grind coarse or fine, by means of a thumb-screw on the side. It is a little more expensive than the common mill, costing \$1.75; but it is manipulated more easily. It can be held on the table while in use.



COFFEE MILL.

The "bain-marie" pan is an open vessel to be filled with hot water and placed on the back of the range; several sauce-pans or cups with handles are fitted in, and are intended to

hold sauces, entrées and other dishes that must be served hot. The flavoring is not diminished when articles are kept hot in this way.



THE "BAIN-MARIE" PAN.



MUFFIN-PAN.

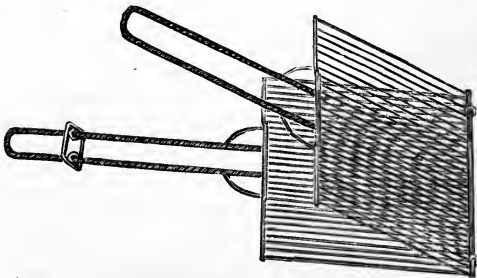
A muffin-pan, for cooking muffins or corn cakes, should be made of iron, and should be thoroughly heated before each using. There are different depths for these pans, and a shallow one is not advisable.

A measuring cup is a most necessary article in the culinary department. Cups of this kind are graded in two ways—at the quarter cupfuls and at the eighths.



MEASURING CUP.

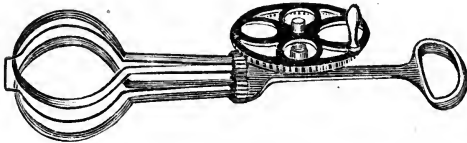
Oysters cannot be properly broiled without a separate utensil for the purpose. In the broiler



OYSTER-BROILER.

here shown the wires are so close together that the oysters cannot slip into the fire.

The Dover egg-beater, than which no better is made, may seem a luxury to many who do not possess one, but as they cost but twenty-five cents, they are within the

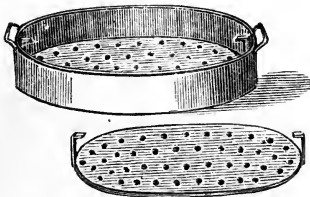


DOVER EGG-BEATER.



EGG-WHIP.

means of the most economical. The egg-whip here pictured is used simply to whisk the eggs to thin them, without beating them light.



FISH-KETTLE, WITH RACK.

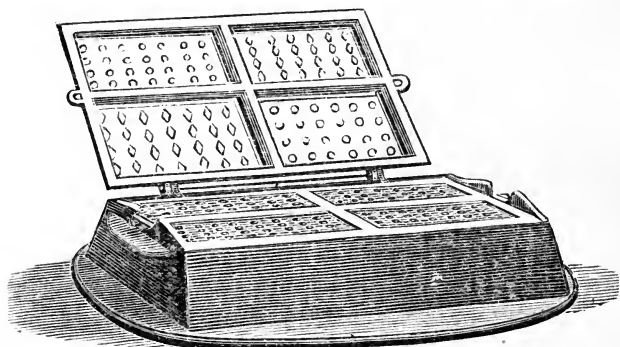
This kettle is used for boiling fish. It is half filled with water, and the fish is laid on the rack and submerged. The rack can be removed when the fish is done, all danger of breaking the latter being thus

avoided. The fish should be drained a moment over a pan or kettle before being removed from the rack.

The waffle-iron finds a place in nearly every kitchen. It should not be on a frame that lifts it too high from the fire, and it should fit the stove, if possible, otherwise it will be a source of great annoyance.

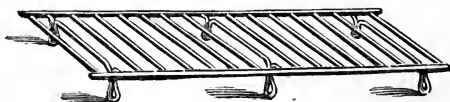
Through the winter griddle-cakes are eaten in every household, so the choice of the griddle on which to fry

them should be given some thought. The soap-stone griddle does not require oiling; there is, consequently, no odor or smoke from cooking the cakes. There are, however, two objections to this griddle; it takes a very



WAFFLE-IRON.

long time to heat through, and the cakes are not as tender as when fried on an iron griddle. Many prefer the little crispness that the oiling of the griddle imparts to the cakes. In buying an iron griddle, chose one of medium thickness.

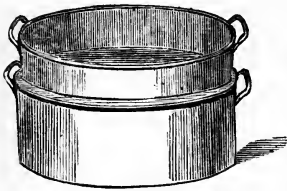


MEAT-REST.

A meat-rest should be included among the utensils. Such a rest can be purchased in any size to fit the roasting pan. Roasting should not be done without a rack. This raises the meat sufficiently from the bottom of the pan to cook it evenly, and, by keeping the meat out of

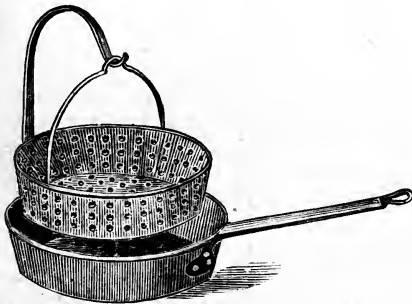
the juice and gravy, prevents it being boiled instead of roasted.

A braising-pan is here represented. The food to be braised is put into the lower pan and the lid covered with hot coals. Recipes for braising are given in the body of the book.

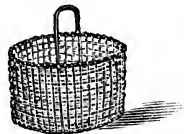


BRAISING-PAN.

Bread pans should not be too large. They should be made of Russia iron and will last a lifetime. Roasting pans are also best when made of this iron. The first cost is nearly twice as great as that of the ordinary iron pan, but the durability of this metal more than pays for the extra expense and it is much lighter to handle than the common variety.



FRYING-PAN.



WIRE BASKET.

The frying-pan, with basket for frying oysters, croquettes, etc., is a very useful article.

The support for the basket can be taken out, thus leaving an ordinary frying-pan. A pan of this kind, nine inches in diameter, costs one dollar. A basket made of wire may also be obtained for frying in this way, but

the work is then done in a kettle of fat without the use of a frying-pan. Frying-pans are best made of iron. The granite-ware pans are not satisfactory, as food is very likely to burn in them, unless a large amount of fat is used, which is not always possible or economical.

There should also be a short-handled frying-pan that can be put in the oven if necessary, and another with a long handle.



FRYING-PAN.



FRYING-PAN.

An omelet pan, with sloping sides, is a requisite if the best results are desired in making omelets.



FRYING-PAN.

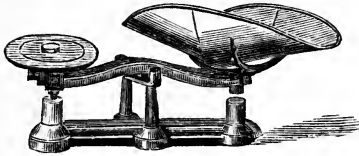


" SALAD-WASHER."

One of the latest of useful articles for the kitchen is the "salad-washer." The lettuce is placed inside, and the washer is then closed and well shaken, all the water that may cling to the salad being thus thrown off. Salad-washers may be had in four sizes, from seven to ten

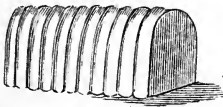
inches in diameter, and the smallest size costs seventy-five cents.

Scales are a necessity in every well-regulated kitchen.



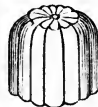
SCALES.

There are two varieties which are about equally desirable—the old-fashioned “counter” scales and the “dial” scales. The dial scales can be adjusted to the weight of the vessel the article is weighed in by means of a simple screw at the top; and on this account are very convenient.



BLANC-MANGE OR JELLY
MOULD.

Moulds for jelly, blanc-manges, ice-creams, etc., come in many different forms. It is not best to attempt too fancy a form for ice-cream, as the result is apt to be very disappointing; none but an experienced packer can use elaborate moulds to advantage.



INDIVIDUAL JELLY MOULDS.

We give a simple form that the least skilful need not fear to attempt.

Moulds for puddings are shown in pretty designs in earthenware. The best tin moulds are quite expensive,

but jelly and cream cool much more quickly in tin than in earthen ware.

Individual jelly moulds are not very expensive when purchased by the dozen, and a very pretty dessert may be produced by their use.



PUDDING MOULD.



ROUND MOULD, HOLLOW CENTER.

The round mould, with open center for steamed puddings, renders expeditious cooking a possibility, as the steam can penetrate the center as well as the sides. The round mould for pudding made of corn starch or gelatine has a hollow center. When the pudding is turned from the mould, and the center or hollow filled with strawberries or whipped cream, a very attractive dish is the result.

There should be a plentiful supply of kettles in every kitchen; and one should be set apart for boiling ham, as the odor is so lasting.

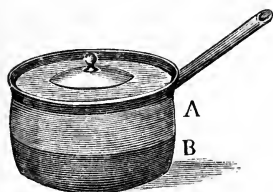
The farina kettle, or double-boiler, as it is sometimes called, is one of the most useful of kitchen utensils. It can be used for cooking many preparations, such as boiled custards, cream for filling in layer cake, blanc-mange and any dish that is made of heated milk.



FARINA KETTLE.

Water is placed in the lower kettle and the milk in the upper one; and the latter, being heated by the steam

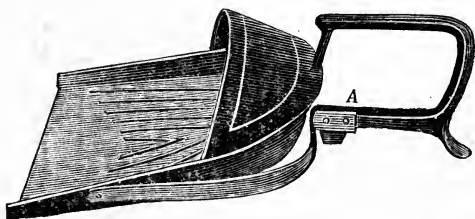
from the boiling water, cannot possibly be scorched. The price of this boiler is small, one that has a two-quart capacity for the upper kettle costing seventy-five cents. A small family will only need the quart size for the upper kettle.



KETTLE.

A kettle or saucepan in which to cook mush for breakfast, without danger of scorching, has been very recently invented. Oatmeal or cracked wheat is served on nearly all breakfast tables nowadays, and it is no easy matter to cook

either of these cereals with the ordinary kettle, both requiring to be stirred almost constantly to prevent their sticking to the bottom of the vessel. This kettle, therefore, is gladly welcomed. The part A is made of good tinware, while B is of copper; and the space B is solidly filled with asbestos, the inside bottom of the kettle being



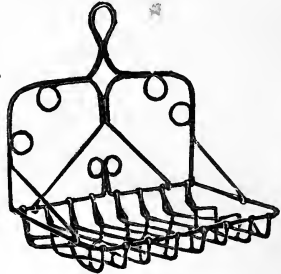
DUST-PAN.

where A and B meet. In this way the food is held at least an inch from the top of the stove or fire. Such a kettle of two-quart size costs seventy cents.

The dust-pan here shown is an improvement on the old

style. The foot is placed on the section marked A and the dust is taken up without stooping on the part of the sweeper. This dust-pan costs thirty cents.

A wire soap-bracket should hang over the kitchen sink in a convenient position; and a soap shaker will use up all the small bits of soap. The latter costs fifteen cents.



SOAP-BRACKET.

Those who have not a refrigerator in which to preserve food will find a set of wire screens most useful. Food can then be placed on the cellar floor (if the house



SOAP-SHAKER.

is fortunate enough to have a good cellar) and safely covered with the screens.



LARDING AND TRUSSING NEEDLES.

Larding needles must be provided if larding is to be done. These have split ends, like a cleft stick, to receive strips of fat meat.

Trussing needles, or skewers, are also very convenient.

A paste jagger for cutting pie-crust or doughnuts will be found of great utility.

Fish scissors are needed. They should be carefully washed and dried after each using and placed just where



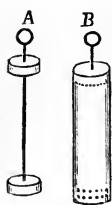
PASTE JAGGER.

they can be found when needed again.

A whip or "syllabub" churn is a and useful article. It costs but eight- and is made of tin. The handle, A,

FISH
SCISSORS.

very cheap
teen cents
is placed



WHIP CHURN.

inside the tube B, and the whole is then dipped into a bowl of sweetened and flavored cream. By churning and pressing it through the perforated holes at the bottom of the tube, the cream soon becomes a light froth, which is skimmed off the top as soon as formed; and the churning is continued until all the froth possible is obtained.

MARKETING.

“ But yet I run before my horse to market.”

SHAKSPERE.

FEW housekeepers know how to market wisely and economically. They trust the butcher's opinion entirely or else give their orders to the market-boy, and then are obliged in consequence to take what is sent and to pay the weekly or monthly bill without knowing whether it is correct or not. Circumstances are often such that “order boys” are of necessity the only avenue of communication; but when this is the case, the mistress should insist on a bill being sent with each purchase of supplies and also that every article be weighed in the kitchen, thus relieving the tradesman of any temptation to give under weight.

In some cities it is the fashion to go to market, and all ladies do so except those favored ones who can employ servants enough to relieve them of all care of the house and housekeeping. Skill and experience are certainly required in purchasing meat, and it is our endeavor here to give directions by which the inexperienced housewife may be aided in choosing good food.

MEAT

is the general term applied to the flesh of animals used for food, and is of three classes: Meat, including beef,

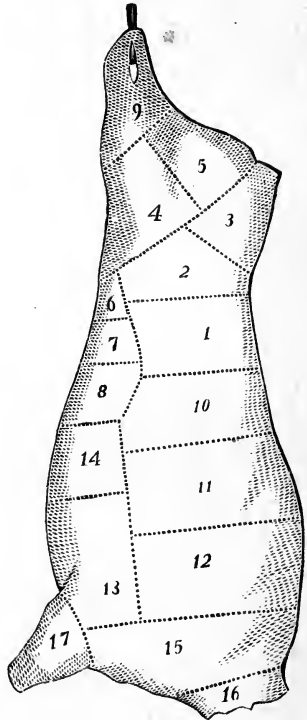
veal, mutton, lamb and pork; Poultry, including chickens, geese, turkeys and ducks; Game, including quail, partridge, grouse, pigeons and other birds, venison and any wild meat that is hunted in the forest or field.

Meat is in season all the year round, but certain kinds are best at certain seasons. Pork is good only in autumn and winter. Veal should be eaten in the spring and summer. Venison is in season in the winter; fowls in autumn and winter; lamb in the summer and fall, and mutton and beef throughout the year.

Beef is considered by most people the best and most nutritious of meat. An ox should be five or six years old before it is killed, being then in its prime. Ox-beef is the best. The meat is fine-grained, the lean being of a bright red color, marbled throughout with fat, when the animal is well-fed and of good breed. The fat should be white, not yellow; and the suet should also be white and firm. Beef should never be lean—that is, lacking in the usual amount of fat; for unless there is a good quantity of fat, the meat will be tough and undesirable. Heifer-beef is paler in hue than ox-beef and of closer grain, the fat being white, and the bones, of course, smaller. Bull-beef should always be avoided. It is dark colored and coarse-grained, has very little fat, and possesses a very strong, meaty smell. If when meat is pressed with the finger it quickly rebounds, it is prime; but if the dent disappears slowly or not at all, the meat is of inferior quality. Any greenish tints about the fat or the bone, or any slipperiness of surface, indicates that the meat has been kept too long and is unfit for use, except by those who enjoy what is known as a “high flavor.”

Meat is cut differently in different parts of the country, but the accompanying cut of an ox shows one way of dividing it.

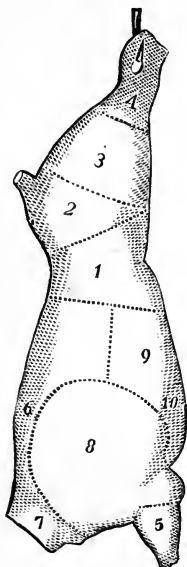
1. Sirloin.
2. Top or aitch-bone.
3. Rump.
4. Round.
5. Lower part of round
6. Veiny piece.
7. Thick flank.
8. Thin “
9. Leg.
- 10 Fore-rib (5 ribs).
11. Middle rib (4 ribs)
12. Chuck rib (3 ribs).
13. Shoulder.
14. Brisket.
15. Clod.
16. Sticking.
17. Shin.



OX.

Choose the ribs or the sirloin for roasting; if the former be selected, let them be the middle ribs. One rib, unless the bone is taken out and the meat rolled and stuffed, is too thin to be an economical cut, because much is lost in cooking. In selecting sirloin, have it cut from

what butchers call the "chump end," which has a good under-cut. The tenderloin lies under the short ribs and close to the back. It is considered by many to be the choicest piece and can be purchased by itself, but



1. Loin, best end.
2. Loin, chump end.
3. Fillet.
4. Hind knuckle.
5. Fore knuckle.
6. Neck, best end.
7. Neck, scrag end.
8. Blade bone.
9. Breast, best end
10. Breast, brisket end.

CALF.

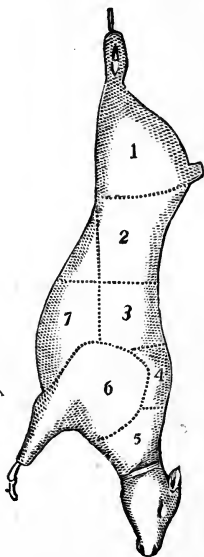
only at the larger markets. It is usually cut through with the porterhouse and sirloin steaks. Of these the porterhouse is generally preferred, and the short or small porterhouse is the most economical. The coarse and tough end of the large steaks may be used for soup. The family that has to carefully consider the expense of meat will find recipes farther on for preparing the cheapest cuts so as to make a nutritious dinner at small cost.

Veal is best when the calf is two or three months old ; if over four months old, the flesh will be coarse. Veal should be white and the kidney well covered with fat. If the flesh is dark and hangs loosely about the bone, it is not good. It should be dry and closely grained ; if

1. Leg.
2. Chump end of loin.
3. Best end of loin.
4. Neck, best end.
5. Neck, scrag end.
6. Shoulder.
7. Breast.

A *saddle* is the two loins undivided.

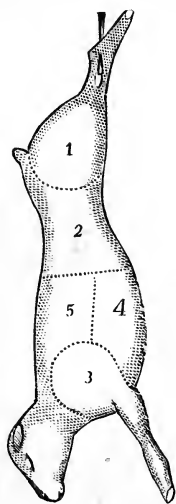
A *chine* is the two sides of the neck undivided.



SHEEP.

moist and clammy, avoid it. The fillet, loin, shoulder and best end of the neck are the roasting joints. The breast is usually stewed, as is also the knuckle. A calf's head is a great delicacy. Calves' feet are boiled and stewed, or used for making jelly. Sweetbreads have come to be looked upon as a great delicacy and are therefore expensive. The calf is divided as illustrated in cut.

Mutton should be fat, and the fat should be clear, hard and white. Wether-mutton is the best and may be known by having a knob of fat on the upper part of the leg. Mutton to be perfection should be from sheep five or six years old. The flesh should be dark-colored, the



LAMB.

1. Leg.
2. Loin.
3. Shoulder.
4. Breast.
5. Ribs.

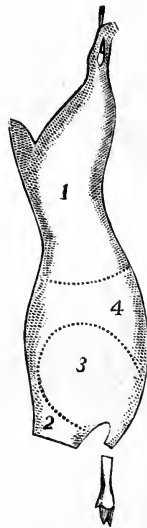
Forequarter, 3, 4 and 5 together.

color being an indication of age. The ribs may be used for chops, but there is much waste, the bones taking up half of the weight. The leg chops are most economical. All the joints of a sheep may be roasted, the saddle being the best, and the haunch next. The leg and neck are used for boiling. The scrag end—an economical piece—is very sweet stewed and served with rice. The sheep is cut up as illustrated in the engraving.

Lamb should be a year old ; and it is more digestible than any other young meat. The flesh should be a pale red and should be fat. Lamb is generally roasted or broiled, the finest chops being from the loin.

Venison is best when from the female deer. The flesh

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



DEER.

should be a reddish-brown, and the fat thick, clean and close. This meat is more often eaten "high" than any other variety.

Buy pork only when the butcher can be relied upon to have good meat ; for diseased pork is of all meat the most to be avoided. The fat should be firm, and the lean white and finely grained. If the fat is full of small kernels, the pig has been measly, and the meat is unfit

for use. Pork should never be eaten during the warm months. The pig is divided as illustrated below.

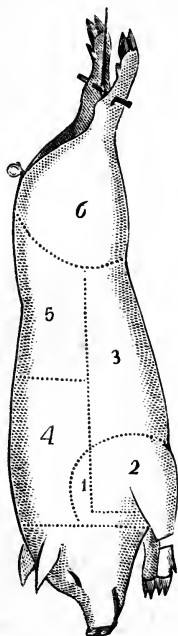


FIG.

1. Spare-rib.
2. Hand.
3. Belly.
4. Fore-loin.
5. Hind-loin.
6. Leg.

TO CHOOSE TURKEY.

They are in season in fall and winter and the old ones have long hairs and the flesh is purplish—where it shows under the skin on the legs and back. When young they are white and plump, with smooth black legs, and the cock bird has a sharp spur. When fresh the eyes are bright and full and the feet supple; and the absence of

these signs denotes age and staleness. Hen-turkeys are inferior in flavor to the gobblers, but are smaller, plumper and fatter.

FOWLS.

These are always in season. The old ones have long, thin necks and feet, and the flesh on the back and legs has a purplish shade, the legs being rough and hard. Young fowls have tender skin, smooth legs and comb, the breast bone is soft and easily bent with the fingers, and the feet and neck are large in proportion to the body. Choose white-legged fowls for stewing and dark-legged ones for roasting.

GEESE.

Young geese have yellow and supple bills and feet and tender skin, and the breast is plump and the fat white. An old goose is not fit for the table. It has red and hairy legs.

DUCKS.

Young ducks feel tender under the wings, and the web of the foot is transparent. Those are best that have thick, hard breasts. The wild duck has reddish legs, and the tame duck yellow ones.

FISH.

The eyes of fresh fish are bright, the gills of a fine, clear red, the body stiff, and the smell not unpleasant. Fish, in order to be palatable, must be eaten very soon after being taken from the water. Chloride of soda will

restore fish that is not extremely fresh, but it is never so good as when freshly caught.

OYSTERS.

If fresh, oysters will close forcibly on the knife when opened. If the shell gapes in the least degree, the oyster is losing its freshness; and when the shell remains open the oyster is dead.

HARES AND RABBITS.

When these animals are young and fresh the cleft in the lip is narrow, the body stiff, and the claws smooth and sharp. Old and stale hares and rabbits will present indications the reverse of these. To ascertain whether a hare is young or old, turn the claws sideways; if they crack the animal is young. The ears also should be tender and should bend easily.

EGGS.

Shake the eggs, and if not altogether good, they will rattle. Another test is to place them in a basin of water if they lie on their sides, they are fresh, but if they turn on end, they are not good.

VEGETABLES.

Vegetables should be crisp and fresh-looking.

APPLES.—In choosing these, be guided by the weight, the heaviest being the best; and those should be selected which, on being pressed by the thumb, yield to it with a slight cracking noise. Prefer large apples to small, for the waste is not so great in peeling and coring them. Apples should be kept in a dry place, and if convenient should be laid on a straw bed, which is a great safeguard against decay.

PLAIN DIRECTIONS.

“ Not to know at large of things remote
From use, obscure and subtle, but to know
That which before us lies in daily life
Is the prime wisdom.”

MILTON.

THE knowledge of how to properly cook meat is not possessed by half the housewives in this country. The finest cuts of meat are often provided and then utterly ruined by the one preparing them for the table. This is not due to a lack of interest on the part of the mother of the family, but to the fact that she does not understand the first principles of cooking; and the result is ruin to the meat and often to the health of the family as well. A few principles cover the entire ground and can be briefly explained without going into the chemistry of meat at all; and when these are once understood, the housewife can readily apply them, much to her enlightenment and to the advantage of those looking to her for nutritious and well prepared food.

Meat, when properly cooked, should be juicy, well flavored and as tender as possible. It is largely made up of albumen and fibrine, and when these are exposed to a degree of heat higher than the boiling point, the meat becomes hard and indigestible. With the following facts

well in mind, the young housekeeper need make no error in the preparation and cooking of meat: First, heat higher than the boiling point hardens and shrinks meat, but when kept at the boiling point for a long time, it will make the meat tender, provided there is plenty of moisture. Second, meat to be roasted or boiled should be exposed for the first fifteen minutes to a greater degree of heat than the boiling point, so that the surface of the meat may be crusted and hardened to keep in the juices. Third, the heat must not be allowed to fall below the boiling point while the meat is cooking, that temperature being necessary for the development of the flavor. Thus we see that the meat must first be treated to a high degree of heat, to close the pores of the surface, after which it must be maintained uniformly at boiling point (212°) until the cooking is done.

ROASTING.

There are three modes of roasting—before the coals, under a sheet of flame in a gas stove, and in an ordinary range or stove. The last named process is unanimously conceded to be inferior to either of the others, but the oven is always available while the first two are not, unless special preparation has been made for the work.

For roasting before the fire it is necessary to have the range constructed for this purpose, and a tin screen with a spit and jack to place before the coals, on which to do the work. Some of the roasters are arranged with a spring-jack; the meat is placed on the spit and the spring wound up, which sets the meat revolving slowly before the fire. The meat should first be placed near

the coals to quickly crust the surface, and then moved back a little to cook through without burning. Baste the meat frequently; and if the roast is very large, it should be surrounded with a buttered paper. Just before the meat is done, it should be basted with a little butter, then sprinkled with flour and placed nearer the fire to brown. Sprinkle a little salt upon the roast, but not until it is ready to serve, as salt draws out the juices. The fire should be made ready some time before putting in the meat, that the coals may be bright and hot; and it should be strong enough to last through the roasting, with possibly the addition of a little coal.

In roasting in a pan, the meat should be placed on a meat rest, and thus raised from the bottom of the baking pan. (This rest is described among the kitchen utensils.) Dredge the meat with flour, salt and pepper it, and sprinkle a quantity of flour in the bottom of the pan. The salt draws out the juices, but the flour unites with them, making a paste that soon hardens and imprisons those within the meat. When the flour in the pan is brown, put in just enough water to cover the bottom. After the meat has browned, it should be basted at least every ten minutes, with the gravy in the pan, and then treated to another light sprinkling of flour. The water in the pan should be renewed frequently, but none should be added during the last half hour, so that there will be nothing remaining in the pan but oil and sediment. When the meat is done, lay it on a warm platter, lift the meat-rest from the pan, pour off the fat, and scrape the sediment from the sides and bottom. Place the pan on the stove, and add a cupful of hot water; when this has boiled up once, stir in a thickening composed of flour and water

rubbed to a thin paste, pouring in only a little of the paste at a time so the gravy will not be too thick. Let the gravy boil for two or three minutes to cook the flour, stirring constantly; then season with salt and pepper and strain into a hot dish. The time required for roasting meat is given in the cook's time-table.

BROILING.

is cooking directly over the hot coals. This is one of the simplest forms of cooking meats, yet care, niceness and skill are required to broil properly. The fire should be bright red and nearly to the top of the fire-box, so that the broiler may almost touch the fire; but there should be no flame. The wire broiler is much more easily managed than the iron gridiron; it can be turned quickly and easily, and, if the fire is at too great a heat, can be easily held away from it to allow the fire to cool down to the desired point. Grease the broiler well with a bit of fat from the meat, and place the thickest part of whatever is to be broiled next to the middle of the broiler. Do not salt the meat unless a sprinkling of flour is used at the same time, as in roasting; but the better way seems to be to season when the meat is cooked, although cooks differ on this point. Place the broiler as near the fire as possible, and when the surface of the meat is seared, quickly turn and crust the other side. If the fat that drips off catches in a blaze, quickly remove the broiler until the flame has died down, and throw a little salt on the fire to clear it again. Keep turning the broiler almost constantly until the meat is cooked. Never thrust a fork into the lean part of meat that is broiling, as the juice is thus started and much of it escapes. Cook ten min-

utes if the meat is an inch thick, so as to have it a fine rare dressing. Butter well, and serve very hot. The smaller and thinner the article to be broiled, the hotter should be the fire; and the larger the piece, the more moderate should be the fire or the greater the distance at which the meat should be held from the heat.

In broiling fish, buttered paper is generally first wrapped around it to prevent burning. When it is broiled without paper, rub the broiler well with butter and have it slightly heated. To preserve the skin of broiled fish entire, dip the fish, as soon as it has been washed and cleaned, in vinegar for a second, dry it in a cloth, and flour it.

Chops, bacon and birds, as well as fish, are often broiled in paper. To broil in this way, proceed as follows: Take a large sheet of white letter-paper, and rub it well with butter, to keep out the air. Season the chop or bird with salt and pepper, place it near the center of the paper, and fold the edges of the covering over several times, pinching them together close to the meat. The paper will char a long time before it blazes, if care be taken not to break through the paper and thus admit the air and let out the fat and juice that will have come from the meat. The meat will be basted in its own juice. A longer time is required for broiling in this way, but when the paper is well browned, the meat is done. Birds to be broiled are cut open and the inside laid to the fire first.

Anything egged and crumbed should be well buttered before broiling. The broiler should be covered with a tin pan or a baking pan when pieces that require any length of time to dress are to be broiled. In broiling a good-

sized chicken a great amount of care is required, and really none but a professional can be sure of the result. The amateur will be better pleased to broil the chicken only long enough to give it a rich brown tone on all sides, and then put it in a shallow pan or a frying-pan, and finish it in a moderate oven.

Pan-broiling is broiling in a hissing hot frying-pan. This way often has to be relied upon when wood is burned instead of coal, the difficulty of securing a deep bed of wood coals to broil over being not easily overcome. Heat the pan very hot and rub across it once with a bit of fat from the meat, to keep the latter from sticking to the pan ; but do not leave any fat in the pan. Sear the meat quickly on one side, then turn it carefully (without piercing the lean of the meat) and brown the other side before any juice escapes into the pan. Cook about five minutes for meat an inch thick, if it be liked dressed rare, turning it twice ; and serve very hot, after seasoning with butter, salt and pepper. This is not frying or rather sautéing, but broiling on iron, and the flavor of meat prepared in this way is excellent.

BOILING.

Salted meats, such as ham, corned-beef, salt tongue, etc., should be put on the fire to boil in cold water, to draw out the salt, and should be gently brought to the boiling point and kept there, rapid boiling being carefully avoided, as it hardens and ruins the meat. All other meats should be plunged in boiling water at the first, and when the water boils again (it will be cooled somewhat when the meat is put in) skim it and keep it at the boiling point for fifteen minutes ; then draw the kettle away

from the fire, where it will be kept at just the bubbling point, care being taken that the water never gets below this heat while the meat is cooking. If these directions are followed, every piece of boiled meat will be found tender and juicy when done and will cut smoothly, while meat that has been boiled rapidly will break into long shreds when cut, and will be hard and tasteless.

Fish that is to be boiled should first be wrapped in cheese-cloth, the cloth being pinned or tied together at the lapping places; the fish can thus be easily kept from breaking. When done it should be lifted out by the cloth and drained thoroughly before being placed on the serving dish.

FRYING

is cooking by immersion in hot fat. The fat should be deep enough to entirely cover the article to be cooked, and as the same fat may be used many times, it is not so extravagant to take such a quantity as some house-keepers think. The careful cook saves all the fat that can be collected from boiling meat of any sort, the fat ends of steaks and mutton-chops, and from all other sources of this kind. The fat should, however, be clarified before using.

TO CLARIFY FAT,

place it on the stove in the frying-pan, and heat it slowly. When the fat is melted, set it where it will simply bubble, and keep it there until there is no motion and all the sediment has fallen to the bottom of the pan. Then drain and set away for use. Many persons object to the odor of clarifying fat and, therefore, place the frying-pan

in the oven to melt the fat. This method is fully as successful, but the oven should not be too hot, and it should be left open to air after the pan has been removed. After fat has been used a number of times, and has become darkened, it may be cleared thus: Place the fat in a kettle with about six times its quantity of hot water, and boil twenty minutes. Turn the liquid into a large pan and set in a cool place. When cold, the fat will be found in a solid cake on the surface of the water, but must then be clarified in the manner already described.

The secret of successful frying is to have the fat hot enough to instantly harden the surface of the article fried and thus prevent the fat soaking in. The fat should be heated slowly, and when blue smoke arises from the center of the liquid, drop a bit of bread into it; if the bread browns in one minute, the fat is hot enough. Only the experienced can know what is meant by the words "hot fat"; the unskilled in housekeeping will have to learn by tests. The word "boiling" as applied to fat is misleading, as it would imply a motion of the liquid. When fat does not contain any foreign substances, there is no motion to it at this degree of heat. The novice can best tell by watching for the smoke to rise from the center when the fat is hot enough. Coffee sprinkled on the stove while frying is being done will disguise the unpleasant smell, but it is a matter of taste which odor is to be preferred.

The frying-basket is fast gaining a place in every kitchen. After placing in the basket the articles to be fried—not, however, crowding them at all—lower the basket gently in the fat. When the food is cooked, lift the basket, drain well, place in on a plate and remove the

articles cooked. Lay them on brown paper that has been spread in a warmed pan. If properly cooked they will hardly stain the paper. Doughnuts, oysters, croquettes of all kinds and many other dishes are cooked in this way. The frying-basket is illustrated in the kitchen utensils.

SAUTÉING.

The ordinary method of frying in a frying-pan with only a little fat, doing one side at a time, is called by the French "sautéing." To sauté well the work must be done quickly so as to keep the juices in the meat. It is by many considered an economical mode of cooking small articles of food of all kinds. Almost everything that is sautéed is much better when fried by immersion. Some people, however, are very unwilling to make the change and persist in cooking in the old way, using a little half-hot fat, which spatters over everything near it, soaks into fish or meat, and is often served as the only gravy.

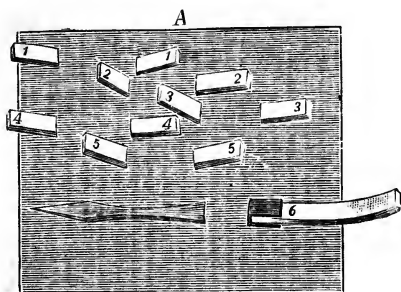
BRAISING.

This mode of cooking is most successful when the meat is lacking in flavor or is tough. It is, when properly done, the act of cooking by the action of heat above as well as below the article cooked. The braising-pan (see Kitchen Utensils) has a deep cover, on which live charcoal is placed. The pan is air tight, and vegetables are generally placed with the meat, thus imparting any particular flavor desired. Stock is added to the pan (if there is any at hand) or water may be substituted. Braising in the oven is much easier, and the result is

practically the same. A deep pan with a close-fitting cover will answer in place of the regular pan, but the parts must not be soldered together.

LARDING.

This may seem to many a difficult and unnecessary work. The only implement needed is a larding needle, which costs fifteen cents and should last a lifetime. Any one who can sew can lard, as it is merely sewing with strips of fat bacon or pork, leaving the fat midway through the meat. Lean and dry meats are much



improved by larding. Take a piece of salt pork two inches wide and four inches long, and shave off the rind the long way of the pork; then cut the same way as the rind two or three slices a quarter of an inch thick, cutting only to the membrane which lies about an inch below the rind, as this is the firmest part of the pork. Then cut each slice across the width into strips a quarter of an inch wide and thick and two inches long. Insert one end of a lardon, as each of these pieces is called, in the needle, and then with the point of the needle take

up a stitch half an inch deep and one inch long across the surface of the meat. Draw the needle through and help the pork to follow by pushing it until partly through; then hold the end of the pork, and draw the needle out, leaving the pork inserted in the meat, with the ends projecting at equal lengths. Take up more stitches one inch apart, in parallel rows, until the whole surface is covered. A is a piece of meat to be larded, and the numbers show the strips of bacon or pork as inserted, 6 being the needle with the lardon attached and partly drawn through.

BONING.

This is not difficult work. A small knife with a short sharp, pointed blade is the only implement required. The aim is to remove the flesh from the bone without cutting it. To bone a fowl, cut off the neck and the legs at the first joint, and cut the skin in a line down the middle of the back. Then, taking first one side of the cut in your fingers and then the other, carefully separate the flesh from the bones, sliding the knife close to each bone. Unjoint the wings and the legs at the body-joint and, cutting close to the bones, draw them, turning the flesh of the legs and wings inside out. When all the bones are out, the skin and flesh can be readjusted and stuffed into shape. The butcher will bone when so ordered. The bones may be saved for soup.

STEAMING.

There are two ways of doing this work—one in which the meat is acted upon by direct contact with steam, and

the other in which the steam cooks without contact. Steaming by contact is done by placing the article to be cooked in a steamer, which is a round tin vessel with a close-fitting cover and a perforated bottom; and then setting the steamer over a kettle of water that is kept at the boiling point all through the cooking. Puddings are very delicious when steamed, and many meats are warmed over in this way, with good results. The other way of steaming is done in a cooking pot made expressly for this purpose. It is an English invention, and something very similar to the original is now sold in this country. This vessel consists of two kettles one set inside the other, the upper one containing the meat and the lower one boiling water. The arrangement for the action of the steam is such that the latter surrounds the upper kettle, even the lid of which is so constructed that the steam passes into it also, thus cooking the meat in its own juices without the loss of any nutritive properties.

Cook's Time-Table.

Roasting.

Beef, sirloin, rare, per lb., 8 to 10 min.
 Beef, sirloin, well done, per lb., 12 to 15 min.
 Beef, rolled rib or rump, per lb., 12 to 15 min.
 Beef, long or short fillet, per lb., 20 to 30 min.
 Chickens, per lb., 20 min.
 Fish, if long and thin, per lb., 10 to 12 min.
 Fish, if thick, per lb., 15 min.
 Game, 30 to 40 min.
 Goose, per lb., 18 to 20 min.
 Grouse, 30 min.
 Lamb, well done, per lb., 15 min.
 Mutton, well done, per lb., 15 min.
 Mutton, rare, per lb., 10 min.
 Pork, well done, per lb., 25 min.
 Pigeons, 30 min.
 Small Birds, 20 to 25 min.
 Turkey, per lb., 20 min.
 Tame Duck, per lb., 40 to 60 min.
 Veal, well done, per lb., 20 min.
 Venison, per lb., 15 min.

Baking.

Bread, 40 to 60 min.
 Biscuit, 20 to 25 min.
 Beans, 4 to 6 hrs.
 Braised Meat, 3 to 4 hrs.
 Cookies, 10 to 15 min.
 Custards, 15 to 20 min.

CAKE:

Sponge, 45 to 60 min.
 Plain, 30 to 40 min.
 Layer, 6 to 8 min.
 Fruit, 2 to 3 hrs.

Gems, graham, 30 min.
 Gingerbread, 30 to 40 min.
 Potatoes, 45 to 60 min.

PUDDINGS:

Bread, 1 hour.
 Indian, 2 to 3 hrs.
 Plum, 2 to 3 hrs.
 Rice and Tapioca, 1 hour.

Rolls, 20 to 30 min.
 Scolloped Dishes, 20 to 30 min.

Boiling.

Asparagus, 20 min.
 Beef, corned, 3 to 4 hrs.
 Beets (young), 30 to 45 min.
 Cabbage, 45 to 60 min.
 Clams, 3 to 5 min.
 Corn (green), 15 to 20 min.

Celery, 20 to 30 min.
 Carrots, 30 to 45 min.
 Cauliflower, 30 to 45 min.
 Chickens, 1 to 2 hrs.
 Coffee, 3 to 5 min.
 Cod, per lb., 6 min.
 Eggs (soft), 3 to 5 min.
 Eggs (hard), 15 to 20 min.
 Fowls, per lb., 25 min.
 Fish (small), per lb., 6 min.
 Fish, blue, per lb., 10 min.
 Fish, bass, 10 min.
 Ham, 4 to 5 hrs.
 Haddock, per lb., 6 min.
 Halibut, per lb., 15 min.
 Hominy, 1 to 2 hrs.
 Lamb, 1 to 2 hrs.
 Macaroni, 30 to 45 min.
 Oysters, 3 to 5 min.
 Onions, 30 to 45 min.
 Oatmeal, 1 to 2 hrs.
 Potatoes, 20 to 30 min.
 Peas, 15 to 20 min.
 Parsnips, 30 to 45 min.
 Rice, 15 to 20 min.
 Squash, 20 to 30 min.
 Spinach, 20 to 30 min.
 Salsify, 45 to 60 min.
 Salmon, per lb., 15 min.
 Sweetbreads, 20 to 30 min.
 Tomatoes, 15 to 20 min.
 Turnips, 30 to 45 min.
 Turkey, per lb., 25 min.
 Tongue, smoked, 3 to 4 hrs.
 Vegetables (Winter), 1 to 2 hrs.
 Veal, per lb., 25 min.
 Wheat-mush, 1 to 2 hrs.

Broiling.

Beefsteak, one inch thick, rare, 10 min.
 Beefsteak, one inch thick, well done, 14 min.
 Chops (Lamb), 4 min.
 Chickens (small), 30 min.
 Fish (thick), 20 min.
 Fish (thin), 12 min.

Frying by Immersion.

Croquettes, 1 min.
 Chops (breaded), 4 to 6 min.
 Doughnuts, 3 to 5 min.

FISH:

Codfish Balls, 1 min.
 Small fish, 2 min.
 Smelts, 2 min.
 Sliced Fish, 4 to 6 min.
 Fritters, 3 to 5 min.

SOUPS.

“Man shall not live by bread alone.”

BIBLE.

To make nutritious, healthful and palatable soup, with flavors properly commingled, is an art which requires much study and practice. There seems to be a general impression that soups should be made from almost nothing, but this is a great mistake, although it often happens that a scanty allotment of material makes a delicate and truly good soup, but in a very small quantity.

A supply of materials for soup-making should always be kept on hand, such as dried sweet herbs (which may be purchased already dried if the housewife does not grow them herself), whole and ground spices and fresh vegetables. In every pantry should be an earthenware bowl for keeping the remnants of steaks, the bones from roasts, etc., anything, in fact, that can be used in soup. After breakfast or dinner the wise and careful housewife will look over the steaks, chops or roast and put by themselves any pieces that can be again used, either cold or for entrées (made dishes). Then all the bones, trimmings and the gravy will be put in the earthenware bowl just mentioned, to be used for soup. All remnants of cooked vegetables will be saved, and the water in which has been boiled a leg of mutton, a fowl, a

fresh tongue or a piece of beef will be utilized as a basis for soup. Soup may either be made with what is called "stock" (when meat is the material used for foundation), or it may be made without stock and is then called *soupe maigre*.

SOUP WITH STOCK.

Under this head are included all the varieties of soup made from beef, veal, mutton or poultry. In preparing soup stock, the desired object is to obtain from the meat all the nutritive and flavoring qualities contained in the lean parts and in the bones. To accomplish this, the meat should be wiped well and cut into small pieces; this is to expose as large a surface as possible to the action of the heat and water. Break or saw the bones also into small pieces, and soak both meat and bones in cold soft water, allowing a quart of water to every pound of soup material. Having soaked the meat half an hour off the fire, place the kettle on the back of the range for another half hour, after which the water can be slowly heated to boiling. The kettle for soup-making should have a tight cover, so that no steam can escape, or so very little that it will not diminish the quantity of water to any extent. The water should be soft, since hard water hardens the meat and thus imprisons the juices. No salt is added, for the same reason.

The scum that rises with the boiling contains nothing unclean, unless the meat has not been properly washed; and although uninviting-looking it should not be skimmed off, for it contains much that is nutritious. When the liquid has fully reached the boiling point, set the kettle back where it will gently bubble for about six hours.

Now strain the stock, and throw away the meat and scraps, because all the nutriment is, or should be, extracted, thus leaving the meat entirely unfit for further use. Set the stock away to cool, as rapidly as possible, and the next day remove the fat, which will have hardened on the top.

This is the simplest way of making soup-stock, and it can be made the foundation for a plain or a rich soup, if carefully prepared. There should not be more than a quarter of a pound of bone to each three-quarters of a pound of meat used. If a larger proportion of bone must be used, make the allotment of water a little less than a quart to every pound.

MEAT FOR STOCK.

Stock may either be made of only one kind of meat or of several different kinds, and it often happens that the greater the variety of meats employed the better the flavor of the soup will be. Beef is the most valuable and generally the cheapest meat to buy for soup. The parts used for different kinds of soup are as follows: For bouillon or consommé, the round, flank, shoulder or brisket, and for a clear beef soup, the neck, cheek, leg, shin or any scraggy part besides the bones. A shin or leg will be a cheap piece to use. Butchers do not break these parts into small enough pieces, for the leg should be cut into at least eight or ten parts and washed well in cold water. When the cheek and neck are used, they should also be washed, but the round need not be; wipe it instead with a wet towel.

Poultry is of great value in making stock. A light, white stock may be very economically produced thus:

Clean and truss a fowl (skewer it), put it, breast down, in as small a stew-pan as will hold it, cover it with cold water, and heat it slowly to the boiling point. Let it simmer until the fowl is tender, skimming off all the scum, so that the soup will be light; then take up the fowl and set it away to cool. Strain the water, set it away, and when cold, remove the fat that forms on the top. The fowl can be used in many ways—for breakfast or luncheon or as an entrée for dinner. This stock will serve as the basis for cream soups and white sauces. The fowl should not be more than two years old. Sometimes the feet of poultry are used in soup. They may be cleaned by holding them with tongs over clear coals until the skin cracks and curls, when it can be rubbed off easily; or they may be covered with boiling water for a few minutes and then scraped free of skin and nails. They give body to a soup. Mutton is not much used for stock. When it is so used, the fat should all be stripped off before the meat is placed over the fire, as it imparts an exceedingly unpleasant flavor to the stock. The neck, shoulders and feet are the parts generally used for this purpose.

Any kind of game may be used for stock.

It is, of course, expensive if purchased for the purpose, but the remnants left from roasts and broils will be found to improve stock very much.

The flesh of young animals is rarely used, because it does not produce nearly so fine a flavor as that of the mature animal.

Veal and beef are most largely used and make deliciously smooth soups. The best parts of veal are the shin, head and feet.

TO CLEAR STOCK.

When the stock is cloudy and a clear soup is desired, it may be clarified by the use of the whites and shells of eggs, one being used for every two quarts of stock. Beat the egg until light, but not dry, and put it and the crushed shell in the cold stock. Place the stock over the fire, heat it slowly to boiling, and boil ten minutes; a thick scum will then have formed. Draw the stock back on the range, and add half a cupful of cold water. Now let it stand ten minutes, when strain through a napkin, placing a fine wire sieve over the napkin to catch the scum and shells, which would otherwise clog the napkin.

TO SEASON STOCK.

In warm weather when stock is to be kept for five or six days, it is better not to use vegetables for seasoning at the time it is made, because vegetable juices ferment quickly and sour the stock. It is safer to add the seasoning each day at the time the stock is cleared.

To season and clear two quarts of stock, allow

- One white of egg and the shell.
- Two blades of celery.
- One bay-leaf.
- One-half leaf of sage.
- Three whole cloves.
- Six pepper-corns.
- One inch piece of cinnamon.
- One small onion.
- One-half large slice of carrot.
- One sprig of parsley.
- One small sprig of thyme.
- One small sprig of summer savory.

- One small sprig of sweet marjoram.
- One-half tea-spoonful of sugar.
- One and a half tea-spoonful of salt.

The herbs should be tied together. Place all this seasoning, the beaten white of egg and the crushed shell, as in clearing-soup, together in the soup; heat very slowly, and when the first bubbling appears, move the kettle to the back of the range, where it will keep at the boiling point, without really boiling. The kettle should be closely covered to keep the soup from being reduced. Let it stand in this heat for half an hour, and then strain. In this case the egg is left in longer than when it is simply desired to clear the soup, but the latter will only be the clearer for the extra length of time.

When seasoning the soup, as first made, add the different vegetables, spices, etc., as soon as the meat is put on the range, unless otherwise directed by the following recipe. A good authority on soup-making gives this proportion of seasoning to be used: Allowing one quart of water to every pound of meat and bone, add for every quart allowed,

- One even tea-spoonful of salt.
- { Two pepper corns, or
- { One quarter of a tea-spoonful of ground pepper.
- Two cloves.
- Two allspice berries.
- One tea-spoonful of mixed herbs.
- { One quarter of a tea-spoonful of celery salt, or
- { One sprig of celery root.
- One sprig of parsley.
- One table-spoonful of each vegetable at hand.

The vegetables generally used are onion, carrots, turnips and celery, and they should be cut into very small

pieces that they may be accurately measured. Strain the soup when the meat has boiled to rags, and set it away where it will cool quickly; then remove the cake of fat that will form on the top. This fat excludes the air and helps to keep the stock; so if the soup is not to be used at once, do not remove the fat until needed. No grease or oil should ever appear upon soup.

If "a hasty plate of soup" is to be made and there is not time to wait for the stock to cool, place whatever may be needed in a shallow pan and set it in another pan of cold water—ice-water, if possible. This will soon harden the fat. If there is not even time for this, take off all the oil possible with a spoon and wipe the rest off with soft tissue paper.

Still another method consists in straining the soup several times through a fine napkin that has been rinsed in cold water; the grease will adhere to the cloth.

With this seasoned stock for a basis, an endless variety of soups may be made. This stock will be sufficiently clear for any ordinary soup, but for clear amber soup the egg must be used for clarifying. When soup is made from stock and rice, sago, tapioca, macaroni or anything of a similar nature, except vermicelli, the stock should not be wasted by boiling the added substance in it long enough to cook it; instead, cook this matter separately and, having drained it thoroughly, add it to the soup. Vermicelli cooks in five minutes, and is, therefore, an exception; it should be crushed in the hands as it is dropped into the kettle.

THICKENING FOR STOCK.

When thickening is needed for a clear soup, arrow-root,

corn starch or fine ground tapioca should be used, decided preference being given the arrow-root. When no possible trace of thickening is desired, this will be by far the most satisfactory: Allow a table-spoonful of arrow-root to each quart of stock, wetting the arrow-root until smooth with a little of the liquid; and boil slowly for half an hour. Corn starch gives a little cloudiness to the soup, but it is used in the same proportion as arrow-root. Tapioca in the same proportion is sprinkled into the soup, which should be boiling hot, and should boil ten minutes after. This leaves small grains in the soup, which to many are not objectionable.

Cream soups are thickened very delicately with the yolks of eggs, two yolks being allowed to a quart of soup. The yolks are beaten thoroughly and thinned with a little cold milk before being added to the soup, which should be served after only a moment's boiling.

COLORING FOR STOCK.

To color soup brown take equal parts of flour and butter and brown them in a frying-pan, stirring constantly to prevent burning; when well browned, add to the soup. A piece of bread toasted very brown, but in no case burned, may be simmered in the soup for ten minutes, serving to give it a darker color.

Many preparations are obtainable for coloring soups, such as soup paste, beef extract and caramel. The last is most frequently used and is easily made at home. Melt a cupful of sugar, either white or brown, with a table-spoonful of water in a frying-pan, stir until of a dark brown color, add a cupful of boiling water, stir for ten minutes and cool and bottle for use. Many

housewives keep this caramel always ready for use; it may also be used for flavoring custards and pudding sauces, coloring jelly, etc.

Spinach greens, which some professional cooks use for coloring soup, is made thus: Pound the uncooked spinach well, adding a few drops of water; then place the whole in a cloth, squeeze the juice through, and put it over a good fire. When the liquor looks curdy, take it off, and strain through a sieve. What remains on the sieve is the coloring matter, and the juice that is strained off is not used.

TO BE SERVED IN SOUP.

Clear soup is much improved by dropping into the tureen before serving a number of poached eggs that have been cooked in salted water and neatly trimmed around, one egg being provided for each plate. Slices of lemon are sometimes added just before serving the soup, one slice for each one at table; or the same number of yolks of hard boiled eggs may be dropped into the soup. Fried bread may, if desired, be served with soup. This is made by cutting neat slices of bread half an inch thick, trimming off the crusts, and dividing the slices into half-inch cubes, which are then placed in a frying basket and plunged into hot fat; they should brown at once. These cubes may be prepared some time before they are needed and set away for use. The hot soup is poured over them when served. Crisped crackers are often served with vegetable soups and oyster stews and in fish chowders. They are first buttered and then browned in the oven, with the buttered side up.

A great many different kinds of fried and baked balls

are made to be served in soup, and the varieties are here given.

FORCE-MEAT BALLS.

- One cupful of any kind of cooked meat.
- One salt-spoonful of salt.
- One salt-spoonful of thyme.
- One-half salt-spoonful of pepper.
- One tea-spoonful of lemon juice.
- One tea-spoonful of chopped parsley.
- One table-spoonful of flour.
- One table-spoonful of butter.
- Yolk of one raw egg.
- A few drops of onion juice.

Chop the meat very fine, and add the seasoning; beat the yolk of the egg and stir it into the meat; then make the mixture into balls the size of nutmegs, place them in a soup plate and sprinkle with flour, shaking the plate until the balls are all floured. Place the butter in a frying-pan, and when it is brown, drop in the balls, and shake the pan occasionally until they are brown.

PROFITEROLES FOR SOUP.

- One gill of water.
- Two gills (scant) of flour.
- One-half gill of butter.
- Two eggs.

Heat the water to boiling in a small frying-pan, and put in the butter, and when the liquid boils again, add the flour, turning it in all at one time. Beat the mixture well for two or three minutes, being careful not to burn it; then turn it into a bowl and set away to cool. When cold, add the eggs, one at a time, and beat the whole

thoroughly at least ten minutes. Butter a cake-pan very lightly, and drop the mixture into it in tiny balls. Bake ten minutes and set away until time to serve the soup; then place the balls in the tureen after the soup, and serve at once.

EGG BALLS.

Five eggs.
One tea-spoonful of salt.
One-tenth tea-spoonful of pepper.

Boil four of the eggs twenty minutes, and mash the yolks to a smooth paste in a bowl; then add the salt and pepper, and the other egg well beaten. Shape the mass into tiny balls, roll them in flour, and fry brown in the frying-pan with a little butter, tossing them about while frying to prevent them sticking to the pan. They may be made some time before they are needed.

BOUILLON.

This soup is served as a first course at luncheons and at evening parties in bouillon cups, which are like large coffee cups; or it may be served in coffee or tea cups. It may be made with or without vegetables, the latter method being the most common. Recipes are given for both, the quantities named being sufficient for ten persons.

BOUILLON (WITHOUT VEGETABLES).

Six pounds of beef and bone.
Two quarts of water.
Salt and pepper.

Cut the meat in small pieces, saw the bones apart,

and, adding the cold water, heat slowly and simmer five hours in a tightly covered soup kettle. Then strain through a fine sieve, season to taste, and when cold, remove the fat that has formed. Should there be more than ten cupfuls, reduce to that quantity. To be served hot.

BOUILLON (WITH VEGETABLES).

Five pounds of round of beef (no bone).

Two and a-half quarts of water.

One-half of a large onion.

One-half slice of carrot.

One-half slice of turnip.

Eight pepper-corns.

Three cloves.

Two eggs (whites only).

One and a-half inch piece of cinnamon.

One and a-half tea-spoonful of salt.

One sprig of parsley.

One sprig of thyme.

One sprig of summer savory.

Two small bay-leaves.

One leaf of sage.

One and a-half stalks of celery.

Having removed every particle of fat from the meat, cut off a pound of the lean and set it aside; then cut the remainder into small pieces, cover with the water, heat slowly, and, when boiling, move back on the range where it will keep at the bubbling point for six hours. At the end of this time add all the seasoning, having the herbs tied in a muslin bag; simmer one hour, remove from the fire, strain, and set away to cool. The next morning remove any fat that may have collected on the stock. Chop very fine the pound of meat that was reserved, and place it in the soup on the fire, beating the whites of eggs at the

same time and adding them, with the shells, while the soup is yet cool. Heat slowly, and when bubbling set the soup back, tightly covered, and keep it at this degree of heat for one hour. Now add salt, if necessary, and strain through a napkin; the soup is then ready to serve.

AMBER SOUP (CONSOMMÉ).

This is served at almost all company dinners. It is a light soup and, therefore, a wise choice.

- Four pounds of the shin of beef.
- { Four pounds of knuckle of veal, or
- { Three pounds of fowl.
- Four quarts of water.
- Two ounces of lean ham or bacon.
- Six cloves.
- Six pepper corns.
- One bouquet of herbs.
- One table-spoonful of salt.
- Three onions.
- One carrot.
- One turnip.
- Two stalks of celery.
- Two sprigs of parsley.
- Three eggs (whites and shells).
- One salt-spoonful of celery seed.
- One lemon (rind and juice).
- Two table-spoonfuls of tomato ketchup.

Cut the meat and break the bones into small pieces, reserving one pound of the beef. Place the balance on the fire with the water, and simmer six hours. Add the vegetables and spices to cook the last two hours, having first fried the vegetables in hot fat; also brown the pound of beef set aside, and add it with the vegetables.

When the soup has cooked six hours, strain it, and set away to cool. Next morning remove the fat that has formed and add the well beaten whites of the eggs and the shells, and also the celery seed, lemon, salt and pepper. Heat slowly to boiling, and cook ten minutes. Strain through the finest sieve, add more salt if necessary, and heat again before serving. This soup is more often served clear than otherwise, but many cooks add boiled rice, spaghetti, macaroni or pearl barley just before serving. Whatever is added in this line is cooked in a separate stew-pan, as the soup would be too much diminished in quantity if this thickening were boiled in it until done.

JULIENNE SOUP.

This soup is served with the vegetables in it.

- Two quarts of stock.
- One pint of turnip.
- One pint of carrot.
- One pint of celery.
- One pint of fine shredded lettuce.
- One gill of sorrel.
- Four table-spoonfuls of butter.

Cut the vegetables in slices or in fancy shapes with vegetable cutters, and put them in a frying-pan with the butter. Set the pan over a quick fire for a few minutes, tossing the vegetables about until they are covered with a thin glaze, and being careful they do not burn. Now draw the pan back on the range where the vegetables will cook slowly for twenty minutes, after which draw them to one side of the pan, and press out as much of the butter as possible. Meantime place the lettuce in

a cupful of boiling water, boil ten minutes, drain and set it in readiness to add to the vegetables as soon as done. Then put the vegetables and lettuce in the stock, which should be at the boiling point; add salt and pepper, cook gently, tightly covered, for fifteen minutes, and serve.

BEEF SOUP, WITH BARLEY.

This soup is very frequently made, and as its cost is small, it will commend itself to those who have to consider any outlay, however small.

Two pounds of round of beef.
Two quarts of water.
One onion.
One slice of carrot.
One stalk of celery.
One bay-leaf.
Two cloves.
One third of a cupful of pearl barley,
One table spoonful of butter.
One table-spoonful of flour.
Salt and pepper to taste.

Remove all the fat from the meat, cut the latter into small pieces and chop it finely. Place the meat over the fire with the water, heat slowly and let it simmer gently three hours. Add the vegetables, and simmer one hour longer. Meantime cook the barley very slowly for two hours in plenty of water; then strain the soup, add to it the barley, and let all boil up. Put the butter in a frying-pan, and when hot, add the flour, stirring until the paste is smooth and brown. Turn the paste into the soup, season with salt and pepper, and serve.

TURKISH SOUP.

One quart of stock.
One-half tea-cupful of rice.
Two eggs (yolks only).
One table-spoonful of cream.
Salt and pepper to taste.

Boil the rice and stock together for twenty minutes, keeping the kettle tightly covered. Press them through a sieve, returning to the fire all that runs through. Add to this the cream, into which has been stirred the beaten yolks; and cook for two or three minutes, stirring all the time to prevent burning. Season and serve at once.

MOCK TURTLE SOUP.

The basis of this soup is calf's-head, one head making six quarts of soup. This may seem a large quantity of soup to make at one time, but it will keep well. Half of a head cannot be bought, so it is necessary to make the full quantity.

One calf's head.
Six pounds of the shin of veal.
Eight quarts of water.
Two table-spoonfuls of chopped carrot.
Two table-spoonfuls of chopped turnip.
Four table-spoonfuls of butter.
Six table-spoonfuls of arrow-root.
Three table-spoonfuls of ketchup.
Three stalks of celery.
One-half blade of mace.
Ten cloves.
Twenty pepper-corns.
One bay-leaf.

Two lemons.
One glass of sherry.
One small piece of cinnamon.

Have the butcher split and scrape the head and saw the bone of the veal into several pieces. Wash all carefully. Place the head in a large pan and soak it for two hours, keeping it covered with cold water ; then take it out, drain thoroughly, remove the brains, place the head and shin of veal in the soup-kettle with the water, heat slowly, and keep at the boiling point for three hours. At the expiration of this time skim out the shin of veal, and also remove the head, being careful not to break it. Strain the stock, and place all but two quarts aside to cool. Return the two quarts to the kettle with the shin of veal, add the spices, cover tightly, and permit the whole to simmer slowly. Fry the vegetables gently in the butter for twenty minutes, browning them at the last ; and, adding them to the veal, simmer four hours. Strain the stock, and set it away to cool. In the morning remove the fat, and place the two quantities of stock together on the fire with the ketchup, salt and pepper ; and when all boils up, add the lemon-juice, the wine and the face of the calf's head, cut in strips. Thin slices of lemon cut in quarters, egg-balls or force-meat balls should be put in the tureen before the soup is turned in, if one would serve it correctly.

OX-TAIL SOUP.

This is an inexpensive soup, as the tails can generally be purchased for a very small sum.

Two ox-tails.
Four quarts of water.

One soup bunch.
One onion (sliced).
Two carrots.
One stalk of celery.
Two sprigs of parsley.
One slice of pork.
Three cloves.
Salt and pepper to suit.

Wash and unjoint the tails, and crack the bones, if possible. Slice the vegetables, and, mincing the pork, place it in a stew-pan to heat. When hot, add the onion to brown. Fry the tails also in this fat for a short time, and place them in the soup-kettle with the water. Simmer four hours, add the other vegetables, and when these are very tender, the soup has cooked sufficiently. Now strain the soup, and, having chosen a number of the joints, one for each plate, trim them nicely and set the whole away. The next day remove the fat from the soup, season with salt, pepper, and ketchup or Worcestershire sauce, as preferred, and return the joints saved for the purpose. Heat when needed for the table.

MULLIGATAWNY SOUP.

This is an Indian soup, and is served at many hotels and restaurants. It may be made with either veal, calf's head, chicken or rabbit, or with two or more of these in combination. It is highly seasoned with onions, curry powder and sour apples, lemons or some other strong acid fruit. The best portions of the meat are removed as soon as tender and served with the soup. Boiled rice should always accompany Mulligatawny, served separately

Four pounds of veal.
One-half pound of ham.
Four quarts of water.
One carrot.
Two onions.
One turnip.
Four cloves.
Four pepper-corns.
Six apples (sliced).
Three table-spoonfuls of curry powder.
One tea-spoonful of sugar.
Salt and pepper to taste.

Have the bone of the veal well broken, and place the veal in the soup-kettle with the ham and the water. Fry the onions brown in a little butter, and put them with the meat, adding at the same time the sliced apples, vegetables, cloves, pepper-corns, and the sugar and curry powder mixed to a paste with a little water. Simmer gently for five hours, then strain and set away to cool. Remove any fat that forms, and return to the range, placing in the soup at the same time a piece of the veal for each plate. When the whole is thoroughly heated, season with salt and pepper and serve.

TURKEY-BONE SOUP.

Never throw away the carcass of a turkey or chicken, for it will make a delicious soup. There are always portions of the meat adhering to the bones, the neck is generally left, and the "drumsticks," or the ends of the wings often remain; and all these can go to form a soup for the next day's dinner, or for luncheon. Scrape the meat from the bones and lay aside any nice pieces. Remove the filling separately, break the bones, pack

them in a kettle, and cover with cold water, adding a small onion. Cover closely and simmer very gently for three hours. Then strain and remove the fat, and return to the fire. For every quart of stock add one cupful of the cold meat and three-quarters of a cupful of the filling, after which let the soup simmer half an hour, and serve. If there should be more of the meat left over, it can be used for making an *entrée*. This soup may be greatly improved by boiling in it three minutes before serving ten oysters to each quart of soup made.

WHITE SOUP-STOCK

is made from veal or chicken and seasoned with onion, celery salt and white pepper, everything being avoided that will add color to it. It may be thickened with rice, arrow-root, corn-starch or the white meat of the chicken, chopped fine; and is often made even richer by the addition of milk or cream.

WHITE SOUP. (FROM VEAL.)

Four pounds of knuckle of veal.
 Three quarts of water.
 One table-spoonful of salt.
 One table-spoonful of butter.
 Two table-spoonfuls of corn-starch.
 One pint of milk.
 Six pepper-corns.
 Two small onions.
 Two stalks of celery.
 One salt-spoonful of celery salt.
 One-half salt-spoonful of white pepper.

Cut the veal into small pieces, and place it in the kettle with the water. Heat slowly and skim, and then

add the salt, pepper-corns, onions and celery. Let the stock simmer for five hours, strain, and when cold remove the fat that may have formed; then place the stock over the fire, and when it is bubbling hot, thicken with the corn-starch, first wetting the starch with a little cold stock or water. Season with the butter, salt and pepper, and at the last turn in the milk, heated to boiling point in a farina-kettle. This should make but two quarts of soup, and the stock should be boiled down to a pint and a-half before the milk is added—provided, of course, the stock exceeds that quantity.

SOUP WITHOUT STOCK.

To make this the housewife need have little experience of her own, provided she follows the directions carefully. Most soup without stock is quickly made and, therefore, commends itself highly to the cook who is pressed for time.

TOMATO SOUP.

For this take equal parts of tomato and water. If fresh tomatoes are available, pour boiling hot water upon them to loosen the skins, and having removed these by plunging the tomatoes quickly into cold water after they have stood one minute in the hot water, cut the tomatoes in slices to more accurately measure them, and allow as above. Cook the water and tomato rather slowly for half an hour, and strain through a fine wire sieve, such as is commonly used for sifting flour, pulping through all the soft part of the vegetable and leaving only the seeds in the sieve. Return to the fire, and season with butter,

salt and pepper. Thicken the soup with a little corn-starch wet in some of the soup, allowing one table-spoonful of starch to every three pints of soup. Boiled rice, macaroni or vermicelli may be added, with good effect.

MOCK-BISQUE SOUP.

One pint of tomato.
One quart of milk.
One large table-spoonful of butter.
One large table-spoonful of corn-starch.
One-quarter tea-spoonful of soda.
One tea-spoonful of sugar.
Salt and pepper to taste.

Boil the tomatoes alone half an hour, adding the seasoning and soda. When the tomatoes are soft, pulp them through a fine sieve as directed in the preceding recipe. Heat the milk in a farina-kettle, or in a tin pail set in a kettle of water, and when it is scalding thicken it with the corn-starch wet with a little cold milk. If ready to serve, add the boiling milk to the tomatoes, stir and dish at once. This soup must not go on the fire after the milk and tomatoes are put together or the milk will curdle. If the soup is made before it is needed, let the tomato and milk remain in separate vessels, and mix them just before sending to table.

CRAB AND TOMATO BISQUE

is made like the above, except that a pint of crab meat is added to the milk, and after the milk is thickened and cooked three minutes, the whole is turned into the tomatoes. Canned crab meat may be used when the fresh is not available.

BEAN SOUP.

One pint of beans.
 Two quarts of water.
 One table-spoonful of butter.
 Salt and pepper to taste.

The "scarlet runners" are the best beans for soup. Soak the beans over night in three quarts of cold water, and next morning drain and add two quarts of water. Cook the beans slowly for three hours, stirring frequently; and when they are soft, pulp them through a fine wire sieve, leaving only the skins in the sieve. Return to the kettle, add the seasoning, cook ten minutes longer, and serve. Dish with toasted or fried bread.

CORN SOUP.

{ One can of corn, or
 { One pint cut fresh from the cob.
 Two and a-half pints of milk.
 Three table-spoonfuls of butter.
 Two table-spoonfuls of flour,
 One table-spoonful of chopped onion,
 Two eggs (the yolks only).
 Salt and pepper to taste.

Mash the corn as fine as possible and cook it fifteen minutes in one quart of the milk placed in a double boiler. Cook the onion in the butter in a frying-pan for ten minutes, then add the flour, and cook until the mixture becomes frothy, being careful not to brown it. Stir this into the corn and milk, add salt and pepper, and cook ten minutes longer. At the end of this time rub the soup through a fine sieve and return it to the fire. Beat the yolks of the eggs well, add to them the half pint of

milk remaining, and stir the liquid into the soup. Cook one minute longer, stirring all the time, and serve at once. When fresh corn is at hand, many cooks break the cobs into small pieces and boil them thirty minutes in enough water to cover them, and they add this water to the corn while cooking in the milk. There should in no instance be more than a pint of this liquid for the above quantity, and three table-spoonfuls of flour will be added instead of two, to give the soup the desired consistence.

CELERY SOUP.

- One head of celery.
- One pint of water.
- One pint of milk.
- One table-spoonful of chopped onion.
- One table-spoonful of butter.
- One table-spoonful of flour.
- Salt and pepper to taste.

This is a good way to utilize the portions of celery that are not presentable for the table. Cut the celery into half-inch lengths, and boil it in the water until soft, mashing it as much as possible. Cook the onion ten minutes in the milk in a double boiler, and add both to the celery. Rub the whole through a fine sieve, and return to the fire ; then make a paste of the butter and flour, stir it into the boiling soup, season and serve.

NOODLE SOUP.

- Three pints of milk.
- Three table-spoonfuls of flour.
- Noodles.
- One slice of onion.
- A bit of mace.
- Salt and pepper to taste.

Put all but a cupful of the milk on the stove in a double boiler, placing the onion and mace in the milk. Mix the flour and cold milk together until smooth, and stir this paste into the boiling milk. Next add the seasoning and cook for fifteen minutes, then put in the noodles, and cook five minutes more.

NOODLES FOR SOUP.

Beat with one egg a half-cupful of flour and one-fourth of a tea-spoonful of salt. Work this dough with the hands until it becomes smooth and like putty; then roll it as thin as a wafer on a well floured moulding-board. Let this sheet of dough lie for five minutes, after which roll it up loosely, and with a sharp knife cut it from the end into very thin slices, forming little wheels or curls. Spread these pieces on the board to dry for half an hour—even longer will do no harm. Next cook them twenty-five minutes in boiling salted water, and drain thoroughly in a colander, when they are ready for use in soup.

OYSTER SOUP.

One quart of oysters.

Three pints of milk.

Butter, salt and pepper to taste.

Place the oysters on the fire in their own liquor, and let them gently simmer until their edges "ruffle." At the same time put the milk on to heat in a double boiler, and when it is at the scalding point, turn it over the oysters. Let the soup stand one minute, skim well with a fine skimmer, season and serve at once. If a richer soup be desired, allow equal quantities of milk and

oysters. Many cooks place a blade of mace in the milk before scalding, but this is a matter of taste.

CLAM SOUP.

One-half peck of clams, in the shells.

Two eggs.

One pint of milk.

Butter, pepper and salt to suit the taste.

Wash the shells thoroughly, using a fine brush to rid them of all the sand in the seams, and place them in a hot oven in a pan, when the shells will quickly open; then extract the meat and chop it rather finely. Heat the clam liquor, adding whatever may be in the pan; and when it is at the boiling point, add the chopped clams. Heat again, remove all the scum that will arise, and add the butter and pepper and a little salt. Heat the milk in a double boiler, reserving half a cupful of it. Now beat the eggs well, turn them into the cold milk, mix thoroughly, stir the whole into the boiling milk, and pour at once into the tureen. Next turn in the boiled clams, which should have been cooking slowly not more than five minutes. The milk and clams should never be put over the fire together, or the milk will curdle.

FISH.

“ How many things by season, seasoned are
To their right praise and true perfection.”

SHAKSPERE.

FISH being abundant, cheap and wholesome, is invaluable as food. It is a delicious adjunct to any dinner table, and in many families suffices for a good dinner by itself; but it requires nice and careful cooking. Nothing is more unappetizing than a piece of underdone fish; indeed, no food requires so much delicacy in handling and dressing, for if it is not perfectly fresh, perfectly cleaned and thoroughly cooked, it is not fit to appear on the table.

Salmon is the richest of fish, being even richer and more nutritious than meat. Red-blooded fish, like salmon, mackerel and blue-fish, have the oil distributed through the body. They are too rich for invalids, and should be eaten sparingly by people who are not very strong. White fish has the oil in the liver, and is consequently more digestible.

TO CLEAN A FISH,

remove the scales before opening, and scrape with a sharp knife from tail to head, holding the knife flat and slanting, and scraping slowly. Split the fish open, if a

large one, from the gills half-way down the lower part of the body; remove the entrails, and scrape and clean the inside, removing all the blood from the back-bone. If the fish has been scaled and cleaned by the dealer, it should always be scraped again about the head and tail, for scales are sure to be found on these parts. The blood and dark substance found on the back-bone should also be scraped off. If the fish is to be boiled or baked, the tail and head are left on, and the fins removed. The fish should be washed carefully in cold water, and dried before cooking. Fish that have a strong flavor, like sturgeon, catfish or sword-fish, should be soaked a few hours in strongly salted water. Use as little water as possible in cleansing fish; and the more expeditious the work is done at this point the better will be the flavor of the fish, since water draws out the juices of most fish if they are permitted to soak in it.

Frozen fish should be well thawed out in cold water before using. Salt fish should be soaked in fresh water with the skin side upward, to draw out the salt. Fish should not be placed in the ice-chest near milk or butter, as these articles are very easily tainted.

TO SKIN A FISH,

cut a thin strip down the back, taking off the fin; and open the lower part half-way down. Then slip the knife under and up through the bony part of the gills, and, holding this bony part between the thumb and finger, strip the skin off toward the tail. Treat the other side in the same way. Catfish and eels are always skinned before they are eaten.

FILLETS OF FISH

are the flesh separated from the bone and served in different ways. In flounders, chicken halibut and bass the fillets on each side are divided lengthwise. They may be served in the form in which they are cut, or they may be rolled and fastened with a small skewer.

Fish that are long and slender are served on long, slender platters. Boiled and fried fish are often brought to table on a napkin; the latter is folded the length and width of the fish, and placed on the serving dish, the fish being laid upon it. When the dish is large enough, a sauce is poured around the fish, no napkin being used in this case; and the head and tail are garnished with parsley. Fillets of fish, when rolled, are arranged in a circle on the dish, the sauce being poured in the center. When not rolled, they are heaped in a pyramid in the center of the dish; or they may be arranged in a circle, one fillet overlapping another. The center is then filled with sauce.

FISH, BOILED.

To boil fish properly, a fish kettle is almost indispensable (see "Kitchen Utensils"), as the fish can then be easily lifted out without risk of breaking it. If there is no fish kettle, wrap the fish well in a good-sized piece of cheese-cloth, pinning the lap securely; if care be exercised, it can be nicely lifted out by the cloth. Another way is to arrange the fish in a circle on a plate, and tie a napkin around the whole; when the fish is boiled, lift it out by the napkin.

Fish to boil should be rubbed with a little vinegar

before being placed in the water; and the water should be salted, and made acid by the addition of lemon juice or vinegar. This whitens the fish and makes the flakes firm, and also imparts a very delicate flavoring to it. Fish that is to be served with the skin on should not be put in cold water to boil, else the juices will be drawn out and the fish rendered insipid; and yet many kinds of fish have such a delicate skin, that it contracts and breaks if put in hot water, thus greatly detracting from the appetizing appearance of the fish. The best method is to put into the fish kettle half as much cold water as is required, place the fish in it, and then gradually add boiling water until the fish is covered, care being taken not to pour the hot water directly upon the fish. In this way the skin contracts slowly and does not break. Mackerel, trout, striped bass, etc., should always be treated in this manner. Fish that have a thick, tough skin can be put into water that is at the boiling point, but not bubbling. Halibut, sturgeon or any fish that is not served with the skin on should be placed into boiling water. The water should never boil rapidly, for if it does, the fish will be broken and thus rendered unsightly. Too much cooking makes the fibres dry and woolly, but fish should be cooked until the flakes will separate easily. (See "Cook's Time-Table" for the proper length of time to boil.) A sauce should always be served with boiled fish, otherwise it will prove a decidedly tame and unattractive course. (See "Sauces for Fish.")

TO BOIL AU COURT BOUILLON.

This is a favorite way of boiling a fish, and should have an English title that would suggest the really easy

manner of the work, instead of this elaborate French name. It is simply boiling the fish in water, flavored with vegetables. Fry in a little butter one onion, one stalk of celery and three sprigs of parsley. Then add the following :

Two table-spoonfuls of salt.

Six pepper-corns.

One bay-leaf.

Three cloves.

Two quarts of boiling water.

One pint of vinegar or sour wine.

Boil for fifteen minutes, skim well, strain, and boil the fish in the liquid. First rub the fish with lemon juice and salt, then place it in a kettle, and cover it with the *court bouillon*, and boil it slowly until done. Serve the fish with a sauce, the same as if it were plainly boiled. This *court bouillon* is easily preserved and may be used several times.

FISH, BAKED.

Cod, haddock, cusk, blue-fish, shad, red-snappers, white fish, trout and many other kinds of fish are stuffed and baked whole. Instead of the wire rack used for roasting meat, have a thick sheet of tin, with rings at the ends for handles, and large enough to fit into the dripping-pan. A simple sheet of tin may be used, without handles. By this means the fish can be easily lifted out and slipped into the serving dish. If a sheet of tin is not at hand, put two broad strips of cotton cloth across the pan before laying the fish in it, and when the latter is done lift it out by means of the cloth. Rub the sheet well with fat pork to keep the fish from sticking to it, and also place pieces

of the pork under the fish itself. The following varieties of stuffing will be found satisfactory for filling fish for baking.

CRACKER STUFFING.

- One cupful of cracker-crumbs.
- Two-thirds cupful of water or milk.
- One tea-spoonful of salt.
- One-quarter tea-spoonful of pepper.
- One tea-spoonful of chopped parsley.
- One tea-spoonful of chopped onion.
- One table-spoonful of capers.
- Two table-spoonfuls of butter.
- One table-spoonful of lemon juice.

Rub the butter into the cracker-crumbs, add all the seasoning, and then stir in the water or milk. This makes a crumbly stuffing.

STALE BREAD STUFFING.

- One and one-half cupful of grated bread-crumbs.
- One-half cupful of milk.
- One table-spoonful of chopped onion.
- One table-spoonful of butter.
- One tea-spoonful of salt.
- One-fourth tea-spoonful of pepper.

Add the seasoning and butter to the crumbs, and beat in the milk last. This stuffing is more commonly made than the last.

OYSTER STUFFING.

- One pint of oysters.
- One cupful of powdered cracker-crumbs.
- One-half table-spoonful of chopped onion.
- One table-spoonful of butter.
- One-quarter tea-spoonful of pepper.
- One tea-spoonful of salt.
- One tea-spoonful of chopped parsley.

Chop the oysters fine, and add to them the other ingredients, mixing well.

Fish will bake more evenly and may be more easily managed in every way, if placed upright in the pan instead of on their sides. Each fish may be propped up with pared potatoes or a cut of stale bread placed on each side. Fish, however, that are long and narrow may be readily tied into the shape of the letter S, thus: Having threaded a long needle with twine, tie the end of the twine around the head of the fish, fastening it tightly; then pass the needle through the center part of the body, draw the string tight, and fasten it around the tail. Fish thus tied will retain the shape after they are baked.

A fish that is to be baked should be rubbed with salt, both outside and inside; then stuff and fasten the rent or opening together with a skewer or with a needle and thread. Rub soft butter all over the fish, dredge it thickly with flour, and lay on the top narrow strips of fat salt pork. Now pour in the pan just enough boiling water to cover the bottom, and bake the fish in a hot oven. Baste every ten minutes with the gravy in the pan and a little butter, and lightly dredge at each basting with salt, pepper and flour. When the fish is done, remove the skewer or strings, and place the fish on the serving dish. Set the pan on top of the stove, add water to the gravy until there is a full pint in the pan, and thicken with one table-spoonful of flour wet to a paste with a little water; then cook the gravy three minutes, season to taste with salt and pepper, strain through a sieve and pour it around the fish. If the sediment in the pan seems at all burnt, do not use it, but make instead a brown sauce, and pour it around the fish. (See "Sauces for Fish.")

FISH, BAKED WITH TOMATOES.

When placing the fish in the oven put in the bottom of the pan four table-spoonfuls of chopped tomatoes, either fresh or canned; and baste the fish with them, adding water as usual. Care should be taken that the pan does not become dry, for the tomatoes will soon stick to it. The gravy is made as directed above, but if by any accident the tomatoes have become scorched, serve a made tomato sauce with the fish. (See "Sauces for Fish.") This is a very delicious way of serving baked haddock.

BAKED BLUE-FISH.

This fish is one of the most satisfactory varieties for baking. It should be stuffed with a bread stuffing and served with a cream sauce. (See "Sauces for Fish.")

BAKED SHAD.

Open the shad only far enough to remove the roe, and follow the directions given for "Baked Fish." Serve the roe on a small platter, giving a portion to each person with the fish. Roe is cooked in different ways, three of which are given below.

BAKED ROE.

Drop the roe gently into salted boiling water, and let it boil twenty minutes, but not rapidly. Drain, and lay it on a buttered tin plate. Dredge the roe well with pepper and salt, spread soft butter over it, and lastly dredge plentifully with flour. Bake in the oven thirty minutes, during which time baste frequently with salt, pepper, water and butter, always dredging with flour after each basting.

FRIED ROE.

Cook the roe ten minutes in boiling salted water to which a table-spoonful of vinegar has been added. Drain, roll it in beaten egg and then in cracker-crumbs—season with salt and pepper, and fry until brown in hot fat.

SCALLOPED ROE.

Boil as for fried roe, drain, and break the roe up lightly with a fork. Make a white sauce (See "Sauces for Fish.") Sprinkle a layer of roe in a baking dish; add half the yolk of an egg, well beaten, dropping it over the top of the roe; next sprinkle lightly with finely chopped parsley; salt and pepper to taste and a few drops of lemon juice, and then add a layer of the white sauce. Repeat the layers of roe, egg, seasoning and sauce, cover with bread-crumbs and bits of butter, and bake until brown. If a large dish is required, use with the roe any cold flaked fish left from a former meal. Various kinds of roe may be prepared the same as shad roe.

HALIBUT *à la Créola.*

Four pounds of fish.
One cupful of water.
One pint of stewed tomatoes.
One slice of onion.
Three cloves.
Two table-spoonfuls of butter.
One table-spoonful of flour.
One tea-spoonful of salt.
One-quarter tea-spoonful of pepper.

Put the tomatoes, water, cloves and onion on the

stove in a stew-pan to boil. Mix the butter and flour together, stir them into the sauce when it boils, and add the salt and pepper. Cook ten minutes, and strain into a bowl. Pour into a deep plate boiling water to the depth of half an inch, and lay the fish in it for a minute, black-skin side down; on removing the fish from the water the black skin can be easily taken off. Wash the fish in cold water, season with salt and pepper and lay it on the baking sheet in a dripping-pan; then pour half the tomato sauce around the fish, and bake in a hot oven forty-five minutes, basting three times with the remainder of the tomato sauce. Serve with the sauce remaining in the bottom of the pan poured around the dish.

CARBONADE OF HALIBUT OR WHITE FISH.

Any fish from which solid slices of flesh can be cut may be used for a carbonade. The two varieties mentioned above are delicious prepared in this way.

- Two pounds of fish.
- Two eggs.
- One pint of dried bread-crumbs.
- Four table-spoonfuls of butter.
- One tea-spoonful of onion juice.
- Two tea-spoonfuls of salt.
- One-quarter tea-spoonful of pepper.

Cut the fish into pieces about three inches square and one inch thick. Place the butter, salt, pepper and onion juice in a deep plate on the back of the range, and melt the butter; beat the eggs until light in another plate, and put a part of the crumbs in a third plate. Dip the pieces of fish first in the melted butter, then in the egg and lastly in the crumbs, and lay them in a dripping-pan

that has been buttered on the bottom, sprinkling what remains of the egg and butter over the carbonades. Cook in a hot oven for twelve or fifteen minutes, and serve with Hollandaise, Tartare or maître d'hôtel sauce. (See "Sauces for Fish.")

BAKED SALT MACKEREL.

Wash a salt mackerel well and soak it over night in three quarts of cold water, laying it with the skin side upward. In the morning lay the fish on its back in a shallow baking tin (not too large for the fish), and pour over it a pint of milk. Bake twenty minutes in a hot oven, stirring into the milk at the end of fifteen minutes a table-spoonful each of flour and butter, and a sprinkling of pepper, all rubbed together into a smooth paste. Serve with the thickened milk poured around the fish. This makes a very palatable breakfast dish.

FRIED FISH.

Mackerel, salmon, blue-fish or any oily fish should never be fried. Smelts, perch and other small pan fish are fried whole. Cod, halibut, etc., should be skinned and cut in slices an inch thick and two or three inches square. Flounders and bass may be cut in fillets, if desired. When fish has been kept near ice or is frozen, it should be warmed gently before being fried, that which is frozen being laid in cold water to thaw; otherwise the fish would chill the fat and become greasy. Enough fat should be used to cover the fish nicely. The frying basket should be used for smelts. Test the fat before using it by throwing in a crumb of bread; if

the bread browns in half a minute, the fat is hot enough.

To prepare fish for frying, clean and dry them, season with salt and pepper and dredge with flour; then dip them into beaten egg, and roll in fine bread or cracker-crumbs. If this does not cover them completely, repeat the process. Smelts are not split open and cleaned, but the entrails are squeezed out carefully, so as not to bruise the fish; and the heads are not removed. The smelts are washed as quickly as possible and then dried, no attempt being made to scale them. All fried fish should be thoroughly drained before being served. Another way of preparing fish for frying is to pepper and salt them and roll them in salted corn meal.

FRIED EELS.

Skin the eels (if this has not already been done by the fishmonger), cut them into four-inch lengths, and season with salt and pepper. Then roll them in salted corn meal, and fry.

BROILED FISH.

Shad, white fish, blue-fish, young cod, haddock and many other kinds of fish are preferred by many broiled. A dry fish should be dipped in melted butter before broiling. In broiling whole fish, like shad, split them the entire length, wash quickly in water, and dry. Rub the bars of a double wire broiler with butter, and place the fish in it. Dredge with salt, pepper and flour, and place over a clear but not fierce fire, the inside of the fish being turned toward the fire first. Watch it carefully,

and turn frequently. On taking the broiler from the fire let it rest upon a dish, loosen the fish from the wires on both sides by slipping a knife between the fish and the wires; then raise the broiler with the skin side of the fish up, and fold the broiler together on the under side, leaving the fish on top. Place a warm platter upside down over the fish upon the broiler, and turn broiler, fish and platter over together. Lift the broiler, leaving the fish in the center of the platter. Serve with butter, squeezing a few drops of lemon-juice over the fish, if desired. Shad is sometimes served with a cream or Bechamel sauce.

OTHER MODES OF DRESSING FISH.

SALT CODFISH IN CREAM.

One and a-half pint of fish.

One pint of milk.

One egg.

Two table-spoonfuls of butter.

One table-spoonful of flour or corn-starch.

One-third tea-spoonful of pepper.

Wash the fish, tear it into bits, and covering it with cold water, let it soak over night. In the morning pour off the water, and place the fish on the fire in a frying-pan, adding enough fresh cold water to cover it. When the water reaches the boiling point, draw the pan back where it will keep hot for fifteen minutes, at the end of which time the fish should be cooked sufficiently. Rapid boiling hardens salt fish, so the cooking can scarcely be too slow. Drain the fish well, and place it in a double boiler with the milk; or if great care be taken, the milk can be poured over the fish in the pan. If the latter mode is preferred, the milk must be stirred incessantly, or it

will scorch. When the milk is at boiling heat, stir in the flour and butter, well rubbed together; or if corn-starch is used, it should be first wet with a little cold milk. Cook slowly for five minutes, season with pepper and a little salt, if needed, and, drawing the fish away from the heat, stir in the beaten egg thinned with one table-spoonful of milk. Let the whole stand two minutes, and serve on a hot platter.

FISH CHOWDER.

Cut a pound of salt pork into strips, and soak it in hot water for five minutes. Place a layer of pork in the bottom of a large tin pail. Cut four pounds of sea-bass or cod into pieces two inches square, and lay enough of the fish upon the pork to cover it. Follow with a layer of raw sliced potatoes, then a thin layer of chopped onion, a little parsley, summer savory or any herb of that sort; and salt and pepper lightly. Next add a layer of Boston crackers or pilot or sea biscuits, broken rather fine. Then begin again with a layer of pork, and repeat in the same order until all the fish is used, having crackers on top. Pour over the whole enough water to cover it, place the cover on the pail, and set the latter in a large kettle of boiling water. Let it simmer slowly three hours, or less if the fish and potatoes are already cooked, and serve with slices of lemon.

CODFISH BALLS.

- One quart of raw sliced potatoes.
- One large cupful of salt fish.
- One egg.
- Two table-spoonfuls of cream or milk,
- One table-spoonful of butter.
- Salt and pepper to taste.

Pick all the bones from the fish, shredding the latter finely; and slowly boil the fish and the sliced potatoes together in plenty of water, until the potatoes are soft. Mash both together, and beat until fine and light; then add the seasoning, butter and milk, and the egg well beaten, mixing all thoroughly with a spoon. Have plenty of very hot fat in the frying-pan, and into it drop the mixture, a table-spoonful at a time. Do not use the hands to form the cakes into balls, as is sometimes done, and do not flour the cakes. Made in this way they will be found very delicate and light; in fact, cooks who have tried this method will never return to the old way of making.

SALT MACKEREL.

Clean the fish by scraping off any rusty-looking part and the thin black membrane found on the inside, and lay it over night in plenty of cold water, with the skin side up. In the morning place the fish in a frying-pan on the fire, cover with fresh water, and slowly heat to the boiling point. Drain off this water, add just enough fresh water to cook the fish, and boil slowly until tender. Lift the mackerel out carefully (a pancake shovel will be found most convenient for such work), and place it on the serving dish in the oven to keep hot while the gravy is being prepared. This is made as follows: drain off the water left in the frying-pan after the removal of the fish, until there is a half-pint remaining, and pour into the pan a pint of milk. When the liquid boils, add three table-spoonfuls of flour stirred to a paste with two table-spoonfuls of butter, and seasoned with salt and pepper. Let the gravy boil slowly three or four minutes, stirring

constantly; then pour it over the mackerel. This sauce should not be lumpy, but smooth as cream. Mackerel cooked in this way makes a very acceptable breakfast dish.

CANNED SALMON.

The California canned salmon is one of the greatest successes achieved by the canner's art. By always keeping a few cans of this fish in the house, the housewife will be able at a moment's notice to prepare an appetizing dish for breakfast or luncheon. One can of salmon will be sufficient for six persons. Place the salmon in a small frying-pan, and pour enough milk over the fish to nearly cover it. Cover the frying-pan, and let its contents simmer slowly, being careful to keep the milk just at the bubbling point. Now thicken the milk with a table-spoonful of corn-starch wet with a little cold milk, adding a small quantity at a time to the boiling milk, so the latter will not become too thick. Often all the corn-starch will not be needed, the quantity, of course, depending on the amount of milk used on the fish; but enough thickening should be added to make the milk like cream. Season with salt, pepper and butter, and serve on a hot platter. This preparation is sometimes served on nicely toasted bread, making a very attractive-looking dish.

TO COOK FROGS' LEGS.

The hind legs of frogs are the only part used for food. They are usually sold ready for cooking, but in some places they are to be purchased just as taken from the frogs. In this case strip off the skin carefully to avoid tearing the tender flesh, wash the legs in cold water, and

dry them well on a towel or napkin. Season with salt, pepper and lemon juice. For six legs, thoroughly beat up one egg, and season it with salt and pepper; dip the legs into the egg, then into dried bread-crumbs or fine cracker-crumbs, plunge them into boiling fat, and fry for five minutes. They can be *sautéed* in a frying-pan, but are not then so nice as when cooked with plenty of fat. Use the wire frying-basket for them, if you have one. Frogs' legs are served for breakfast or luncheon, and for the latter they are accompanied by Tartar sauce. (See "Sauces for Fish.")

FISH REMNANTS.

The "left-over" portions of cold boiled or baked fish may be used in many ways. The fish should be freed from skin and bones and flaked.

CUSK *à la Crème.*

- One pint of cold, flaked fish.
- One pint of milk.
- Two eggs (yolks only).
- One small slice of onion.
- One table-spoonful of butter.
- Two table-spoonfuls of flour.
- One bay-leaf.
- One sprig of parsley.
- One blade of mace.
- A little salt and pepper.

Place the milk, mace, onion, parsley and bay-leaf together on the fire in a double boiler, or in a tin pail set in a kettle of hot water. Rub the butter and flour together, stir them into the milk when it has boiled, and cook three minutes. Add the beaten

yolks, which have been thinned with a table-spoonful of cold milk ; boil one minute, remove from the fire and strain, adding salt and pepper to taste. Arrange a layer of this sauce in the bottom of a baking dish, then a layer of fish, next a layer of sauce, and so on until all the sauce and fish have been used, placing a layer of sauce on top. Sprinkle the top with bread-crumbs and tiny dots of butter, and bake in a hot oven until brown. Serve in the dish in which it was baked.

FISH *à la Reine.*

One pint of cold flaked fish.
 One-half pint of milk or cream.
 One table-spoonful of butter.
 One table-spoonful of flour.
 One table-spoonful of chopped parsley.
 One egg (yolk only).
 Three chopped mushrooms, if you have them.
 Salt and pepper to taste.

Put the butter in the frying-pan, and when it melts add the flour ; then gradually add the milk, stirring thoroughly. As soon as the milk boils turn in the fish, mushrooms, salt and pepper, and cook the whole very slowly until the fish is thoroughly heated. Beat the yolk of egg lightly, add a table-spoonful of milk to thin it, and add the parsley and egg to the fish, stirring the mixture well together for a minute, when it is ready to serve.

FISH CROQUETTES.

One pint of cold, flaked fish.
 One pint of hot mashed potatoes.
 One table-spoonful of butter.
 One-half cupful of hot milk.

- One egg, well beaten.
- One-third tea-spoonful of pepper.
- One tea-spoonful of salt.
- One-half tea-spoonful of chopped parsley.

Mix the fish with the potatoes, and afterward add all the other ingredients, putting the butter into the hot potatoes to melt. Mix all thoroughly, and set away to cool. When cold, shape into balls, dip them into beaten egg, and roll in cracker-crumbs or fine bread-crumbs. Just before serving time, place the croquettes in a frying basket, and plunge them in boiling fat. Cook for two minutes, drain well, and serve at once. If the croquettes are wanted for breakfast, all the work, except the frying, may be done the previous day.

FISH *Réchauffé*.

- One pint of cold fish.
- One-half pint of egg sauce. (See "Sauces for Fish.")
- One quart of mashed potatoes.
- One table-spoonful of butter.
- Salt and pepper to taste.

Place one-half of the potato in a baking dish; then season the fish well with salt and pepper, lay it upon the potato, add the sauce to the top of the fish, and spread the other half of the potato on top of the mass. Cover the potato with a thin layer of butter, and bake for twenty minutes in a hot oven. The sauce is very simple.

SPICED MACKEREL.

When cooking salt mackerel, it is well to prepare more than enough for immediate use, so that this really fine dish may be arranged. By some this is called "Salma-

gundi," on account of the mixture of spices used. Clean the mackerel, and, having soaked it over night in cold water with the inside down, drain, and boil slowly until tender in fresh water. Then lift the fish out, drain well, and place it in a rather deep dish. It is best to cut the fish into four pieces after it is cooked, as it can thus be more easily managed. For a mackerel weighing one pound make the following pickle and pour it over the fish boiling hot. Allow

- One pint of vinegar.
- Two bay-leaves.
- One table-spoonful of prepared spices.
- One tea-spoonful of whole mustard.
- One tea-spoonful of salt.
- One-half tea-spoonful of pepper.
- One slice of onion.

Place the spices in the vinegar on the fire, cover tightly and let them steep slowly for an hour, to draw out the flavors. Strain, and pour the liquid over the fish, covering it while the vinegar steams. The fish will be ready to serve in a day. The prepared spices, which may be procured at any grocer's, consist of a mixture of cloves, allspice, cinnamon and mustard.

SHELL-FISH.

OYSTERS.

The breeding season for oysters begins about the first of May, at which time they become soft and milky and do not return to their firm condition again until the weather is cold. Canned oysters, however, are good at any time and are often a blessing to the invalid on this account,

since they may always be relied upon to furnish a tempting dish.

Oysters are differently sold in different places, some dealers selling by measure only, while others sell both by measure and count. When they are sold by the dozen, they are generally divided into several grades. "Counts" are the largest and are suitable for frying, broiling, etc.; they are, of course, the most expensive kind. "Selects" rank next to "counts" and in some markets are called "culls." "Straights" are oysters taken as they come, the large with the small.

Oysters are very dainty food and require careful handling. The seasoning used should be of the most delicate kind, and the oysters should never be cooked after they have become plump and the edges curl. Too much cooking makes them hard and indigestible and ruins their flavor entirely.

OYSTERS, RAW.

Raw oysters are served either on the half-shell, on oyster plates or in a block of ice. Allow to each person five or six oysters and a quarter of a lemon, and also pass thin slices of delicately buttered brown or graham bread.

Little neck clams take the place of oysters during the hot weather and are similarly served.

OYSTERS ON ICE.

There is a very attractive way of serving raw oysters. Select a rectangular piece of clear ice, with smooth, regular surfaces. With a hot brick or flat-iron melt a cavity in the ice large enough to hold the oysters. Pour out the water from the melted ice, wash out the cavity and dry it,

and put in the oysters, which should be well drained in a colander. Place a thick napkin on a platter, set the ice upon this, and garnish the dish with parsley and sliced lemon. A bed of smilax or parsley is sometimes made about and upon the napkin to conceal it, the lemon being placed on this green bed. The ice is often chipped roughly to resemble a rock.

OYSTER SOUP.

This will be found among the soups.

OYSTERS, FRIED.

Drain the oysters well in a colander and season with salt and pepper. Have ready a pint and a-half of dried bread-crumbs (see index for method of preparing bread for crumbing), and slightly salt and pepper them. This quantity of crumbs will "bread" fifty oysters, which number will be ample for six persons. Thoroughly beat three eggs. Place a few crumbs on a plate, and roll the oysters in them, adding crumbs as needed, until all the oysters have been treated to the crumbs. Lay the oysters as they are crumbed on a baking board that has been sprinkled with crumbs. Dip the oysters into the beaten egg, one at a time, and roll each, as soon as dipped, in the bread-crumbs again. Do not pile them one upon another; and let them stand at least an hour before frying, if you would have them in perfection. Place a layer of oysters in a frying-basket and plunge them into boiling fat that is so hot that blue smoke rises from the center. Cook about a minute and a-half, and drain on soft brown paper. Oysters fried in this manner are brown, tender, crisp and plump.

OYSTERS, SAUTÉED.

Drain the oysters well, season with salt and pepper, and roll them in fine bread or cracker crumbs. Place clear fat in a frying-pan (butter may be used if the difference in cost is not an object), and when it becomes very hot drop in enough oysters to cover the bottom of the pan. When one side is browned, turn the oysters carefully to brown the other side. The iron pancake griddle is often used for this purpose, as in this way many oysters may be cooked at one time. Serve very hot on toast.

OYSTERS FRICASSÉED

- Twenty-five large oysters.
- One large table-spoonful of butter.
- One large table-spoonful of flour.
- One large table-spoonful of chopped parsley.
- One-half pint of milk.
- Two eggs (yolks only).
- Salt and pepper to taste.

Boil the oysters in their own liquor, and drain. Place the butter in a frying-pan, and when it has melted, add the flour, rubbing to a smooth paste. Now pour in the milk, and stir it until it boils; then add the oysters, half a cupful of the liquor and the salt and pepper, and stir again until the liquid boils. At this point remove the pan from the fire, stir in the eggs, well beaten, and also the parsley, and serve at once.

OYSTERS ON TOAST.

- One pint of oysters.
- One table-spoonful of butter.
- One table-spoonful of flour.
- Salt and pepper to taste.

Heat the oysters in their own liquor, and when boiling, skim them; add the butter and flour rubbed to a cream, and season with salt and pepper; then let the whole cook about two minutes, to make certain the flour is done. Have ready some nicely toasted bread; and if the oysters do not seem rich in liquor, wet the edges of the toast carefully with a little saited water, pouring it on with a tea-spoon so as not to add too much; then turn the oysters over the toast. Should there be plenty of liquor to moisten the toast properly, the water, of course, need not be used. This is a particularly delicate and appetizing dish for an invalid or a convalescent. Many prefer the liquor without thickening, and the flour is then omitted, with quite as good results.

OYSTERS BAKED IN THE SHELLS.

Use only large oysters for this purpose. Wash the shells and scrub them with a brush; then place them in a baking pan, with the round sides down to hold the juice, and bake in a hot oven until the shells open. Remove the upper shells, season each oyster (which should be slightly loosened from the lower shell) with butter, salt and pepper, and serve at once in the shells. Oysters baked in this way are sometimes removed from the shells and served in a hot dish. There is no way of cooking the oyster in which the natural flavor is so fully developed.

Another method of baking oysters in the shell is as follows: Open the oysters, and season them highly with butter, salt and pepper and a drop of Worcestershire sauce or a little catsup, and bake a few minutes in a very hot oven. Gentlemen who are fond of condiments generally prefer oysters roasted in this way.

OYSTERS, BROILED.

Use the oyster-broiler for this work. (See "Kitchen Utensils.") Only the largest oysters are suitable for broiling. Drain the oysters, season with salt and pepper, dip them one by one in melted butter, and roll them in flour. Then lay them on the broiler, and cook over clear coals until they turn a delicate brown. These are served on slices of thin toast. Fine cracker-crumbs may be used instead of flour, if preferred.

OYSTERS, SCALLOPED.

Drain the oysters, and place a generous layer of them in a baking dish, seasoning with salt and pepper and dots of butter, half a table-spoonful of butter being none too much. Spread a thick layer of cracker-crumbs over the oysters, and repeat the layers of oysters, seasoning and crumbs until all the oysters have been used, placing a layer of cracker-crumbs at the top and sprinkling them lightly with salt, pepper and dots of butter. Add an equal quantity of milk to the oyster liquor—that is, as much milk as liquor—mix well together, and pour the liquid over the oysters, etc., helping it through to the bottom of the dish at the sides, but disturbing the oysters as little as possible. Bake twenty minutes, not too rapidly, and serve in the baking-dish. There should be at least a tea-cupful of the liquid to a quart baking-dishful of oysters; and if there is not half a tea-cupful of the liquor, add enough more milk to make up the difference. Oysters are often scalloped in their shells, using three oysters to each shell; or individual silver scallop dishes are used, which is the daintiest way of serving.

OYSTER CHOWDER.

One quart of oysters.
Six potatoes.
One and a-half pint of milk.
Three pilot or sea biscuits.
One table-spoonful of flour.
One table-spoonful of butter.
One onion.
Salt and pepper to taste.

Drain the oysters, and run each through the fingers to remove any particles of shell. Strain the liquor through a fine wire sieve. Thinly slice the potatoes and onion, and boil them very gently in the oyster liquor until tender. Wet the flour in a little of the milk, and stir it into the scalding milk (which should have been heated by itself in a double boiler), adding also the butter, salt and pepper. Cook about a minute, put in the oysters, and boil two minutes. Then turn into the milk the potatoes and onion, and the liquor in which they have been boiled. Place the crackers or sea biscuits in the tureen, pour the chowder over them, and serve at once.

CLAMS.

There are two varieties of this shell-fish, the "long" clam, which has a thin shell, and the "round" clam, the shell of which is thick. "Little-neck" clams are the tiny, "round" variety. "Long" clams are boiled or baked in the oven, and the tough mouth end is not eaten. They also make very delicate fritters.

CLAM FRITTERS.

Wash the clams well, using a thin, narrow brush to

bring out all the sand ; and place them in the oven in a pan. When the shells open, take out the meat, and strain the liquor that will have accumulated in the pan, keeping it separate. To a pint of meat allow

Three eggs.

One-half tea-spoonful of salt.

One-fourth tea-spoonful of pepper.

Two tea-spoonfuls of baking powder.

Two cupfuls of liquor, or add milk to make that amount.

Flour to thicken.

This is sufficient for a large quantity of fritters. They may be fried by dropping the mixture, a spoonful at a time, in hot fat, like fried cakes ; or they may be cooked very satisfactorily on a pan-cake griddle. The former way, however, is generally preferred.

CLAMS, BAKED IN THE OVEN.

Round clams are more often baked than the long variety, but the thin-shelled clam is by no means a poor dish when dressed in this way. When round clams are to be baked, those of medium-size are best, although the small ones are still very luscious cooked in this way. They should be scrubbed well and placed in a baking pan, and when the shells open they have cooked sufficiently. Serve on a platter just as they come from the oven, covering with a napkin to keep them hot

CLAM CHOWDER.

Many so-called chowders are nothing more nor less than soup with potatoes and onion in it. This chowder is of quite another kind, being served on a platter in-

stead of in a soup tureen, as many "chowders" are nowadays; and it is eaten with a fork. Large, round clams are the kind used for this purpose, and they should be opened and chopped rather finely. Put into the bottom of a tin pail small pieces of salt pork, and then add a layer of chopped clams. Place on this a layer of thinly sliced raw potatoes, and next a layer of such vegetables as may be liked—celery, tomatoes, sliced onion, parsley, etc., with a few slices of lemon and pepper sprinkled over all. Then add a layer of broken Boston crackers or pilot biscuit. Begin again with the pork, and follow it up with clams, potatoes, seasoning and crackers, until all the clams prepared are utilized. Pour the clam juice over all, adding a little water to moisten the whole chowder. Place the cover on the pail, put the pail in a kettle of boiling water, and boil three hours. If only a small quantity of chowder is desired, the double boiler may be used for the cooking. If the potatoes are not sufficiently cooked by this time, the chowder may be turned into a kettle to finish, but it must be stirred constantly to keep it from burning. It is seldom necessary, however, to turn it out. Remove the pail at the end of the first hour to see if there is moisture enough to cook all well, and add a little water if necessary. The chowder need not be stirred at all while cooking, unless it has to be turned into a kettle. Sometimes one is unfortunate in selecting clams, for if they are too salt the potatoes will not cook tender. This seldom occurs, however.

CLAMS, ROASTED.

Round clams are cooked in this way, by placing them directly upon the coals; when the shells open, the clams

are cooked enough. Take them from the coals with a pair of tongs, and send to the table the same as baked clams. Season when eating with butter, salt and pepper, and a taste of Worcestershire sauce.

CLAM SOUP.

This will be found among the soups.

LOBSTERS.

If possible, always boil lobsters at home. If a lobster is cooked when purchased, see that the tail is stiff and elastic, so that when it is bent out it springs quickly back; otherwise the lobster was dead when boiled. Choose the small lobster that is heavy in proportion to its size. Those with hard, solid shells streaked with black will be found full of meat. The thin-shelled lobster is watery. The male lobster is preferred for eating, and the female for sauces and soups. The female has a broad tail and not so many claws as the male. Canned lobster is very convenient in case of emergency for making salad.

TO BOIL A LOBSTER.

Fill a kettle nearly full of boiling water, and add a large spoonful of salt. Wind a string around the lobster to secure the claws to the body, and plunge it head first into the kettle. A medium-sized lobster should boil in half an hour; a large one in forty-five minutes. Too much cooking toughens the meat.

TO OPEN A LOBSTER.

Let the lobster cool after boiling, and wipe the shell perfectly dry. Break off all the claws, and separate the

tail from the body and the body from its shell, leaving the stomach or "lady," as it is called, in the shell. The "lady" is found directly under the head. Save the liver, which may be known by its greenish color, and also the coral, which is used in sauces and salad. Split the body through the center, and pick the meat from the cells, cutting the under side of the tail shell open also, and taking out the meat in one solid piece. Split this piece open, and there will be uncovered a little vein running its entire length. This is the intestinal canal and must be removed. It is not always the same color, being black, red or even white; but it is not fit to eat. Break off all the gills before picking the meat from the joints, as they are liable to drop off with the meat and are too woolly to be palatable. The gills, stomach and intestines are the parts not eaten. When the shells of the large claws are thin, cut off a strip down the sharp edge, and remove the meat whole; or the shell may be broken, when too thick to be cut, by hammering it on the edge. The claws should never be pounded in the middle, as the meat is thus crushed and often filled with pieces of shell.

TO SERVE LOBSTER PLAIN.

Arrange the meat in the center of a dish, and garnish with the small claws, sprigs of parsley or hard-boiled eggs cut into quarters. Each person at table seasons to suit with pepper, salt and vinegar or oil.

LOBSTER CHOPS.

These are at present a very fashionable dish, being

served at teas, luncheons and evening parties. They are very dainty.

Two cupfuls of boiled lobster.

Two eggs (yolks only).

One cupful of cream or milk.

Three table-spoonfuls of flour.

One table-spoonful of butter.

One-eighth of a nutmeg.

Salt and pepper to taste.

Put the butter in a stew-pan, and when it bubbles, stir in the flour. Cook this paste, slowly stirring all the time; then pour in the cream, and add the lobster, cut into small dice. Stir until scalding hot, take from the fire, and when slightly cooled, stir in the yolks of the eggs, well beaten, the grated nutmeg, and the salt and pepper. Return to the fire and cook two minutes, stirring all the time. Butter a platter, and on it spread the mixture half an inch deep. When cold, form in the shape of chops, pointed at one end; roll the chops in beaten egg, then in bread or cracker-crumbs, place them in the frying basket and plunge them in boiling-hot fat until of a nice brown color. The frying should not take longer than three minutes. Drain well, and stick the end of a small claw in each chop to represent the bone. Serve on a napkin, placing the chops so they overlap each other, and garnish with parsley.

LOBSTER FARCI. (STUFFED.)

Two cupfuls of lobster meat.

Three hard-boiled eggs (yolks).

One-half pint of milk.

One-fourth of a nutmeg, grated.

One table-spoonful of chopped parsley.
One table-spoonful of butter.
Two table-spoonfuls of bread-crumbs.
One table-spoonful of flour.
Salt and pepper to taste.

Cut the lobster into small pieces. Two lobsters will be required for this quantity. Put the milk on to boil in the double boiler, and when hot, stir into it the butter and flour, rubbed well together. Stir until smooth, and cook three minutes; then remove from the fire, and add the crumbs, parsley, lobster, salt and pepper, and the yolks of the eggs mashed very fine. Mix all well together. In opening the lobster for the stuffing, be careful not to break the body or tail shells. Wash them and wipe dry, and with a pair of scissors cut off the under part of the tail shells, using the tails of both lobsters. Join the large ends of the tail shells to the body shell, with the ends of the tails out, thus forming a boat-shaped shell. Put the stuffing into this boat, brush over the top with beaten egg, sprinkle lightly with bread-crumbs, and bake in a quick oven for fifteen minutes.

STEWED LOBSTER.

Cut the meat fine and put it in a small frying-pan with milk enough to nearly cover it; when the milk boils, thicken to a cream with a little corn starch wet with milk, seasoning with salt, pepper and butter. Serve on toasted bread laid on a hot platter.

DEVILED LOBSTER.

This is made the same as deviled crab, using two cupfuls of finely chopped lobster where twelve crabs are used

in the recipe. This will require two small lobsters. Serve in the lobster shells.

CRABS.

These shell-fish are found near the coast of the Southern and Middle states, and in Maryland special attention is paid to their propagation. They are generally expensive and are sold alive or boiled. As they are easily boiled, it is better not to trust to the fishmonger's boiling. Like lobsters they should be heavy for their size.

SOFT-SHELL CRABS.

Crabs, as well as lobsters, shed their shells annually. When crabs are minus their shells they are known as soft-shell crabs and are most highly esteemed by epicures. In three days after the old shell is lost the new one begins to harden, when the crab ceases to be the choice tid-bit he was. This is the reason the supply of soft-shell crabs is always short. They are, of course, *always* sold alive.

TO CLEAN SOFT-SHELL CRABS.

To prepare these crabs for cooking will not be difficult, if the following directions are carefully followed. The back of the crab is of a greenish color and is like thin, stiff rubber, and at each end it tapers to a point. Take one of these points between the thumb and fore-finger of the left hand, and, keeping the crab on its face all the time, press the back with the second finger, bending the shell back about half-way. There will thus be exposed a spongy substance which must be scraped or, if neces-

sary, cut away. Repeat the operation at the other point of the back. The "apron," which is a small, loose sort of tail, running to a point in the middle of the under shell and closely lapping it, should be pulled off. Wash the crabs in cold water, and drain well, wiping them gently with a cloth. They are then ready for cooking.

FRIED SOFT-SHELL CRABS.

Dip the crabs in beaten egg that has been seasoned with a little salt and pepper, and roll them in bread or cracker crumbs, also seasoned with salt and pepper. Fry in a frying-pan in hot butter, turning when necessary. Place a cover over the pan when frying. The crabs should fry slowly for twenty minutes, at least, and will be of a deep-red shade when done. Drain a moment on soft brown paper, and serve hot.

BAKED SOFT-SHELL CRABS.

Season the crabs with salt and pepper, dip them in melted butter, and sprinkle thickly with dry bread or cracker crumbs. Put them in a baking-pan, and bake in a very hot oven for ten or twelve minutes. When tender, remove to a platter, place the pan they were baked in on top of the range, and add a little water and a tablespoonful of flour wet to a smooth paste. When the gravy has boiled a minute, season with salt and pepper and pour it around the crabs. Strain the gravy, if at all lumpy. This is a very delicious way of cooking these delicate shell-fish.

HARD-SHELL CRABS.

Plunge the crabs into boiling water, and cook fifteen

minutes ; then remove the outside shells and the shaggy substance. Rinse in hot water, and arrange on a platter. They are to be eaten from the shell.

DEVILED CRAB.

This has become a very fashionable dish. It is served at almost all teas, receptions and parties. Only hard-shell crabs are used for this dish.

- Twelve heavy crabs.
- One-half pint of cream.
- One table-spoonful of flour.
- Four table-spoonfuls of butter.
- One table-spoonful of chopped parsley.
- One table-spoonful of lemon juice.
- One-quarter of a nutmeg, grated.
- One tea-spoonful of mustard.
- One and a-half pint of grated bread-crumbs.
- One-quarter of a tea-spoonful of pepper.
- Two tea-spoonfuls of salt.

Boil the crabs for thirty minutes. Drain them, break off the claws and separate the shells, removing the spongy fingers and the stomach, which is found under the head. Pick out all the meat, and wash and wipe the shells. Heat the cream in a small saucepan ; thoroughly mix the flour and mustard and two table-spoonfuls of the butter, and stir the mixture into the boiling cream. Boil two minutes, remove from the fire, and add the crab meat and seasoning. Mix well, and put the mixture in the crab-shells. Sprinkle with the crumbs, and place the remainder of the butter, cut in small pieces, on top of the crumbs. Cook in a hot oven until the crumbs are brown, first placing the grate of the oven under the pan, so the

heat will not be too great at the bottom. Serve on a bed of parsley, arranging the claws on it.

CRAW FISH.

These resemble the lobster and are found in most of our brooks and rivers. They are boiled and served the same as crabs, or used as a garnish for boiled fish.

SHRIMPS.

Shrimps belong to the lobster species, being the very smallest of that ilk. They are of two kinds, the gulf shrimps or prawns being the larger. Shrimps are sold by the quart, and in some places are vended already cooked. They are served the same as crabs, in salads and sauces, and are also used as a garnish.

SCALLOPS.

These shell-fish have round, deeply grooved shells. The muscle which unites the shells is the only part used for food. Scallops have a sweet flavor and are in season during the fall and winter. They are stewed or fried, the latter way being much the more satisfactory.

FRIED SCALLOPS.

Wash the scallops, drain them and dry thoroughly. Season fine cracker-crumbs with salt and pepper, dip the scallops in beaten egg, then in the crumbs, and fry in hot fat. Or they may be simply seasoned and rolled in flour and then fried.

MUSSELS.

They are fried like oysters or are stewed. For stewing, open the mussels, and to a quart of meat allow—

Two tables-poonfuls of butter.
One table-spoonful of flour.
Six whole pepper-corns.
One-half cupful of cream.
Two eggs (yolks only).
Salt and pepper to taste.

Stew the mussels five minutes in their own liquor, and then add the flour rubbed well into the butter, and the pepper-corns. Stew ten minutes, and pour in the heated cream. Set back on the range, and stir in the yolks of the eggs, which will have been thinned with a table-spoonful of water or milk. Season with salt and pepper, and serve.

TERRAPIN.

This is served at many fashionable dinners and late suppers. Terrapins belong to the turtle family and are found from Rhode Island to the Gulf of Mexico. They vary considerably in size and quality in different localities. The finest in winter are very expensive, sometimes costing from twenty-five to fifty dollars a dozen in the Northern markets, although they are often to be had for one-fourth that cost. In the South they are comparatively cheap and are larger than those found in the North. There are two ways of killing terrapin. In the North, if the terrapin is small, it is boiled the same as a lobster; but in the South the head is cut off and the terrapin placed in cold water for half an hour, to draw out the blood, after which it is boiled. The time of boiling varies with the age of the terrapin. If young, it will cook in half an hour, but old ones require to boil fully two hours before they are tender.

COOKING AND CLEANING TERRAPIN.

If the large Southern variety is used, cut off the head and let the terrapin lie in cold water half an hour, then drop it into boiling water and cook for ten minutes. Pour off the water, and cover the terrapin with cold water, letting it stand until cool enough to handle easily; then take it up, and with a towel rub the nails and black skin from the legs. Wash the terrapin carefully, place it in a stew-pan with enough boiling water to cover, and cook until the flesh is tender, which will be when the joints of the legs can be broken with a slight pressure, and the shell will separate easily. Remove from the water, and after it has cooled a little, place the terrapin on its back, with the head away from you, and loosen and remove the under shell. The liver, gall, bladder and sand-bag will be found near the head end, the gall being attached to the left side of the liver. Take out the gall as you would that of a chicken, being very careful not to break it. If such an accident occur, the entire terrapin will be ruined, so there should be extra care at this point of the work. All that remains is used for food. Take out the eggs, if there are any, remove the slight membrane that is around them, and drop them into cold water. Cut all the meat very fine (the intestines finer than any part), and save any water that may collect in the shells. The terrapin is now ready to use in a stew or in other ways. It is most commonly served stewed.

STEWED TERRAPIN.

Two terrapins.

Three table-spoonfuls of butter.

One pint of cream.

One-half pint of sherry or Maderia.
One-half cupful of water.
Six eggs (yolks).
Two tea-spoonfuls of salt.
One-fifth of a tea-spoonful of pepper.
One-tenth of a tea-spoonful of mace.
One-tenth of a tea-spoonful of allspice.
One-half of a lemon.

Put the finely cut terrapin in a stew-pan with the water and butter, the juices that have collected in the shells and the salt, pepper and spices, and let all simmer gently for fifteen minutes. Boil the six eggs fifteen minutes, remove the yolks, mash them very fine, and gradually mix the cream with them. Add this mixture to the stew, and also the sherry, the eggs of the terrapin, and the lemon thinly sliced. Let the stew stand where it will become well heated, but do not let it boil, or the cream will break. Serve while hot.

Silver-plated saucepans holding half a pint each are used for serving this rare dish. One kind is in the shape of a terrapin, the other round, with a straight handle and a tightly fitting cover.

SAUCES FOR FISH.

The French undoubtedly understand the making of sauces better than any other nation. The English make a drawn-butter sauce and use it as a foundation for many kinds. By the addition of capers, shrimps, chopped pickle, lobster, oysters, etc., one has caper, shrimp, lobster and the other kinds of sauces. The drawn-butter sauce is simple, yet is often improperly made, being insipid in taste and lumpy and unappetizing in appearance through insufficient cooking. The French white sauce differs

materially from that of the English, since it is made with strong white stock prepared from veal or chicken, or both, and with some vegetables for a basis. One shrinks from using a receipt for sauce that requires stock ; and many simple receipts are here given which do not call for that as an ingredient.

In thickening sauces, it should be remembered that butter and flour should be well cooked together before the liquid is added, to prevent the flour from tasting uncooked ; and the butter should be very hot before the flour is added to it. In butter sauces, however, only enough butter should be used at first to cook the flour, the remainder being cut in pieces and added after the sauce is taken from the fire. In this way the flavor is preserved.

A mistake that is frequently made in the preparation of any sauce that is thickened with butter and flour cooked together, is that the liquid is added to the thickening before the flour and butter have at all cooled. The stew-pan in which the butter and flour are cooked should be drawn to a cool part of the range and the mixture stirred until partially cooled before putting in the liquid, which should be cold and be added gradually. The length of time for a sauce to cook varies. It must be remembered that if the sauce is boiled longer than ten minutes, the butter will separate and come to the top, where it can be skimmed off ; this leaves a clear sauce. If cooked less than this time the butter does not separate. Long cooking makes the sauce greasy, unless it be continued long enough to make the separation of oil and ingredients complete. In common sauces the quick method is generally preferred, and if by mistake the

sauce becomes oily, a little cold water may be added and the sauce stirred until it begins to boil, when it will be found perfectly smooth and satisfactory.

DRAWN-BUTTER SAUCE.

- One-half cupful of butter (scant).
- One pint of boiling water.
- Two table-spoonfuls of flour.
- One-half tea-spoonful of salt.
- One-quarter tea-spoonful of pepper.

Put half the butter into the stew-pan, and when it bubbles, sprinkle in the flour, and stir well for two minutes. Draw back on the range, and when slightly cooled add the boiling water, a little at a time, stirring all the time until the liquid is thick and smooth. Let the sauce boil up once, stirring it constantly; then put back again, and add the remainder of the butter, cut in pieces, and also the salt and pepper. When carefully made this sauce will be like cream; but if it is not entirely smooth, strain it before using. Drawn-butter sauce is sometimes preferred slightly acid, in which case a few drops of strong vinegar or of lemon juice are added just before serving.

BROWN SAUCE.

- Three table-spoonfuls of butter.
- Two table-spoonfuls of flour.
- Two table-spoonfuls of chopped onion.
- One table-spoonful of chopped carrot.
- One table-spoonful of lemon juice.
- One pint of stock or water.
- One clove.
- One tea-spoonful of salt.
- One-quarter tea-spoonful of pepper.

Cook the vegetables in the butter very slowly for half an hour; then place them on a hot part of the range and cook until slightly browned, stirring all the time the browning is going on. Add the flour, and stir until that also is brown. Draw the pan back, and when its contents are slightly cooled, add the stock and stir until the whole is well mixed, adding the clove, salt and pepper. Set the pan back where the sauce will gently simmer for twenty minutes. Strain, skim off the fat that comes to the top, add the lemon juice, and serve. Pork "drippings," or fat that is clear may take the place of butter, with good results, two table-spoonfuls being used instead of three.

WHITE SAUCE.

Three table-spoonfuls of butter.
One table-spoonful of chopped onion.
Two table-spoonfuls of chopped celery.
One table-spoonful of chopped carrot.
Three table-spoonfuls of flour.
One pint of stock.
One-half cupful of cream or milk.
Salt and pepper to taste.

Simmer the vegetables in the butter very gently for ten minutes, being careful not to brown them. Then add the flour, and stir until smooth and frothy. Cool slightly, and add the stock. When all is smooth, add the salt and pepper, and boil for five minutes; then put in the cream. Let the sauce boil up once, and strain. This is a fine sauce in which to heat cold fish.

CREAM SAUCE.

Three table-spoonfuls of butter.
Two table-spoonfuls of flour.

One pint of milk.
One tea-spoonful of salt.
One-quarter tea-spoonful of pepper.
One tea-spoonful of chopped parsley.

Place the butter in a small stew-pan, and when it is hot, add the flour. Stir well until smooth and frothy. Draw the pan back, and gradually add the milk. Place it again on the hot part of the range, and when the sauce boils, add the salt and pepper. Simmer for three minutes, add the parsley, and serve. A few drops of onion juice will improve the flavor, if onion is liked.

TOMATO SAUCE.

One pint of tomato.
One table-spoonful of butter.
One table-spoonful of flour.
One small onion.
One bay-leaf.
One sprig of parsley.
One blade of mace.
Salt and pepper to taste.

Place the tomato, onion, bay-leaf, parsley and mace in a stew-pan together, and simmer gently for ten minutes; then strain through a wire sieve, pulping through all the tomato but the skin and seeds. Rinse out the stew-pan, and when it is dry put in the butter. As soon as the butter is hot, add the flour, and cook two minutes. Add to this the strained tomato, pouring it in gradually. When all is well mixed, place the sauce on a hot part of the range; boil up once, add the salt and pepper, and serve.

HOLLANDAISE SAUCE.

This is one of the best sauces for fish.

One-half cupful of butter.
 One-half cupful of boiling water.
 One-half lemon (juice only).
 One-quarter salt-spoonful of pepper.
 One salt-spoonful of salt.
 Three eggs (yolks only).

Beat the butter to a cream with a silver spoon, add the yolks of the eggs, one at a time, and beat well; then add the lemon juice, salt and pepper. About five minutes before serving, add the boiling water, a little at a time, stirring well. Place the bowl in a sauce-pan of boiling water, and stir rapidly until the sauce thickens like boiled custard.

SAUCE TARTARE (A COLD SAUCE).

One-half pint of mayonnaise dressing. (See "Salads.")
 Three olives.
 One cucumber pickle.
 One table-spoonful of parsley.

Chop the olives, pickle and parsley very fine, and add them to the dressing. This sauce will keep a long time.

MAÎTRE D'HÔTEL SAUCE.

Two table-spoonfuls of flour.
 One table-spoonful of chopped parsley.
 One table-spoonful of lemon juice.
 Three-quarter cupful of butter.
 One pint of boiling water.
 Two eggs (yolks only).
 Salt and pepper to taste.

Prepare the same as drawn-butter sauce (see receipt), and when finished add the lemon juice and chopped parsley. Let it cool slightly, and add the beaten yolks of the eggs. Return to the range, and when well heated, but not to the boiling point, it is ready to use.

BECHAMEL SAUCE.

One-half pint of veal stock.
One-half pint of cream.
Two eggs (yolks only).
Two table-spoonfuls of butter.
One table-spoonful of flour.
Salt and pepper to taste.

Heat the butter, and when bubbling, stir in the flour ; mix until smooth, taking care it does not brown. Add the stock and cream gradually, and stir until the liquid boils. Take from the fire, and add the salt and pepper and the well beaten yolks. Let it stand in a warm place on the range two minutes, but do not let it boil after the eggs are added.

EGG SAUCE.

Make a cream sauce (see receipt), and add the whites of two hard-boiled eggs, chopping them very fine ; then press the yolks through a wire sieve, and add them also. The wire potato-masher (see "Kitchen Utensils") is just the thing to use for this purpose.

OYSTER SAUCE (FOR BOILED FISH).

One pint of small oysters.
One-third cupful of butter.
Three table-spoonfuls of flour.
One cupful of milk.
Salt and pepper to taste.

Heat the oysters in their own liquor to boiling point. Remove them from the fire after they have boiled half a minute, skim them, and drain off the liquor into another stew-pan. Rub the butter and the flour to a cream. Add

the milk to the oyster liquor, and when heated to boiling point, stir in the creamed butter and flour. Let the liquid boil up once, season with salt and pepper, add the oysters, and serve as soon as the latter are heated through.

LOBSTER SAUCE (FOR BOILED FISH).

One lobster.

One-half pint of drawn-butter sauce (see receipt).

Salt and pepper to taste.

Break up the coral of the lobster, and put it on a paper in a slow oven for thirty minutes. Then pound it in a mortar, and sprinkle it over the boiled fish when ready to serve. Chop the lobster meat, not too fine, and add it to the sauce, also putting in a pinch of the coral and the salt and pepper.

The effect is spoiled if the lobster is cut too fine. The sauce should be like a creamy bed for the lobster.

MUSTARD CREAM.

This is served with baked crabs or roast clams and is a dainty addition to those dishes.

One cupful of milk.

One tea-spoonful of mustard.

Three table-spoonfuls of butter.

One table-spoonful of flour.

Salt and pepper to taste.

Heat the milk in a double boiler. Beat the butter, flour and mustard to a cream, and gradually pour upon this cream the boiling hot milk, a little at a time. When well mixed, return all to the boiler, add the salt and pepper, boil three minutes, and serve.

MEATS.

“ With baked and boiled and stewed and toasted,
And fried and broiled and smoked and roasted,
We treat the town.”

SALMAGUNDI.

BEEF.

FOR the best cuts of beef see the chapter on “Marketing.” Directions for roasting, broiling, etc., have been given in full in the chapter entitled “Plain Directions,”

ROAST BEEF, WITH YORKSHIRE PUDDING.

A rib or sirloin roast should be prepared as directed for roasting. When within three-quarters of an hour of being done, have the pudding ready to put in with the meat: Butter a pan like that in which the meat is being cooked, and pour in the pudding. Put the rack upon which the meat has been roasted across the pan, not in it. Place the meat on the rack again, return it to the oven and cook forty-five minutes. If there should be but one roasting pan, take up the meat, pour off the gravy, saving it in a separate dish to prepare a gravy for the beef, and put the pudding in the roasting pan. Cut it in squares when done, and garnish the beef with these. Another method is to use a pan that has squares stamped

in it. This produces even squares, with crust on all the edges, which cannot be obtained by baking in a flat pan. Still another way is to heat and oil the iron gem-pans and pour the batter into them to cook, basting with the dripping from the roast. When this utensil is used for baking, there is no necessity for cutting into the pudding, which always tends to make it heavy. Serve each person one of the gems with their meat.

YORKSHIRE PUDDING.

One pint of milk.
 Two-thirds of a cupful of flour.
 Three eggs.
 One scanty tea-spoonful of salt.

Beat the eggs very light, add the salt and milk, and then pour about half the mixture upon the flour. When this is perfectly smooth, add the rest of the liquid.

FILLET OF BEEF, WITH MUSHROOM SAUCE.

One sees this dish at almost every dinner party. Many order it already cooked from the *restaurateur*, but his price is heavy, being usually ten dollars for ten persons. It may be bought from the butcher for one dollar a pound, and three pounds are quite sufficient when this dish is to be served as one course. The fillet is the under side of the loin of beef—the tenderloin. The skin and fat should be removed with a sharp knife, and also every shred of muscle and ligament. If the fillet is not then of a good, round shape, skewer it until it is so. Lard the upper surface (see “Larding.”) Dredge well with salt, pepper and flour, and place it without water in a small pan. Put in a hot oven for thirty min-

utes, leaving it the first ten minutes on the lower part of the oven, and then placing it on the grate for the remainder of the time. This is served with the following sauce.

MUSHROOM SAUCE.

One forty-cent can of French mushrooms.
Two cupfuls of stock.
Two table-spoonfuls of flour.
Four table-spoonfuls of butter.
Salt and pepper to taste.

Heat the butter, and when hot, add the flour and stir until very brown. Gradually add the stock, setting the pan back out of the fierce heat. When these ingredients are well stirred together, boil up once, add the liquor from the mushrooms, and also the salt and pepper, and simmer gently for twenty minutes. Skim off any oil that may rise to the top, add the mushrooms, simmer for five minutes more, pour the sauce over the beef, and serve at once.

BRAISED BEEF.

This mode of cooking is particularly well adapted to the cheaper pieces of meat, or those that are lacking in flavor and are tough. Braising is properly done when vegetables and herbs are used for seasoning meat and gravy, although these are sometimes omitted and the meat still said to be braised. This receipt calls for six pounds of beef. Spread in the braising-pan one-fourth of a pound of salt pork, cut in slices, and over this spread two table-spoonfuls each of chopped onion, carrot, turnip and celery. Lay the meat on this bed, and dredge well

with salt, pepper and flour. Cover, and put in a moderately hot oven for half an hour. At the end of this time add a pint and a-half of water, or if you have it, of soup-stock, basting the meat with some of the liquid, and again dredging with salt, pepper and flour. Cook for four hours, basting every quarter of an hour. At the end of two hours add another pint of stock or water; also mix two table-spoonfuls of corn-starch with half a cupful of cold water, and stir this into the juices in the bottom of the pan. Cook the meat for the last half hour without a cover, as it should be of a delicate brown. Place it in the serving-dish; then strain the gravy in the pan, seasoning it with salt and pepper if necessary, and pour part of it on and around the beef, serving the rest in a separate dish.

A POT ROAST.

A tough piece of meat may be made very tender by this mode of cooking. Wipe the meat with a damp cloth, season with salt and pepper and put it into an iron pot. Place the latter over a moderate heat, and brown the meat slowly, turning it frequently; this will usually take about twenty minutes. When the roast is well browned, put in half a pint of boiling water, cover closely, and set the pot back where the meat will cook slowly. As the water steams away add a little more, half a pint at a time. Allow about fifteen minutes to each pound for a piece of meat that is not tough, but a very tough roast will require twice that time. Take up the meat, and add a small quantity of water to the juices in the kettle. Thicken the gravy with a little flour stirred to a thin paste with

a little water, and serve in a separate dish. Boiled rice is generally eaten with a pot roast.

STUFFED BEEFSTEAK.

Use the round for this dish, having it cut half an inch thick. Lay the steak flat on the meat board, spread over it with a thin layer of butter, and sprinkle with salt and pepper.

Take for the stuffing

- One and a-half pint of bread-crumbs.
- Two table-spoonfuls of butter.
- One small onion.
- One large tea-spoonful of salt.
- One-half tea-spoonful of pepper.
- Milk to moisten.

Grate the crumbs fine, season with the salt and pepper, and rub in the butter; then chop the onion fine, and add it to the crumbs. Moisten slightly with milk, being careful to put only enough in to soften the crumbs a little.

Spread this stuffing over the steak, placing tiny bits of butter on top of it. Roll the steak up tightly, rolling away from rather than towards you, and keeping the stuffing in at the ends as the beef is rolled up. Wrap cord or common wrapping twine around the roll, using plenty of it, and winding it round and round until the meat is tightly compressed. Place the roll in an iron pot and roast the same as a pot roast. Remove the strings after laying the beef on the serving dish, pour the gravy around and over the meat, and serve hot. This stuffed steak is sometimes baked, and in that case a little water should be added to the pan together with any pieces of suet that have been trimmed off the meat,

BEEFSTEAK AND ONIONS.

For this dish the cut may be a porterhouse, a sirloin or the round ; when expense is to be considered, the last named cut will be found both economical and palatable. It should be pounded slightly to make it more tender. Heat a frying-pan until quite hot, and place the steak in it, adding no fat at all. Cook until the meat is either rare or well done, as may be preferred. If the finer cuts are used, care must be taken that the meat is not cooked too long, but the round will need to be fairly well cooked to make it juicy and tender. Remove the steak to the serving dish. Slice the onions thin, and turn them into the pan in which the steak was cooked. Cover the pan, and cook the onions slowly in the juices from the steak until they are tender ; then lift them out and place them on top of the steak. Add a little water to the juices in the pan, and thicken the gravy with a little flour or corn-starch wet in a little water. Season with salt and pepper, and pour over the onions and steak. This gravy should be a *fine* brown. Onions cooked this way will not be as greasy as the dish that is often served under this name.

HAMBURG STEAK.

Have the butcher chop very fine two pounds of the round of beef. Press it into a flat steak about three-quarters of an inch thick, sprinkle with salt, pepper and flour, lay it in a fine wire broiler, and broil the same as beefsteak. Spread with butter and serve on a hot dish. This steak is sometimes shaped into small, thin, flat cakes and fried in a frying-pan, a little pork, fat or butter being used to keep the meat from sticking to the pan.

A gravy is then made by thickening the juices in the pan, a little water being added before the thickening. The gravy should be poured over the meat.

CORNED BEEF.

Put the beef into the pot with enough cold water to cover it, and when it boils set it back on the range to boil very moderately. Fast boiling of salted meats renders them very hard, yet the water must not cease bubbling. Skim often. In England carrots are boiled and served with this dish, and they much improve the flavor of the beef. They are not put in the pot until three-quarters of an hour before serving time, and they are arranged about the meat on the platter. In America cabbage is generally boiled with the beef. When this is used, one or two little red peppers, also boiled with the beef, improve the quality of the dish. When ready to serve, after taking out the meat, lift the cabbage from the saucepan, using a skimmer for the purpose. Drain the cabbage well in a colander, pressing out all the water. Serve it around the beef or in a separate dish, as may be liked.

BEEF-HEART, STEWED.

The heart of the ox is very inexpensive, yet it makes a most delicious dish. Wash the heart well, remove the muscles from the inside, and take out every particle of blood. Make a stuffing of

- One cupful of bread-crumbs.
- One table-spoonful of chopped onion.
- One table-spoonful of chopped celery.
- One table-spoonful of butter.
- Salt and pepper to taste.

Mix these ingredients well together, and stuff the cavity of the heart with them. Tie the heart about with twine, and wrap it in a cloth, sewing the ends together to keep the stuffing in. Place in a small stew-pan, with the point of the heart down, and nearly cover with water boiling hot. Place the lid on the pan, and simmer gently for three hours. When done, there should be about a pint of water in the pan. Remove the cloth and place the heart on a platter. Add a little water to the pan, thicken the juices with a small quantity of flour or corn-starch, wet in a little water, and season with salt and pepper. Pour the gravy over and around the heart.

BAKED HEART.

This is prepared the same as the stew. When done, the cloth is removed and the heart placed in a pan in a very hot oven and browned. Serve with the gravy the same as the preceding.

CREAMED DRIED BEEF.

This makes a very satisfactory breakfast dish. The beef should be shaved thin by the butcher.

One-half pound of beef.
Two table-spoonfuls of butter.
One cupful of milk.
One tea-spoonful of flour.
One-eighth tea-spoonful of pepper.

Place the butter in a stew-pan, and when melted add the beef. Stir until the slices begin to curl; then add the milk. When this boils up, stir in the flour wet with two table-spoonfuls of milk. Season with the pepper, and serve on toast or plainly, as preferred.

BEEF *à la Mode.*

- Two pounds of beef.
- Two table-spoonfuls of beef or pork drippings.
- One onion, sliced thin.
- One bay-leaf.
- One lemon, cut in slices.
- Two tea-spoonfuls of salt.
- One-half tea-spoonful of pepper.
- One-quarter tea-spoonful of ground allspice.
- One-quarter tea-spoonful of cloves.
- One-eighth tea-spoonful of mace.

The meat used for this purpose may be from the round or any other part that is lean. Cut it into pieces of about three ounces weight, and dredge well with flour. Put the beef drippings and the sliced onion in a large stew-pan, and when hot, put in the meat and stir constantly for ten minutes. Dredge in more flour until the mixture is well thickened, adding the bay-leaf, which should be broken, and sprinkling in the spices, which should be well mixed together; add also the salt and pepper and sliced lemon. When these have been well stirred together, pour in gradually, still stirring, enough water to cover the meat. Place the cover on the stew-pan, and simmer gently for four hours.

USES FOR COOKED BEEF.

There is a good-sized book written on this subject. As there are about two hundred ways of utilizing cold beef, there can never be any excuse for wasting a particle.

BEEF BALLS.

- One large pint of chopped beef.
- One scanty pint of fine bread-crumbs.

One and a-half tea-spoonfuls of salt.
One-half tea-spoonful of pepper.
One tea-spoonful of sage.
One table-spoonful of butter.
One egg.
One small stalk of celery.
One sprig of parsley.
One table-spoonful of chopped onion.
Milk to moisten the whole.

The seasoning of these balls may be made with what is available, the celery, parsley or sage being used if convenient; but the onion is a necessity, for the balls are perfectly tasteless without some seasoning of this sort. The butter is not used if there is an equal quantity of fat on the beef. Add the seasoning to the bread-crumbs; then chop the onion, celery and parsley fine, and when they are well mixed, put them with the chopped meat. Add the beaten egg, mixing all well together; and lastly stir in the milk. The exact quantity of milk is hard to give. There should be enough to nicely moisten the mass so it may be made into smooth cakes. Form the mixture into cakes with the hands, and flour each side before frying. They should be cooked for five minutes in very hot fat.

Lamb or mutton chops that may be left over from a former meal, or the tough ends of steaks, will do nicely for these balls.

COOKED BEEF IN TOMATO.

Cut the beef into thin slices, if possible; if this cannot be done, have the pieces about the size of a large oyster. Place them in a frying-pan, and add a few spoonfuls of canned tomato, nearly covering the meat. Add butter

salt and pepper, and stew slowly, with the cover on the pan, for half an hour. Serve on a platter.

BEEF ON TOAST.

Finely chop the beef, which may be the ends of steaks or the remnants of a roast. Season with salt and pepper. For each pint of meat stir in a table-spoonful of flour, mixing thoroughly. Place the meat in a small stew-pan, and pour in enough milk to nearly cover. Simmer gently for ten minutes, and add a table-spoonful of butter. It is better not to use the fat of the beef when chopping it up, for the butter imparts a much better flavor to the whole. Toast six slices of bread, arrange them on a platter, spread the beef upon them, and serve at once. It is surprising what a really small quantity of meat will suffice for a breakfast when served in this way.

SHEPHERDS' PIE.

One quart of cold beef.
Three table-spoonfuls of butter.
Two table-spoonfuls of flour.
One pint of water.
Eight large potatoes.
One cupful of hot milk.
Salt and pepper.

Cut the meat into thin slices, and season with salt and pepper. Place the meat in an earthenware dish, and over it pour a sauce made as follows: Put two table-spoonfuls of butter into a frying-pan, and when hot, add the flour. Stir until brown, and pour in the water. Season with salt and pepper, and boil for three minutes. Pare, boil and mash the potatoes, and add to them the

boiling hot milk, the other spoonful of butter, and salt and pepper to taste. Spread this preparation over the sauce and bake for thirty minutes. Other meats beside beef may be used for this dish.

MEAT PIE.

Make a crust as for pies (see "Desserts"), roll it rather thickly, and line a deep dish with it. Cut the beef in rather small pieces—about the size of an oyster—, slicing it thinly if possible. Dredge well with flour, and season with salt and pepper. Place a thick layer of meat in the dish, and dot it with small pieces of butter, add another layer and more butter, and so continue until all the meat is used. Squeeze a little lemon-juice over all. If there should be any gravy left from roast meat, add a few drops of Worcestershire sauce, and pour it over the meat. In this case use less butter through the meat. If there is no gravy, add water to the meat to half of its height, but if gravy is used, and there is not enough to make up this quantity, add as much water as needful. Cover the top with a crust, pinching the edge of the under crust to that of the upper the same as for any other pie. Bake forty-five minutes.

ESCALLOPED BEEF AND MACARONI.

One-quarter pound of macaroni.

One quart of cooked beef.

One cupful of bread-crumbs.

One table-spoonful of flour.

Two table-spoonfuls of butter.

One pint of water.

Salt and pepper.

Boil the macaroni slowly until soft—generally about forty minutes. Make a sauce by rubbing the butter and flour together and adding a pint of the water the macaroni was boiled in; seasoning with salt and pepper. Place in the baking dish a layer of macaroni, and season well; cover with part of the sauce, and arrange a layer of meat seasoned with salt and pepper; and continue with the layers of macaroni, sauce and meat until all the materials have been used. Cover the last layer with bread-crumbs, and bake for half an hour. Serve in the same dish.

BAKED HASH OF RICE AND BEEF.

One cupful of cooked beef.
One cupful of cooked rice.
One cupful of milk.
One egg.
Two table-spoonfuls of butter.
One tea-spoonful of salt.
One-quarter tea-spoonful of pepper.

Chop the meat, but not too fine. Put the milk on the fire, and when hot, add all the other ingredients, except the egg. Stir for one minute, to insure the whole being thoroughly hot, remove from the fire, and add the egg, well beaten. Turn the hash into a baking dish, and bake twenty minutes. Serve in the same dish. The hash should be very brown.

BAKED HASH OF POTATO AND BEEF.

Two cupfuls of cooked beef.
One cupful of cold mashed potato.
Two table-spoonfuls of bread-crumbs.
Two table-spoonfuls of butter.
One-half cupful of water.
Salt and pepper.

Chop the meat, but not too fine, add the cold mashed potato and the other ingredients, and bake half an hour or until well browned.

CORNED-BEEF HASH.

One pint of chopped beef.
One pint of potato.
One table-spoonful of butter.
One-half cupful of milk or water.
Salt and pepper.

Chop the potato and the meat separately and rather fine, seasoning each when chopped. If the beef is very salt, do not add salt. Mix beef and potatoes together lightly. Pour the milk in a frying-pan with half the butter, and when warm, turn in the hash, spreading it evenly, and placing the rest of the butter, cut in pieces, on the top. Cover the pan, and place it where the hash will cook slowly for half an hour. There should then be a rich, thick crust on the bottom. Do not stir the hash. Fold it the same as an omelette, and place it on a warm platter. This slow process of heating the hash gives it a flavor that cannot be obtained by hurried cooking

BEEF-LIVER STEW.

One pound of liver.
One-half lemon.
One-quarter tea-spoonful of cinnamon.
One-quarter tea-spoonful of cloves.
One-quarter tea-spoonful of nutmeg.
Salt and pepper.

Cut the liver in slices, wash them well in lukewarm salted water, and dry them on a napkin. Place some pork drippings in a frying-pan, and when hot, fry the liver

about three minutes. Turn it into a small stew-pan, add enough water to cover, the lemon cut in slices, all the spices and sufficient salt and pepper. Cover the pan, and stew slowly for thirty minutes. When done stir into the gravy in the pan a little corn-starch wet with water. Taste, and add more seasoning, if necessary. Serve on a small platter. This mode of cooking beef liver renders it tender and sweet.

BEEF KIDNEY.

Beef and sheep kidneys are often recommended for food on account of their cheapness, and epicures are fond of them as well. The latest decision of physicians is that they are not suitable for food, as, "from their constant use in the animal system, as organs which separate from the blood that which would poison the system if it remained in the blood, they are often liable to become diseased." Kidneys may be prepared (for those who like them) the same as liver stew, in the preceding receipt.

BEEF TONGUE.

Choose a plump tongue with a smooth skin, which denotes the age of the animal. If it has been salted and dried, soak it for twenty hours before boiling, using plenty of water; but if it is fresh from the brine, it will need to be soaked only three or four hours. Put the tongue into cold water, and let it gradually warm for one hour, then let it cook slowly for two hours. Plunge it into cold water, when done, to remove the skin. If the tongue is perfectly fresh, put it on to cook in boiling hot water,

salting the water slightly ; and cook until tender. Serve by slicing across the tongue. Sandwiches made of tongue are held in high esteem.

TRIPLE.

Tripe is the large stomach of a ruminating animal and is nutritious and easily digested.

TO PREPARE TRIPE FOR COOKING.

Scald the stomach with boiling water sufficiently to loosen the inside coating ; if this is properly done, the coating may be easily scraped off. Wash the tripe well through several boiling waters ; then put it in cold water, and let it soak over night. Scrape again until white and clean. Tripe is usually sold in the city markets already cleaned.

BOILED TRIPE.

Boil the tripe in equal parts of milk and water for half an hour, boiling at the same time and in the same water a couple of onions, which should be put in the water at least half an hour before the tripe is put in to boil. Skim out the onions when perfectly tender, and make them into a sauce to pour over the tripe. The sauce is made as follows :

ONION SAUCE FOR TRIPE.

Drain the cooked onions well and chop them very fine ; then place them in half a pint of hot milk, and season with butter, salt and pepper.

VEAL.

Very young veal may be known by its small and tender bones, the flesh having a bluish tinge and a soft, flabby appearance. When from two to three months old the flesh is firm and has a pinkish tinge, and the bones are hard. It is then in its prime. At best veal is an indigestible meat and contains little nutriment. It has very little flavor and needs to be well seasoned and thoroughly cooked to be at all palatable. Despite the prejudice which prevails, however, the excellent and attractive dishes of which veal forms the basis are almost without number.

The lower part of the leg, or knuckle, and all the gristly portions are used for soup. Cutlets or steaks, the fillet and the *fricandeau* or cushion are cut from the thickest part of the leg. The loin is used for chops or roasts, the breast for roasts and the neck for stews or for soup. The head is also used for soup, the heart for stewing and pickling, and the liver in many ways.

ROAST VEAL.

Wipe the meat, dredge with salt, pepper and flour, and place it in a pan, pouring a little water in the bottom of the pan. Roast from twenty to thirty minutes for every pound of veal. Baste every twenty minutes with half a pint of warm water into which has been melted a teaspoonful of butter, using the liquid in the bottom of the pan for basting as soon as there is sufficient. Make a gravy the same as for any roast, using the liquid in the pan.

STUFFED BREAST OF VEAL.

Make an incision between the ribs and the meat to

form a cavity, in which to place the stuffing. The butcher will, however, prepare the veal for stuffing, if ordered to do so. Use for the stuffing

- One cupful of bread-crumbs.
- One-quarter pound of fat salt pork.
- One tea-spoonful of sweet marjoram.
- One tea-spoonful of thyme.
- One tea-spoonful of salt.
- One-quarter tea-spoonful of pepper.

The pork should be chopped very fine and will make about a large table-spoonful when chopped. Butter may be used in its place, if preferred. Roast the same as directed in the preceding receipt.

VEAL CUTLETS.

Wipe the cutlets, sprinkle them with salt and pepper, dip them first in beaten egg and then in fine bread or cracker-crumbs, and fry in drippings until brown. The cutlets should be thoroughly browned on both sides. Place them on a platter, add a little water to the gravy in the pan, and thicken slightly with a table-spoonful of flour wet in a little water. Strain the gravy, if it is not entirely smooth.

VEAL AND HAM.

These are often dressed together. Heat the frying-pan hot, and fry the ham, using no fat unless the meat is unusually lean. When the ham is cooked, place it on the serving dish, and cook the veal in the juices left from the ham, frying without covering until it is a deep brown. After the veal is done, add a little water to the gravy, season with pepper, and pour it without thickening over

the meat. The gravy will scarcely need salt, unless the ham is rather fresh.

VEAL STEW, WITH DUMPLINGS.

The ends of the ribs, the neck and the knuckle may be utilized for a stew.

Three pounds of veal.
Two small onions.
Five potatoes.
One table-spoonful of butter.
One cupful of milk.
Salt and pepper.

Cut the meat into pieces the size of a tea-cup, and place them in a kettle with the onion, salt and pepper and enough water to just cover them. Simmer gently until the meat is tender, about an hour being generally sufficient. Strips of salt pork are sometimes cooked in with the veal and add much to the flavor. Half an hour before serving add the potatoes, cut in halves, and boil them with the meat. Use for the dumplings

One pint of flour.
One-half a large table-spoonful of lard.
One tea-spoonful of baking-powder.
One tea-spoonful of salt.
Milk to moisten.

Stir the baking-powder and salt into the flour, and rub in the lard with a spoon until the whole is thoroughly mixed. Add enough milk to moisten the flour, and make a dough, taking care not to make the mixture too wet. Flour the baking-board, roll the dough out an inch thick, and cut out as for biscuit. Put the pieces on a plate, set the plate in a steamer over the stew, and

steam twenty minutes. When the dumplings are done, place them on a platter, and with a skimmer lift the meat and potato from the kettle and lay them on the platter. Add the milk and butter to the gravy in the kettle, and thicken with a little flour stirred to a thin, smooth paste with water. Pour the gravy over the meat and dumplings. If the stew should seem quite boiled down, the dumplings should be steamed over a separate kettle of boiling water, as the rapid boiling necessary for their cooking reduces the stew very much.

Another mode of cooking the dumplings is to boil them in with the stew; but they are very apt to be heavy unless served the moment they are done, which in some homes is not always possible. The steamed dumplings can always be relied upon to be light.

VEAL LOAF.

This may be served cold for luncheon or tea, or hot with the sauce given in the recipe.

- Two and a-half pounds of veal.
- One-half pound of salt pork.
- Two tea-spoonfuls of salt.
- One-half tea-spoonful of pepper.
- One tea-spoonful of chopped onion.
- One-half cupful of cracker crumbs.
- One-quarter cupful of water or stock.
- One egg.
- Two table-spoonfuls of butter.
- One-half tea-spoonful of sage.

Chop the veal and pork very fine, and add the other ingredients, except the butter. Mix all well together with the hands. Butter a small pan or deep pie-tin, and

press the mixture into it like a loaf, making it about three inches high. Cook for two hours in a rather hot oven, basting with another half cupful of water or stock in which the butter has been melted. Serve with the following sauce :

Two table-spoonfuls of butter.

Two table-spoonfuls of flour.

One cupful of milk.

Salt and pepper to taste.

Heat the butter hot, and stir in the flour. When the above ingredients are well browned, draw the pan back and slowly add the milk. Boil three minutes, stirring all the time ; add salt and pepper, and set back to keep hot. Pour into the sauce the gravy that remains in the pan after baking the loaf, and having stirred the sauce well, turn it over the loaf and serve.

JELLIED VEAL.

Any cheap pieces of veal will do for this dish, which is very nice for luncheon or supper.

Three pounds of veal.

One table-spoonful of chopped onion.

One-half table-spoonful of sage or any other herbs available.

Salt and pepper.

Cut the meat in pieces, and stew slowly in a very little water. When tender take it from the kettle and chop fine. Then return the meat to the kettle, with the water it was cooked in, and add salt and pepper, the sage and onion, and a bit of celery or parsley if it is to be had, chopping all the vegetables very fine. Cook ten minutes, and pour into a square tin. When cold cut into slices

and serve. Care should be taken not to use too much water for cooking the veal.

STUFFED PEPPERS. (A SOUTHERN DISH.)

This is one of the most satisfactory ways of using cold veal. The peppers should be large and green and not too thick. Carefully cut round the tops of the peppers about half an inch from the stem, dig out all the seeds, and cut out the "partitions" or thick pieces inside the peppers. Soak the peppers and tops in salted water over night, changing for fresh water in the morning. Chop the veal rather fine, and season with salt, but no pepper. Wipe the peppers dry, place in each, as it is being prepared, a small piece of butter, and fill it with the chopped veal, placing another bit of butter on top of the meat. Fit the tops, and sew them on with coarse thread. When all are stuffed and sewed, place them in a kettle with water enough to nearly cover them, adding a tablespoonful of butter to the water. Stew slowly, turning the peppers occasionally, until they look shiny and semi-transparent. This will take a full hour. Take them up very carefully with a skimmer so they will not break, lay them on the serving dish, and carefully remove the threads. Thicken the gravy in the kettle with a little flour or corn-starch wet in a little water, adding salt if needed, and, if not very rich, adding also a spoonful of butter. Pour this on the peppers, and serve. Should there be any gravy left from a roast of veal, turn it into the kettle before stewing the peppers; and in this case use no butter.

If it should be found necessary to hurry this dish, the peppers may be soaked on the back of the range by plac-

ing them in cold water and changing the water as soon as well warmed; in this way, with frequent changes, the peppers will soak sufficiently to make them edible in four hours. This dish may seem difficult to prepare, but it is really easy and fully repays the little "fussing" that many weary of in work of any kind.

A *fricandeau* OF VEAL.

This is by far the choicest considered cut of the veal, and is a thick piece of lean meat cut from the top of the leg. It is always trimmed high in the center, and thin at the outside, making really a little mound of meat. Lard the top, and braise it in a braising pan the same as braised beef. When done, dish the meat, very slightly thicken the juices in the bottom of the pan, strain, and turn the gravy over the *fricandeau*.

CALF'S LIVER AND BACON.

Calf's liver is considered quite a delicacy and is always expensive. It is rarely served without bacon as an accompaniment. Cut the bacon in very thin slices, place them in a hot frying-pan, and turn constantly until all are crisp; then take them up and keep hot. Cut the liver a-quarter of an inch thick, wash it in cold water, and dry on a napkin. Place the frying-pan where the heat will not be so great as when the bacon was cooked, and fry the liver ten minutes, turning it frequently. Place the liver in the center of the platter, with the bacon around it as a garnish.

Stir a table-spoonful of flour into the hot fat in the pan, and stir until brown. Set the pan back, and gradually add enough boiling water to make the gravy. Sea-

son with pepper and salt, and pour the gravy over the liver and bacon. Slow cooking spoils bacon, and rapid cooking hardens and toughens liver.

CALF'S LIVER, CREAMED.

Two pounds of liver.
One pint of milk.
Five table-spoonfuls of butter.
Three tea-spoonfuls of flour.
One slice of onion.
Salt and pepper.

Cut the liver in small pieces, cover with cold water for ten minutes, and drain. Heat the butter, put in the liver, seasoning it with salt and pepper, and cook slowly eight minutes, browning it on all sides; then take up the liver, and place it where it will keep warm. Place the onion in the frying-pan, and cook one minute; add the flour, and cook, constantly stirring, until it begins to froth. Draw the pan back, gradually add the cold milk and cook one minute, stirring all the time. Place the liver in the pan with the gravy, cover the pan, and stew very slowly five minutes longer. This is a pleasant dish for breakfast, luncheon or tea.

LIVER HASH.

One pint of cooked liver.
One cupful of cold water.
One table-spoonful of butter.
One tea-spoonful of flour.
One tea-spoonful of lemon-juice.
Salt and pepper.

Cut the liver into pieces the size of a penny, and measure after cutting. Heat the butter, and stir in the flour,

cooking and stirring until brown; then add the water gradually, and season with salt and pepper. Place the liver in this sauce, and simmer very gently twenty minutes. Add the lemon juice, and serve very hot.

BAKED CALF'S LIVER, WITH STUFFING.

Wash the liver well in cold, salted water. Make an incision in the thickest part with a long, narrow, sharp knife, enlarging the aperture where the blade enters as little as possible, but moving the point of the knife to and fro to increase the size of the cavity inside. Fill with the following stuffing :

- One pint of bread-crumbs.
- One table-spoonful of butter.
- One tea-spoonful of salt.
- One-quarter of a tea-spoonful of pepper.
- One-half a small onion.
- Sage, celery and parsley, if at hand

Chop the onion fine, place it in a bowl, and pour scalding water on it. Let it stand only a half minute, when pour the water off; this takes away the very rank taste of the onion. Rub the butter well into the crumbs, using the hands; this should be done at least half an hour before the stuffing is needed, as the flavor will be greatly improved by the butter and crumbs remaining together for a time. Add a tea-spoonful of each of the herbs, if they are available, and also the onion and the salt and pepper; the stuffing is then ready to use. This makes a delightfully crumbly stuffing, not the paste that is often called by that name.

After filling the liver with stuffing, season with salt and pepper, and flour it. Place it in a roasting pan,

adding a little water, and lay strips of fat pork over the liver. Roast for one hour. Baste every twenty minutes, the first time with half a pint of water in which has been placed a table-spoonful of butter, and afterward with the gravy in the pan. When the liver is done, place it on a hot platter, thicken the gravy in the pan the same as for any roast (See "Roasting"), and pour it around and over the liver.

CALF'S HEAD. TO CLEAN.

A calf's head may usually be purchased from the butcher already cleaned, but for the benefit of those who prefer, or are compelled, to clean it themselves, the proper mode of procedure is here given. Place the head in warm water for five minutes; then lift it out and powder the hair with pulverized resin. The resin is not indispensable, but it facilitates the operation. Have ready a large kettle of scalding water, and after using the powder, plunge the head into the kettle, covering every part. Raise it after one minute, hold it by the ear, and carefully scrape off all the hair. Then lay the head on a board, saw it in halves lengthwise through the skull, and take out the eyes, brain and tongue. Scrape the ear, nasal and throat passages well, scalding them if they do not seem perfectly clean; and remove the gristle that is around the nose. Break the jaw-bone, remove the gums and teeth, and lay the head in a large panful of water to soak.

Half a head is generally enough to serve at one time.

STEWED CALF'S HEAD, WITH BRAIN SAUCE.

Put the head in slightly salted water, and boil until

the meat is tender; then take it up, and drain well. Score the top a little, rub it over with melted butter, dredge with flour, and place it in the oven in a baking pan to brown. When browned, pour over the head the following sauce :

BRAIN SAUCE.

Soak the brains for half an hour in cold water. Remove the membrane that covers them, and make sure they are perfectly white and free of blood-filled veins by cleansing them again and again in fresh water. Place them in a piece of cheese-cloth, tie the ends, and stew them half an hour in enough water to cover; then take them out, remove the cloth, after draining well, and mash them with the back of a strong spoon. Add gradually, that the mixture may not be lumpy, a small tea-cupful of the water in which the head was boiled; also season with salt and pepper, a large spoonful of butter, a pinch of sage and powdered cloves, and a tea-spoonful of chopped parsley, if it is available. Set the sauce on the fire to simmer gently while the head is browning.

CALF'S HEAD CHEESE.

One calf's head.
One tea-spoonful of salt.
One tea-spoonful of summer savory.
One table-spoonful of chopped parsley.
One tea-spoonful of chopped onion.
One tea-spoonful of sweet marjoram.
One-quarter tea-spoonful of pepper.
One tea-spoonful of sage.

Place the head in enough hot water to cover it, and simmer until the meat will leave the bone. Take out the

head very carefully on a skimmer, remove the bones, chop the meat, and add the seasoning. Have ready a small bag made of cheese-cloth, pack the mixture into it, tie the bag tightly, and hang it away to cool. When cold, turn the bag wrong side out off the meat. Serve cold for lunch or tea, cutting the cheese into thin slices.

SCALLOPED CALF'S BRAINS.

- Two sets of brains.
- One pint of bread-crumbs.
- One egg.
- One table-spoonful of vinegar.
- One table-spoonful of butter.
- One-half of a tea-spoonful of flour.
- One-half of a tea-spoonful of chopped parsley.
- One-half of a tea-spoonful of onion juice.
- One tea-spoonful of salt.
- One-quarter of a tea-spoonful of pepper.

Soak the brains for two hours in warm water, free them from the skin and large fibres, and wash in cold water. Tie them loosely in a piece of thin muslin, and place in enough boiling water to cover, adding the vinegar to the water. Boil thirty minutes, take out the brains, and plunge them into cold water. When cold, drain, and cut them into small pieces. Now make a sauce thus: Place the butter in a frying-pan, and when hot, add the flour. Stir until smooth and frothy, and then gradually add the milk. As soon as the liquid boils, add the parsley, onion juice and half the pepper and salt, the other half being sprinkled on the brains. Beat the egg, and add it to the brains, mixing well. Spread a layer of crumbs on the bottom of a baking-dish,

then half the brains, then a layer of the sauce, and finally a layer of crumbs. Again arrange a layer of brains and sauce, and finish with crumbs. Bake twenty minutes in a moderate oven. It makes the dish richer, but not so delicate, to strew bits of butter on the top layer of crumbs. Serve in the dish the scallop is made in.

SWEETBREADS.

Sweetbreads are two glands lying along the back of the throat and breast. The lower one is round and compact, and is called the "heart" sweetbread, because nearer the heart; the upper or "throat" sweetbread is long and narrow and is easily divided into sections. The connecting membrane is sometimes broken and each gland sold as a whole sweetbread, but there should always be two. The sweetbreads of calves and young lambs are those used for food. Lamb sweetbreads are usually left in the fore-quarter and are rarely cooked separately. They are, however, sometimes sold by the pound or pair like those of veal.

Sweetbreads are prime only so long as the animal is fed chiefly on milk; for when the beast is fed on grass for only one or two weeks before being slaughtered, the sweetbreads will be dark, flabby, and tough, whereas if fed on milk they will be white, firm and tender. They spoil very quickly and cannot be kept long, even on ice. Sweetbreads should be put in cold water as soon as purchased, and parboiled before being used in any other form. They were formerly thrown away as worthless, but the demand for them has so increased, that now they are considered a luxury and are rarely sold in the larger cities for less than thirty cents a pair, while in the winter

they often bring as much as a dollar and a-half a pair. They are cheapest in the late spring and summer.

TO PREPARE SWEETBREADS.

Remove the pipes and membranes, soak the sweetbreads for one hour in cold water. At the end of this time place them in slightly salted, boiling water, and boil for fifteen minutes. In parboiling sweetbreads always use a porcelain or granite-ware saucepan, and also use a silver knife for cutting, as they contain a peculiar phosphoric acid that acts upon iron or tin in such a way as to entirely destroy their own flavor. When they have boiled fifteen minutes, place them in cold water for five minutes; then take them up, drain and dry them, and put in the coldest place available until needed for use.

FRIED SWEETBREADS.

Parboil as directed, and cut the sweetbreads in even-sized pieces; sprinkle with salt and pepper, dip them first in beaten egg and then in bread or cracker-crumbs, and fry in hot lard. When well browned on both sides, place them on a platter. Turn out part of the fat in which they were fried, leaving in the pan only a table-spoonful. Stir into this hot fat a table-spoonful of flour, and stir well until frothy; then set the pan back a little and gradually add a cupful of milk, stirring all the time. Season with salt and pepper, and cook about two minutes. Strain, and pour over the sweetbreads. Fried sweetbreads are served in many ways. They are often dished with green peas, cooked rather dry and placed in a mound or little hill in the center of the platter, the

sweetbreads being laid around. Macaroni may be boiled very tender and laid on the platter and the sweetbreads placed in the center, the pipes of the macaroni being laid about them like a little nest.

BAKED SWEETBREADS.

- One pair of sweetbreads.
- One-third of a medium-sized onion.
- Four slices of carrot.
- One stalk of celery.
- One sprig of parsley.

Place in the bottom of a baking dish a few thin slices of salt pork, and on these lay the sweetbreads, which should have been parboiled as directed. Over the sweetbreads sprinkle the vegetables chopped fine, and bake for twenty minutes in a hot oven. Cut a large slice of bread into an oval shape, fry it brown in a frying-pan, and place the sweetbreads on it. Serve with peas or with tomato sauce (see index).

STEWED SWEETBREADS.

Parboil as directed, and put the sweetbreads in a very little water to stew. When tender, add for each sweetbread a tea-spoonful of chopped parsley and a-quarter of a cupful of cream, and season with salt and pepper. Let them simmer for five minutes, when served in a covered dish with the gravy.

SWEETBREAD CROQUETTES.

- Two pairs of sweetbreads.
- One-half pint of cream.
- One-third tea-spoonful of pepper.
- One-half tea-spoonful of parsley.

Four table-spoonfuls of mushrooms.

Two table-spoonfuls of butter.

One table-spoonful of flour.

One table-spoonful of lemon juice.

One table-spoonful of salt.

Two eggs.

Parboil and cool the sweetbreads as directed, and chop them rather fine; then add the chopped mushrooms, and also the seasoning. Put the cream on the fire, and heat slowly. Rub the flour and butter well together, and stir them into the cream when it boils, stirring until smooth. Now add the sweetbread mixture, stir well, and simmer for three minutes. Next put into the boiling mass the well beaten eggs, stir quickly, and remove from the fire at once. Pour this mixture on a platter and set it away to cool, allowing at least two hours for the purpose. Shape into cylinders with the hands, roll them in beaten egg and then in bread or cracker-crumbs, and fry in plenty of hot lard, using the frying basket, if you have one. Serve with white sauce or Bechamel sauce (see index).

MUTTON.

In England mutton is always hung some time before being used and is always delicious; but if hung the same length of time in American air, the meat would be simply unfit to eat. This is not generally understood, but the fact remains the same, nevertheless.

Mutton has a strong flavor that is disagreeable to many; it is said to be caused by the oil from the wool, which penetrates the fat. In chops the pink skin above the fat should always be removed. The caul or lining

membrane of the abdomen is wrapped around the leg when offered for sale in the markets, and is often left on in roasting to help baste the meat. Some cooks affirm that it imparts a strong flavor to the meat and, therefore, remove it before roasting, basting with some of the kidney fat, if necessary. The wisdom or consistency of this, however, is open to doubt. The best roasts are the leg, the saddle and the shoulder. Mutton is generally served rare, but this is a matter of taste.

BOILED LEG OF MUTTON, WITH CAPER SAUCE.

Put the mutton in a kettle, pour over it boiling water sufficient to cover, and add a cupful of well washed rice, which will render the mutton whiter and more tender. When the water boils, skim it carefully, and allow it to boil rapidly fifteen minutes; then set the kettle where the boiling will be gentle but constant, and allow fifteen minutes to each pound, if the meat is desired rare. Serve with

CAPER SAUCE.

Two table-spoonfuls of flour.
One table-spoonful of lemon juice.
Three table-spoonfuls of capers.
One-half cupful of butter
One pint of boiling water.
One-eighth tea-spoonful of pepper.
One-half tea-spoonful of salt.

Beat the flour and butter to a cream, and add the boiling water. Set the mixture on the fire, and stir it constantly until heated to the boiling point; then put in seasoning, lemon juice and capers, and serve, either by

pouring it over the leg of mutton or else in a separate dish, as may be preferred.

Another and very superior way of finishing a leg of mutton is to salt and pepper it after taking it from the water, dredge well with flour, place it on a meat-rack in a dripping-pan, and brown half an hour in a very hot oven. If this is done, but ten minutes to a pound will suffice in the boiling.

BAKED LEG OF MUTTON.

Wipe the mutton with a damp cloth, sprinkle it with salt, pepper and flour, and place on a meat-rack in a roasting-pan; add a cupful of water in the pan and roast in a hot oven, allowing fifteen minutes to a pound. Baste every ten minutes, adding more water, if needed, and dredging with a slight sprinkle of flour, salt and pepper at each basting. When done serve on a platter. Place the dripping-pan upon the top of the stove, and drain off all but two table-spoonfuls of the fat. Add a little water, and thicken with a small quantity of flour wet to a paste in cold water, adding a little of the paste at a time and stirring constantly until the gravy is of the desired consistency. Pour a couple of spoonfuls of the gravy on the meat just before sending it to table, and place the remainder in a sauce-boat. Always serve currant or some other tart jelly with roast mutton.

MUTTON *à la Venison.*

Wash a saddle of mutton inside and out with cider vinegar. Do not wipe it, but hang up to dry in a cold, dry place—not in the cellar if it can possibly be avoided, as the moisture of a cellar is disastrous to meat.

When the vinegar has dried on the meat, throw a clean cloth about it to keep off any possible dust. Sponge in this way every other day for two weeks. When ready to cook, wipe the meat with a cloth, but do not wash it. Roast the mutton, basting for the first hour with butter and water, and afterward with the gravy in the pan. Add to the gravy just before serving half a tea-cupful of walnut, mushroom or tomato catsup and a glass of Madeira, making the gravy the same as directed in the preceding recipe. Mutton prepared in this way strongly resembles venison.

STUFFED AND ROLLED SHOULDER OF MUTTON.

Have the butcher remove the bones from a shoulder piece. Wipe the meat carefully, and dredge with flour, after sprinkling with salt and pepper. Make the following

STUFFING.

- One pint of bread-crumbs.
- One table-spoonful of butter.
- One-half tea-spoonful of pepper.
- One-half an onion.
- One tea-spoonful of dried herbs.
- One tea-spoonful of salt.

Rub the butter and crumbs well together, and let them stand at least an hour. Chop the onion fine, pour boiling water over it, and drain off almost immediately. This removes the rank taste of the onion. Add the chopped onion to the crumbs, and also the salt and pepper, and

the herbs, if there are any. Spread the meat with this dressing, roll it up, and skewer it together, or else tie it around with clean twine if there are no skewers. Put half a pint of water in the bottom of the baking pan, and, placing the meat on a rack (see "Kitchen Utensils"), roast the same as directed for a baked leg of mutton, basting frequently. Allow about twenty minutes to a pound in baking with a stuffing.

MUTTON STEW.

Three pounds of shoulder of mutton.
One-half pound of salt pork.
One large onion.
One cupful of milk.
Two table-spoonfuls of flour.
Salt and pepper.

The inferior parts of the sheep will do well for this dish, which makes an economical dinner. Trim the mutton of every particle of fat, and cut it into pieces half the size of a tea-cup; nearly cover with hot water, place it on the fire and let it simmer slowly, closely covered, for half an hour. Then add the pork and onion, season to taste with salt and pepper, and stew slowly until the meat is tender. Lift the meat out with a skimmer, and place it on the serving dish; and add the milk to the gravy in the kettle. When the gravy is hot, add the flour stirred to a paste with a little cold milk. When these are well cooked together, taste the gravy, and add more seasoning if necessary; then pour it over the mutton, and serve. If green corn is in season, add the grains from six ears an hour before the stew is done.

SCALLOPED MUTTON.

One pint of cold, chopped meat.
One-quarter tea-spoonful of pepper.
One tea-spoonful of salt.
One table-spoonful of butter.
One tea-spoonful of flour.
One cupful of water.

Chop the meat rather coarsely, and add the salt and pepper. Heat the butter, and stir in the flour; when browned darkly, add the water, and season the gravy thus made with salt and pepper. Arrange alternate layers of meat and gravy in a baking dish, using three layers of gravy and two of the mutton, thus ending with gravy. Cover the top with a light sprinkling of bread-crumbs, and bake twenty minutes in a hot oven. This dish may be prepared the day before, if needed for breakfast, and set in a cold place.

FRENCH CHOPS.

These are cut from the ribs and are trimmed by the butcher, who removes all the fat and scrapes the bone clean for a little distance from the end. Broil over a quick fire, adding salt, pepper and butter before serving. These chops may also be cooked by frying, in which case they are first seasoned with salt and pepper and dipped in beaten egg and then in cracker-crumbs. French chops may be prettily served by making a mound of mashed potatoes and laying the chops around it, with the bone end upward and resting upon the potatoes. These chops are generally served with peas.

MUTTON CUTLETS, WITH SPANISH SAUCE.

Have the cutlets cut from the ribs, one inch and a-half thick, and trimmed like French chops. With a sharp knife split each chop in two without separating the meat from the bone. Then make the following filling for six chops :

- Four table-spoonfuls of chopped mushrooms.
- One table-spoonful of chopped onion.
- One table-spoonful of flour.
- One table-spoonful of butter.
- Three table-spoonful of water or stock.
- One tea-spoonful of parsley.
- One tea-spoonful of salt.
- One-fifth of a tea-spoonful of pepper.

Cook the butter and onion together for five minutes, add the mushrooms and seasoning, and cook for five minutes longer. Add the flour, and stir well ; then put in the water, and cook three minutes. Turn the filling out on a plate and when cool, spread it inside the chops, pressing them lightly together.

Broil for eight minutes over a clear fire, arrange on a warm platter, and pour over them the

SPANISH SAUCE.

- One and a-quarter pints of stock.
- One ounce of lean ham.
- One bay-leaf.
- Three table-spoonfuls of gelatine.
- Four table-spoonfuls of flour.
- Four table-spoonfuls of butter.
- Two table-spoonfuls of chopped onion.
- One table-spoonful of chopped carrot.

One table-spoonful of chopped celery.
 One sprig of parsley.
 Two cloves.
 A bit of mace.
 Salt and pepper.

Soak the gelatine an hour in a little of the stock ; also cook the butter and the vegetables together for ten minutes, being careful to avoid burning ; then add the flour, and when brown, draw the pan back, gradually add the stock, and boil three minutes, stirring all the time.

Add the herbs and spice, and place the vessel where the sauce will simmer for two hours. Add the gelatine at the end of that time, and cook fifteen minutes. Skim the fat off and strain, when it is ready to pour on the cutlets. Cutlets prepared in this way are considered one of the most fashionable *entrées* for company dinners.

MUTTON CROQUETTES (AN *Entrée*).

One pint of chopped meat.
 One cupful of milk or cream.
 Two eggs.
 One table-spoonful of lemon juice.
 One-half of a table-spoonful of salt.
 Two table-spoonfuls of butter.
 Two table-spoonfuls of flour.
 One-half of a tea-spoonful of pepper.

Chop the meat rather fine, and add the salt, lemon-juice and pepper. Put the milk in a small frying-pan. Stir the butter and flour to a cream, and when the milk boils, stir in the mixture slowly. Cook one minute, stirring all the time ; then add the chopped meat, and let all boil together three minutes. Beat the eggs, add them,

stirring thoroughly, and remove from the fire at once ; turn out the whole upon a platter to cool. Sprinkle a board lightly with crumbs ; and when the mixture is cool, take a spoonful in the hands, shape it to a cylindrical form, and roll it lightly upon the board. Continue thus until all the croquettes have been formed, being careful to roll each one in the crumbs. When all are done, dip each in beaten egg and again in crumbs, and fry in a frying-basket. The croquettes should brown in two minutes if cooked in this way. Those who have not a frying-basket may use a frying-pan, cooking the croquettes until they are a nice brown color. The fat must be very hot or the croquettes will break. If this dish should be desired for breakfast, the croquettes may be shaped the day before and kept in a cool place, being dipped in the egg and the second covering of crumbs in the morning. If onion is liked, a tea-spoonful of onion juice may be added with the other seasoning.

MUTTON AND OYSTER SAUSAGES.

- One pound of rare cooked meat.
- One table-spoonful of salt.
- One-half tea-spoonful of pepper.
- One-third pound of beef suet.
- One pint of oysters.
- One-half a pint (scant) of bread-crumbs.
- Two eggs.
- One onion.
- One table-spoonful of herbs.

Chop the meat very fine, and add the seasoning, which may be more than that given above, a bit of celery, parsley and any herbs available being proper. Chop the suet

very fine, and also the oysters; then mix all well together, form into small balls, and fry. A couple of anchovies may be added to the seasoning.

LAMB.

The best roasts are the fore and hind quarters. Lamb will not keep like mutton, and it should be used not longer than three days after killing. Like veal, it should be thoroughly cooked.

ROAST LAMB, WITH MINT SAUCE.

If the roast is from the breast, make a stuffing as directed for a rolled shoulder of mutton on page 176, and fill the place made for the stuffing. Wipe the meat, dredge with salt, pepper and flour, place a cupful of water in the roasting-pan, and roast the meat on a rack, basting often and allowing fifteen minutes to a pound. Serve hot on a platter. Accompanying the roast in a separate dish will be the

MINT SAUCE.

Pick the leaves from the mint stalks until there is half a pint. Wash the leaves, drain well, and place them in an earthenware bowl. Then, using a knife and fork, cut them into very small pieces. Do not use a wooden bowl, for half of the mint oil will be absorbed by the wood. When the mint is well chopped, stir in a table-spoonful of sugar, mix thoroughly, and pour in half a pint of hot vinegar. Cover tightly, and serve after three minutes. Some cooks pour the vinegar on cold, and serve the same after it has stood one hour. This is a matter of taste.

LAMB CHOPS.

These are broiled the same as French chops. When intended to be served at a luncheon as an *entrée*, they are broiled in paper cases, in the following manner: Mold and cut sheets of thick white writing-paper, so that when opened they will be heart-shaped, making each sheet nine by four and a-half inches in size. Dip the cases in olive oil or melted butter, being careful that no part remains unoiled. Have the chops cut from the ribs and prepared the same as French chops. Season with salt and pepper, and dip them in melted butter. Place each chop on one side of a paper, with the bone toward the center, fold the paper together, and roll the edges to keep them closed. Broil eight minutes over a moderate fire. Serve on a hot dish in the papers in which they were broiled. The success of paper broiling lies in getting every part of the paper well oiled. The broiler should be turned almost constantly while the chops are cooking.

BROILED BREAST OF LAMB.

This is a very delicious dish, but the broiling must be done carefully. The fire should not be too bright or the meat will soon scorch. Lay the inside of the meat toward the fire first and broil very moderately, turning the meat often. When done, butter slightly, and season with salt and pepper. The breast of lamb is sold in most markets with the fore-leg attached; this should be cut off before the piece is broiled, for, being so thick in comparison with the rest of the piece, it is difficult to cook it sufficiently. A stew may be made of the leg piece, or it may go with other pieces to make soup.

PORK.

This is an unwholesome meat, and is very undesirable for children and people with weak digestions. It should never be seen on the table, except in cold weather, unless, of course, in the form of smoked meat (ham or bacon). Salt pork, bacon and ham are less objectionable than fresh pork; in fact, salt pork and bacon should always be kept at hand in the kitchen to use in cooking other meats. In the country remote from the markets it is next to impossible even in summer for the housekeeper to provide for the table without a generous supply of bacon, ham and salt pork; but the danger is less in these homes, for the animals are fed on corn, and generally are so cared for that diseased meat is almost an impossibility.

There is no part of the pig that is not used; consequently to the poor man he is a very profitable animal. Pork requires a great deal of cooking, for when underdone the danger from eating it is very much increased.

ROAST LITTLE PIG.

The pig should be about three weeks old. The butcher draws and scrapes it, but the cook must clean it. Cover the point of a wooden skewer with a piece of soft cloth, and work the skewer into the ears to clean them. Cleanse the nostrils in the same way, and also the vent near the tail. Scrape the tongue, lips and gums with a sharp knife, wipe them with a soft cloth, and take out the eyes. Wash the pig well with cold water, wipe dry, and rub a table-spoonful of salt on the inside of the pig. Make the following

STUFFING FOR ROAST PIG.

Three pints of bread-crumbs.
Three tea-spoonfuls of salt.
One-half tea-spoonful of pepper.
One table-spoonful of powdered sage.
Three table-spoonfuls of butter.
One chopped onion.

Mix well together, first rubbing the butter into the crumbs, and then adding the seasoning; and fill the body with the stuffing. Press the fore-feet forward and the hind-feet backward, and skewer them to position. Force the mouth open, and place a small block of wood between the teeth. Butter two sheets of paper and pin them about the ears. Sprinkle the pig with salt, rub it all over with soft butter, and dredge with flour. Then place it in the roasting-pan, and cook at least three hours and a-half, basting every fifteen or twenty minutes with butter or salad oil, and sprinkling lightly with salt and flour after each basting. Water should not be used, if the surface of the meat is desired crisp. Remove the paper from the ears during the last half hour. When ready to serve, remove the block from the mouth, inserting in its place a small ear of corn or a small lemon. Serve apple sauce with this dish. In carving a roast pig, the head is cut off first, the meat split down the back, the hams and shoulders taken off and the ribs separated. A portion of the stuffing is served to each person.

ROAST LEG OF PORK.

The pieces used for roasting are the spare-rib, the chine or loin, the leg and the shoulder. If the leg is to be roasted, score the skin in squares, or in parallel lines

running from side to side. Put very little water in the pan under the meat, sprinkle the latter with salt and pepper, dredge lightly with flour, and roast twenty-five minutes to a pound. Pour off all but two table-spoonfuls of the fat. Place the pan on top of the stove, and when hot, stir in two table-spoonfuls of flour. Cook one minute, and add a pint of hot water, stirring constantly. Let the gravy cook three minutes, and season with salt and pepper. Those who do not object to a hint of onion in flavoring will find it a great addition to place a small onion in the pan while the meat is roasting. This, of course, is removed before the gravy is made; but it takes off the extreme "pig" flavor that is so disagreeable and noticeable in old pork.

ROAST LOIN OR SHOULDER.

The loin and the shoulder are roasted the same as the leg, twenty minutes to a pound being allowed for the loin and twenty-five minutes for the shoulder.

ROAST SPARE-RIB.

Trim off the ends neatly, crack the ribs across the middle, and sprinkle with salt and pepper. When the meat is first put in to roast cover it with greased paper until half done; then remove the paper and dredge with flour. In ten minutes baste once with butter and afterward every fifteen minutes with the gravy. This is a necessity, for the spare-rib is a very dry piece. Just before taking the pork from the oven, strew its surface with bread-crumbs seasoned with a little powdered sage, salt and pepper, and a bit of onion minced as fine as possible. Cook five minutes, and baste once more. Make the gravy as

directed for a roast leg of pork; strain, and pour it over the meat or serve in a gravy dish, as may be preferred. Spare-ribs may be filled with the stuffing given for a roast little pig, half the quantity specified being used. The ribs are cracked crosswise the entire length in two places, and the stuffing is placed in the center and the two ends folded over and tied.

BROILED PORK STEAK.

When pork is to be broiled, it should be cut very thin indeed, and salted and peppered. Many cooks wrap greased paper around the meat.

The broiling of pork is a delicate operation, since the meat must be so thoroughly cooked.

FRIED PORK CHOPS.

Place a table-spoonful of drippings in a frying-pan. Dust the chops with salt, pepper and flour, and fry slowly until of a fine brown. Thicken the gravy in the pan as directed for the roasts, and pour it over the meat.

PORK TENDERLOINS.

These are the choicest cuts of the pork and correspond to the fillet of beef. They are solid meat, and although rather high-priced, are not as expensive as would at first appear, since there is no bone or waste of any kind. They are split lengthwise and fried the same as pork chops.

FRIED SALT PORK, WITH CREAM GRAVY.

Cut the slices thin, and place them in cold water. After they have soaked an hour, drain well and dry

them on a napkin. Heat the frying-pan very hot. Place half a cupful of flour on a plate, and, dipping each piece of meat in it, fry until crisp. Drain off all but two table-spoonfuls of the fat and stir two table-spoonfuls of flour into that remaining in the pan. Cook for two minutes, stirring well; then draw the pan back on the range, and slowly add a pint of milk. When the gravy is smooth and well mixed together, cook only a minute, and add pepper, and salt also if needed. Turn the gravy over the meat, and serve. This is the most delicious way of preparing salt pork and makes a very satisfactory breakfast dish.

SOUSE, OR PIGS' FEET.

Clean the feet carefully, and pour over them hot water sufficient to cover. Boil slowly until the meat will separate from the bones; then take them up carefully on a skimmer, and place them in a stone jar, taking out the largest bones. Set the water aside in a cool place to be used later.

Allow a quart of strong vinegar to four good-sized feet and uppers (which are always sold with the feet). Place the vinegar on the fire, adding

Four bay-leaves.

One table-spoonful of whole cloves.

One table-spoonful of broken cinnamon.

One-quarter of a tea-cupful of salt.

Two tea-spoonfuls of pepper.

One-half an onion, cut in eighths.

One blade of mace.

Steep all these slowly in the vinegar for forty-five minutes, being careful that the vinegar does not boil rapidly

at any time. Remove from the water in which the feet were boiled all the fat, which by this time will have formed in a cake on the top, and save it for cooking purposes. Place a quart of the water in the vinegar, unless the latter is not very strong, in which case less water must be added, so that the vinegar will not become too much diluted. Strain the liquid through a sieve to remove the spice, etc., and pour it over the meat in the jar, helping it through the meat with a knife and fork, until the whole is thoroughly mixed together. Set the jar in a cold place for two days, when the souse will be ready for use. This preparation is particularly nice for a home luncheon or tea and should be a thick, jelly-like mass when properly prepared.

PIGS' FEET, FRIED.

Split the feet through the middle lengthwise, and boil them until tender, but not so much that the meat will separate from the bones. After draining well, dip each piece in beaten egg and then in rolled cracker-crumbs seasoned with salt and pepper, and fry in a hot frying-pan, using plenty of fat. Drain each piece thoroughly so there will not be a drop of fat on the serving dish when sent to table.

HEAD-CHEESE.

This is generally made of the head, ears and tongue, but the head alone may be used, if desired. Clean the meat very carefully, this part of the work being most particular and not to be hurried. Boil the meat and bones in salted water until the former is very tender. Skim out the head, place it in a colander to drain, and remove all

the bones with a knife. Cut the ears rather fine, and place them with the head meat. Season the whole with salt, pepper, sage, sweet marjoram and any other herbs that may be available, adding a little powdered cloves. Mix the mass well together, taste to see if properly seasoned, and pack it tightly in a bowl, interspersing the layers of meat with slices of the boiled tongue. Press the meat into a compact shape, and cover it with a plate upon which is placed a sufficiently heavy weight. The head-cheese will be ready to use in two or three days. Cut it in thin slices, and serve with vinegar, and mustard if liked; or it may be cut in slices and fried the same as pig's feet, being first dipped in egg and cracker-crumbs. The latter mode of preparing produces a very pleasant breakfast dish.

SCRAPPLE.

Many cities or parts of the country have some particular dish for which they are noted, and that peculiar to Philadelphia is known as "scrapple," which is brought to market in large quantities and sold most reasonably. It is made in this way: Scrape and thoroughly clean a hog's head; then split it, and take out the eyes and brain. The butcher will, of course, do this when directed. Clean the ears also, and scrape and scald them well. Put all on to boil in plenty of cold water, and simmer gently for four hours, or until the bones will easily slip from the meat. Lift out the meat and bones into a colander, remove the bones, and chop the meat fine. Skim off every particle of grease from the water in which the meat was boiled, and return the chopped meat to the kettle and water. Season highly with pepper and salt

and such powdered herbs as may be preferred. Now take a large wooden spoon or paddle and stir constantly, meanwhile adding enough corn meal and buckwheat flour, in equal quantities, to make a soft mush. Cook slowly one hour, stirring frequently, as the mush will scorch easily. Pour the mixture into dishes and keep it in a cool place, slicing it as needed. Sometimes part or all of wheat middlings is used in place of the corn meal and buckwheat flour, and again corn meal or buckwheat flour alone is used.

TO COOK SCRAPPLE.

Cut it into rather thin slices, dip each slice in flour, and fry until a fine brown. Drain well before serving.

PORK SAUSAGE.

Six pounds of lean fresh pork.
Three pounds of fat fresh pork.
Twelve tea-spoonfuls of powdered sage.
Six tea-spoonfuls of black pepper.
Six tea-spoonfuls of salt.
Two tea-spoonfuls of powdered mace.
Two tea-spoonfuls of powdered cloves.
One grated nutmeg.

Grind the meat in a sausage mill. Most butchers have mills of this kind and will do the work at small cost. Mix the seasoning thoroughly with the meat, using the hands for mixing. The spices need not be added, if not liked; but they help to preserve the meat. If the sausage is for immediate use, they may be omitted. A safe rule to follow in seasoning a small quantity of sausage meat is to allow to each pound the following :

One table-spoonful of salt.

One tea-spoonful of sifted sage.

One-half tea-spoonful of pepper.

There are many ways of putting away sausage meat. If it is to be kept a long time, pack it in a stone jar, and pour melted lard on top; the meat will keep a very long time if sealed in this way, many country housekeepers preserving it thus from autumn until the following summer. The meat may also be kept in cotton bags. Use strong cotton for the bags, making each one a yard long and four inches wide. Dip them in strong salt and water, and let them dry before filling. Crowd the meat closely into the bags, pressing it in with a pestle or a potato masher. When wanted for use, turn the end of the bag back, cut off the meat in half-inch slices, and fry brown. Sausage is ordinarily put away in "casings" made from the intestines.

TO CLEAN THE "CASINGS."

Empty them, turn them inside out and wash thoroughly; then let them soak in salted water for two days. Wash them again, cut into convenient lengths, and scrape them on a board with a blunt knife, first on one side, then on the other. When well scraped, wash them again, tie up one end of each length, insert a quill in the other end, and fill them with air by blowing through the quills. If white and clear, they are clean, but if any thick spots appear, they must be scraped again. Throw the casings into cold, salted water until wanted.

TO COOK SAUSAGE.

When cooking sausage in casings, prick the skins with a sharp steel fork to prevent their bursting. If cooking

it in bulk, shape the sausage into balls with the hands. Place it in a hot frying-pan, and fry until brown, adding no fat, as there will generally be plenty in the meat. Remove the sausage, when done, to a platter, add a tablespoonful of dry flour to the fat in the pan, and cook one minute, stirring all the time; then gradually add a cupful of milk, still stirring. When the gravy is boiling and is of a creamy consistency, add salt and pepper to taste, pour the gravy over the sausage, and serve.

TO SALT DOWN OR PICKLE PORK.

The hams, shoulders, chines and middlings are the parts of the pig usually pickled. This should be done as soon as possible after the meat is cold, and should not be delayed more than twenty-four hours at the very longest. The following is the proportion of pickle allowed to fifty pounds of pork :

Two and a-half pounds of brown sugar.

Two ounces of saltpetre.

Nine gallons of water.

Salt to make a brine.

Mix the sugar and saltpetre with the water, and gradually add Liverpool salt until the brine will float an egg. Boil for ten minutes, skim off all the scum that rises, and set aside to cool. Cover the bottom of the packing barrel with coarse salt, and pack the pork closely in it, with the rind next to the sides of the barrel, and covering each layer with salt. When all the pork has been packed, pour the cold brine over it, place a round board cut a little smaller than the barrel on top of the meat, and upon it lay a heavy weight to keep it beneath the surface. If

at any time the brine froths or looks red, it should be turned off, scalded again and more salt added; as soon as cold it should be returned to the meat.

TO CURE HAMS.

The hams may be pickled with the rest of the pork, as above directed; and after remaining in the brine sixteen days, should be removed and washed clean of salt. They are then ready to be smoked. Another method of curing ham is to allow to fifty pounds of meat

Two pounds of fine salt.
One ounce of powdered saltpetre.
Two ounces of brown sugar.

Place the meat on a board or table in the cellar, with the skin side down. Mix the salt, sugar and saltpetre well together, and rub each ham all over with this mixture, putting a little of it in the hock end around the bone. Rub until the meat will absorb no more. Should there be any of the mixture left, use it on the meat at the end of a week, rubbing it in as before. Let the hams remain in this condition for sixteen days, when they are ready to be smoked.

TO SMOKE HAMS.

Wet the hams with clean water, and dip them, while wet, in dry bran, forming as thick a coat as possible over the meat. Sawdust is sometimes used, but bran is much to be preferred. The object of thus using the bran is to form a crust that will prevent the evaporation of the juices. Hang the hams in the smoke-house, with the hock end down. Keep up a good smoke continually,

smothering the fire with sawdust, and taking care that the house does not become hot at any time. Meat should be smoked at least four weeks, but it is seldom allowed to hang as long as that. Should it be desired to keep the hams until warm weather, there are many ways in which they may be put away. They are sometimes simply hung on hooks in a cool place, but it is undoubtedly much better to encase them in covers, as these are an effectual protection against insects. Dust cayenne pepper around the bones, and wrap the hams closely in brown paper and then with coarse muslin shaped to fit them exactly, stitching the muslin tightly to position. Whitewash the muslin cloth, and hang the hams in a cool, dark, dry place.

TO BOIL A HAM.

Wash the ham well, and, if very salt, soak it over night in clear water. Ascertain its weight, and allow fifteen minutes of cooking to every pound. Place the ham in a large kettle on the stove, cover it with cold water, and when the water boils, set the kettle back where the ham will gently simmer. When it has boiled in this way for one hour, turn off the water and add fresh boiling water. By thus changing the water the rank taste of the smoke is destroyed. For every ten pounds of meat add half a cupful of sugar to the second water, and then boil the remainder of the time required. When done, remove the ham, but do not skin it until cold, nor cut it until it has been cooked twenty-four hours, unless it is to be eaten hot; in that case it should be skinned as soon as taken from the water, and all the black rind and discolored portions removed. In cooking half a ham,

or one that has been cut, the juices will be better retained if the cut side is kept upward in the kettle. This may be easily done by propping up the meat with a clean stone placed on each side.

There are many ways of finishing boiled hams that are to be served whole. The method most commonly pursued is to sprinkle grated bread-crumbs over the ham and brown them in a quick oven. Another desirable mode is to brush the ham with beaten egg, cover it with bread-crumbs and brown nicely; or the ham, after being skinned, may be dusted with black pepper sifted on in circles. The latter plan produces an attractive looking dish. One thing must, however, be borne in mind—that no matter how well a ham is cooked, it will prove an utter failure if not cut in thin slices for serving.

FRIED HAM, WITH CREAM GRAVY.

Properly cured ham will not need freshening; but should the ham be too salt, place it in a frying-pan, cover with cold water, and set the pan on the range in a mild heat; and when the steam commences to rise, pour off the water, and add more cold water. As soon as this water steams lift out the slice of meat and drain it well before frying. Two waters should always be sufficient to freshen the saltiest piece of ham. Heat the pan for frying, and when very hot, cook the meat without the addition of fat, unless the ham is exceptionally lean, when a spoonful of pork drippings should be used. When the ham is nicely browned, place it on a platter, and add a cupful of milk to the fat in the pan. When this boils, thicken it to a cream with a table-spoonful of flour wet to a smooth paste in a little milk, adding pepper to sea-

son ; and turn the gravy over the ham. A more simple gravy is made by adding a little hot water to the fat, etc., in the pan and pouring this over the meat.

HAM SANDWICHES.

Chop fine half a pound of ham, and season with a table-spoonful of olive oil, a table-spoonful of lemon juice and a little pepper and made mustard. Butter the bread on the loaf before cutting it ; cut the slices thinly, and spread the ham between them. Or the ham may be cut very thin, spread with a light coat of mustard and laid between thin slices of buttered bread.

PORK AND BEANS,

OR BOSTON BAKED BEANS, NO. I.

Much of the excellence of this dish depends upon the kind of bean-pot used. It should be of earthenware, with a narrow mouth and bulging sides. Soak a quart of pea beans in cold water over night ; in the morning place them in fresh water, and simmer gently until soft enough to pierce with a pin, being careful that they do not boil long enough to break. If desired, a small onion may be boiled with the beans. When they are soft, turn them into a colander, pour cold water through them, and place them, when well drained, in the bean-pot. Pour boiling water over a-quarter of a pound of salt pork that is part fat and part lean. Scrape the rind until white, cut it in half-inch strips, and bury the meat in the beans, leaving only the rind exposed. Mix together a tea-spoonful of salt, a tea-spoonful of dry mustard and a-fourth of a cupful of molasses. Place these in a cup, fill the cup with hot water, stir until well mixed, and pour

the liquid over the beans and pork. Add enough water to cover the beans, and bake eight hours, adding water to keep them covered, until the last hour, when the pork should be raised to the surface to crisp.

If pork is disliked, it may be omitted; more salt must then be used, together with a third of a cupful of butter; or half a pound of fat and lean corned beef may be substituted.

BOSTON BAKED BEANS, NO. 2.

This recipe has been used most successfully for many years, and the work is quickly done.

Do not soak the beans over night. Place a quart of pea beans over the fire, cover them with cold water, and slowly bring the water to a boil; then set the kettle where the beans will just bubble, but will at no time boil hard. When they have cooked in this way for fifteen minutes, add a four-inch square of salt pork to the kettle, and simmer gently with the beans until they may be pierced with a pin, but are not at all broken; then turn the beans into a colander to drain. Place together in a coffee-cup two large table-spoonfuls of molasses, a tea-spoonful of salt and a-fourth of a tea-spoonful of pepper, and fill the cup with some of the hot water in which the beans were boiled. Place the beans in the bean-pot, turn over them the cupful of seasoning, and stir well until thoroughly mixed. Cut the rind of the pork in small squares, sink the meat in the beans, leaving only the rind exposed; add more bean water until the rind is covered, and bake two hours, raising the pork during the last three-quarters of an hour, to brown and crisp the top. More baking may be allowed if there is time for it before serv-

ing ; but excellent baked beans have for many years been prepared in this way in the writer's household, and never with more than two hours' baking.

BACON.

This is cured the same as ham. It may be boiled ; or it may be cut in thin slices and fried or broiled crisp. It is also cooked with liver.

LARD.

Housekeepers who would have really fine lard should prepare it at home, as that purchased at the stores is almost invariably close and tough and good results cannot be expected from its use. Particularly in making pie-crust will poor lard assert itself, for the crust can never be flaky if the lard is tough. Cut the lard-fat into small pieces, removing all flesh and membrane. Put enough water in a kettle to cover the bottom, and lay in the fat. The water will prevent the lard burning and will all have evaporated by the time the lard has melted. Boil gently until the "scraps" settle, stirring often.

The "leaf" produces the finest lard, and should never be put in with the inferior fat.

The fat from the small intestines and the pieces not fit for salting should be laid in lukewarm water for twenty-four hours and should be melted by itself. Set it away to freeze, and the strong flavor will soon be gone. These minute directions are, of course, more especially intended for the benefit of country housewives.

POULTRY AND GAME.

The flesh of poultry and game has less red blood than the flesh of animals and is dryer and not marbled with

fat. Game has a strong odor and flavor that is mistaken by many to be an indication that the meat is tainted. Whitefleshed game should be well cooked, while that which has dark flesh should be served rare.

TO CHOOSE POULTRY AND GAME.

The best chickens have soft, yellow feet, short, thick legs, smooth skin and a plump breast, the cartilage on the end of the breast-bone being soft and easy to bend. This is sometimes broken in old fowls to deceive purchasers, but this fact may easily be detected. Pin-feathers, as the short, young feathers are called, always indicate a young bird; while long hairs invariably belong to the older ones.

The bodies of capons are very plump and are larger in proportion than those of fowls or chickens; and the meat is of fine flavor. Old fowls have long, thin necks, the feet have sharp scales, and the flesh is of a purplish hue.

The best turkeys have smooth, black legs, soft spurs and white flesh.

Geese and ducks should not be more than a year old; they should have soft, yellow feet and tender wings and be thick and hard on the breast, and the wind-pipe should break easily when pressed with thumb and finger. Wild ducks have feet of a reddish hue.

Young pigeons have light-red flesh on the breast and full, flesh-colored legs. Old pigeons are thin and very dark on the breast. Wild pigeons are cheap, but are apt to be very dry. Squabs are the young of the tame pigeon.

Grouse, partridge and quail should have full, heavy breasts, dark bills and yellowish legs.

Young rabbits have smooth, sharp claws, tender ears and paws and short necks.

Venison should be dark-red, with some white fat.

TO DRESS POULTRY.

In some markets poultry is sold ready dressed, in others it is picked but not drawn, while in still other places the poultry may be bought alive. The best and quickest way of killing poultry is by cutting the throat, but some cut the head entirely off. In either case, the fowl should at once be hung by the feet, as death then follows more quickly and the body is more perfectly emptied of blood. Begin at once to strip off the feathers. Do not make the mistake of scalding any bird. If all country women knew that they would receive at least twenty-five per cent. more for "dry picked" poultry (as that picked unscalded is called), the reckless and indiscriminate use of hot water for this purpose would cease. Young chickens are completely spoiled by being thus par-boiled; and while the injury to the meat is not so great in older birds, the flavor is much changed. In picking, take a few feathers in the hand and give them a quick jerk toward the tail. Do not pull the feathers toward the head, as the skin is much more easily torn by drawing them in this direction. When all feathers and pin feathers have been removed, singe the bird by holding the head and passing the body backward and forward over a blazing paper, turning both sides to the blaze, and taking care not to scorch the skin.

TO CLEAN POULTRY.

Cut off the head, and the feet at the first joint. Cut the skin on the back of the neck the entire length of the

body; turn the skin over on the breast, stripping it from the neck; and cut off the neck-bone close to the body. No good cook will roast poultry without first removing the bony neck, for it is an unsightly piece, and there is little if anything on it to eat. It may, however, be used when stewing chicken, but it should never be served at table.

Carefully remove the crop from the breast. This is a thin membrane—often so thin and soft, in fact, that it is hardly perceptible, so that special care is required to find and remove it. When the crop is all taken out, insert the forefinger in the throat, and break the ligaments that hold the internal organs to the breast-bone. Make an incision near the vent, and work the hand slowly around, not through, the organs, keeping the fingers close to the breast-bone until they can reach no farther, and loosening the organs on each side down toward the back. The gall-bladder lies on the left side, and if the fingers be kept up and everything loosened before drawing out, there will be no danger of its breaking. Gently draw out all the organs at once. It may be that the lights and a piece of the wind-pipe will not come out with the rest. The lights will be found embedded in the ribs, being of a soft, spongy, pinkish substance. Look in the throat for the wind-pipe. Remove the oil-sac from the top of the tail. One of the best authorities says it is best not to wash a bird of any kind, either outside or inside, unless some accident has happened in removing the entrails; it should be wiped with a very damp cloth. Other authorities, equally good, advise washing very quickly, not allowing the bird to remain in the water a moment. All the best cooks agree that water ruins the sweetness

and detracts much from the flavor of poultry and game and, if needed at all, should be used very sparingly. Cut the liver away from the gall-bag, taking care not to break the gall. Cut open the heart to remove the blood, or else pinch it gently to empty it. Cut carefully in one of the thick ends of the gizzard, cutting only to the lining and not into it. Draw off the gizzard, leaving the lining that contains the sand unbroken. Wash these pieces and set them away for use.

Turkeys, geese, ducks, pigeons, pheasants and all birds are cleaned in the same way. Should the fowl, when drawn, have a bad odor, wash it in cold water in which has been dissolved half a tea-spoonful of soda. This will help to restore the meat, but such birds are never satisfactory. Poultry when bought undrawn is very sure to have a strong smell. If housekeepers everywhere would maintain a crusade against the sale of undrawn poultry in the markets or by farmers, they would work a most wholesome hygienic reform. It is a vicious practice—an abuse, in fact, that people have endured, like many other abuses, because there is no remedy except in concerted action. It is impossible to keep undrawn poultry even a few hours without putrefaction setting in, taking place from the effect of the gases arising from the undigested food in the crop and intestines. The longer it is kept, the more of the poison goes into the flesh; and in the majority of cases poultry that reaches the kitchen from the market is actually unfit for food. Housekeepers could well afford to pay a larger price to have the poultry dressed immediately upon being killed, since much is now paid for that is thrown away, besides having left a mass of poisoned flesh. It is urged that some people

prefer the flavor of undressed poultry, but that fact only makes the matter the more alarming since it indicates that we are cultivating a taste for putrid meat.

ROAST TURKEY, WITH GIBLET GRAVY.

Singe and clean as directed. Make any of the stuffings, the recipes of which are given on pages 205 and 206. Work the hand gently under the skin on the breast, to lift the skin from the flesh, working through the cut made by taking out the neck, and taking care not to break the skin. Put a thin layer of dressing between the skin and flesh; and place the rest of the stuffing lightly in the body, being careful not to pack it at all. When the breast is stuffed, draw the skin of the neck over on the back and fasten it to the back with a skewer. Turn the tips of the wings under the back, and fasten them in that position with a skewer, running it through the wings and body. Make an incision in the skin near the opening where the entrails have been taken out, and insert the "drum-sticks" in the holes, tying them together after they are so placed. Sew up the vent where the stuffing was put in. Moisten the skin of the bird with a little water, and sprinkle it with salt, pepper and flour. The moisture helps to retain the seasoning on the meat. Place the turkey in a dripping-pan in the oven, adding a very little water to the pan, and roast, allowing twenty minutes to a pound. After it has roasted twenty-five minutes, baste with the oil and water in the pan, and baste every fifteen minutes until baked enough. Frequent basting is the secret of success in roasting fowl. If the basting is done every ten minutes, it will be none too often, but it should be done every fifteen minutes at

the longest. Some cooks advise rubbing butter on the legs and breast, but it must be a very thin turkey that requires this, as there is usually quite enough fat given off for use in basting. When the turkey is done, place it on a platter, remove the strings and skewers, and place it in the oven while the gravy is being prepared.

TO MAKE GIBLET GRAVY.

Place the giblets (the liver, heart and gizzard) and the neck that has been cut off, in a sauce-pan, and cover them with cold water. Simmer slowly, and when tender remove the neck and chop the giblets fine, saving the water in which they were cooked. When the turkey is lifted from the pan, pour off all but three small table-spoonfuls of the oil, place the pan on the top of the stove, and when the gravy boils, stir in two table-spoonfuls of flour. Cook two minutes and add the water in which the giblets were cooked, pouring it in gradually so as not to thin the gravy too much. If the gravy seems too thick, add also a little hot water. Put in lastly the chopped giblets, and season to taste with salt and pepper. Serve in a gravy dish.

STUFFING FOR TURKEY—NO. I.

- Three cupfuls of grated stale bread.
- Two table-spoonfuls of butter.
- One table-spoonful of chopped parsley.
- Two tea-spoonfuls of salt.
- One-half tea-spoonful of pepper.
- One tea-spoonful of chopped onion.

Rub the butter into the crumbs, and let them stand at least an hour, when the rest of the seasoning may be added. This makes a crumbly stuffing.

STUFFING FOR TURKEY—NO. 2.

One quart of grated bread.
 One cupful of milk.
 One tea-spoonful of chopped parsley.
 One tea-spoonful of chopped onion.
 One-half tea-spoonful of summer savory.
 One table-spoonful of salt.
 Three table-spoonfuls of butter.
 Two eggs.
 One-half tea-spoonful of pepper.
 One-half tea-spoonful of thyme.

Pour the milk on the crumbs, and cover tightly for an hour; then add the rest of the ingredients, omitting the onion, if objectionable.

OYSTER STUFFING.

Two cupfuls of bread-crumbs.
 One table-spoonful of butter.
 One table-spoonful of chopped parsley.
 Two tea-spoonfuls of salt.
 One-half tea-spoonful of pepper.
 Twenty-five oysters.

Rub the butter into the crumbs, add the seasoning, and put in the oysters last, leaving them whole.

CRANBERRY SAUCE, FOR ROAST TURKEY.

One quart of cranberries.
 One pint of water.
 One pint of sugar.

Pick over and wash the berries, place them in a stew-pan with the water and sugar, and cook slowly for twenty minutes. Rinse a mould with cold water, pour in the stewed berries, and set them away to cool. When

wanted for serving, turn out upon a flat dish, cut off a thick slice and send to the table.

ROAST TURKEY, WITH CHESTNUT STUFFING.

Draw and clean the turkey as previously directed. Shell and blanch fifty large French chestnuts, and boil them half an hour in water enough to cover. Drain off the water, and add to the nuts three table-spoonfuls of butter, a table-spoonful of salt, and half a tea-spoonful of pepper. Mix well, and place them in the turkey. Truss and roast the fowl as directed in the preceding recipe. When done, serve with

CHESTNUT SAUCE.

Thirty French chestnuts.
One pint of water.
One tea-spoonful of salt.
One-quarter tea-spoonful of pepper.
One table-spoonful of butter.
One table-spoonful of flour.

Shell and blanch the nuts, boil until tender, drain thoroughly, and mash them with a potato masher. Add the water a little at a time, rub the mixture through a sieve, and cook gently in a sauce-pan for half an hour. Place the butter in a frying-pan, and when hot, add the flour. Cook until the flour is of a dark-brown color, stirring constantly; then add the chestnut mixture, cook for three or four minutes, and serve in a gravy-boat.

BOILED TURKEY, WITH CELERY SAUCE.

If a turkey dressed in this way is not well managed it will be quite tasteless. It should be well trussed and

tied, or the legs and wings will be sadly disarranged during the process of boiling. When the turkey has been cleaned, stuff it with the following

CELERY STUFFING.

One-half head of celery.
One quart of bread-crumbs.
Two eggs.
Two table-spoonfuls of salt.
Two table-spoonfuls of butter.
One-half tea-spoonful of pepper.

Chop the celery fine, and add the other ingredients after rubbing the butter into the crumbs; fill the turkey the same as directed for a roast turkey, putting a little of the stuffing in the breast also; and sew it up very securely. Wring a large square of cotton cloth out of cold water, and dredge the cloth thickly with flour. Pin the turkey in this cloth, and plunge it in boiling water. Allow twenty minutes boiling to a pound; boil rapidly the first fifteen minutes, and then moderate the boiling somewhat, but never stop it entirely. Place the turkey, when done, on a platter, remove the cloth and skewers, drain well, and serve with

CELERY SAUCE.

One head of celery.
One pint of milk.
Salt and pepper to taste.
Two table-spoonfuls of flour.
Four table-spoonfuls of butter.

Cut the celery fine, and place it in a sauce-pan with just enough water to cover. Cover the pan, and simmer

gently. When it has boiled an hour, mix the butter and flour together, and add them to the celery, also adding the milk, salt and pepper. Boil two minutes, stirring all the time, and serve in a gravy-boat.

BRAISED TURKEY.

This is a very satisfactory way of cooking an old turkey that is unfit for roasting or boiling. Make a stuffing as for roast turkey, stuff the body and breast, and truss. Spread thin slices of salt pork over the breast and legs, and cover the turkey with a strong sheet of buttered paper, fastening the paper on by passing a string around the body. Spread in a braising-pan large enough to hold the turkey the following:

- One-quarter pound of salt pork, sliced.
- One-quarter pint of chopped celery.
- One-quarter pint of chopped carrot.
- One-quarter pint of chopped onion.
- One-quarter pint of chopped turnip.

Lay the turkey on this mixture, with the breast up, cover the pan tightly, and place in a moderate oven. At the end of thirty minutes add a quart of water, or stock, if at hand, and baste the turkey every fifteen minutes with the gravy this will make, sprinkling once with salt and pepper. Allow twenty-five minutes to the pound. During the last half-hour take the cover from the pan, remove the paper and pork from the turkey, and thus permit the meat to brown slightly. When done, lift the turkey from the pan, untruss it, and lay it on a large platter. Strain off the gravy, and use it for the

MUSHROOM SAUCE.

- One pint of strained gravy.
 { One-quarter pound of fresh mushrooms, or
 { Three-quarters can of canned mushrooms.
 One-quarter tea-spoonful of pepper.
 One-half of a baked sour apple.
 Three table-spoonfuls of butter.
 Two and a-half table-spoonfuls of flour.
 One-half table-spoonful of salt.
 A slight grating of nutmeg.

Place the butter in a stew-pan, and when hot and browning, add the flour, and stir well until of a dark-brown. Draw the pan back to a cool place, and stir the butter until slightly cooled; then add the gravy, and stir until it boils. Now add the seasoning, the baked apple and half the mushrooms, and set the sauce where it will gently bubble for an hour. At the end of this time skim off the oil that will have arisen to the top, and strain the sauce into another pan, adding the remainder of the mushrooms and three table-spoonfuls more of the gravy left from braising the turkey. If fresh mushrooms are used, they should be pared, cut in small pieces, and simmered ten minutes in the sauce before serving. When canned mushrooms are used, they should be cooked whole and simmered but five minutes.

TO "WARM OVER" TURKEY.

Cut the drum-sticks and wings from the body, and take off all the meat remaining on the breast. Also use any pieces that may have remained on the platter when the turkey was first carved. Disjoint the back piece, called the rump, splitting it down the back and cutting each piece in two, thus making four pieces of the back. Place

all these pieces in a kettle, add three table-spoonfuls of the stuffing and any gravy that may have been left from the roast. Add water to half the height of the turkey in the kettle, cover the kettle tightly, and set it in a moderate heat. Cook at least forty-five minutes, stirring often, and adding more water if it should seem necessary; there should be just enough at the last to keep the meat from sticking to the kettle. Season with salt and pepper, turn on a platter, and serve. It is a mistake to cut the meat from the bones, as the result is very unsatisfactory. The turkey should stew so slowly that it will only be thoroughly warmed, and it should in no case fall from the bones. The large body part of the turkey is never used, except for soup.

A FRICASSEE OF CHICKEN.

Draw and singe the chicken as directed, and cut it into pieces. This is done as follows: Cut through the loose skin between the legs and the body, bend the legs over, and cut them off at the joint; also cut the upper leg from the lower leg at their joining. Cut off the neck and wings where they join the body, always cutting at the joints. Lay the chicken on its breast, with the tail toward you. Cut a slice off the breast reaching into the large bone of the body, thus cutting out the "happy thought" or wish-bone. Cut to the back through the incision made in taking out the entrails, and disjoint the back, cutting this piece, which contains the rump, again across the back, making two pieces of it. Cut the ribs through the entire length of the piece that will be left; also cut the length of the bird on the other side from the neck to the end of the breast-bone, and cut these large

pieces again into two parts. In cutting a bird or rabbit or any meat of the kind to be fricasseed, divide it at the joints as far as possible, and never chop a bone, as that crushes it.

Place the chicken in a kettle, cover it with boiling water, and gently simmer until tender. An old fowl will need to be cooked at least two hours, but a tender one will be done in half that time. Remove the cover during the last half hour, so that the gravy in the kettle may reduce somewhat. There should be about a pint and a-half when done; and if it is already reduced to this measurement at the beginning of the last half hour, keep the cover on that it may not boil away any more. Season with salt and pepper, and add a little butter also if the chicken was lacking in fat; this, however, will rarely be necessary. Have ready some nicely toasted bread and lay it on a platter. Lift the chicken from the kettle with a long-handled skimmer and lay it on the toast. Set the gravy back where it will not boil, and with a spoon dip off all the fat that can be skimmed from the top. Then add a cupful of milk, and set the gravy again to heat. When it boils, stir in two and a-half table-spoonfuls of flour wet to a smooth paste with a little cold milk, and boil two minutes, stirring constantly; season with more salt and pepper if necessary. The gravy should be as thick as cream; and if it is not, stir in more flour. It is always difficult to give the precise amount of thickening needed when the exact quantity to be thickened is not known. Pour the gravy over the chicken and toast, and serve at once. This is a very satisfactory way of cooking old, tough fowl; indeed, there is no other, unless, perhaps, it be that contained in the following recipe,

BRAISED CHICKEN.

Prepare the same as for braised turkey, leaving out the mushrooms, and thickening the gravy poured from the braising pan. A tender chicken is rarely if ever dressed in this way, only old fowls being used.

BROWN FRICASSEE OF CHICKEN.

Cut in pieces as directed for fricassee of chicken. Place a quarter of a pound of salt pork or two ounces of butter in a frying-pan, and when hot, put in the chicken, leaving plenty of room to turn the meat; and cook until each piece is of a rich brown tint. Add two table-spoonfuls of flour, stir well, and when it has cooked two minutes, add a pint of boiling water. When the gravy is smooth and boiling, season with salt and pepper, cover the pan, and simmer gently until the chicken is tender; then add a tea-spoonful of onion juice, if not objectionable, and dish at once. The gravy, will be found thick enough, and if the pan has a tight cover it will not be diminished even after a long cooking.

WHITE FRICASSEE OF CHICKEN.

Cut the chicken in pieces as directed, cover with boiling water in the kettle, and simmer slowly until tender, leaving the cover half off to reduce the gravy. There should be only just enough in the kettle at the last to keep the meat from burning. Season with salt and pepper, lift out the chicken, and place on a platter upon toasted bread. Make the following sauce or gravy, and pour it over the chicken and toast:

One table-spoonful of butter.
Two table-spoonfuls of flour.
Salt and pepper to taste.
One pint of milk.
Two eggs (yolks only).

Heat the butter in a frying-pan, stir in the flour, and cook slowly two or three minutes, stirring constantly, but taking care not to burn the flour. Draw the pan away from the heat, and gradually add the milk. When well mixed in, turn all into the kettle from which the chicken was taken, and set in a hot place to boil, adding salt and pepper, if needed. Let the gravy boil two or three minutes, remove it from the fire, add the beaten yolks, and pour it at once over the chicken. Sprinkle a table-spoonful of finely chopped parsley over the top of the chicken just before serving.

ROAST CHICKEN, WITH GIBLET SAUCE.

Prepare this the same as roast turkey, using but half the amount of stuffing, and allowing but fifteen minutes cooking to a pound.

Baste well every ten minutes, else the chicken will be dry and disappointing. Chickens may be filled with chestnut stuffing the same as turkeys.

FRIED SPRING CHICKEN (SOUTHERN STYLE).

The colored cooks of the South have perhaps, discovered the most delicious way of cooking young chickens, and the method is very simple.

Cut the small chickens in four or six pieces, dip each piece hastily in cold water, then sprinkle with salt and pepper, and roll the pieces in plenty of flour. Have some

sweet lard heated very hot in a frying-pan, and fry the chicken until each piece is of a rich brown hue on both sides. Take up, drain well, and arrange the pieces on a warm platter, setting the dish in a hot place to keep the meat from cooling while the gravy is being made. Pour out of the pan all but a table-spoonful of the oil, and stir into the pan a cupful of milk. When the liquid is hot and well stirred, thicken to a rich cream with a table-spoonful of flour rubbed smooth in a table-spoonful of butter. Boil two or three minutes, stirring constantly, season with salt and pepper, and pour the gravy over the chicken. A little chopped parsley is often added to the gravy. Butter, if here used in place of lard, is difficult to manage, as it burns so easily; lard is decidedly to be preferred for this purpose. Fried chicken is a standard dish in the Old Dominion and is nowhere prepared in such perfection.

FRIED CHICKEN, NO. 2.

Cut the chicken in pieces, and season with salt and pepper. Dip each piece in beaten egg, then in cracker-crumbs, and fry brown in hot lard. Throw a few sprigs of parsley into the fat when all the chicken has been fried, and let them remain in long enough to become crisp but not too dry. Strew them over the chicken, and serve.

SMOTHERED CHICKEN.

This is one of the most delicious ways of cooking chickens. Clean, take off the neck, and split the chicken down the back, wiping it with a damp towel. Season inside and out with salt and pepper, and dredge on all sides with flour. Lay the chicken, with the inside down,

in a small baking tin, adding a cupful of water. The pan should be but little larger than the chicken; otherwise the gravy will be too quickly evaporated. Cook slowly for one hour, basting every ten minutes after the first twenty minutes cooking. Should the chicken be decidedly lacking in fat, add a small table-spoonful of butter. There will be plenty of gravy in the pan with which to baste if the pan is small. When done, place the chicken on a hot platter, and thicken the gravy in the pan with a little flour, after adding another half cupful of water. Should the chicken be quite fat, remove all but a table-spoonful of the oil from the pan before making the gravy. Season with salt and pepper to taste, pour the gravy over the chicken, and serve at once.

Any small birds may be dressed in this way, with the most satisfactory results, the secret of success in this kind of roasting lying in very frequent basting and in not having too hot an oven.

BROILED CHICKEN.

Only tender chickens or those that may surely be made tender are ever cooked by broiling. Clean and singe the chickens as directed, picking out all pin-feathers. Split each chicken down the back, and wipe with a damp towel. Even when you are quite certain the chickens are tender, it is wise to steam them before broiling. This is done thus: Set the dripping-pan in the oven, and nearly fill it with boiling water. Place two sticks across the pan, extending them from side to side, and upon them lay the chicken. Invert a tin pan over it, and, shutting the oven door let the chicken steam for thirty minutes.

This process relaxes the muscles and renders the joints supple, besides preserving the juices that would be lost in parboiling. Transfer the chicken from this vapor bath to a wire broiler, and turn the inside of the chicken to the fire first. Cover the broiler with a tin pan, and broil until the fowl is tender and brown, turning it frequently and being careful the fire is not too hot. The chicken will finish cooking in half an hour. Lay it on a warmed platter, spread it with butter, sprinkle with salt and pepper, and serve. Some good cooks season before broiling, and in this case the chicken, after being sprinkled with salt and pepper, should be dusted all over with flour. The salt will draw out the juices, but the flour will unite with them, forming a paste that keeps the remaining juices well in the chicken. This plan may be followed for broiling beefsteak.

BAKED CHICKEN (CAMPING PARTY STYLE).

Do not remove the feathers from the chicken. Take out the entrails and crop, making as small incisions as possible; and cut out the vent. Stuff with half the stuffing directed for roast turkey, or if this is not convenient, sew up the body securely without stuffing at all. Cover the chicken with wet clay, spreading it half an inch or even one inch thick. Bury the chicken in a bed of hot ashes, place coals on the top, and bake an hour and a-quarter, if the bird weighs two pounds. The feathers will peel off as the cake of clay is removed, leaving the flesh quite clean. This is an especially delicious dish for a hungry camping party.

BOILED CHICKEN.

Chickens are boiled the same as turkeys. In winter there is no better way than to boil them whole and pour over them a strong caper sauce when serving. The chickens should be stuffed, well sewed, and pinned in a wet cloth that has been generously sprinkled with flour; they are then plunged in boiling water, which should not cease boiling until the chicken is done. Allow twenty minutes cooking to a pound. A large, tough chicken may be made very palatable prepared in this way.

BONED CHICKEN.

This makes an exceedingly nice course for dinner and is not difficult to manage. Pick and singe the chicken and cut off the head and feet, but do not draw it. With a sharp penknife slit the chicken down the back; then, keeping the knife close to the bones, scrape down the sides and the bones will come out. Leave the drumsticks and wing bones in, but break them at the joints. Stuff the chicken with chopped cold, cooked lamb, seasoned with salt and pepper, and a tea-spoonful of summer savory and the juice of one lemon; and add two table-spoonfuls of chopped salt pork. In stuffing, give the chicken, as far as possible, its original shape, and sew it up securely. Turn the ends of the wings under the back, tie or skewer them firmly, and tie the legs down close to the body, so that the top will present a plump surface to carve in slices across. Lard the chicken with two rows on the top. Bake until done, basting often, and adding water to the pan as needed. Allow fifteen minutes to a pound in baking.

PRESSED CHICKEN.

Clean and singe the chicken, and cut it in pieces as for a fricassee. Place it in a kettle with a very little water, cover closely, and boil very gently until the meat will fall from the bones. Lift the meat from the kettle with a skimmer, and, separating the white meat from the dark, scrape all the meat from the bones, leaving out the skin pieces. Season with salt and pepper. Place the meat in the dish it is to be pressed in, laying the white and dark meat in alternate layers, as far as possible, and adding from time to time a little of the broth from the kettle, to moisten all well. When all the meat is in the dish lay a plate on top of it, place a heavy weight upon the plate, and set away in a cool place. This makes a pretty dish for luncheon, the meat being sliced for serving and garnished with parsley.

TO COOK CHICKEN FOR TRAVELLING LUNCH.

Use only a young fowl. Clean, split it down the back, and wipe dry. Season with salt and pepper, and sprinkle on a little flour. Add water to the pan, and bake one hour, basting frequently. Do not use any butter, even if the chicken should seem to be lean, for the oil in the meat is intensely disagreeable when the latter has to be eaten from the fingers. Cut in small pieces for the lunch.

CREAMED CHICKEN.

- One-half pint of cream or milk.
- One pint of cooked chicken.
- One-half tea-spoonful of salt.
- One-half tea-spoonful of pepper.

One-half table-spoonful of butter.
One table-spoonful of flour.
One table-spoonful of chopped parsley.
Two eggs (yolks).

Rub the butter and flour to a cream. Place the milk in a double boiler or in a small tin pail set in a kettle of hot water, and when scalding, add the flour and butter. Stir well, and cook three minutes. Add the parsley and chicken, and cook until the milk is thoroughly hot again. Beat the yolks well, adding to them two table-spoonfuls of milk; and pour them into the chicken. Cook ten minutes and serve in a border of potato. Mash the potatoes and heap them around the serving dish, placing the chicken in the hollow thus formed. The chicken is sometimes served in a border of boiled rice.

CHICKEN CROQUETTES.

One pint of milk or cream.
Two table-spoonfuls of butter.
Four table-spoonfuls of flour.
One tea-spoonful of salt.
One-half tea-spoonful of pepper.
One tea-spoonful of celery salt.

Stir the butter and flour to a paste. Heat the milk to boiling, and stir in the paste; add the seasoning, and cook three minutes, stirring all the time. When this sauce is ready, take it from the fire, and add

One egg.
Two-thirds of a pint of chicken.
One tea-spoonful of lemon juice.
A few drops of onion juice.

Chop the chicken quite fine, and beat the egg well before mixing these ingredients in. When the whole has been well stirred, spread the mixture on a platter to cool. When cold enough to handle, form it into rolls by taking a spoonful in the hand at a time and shaping it; roll each croquette in fine bread-crumbs or cracker dust, dip it in beaten egg, then in the dust again, and fry one minute in smoking hot fat, using a frying-basket if you have one. Drain well and serve hot. Many cooks prefer to cut the chicken meat in dice size and not chop it; if this is done, use less of the sauce, else the croquettes will be difficult to shape. Mushrooms, boiled rice or veal may be mixed with the chicken meat. In rolling any kind of croquettes, if the mixture is too soft to handle easily, stir in fine cracker dust to stiffen it, but never add any uncooked material, like flour or corn starch, nor even the dried bread-crumbs used in-rolling, as these will make the croquettes too stiff.

CHICKEN PIE, NO. I.

Clean, singe and cut up two small chickens, the same as for a fricassee. Place them in a kettle, and add hot water enough to cover. Put the cover on the kettle, and stew slowly until the chicken is tender, adding a little more water, if needed. Take the following for the crust:

- One quart of flour.
- One large table-spoonful of lard.
- One tea-spoonful of salt.
- Two tea-spoonfuls of baking powder.
- Milk to moisten.

Stir the salt and baking powder thoroughly into the flour, add the lard, rubbing it well into the flour, and use milk enough to make a dough. Flour the baking-board, and roll out the crust a quarter of an inch thick. Line the sides of a deep baking dish with crust; put in part of the chicken, and season with salt and pepper; then add the rest of the chicken, and season the same way. Put in the dish two cupfuls of the broth in which the chicken was boiled, and cover the top with crust, making in the center of the crust a hole large enough to admit of adding more of the broth, if necessary. Most chicken pie is too dry, therefore the broth should be added plentifully. Bake one hour. Heat what broth remains, add enough flour to thicken it, wetting the flour to a paste with milk, and season with salt and pepper. Send to the table in a gravy dish, to be served with the pie.

CHICKEN PIE, NO. 2.

For a dish holding three quarts there will be required two chickens that together will weigh eight pounds. Cut the chickens each in two parts, splitting them down the back and front. Cover them with boiling water, and simmer until tender. If the chickens are a year old, allow at least an hour and a-half of gentle boiling. Let the chickens cool in the water in which they were boiled, remove the skin, and cut them into pieces suitable for serving. Place the meat in the pie dish, and sprinkle with salt and pepper. Make a sauce as follows:

Four table-spoonfuls of butter.

Four table-spoonfuls of flour.

Two slices of carrot.

One-half an onion.
Three pints of the chicken broth.
One sprig of parsley.
One bit of mace.
One bay-leaf.
Salt and pepper to taste.

Put the butter and flour in a sauce-pan, and beat until soft and creamy. Add the vegetables, spice and herbs and the broth, from which all the oil should have been removed; and heat slowly to boiling point. When boiling, set it where it will simmer slowly for fifteen minutes, add salt and pepper, and strain the sauce over the chicken. Next make the crust for the pie, using

One pint of flour.
One-half table-spoonful of sugar.
One-half table-spoonful of lemon juice.
One cupful of butter.
One-half tea-spoonful of salt.
One egg.
One-quarter of a cupful of ice water.

Place the flour, sugar, salt and butter in a chopping tray, and chop the butter into the flour until reduced to lumps the size of a walnut. Mix together the beaten egg, lemon juice and water, and add the mixture, a little at a time, to the flour and butter, chopping all the time. When all the mixture is used, sprinkle a moulding board with flour, and turn the paste upon it. Roll the dough out and fold it as for puff paste. Do this three or four times and then set it on the ice to chill before using. Roll out this paste, making it a little larger than the top of the pie dish. Cut a slash in the center of the crust to allow the steam to escape, and lay the

crust over the chicken, turning the edge of the crust into the dish. Bake in a moderately hot oven for an hour and a-quarter, and serve hot.

CHICKEN SALAD. (See Salads.)

CHICKEN SANDWICHES.

One cupful of cold chicken.
One table-spoonful of melted butter.
Two eggs (yolks only).
One tea-spoonful of rich stock.
One tea-spoonful of lemon juice.
Salt and pepper.

Boil the eggs fifteen minutes, cool them, take out the yolks, and mash them as fine as possible. Add to these the melted butter and lemon juice, the chicken chopped very fine, and salt, pepper and the stock. If the stock cannot be conveniently procured, use a tea-spoonful of Leibig's Extract of Beef, which may always be bought. Mix all well together. A sort of paste will be the result, and with this may be made very delicate sandwiches for a company late supper, card party, etc.

CHICKEN DISHES.

One is fairly bewildered at the hundreds of dishes that are prepared from shredded cooked chicken or from any left-over pieces. Most of the chicken entrées are prepared from the breasts alone, and these are called fillers. One dainty preparation of cold roast or boiled chicken is called

CHICKEN *à l' Italienne.*

One pint of chicken meat.
 One table-spoonful of butter.
 One table-spoonful of flour.
 Twelve drops of onion juice.
 Three hard-boiled eggs.
 One-half pint of cream or milk.
 Salt and pepper to taste.

Cut the meat into dice to measure. Heat the butter and stir in the flour; then cook for two minutes, stirring constantly, and taking care the flour does not brown. Add the milk or cream, and stir until boiling. Remove from the fire, and add the chicken and seasoning. Mix carefully, and place the sauce-pan in another containing hot water, or else use a milk boiler. When the mixture is thoroughly heated, remove it from the fire and dish. Boil the eggs ten minutes, and lay them in cold water to be ready to use when the chicken is done. Separate the yolks, and press them through the potato-masher; or they may be worked through a fine sieve, the latter being, however, very slow work. Sprinkle the yolks thus powdered over the top of the chicken, and serve. This makes a very attractive-looking dish and forms a palatable entrée for dinner. Another dish of this kind is

BOUDIN *à la Reine.*

One pint of chicken meat.
 One table-spoonful of butter.
 Two table-spoonsfuls of dried bread-crumbs.
 One table-spoonful of chopped parsley.
 One-half cupful of stock or water.
 One-quarter of a nutmeg.
 Salt and pepper to taste.

Heat the butter, and add the crumbs and stock. Remove from the fire, and add the chicken chopped fine, the parsley, the nutmeg grated, salt and pepper, and lastly the eggs slightly beaten. Mix all thoroughly, and place the mixture in tea or custard cups, filling the cups two-thirds full. Half fill a baking pan with boiling water, set the cups in the water, and bake twenty minutes in a moderate oven. When done, turn the contents of each cup out upon a heated dish, and pour around them a cream sauce. Remnants of cold roasted or boiled turkey may be used in the same way.

GEESE.

These fowls live to be very old, and for that reason great care is needed in selecting them. They are not good after they are three years old, and they are in perfection when from six months to a year old. A young goose has down on its legs, and the legs are soft and yellow. Like a turkey, as it grows old its legs change to a reddish color.

ROAST GOOSE, WITH POTATO STUFFING.

Clean the goose as directed for any poultry, cutting off the neck and arranging the breast for stuffing, the same as for roast turkey. Geese, when properly dressed, are always filled with potato stuffing.

POTATO STUFFING.

- Six potatoes.
- One tea-spoonful of pepper.
- One tea-spoonful of sage.
- One table-spoonful of salt.
- Two table-spoonfuls of butter.
- Two table-spoonfuls of onion juice.

Pare and boil the potatoes, and mash them fine. Add the seasoning, and fill the breast and body with the stuffing, laying it in lightly. Sew and truss the same as directed for turkey, sprinkle with salt, pepper and flour, and cover the breast with slices of fat salt pork. The goose is not a favorite on account of the quantity of oil it contains and the disagreeable taste of the oil. The pork fat is quickly drawn out by the heat, flows over the goose and aids in drawing out the oil. When the goose has roasted forty-five minutes, take it from the oven, remove the pork, baste well with the oil in the pan, and pour off some of the oil if there should be a large quantity. Baste every fifteen minutes after the goose has roasted twenty-five or thirty minutes, the same as for turkey. Boil the giblets, and make the gravy as directed on page 205. If the oil is so much disliked that it cannot be used for the gravy, make the following gravy: Place two table-spoonfuls of butter in a frying-pan, and when hot, stir in two table-spoonfuls of flour. After the flour has cooked brown, add gradually the water in which the giblets were boiled, and lastly the chopped giblets, adding hot water also if the gravy should seem too thick. Season with salt and pepper. Apple sauce should always be served with roast goose. Goslings may be roasted in the same way, allowing, however, but fifteen minutes to a pound for cooking.

DEVILED GOOSE.

After cleaning the goose and wiping it well with a damp cloth, plunge it into a kettle of boiling water, and boil moderately for one hour. Take it from the kettle, drain well, and wipe it dry. Fill the body and neck with

the potato stuffing described in the preceding recipe, truss and sew up the same as directed for roast turkey, and roast in a very hot oven, allowing fifteen minutes to a pound. Then mix together

Four table-spoonfuls of vinegar.

Two table-spoonfuls of pepper.

Two table-spoonfuls of made mustard.

Pour this over the goose as it is put in the oven, and baste frequently with the liquid at the bottom of the pan. Boil the giblets, and make the gravy as directed for roast turkey. This way of dressing is particularly nice for those who do not care for the flavor of the goose. An old goose that can be cooked in no other way may be so dressed, two hours being allowed for the boiling instead of one.

DUCKS.

ROAST DUCK.

Epicures prefer ducks cooked rare, and when so prepared they are not stuffed. Should filling be preferred, use the potato stuffing on page 226, putting it in very hot. Many who consider that ducks have a strong flavor lay apples in the body, having them cored and quartered. The apples absorb this flavor and are removed before the duck is sent to the table. Celery and onion are also placed inside the duck to season it and improve the flavor, two table-spoonfuls of chopped onion being used to every cupful of chopped celery, which may consist of the green stalks that are not desired for the table. This stuffing is also removed from the fowl before it is sent to the table. Truss the duck, sprinkle it with

salt, pepper and flour, and roast thirty minutes, provided the duck is young and is desired rare. Full-grown domestic ducks should be roasted at least an hour and basted every ten minutes.

Make the giblet gravy, and send apple sauce or grape or currant jelly to the table with the ducks. Green peas should be served with roast duck.

WILD DUCKS.

Nearly all wild ducks are apt to have a fishy flavor, and when dressed by an inexperienced cook are often unfit to eat. This flavor may be much lessened by placing in each duck a small peeled carrot, plunging the fowls in boiling water and boiling them ten minutes before roasting. The carrot will absorb the unpleasant taste. An onion will have the same effect, but unless onion is used in the stuffing, the carrot is to be preferred. When there is an objection to parboiling (which there always should be when very young ducks are to be cooked), rub the ducks lightly with an onion cut in two, and put three or four uncooked cranberries in each before cooking.

ROAST WILD DUCK.

Clean the same as turkey, wiping both inside and out with a damp towel. After parboiling or using the cranberries, as directed, tuck back the wings and truss the legs down close to the body. Dust the fowls with salt, pepper and flour, put a piece of butter the size of a walnut in each, place them in a baking pan, and add a cupful of water. Bake from forty-five minutes to an hour if liked well done, or thirty minutes if liked rare, basting frequently with the gravy in the pan. When done,

thicken the gravy. Wild ducks are seldom stuffed when roasted.

TO COOK THE MALLARD WILD DUCK.

These ducks, which are shot in the West, are considered very dry when roasted in the usual way. In Kansas they are stuffed with the common bread stuffing well sewed up and tied in shape. They are then placed in a large kettle with a couple of slices of onion and a little thyme, and a small quantity of water is added. They are cooked slowly for one hour, being turned frequently. The water should be replenished, but only enough should be added to keep the ducks from burning. A gravy is made from the juices in the kettle by adding a cupful of water to them and thickening with flour. This gravy is poured over the ducks when served. Dressed in this way all parts are equally as good as the breast, and the gravy is not the least delicious part of the whole.

GUINEA FOWLS.

Young guinea fowls make a delicious fricassee. Clean them, and cut them in pieces the same as chickens. Place some slices of fat bacon in a frying-pan, and when these have fried long enough to extract some of the oil, add the pieces of fowl and brown them well. To every two fowls add to the pan two table-spoonfuls of flour, stir until thoroughly mixed, and then add a pint of hot water, a tea-spoonful of salt and a quarter of a tea-spoonful of pepper, stirring until the gravy boils. Cover well, and simmer in a gentle heat until the meat is tender, which is generally in an hour and a-half. Serve with the gravy

from the bottom of the pan, adding more salt and pepper, if needed.

PEA FOWLS.

The peacock and the peahen are cooked the same as turkeys.

PHEASANTS, PARTRIDGES, QUAIL AND GROUSE.

The real pheasant is not sold in America. The bird known by that name in the South is called a partridge in the North, but is, properly speaking, the ruffed grouse. The Northern quail is the English and Southern partridge. The wild fowls brought so plentifully from the West to Eastern cities and called prairie fowls are a species of grouse. The methods of cooking all these birds are substantially the same. They should never be washed, but simply wiped with a damp towel, all shot being carefully picked out of the flesh with a sharp-pointed knife. Partridges are cooked in forty minutes and quail in ten.

ROASTED.

Clean, truss and stuff the birds the same as turkey, and bake until brown, basting often with butter and water. Thicken the gravy, and pour it over the birds.

BROILED.

Clean the birds and split them down the back. Sprinkle with salt and pepper, dust with flour to keep in the juices, and broil in a wire broiler, laying the inside to the fire first. When done, lay them on a warm dish, butter them on both sides, and serve. During the broil-

ing, if the breasts are quite thick, cover the broiler with a pan, and see that the fire is not too fierce. Broiled quail are considered very nourishing food for invalids.

PANNED.

Clean, and split the birds down the back. - Dip them quickly in cold water, and sprinkle with salt, pepper and flour. The water causes the seasoning to adhere more thickly to the meat. Place the birds in a small baking-dish, with the inside of each upward; place a small piece of butter in each bird, add a cupful of water, and roast in the oven, basting every five minutes after the first fifteen. Thicken the gravy, add salt and pepper, if necessary, and pour the gravy over the birds.

SMALL BIRDS.

Nearly all small birds are served with their heads on, these being skinned when the birds are cleaned. There is a difference of opinion among epicures as to the drawing of these birds, many cooking them undrawn. The English do not draw woodcock, regarding the trail as not the least delicious part of the bird; and some American housekeepers copy them in this respect. It seems, however, that in time the custom of eating entrails (a relic of barbarism) and of serving birds without first removing their heads will become obsolete.

SNIFE, ROASTED.

Clean and truss, but do not stuff the birds, and lay them in rows in a baking-pan; sprinkle with salt, and baste well with butter and water. When they begin to brown, which should be in ten minutes, cut as many slices

of bread as there are birds, round the slices, cutting off the crusts, toast them quickly, and butter lightly while hot. Slip a slice of toast under each bird in the baking-pan, and bake the remaining five minutes, basting the birds with melted butter. Place them on the platter, with the toast under them; then thicken what gravy there may be in the pan, adding a little water to it; and pour it over the snipe and toast. The largest snipe will not require more than twenty minutes cooking, if the oven is hot enough.

SNIPE, FRIED.

Clean the birds, and wipe them dry; tie the legs close to the body, skin the head, after picking the feathers off as near the head as possible, and tie the beak of each bird under one of its wings, tying also a thin slice of bacon around each breast. Place the birds in a frying-basket, and fry in plenty of hot fat until of a delicate brown. This should not take over five minutes if the fat is as hot as it should be. Season, and serve on toast.

WOODCOCK.

This is the most delicious of the small birds and may be roasted, panned or broiled the same as pheasants. Among epicures a favorite dish is known as

BARDED WOODCOCK.

Remove the crop, skin the head, and take out the eyes; scald the feet and legs, and skin them as high as the first joint. Draw the bird or not, as may be preferred. Sprinkle well with salt, and, drawing the head down

to the feet, wrap the bird in a thin slice of clear salt pork; run a skewer through to keep the pork, head and feet in position, and run from three to six birds on each skewer. Rub soft butter over the parts not covered by the pork, and dredge all with flour. Place toasted bread under each bird in the baking-pan, as described for roasted snipe, rest the ends of the skewers on the edges of the pan, place the latter in a very hot oven, and cook ten minutes—fifteen, if the oven is not extra hot. On removing the pan from the oven, draw out the skewer gently, slip each bird on its slice of toast, and serve very hot, pouring the gravy from the pan over all. Any small birds may be cooked in this way.

SMALL BIRDS, ROASTED IN POTATOES.

Halve sweet potatoes lengthwise, and scrape out the inside, making a place large enough in each half to hold half the bird. Clean and draw the birds, cutting off heads and legs, the same as directed for turkey. Place a piece of butter in each bird, season with salt and pepper, spread them with butter, and place them in the potato shells, tying a string around each potato to hold the pieces together. Roast in a baking-pan, and serve in the potatoes.

PIGEONS.

These are drawn, singed and roasted or broiled the same as chickens.

SQUABS.

Squabs are broiled or roasted whole the same as woodcock, and are very delicious when carefully prepared.

RABBITS.

The tame rabbit is rarely if ever eaten. The "old hare" of the South is the same as the rabbit of the North, and when fat and tender, may be made into a variety of dishes. The wild rabbit of America is almost equal in flavor to the English hare and may be dressed in the same way.

JUGGED RABBIT.

Have the rabbit skinned by the butcher, draw it, and wash quickly. Cut it into pieces and roll each piece in flour. Heat half a cupful of butter in a frying-pan, and put in the meat to brown well on all sides. Then remove the meat, and place it in a sauce-pan. Put in the fat in the frying-pan two table-spoonfuls of flour, stir until brown, add three cupfuls of water, cook ten minutes and pour the gravy over the meat in the stew-pan. Now add salt, pepper, a little spice and a small onion, uncut. Cover closely, simmer an hour and a-half, and add a table-spoonful of lemon-juice, a table-spoonful of mushroom ketchup (or any other kind that may be at hand) and four table-spoonfuls of sherry wine. Serve at once, and send with it to the table a dish of boiled rice. The wine may be omitted, but it adds greatly to the flavor.

FRICASSEED RABBIT.

This is prepared the same as fricasseed chicken, either white or brown.

FRIED RABBITS.

Cut the rabbits in pieces, as for fricassee, dip each piece in beaten egg and then in cracker dust, and fry brown in plenty of hot fat.

SQUIRRELS.

The large gray squirrel is seldom eaten at the North, but is much liked in the Southern States. Squirrels are cooked the same as rabbits, or are made into the popular dish known as

BRUNSWICK STEW.

This is named from a county in Virginia and is a favorite dish in that section of the country.

- Two large squirrels.
- One quart of tomato, peeled and sliced.
- One pint of butter beans or limas.
- One and one-half tea-spoonful of pepper.
- Two tea-spoonfuls of white sugar.
- One onion, minced small.
- Six potatoes.
- Six ears of corn, cut from the cob.
- One-half pound of butter.
- One-half pound of salt pork.
- One table-spoonful of salt.
- Four quarts of water.

Cut the squirrels in pieces, as for a fricassee. Add the salt to the water, and boil five minutes. Put in the onion, beans, corn, pork, potato, pepper and the squirrels. Cover closely, and stew two hours; then add the sugar and tomato, and stew one hour more. Ten minutes before removing the stew from the fire, add the butter, cut into pieces the size of a walnut and rolled in flour. Boil up again, adding more salt and pepper if needed, and turn into a tureen. This is to be eaten from soup plates.

VENISON.

The taste for this meat is certainly an acquired one, but there is much to recommend the cultivation of it, since venison is one of the most easily digested of meats. The meat should be of fine grain and nicely covered with fat. If the venison is young, the hoof will be but slightly opened; if old, the hoof will be wide open. Venison, like all game, is not usually fat enough, and is always enriched by larding, or by placing slices of fat salt pork or bacon over it. The fat and juices are sometimes kept in by a thick layer of flour paste. Venison should always be well wiped before cooking, as the hairs are often found clinging to the meat.

ROAST LEG OF VENISON.

Wipe carefully, and draw off the dry skin. Lard the lean side of the leg; then soften a quarter of a cupful of butter, rub it over the meat, and dredge with salt, pepper and flour. Lay the leg on the rack in the baking-pan, sprinkle the bottom of the pan with flour, place it in a very hot oven, and watch carefully until the flour in the pan is browned, which should be in five minutes. Add boiling water to cover the bottom of the pan, and after roasting fifteen minutes, baste the venison well, and repeat the basting every fifteen minutes until the meat is done, renewing the water in the pan as often as necessary. Should the meat be liked very rare, allow for a ten-pound roast, an hour and a-quarter of cooking; but most tastes require at least fifteen minutes longer than that. Serve with a gravy made from the juices in the bottom of the pan, the same as that for roast beef, send-

ing the gravy to table in a gravy-boat. Always serve currant jelly with venison. The oven must be very hot the first half-hour, and after that the heat may be lessened somewhat.

THE SADDLE OF VENISON.

The saddle is, perhaps, the most distinguished cut of venison and is roasted the same as the leg.

VENISON STEAKS.

These are broiled rare the same as beefsteak.

VENISON, ROLLED.

This is made the same as stuffed beefsteak.

Game should not be kept too long.

Venison may be hung three weeks in cold weather, but birds should rarely be hung longer than one week. If birds are to be kept many days, draw but do not pick them, place a piece of charcoal in the body, and sift powdered charcoal into the feathers.

VEGETABLES.

“Cheerful looks makes every dish a feast.”

MASSINGER.

WE need a large variety of vegetables in our food to promote perfect health. Vegetables are rich in saline substances, which counteract the evil effect of too much animal food; and those that contain starch and albumen and can be stored for use during the winter months are considered the most valuable. Peas, beans, squashes, beets and turnips, which contain sugar, should be slightly sweetened, as much of the natural sweetness is lost in the cooking. Those that contain potash salts, as cabbage and lettuce, need an acid condiment. When peas, beans and other vegetables are found difficult of digestion, they may often be eaten safely if made in the form of a purée.

All green vegetables should be freshly gathered, washed well in cold water, and cooked in freshly boiled water until tender, but no longer.

After water has boiled for a time, it parts with its gases and becomes hard; and most vegetables are better cooked in soft water. It is well known that split peas, dried beans and lentils will not boil soft in hard water. In some cases, however, the solvent power of pure soft

water is so great that it destroys the firmness, color and skin of some of the green vegetables, so that their juices pass out into the water. This is especially true of green peas and beans; and in such cases hard water is better than soft. A tea-spoonful of common salt added to every four quarts of water hardens it at once, while half a tea-spoonful of bi-carbonate of soda placed in the same quantity of water renders it soft. French cooks recommend half a tea-spoonful of ammonia for the latter purpose. Young, green vegetables, therefore, should be cooked in boiling salted water. Onions, if boiled in soft water, are almost tasteless, and no after salting can restore the sweet saline taste and aroma which they possess when boiled in hard (salted) water. If green vegetables are wilted, soak them for an hour in cold water. Do not add salt, as it hardens the tissues.

Peas, beans and lentils are the most nutritious of vegetable substances. They are said to contain as much carbon (heat-giving food) as wheat, and almost double the amount of nitrogen (muscle-forming food). Lentils are almost unknown in this country, except to the Germans, who use them for soup, which, though made entirely without meat, is most nutritious. Lentils afford the most concentrated form of vegetable diet, and in olden times their value was fully appreciated. Esau sold his birthright, we are told, for a mess of lentil pottage, and we read that the pyramids were built by men who lived on lentils, garlic and water. In the time of Pharaoh lentils were considered a dish to be served to persons of distinction. It is much to be deplored that we, as a people, do not use this vegetable freely.

Vegetables that have been stored in the autumn for

winter use become much wilted as the season advances. Carrots, turnips, potatoes, onions and cabbage that were crisp and delicate at first get strong-flavored as well as withered and dried. These should stand several hours in cold water before being cooked and should then be boiled in four times their quantity of water. Cooking in insufficient water will make them dark and give them a very unpleasant flavor.

Lettuce that has become wilted will brighten if laid in ice-water. Celery that seems unfit for use may be made quite fresh again by being laid in a pan of lukewarm water, which will then be set upon the ice, or outdoors, if the weather is cold, to gradually cool. When thoroughly cold the celery will be crisp and fresh. Celery that is so wilted that it may actually be tied in a knot has been revived most effectually by this method.

Rice, hominy and macaroni are wisely used as vegetables during the winter and early spring.

PROPER VEGETABLES TO SERVE WITH MEATS.

Housekeepers are often perplexed about the choice of a vegetable to accompany various kinds of meat and fish. In American families of moderate means the dinner seldom consists of more than three courses, and in very many cases there are but two, the meat and vegetables and the dessert. In such a dinner several kinds of vegetables may be used, whereas in a dinner of several courses only one or, at the most, two kinds of vegetables should be provided with each dish of meat or fish.

FISH.

With fish may be served potatoes and tomatoes in any form; also cucumbers, onions and green peas. If the fish is prepared with curry sauce as an accompaniment, rice should also be served; if dressed with a cream sauce, any kind of potatoes, except fried, will be appropriate. Fish is so delicate that a vegetable of pronounced flavor should never be served with it. Therefore onions should be made as dainty as possible by being boiled in a large quantity of water, which should be changed several times; they may then be drained and a cream sauce added. It used to be the fashion to serve nothing with fish, but bread, potatoes in some dainty form, and green peas are now always provided with it.

ROAST BEEF AND BEEFSTEAK.

These are the only meats that have not some really distinctive vegetable to accompany them. For this reason any variety may be served with them.

CORNERED BEEF.

There are some vegetables which appear almost indispensable with corned beef, such as potatoes, turnips, cabbage, beets and carrots. There are, however, several substitutes for cabbage, among them being spinach, beet greens, Brussels-sprouts, dandelions and lettuce; and Kohl-rabi may take the place of turnips. Parsnips and sweet potatoes are also good with corned beef.

MUTTON AND LAMB.

There may be about as great a variety of vegetables served with these meats as with beef, but roast lamb is

more frequently eaten with green peas and lettuce than with anything else.

PORK.

With roast pork may be provided white or sweet potatoes, squash, onions, turnips, carrots, okra, parsnips, tomatoes, spinach, cauliflower, Brussels-sprouts, Kohlrabi, salsify, rice or hominy. Always serve a dish of apple sauce with pork.

VEAL.

Roast or braised veal is most appropriately accompanied by young carrots, white turnips or spinach. Among other vegetables that are also often served with this meat are fresh peas, beans, asparagus, okra, tomatoes, dandelion, lettuce, parsnips, creamed cabbage, young beets or beet greens.

POULTRY AND GAME.

With boiled or roasted turkey or chicken should be eaten potatoes, cauliflower, turnips, stewed celery, onions, macaroni or parsnips. Game of all kinds should be so cooked and served that its natural flavor will be in no way disguised. For this reason the sauces and vegetables should combine in a pleasing way with the game flavor. Celery is always excellent and may be served plain, stewed, with a white sauce or with mayonnaise dressing. At a dinner of many courses it is customary to serve with the game a sauce, a salad—almost always an uncooked vegetable—and bread. Among the vegetables that are good with any kind of game are green peas, French beans, sweet potatoes, tomatoes either stuffed,

broiled or in a salad, white potatoes as croquettes or puffs or fried in balls, cauliflower cooked *au gratin*, and spinach *à la crème*; and some care for stuffed olives as an accompaniment of wild duck. Unless an olive sauce is used, olives may be served with this game, but they must be omitted if the sauce is provided. For roast goose the vegetables are not numerous. Onions and potatoes are considered necessary, and so is apple sauce. Sweet potatoes, squash, rice, turnips and beans are also appropriate with roast goose.

In arranging a bill of fare, avoid placing two similar vegetables in the same course. The common vegetables that are more or less alike may be classified as follows:

1. Cabbage, chicory, spinach, lettuce, endive, dandelion, cauliflower, beet greens, Brussels-sprouts.
2. Turnips, salsify, Kohl-rabi.
3. Squash, sweet potatoes.
4. Shelled peas and beans.
5. Rice, hominy, macaroni, white potatoes.

Thus, if squash be served, sweet potatoes should not appear in the same course; or if turnips be served, salsify should not.

POTATOES.

The potato is more generally used than any other vegetable. It contains but little muscle-forming food and is composed three-fourths of water, the other fourth consisting largely of starch. In the spring sprouts begin to grow at the expense of the starch, and if allowed to remain, they soon exhaust all there is of good in the potato; hence they should be removed as soon as they appear. The majority of housekeepers do not understand

the characteristics of this vegetable. It may be soaked in water for twelve or more hours before being cooked and will be improved rather than injured by the process, but let it stand in but little moisture after it is cooked and it will soon be spoiled. The starch in the raw potato does not unite with moisture, but as soon as it is cooked it absorbs water like a sponge. A good potato will be light and mealy when boiled or baked, but if the cooking be continued too long, the potato will become dark, heavy and strong-flavored. If potatoes are desired for warming over or for a salad, they should not be very mealy. New potatoes, being rather moist, are to be preferred for these two purposes; but potatoes that are to be used in either of these two ways, and that are usually mealy when boiled, may be greatly improved by taking them from the water when a little underdone.

BOILED POTATOES.

There are so many ways of boiling potatoes that it is really difficult to satisfy one's mind which is the best, each mode being good, provided it is properly followed. The French hold that by using too much water the flavor of the potatoes becomes seriously impaired, but American cooks always cover them well with water during the boiling. Select potatoes of uniform size, wash and scrub them well, and pare them or not, as may be desired. Potatoes that are not prime and have any indication of worm holes or decay should always be pared and these blemishes removed. Let the potatoes soak an hour in cold water, place them in a kettle, and cover with boiling water, adding a table-spoonful of salt to every eight potatoes after they have been boiling fifteen minutes.

They should boil only moderately, else the outside will be broken before the center is cooked, which never happens except when the boiling has been too strong. Potatoes should be done in thirty-five minutes. When tender, pour off all the water, and set the kettle on the back part of the range, with the cover half off to let the steam escape. Serve very hot. If the potatoes are to be kept any length of time, cover the kettle with a folded towel after pouring off the water.

MASHED POTATOES.

Pare the potatoes carefully, and boil as above directed. If they are very mealy when done, drain the water from them and mash at once. If they do not seem mealy, set them for a moment with the cover off the kettle, and they will soon be ready for the mashing. Mash them well, and to every quart of potatoes add

One table-spoonful of butter.

One table-spoonful of salt.

One-half tea-spoonful of pepper.

Hot milk or cream to moisten.

Mash the potatoes in the kettle in which they were boiled, beat them with a fork or spoon until light and creamy and turn out lightly in the warmed serving dish. Do not smooth the potatoes, as that will make them compact and heavy. By using the masher illustrated on page 32, potatoes may be made very light.

BAKED POTATOES.

As the potato contains potash, which is an important constituent of the blood and is freely given off in the

water in boiling, potatoes are much more wholesome when baked. Wash them well, place them in a baking-pan, and bake in a quick oven for from thirty to forty-five minutes. As all ovens do not bake alike, it is impossible to give the exact length of time required. Shake the pan at the end of twenty minutes to turn the potatoes. When they may be mashed in the hands they are done. Do not pierce them with a fork, as that allows the escape of the steam and makes the potato heavy; and serve as soon as baked for the same reason.

PRINCESS POTATOES.

One pint of mashed potatoes.
One table-spoonful of melted butter.
One egg, well beaten.

Cut the potato into strips two inches long, one inch wide and half an inch thick; or, if hurried, the potatoes may be made into flat balls half an inch thick. Dip the strips or balls first into the melted butter and then into the egg, and lay them with a knife in a lightly buttered tin pan. Cook in a hot oven for twelve minutes, and serve.

POTATO FRITTERS.

Five cold boiled potatoes.
Five table-spoonfuls of flour.
Two eggs.
One-half cupful of milk.
One tea-spoonful of baking powder.
One tea-spoonful of salt.

Grate the potatoes. Mix the flour, baking powder and salt well together, and add the potato, mixing as lightly as possible. Add the milk, and the eggs, well beaten.

Have ready a kettle containing boiling lard to the depth of three inches. Drop in the mixture by spoonfuls, and fry eight minutes. Drain well, and serve. The fat should be so hot that blue smoke rises from the center of the kettle.

CREAMED POTATO, WITH PARSLEY.

- One quart of potatoes.
- One tea-spoonful of flour.
- One tea-spoonful of salt.
- One-quarter tea-spoonful of pepper.
- One pint of milk.
- One table-spoonful of butter.
- One tea-spoonful of chopped parsley.

Use for this purpose cold boiled potatoes, chopped rather coarsely and measured after chopping. Put them in a stew-pan with the flour, salt and pepper, and when the whole is well mixed, add the milk. Set the stew-pan in another containing boiling water, and cook until the mixture is boiling hot, usually fifteen minutes. Then add the butter and parsley. Take the stew-pan from the water, and set it where the potatoes will boil up once; then add more salt and pepper, if needed, and serve.

OMELET OF POTATO.

- Nine potatoes of medium size.
- One-third tea-spoonful of pepper.
- One-half a cupful of hot milk.
- Three table-spoonfuls of butter.
- One table-spoonful of salt.

Pare the potatoes, boil and mash them until fine and light, and add salt, pepper, two table-spoonfuls of the butter, and gradually the hot milk, beating all the

time. Put the remaining spoonful of butter in a large frying-pan, and when it is hot, turn in the potatoes, spreading them smoothly. Cover the pan and set it where its contents will brown slowly and evenly. When done (generally in about ten minutes), fold the potatoes the same as an omelet, turn them out upon a hot dish, and serve.

POTATOES *au Gratin*.

One quart of cold potatoes.
Two table-spoonfuls of butter.
One table-spoonful of flour.
One pint of milk.
One tea-spoonful of chopped parsley.
Salt and pepper to taste.

Heat the butter, and add the flour. When the mixture is smooth and frothy, draw the pan to a cooler part of the range, and add the milk gradually and then the salt and pepper. Butter a granite-ware or stone-china platter, and spread upon it the cold potato cut into cubes. Season with salt and pepper, and sprinkle with the parsley. Cover the potatoes with the cream sauce, and bake in the oven for twelve minutes. The cubes should be slightly browned when served.

POTATO BALLS.

These are generally served with fish. With a vegetable scoop, cut two quarts of balls out of raw potatoes, boil them twelve minutes, and drain. Add to them

One tea-spoonful of lemon juice.
One-half tea-spoonful of salt.
One quarter tea-spoonful of pepper
One table-spoonful of parsley.
Three table-spoonfuls of butter.

Chop the parsley fine, stir all the seasoning into the balls, and serve at once.

POTATOES ROASTED WITH MEAT.

This is a favorite way of cooking potatoes when veal, pork or beef is to be roasted. They should not, however, be dry, hard and pale-colored, but soft and well browned. The potatoes should not be small, else they will bake dry and crusty. Pare the potatoes, boil them fifteen minutes, and drain well. Then place them in the baking-pan with the roast, and cook for forty-five minutes, turning them often and basting with the gravy from the roast. Serve them arranged about the meat. Some cooks do not parboil the potatoes before putting them in the pan, but the result is not so successful, especially when beef is roasting, which requires so much less time for cooking than either veal, pork or mutton.

STUFFED POTATOES.

Bake potatoes of equal size, and when they are done and still hot, cut a small piece from one end of each and carefully scoop out the inside, leaving the skin unbroken. Mash the potato well, seasoning it with plenty of butter, salt and pepper; then return it with a small spoon to the skins, leaving the potato protruding about an inch beyond the skin. Set the potato on the opposite end, crushing it a little to make it stand firmly. When enough skins are filled roughen the potato that projects above the skin with a knife or a fork, and place the potatoes in a very hot oven to lightly brown the top. They should look when done like baked potatoes burst open.

SARATOGA CHIPS.

It requires a little plane or vegetable cutter to slice potatoes intended to be cooked in this way. Ripe, new potatoes are to be preferred if they can be obtained. Pare the potatoes, and shave them with the cutter into slices thinner than a wafer. Place the slices immediately in ice water, cutting them over a bowl of ice water, if it can be done conveniently, so the slices will reach the water without any delay. Let them soak ten minutes, take out a few slices at a time, and dry them well with a soft towel. Have ready a kettle of boiling hot lard, throw in the slices, a few at a time, and stir them with a skimmer or spoon, to keep them separated. The potatoes must color quickly, but the fat must not be so hot as to give them a dark appearance. When of a light-brown, take them out, and place them on a piece of soft brown paper in a colander; dredge with salt and set them in the open oven to keep warm while the rest of the chips are frying. Turn the first lot from the colander into a hot dish, skim out the second frying and place them in the colander; and so continue until all are fried. Two potatoes fried in this way will make a large dishful, and they may be served cold if desired. Saratoga Chips make a convenient dish for a company dinner, as they may be made early in the day; but they must be kept in a dry place that the slices may remain crisp and nice. They also make a pretty garnish around game or meat of any kind. In the large cities they are sold by the pound, already fried and put up in neat boxes.

FRENCH FRIED POTATOES.

These potatoes must be served the moment they are

ready. They are sliced rather thin or else cut with a vegetable spoon or into blocks or rhomboidal shapes. Let the pieces stand one hour in cold water. Have ready a frying-pan of very hot lard, dry the slices of potato quickly on a towel, and drop them into the lard. Take them out with a skimmer when done, and place them in a colander set on a tin plate in the open oven, to keep warm while the rest of the potatoes are frying. When all are done, sprinkle with salt, and serve very hot. When intended to garnish boiled or baked fish, the potatoes are cut in rather thick slices and then formed into pretty shapes with the vegetable cutter.

FRIED POTATOES.

Cut cold boiled potatoes into slices a quarter of an inch thick, and fry them in a frying-pan in a very little lard, browning both sides of the slices. Add more lard as needed, and season the potatoes with salt and pepper after frying.

POTATO PUFF.

Two cupfuls of cold mashed potato.

Two eggs.

Salt and pepper to taste.

Two table-spoonfuls of butter.

One tea-cupful of milk.

Mash the potato well, and add the butter when melted. Stir to a white cream, and add the eggs beaten very lightly, and then the milk and the seasoning. Beat all well together, and bake in a deep dish until nicely browned. The potatoes should come from the oven light and puffy.

LYONNAISE POTATOES.

- One pint of cold potatoes.
- One table-spoonful of butter.
- One table-spoonful of minced onion.
- One table-spoonful of chopped parsley.
- Salt and pepper to taste.

The potatoes should be rather underdone to produce the best results. Cut them into dice, and season with salt and pepper. Fry the onion in the butter until yellow, add the potato, and stir with a fork until both are of a nice brown, being careful not to break the potatoes. A little more butter may be required, as no vegetables absorb so much butter as potatoes. When done, turn the potatoes out upon a hot dish, sprinkle the parsley over the top, and serve hot.

TO COOK SMALL NEW POTATOES.

It is often a question what to do with new potatoes that are very small. They are delicious cooked as described below, and for this purpose the smaller they are the better. Soak them one hour in cold water; then rub off the skin with a coarse cloth, put them on the fire to boil, and when tender remove them from the fire and drain well. Then add to the potatoes enough milk to nearly cover them, and heat it to boiling. When the milk is hot, stir in one table-spoonful of butter rubbed to a cream with one table-spoonful of flour. Stir well to prevent the potatoes sticking to the stew-pan, being careful not to break them; and add salt and pepper, and more butter, if desired. Serve hot in a deep dish. The milk should be a thick cream and will prove a fine accompaniment for the potatoes. If preferred, the milk may be

heated in a farina kettle and thickened while the potatoes are draining, adding the latter when the gravy is ready. None of the potatoes should be larger than a small egg.

SWEET POTATOES.

These may be baked, boiled or fried the same as the white variety, but they are much to be preferred baked. It is well known that sweet potatoes are much richer when twice cooked, and in the South they are more frequently cooked twice than once. They are boiled in their "jackets," and when nearly done, are drained and peeled and are laid in a small baking-tin; a piece of butter is then spread on each potato and a tea-spoonful of sugar scattered over it, and all are baked until of a rich brown color. The potatoes may be cut in two pieces if very large. Sweet potatoes are roasted with meat the same as white potatoes; and in the South they are often mashed, placed in a baking dish and browned in the oven.

ESCALLOPED SWEET POTATOES.

This dish makes a nice entrée for dinner and is also appropriate for breakfast.

Three pints of cold boiled sweet potatoes.

One-third cupful of butter.

One-quarter cupful of boiling water.

One tea-spoonful of salt.

One-quarter tea-spoonful of pepper.

Three tea-spoonfuls of sugar.

Slice the potato, and sprinkle with the salt and pepper. Butter a large, shallow dish, and spread the potato in it, making a layer not more than an inch thick. Melt the

butter in the water, and add the sugar. Sprinkle one quarter of this liquid over the potato, and set the latter in a hot oven. In ten minutes sprinkle another quarter of the liquid over the potatoes, and repeat this twice more at intervals of ten minutes. After the last sprinkling, bake ten minutes (making forty in all), and serve hot.

ARTICHOKE.

The artichoke has in the past been very little used in America and its value has not been understood; but it is now becoming more popular. It belongs to the thistle family, the flower being picked before it opens. In England and France artichokes may be purchased for three or four cents each, but in the Northern markets of the United States they range in price from twenty to forty cents apiece; in the South they are somewhat cheaper. Artichokes when bought should be green and crisp, for if the leaves are brown and dry it is a sign that the vegetable is old and stale. The small green heads are to be preferred to the large ones that have leaves with dark and broken edges. When small and tender, the artichoke may be served raw as a salad. It consists of three parts, the bottom, leaves and choke. The choke is not eaten and may be removed or not, as preferred. If it is to be removed, cut out the stem and save it; then with the point of a sharp knife cut around the base of the choke and draw the latter out. Cut across the top of the artichoke to trim it. Then wash it and soak it for half an hour in salted water, using one table-spoonful of salt to two quarts of water. It will then be ready to cook.

BOILED ARTICHOKE.

After removing the choke and soaking as directed, press the stem back into the head, lay the whole in a kettle and cover with boiling water, adding one tea-spoonful of salt and two of lemon juice for every two quarts of water. Boil gently for half an hour, if the vegetable is young—ten minutes longer, if old. Then take the artichoke from the water and drain. Serve hot with Bechamel sauce or sauce Hollandaise (see "Sauces"), pouring the sauce around the artichoke or serving it separately. When eating this vegetable, break the leaves off with the fingers and dip the base or fleshy end in the sauce. When the heads are small, one is provided for each person at table; but when they are large or expensive, they may each be cut in two.

ASPARAGUS, STEWED.

Break the stalks in inch lengths, placing the tough ends that are not fit to serve on a plate by themselves; and wash all well. Tie the tough pieces in a piece of cheese-cloth, and lay them with the tender asparagus in a kettle, with enough slightly salted water to just cover. Close the kettle, and stew slowly until the asparagus is tender, usually thirty minutes; the water should be diminished by this time to a quantity just sufficient to keep the asparagus from burning. Remove the cheese-cloth and throw away its contents; season the remaining asparagus with butter, salt and pepper, and serve at once.

The tough stalks, which are usually thrown away, will be found to impart considerable sweetness to the juices

in the kettle ; and by tying them in the cloth, they may be readily taken out when no longer required.

CREAMED ASPARAGUS.

Cook as directed in the preceding recipe, boiling the water down until not more than a cupful remains. To this add one cupful of cream or milk, and thicken with a table-spoonful of flour rubbed to a paste with a little cold milk. Add butter, salt and pepper to taste, and serve at once.

ASPARAGUS ON TOAST.

Tie the stalks in a bundle, tying it in two places, and keeping the heads all one way ; then cut off the tough stalks, making those that remain of uniform length ; and boil the latter slowly until tender in slightly salted water. While they are boiling, prepare some thin slices of toast. Lift the asparagus from the water with two forks, lifting it by the strings, and lay it on a platter. Dip the toast very quickly in the water the asparagus was boiled in, butter it lightly, and lay it on the serving dish. Distribute the asparagus evenly over the toast, heaping it neatly. Butter generously, season with salt and pepper, and serve. A sauce is sometimes poured over the whole, and may be made as follows :

One-half pint of asparagus water.

One table-spoonful of flour.

One table-spoonful of butter.

Salt and pepper to taste.

Heat half a pint of the water the asparagus was boiled in, and stir into it, when boiling, the flour and butter

rubbed to a cream. Add salt and pepper, and pour the sauce over the toast and vegetable. Some cooks serve sauce Hollandaise on the asparagus. (See page 138.)

ASPARAGUS IN AMBUSH.

One quart of asparagus tops.
Nine stale breakfast rolls.
Salt and pepper to taste.
One pint of milk.
Four eggs (yolks).
One table-spoonful of butter.

Wash the tops, boil them fifteen minutes in slightly salted water, and drain. Cut the tops off the rolls, take out the crumb, and set them in the oven to crisp, laying each top by the roll from which it was cut. Heat the milk in a double boiler, and when boiling, add the beaten yolks, which have been thinned with two table-spoonfuls of milk or water. Stir two minutes until the liquid is like cream, add the butter, salt and pepper and the cooked asparagus, and remove at once from the fire. Take the rolls from the oven, and fill them with this mixture, put on the tops, and serve hot. The asparagus should not be cold when put in; the preparation should be so timed that the rolls and asparagus will be ready at the same time.

LIMA BEANS.

If the green beans are used, put one pint of them into just enough boiling salted water to cover, and boil slowly until tender. This will take about an hour, if they are cooked slowly enough. Drain off the water, and add one cupful of milk or cream, a small piece of butter and salt and pepper to taste. Let the beans simmer a mo-

ment in the milk, and serve. If dried limas are used, they should be soaked twelve hours in plenty of cold water; and when boiled, half a tea-spoonful of soda should be added to the water.

CREAMED LIMA BEANS.

It is well known that much of the sweetness of lima beans is lost in the water that is drained from them after boiling. This flavor will all be saved by cooking them as follows: Place the beans in a double boiler, or in a tin pail set in a kettle of water. Cover them with milk, close tightly the vessel containing the beans, and boil the water in the under vessel for one hour. The milk will be found deliciously strong of the bean flavoring. Season with salt, butter and pepper, and serve. If the boiler is tightly covered, the milk will not be too much reduced.

STRING BEANS.

Break off a little from each end of the pods to remove the strings, break the pods into inch lengths, and place them in a kettle with just enough water to cover. Add half a dozen strips of salt pork, cover the kettle, and cook slowly for one hour. The water by this time should be nearly all evaporated. Season with a little salt and pepper, and serve, the strips of pork being also placed in the dish. Serve a piece of the pork with the beans to each person at table.

STRING BEANS IN MILK.

After removing the strings, boil the beans in plenty of salted water for one hour. Drain, add milk to nearly cover them, and heat. When boiling, stir into the milk

a little flour made into a paste with a small quantity of cold milk, using enough flour to make the milk creamy. Boil two minutes, stirring all of the time; add butter, salt and pepper to taste, and serve hot.

BAKED BEANS. (See pages 197, 198.)

BEAN SOUP. (See page 92.)

BEETS.

Wash the beets carefully, but do not cut or scrape them nor remove any of the small roots at the bottom. If the skin is broken before cooking the flavor and color are much impaired by the water. Some cooks even recommend boiling them without being washed at all, and this plan may be followed by those who care to go to that extreme. Boil the beets in plenty of water. Young beets will cook tender in one hour, but through the winter months four hours will be found none too long. When tender, throw the beets into a pan of cold water, and quickly rub off the skin with the hands; then slice them, add salt and pepper and plenty of butter, and serve hot. Should the beets be tough and withered, soak them for twenty-four hours in plenty of cold water before trying to cook them; then boil them four or six hours very slowly. In the late winter when old beets are alone to be had, this will be the only way in which they can be boiled tender, and even this will sometimes fail. The cold beets left over may be covered with vinegar and used as pickles.

BRUSSELS-SPROUTS.

Pick off the dead leaves from the sprouts, soak the latter in cold water for half an hour, wash them, and put

them on the fire in plenty of slightly salted boiling water. Boil until tender, thirty minutes being usually long enough. Drain off the water, and place the sprouts in a frying-pan, adding for every quart of them when uncooked,

Three table-spoonfuls of butter.

One table-spoonful of salt.

One tea-spoonful of sugar.

One tea-spoonful of flour.

One-quarter tea-spoonful of pepper.

Shake the pan over the fire until the sprouts become slightly colored; then turn them into a warm dish, and serve. Brussels sprouts may also be cooked in milk the same as string beans. (See page 259.)

CABBAGE WITH CORNED BEEF.

Cut the cabbage, if large, into quarters, and soak it one hour in cold water. Add it to the boiling corned beef an hour and a quarter before serving-time, and let both boil very slowly. When tender, lift out the cabbage with a skimmer into a colander, to drain; remove the stump of the cabbage, and with a knife slightly chop the leaves. Add pepper, and salt also if the beef is not too salt. Press out all the water possible from the cabbage, and serve on a warm dish or around the corned beef, as may be desired.

CABBAGE IN MILK.

Chop the cabbage fine, having soaked it for one hour before chopping. Boil until tender in plenty of water, usually forty-five minutes if the boiling is slow. Drain well, cover with milk, and when hot, thicken to a cream

with a little flour rubbed to a smooth paste with a small spoonful of butter. Boil one minute, stirring well; add salt and pepper, and serve. This is the most delicate way of cooking cabbage.

CABBAGE HOT SLAW.

Chop the cabbage fine, after soaking it one hour in cold water; and place it in an iron kettle with a cupful of vinegar. Cover the kettle and set it where the cabbage will slowly stew for two hours, stirring often, and adding a little more vinegar as that in the kettle evaporates, but keeping only enough moisture in the kettle to keep the cabbage from burning. Should the vinegar be very strong, weaken it with a little water. When the cabbage is tender, add a little butter, salt and pepper, and serve hot. The slaw, when cooked, should be of a delicate pinkish shade. It requires constant attention while cooking.

CABBAGE SALAD. (See Salads.)

CARROTS.

Scrape and wash the carrots, and cut them in slices. Boil them one hour in plenty of water; then drain off all but half a cupful of the water, and add to the carrots one tea-spoonful of sugar, and one of salt. Boil rapidly until the water is all evaporated. Cover the carrots with milk, and thicken this to a cream with a little flour wet to a smooth paste with cold milk. Add butter, salt and pepper to taste, and serve hot.

Carrots may also be cooked the same as beets, adding butter, salt and pepper after draining off the water, and serving them after heating thoroughly. Or they may

be boiled whole with corned beef, and served as a garnish around the meat. It improves their appearance to cut them into half-inch slices and then shape them with the tin cutters.

BOILED CAULIFLOWER.

Remove the outer green leaves, cut off the stem close to the flower, and wash well. Put the cauliflower head downward in cold water, and let it soak for an hour, to draw out any insects that may be there and to freshen the flowers. Unless very large, do not cut it; but if it must be cut, quarter it neatly. Tie it in a piece of coarse tarleton or cheese-cloth to prevent breaking, and place it in a granite-ware stew-pan or a porcelain-lined kettle, with plenty of slightly salted, boiling water. Cover, and simmer half an hour, if the vegetable is of moderate size. When done, remove any scum that may have arisen, lift the cauliflower carefully from the water, drain well, take it from the cloth, and place it stem downward in the serving dish. Pour over it a sauce made of

Two table-spoonfuls of butter.

One table-spoonful of flour.

One-half tea-spoonful of salt.

One scanty pint of milk.

Beat the butter and flour to a cream, and pour over them the boiling milk. Add the salt, and boil for five minutes, stirring all the time. Sprinkle half a tea-spoonful of salt over the cauliflower before pouring on the sauce.

BAKED CAULIFLOWER.

Boil the vegetable tender as directed in the preceding recipe, drain well, remove it from the cloth, and tear the

clusters or flowers from the stem. Place a layer of these clusters in a baking dish. Have ready a sauce made of

Two table-spoonfuls of butter.
One table-spoonful of flour.
One pint of milk.
Salt and pepper to taste.

Heat the butter, add the flour, and when the mixture froths and is smooth, add the milk and seasoning. Moisten the layer of cauliflower in the baking-dish with a few spoonfuls of this sauce, and sprinkle over it some grated cheese, using the latter according to taste. Then arrange another layer of the cauliflower, add the rest of the sauce, and sprinkle thickly with cheese and bread crumbs. The dish will require about half a pint of crumbs and two table-spoonfuls of cheese, or more, if a strong flavor is desired. Bake twenty minutes, and serve in the same dish.

CORN.

GREEN CORN, BOILED.

The time needed to cook corn varies with its age and freshness. Tender corn should cook in fifteen minutes, merely simmering for that length of time; but old corn often requires half an hour. Corn may be boiled either with or without the husk. If without the husk, strip off all of this outer covering, and remove every particle of the silk. If the husk is to be left on, strip off the outer leaves, turn back the innermost covering of two or three leaves, pick off all the silk, and re-cover the ear with the leaves turned back, tying it at the top with a bit of thread. Place the corn in a stew-pan, and cover it with

boiling water, but do not add salt, as this would harden the corn. When done, remove it from the fire, spread a napkin on a flat dish, and lay the corn upon it, drawing the ends of the napkin up so as to cover the corn; serve at once. When boiled in the husk, drain the corn well before serving, and break each cob from the stem; send to the table in the napkin, but do not remove the husks.

HOW TO EAT GREEN CORN.

Score every row of kernel with a sharp knife; then butter the corn lightly, dust it with salt, and with the teeth press out the center of the grains, leaving the hulls on the cob. It is usually considered inelegant to eat corn from the cob, but this method is the least troublesome.

GREEN CORN, STEWED.

This will be found a satisfactory way of cooking corn that is a little past its prime or is withered. Husk, and boil the corn for ten minutes. As soon as it has cooled enough to handle, draw a sharp knife down each row of kernels, press the pulp from the hulls with the back of the knife, place it in a stew-pan, and to every pint add

- One-half tea-spoonful of salt.
- One-half tea-spoonful of sugar.
- One-quarter tea-spoonful of pepper.
- One table-spoonful of butter.
- Three-quarters cupful of cream or milk.

Let the whole simmer for ten minutes, and serve very hot. Any corn that may be left over from some other meal may be cut from the cob and cooked in this way.

CANNED CORN.

Place a pint of corn in a stew-pan, and add seasoning and milk the same as given in the preceding recipe, omitting the butter. Simmer ten minutes, add the butter, and serve.

CORN PUDDING.

- One dozen large ears of corn.
- Four eggs.
- One tea-spoonful of salt.
- One-quarter tea-spoonful of pepper.
- One pint of milk.
- One table-spoonful of butter.
- One table-spoonful of sugar.

Grate the corn from the cob. Beat the whites and yolks of the eggs separately; add the yolks to the corn, then the melted butter, then the milk, sugar and salt, and lastly the beaten whites, stirring continually. Bake very slowly for an hour and a-half, covering the dish until the last twenty minutes, when the cover should be removed and the pudding browned nicely. Serve with roast meat of any kind. This can also be made of canned corn, which must be chopped very fine before using.

SUCCOTASH.

This is made of green corn and Lima beans, although string or butter beans may be used. Cut the corn carefully from the cob, and to each pint allow

- One pint of Lima beans.
- One-half pint of cream or milk.
- One table-spoonful of butter.
- Salt and pepper to taste.

Cover the beans with boiling water, and cook for thirty minutes. Drain off the water, add the corn and the milk or cream, and stew slowly for fifteen minutes, or longer, if the corn is old; then add the seasoning, and serve. In winter, if dried corn and beans are used, soak both separately over night. In the morning cover the beans with fresh water, and boil them very gently for two hours. Do not drain the water from the corn, but set the pan containing it on the back of the range where it will be well warmed without boiling, while the beans are cooking. When the beans are tender, drain and add them to the corn; both should then have only water enough to about cover them. Cook slowly for twenty minutes, and drain off some of the water until there is not more than two-thirds of a cupful left; then add the milk and seasoning. Succotash may also be made of canned corn and beans.

CORN AND TOMATOES, STEWED.

Take equal quantities of green corn cut from the cob and of sliced, peeled tomatoes, and stew them for half an hour. Season with pepper, salt and butter, stew fifteen minutes longer, and serve hot.

CORN AND TOMATOES, BAKED.

Use equal quantities of *cooked* corn cut from the cob, and *raw* tomatoes peeled and sliced, adding to a pint of each

- One table-spoonful of salt.
- Three table-spoonfuls of butter.
- One-half pint of bread-crumbs.
- One-half tea-spoonful of pepper.
- One tea-spoonful of sugar.

Mix the seasoning with the corn and tomatoes, and pour all into a baking dish. Spread the crumbs over the top, dot them with the butter, and bake half an hour. This is a satisfactory way of utilizing corn that has been left over from dinner.

CORN SALAD OR *Fetticus*.

This is used as a salad, being very delicate when so prepared; or it may be washed and cooked the same as spinach, which it much resembles.

CORN FRITTERS, NO. I.

One pint of grated corn.
One egg.
One-half cupful of milk.
One tea-spoonful of melted butter.
Two tea-spoonfuls of baking powder.
Salt and pepper to taste.
Flour to thicken.

Grate the corn from the cob. Beat the egg well, and add it to the corn, and also the milk, melted butter, salt and pepper. Stir the baking powder into a little of the flour, and add it to the corn, stirring in enough flour to make a rather thick batter. The fritters are fried upon a griddle like batter-cakes, a table-spoonful of the batter being used for each fritter. Canned corn may be used when the fresh is not to be had. Chop this corn very fine, and add two-thirds of a cupful of milk to each pint used, the quantity of milk being thus slightly increased, because the canned corn is not so moist as the fresh. The above-mentioned quantities are sufficient for six persons. Corn fritters are very nice served for luncheon.

CORN FRITTERS, NO. 2.

One can of corn.
One-half cupful of milk.
One table-spoonful of sugar.
One table-spoonful of melted butter.
Two table-spoonfuls of flour.
Two eggs.
Salt to taste.

Chop the corn as fine as pulp, and add the rest of the ingredients to it. Should there be but one egg at hand, much more flour should be used to make the batter stiff enough. Fry as griddle-cakes, and serve hot.

CELERY.

Wash and scrape the stalks, and only use for the table that which is white or but slightly green. Cut off the green leaves, retaining the blanched ones that grow nearest the heart. Lay the celery in cold water for one hour before serving, and send it to table on a low, flat dish, the high celery glasses being out of date. For the method of freshening celery, see the general remarks on vegetables on page 239. The parts not used on the table may be served as a salad or may be cooked.

STEWED CELERY.

Wash the stalks clean, cut them into inch-long pieces, and soak an hour in cold water. Drain, and place the celery in a stew-pan, with boiling water to cover; and let it simmer slowly half an hour, by which time the water should be so reduced as to measure not quite half a cupful. Add a cupful of cream or milk, and when the liquid boils, thicken it to a cream.

with a little flour rubbed smooth in a table-spoonful of butter. Add salt and pepper, and serve.

STEWED CELERY WITH BROWN SAUCE.

Boil the celery as directed in the preceding recipe. Heat a table-spoonful of butter in a frying-pan, and when of a dark brown add a table-spoonful of flour. Stir until the paste is smooth and quite dark. Then drain the celery, and add to the butter and flour half a pint of the water in which it was boiled. When the sauce boils, season it with salt and pepper, pour over the celery, and serve.

CUCUMBERS.

CUCUMBERS, RAW.

Pare the cucumbers neatly from end to end, and lay them in ice-water for an hour; then wipe them dry on a towel, and slice thinly. Serve plainly at table, allowing each person to season to taste with salt, pepper, oil and vinegar. Or each cucumber may be cut in four pieces from end to end, and these may be served upon a long dish with cracked ice. When prepared in this way, they are dipped in salt and pepper and eaten from the fingers.

STEWED CUCUMBERS.

Pare and quarter the cucumbers and remove the seeds. Place a table-spoonful of butter in a frying-pan, add a small onion cut in slices, and fry until brown; then put in the cucumbers, and fry them until of a light brown. Remove them from the pan, and add to the gravy a table-spoonful of flour, mixing until smooth.

Pour in half a pint of stock or water, stirring continually, and add salt and pepper to taste. Now return the cucumbers to the pan and stew gently for twenty minutes. Serve on toasted bread.

FRIED CUCUMBERS.

Pare the vegetables, and lay them in ice-water half an hour. Cut them into lengthwise slices nearly half an inch thick, and lay them in ice-water fifteen minutes longer. Wipe each piece dry, sprinkle with salt and pepper, dredge with flour, and fry to a delicate brown in lard or sweet drippings. Many declare this to be the only wholesome method of preparing cucumbers.

STUFFED CUCUMBERS. (AN *Entrée*.)

- Six good-sized cucumbers.
- One-half cupful of chopped veal.
- Four table-spoonfuls of milk.
- Three table-spoonful of bread-crumbs.
- One egg.
- One-half tea-spoonful of salt.
- One-eighth tea-spoonful of pepper.
- One-eighth tea-spoonful of thyme.
- One-quarter tea-spoonful of onion juice.
- One tea-spoonful of butter.
- One and a-half pint of chicken or veal stock.

Pare the cucumbers lightly, cut off the ends, and cut each cucumber in two pieces crosswise. Remove the seeds with an apple corer, lay the cucumbers in slightly salted water, and set them in a cool place. Chop the veal fine. Place the milk and bread-crumbs in a saucepan, and cook slowly ten minutes, or until a smooth paste is formed. Add to this the rest of the ingredients,

and mix well with the veal. Take the cucumbers from the water, wipe them dry, and fill them with the mixture, packing it solidly. Lay them in a stew-pan, and pour over them the chicken or veal stock, or the same quantity of water if there is no stock, adding a table-spoonful of butter in case water is used. Add a bay-leaf also, and salt and pepper to taste, and let the cucumbers simmer forty-five minutes. When it is time to serve, place the cucumbers on thin strips of toast, and pour over them a sauce made of the following ingredients :

Three table-spoonfuls of butter,
One table-spoonful of flour.
One table-spoonful of lemon juice.
One cupful of veal or chicken stock.
One-half tea-spoonful of salt.
One-quarter tea-spoonful of pepper.
One slice of carrot.
One slice of onion.
One sprig of parsley.
One clove.
One bay-leaf.
A grating of nutmeg.

Simmer all these together twenty minutes, adding the lemon-juice last. Strain the sauce, pour it over the cucumbers, and serve. If there is no stock, use in its place the liquid in which the cucumbers were boiled.

DANDELIONS.

These are not fit to eat after they blossom, as they then become bitter and stringy. Cut off the roots, pick the greens over carefully, and wash them well in several waters. Place them in a kettle, cover with boiling,

salted water, and boil slowly for an hour. When done, lift them into a colander, press them to drain out all the water, and chop coarsely; then add a table-spoonful of butter, and salt and pepper to taste, and serve. Dandelions are sometimes boiled with corned beef, the same as cabbage. They are eaten with a little vinegar sprinkled on each dishful.

EGG-PLANT.

Cut the egg-plant in slices a-quarter of an inch thick. Pare the slices, and lay them in *very* strong salt water, placing a plate on top to keep them under the brine; and let them soak thus at least two hours. Drain, wipe each slice dry, dip it in beaten egg and then in cracker-crumbs seasoned with salt and pepper, and fry in hot lard until well done and nicely browned. Egg-plant belongs to the same family as potatoes and tobacco, all of which contain a bitter juice, more or less poisonous. This should be soaked out of the plant before using, or it will be a decided failure. There is no vegetable in the preparation of which the cook is less certain of success than egg-plant, for often after every precaution has been taken it will be too bitter to be eaten. Another way of removing this bitterness is to pour boiling salted water on the slices and let them remain in it an hour before frying. Egg-plants should be fresh and glossy-looking when purchased, else there can be no possible chance of their success in whatever way they may be cooked.

STUFFED EGG-PLANT.

Cut the plant in two parts lengthwise, and scoop out the meat, leaving the rind about half an inch thick, that

the shape may be firm. Chop the pulp fine, season it with salt and pepper and a table-spoonful of butter, and cook in a frying-pan for ten minutes, stirring well; then add a scanty half-cupful of water and a cupful of bread-crumbs. Sprinkle the interior of the shells with salt and pepper, and fill them with the mixture. Spread a cupful of crumbs on the surface of the mixture, place the two pieces of plant in a baking-dish or deep pan, and pour enough hot water into the pan to come half-way up the sides of the plant. Bake an hour, and serve hot on a napkin. The egg-plant will be found very delicate, and it may be served either as a vegetable or an *entrée*.

ENDIVE.

This vegetable is used as a winter salad and is generally dressed with celery or boiled beets, and garnished with hard boiled eggs and a salad dressing poured over all. It may also be cooked as in the following recipe.

CREAMED ENDIVE.

Wash the endive carefully, and pick off the outer green leaves, leaving only the white part. Boil until tender, drain well, return it to the kettle, and nearly cover with milk. When the milk boils, thicken it with a little flour stirred to a paste with a small quantity of cold milk, season with butter, salt and pepper, and serve.

KALE.

This is cooked and served the same as spinach; or it may be tied in a bundle, boiled like asparagus and served on toast with a generous allowance of butter. It may also be boiled in a bundle and drained well, after

which milk will be added and thickened to a cream with a little flour, the whole being seasoned with butter, salt and pepper.

LENTILS, FRIED.

Wash and soak over night a pint of lentils. In the morning drain, cover them with warm water in which has been placed half a tea-spoonful of soda, and bring them quickly to a boil. Boil gently for an hour, drain, cover them again with fresh boiling soft water, and boil gently until tender, this generally requiring an hour and a-half longer. Test by mashing a lentil now and then; if it crushes quickly, they are done, and should then be drained in a colander. Place two table-spoonfuls of butter in a frying-pan, and when it is melted, add the lentils, with salt and pepper to season; stir them over the fire for fifteen minutes, and serve.

MACARONI AND SPAGHETTI.

Macaroni is very valuable as an article of food, for it contains a larger proportion of gluten than bread—in fact, it is the bread of the Italian laborer. In this country it is not much used by the working classes, but for no good reason, since it is not expensive and is most easily prepared. In selecting macaroni that which is of a yellowish tint is to be preferred to the white.

BAKED MACARONI, WITH CHEESE.

Do not wash the macaroni. Break it into inch-lengths, and throw it into boiling, salted water. Stir frequently to prevent it settling to the bottom, and boil slowly. Macaroni does not nearly reach its full size when boiled

rapidly; hence forty-five minutes is none too long to allow for its cooking. Turn it when done into a colander, and drain well. Arrange a layer of macaroni in the bottom of a pudding-dish, upon it strew some rich cheese (the Parmesan is generally used), and scatter over this some bits of butter. Add a sprinkling of salt and pepper, then another layer of macaroni and cheese; and fill the dish in this order, having macaroni at the top, buttered well, but without the cheese. Add a few spoonfuls of milk, and bake slowly until of a golden-brown hue, half an hour being usually sufficient. Serve in the dish in which it was baked.

STEWED MACARONI.

Boil the macaroni until soft, throw it into a colander, and drain well; then return it to the kettle, nearly cover with milk, and season with butter, salt and pepper to taste. Let all boil together for three minutes, and serve.

MACARONI AND TOMATOES.

One-quarter pound of spaghetti.
One-half pint of stewed tomatoes.
One table-spoonful of flour.
One table-spoonful of butter.
Salt and pepper to taste.

Take a handful of the long sticks, put the ends into boiling, salted water, and as they soften, bend and coil them in the water without breaking. Boil rather briskly until done, drain in a colander, and stand the colander in a pan of cold water for fifteen minutes. This blanches the spaghetti. Place the butter in a frying-pan, and when hot, add the flour and mix until smooth.

Then pour in the strained tomatoes, and when they boil, add the spaghetti, boil up once, and serve without cutting.

MUSHROOMS.

During the Summer and Autumn, and more especially in September and October, mushrooms abound in the fields in many parts of the country; and the wild mushrooms are decidedly superior to the cultivated variety. It is highly important to be able to distinguish those which are edible from the poisonous ones. Those which may be eaten appear in old sod in a clear, open, sunny place and spring up after low-lying fogs and heavy dews. Low, damp and shady spots and around the stumps of decayed trees are the places to shun in gathering mushrooms. They are at first very small and supported on a short foot-stalk; and at this stage are called "button" mushrooms. Their growth is rapid. In an hour the mushroom spreads like an umbrella and shows the gills underneath, which should be of a pale salmon color. In another hour this pretty color has changed to a dark brown. The edible mushroom may be easily pulled, and it has an agreeable smell, while the poisonous variety invariably has a putrid, rank odor and has yellow or white gills. It is said that silver will turn black when used to stir mushrooms that have even one poisonous fungus among them.

To prepare mushrooms for cooking: cut off the stalks and throw them away, unless they are very solid and tender, when they may be cooked. Pare the cups and drop them into a bowl of water, into which has been squeezed the juice of half a lemon; this will keep the mushrooms from darkening.

STEWED MUSHROOMS.

One quart of cleaned mushrooms.
Two table-spoonfuls of butter.
One table-spoonful of flour.
One tea-spoonful of salt.
One-quarter tea-spoonful of pepper.
One-half cupful of water.

Rub the flour to a smooth paste in the water. Put the mushrooms, flour and seasoning together in a stew-pan, and boil gently for five minutes, stirring constantly. Serve very hot. When milk or cream is preferred in the cooking, use but half the quantity of water, adding a cupful of milk; and after boiling five minutes, serve as above. If cream is used, allow but half the quantity of butter, as the mushrooms are very rich.

SIMPLE STEW OF MUSHROOMS.

Clean a pint of mushrooms, cut them in rather small pieces, and put them in a stew-pan with a table-spoonful of butter and a little salt and pepper; let them simmer ten minutes, and serve. Wild mushrooms are delicious cooked in this way.

BAKED MUSHROOMS.

Choose the large mushrooms, but if the round "button" mushrooms are obtainable, they are much to be preferred. Peel them, cut off the stalks close to the top, and do not wash them unless they are soiled. Place them upside down on a pie-dish, sprinkle with salt and pepper, and put a tiny bit of butter in each upturned cup. Bake fifteen minutes in a quick oven, basting twice

with a little melted butter; and serve hot, pouring over them whatever juice may be on the dish.

ROASTED MUSHROOMS.

Place the mushrooms in the tin, as directed in the preceding recipe, using only those that have not at all lost their plumpness and erectness and are truly little cups. Set the pan on the top of the stove, and cook for five minutes in a moderate heat. The cups will be filled with their own liquor and the gravy from the seasoning. Serve while very hot.

TO STEW CANNED MUSHROOMS.

In preparing canned mushrooms do not boil them, as they are already cooked and the second cooking toughens them. To a can of mushrooms allow

- One egg (yolk only).
- One-half pint of milk.
- One table-spoonful of butter.
- One table-spoonful of flour.
- Salt and pepper to taste.

Put the butter in the stew-pan, and when hot, add the flour, mix until smooth, and add the milk. Stir continually until the liquid boils; then add the mushrooms, salt and pepper, and stir until well heated. Take from the fire, add the beaten yolk, stir it well in, and serve.

OKRA.

The pods of okra are so sticky that especial care is needed to avoid breaking them while cleaning. They should be well washed before the stems are re-

moved; then place them in boiling salted water sufficient to cover, and boil until tender. They should boil very slowly, as rapid boiling will break them in pieces. It requires an hour or more to cook this vegetable. When tender, throw the okra into a colander, and when drained, lay it in a dish. Heat together two table-spoonfuls of butter, a table-spoonful of vinegar and a little salt and pepper; mix well, and pour the sauce over the okra in the dish. Okra is also boiled with strips of salt pork, the same as string beans; or it may be stewed with tomatoes, the same as macaroni.

ONIONS.

BAKED ONIONS, NO. 1.

The large Spanish onions are far milder and more delicate than the usual winter varieties. Wash the onions clean, trim the bottoms but do not peel, and boil for an hour in slightly salted, boiling water. If the onions are desired very mild, change the water twice during the time, replenishing with more boiling water. Having drained them well, take each onion separately, wipe it dry and roll in a square of tissue or buttered paper, twisting the paper at the top to keep it closed. Place the onions in a baking-pan, and bake an hour in a slow oven. When done, remove the papers, peel the onions and place them in the serving dish; pour melted butter over them, dust with salt and pepper, and serve.

BAKED ONIONS, NO. 2.

Boil as directed in the preceding recipe, without peeling, and bake an hour without enclosing them in papers, but basting frequently with butter. When done,

take them up carefully, peel, and lay them in the serving dish, which should be placed where it will keep warm. Set the pan upon the top of the stove, add to it a cupful of milk, and, when this boils, stir in a table-spoonful of flour wet with a little cold milk. When the whole is creamy, add salt and pepper, and more butter, if desired; pour the sauce over the onions, and serve.

CREAMED ONIONS.

Peel the onions, and boil for an hour in plenty of salted water. Drain well and cut each onion into four, six or any desired number of pieces, over which pour a cream sauce made of

Two table-spoonfuls of butter.

One table-spoonful of flour.

One pint of milk.

Salt and pepper to taste.

Rub the butter and flour to a cream; heat the milk, and when it boils, add the butter and flour. Stir the sauce until of a creamy consistency, and flavor with salt and pepper.

STEWED ONIONS.

Boil the onions as directed in the preceding recipe, take them up carefully and drain, keeping them as nearly whole as possible. Pour over them two table-spoonfuls of melted butter, dust with a little salt and pepper, and serve very hot.

FRIED PARSNIPS.

Scrape the parsnips, and boil them gently until tender, usually an hour. Drain, and when cold, cut them in

long, thin slices about a-third of an inch thick, and season each slice with salt and pepper; dip the slices in melted butter and then in flour, and fry in hot lard until both sides are thoroughly browned. Drain well, and serve.

BOILED PARSNIPS.

Scrape the parsnips, and boil them until tender. Drain and cut them in small pieces. Place these in the kettle or stew-pan in which the parsnips were boiled, add enough milk to cover, and when the milk boils, thicken it slightly with a little flour wet to a smooth paste with cold milk. When the liquid is like cream, add butter, salt and pepper, and serve hot.

PARSNIP FRITTERS.

- Three large parsnips.
- Three table-spoonfuls of flour.
- One table-spoonful of butter (melted).
- Two eggs.
- One cupful of milk.
- One tea-spoonful of salt.

Boil the parsnips until tender, grate fine or mash them well, and pick out all the fibrous parts. Beat the eggs light, and stir them into the parsnips, beating hard until the whole is well mixed. Then add the butter, which should be measured after it is melted, and then the milk, salt and flour. Fry like doughnuts or on a griddle.

GREEN PEAS.

Peas are fresh when the pods are green and crisp; and, like corn, they lose their sweetness almost as soon

as picked. If stale or wilted, they may be somewhat freshened by being thrown into cold water as soon as shelled and allowed to remain in it at least an hour before cooking; and when boiling, a tea-spoonful of sugar may be added to the water to restore their sweetness. Fresh peas should not be shelled until just before they are needed for cooking. Look them over carefully after shelling, taking out any tendrils that may have gotten in with them; place them in a kettle with just sufficient boiling salted water to cover, and boil slowly until tender. Young peas will cook in twenty minutes, but those that are more mature require twice that time. The water should not be drained from them when done; if nicely apportioned, there will be, when the cooking is finished, only enough to serve with the peas. Add butter, salt and pepper, and serve hot.

FRENCH PEAS.

Empty a can of French peas into a colander, and pour cold water through them. Then place the peas in a rather large-bottomed stew-pan, and add

One table-spoonful of butter.

Four table-spoonfuls of stock or water.

One tea-spoonful of salt.

One tea-spoonful of sugar.

Cook rapidly, with the pan uncovered, until the peas have absorbed all the liquid; and serve at once. Fresh peas may also be finished in this way after they have been boiled and drained.

All canned peas should have the liquor drained from them and fresh water added before being placed over the

fire, as there is a peculiarly disagreeable taste about the peas when cooked with the juices in the can.

PEA FRITTERS.

One pint of green peas.
One tea-spoonful of butter.
One tea-spoonful of salt.
One-quarter tea-spoonful of pepper.
Two eggs.
One cupful of milk.
One-half cupful of flour.
Two tea-spoonfuls of baking powder.

Cook the peas until tender, drain and mash them, and while still hot add the butter, salt and pepper. When cold, add the beaten eggs, the milk, and the flour with the baking powder stirred into it. Stir all well, and fry like griddle-cakes. These fritters are delicious for breakfast. The peas may be cooked and seasoned the day before; or those left from a previous dinner may be boiled until a little more tender and utilized as above.

BOILED RICE.

Wash thoroughly a cupful of rice, put it into a granite-ware stew-pan or kettle, and pour over it three quarts of boiling water, adding a tea-spoonful of salt to the water. Boil without covering the kettle; the time of boiling varies with the kind of rice, but fifteen minutes is generally sufficient. Test the rice by pressing a few grains between the fingers; if soft, the rice has cooked sufficiently and may then be turned into a colander to drain, being shaken to remove all the water possible. Toss the rice with a fork to the sides of the colander to

facilitate the drying, set the colander on a tin dish or pie-plate, and stand it in the oven to dry, leaving the oven-door open. Or the colander may be placed on the back of the range in a warm place, if the oven is in use. The rice should dry in twenty minutes, and every grain should be separate, tender, white and dry. It is eaten with gravy the same as potatoes. To be a success, boiled rice (which many housekeepers do not prepare properly) should be taken from the water when it is just cooked and not be allowed one minute's boiling after it has reached that point. If boiled too long, it simply cannot be dried off and is a mushy, soggy and most unappetizing mess.

BAKED RICE.

Some housekeepers bake rice, when it is to be served as a vegetable. Wash a cupful of rice, place it in a baking-dish with a quart of water and a tea-spoonful of salt, and bake very slowly from an hour and a half to nearly two hours. Serve in the same dish, and eat with meat gravy poured over the rice. These rice dishes are particularly nice when there is a roast that furnishes a rich gravy, such as beef or veal.

CURRY OF RICE.

This dish is appropriate with any kind of fish or meat that has been prepared with a sauce. For a family of six persons, allow

One cupful of rice.

Two and a-half cupfuls of boiling water.

Two table-spoonfuls of butter.

Two tea-spoonfuls of salt.

Two tea-spoonfuls of curry powder.
One-quarter tea-spoonful of pepper.
One tea-spoonful of minced onion.

Wash the rice well, and soak it for two hours in fresh water; then drain. Place the butter and onion in a stew-pan, and cook them until the onion is yellow; add the rice, and stir the whole over a hot fire for five minutes. Draw the pan out of the heat, season with the powder, salt and pepper, stir well, and pour in the boiling water. Cover the stew-pan, and boil rapidly for ten minutes, after which set it in a very slow heat, to cook for forty minutes, when the curry is ready to serve.

SALSIFY, OR OYSTER PLANT.

Wash the salsify with a rough cloth, place it in a kettle with plenty of boiling, salted water, and boil slowly until nearly done, which will be an hour. Drain, and when cool enough to handle, scrape off the dark skin on the outside. Cut the vegetable in slices, return it to the kettle, add hot water, and let it simmer fifteen minutes. Drain again, add milk to nearly cover, and thicken the milk to a cream with a little flour stirred to a paste with cold milk. Add butter, salt and pepper to taste, and serve. Salsify prepared in this way will not turn dark, and it is much more easily scraped after being boiled than before.

FRIED SALSIFY.

Boil, scrape off the skin, cut in slices, and fry like parsnips.

Salsify fritters are made the same as parsnip fritters.

SPINACH.

Spinach requires very careful washing to rid it of the sand with which the leaves are so often filled. Pick the spinach apart, throwing out the decayed portions, and place it in a large panful of water. Wash the spinach well, and lay it in a second pan of water; wash again and lay it back in the first pan, which has been refilled with clear water. Continue washing thus until all trace of sand has disappeared. Then boil the spinach half an hour in two cupfuls of boiling, salted water, turn it into a colander, and press out all the water possible. With a knife chop the spinach rather coarsely, leaving it in the colander for this cutting. Now return it to the kettle in which it was boiled, add a table-spoonful of butter, and salt and pepper to taste, and stir until very hot; turn at once into the serving dish, shape the spinach into a round mound, and lay on the top slices of hard boiled eggs. Serve while hot.

SPINACH, WITH CREAM.

Boil, drain and chop the spinach as directed above and make the following sauce :

Three table-spoonfuls of butter.
Two table-spoonfuls of flour.
One cupful of cream or milk.
Salt and pepper to taste.

Heat the butter, add the flour, and stir until the mixture is frothy. Add the chopped spinach, and cook for four minutes, stirring constantly. Next put in the cream, salt and pepper, cook three minutes, and serve on nicely toasted bread.

SUMMER SQUASH, STEAMED.

There are many varieties of this vegetable. Unless the squash is very tender, pare it thinly, cutting away little but the outer rind. Cut it in slices, and if the seeds are young and small, do not remove them; if at all large, however, take them out, lay the squash on a plate, set it in a steamer over a kettle of boiling water, and steam until tender, usually from thirty to forty minutes. Take it from the steamer, drain off any water that may be upon it, place it in a stew-pan, and mash well. Add butter, salt and pepper to taste, and set the stew-pan on the back of the range for fifteen minutes, uncovered, for the squash to dry as much as possible, stirring it once or twice meanwhile. Re-heat, and serve. This kind of squash may also be boiled and served in the same way, but it is rather more wet when boiled than when steamed.

FRIED SQUASH.

Summer squash, which is often disappointing because of its sogginess, will be found very satisfactory when cooked in the following way: Peel the squash thinly, cut it into slices a-quarter of an inch thick, sprinkle each slice with salt and pepper, dip it in beaten egg and then in cracker-crumbs, and fry in a frying-pan until crisp and brown. Drain well, and serve.

WINTER SQUASH.

When the shell is hard, split the squash, remove the seeds, and steam or boil until soft. Scrape out the soft part of the squash, and to every pint add a table-spoonful of butter, half a tea-spoonful of sugar, and salt

and pepper to taste. Winter squashes are also baked in the shell after the seeds have been removed. The soft part is then scraped out, mashed, seasoned as directed above, and served hot.

STEWED TOMATOES.

Pour boiling water on fresh tomatoes, and after they have remained covered a minute, take them from this water and plunge them into cold water. With a knife remove the skins and the hard stem ends, and cut the tomatoes in pieces. Stew in a granite-ware or porcelain-lined kettle for thirty minutes; then add to every quart a table-spoonful of butter, a tea-spoonful of salt and a-quarter of a tea-spoonful of pepper. Stew until of the desired thickness, and serve. Some prefer to add bread-crumbs or cracker-crumbs for thickening, and to boil but thirty minutes. Canned tomatoes may be treated the same as fresh, but they do not require to be boiled so long.

ITALIAN TOMATO.

Half can or a pint of tomatoes.
 One-third package of macaroni.
 Two table-spoonfuls of grated cheese.
 A little milk.
 Three slices of bacon.
 A small pinch of cinnamon.
 Salt and pepper.

Cook the macaroni until tender, drain well, and nearly cover it with milk; then add the cheese, and boil slowly until the cheese is dissolved. Fry the bacon in a frying-pan, pour off all but a large table-spoonful of the fat, add the tomatoes to the pan, and cook until they are soft. Sea-

son with salt and pepper to taste, and the bit of spice. Place the two dishes thus made together, pouring the tomato over the macaroni; and bake until brown. This is sometimes served without baking.

SPANISH TOMATO.

One small onion.
 One small green pepper.
 One table-spoonful of butter.
 Six fresh tomatoes.
 Three crackers.
 Salt to taste.

Chop the onion and the pepper very fine, peel and slice the tomatoes, and roll the crackers. Place the tomatoes in a baking dish, sprinkle over them the salt, onion and pepper, add all the rolled cracker in one layer, and dot the top with the butter, cut in pieces. Bake slowly an hour.

BAKED TOMATOES.

Peel the tomatoes and cut them in slices a-quarter of an inch thick. Place a layer of tomatoes in a pudding dish, and sprinkle over them a little salt and pepper. Make a stuffing of

One cupful of bread-crumbs.
 One table-spoonful of butter.
 One tea-spoonful of salt.
 One-quarter tea-spoonful of pepper.
 One tea-spoonful of sugar.

Rub the butter into the crumbs, and add the salt, pepper and sugar. Spread the mixture thickly upon the tomatoes, using all of it, and add another layer of tomatoes. Dot the top with pieces of butter, dust with pepper

and a little sugar, strew with dry crumbs, and bake covered for half an hour; then remove the lid. and bake until brown.

TURNIPS, MASHED.

Peel the turnips, cut them in slices, and lay them in cold water for half an hour; then place them in a stew-pan, pour boiling water over them, and boil slowly until tender, at least forty-five minutes being required. Drain well, and mash the turnips in the stew-pan; stand the pan ten minutes uncovered on the back of the range to dry the turnips well, stirring them frequently. Season with butter, salt and pepper. Turnips require more pepper than any other vegetable.

TURNIPS IN CREAM.

Peel the turnips, cut them in small pieces, and boil until tender. Drain, add milk to nearly cover, and when the milk boils, thicken it to a cream with a little flour, stirred to a paste with cold milk. Add butter, salt and pepper, boil two minutes, and serve.

STEWED TURNIPS.

Peel and slice the turnips and cut them into cubes. Boil until tender, drain, and for three pints of turnips measured before cooking, allow

One table-spoonful of sugar.

Two table-spoonfuls of butter.

One-half pint of stock.

One-half tea-spoonful of salt.

One-quarter tea spoonful of pepper.

Cook rapidly until the stock has almost boiled away, then serve.

SALADS.

“Mingle, mingle, mingle
You that mingle may.”

SHAKSPERE.

GREEN vegetables that are eaten raw and dressed with oils, acids, salt and pepper are classed as salads. Potatoes, string beans, beets, asparagus and many other vegetables which have been cooked are eaten cold with a salad dressing. Lobster, salmon and other kinds of cooked fish, eggs, chicken and delicate meats are combined with lettuce, cresses or celery and salad dressing, and furnish many appetizing dishes.

A Frenchman thinks he cannot eat his dinner without a salad, and it would be well if all Americans had the same appreciation of this wholesome, refreshing and, at the same time, economical dish.

There are two kinds of dressing which are in very general use, the mayonnaise and the French dressing. Epicures prefer the simple French dressing for salads served without fish or fowl; and for chicken and fish salads and for some kinds of vegetables, such as tomatoes and cauliflowers, they use the mayonnaise sauce. This choice of dressings is almost universal in London and Paris. In America we use the mayonnaise on all salads, which is

really to be deplored. A simple salad with French dressing is, after all, the most satisfactory when one has been served with a heavy dinner before it.

In giving recipes for salad-dressing it is almost impossible to mention exact quantities, especially when we consider the diversity of tastes. Delmonico, it is said, used but one yolk as a foundation for a quart of oil, with salt and cayenne for seasoning. In preparing dressing, use a silver or wooden fork, a large soup-plate, which should be very cold, the best oil and strong vinegar. A common question is, "What can we use in place of oil?" Cream and melted butter may be used, but they by no means take the place of the oil. Green vegetables that should be crisp but have become wilted can be freshened by being laid in ice-water for at least an hour before using, and then dried carefully on a soft towel, care being taken not to bruise them. The dressing should never be mixed with any salad until it is needed to serve, and both salad and dressing should be served on as cold a dish as possible.

SIMPLE FRENCH DRESSING.

- Three table-spoonfuls of olive oil.
- One table-spoonful of vinegar.
- One-half tea-spoonful of salt.
- One-quarter of a tea-spoonful of pepper.
- One tea-spoonful of onion, scraped fine.

Mix the pepper and salt together, add the oil and onion, and then pour in the vinegar. Mingle all well, and pour the dressing over the salad.

MAYONNAISE DRESSING, NO. 1.

To make a pint of dressing (which should be sufficient for twelve persons) use

- Two eggs (yolks).
- One tea-spoonful of mustard.
- One-half tea-spoonful of salt.
- One-half tea-spoonful of cayenne.
- Two table-spoonfuls of lemon juice.
- Two table-spoonfuls of vinegar.
- Twelve table-spoonfuls of olive oil.

In order to make this dressing properly, it is necessary to have all the materials cold. The oil should stand in the refrigerator for at least an hour before being used. Place the yolks in a soup-plate, and beat them a minute with a silver fork; then add the salt, pepper and mustard. Stir these well together, and commence to add the oil, a few drops at a time, stirring continuously. When the mixture becomes thick and ropy, the oil may be added more freely; and when the liquid is at this stage, the vinegar should be added, half a tea-spoonful at a time. After the dressing has become very thick, the oil may be added, a table-spoonful at a time. When all the vinegar is added, commence to add the lemon juice in the same way, and stir continually until all the oil and lemon juice are added. Set the dressing on the ice for half an hour before using.

If the taste of the oil is not liked, four table-spoonfuls of thick sweet cream, well whipped, may be stirred into the dressing at the last; this tones down the taste of the oil. Thick whipped cream may be used in place of half the oil, if the latter is very disagreeable to those served.

In warm weather this dressing may be prepared in half the time by making it in a bowl set in a pan of cracked ice and having both eggs and oil as cold as possible.

Should the dressing break or curdle, stir into it at once the well beaten yolk of an egg, which will render all smooth again.

MAYONNAISE DRESSING, NO. 2.

- One egg-yolk (raw).
- One egg-yolk (cooked).
- One-half cupful of oil.
- Vinegar to thin.
- One-half tea-spoonful of made mustard.
- One-half tea-spoonful of salt.
- One-quarter tea-spoonful of pepper.
- One-half tea-spoonful of sugar.
- Six drops of Worcestershire sauce.

Boil an egg ten minutes, and when cold, take out the yolk, place it in a bowl, and mash finely with the back of a silver spoon or with a wooden salad masher, which is like a diminutive potato masher. When the yolk is like powder, add the yolk of the raw egg, and stir until the mixture is smooth; then put in the sugar, salt, pepper, mustard and sauce. When the whole is well mixed, add the oil by degrees, stirring continually, and as soon as all is used, stir in sufficient strong vinegar to make the dressing the desired consistency. Place it on the ice for an hour at least before using. If the vinegar is not strong, the dressing will be too thin before it is acid enough.

TO COLOR MAYONNAISE.

GREEN.—Boil a double handful of spinach until ten-

der; then drain, cool and squeeze it dry. Pound or mash the spinach well, adding a spoonful of the mayonnaise. Pass the whole through a fine sieve, and mix it with the dressing. Green peas, boiled and mashed, are also used for this purpose, but the color is not so deep as the other.

RED.—Pound the coral of a lobster, pass it through a fine sieve, and add it to the dressing. Dressing is often colored in this way when needed for lobster or fish salad.

POTATO MAYONNAISE DRESSING.

Two-thirds cupful of mashed potato.
One egg (yolk only).
Four table-spoonfuls of oil.
One table-spoonful of vinegar.
One-half tea-spoonful of made mustard.
One tea-spoonful of salt.
One-quarter tea-spoonful of pepper.
Four drops of Worcestershire sauce.

Mash the potato very smooth, and when it is cold, add the beaten yolk of the egg, beating both together until light; then put in the mustard, salt, pepper and sauce. When these are thoroughly mixed with the potato, add the oil a few drops at a time, until all but one table-spoonful has been used; then add the vinegar and the balance of the oil. This dressing will keep a week in a cool place.

COOKED CREAM SALAD DRESSING.

Three eggs (yolks).
One table-spoonful of thick, sweet cream.
One table-spoonful of butter.
One table-spoonful of lemon juice.

- One salt-spoonful of celery salt.
- One-eighth salt-spoonful of pepper.
- One tea-spoonful of made mustard.
- One tea-spoonful of sugar.

Beat the eggs lightly, add the cream, the butter, melted (but not to an oil), and the rest of the ingredients, stirring all the time, and beating well after each addition. Set the bowl containing the dressing in a saucepan of hot water, and stir rapidly until the dressing thickens. Set it on the ice to cool thoroughly before using.

CREAM SALAD DRESSING.

- Two eggs (yolks), hard-boiled.
- One-half dessert-spoonful of made mustard.
- One table-spoonful of melted butter.
- Vinegar to thin.
- One salt-spoonful of salt.
- One-eighth salt-spoonful of pepper.
- Five drops of Worcestershire sauce.
- One-half tea-cupful of rich, sweet cream.

Boil the eggs hard, cool them and take out the yolks. Mash the latter to a powder in a bowl, and add the salt, pepper, mustard, sauce and butter. Stir after each addition until the whole is well mixed; then pour in gradually the cream, and when the mixture is thick, add vinegar to thin to the desired consistency. Set the dressing on the ice one hour before using.

SALAD DRESSING WITHOUT CREAM OR OIL.

- Two eggs (whites and yolks).
- One tea-spoonful of dry mustard.
- One-half tea-spoonful of salt.
- One large table-spoonful of butter.

- One tea-spoonful of sugar.
- One tea-spoonful of corn-starch.
- One-eighth tea-spoonful of pepper.
- One tea-cupful of vinegar.

Beat the whites and the yolks separately and then together, and add salt, sugar and the mustard. Rub the butter and the corn-starch to a cream, and put them in, stirring all well together. Place the bowl containing the mixture into a sauce-pan of hot water, and stir constantly until the dressing thickens. Remove from the fire, and gradually pour in the vinegar, stirring all the time. If the vinegar is too strong, dilute with a little water, but this quantity of dressing allows for only a cupful of liquid.

COOKED SALAD DRESSING.

- Two table-spoonfuls of dry mustard.
- Two eggs.
- Two table-spoonfuls of oil or melted butter.
- One tea-spoonful of salt.
- One-half tea-spoonful of sugar.
- One-eighth tea-spoonful of pepper.
- Twelve table-spoonfuls of vinegar.

Beat the yolks and the whites of the eggs separately and then together; then add the rest of the ingredients, stirring constantly. Set the bowl containing the mixture in a sauce-pan of boiling water, and cook until the liquid thickens, stirring all the time. Set the dressing on the ice, and use when perfectly cold.

CHICKEN SALAD.

Use only tender chickens for salad. Boil them, and let them cool in the water in which they were boiled.

When perfectly cold, remove the skin and cut the meat in dice. If the salad is to be particularly nice, use only the white meat, saving the dark for croquettes. When the meat has been cut in pieces, set it in a cold place until needed. Wash and cut the fine parts of celery into half-inch lengths, throw the pieces into a bowl of cold water, and leave them at least an hour. When ready to serve, dry the celery, and mix it with the chicken, allowing for every pint of meat two-thirds of a pint of celery; and season the whole with 'celery salt. Line a bowl with lettuce leaves, lay the chicken and celery on the leaves, and pour over them the cream or the mayonnaise salad-dressing, allowing a cupful of dressing to every pint of chicken. Garnish with French capers and slices of cold boiled eggs, or with white celery tips.

Chicken for salad is often *marinated* before being used. This is done by stirring into the cut meat a mixture consisting of

- Three table-spoonfuls of vinegar.
- One table-spoonful of oil.
- One tea-spoonful of salt.
- One-half tea-spoonful of pepper.

This quantity will marinate a quart of chicken, which is then set on the ice for an hour; the chicken will by that time have absorbed the mixture, and be finely seasoned.

Chicken salad is as often served without the lettuce as with it, this being a matter of taste. Veal cut in cubes is sometimes used to increase the quantity of chicken when a large amount of salad is required for any special purpose. The white part of roast pork is also sometimes

used for this purpose, but this is a deception which, perhaps, should not be encouraged.

LOBSTER SALAD.

In taking the meat from the lobster, the coral, if there is any, should be carefully laid by itself. Cut the meat into dice, and set it in a cool place until wanted; or it may be put in a marinade of vinegar, oil and seasoning, the same as chicken salad, and be much improved by the extra seasoning. To a pint of meat will be required two heads of lettuce and half a pint of mayonnaise dressing. Wash the lettuce well, and lay it in ice water for at least an hour. At serving time stir part of the dressing into the lobster; then dry the lettuce well, and place two leaves together in the form of a shell; or if the leaves are small, make a nest of them, arranging them on a flat dish. Put a table-spoonful of lobster in each shell, and a tea-spoonful of dressing on top of the lobster. Garnish the top of the dressing with capers, and sift the pounded coral over all, placing the claws of the lobster at the outer edge of the dish.

Another very attractive way of serving lobster salad is as follows. When removing the meat from the shells, be careful not to break the body or tail shells. Clean the two tail shells (for two lobsters are required to make any reasonable quantity of salad), and also one of the body shells in cold water, washing them well and drying; then with a pair of scissors remove the thin shell from the under-side of the tails. Join the shells together in the shape of a boat, the body shell being in the center; and place the boat on a flat dish. Put the lobster and the Mayonnaise, well mixed, in the boat, mash the coral

fine and sprinkle it over the whole. Garnish with a chain of the whites of hard-boiled eggs cut in slices and linked together. Lettuce is not required with lobster salad served in this way.

Canned lobster may be used for salad; and it is better if opened some time before using, that the close, airless smell may pass away.

FISH SALAD.

The remains of almost any cold fish may be used in this way very satisfactorily, but salad is more successful when made of fish that will flake nicely, such as salmon, cod or haddock. Flake the fish coarsely, and mix it lightly with dressing. The potato mayonnaise is especially nice with fish. Lay the fish on a bed of lettuce, pour the remainder of the salad dressing on it, and serve at once. Canned salmon may be used for salad. A few slices of cold boiled potatoes form a palatable addition to a fish salad.

VEGETABLE SALADS.

Any remains of cooked vegetables may be most appetizingly served as a salad, but certain kinds combine better than others. In thus uniting vegetables, those of delicate flavor should form the body of the salad, while only a small proportion of those that are strong-flavored should be used. Beets, being sweet, should be used sparingly. A salad of vegetables may be made very attractive or quite the reverse. Each vegetable should be cut up and seasoned with salt and pepper. Any kind of dressing may be used, the French being most frequently chosen. Strew the vegetables in the salad bowl,

each kind in a separate layer (not making an "olla-padrada" or mix of them), and sprinkle each layer with the dressing. A quart of vegetables will require the full quantity of dressing given in the recipe for French dressing.

TOMATO SALAD.

Mayonnaise dressing is invariably used for this salad, and it should be made thicker, or, rather, less vinegar should be used, for two reasons: the tomato itself, being so largely acid, does not require the dressing to be so piquant, and the tomato gives off so much juice that the dressing is much thinned by it. The dressing, therefore, should be quite thick. When this salad is to be served as a separate course, choose tomatoes that are not too large, and peel them carefully with a sharp knife, taking care to preserve the round shape of the fruit. Set them on the ice for an hour; then take them up, and with a corer take out a neat piece from the stem portion of each. This may also be done with a sharp-pointed knife. Fill the cavity thus made with mayonnaise, heaping it up as much as possible. Set the tomatoes on three or four crisp lettuce leaves laid with their points outward, and serve a tomato to each person at table. There are many other ways of preparing this salad. A simple plan is to peel the tomatoes, lay them on the ice to thoroughly chill, cut them in rather thick slices, lay the slices in a salad bowl or on a flat dish, and pour the mayonnaise over all, using no lettuce at all. Serve a slice to each one at table. The tomatoes may also be peeled, chilled, cut in halves and set in a nest of lettuce leaves, the dressing being poured over them and one-half served

to each person. The last method is very convenient when the tomatoes are too large to serve one to each person.

POTATO SALAD.

There is no salad in which there is such an opportunity for a variety of combinations as in this. New potatoes or the German potatoes are the best for the purpose; a ripe, mealy potato breaks into crumbs and spoils the dish. When new or German potatoes are not obtainable, do not boil the potatoes quite so long as for other purposes, thus leaving them underdone; they can then be cut in any desired shape.

The simplest potato salad is made by slicing the potatoes rather thinly, arranging a layer in the salad dish and covering lightly with any dressing preferred; arrange another layer of potatoes and dressing, and so continue until all the potatoes are used; then serve. Potatoes and beets are often used together. Cut them in half-inch dice or in thin slices, and season with salt and pepper. Rub the yolk of a hard-boiled egg through a sieve, and chop some parsley rather coarsely. Arrange in the salad bowl alternate layers of potatoes, beets, egg, parsley and dressing, until all the ingredients are used, reserving quite a goodly portion of the dressing for the top layer, and placing egg and parsley on top of the dressing. Or place the potatoes, parsley and egg in the center of the dish and a circle of beets and lettuce around the edge; and pour the salad dressing over the whole.

Onions, thinly sliced and sparingly used are often arranged in alternate layers with the potato. Many professional cooks prefer to mix a potato salad while the po-

tatoes are hot, as it looks more appetizing, will keep longer and has less of the peculiar soggy taste than when made with cold potatoes.

LETTUCE SALAD.

Choose for this the crisp part of the lettuce, lay it in cold water for an hour, dry well, and arrange it in a salad bowl. Pour over the center of the dish any of the dressings given; mayonnaise is most generally used, but after a heavy dinner the French dressing is much to be preferred to any other.

The following vegetables may be used the same as lettuce :

Endive.	Water-cress.	Sorrel.
Pepper-grass.	Nasturtium Blossoms.	Dandelion.

CREAM CABBAGE SALAD.

Chop the cabbage fine. Put in a saucepan enough cream to nearly cover the cabbage, and add to it

One egg, well beaten,
 A pinch of red pepper or mustard.
 One table-spoonful of vinegar.
 A little salt.

Stir constantly until the milk thickens, remove from the fire, and when cool, pour the liquid over the cabbage, mixing it well in. Let the salad stand an hour before serving. If there is no cream at hand, use milk, with a generous spoonful of butter to make it rich enough.

CABBAGE SALAD.

Two table-spoonfuls of vinegar.
One egg (yolk only).
One and a-half pint of chopped cabbage.
One tea-spoonful of corn-starch.
One-half cupful of milk.
Salt and pepper to taste.

Chop the cabbage fine, and season with salt and pepper, using none in the dressing. If the cabbage is wilted, soak it in ice-water or cold water for an hour before chopping it. Heat the vinegar, and if very strong, dilute it with water. Beat the yolk of the egg well; then stir the corn-starch into the milk, and put in the egg, beating all well together. Add this gently to the boiling vinegar; the mixture will not curdle, but will become a creamy dressing when done. When the dressing has boiled two minutes, take it from the fire, pour it over the cabbage while still hot, and set the salad away in a cool place; serve when cold. If desired, the dressing may be cooled before being poured over the cabbage. This salad is very delicious.

CHEESE SALAD.

One-half pound of old cheese, grated.
One hard-boiled egg.
One table-spoonful of vinegar.
One table-spoonful of salad oil.
One-half tea-spoonful of pepper.
One tea-spoonful of salt.
One tea-spoonful of sugar.
One tea-spoonful of made mustard.

Rub to a powder the yolk of the egg, and when cold, add the oil; after these are well mixed, put in in the

order named the salt, pepper, sugar, mustard and cheese. Work all well together before pouring in the vinegar. Serve in a crab shell, if one is obtainable. This salad closely resembles deviled crab and makes a good relish at tea or luncheon. It should be eaten with crackers and butter.

SALAD SANDWICHES.

These are very delicious for picnics or for traveling. Mix a small quantity of mayonnaise dressing with finely chopped lobster or chicken. Cover a small slice of bread with lettuce, then spread a layer of salad, and cover with lettuce and bread. Wrap the sandwich in tinfoil or oiled paper.

VEGETABLES FOR SALADS.

1. Lettuce alone.
2. Lettuce and water-cress or pepper-grass, with small radishes for a garnish.
3. Lettuce and chives, with olives for a garnish.
4. Lettuce and celery, the latter being cut into inch pieces.
5. Lettuce and sorrel.
6. Lettuce and anchovies, the latter being cut into thin strips
7. Endive alone.
8. Endive and water-cress.
9. Endive and celery, beets and hard-boiled eggs; the endive being placed in the center, then a row of eggs and next a row of beets, with an edge of fringed celery.
10. Water-cress and beets, garnished with olives, the beets being cut in dice.
11. Sliced cucumbers and sliced new onions.
12. Dandelions.

SALAD NOTES.

Condensed milk may be used in place of cream in

making dressings requiring cream, but the latter is, of course, to be preferred.

A good Tartar sauce is made by beating into half a pint of mayonnaise dressing half a table-spoonful of chopped pickles, olives and capers. A salad made of several kinds of vegetables is called a *salade macédoine*.

CHEESE DISHES.

“ He hath never fed of the dainties that are bred in a book.”

SHAKSPERE.

IN England, and at almost every well-appointed table in America, cheese is a positive necessity. It may be regarded as our most concentrated food, since it contains twice as much nutriment as any other known substance. Being difficult of digestion it should be eaten only in small quantities. Cooked or melted cheese is much more wholesome than when in a raw state, but the cooking of cheese is singularly neglected in this country—in fact, it is practically an unknown art.

Among the best English cheeses are the Stilton and Cheshire, and the best French varieties are the Neufchâtel, Brie and Roquefort, the last named being one of the most popular kinds of cheese known. The Gruyère, a Swiss cheese, is also well liked; it is made of new milk and flavored with a powdered herb. French mustard, pepper and salt are passed at table when this cheese is served. The Roquefort cheese is made of goats' and sheep's milk. Parmesan cheese, an Italian variety, is made of skimmed milk and is high flavored and very hard; it is never sent to market until it is six months old and is often kept three or four

years. It is used extensively in grated form for cooking, and can be purchased already grated.

American cheeses are exported in large quantities to England, where they are held in high favor. One of the best of these makes is the "English Dairy," made in Otsego County, New York. It is of a dark-yellow color, and is very rich and highly flavored. A milder, but equally well-flavored cheese, is made at Milan, Cayuga Co., N. Y. The Stilton cheese, made in the latter county, can scarcely be distinguished from the English article of the same name. In serving this cheese, the top should be cut off to form a cover, and the cheese should be neatly encircled with a napkin. When removed from the table, the cover should be replaced.

Cheese is cut into little squares and passed in a glass cheese-dish. When forming a separate course at dinner, it should come just before the dessert. It is an English fashion to serve celery or cucumbers with cheese. Thin milk crackers or wafer biscuit, placed in the oven a moment to make them crisp, should be served with the cheese, and butter for spreading the crackers should also be passed, this being the only time it is customarily allowed for dinner.

Macaroni with cheese, Welsh rarebit and cheese omelet are good for a cheese course. The Welsh rarebit makes an especially pretty course. It is served on little silver chafing dishes about four inches square, one of which, standing in a plate, is served to each person at table. The reservoir contains boiling water, and the little platter holds the slice of Welsh rarebit, which is thus kept hot.

WELSH RAREBIT.

This is a favorite dish for gentlemen's suppers and for luncheons. Cut bread into thin slices, shape these into diamonds or squares, toast them, and while hot, butter lightly. With a tea-spoon dip boiling water upon the toast to moisten slightly, wetting only the unbuttered side. Place each slice on a separate hot plate, allowing one for each person at table; sprinkle with a little salt, pour over the toast enough melted cheese to cover, and serve the moment this is done, since otherwise the cheese will harden, the toast will cool, and the dish will be altogether spoiled. Rich, new cheese should be chosen for this purpose, as it melts more easily. The cheese should be put in a cup to be melted. If the rarebit is stringy and tough, the cheese has not been sufficiently rich.

This simple recipe is a decidedly good one, but there are many different ways of making the dish. Some spread a little mustard over the toast, others add ale to the cheese, or dip the toast in ale instead of using hot water. Another method is to serve a poached egg on each slice of toast and cheese, and another to mix the yolks of eggs with the melted cheese.

WELSH RAREBIT, WITH EGGS.

One cupful of grated cheese.
One egg (yolk only).
One-quarter of a cupful of milk.
Salt and pepper to taste.

Prepare the toast the same as in the preceding recipe. Place the milk in a porcelain-lined stew-pan, and when hot, put in the cheese, and stir continually until the latter

is melted. Add the salt, pepper and the beaten yolk, stir but a moment, and pour the liquid over the toast.

WELSH RAREBIT, WITH ALE.

This is the way a rarebit is generally prepared in England.

- One pound of cheese.
- One-half table-spoonful of butter.
- One wine-glassful of ale.

Put the butter and ale in a porcelain-lined stew-pan, and when hot, stir in the cheese cut into dice. Stir and cook until all are blended to a smooth paste. Prepare the toast as above, pour this mixture over it, and serve very hot. Single Gloucester cheese can always be relied upon in preparing rarebits in this way.

CHEESE SOUFFLÉ.

- Two and a-half table-spoonfuls of flour.
- Three eggs.
- One and a-half pint (scant) of milk.
- One-quarter pound of grated Parmesan cheese.

Beat the yolks of the eggs well, thin them with a little of the milk, and add the grated cheese. Rub the flour to a paste with a little more of the milk. Heat in a porcelain-lined stew-pan the remainder of the milk, and when it boils, stir in the flour paste. Stir until the whole is smooth and creamy, and add the other mixture of cheese and yolks. Boil the liquid about a minute, or until the cheese is fully melted, and remove from the fire. Whip the whites of the eggs to a stiff froth, and stir them into the mixture. Fill some paper cases with this preparation, bake fifteen minutes in a hot oven, and serve at

once. Cases for baking the soufflé may be purchased from a confectioner, or they may be made with very little trouble. Silver scollop shells are also used for the purpose, and are, of course, more elegant.

RAMEKINS.

Two table-spoonfuls of grated cheese.
 One table-spoonful of butter.
 Two table-spoonfuls of bread-crumbs.
 Four table-spoonfuls of milk.
 One-quarter tea-spoonful of mustard.
 One-quarter tea-spoonful of salt.
 One-eighth tea-spoonful of pepper.
 One egg.

Boil the crumbs in the milk until soft, and add the butter, mustard, salt, pepper and cheese and the yolk of the egg. When all are well mixed, stir in the white of the egg, beaten to a stiff froth. Put the mixture in paper cases, filling each case but three-quarters full, and bake five or six minutes. The ramekins should be puffed high above the edge of the paper, and should be served immediately, else they will fall. They will make a pretty cheese course for dinner.

CHEESE *au gratin*.

Four eggs.
 One cupful of grated cheese.
 One-half cupful of milk.
 One-half tea-spoonful of salt.
 One-quarter tea-spoonful of pepper.
 Six tea-spoonfuls of bread-crumbs.
 Two table-spoonfuls of butter.

Butter a suitable number of individual dishes. Beat

the whites of the eggs to a stiff froth, and add to them the yolks and seasoning. Mix well, and add the cheese and then the milk. Pour this mixture into the little dishes, sprinkle each lightly with the crumb, and bake for eight minutes in a moderate oven.

CHEESE PUFFS.

- Two table-spoonfuls of butter.
- Four table-spoonfuls of flour.
- Four table-spoonfuls of grated cheese.
- Two eggs.
- One cupful of water.
- One-half tea-spoonful of salt.
- One-fifth tea-spoonful of pepper.

Wet the flour in a little of the water until it forms a smooth paste, and add the cheese, salt and pepper. Place the rest of the water and the butter in a saucepan, and when boiling, add the flour mixture. Cook three minutes, stirring all the time; remove the mixture from the fire, and set it away to cool. When cold, add the eggs unbeaten, one at a time, and beat the batter at least ten minutes. Butter a baking-pan lightly, and drop the mixture into it, using a heaping tea-spoonful for each puff, and leaving considerable space between them, as they increase threefold in size. Bake twenty minutes, and serve hot. Sometimes a plain cream sauce or a brown sauce is served with these puffs.

CHEESE STRAWS.

- Three table-spoonfuls of flour.
- Three table-spoonfuls of Parmesan cheese.
- One table-spoonful of butter.
- One table-spoonful of milk.

One-half salt-spoonful of salt.
One-quarter salt-spoonful of pepper.
One-eighth salt-spoonful of nutmeg.
One egg (yolk only).

Mix the dry ingredients, add the milk, the yolk and the butter, softened. Mix all well with a spoon, and when smooth, divide the dough into two parts. Roll these very thin, cut them into narrow strips three inches long, and bake in a slow oven fifteen minutes. These straws may be served hot or cold, either as a cheese course or with lettuce in the salad course. They may be arranged in bunches of six or eight, each bundle being tied with narrow ribbon; or they may be piled on a plate in log-cabin style.

COTTAGE CHEESE, NO. 1.

For making this cheese the milk should not be too sour; as soon as it gets thick it is ready to use. Place the pan of milk over a kettle of hot water and heat almost to the boiling point. When it has been in the heat six or eight minutes, take a large spoon and turn the milk over by spoonfuls, bringing the hot part on top. When the whey has become so hot that it cannot be touched by the finger, turn all into a colander to drain. When free of whey, add salt generously, and butter and pepper as desired. Press the mixture into a dish, or shape it into small balls. This cheese is much improved by the addition of a few spoonfuls of cream at the time of seasoning.

COTTAGE CHEESE, NO. 2.

Four quarts of thick sour milk.
Four tea-spoonfuls of butter.
Four salt-spoonfuls of salt.
Four table-spoonfuls of cream.

Place the milk in a pan on the back of the range, and scald it until the curds and whey are separated. Spread a strainer cloth over a bowl, and pour in the milk; lift the edges of the cloth, draw them together, drain and wring quite dry. Put the curds in a small bowl, add the seasoning, and shape into balls. If too soft to handle, place the cheese in a cool place for an hour, when it may be conveniently shaped. If scalded too long, the curds become hard and brittle.

TOASTED CHEESE.

Cut the cheese in slices a-quarter of an inch thick, place these in an oyster broiler, and broil them over very hot coals, turning frequently, until each side is lightly browned. Serve with bread, and eat with mustard and salt. This makes a very nice luncheon dish.

EGGS.

“The vulgar boil—the learned roast, an egg.”

POPE.

IT is poor economy to limit the family in respect to eggs. They are most nutritious, and even at a high price, are cheaper than meat. They should be used freely by all, except those who know they cannot digest them. But by this we do not mean their extravagant use in rich cake, nor their being eaten when indigestibly prepared, as, for instance, when hard-boiled or fried; but we mean rather that they should be freely partaken of when simply cooked. Throughout the spring and summer eggs should form a large part of the fare at breakfast and luncheon, but if not served in a variety of ways, they will soon become very tiresome. The most healthful methods of preparing eggs are those by which they are not subjected to a temperature higher than that at which water boils. Eggs should never be boiled. When *boiled* for three minutes, they are called “soft-boiled,” but in reality they are not soft-boiled at all, since one part is hard-boiled, while the other part is scarcely cooked at all. An egg that is properly cooked is not boiled. The white when eaten should yield to pressure like thick cream if taken between the fingers.

To ascertain the freshness of an egg without breaking

it, hold it before a strong light or toward the sun; if the yolk appears round and the white surrounding it clear, the chances are the egg is good. Another test for eggs is to lay them in a pan of cold water; the fresh ones will sink immediately, while those that float are doubtful. The shell of a fresh egg looks dull and porous.

TO PRESERVE EGGS

It is only necessary to close the pores of the shell. This may be done by varnishing or dipping them in melted suet, and then packing them in bran or salt, with the small end downward. Another method that is very successful is as follows: Pack the eggs in a stone jar, with the small ends downward; make a lime-water by pouring four quarts of boiling water over a pound of lime, and when this is cold and has settled, pour the water carefully upon the eggs in the jar. Lay a saucer on top of the eggs to keep them under the water, and set the jar in a cool, dark place.

BOILED EGGS.

Many people do not care for eggs which are boiled so that the whites are soft, although they know that they are far more nutritious when thus prepared. For those who prefer *boiled* eggs, the following directions are given: Place the eggs in a sauce-pan of boiling water, using a table-spoon or a frying-basket for the purpose. Boil them steadily for three minutes if desired "soft-boiled," and ten minutes if desired "hard-boiled."

There are two methods of cooking them in the more nutritious manner: First, place the eggs in a saucepan of cold water, and when the water boils the eggs are

done; this will take about ten minutes. Second, put six eggs in a vessel that will hold two quarts, fill the vessel with boiling water, cover it closely, and stand it in a warm place for ten minutes; in this way the eggs will be cooked equally well in every part. If the eggs are desired more thoroughly done, let them stand in the hot water ten or even twenty minutes longer, but do not place them on the range. Serve boiled eggs in a folded napkin.

In preparing eggs for garnishing or for salads they will require to be boiled at least fifteen minutes.

If the shell of an egg is cracked, pierce several small holes in the large end, and the contents of the egg will not burst out in boiling.

POACHED EGGS.

Break the eggs, one at a time into a saucer. Place water in a saucepan, salt it well, and when it is simmering, drop each egg lightly in, cooking but one egg at a time if the saucepan is small. More may be cooked at once by using a large frying-pan. The water should not be allowed to boil while the eggs are cooking, but should be kept just at the boiling point. With a small spoon throw the water carefully on the top of the egg to whiten it. The beauty of a poached egg is for the yolk to be seen blushing through the white, which should be just sufficiently hardened to form a veil for the yolk. When cooked enough, take out the egg with a perforated ladle, trim off the ragged edges, and slip it on a small, thin piece of buttered toast. When all the eggs are cooked and placed on their separate pieces of toast, place on each a bit of butter and sprinkle with salt and pepper.

Some cooks set muffin-rings in the water to give the eggs an even shape, poaching them, inside the rings. An egg-poacher is very convenient for this work. Poached eggs are often placed in beef soup, one egg being prepared for each person at table. They are also served on thin slices of boiled ham, and also in a Welsh rarebit. Delmonico, when serving poached eggs on toast, sprinkles sorrel over the top of the egg.

SCRAMBLED EGGS.

This dish is particularly nice for breakfast. For six persons, allow

Five eggs.

One table-spoonful of butter.

One-half cupful of milk.

One tea-spoonful of salt.

One-eighth tea-spoonful of pepper.

Beat the eggs well, and add to them the milk, salt and pepper. Put the butter in a frying-pan, and when hot, turn in the eggs, and stir continually until a thick, creamy mass is formed; this will not require more than a minute and a-half. Remove from the fire, and serve at once. A little chopped parsley is sometimes stirred into the eggs just before they are taken from the fire.

SPANISH EGGS.

These are prepared the same as directed in the preceding recipe, but before cooking the mixture add to the butter in the pan one large tomato, peeled and cut into bits. Cook the tomato in the butter until soft, about five minutes being necessary; then turn in the egg mixture, and finish as above.

EGGS IN TOMATO.

Six eggs.

One pint of tomato.

One small onion.

One tea-spoonful of salt.

One-quarter tea-spoonful of pepper.

Cut the onion into small pieces, place these with the tomato in a frying-pan, stew very slowly for ten minutes, and add the salt and pepper. Set the pan back, break the eggs and slip them on top of the tomato, taking care not to break the yolks. Return the pan to the heat, and cook slowly until the whites of the eggs are thoroughly set; then prick the yolks and let them mingle with the tomato and whites. The mixture should be quite soft, but the red tomatoes and the white and yellow of the eggs should be quite distinct. Serve at once on buttered toast.

EGG VERMICELLI.

This makes a most attractive-looking dish for luncheon.

Five eggs.

One table-spoonful of corn-starch.

One-half table-spoonful of butter.

Six squares of toast.

One-half pint of milk.

Salt and pepper to taste.

Place the eggs in boiling water and boil twenty minutes. Throw them into cold water, and when cold, remove the shells, chop the whites very fine and rub the yolks through a sieve, or else run them through a potato-strainer, which will do the work very quickly. Do not mix the whites and yolks. Put the milk in a double

boiler to boil, rub the butter and corn-starch together, and add them to the boiling milk. Stir until creamy, and add the whites, salt, pepper and butter. Wet the edges of the toast, butter it lightly and place on a warm dish. Cover the slices with the white sauce, apportioning it evenly to each of the six slices ; sprinkle the strained yolks in little heaps upon the tops, and serve at once, after sifting on a little salt and pepper.

DEVILED EGGS.

Twelve eggs.

Two heaping table-spoonfuls of cold boiled ham.

One table-spoonful of olive oil.

One tea-spoonful of mustard.

Salt and pepper to taste.

Boil the eggs fifteen minutes, and lay them in cold water for half an hour. Remove the shells and cut the eggs in halves lengthwise. Rub the yolks to a smooth paste with the oil and mustard, and add the ham, finely chopped, and the salt and pepper ; mix thoroughly, and fill the hollowed whites with the mixture. Serve in a bed of water-cress or salad.

For picnics, put the corresponding halves of each egg together and press them closely ; then cut white tissue paper into pieces six inches square, fringe the opposite ends, roll one egg into each paper, and twist the fringed ends the same as the coverings of bonbons are often arranged. Serve on a napkin in a pretty basket, garnished with smilax or myrtle.

BAKED EGGS, NO. I.

Break six or eight eggs into a well buttered earthen

pie-plate, taking care that each egg is whole and does not encroach upon the others to mix or disturb the yolks. Sprinkle with pepper and salt, and place a bit of butter upon each egg. Bake in a hot oven until the whites are well set, usually about eight minutes. Serve hot with rounds of buttered toast, sending the eggs to table in the plate in which they were baked.

BAKED EGGS, NO. 2.

Eight eggs.
One cupful of milk.
One table-spoonful of butter.
One tea-spoonful of flour.
One tea-spoonful of chopped parsley.
One-half tea-spoonful of salt.
One-quarter tea-spoonful of pepper.

Place the butter in a small frying-pan, and when melted, add the flour ; stir until smooth and frothy, draw the pan back, and gradually add the cold milk. When the mixture boils, add the seasoning, cook a minute, stirring all the time, and turn the sauce into a deep plate used for baking eggs, or into a deep earthen pie-plate. Break the eggs carefully and drop them into the sauce, taking care not to break the yolks. Sprinkle the parsley over the eggs and sauce, place the dish in a moderate oven, and bake until the whites are set, usually six or eight minutes. Serve in the same dish. If parsley is not liked, it may be omitted ; and if cheese is liked, a table-spoonful of grated Parmesan may be sprinkled over the eggs.

CREAMED EGGS. (FOR LENT.)

Two table-spoonfuls of butter.
Two table-spoonfuls (scant) of flour.
One pint of milk.
Four eggs.
One tea-spoonful of salt.
One-quarter tea-spoonful of pepper.
One-half of a small onion.
Six slices of toast.

Boil the eggs twenty minutes, and lay them in cold water; when cold, remove the shells, and cut each egg into six pieces. Cut the onion fine. Place the butter in a small frying-pan, and when it is hot, slowly cook the onion in it until of a light yellow hue, taking care, however, not to brown either the butter or the onion, at all. Remove the onion, add the flour and stir until the paste is smooth and frothy, but do not let it brown in the least. Draw the pan back, gradually add the milk, return to the heat, and when the sauce boils, put in the salt, pepper and eggs. As soon as the eggs are well heated, turn all out upon buttered toast, and serve at once. A few drops of onion juice may be used instead of the onion, thus facilitating the work somewhat.

FRIED EGGS.

The most delicate way of frying eggs is to cook them on a pan-cake griddle. Heat the griddle almost as much as for pancakes, butter it lightly, and slip the eggs upon it, breaking the eggs one by one into a saucer to make sure that all are fresh. When slightly browned, turn them carefully with a pan-cake turner; they should be done in two minutes.

EGG NESTS.

For six persons, use

Six eggs.

Six slices of toast.

One-half tea-spoonful of salt.

One and a-half table-spoonful of butter.

Separate the whites of the eggs from the yolks, and place the whites on a platter or large plate, leaving the yolks in the half shells until needed. Put the salt with the whites, and beat the latter to a stiff froth. Toast the bread, dip the edges in hot water, spread generously with butter, and place them in a dripping-pan. Heap the whites of the eggs on the toast, make a depression in the center of each mound, and put a quarter of a tea-spoonful of butter and one of the whole yolks in each hollow. Place the pan in a moderate oven, and cook until the mounds are lightly browned. A spoonful of chopped ham may be spread on each slice of toast before the beaten white is placed upon it.

PICKLED EGGS.

These make a nice accompaniment for broiled steak.

Six eggs.

One pint of vinegar.

Twenty-four whole cloves.

One-half tea-spoonful of salt.

One-half tea-spoonful of pepper.

One-half tea-spoonful of ground mustard.

Boil the eggs fifteen minutes, throw them into cold water, and when cool, remove the shells and stick four cloves into each egg. Put the vinegar on to boil, rub

the mustard, salt and pepper to a paste with a table-spoonful of the cold vinegar, and when the vinegar is boiling, add the paste to it and stir until the whole is well mixed. Put the eggs in a glass fruit-jar, pour the boiling vinegar over them, cover well and use after two weeks.

STUFFED EGGS, NO. 1.

For six persons, use

Six eggs.
One table-spoonful of flour.
Two table-spoonfuls of butter.
One pint of milk.
Three drops of onion juice.
Salt and pepper.

Boil the eggs twenty minutes, drop them into cold water, and when cool, remove the shells. Cut an even slice from each end of each egg, and cut the eggs in two. Take out the yolks, mash them until light and smooth, and add to them the onion juice and

One quarter tea-spoonful of pepper.
One-half tea-spoonful of salt.
One table-spoonful of butter.
Four table-spoonfuls of milk.

Mix all well together, and heap the mixture in the shape of domes in the halves of the whites, setting the whites on end. Place the eggs on a well buttered tin plate or pan, and bake in the oven for six minutes. While they are baking, prepare the sauce as follows: Put the remaining table-spoonful of butter in a frying-pan, and when it is hot, add the flour, and stir until smooth and frothy, but not brown; then gradually add the milk.

Season with salt and pepper, boil up once, arrange the baked eggs on a warm dish, pour the sauce around them, garnish with parsley, and serve at once.

STUFFED EGGS, NO. 2.

These are delicious, but rather difficult to make. For six persons, allow

- Six eggs.
- One table-spoonful of tongue or ham.
- One table-spoonful of melted butter.
- Salt and pepper to taste.

Boil the eggs fifteen minutes, cool them in water, remove the shells, and cut the eggs in halves lengthwise ; take out the yolks carefully, mash them fine, add the butter and finely chopped meat and also the salt and pepper, and rub all together until a perfectly smooth paste is obtained. Fill the whites with the mixture, and press the corresponding halves together. Dip the egg first in beaten egg, then in bread-crumbs, again in the egg and crumbs, and fry in boiling fat for two minutes, using a frying-basket. When all the eggs are cooked, pour around them a sauce made of

- Two table-spoonfuls of butter.
- One table-spoonful of flour.
- One pint of milk.
- One-half tea-spoonful of salt.
- One-quarter tea-spoonful of pepper.

Rub the flour and butter to a cream ; heat the milk, and gradually add it to the butter and flour. When smooth, return all to the pan in which the milk was heated, and boil two minutes, stirring all the time ; then add the salt and pepper, when the sauce is ready to use.

OMELETS.

Nothing is more simply made than an omelet, yet comparatively few cooks can make one properly. The eggs either stick to the pan or are overdone and tough. Much stress is laid in many cook-books upon the necessity of an omelet-pan, but any smooth iron frying-pan that is not too small for the number of eggs used will do equally well. There is also much said about the professional manner of tossing the omelet, shaking the pan, etc., that bewilders the unexperienced and renders the *modus operandi* apparently very difficult. We give here a recipe for omelet that has never been known to fail, and is simple enough for any one to follow. For those who care for a more elaborate mode of work there are many books that will explain the difficulties to them, but this recipe is given for those not yet skilled in work of this kind.

For a family of five, allow five eggs. Beat the whites to a stiff froth on a large plate; place the yolks in a good-sized earthenware cake bowl, and beat them well, adding a spoonful of the beaten whites to make them more frothy. Turn the whites into the bowl containing the yolks, adding half a tea-spoonful of salt and a very little pepper, and mix all well together. Place a table-spoonful of butter in a frying-pan, or an omelet-pan if there is one, and when quite hot, so that the butter is commencing to brown, turn in the eggs. Do not keep them in this heat more than a minute; then set the pan on the top grate in a hot oven to finish the cooking. If the oven is at the right heat, the omelet should be done in five minutes. Take the pan out, slip a knife under the omelet to loosen it on all sides, fold

one side upon the other, and send at once to the table.

This may be termed a *baked* omelet by professional cooks, but it is one that is certainly worthy of note, for lighter and better omelets cannot be found anywhere than in those households in which these directions have been the rule for years in the preparation of this simple and delightful article of food.

OMELET SOUFFLÉ.

Six eggs.

Three table-spoonfuls of pulverized sugar.

One-half tea-spoonful of orange water, vanilla or lemon.

Beat the whites of the eggs to a hard froth. Put the yolks of three eggs in a bowl with the sugar and flavoring, and beat them well. Add the whites, mix quickly, and pile the mass as high as possible on a well buttered baking-dish. Smooth the top of the mound, make a slit down the center and at the sides, and bake fifteen minutes in a moderate oven. At the end of this time the soufflé should be of a fine yellow shade. Sprinkle with powdered sugar and serve at once.

FRIED OMELET.

This is a convenient way to make an omelet where the family come irregularly to breakfast. The mixture may stand for some time if beaten again thoroughly before frying.

Six eggs.

One-half tea-spoonful of salt.

One-quarter tea-spoonful of pepper.

One cupful of milk.

Beat the eggs until light and foamy, and add the other ingredients. Fry a spoonful at a time in a hot frying-pan or on a pancake griddle, having the pan or griddle well buttered. When done, roll each omelet quickly like a French pancake, and serve.

OTHER OMELETS.

A great many dishes can be made from the simple, plain omelet, not only for breakfast uses but also for desserts at dinner. Most of the additions are made to the omelet just before it is folded and while the top is moist and readily receives the different ingredients

OYSTER OMELET.

Heat eighteen oysters in their own liquor, skim them carefully, and stir in with them a table-spoonful of butter rubbed to a cream with a table-spoonful of flour. Season with salt and pepper, boil up once, and spread the oysters on the omelet before folding.

TOMATO OMELET.

Boil two medium-sized tomatoes a few minutes, season with salt and pepper, and place them on the omelet just before it is folded. When served the tomato should be entirely enveloped.

GREEN PEA OMELET.

This is managed the same as tomato omelet, a few spoonfuls of cooked green peas being placed in the center. Serve the omelet with a row of peas around it.

OMELET WITH VEGETABLES.

Many vegetables beside the two above mentioned are

used in making omelets. Asparagus and cauliflower are often used. The vegetable should first be cooked until perfectly well done and laid rather dry in the omelet before folding. Arrange a border of the vegetable used around the omelet for serving.

HAM OMELET.

Scatter over the center of the omelet a few spoonfuls of finely chopped ham.

Cheese, parsley and chicken are used in the same way.

SWEET OMELET (FOR DESSERT).

Add a little sugar to the eggs, using no pepper and but half the quantity of salt. Make the plain omelet, and when ready to fold, put two or three table-spoonfuls of any kind of preserves, marmalade or jelly upon the top. After the omelet is laid on the serving-dish, sprinkle sugar over it.

ORANGE OMELET.

One orange (rind).

Three eggs.

Three table-spoonfuls of orange juice.

Three tea-spoonfuls of powdered sugar.

Grate the rind from the orange. Beat the yolks of the eggs thoroughly, and add the sugar, rind and juice. Beat the whites stiff, stir them into the yolks, and when both are well mixed, cook like a plain omelet. Fold the omelet, lay it on the serving-dish, sprinkle it thickly with powdered sugar and score it in diagonal lines with a clean red-hot poker. The burnt sugar gives the omelet a delicious flavor.

To vary the recipe cut the orange into sections, remove the seeds and tough inner skin cut each section into

pieces, and mix these with the yolks before cooking; or cut the orange into small *pièces*, spread part of it over the omelet before folding, and sprinkle the remainder over the sugared top. By any of these methods a convenient dessert for an emergency may be prepared in ten minutes.

OMELET WITH RUM.

This is a most delicious omelet. Add a little sugar to the eggs instead of the pepper, and use a little less salt than in the plain omelet. When the omelet is ready to serve, sprinkle a table-spoonful of sugar over the top, and pour over it four or five table-spoonfuls of rum. Set fire to the rum and send blazing to table.

BREAD.

“ The very staff of life !

The comfort of the husband, the pride of the wife.”

THE making of bread is at once the easiest and the most difficult branch of culinary science. It should be regarded as one of the highest accomplishments, and if a tenth of the interest, time and thought which are devoted to cake, pastry and fancy cooking were spent upon this most important article of food, the presence of good bread upon our tables would be invariably secured. It is deplorable indeed that in thousands of otherwise comfortable homes good bread is an unknown thing. Good bread makes the plainest meal acceptable and the coarsest fare appetizing, while the most luxurious table is sadly wanting without it. Opinions as to what constitutes good bread differ as much as tastes and opinions regarding anything else ; but all will agree that good bread is light, sweet, free from any perceptible taste of the yeast and as white as the grade of flour will admit. Most important among the things needful to produce good bread is good

FLOUR.

Housekeepers seldom select flour by examination. They usually take some tried brand, or select on the

recommendation of their grocer; therefore, a little explanation regarding the different brands may be helpful.

The fancy names given to flour amount to very little, as the same flour is sold by several dealers under various brands. The different "processes" refer to the several methods used in converting wheat into flour, the grinding being performed in several ways, each one claiming superiority.

One process is by grinding between two horizontal stones, the upper one revolving and grinding the grain against the lower one, which is stationary. The ground grain is then sifted through bolting-cloth, producing fine wheat flour, coarse wheat meal and bran. This is the St. Louis or "old process" flour and is also sold as pastry flour. The grinding with millstones heats the flour, and as it is often placed on the market without having been properly cooled and dried, it spoils very rapidly.

Another method is the Minnesota or "patent process." The Washburn, Pillsbury and other mills located in Minneapolis are the largest flouring mills in the world. By this process the grain is crushed, not ground, by being passed through corrugated rollers, and is then sifted through bolting-cloth. Flour prepared in this way is considered one of the best grades.

The third process is the "new patent"—or Haxall. By this method the outer husk of the wheat is removed, after which the cleaned grain is cut by a system of knives, which reduces it to a fine powder without the injurious effect of heating. This flour swells more than that made by the "old process," as it contains more of

the gluten of the wheat, so that the same measure will make a greater quantity of bread than the St. Louis flour. It is, therefore, cheaper in the end, although it costs more per barrel; and it makes the whitest bread. There have been many variations of the Haxall process, but all are included under the term "new process flour."

Yet another method of converting wheat into flour has been recently introduced in New York and is highly recommended by physicians and scientists. The outer husk of the wheat (of which only the choicest kinds are used) is removed, and the grains are pulverized by a compressed cold-air blast, which dashes them into atoms with tremendous force. This is called "whole wheat" flour, the name indicating that the whole of the nutritive part of the wheat is retained. It is not sifted like other flour, but is pulverized into all the varieties of crushed wheat and coarse and fine granulated; and each variety, even the finest flour, contains all that is valuable as food. Bread made with this flour has been found very sweet, light and spongy, with none of the objectionable features of Graham bread. The "Arlington," the "Franklin" and some other brands of whole-wheat flour are highly recommended by those familiar with them.

Good flour should not be pure white in color, but of a creamy, yellowish shade. If flour feels damp, clammy and sticky and gradually forms into lumps that are hard to sift out, it is not of the best quality. Flour of high grade holds together in a mass when squeezed in the hand and retains the impression of the fingers and even of the indentations of the skin much longer than poor flour. Haxall flour has a fine consistency and runs

easily through the sieve or fingers like velvety meal, while good St. Louis flour feels oily and soft. All housekeepers agree that flour is not improved by long standing and that it should be bought in quantities corresponding to the number of persons in the household, that it may be used within a reasonable length of time. For a small family it is wisest to buy it in twenty-five pound sacks, or at most by the quarter-barrel. Flour should be kept in a dry, cool place, should be well covered and should never be used without sifting.

The next essential element in bread-making is the

YEAST.

There are three kinds of yeast in general use ; the dry, the compressed, and the liquid, each of which has its merits. Dry yeast cakes, such as the "Twin Brothers," "National" and many others, are good, if fresh, and being always obtainable and inexpensive, they are generally liked by those who use them. The compressed cakes, such as the "Vienna," are excellent when perfectly fresh, and are especially to be commended when bread is made in large quantities ; but for a small family, when only a quarter of a cake is used, perhaps twice a week, or for those living at a distance from the grocer's, they are inconvenient, expensive and wasteful. Yeast cakes have almost entirely taken the place of bakers' yeast. One two-cent cake of compressed yeast dissolved in a cupful of water is equal to a cupful of home-made yeast.

There are many varieties of home-made yeast, all of which require some form of yeast for starting. Who made the first yeast, and how can a young housekeeper

start her own when at a distance from stores or neighbors so that she can neither buy nor borrow, are questions often asked. The answer to the latter question is, simply make a thin batter of flour and water, and let it stand in a warm place until it ferments and is full of bubbles. A pint of this "ferment" is equal to a cupful of old yeast in starting the new. Yeast made with potatoes is always satisfactory, as the potato starch is particularly well adapted to yeast fermentation. Potato yeast rises rapidly, and it keeps longer without souring than any other variety; and bread made with it is sweet and light, and does not dry quickly. Porcelain or granite kettles are best for boiling the hops and potatoes, and earthen bowls and wooden spoons for mixing them, since iron and tin darken the yeast. The yeast for starting should be light in color, foaming or full of beads, effervescing easily when shaken and emitting an odor like weak ammonia; it is poor when it has an acid odor and looks watery or has a thin film over the top. This yeast should be put away in glass jars as soon as made and kept in a cool place, for intense heat or freezing will "kill" it. It is a good plan to reserve a portion of the yeast for the next rising in a small jar by itself, as opening the jar often causes the yeast to lose its strength.

The next subject to consider in the making of bread is

THE SPONGE.

This is made with lukewarm water or milk, yeast and flour. The milk used should be scalded and cooled, the scalding keeping the sponge from souring. The sponge is made either in the evening or in the afternoon, that "set" late being light by morning for the kneading of the

dough, while that started in the afternoon becomes light and spongy by nine o'clock and can then be kneaded and left to rise over night. The question whether dough should be kneaded at night or in the morning is one which every housekeeper can best decide for herself. Setting the sponge in the afternoon has many advantages. The kneading should not be hurried or slighted and should continue at least twenty minutes; when it has to be done in the morning, however, when most households are unusually busy, there is less likelihood of its being properly performed. Another decided advantage of setting the sponge in the afternoon is that it may be baked and removed from the oven by ten o'clock the next day, thus leaving the oven free for roasting or other work attendant upon the noonday dinner, which so many housewives the country over find most convenient.

The sponge should be stirred so thick with flour that a spoonful of it will not run from the spoon but will drop from it in a rather wet mess. If the sponge will not rise and seems watery on the top, sufficient flour has not been stirred into it. The sponge should not be allowed to stand in a draught of air, but a warm, even temperature should, if possible, be maintained. Stir the sponge in a clean bright pail that is used for no other purpose, or in an earthenware pitcher. If there is a high shelf in the kitchen remote from the door, set the pail upon it. One practical housewife used to hang her sponge pail on a projecting hook of the kind generally used to hang bird cages upon. The hook was nailed to a boarding above the water tank, upon which the water pipes that supplied the upper floor were fastened, and it was out of the draught and in a steady temperature. The sponge was

not looked at after being set, until it was taken down for use; and it was always satisfactory.

The next step is

THE KNEADING.

Kneading is the pressing or working of the dough in such a manner that the water and flour may be thoroughly mixed and the yeast so evenly distributed that the fermentation is equal throughout the entire mass. The kneading is often done in a mixing-bowl or bread-pan by drawing the dough over from the sides and pressing it down in the center, but it may be more effectually and more easily accomplished on a bread-board. Place some of the flour in the bread-pan, work into it whatever butter is to be used, and turn in the sponge, rinsing out the pail or vessel containing it so that there may be no waste. Mix thoroughly, being careful not to make the dough too stiff; then flour the board, turn the dough out upon it, and rub the pan clean with some of the dry flour, adding what may be thus obtained to the dough on the board. Work the whole into a ball, having the hands well floured. Draw the dough farthest from you up and over toward the center, letting the ball of the hand meet the dough; then press down firmly, giving the dough somewhat of a rolling motion, that it may not stick to the board. Dust the board and the hands frequently but lightly with flour. Use both hands in the same manner. When enough smooth texture has been formed through the dough it can be worked for some time without a dusting of flour. The kneading should be continued for not less than twenty minutes, as brisk and long working of the dough makes the pores fine and regular, while gaping

holes in bread are the result of too little kneading. When the kneading is done, work the dough into a flat, round mass, and place it in the center of the bread-pan; cover the pan with a cloth and set it in a warm place, taking care it is not in a draught of air and that the temperature is even. There is much force in the lament, "My bread took cold last night," for cold arrests fermentation. If kneaded at night, the bread will be ready for finishing early in the morning—as early as six o'clock; if kneaded in the day, it should be allowed five or six hours to rise to the desired lightness, after which it is ready for

THE MOULDING.

When the bread has risen to three times its original size, knead it down in the pan, cut it into equal parts, place one of these at a time upon the board, and mould it into a perfectly smooth, oblong loaf. During this second working only a dusting of flour will be required to keep the dough from sticking to the board, if the first kneading was sufficiently thorough. Place each loaf in a separate pan, which should be eight inches long, four inches wide and four inches deep. The pans must be well greased. The loaves should reach only half way to the top of the pans, which should stand in a warm place until the dough reaches the top, when it is ready for

THE BAKING.

This is fully as important as the other steps in making bread. The oven should not be too hot, and a little experience in baking will soon teach the novice when the temperature is right. For the unskilled there are many ways of testing the heat. The baker's method is to

throw a little flour on the floor of the oven, and if it browns quickly without taking fire, the heat is sufficient; or if the hand can be held in the oven while one can count twenty, the heat is strong enough. If a thermometer is used, it should indicate 360° . The bread should bake from forty-five to sixty minutes. The dough should rise in a round mound above the top of the pan and should begin to lightly brown after fifteen minutes. Bake according to the clock always, for the baking of bread is something that will not take care of itself. It is an erroneous idea that anything must not be looked at while baking in the oven. Look at the bread frequently, and turn it whenever it needs it. When it is well baked, it will emit a hollow, empty sound when tapped with the fingers. Remove the loaves immediately from the pans when done. If left in them or set on a pine table, the bread sweats or absorbs the odor of the wood. If crisp crust is preferred, do not cover the loaves, but place them where the air will circulate about them. A bread or cake cooler made of fine wire is a useful article upon which to place newly baked bread. If a soft, tender, wafer-like consistency is liked in the crust, wrap the loaves while still hot in several thicknesses of cloth, and when cold, place them in a stone jar or a tin box. Remove the cloth, as it absorbs moisture and gives the bread an unpleasant odor and taste. Keep the jar well covered; and scald it every baking-day, airing it thoroughly to receive the fresh bread.

HOP YEAST.

One pint of sliced raw potatoes.

One-half pint of hops.

- One quart of water.
- One tea-spoonful of ginger.
- { One yeast cake, or
- { One cupful of yeast.
- One table-spoonful of salt.
- One tea-cupful of sugar.

Boil the potatoes in a pint of the water, and steep the hops for twenty minutes in the other pint, using a granite-ware or porcelain-lined sauce-pan for the purpose. When the potatoes are soft, mash them in the water in which they were boiled, and when the hops are steeped, strain the water from them into the potato water. Add the salt, sugar and ginger, and mix all well together. When cool, add the dissolved yeast-cake or the liquid yeast, cover the bowl, and let it stand in a warm place until the yeast is light and covered with foam. Skim and stir several times. Put the yeast in glass jars or a stone jug, sealing it securely. Keep it in a cool place, and shake it well before using. The above measurements will not make a large quantity.

LIGHTNING YEAST.

- One quart of boiled potatoes.
- One quart of hot water.
- One quart of cold water.
- One-half tea-cupful of sugar.
- One-quarter tea-cupful of salt.
- { Two compressed yeast cakes, or
- { One pint of yeast.

Mash the potatoes fine, and pour the hot water upon them. Add the sugar and salt, and stir well until the mixture is smooth and creamy. Then pour in the cold water, and when the whole is lukewarm, add the dis-

solved yeast-cakes or the yeast. Set the yeast in a warm place, as directed in the preceding recipe, skim well, and set it away in a stone jar. Shake before using.

RAW POTATO YEAST.

- One-quarter cupful of flour.
- One-quarter cupful of sugar.
- One table-spoonful of salt.
- Three medium-sized potatoes.
- One to two quarts of boiling water.
- { One cake of compressed yeast, or
- { One cupful of liquid yeast.

Pare the potatoes, and cover them with cold water. Mix the flour, sugar and salt in a large bowl; then grate the potatoes as quickly as possible, not stopping to grate every scrap, and mix them at once with the flour, using a wooden or silver spoon that the mixture may not be darkened. Have a good supply of boiling water in the tea-kettle, and pour about a pint of it over the grater, rinsing off the potato into the bowl. Mix the water thoroughly with the potato and flour, then add slowly enough more boiling water to make the liquid the consistency of thin starch. The exact quantity of water cannot be given, as it depends upon the quality of flour and potatoes. If it does not thicken, pour the mixture into a double boiler or a granite pan, and bring it to the boiling point, stirring well to keep it from sticking; then strain through a squash strainer, and let it cool. When lukewarm, add the yeast, cover, and keep in a warm place until light and well covered with white foam. After the yeast begins to rise, beat it well several times, as this strengthens it greatly. At night or when it is well risen,

set it away in a cool place, pouring it into wide-mouthed earthen jars or in glass jars. Reserve a cupful or more in a jar by itself, and do not open it until ready for the next yeast making. Shake well before using. Do not take the jar into the hot kitchen when yeast is used for a baking, but take the measuring cup to the jar. Scald the jar when empty, and cover it tightly.

This is a quick and very easy way of making yeast, fifteen minutes being ample for the first of the work. The yeast, which will keep two weeks and makes delicious bread, is whiter and more inviting-looking than that made with hops.

LIGHTNING YEAST BREAD. (NO SPONGE.)

This is one of the easiest methods of bread-making and produces excellent bread. The work is all done the same day, as it is not necessary to start the sponge over night. For two loaves weighing a pound apiece, allow a pint of the lightning yeast. Place a quart of flour in the bread-pan, sprinkle over it a little salt, make a well in the center of the flour, and turn in the yeast. Mix until a ball is formed, adding more flour if needed; then turn the dough out upon the bread-board and knead it twenty minutes. Return it to the pan, and when quite light and fully three times its original size, mould it into two loaves, filling the tins but half full of dough. When the bread has doubled in size, bake it an hour in a moderate oven. This is a small quantity, but it will be quite enough for a family of five when bread is baked twice a week.

BREAD FROM DRY YEAST.

The national yeast-cake may always be relied upon for

this bread. The following quantities will make three loaves :

One good-sized raw potato.
One pint of boiling water.
One table-spoonful of melted lard.
One-half a dry yeast-cake.
One-half table-spoonful of salt.
One tea-spoonful of sugar.
Flour.

Boil the potato in a granite-ware sauce pan, drain off the water, mash the potato very smooth, and turn over it the boiling water. Stir until the liquid is like cream, and set it aside in a bowl. At the same time place the yeast-cake to soak in half a cupful of lukewarm water. Do this work at three o'clock P. M. At four, place the two ingredients together in a tin-pail or earthen pitcher, and stir in enough flour to make a very thick batter. The batter should be too thick to run from the spoon—and should be stirred and beaten until perfectly smooth and full of bubbles. Set this to rise in an even temperature of at least 75°, and it will be light and spongy by nine o'clock. Put two quarts of flour in the bread-pan, rub the lard into the flour, make a well in the center, and turn into it the sponge from the pail. Knead until the dough forms a round ball, adding more flour as needed. Turn it out upon the bread-board as soon as it has been kneaded so that it will not stick to the board, and knead at least twenty minutes, adding only enough flour to keep the dough from sticking during the work. Return the dough to the pan, cover closely with a thick cloth, and leave it in a warm place. In the morning mould the dough down, divide it into three parts, mould each part until smooth,

place it in a separate pan and set it in a warm place. The loaves should rise to double their size in an hour and a-half; then place them in the oven, and bake an hour. Bread made in this way is out of the oven by ten o'clock in the morning and is very delicious. Milk may be used in place of water to set the sponge, but it should first be scalded to prevent it souring in the bread.

COMPRESSED YEAST BREAD.

To make four large loaves, use

- One quart of boiling water.
- Three large potatoes.
- About seven pints of flour.
- One-third of a cake of yeast.
- One table-spoonful of salt.

Cook potatoes for thirty minutes, and drain well; mash them, pour the boiling water over them and set away to cool. When lukewarm, add the dissolved yeast-cake and three quarts of the flour, beating the flour in with a spoon. Cover the bowl with a cloth and then with a board, and let its contents rise over night. In the morning add the salt and half the remaining flour, the rest of the flour being used for kneading the bread on the board. Turn the dough out upon the board, and knead it for twenty minutes; then return it to the bowl, cover, and let it rise to double its original size. Shape it into loaves, moulding them smooth; and when they have risen to double their original size, bake for an hour. The addition of a table-spoonful of sugar and one of lard or butter improves the bread for some tastes, and, if

used, should be worked in with the salt when the bread is kneaded.

ENTIRE WHEAT BREAD.

Entire wheat is very different from Graham. Graham is coarsely ground wheat meal, while entire wheat is made from the whole wheat, the husk being discarded. The latter makes a brown loaf or roll, but a delicious one, smooth and fine. For two large loaves of bread, use

Two quarts of flour.

One and a-half pint of warm water.

One table-spoonful of sugar.

One table-spoonful of butter.

One-half table-spoonful of salt.

{ One-half cake of compressed yeast, or

{ One-half cupful of home-made yeast.

Measure the flour before sifting; then sift it into a bowl, setting aside one cupful to be used in kneading the bread later. Add the sugar and salt to the flour, dissolve the yeast (if the compressed is used) in a little of the water, and pour it and the rest of the water into the bowl; lastly add the butter, slightly softened. Beat the dough vigorously with a spoon, and when smooth and light, sprinkle the board with some of the flour reserved, turn out the dough upon it, and knead it for twenty minutes. Return the dough to the board, and set it to rise over night. This will take about six or eight hours, if the bread is started in the morning. When the dough is light, turn it out upon the board, divide it into two loaves, mould them smooth, place them in well greased pans, and set them in a warm place. When the loaves have doubled in size, bake for an hour.

RYE BREAD.

This is made the same as the preceding, except that rye flour is used instead of the entire wheat.

GRAHAM BREAD.

The quantities given below will make two medium-sized loaves.

One pint of water.
Wheat flour.
{ One yeast-cake, or
{ One cupful of yeast.

About nine at night dissolve the yeast-cake in the water, which should be lukewarm; and add enough wheat flour to thicken it to a stiff batter. Stir and beat the batter thoroughly for five minutes, leaving it full of bubbles; and set it in a warm place to rise. In the morning add

Two cupfuls of molasses.
One tea-spoonful of soda.
Two tea-spoonfuls of salt.
Graham flour.

Dissolve the soda in a little cold water, slightly warm the molasses, and add to it the soda. Stir the salt into the sponge, and beat well with a strong spoon; then put in the molasses and soda, and when these have been thoroughly beaten in with the sponge, add Graham flour until a very thick mixture is formed. This is not kneaded like other kinds of yeast bread, but should be so thick with graham as to be difficult to stir. Beat the batter well for three or four minutes, turn it into two well

greased tins, and set it in a warm place; when it has risen to be half again its original size, bake an hour in a rather slow oven. This bread will not rise so rapidly as that made of wheat flour, as it has more "body" to carry. It is mixed so soft that the dough takes the form of the pans in which it is baked. The success of graham bread depends largely upon thorough beating.

RYE-AND-INDIAN BREAD.

Three cupfuls of rye flour.
Two cupfuls of Indian meal.
One cupful of molasses.
One pint of water.
One tea-spoonful of soda.
One tea-spoonful of salt.

Sift the two kinds of meal well together, adding the salt. Slightly warm the water, dissolve the soda in it, add the molasses, and when these are well mixed, stir in the meal, a little at a time. Beat well until the whole is thoroughly mixed. Then place the batter in a round tin, set this in a steamer, and steam for four hours over a kettle of boiling water. If a crust is preferred, bake the bread half an hour after the steaming. The batter must be steamed immediately after it is mixed or it will be heavy.

RAISED BROWN BREAD.

One pint of corn meal.
One-half cupful of yeast, or one-half a cake.
One-half cupful of molasses.
One-half tea-spoonful of salt
One salt-spoonful of soda.
One pint of rye-meal.

Place the corn meal in a mixing-bowl, and scald it with just enough boiling water to wet it. Let it stand ten minutes; then put in cold water enough to make a soft batter. When the batter is lukewarm, add the yeast and the molasses, the soda dissolved in a little cold water, the salt and the rye-meal. Beat the mixture well, and let it rise over night; or if made in the morning, let it rise until it cracks open. Then stir it down, put it in a buttered and floured tin to rise again, and sprinkle flour over the top. Bake in a moderate oven for two hours. This recipe is very reliable.

CORN BREAD.

Two eggs.

One and a-half cupful of milk.

One large cupful of corn meal.

One-half cupful of wheat flour.

One and a-half table-spoonful of melted butter.

Two tea-spoonfuls of baking powder.

One-half tea-spoonful of salt.

Beat the whites and yolks of the eggs first separately, and then together. Sift the flour and meal well together, put in the powder, and sift again. Place the milk in a cake bowl, add to it the beaten yolks, the salt and the sugar, and then the meal and flour. Mix all very thoroughly together, and when well beaten stir in the beaten whites. Bake half an hour in a well buttered tin. The above quantities will make one medium-sized loaf, and the bread is always good. It is most palatable when warm, but it can be steamed and warmed over after it is cold, so that it will be almost as good as at first.

BREAKFAST BREAD.

One-half cupful of butter.
One cupful of sugar.
Three eggs.
One quart of milk.
Five and a-half cupfuls of flour.
One-half cupful of Indian meal.
Five tea-spoonfuls of baking powder.

This makes quite a large quantity. Rub the butter and sugar to a cream, and add the beaten eggs. When these are well mixed, stir in the milk gradually. Sift the flour, meal and baking powder together, sifting two or three times to make sure the powder is well distributed. Stir the flour into the mixture, beating thoroughly, and bake half an hour in well buttered pans.

FRENCH ROLLS.

These may be prepared with little trouble by making a little larger quantity of the bread dough. After kneading the dough for the usual time, set aside enough for a pan of rolls, usually a pint. Work into this portion a large table-spoonful of butter or lard, and let it stand in a moderately cool place for four hours; knead it again, and let it stand three hours more; then form the dough into rolls by rolling it out very lightly, cutting the rolls out with a biscuit cutter, and folding them not quite in the center, like turn-overs. The third rising will take an hour, after which bake the rolls half an hour in a quick oven.

PARKER HOUSE ROLLS.

For eighteen good-sized rolls allow

Two scanty quarts of flour.

One pint of milk.

Two tea-spoonfuls of salt.

Two table-spoonfuls of sugar.

Two table-spoonfuls of butter or lard.

{ One-half cupful of yeast, or

{ One-half a cake of compressed yeast.

Boil the milk, and set it to cool. Sift the flour into a mixing-bowl, rub the butter, sugar and salt into it, make a well in the center, and turn into it the cold milk, and the yeast-cake dissolved in a little water. Sprinkle the top of the milk with a little of the flour, cover the bowl, and leave the whole on the kitchen table until morning. In the morning mix the mass together with a spoon, then knead the dough for twenty minutes, return it to the bowl, cover, and set it to rise in a warm place. When it has become three times as large as at first (generally in about three hours), turn it out on the bread-board, and roll it to a thickness of half an inch. Cut the dough with a round cutter, place a round stick the size of a slate-pencil on a roll about one-third its width from one side, press with the stick until the dough under it is about half as thick as it was before, and fold the shorter side of the roll over; repeat this process with each roll. Half a tea-spoonful of butter may be spread between the folds of each roll, if liked. Place the rolls in buttered pans, cover with a cloth, and let them rise an hour and a-half; they should then be more than double their original size. Bake twenty minutes in a hot oven. In making the rolls be careful not to mix the flour with the yeast and milk until the latter have stood several hours. Care is needed in measuring the ingredients, as nothing should

be added afterward. If the rolls are desired for the evening meal begin them at eight o'clock, knead the dough at twelve or one, set it to rise until half-past three, then make it into rolls, which may rise in a cool place until twenty minutes of six; they may thus be baked by six o'clock. If wanted for luncheon at one o'clock, set them at seven, doubling the quantity of yeast to hurry them; knead the dough at nine, and shape into rolls at eleven. They should then be ready to bake at twenty minutes of one.

WHITE MOUNTAIN ROLLS.

- Two quarts of flour.
- One and a-half pint of milk.
- Two eggs (whites).
- One tea-spoonful of salt.
- Three table-spoonfuls of sugar.
- One-half cupful of butter.
- One-half cupful of yeast, or one-half a cake.

Sift the flour into a bowl, and add to it the salt and sugar. Boil the milk, and while it is still hot, put in the butter to melt. When the milk is cooled to blood heat, add the beaten whites of the eggs and the yeast, and stir the mixture into the flour, beating vigorously with a spoon. Knead well for twenty minutes, and set the dough to rise over night. In the morning take pieces of dough the size of an egg, shape them into long rolls, and place them side by side in a shallow pan that has been well greased; when they have risen to a little more than double their original size, bake for half an hour. The rolls will brown quickly and should be covered with paper as soon as they begin to brown.

SWEDISH ROLLS.

Make half the quantity of dough directed in the preceding recipe, roll it very thin, sprinkle lightly with water or spread with butter, and then sprinkle with sugar and cinnamon, using three table-spoonfuls of sugar and one of cinnamon. Roll the sheet the same as jelly-roll, and cut the roll into slices an inch thick. Put these slices into a well buttered pan, and when double their original size, bake for twenty minutes. The cinnamon may be omitted and the dough sprinkled with sugar and a cupful of dried currants. These rolls are much liked with coffee.

BUNS, NO. I.

Two cupfuls of milk.
 Two table-spoonfuls of sugar.
 Two eggs.
 Two salt-spoonfuls of salt.
 Four cupfuls of flour.
 { One-half cupful of yeast, or
 { One-half a cake.

Scald the milk, and when cool, put in the yeast and salt. Beat the eggs well, add the sugar to them, and stir both into the yeast and milk. Lastly stir in the flour, beat well, and set the sponge in a warm place to rise over night. In the morning add flour to make a stiff dough, knead fifteen minutes, and replace it in the pan to rise. When the dough is light add

One-half cupful of butter.
 One cupful of currants.
 One salt-spoonful of cinnamon or nutmeg.

Let the dough rise again until light, shape it into small,

round cakes, place these close together, and when well risen, bake them twenty or thirty minutes in a moderate oven. Glaze the buns with sugar and milk, or with the white of an egg beaten stiff, with sugar added. These buns are only good when fresh.

BUNS NO. 2.

One pint of bread dough.
One egg.
One-half cupful of sugar.
Butter the size of an egg.
One-half cupful of French currants.
One-half nutmeg, grated.

Mix the butter with the dough, working it in thoroughly; then add the sugar, spice, fruit and egg. When all is well mixed, roll out the dough half an inch thick, cut it into round cakes with a biscuit-cutter, place these in a well buttered tin, and leave them in a warm place to rise. When doubled in size, bake; and while still hot, brush over the top with syrup, to glaze.

EASTER BUNS. ("HOT CROSS.")

The dough for these is made the same as in Buns No. 1, except that half a cupful of sugar is used instead of the quantity given, and the currants and egg are omitted. Roll the dough half an inch thick, cut it into round cakes, and lay them in rows two inches apart in a buttered baking-pan. When they have risen to more than double their original size, make a cross upon each with a sharp knife, and put them at once in the oven. Bake twenty minutes, having the oven very hot; and glaze as above directed.

RUSKS.

Two cupfuls of milk.
One cupful of sugar.
One cupful of yeast.
One cupful of butter.
Two eggs.
One-half tea-spoonful of soda.
One tea-spoonful of salt.
Flour.

At night scald the milk, and while it is cooling add the sugar and salt. When lukewarm, put in the yeast, and enough flour to make a thick batter; then cover and set in a warm place. In the morning work the butter into the dough, and add the eggs, well beaten, and the soda, dissolved in a little cold water. Add flour enough to admit of rolling the dough out with a rolling-pin. Roll it half an inch thick, cut out the rusks with a biscuit-cutter, place them in a buttered pan, and when risen to more than double the original size, bake them thirty minutes in a moderate oven.

RAISED BISCUIT.

These are easily made for tea when bread has been made, and the following quantities will make two good-sized panfuls of biscuit.

One pint of bread dough.
One scanty pint of milk.
Two eggs.
Two table-spoonfuls of butter.
Four table-spoonfuls of sugar.
One tea-spoonful of salt.
One quart of flour.

Mix all these ingredients but the flour in a bowl, cutting the dough with a knife; then add the flour, measuring generously. Knead well, and set the dough in a warm place for six hours. Work it down at the end of that time, turn it out on a floured board, and roll it a-quarter of an inch thick. Cut the dough with a biscuit-cutter, place half of the cakes in buttered pans, and spread a little soft butter upon each; then take fresh cakes from the board, and put them on top of those already in the pan. Cover the whole with a clean towel, and set in a rather cool place, the temperature being about 65°. When the biscuits are double their original size (which should be in two hours), bake in a rather hot oven for thirty minutes.

STALE BREAD.

Bread should never be thrown away, nor should any crusts be burned or thrown into the garbage barrel, as is often done in many households. They should be placed in a pan and dried very slowly in the oven, the door being left open. When dry enough to crumble between the fingers, put the crusts in a bag made of strong cloth or ticking. Then pound the bag with a wooden mallet until the crusts are reduced to fine crumbs. Sift these crumbs, and put them away in boxes or glass jars: they will then be ready for breading purposes whenever needed. Whole slices of stale bread may always be used for toast; and there are many recipes here given that require bread for the making, such as pies, puddings, stuffings, etc. With a little management each week there will be no stale bread left over either to be thrown away by a wasteful cook or to make an unnecessary amount of crumbs.

TO WARM OVER BREAD AND ROLLS.

A stale loaf may be made very light and fresh in the following manner: Dip the loaf quickly in enough cold water to completely submerge it. Then set it on a pie-tin in the oven to heat; this will require fifteen or twenty minutes for a loaf of ordinary size. Rolls and biscuit may be warmed in the same way and are much more satisfactory than when steamèd.

BREAKFAST DISHES.

BISCUIT, GEMS, ETC.

“Then to breakfast, with what appetite you have.

SHAKSPERE.

BISCUIT. (BAKING POWDER.)

One quart of flour,
Two heaping tea-spoonfuls of baking powder.
Sweet milk to moisten.
One tea-spoonful of salt.
Two even table-spoonfuls of lard.

Place the salt in the flour, which should be measured before it is sifted; stir well, add the baking powder, and sift once more. Rub the lard into the flour, using the back of a spoon; and when it is thoroughly mixed with the flour, add the milk to moisten. The dough should be just moist enough so that it will not stick to the board; it should not be at all hard, or the biscuit will be hard and dry.

Mold the dough a moment, sprinkling the board with flour; and when it forms a smooth ball roll it out an inch thick. Cut the sheet into cakes with a small round cutter, and place these in an ungreased tin. Bake thirty minutes in a moderately quick oven. This quantity will

make one dozen large biscuits, or eighteen if cut with a small cutter. Some cooks prefer butter to lard in making biscuit, but if the lard is perfectly sweet it is much better than butter.

BISCUIT. (CREAM OF TARTAR.)

These are made the same as the preceding, except that in place of the baking powder are used

One tea-spoonful of soda.

Two tea-spoonfuls of cream of tartar.

Grind the soda perfectly smooth on a plate, using a spoon or knife, and mix it with the flour and cream of tartar, sifting as directed. Care is required in the use of soda, for if it is not perfectly pulverized, the biscuit will be yellow and most disappointing.

BISCUIT. (SOUR MILK.)

Make the same as the baking-powder biscuit, but use one even tea-spoonful of pulverized soda instead of the baking powder, and moisten with sour milk instead of sweet. The milk should be unmistakably sour, but need not be very thick, to insure success.

BISCUIT. (SOUR CREAM.)

Make the same as the baking-powder biscuit, but omit the butter, and substitute a tea-spoonful of soda for the baking powder. The cream should be rich.

BISCUIT. (SWEET CREAM.)

These are made the same as the baking-powder biscuit, omitting the butter. As in the last recipe, the cream should be rich.

MARYLAND BEATEN BISCUIT.

- One quart of flour.
- One-quarter cupful of lard.
- One-half tea-spoonful salt.
- One cupful of cold water.

Rub the lard and salt into the flour, and mix all with the water until a stiff dough is formed. Knead ten minutes, then beat hard with a biscuit-beater or heavy rolling-pin, turning the mass over and over until it begins to blister and looks light and puffy, or until, pulling off a piece quickly will give a sharp, snapping sound. When the dough is in this condition pull off small pieces suddenly, and form it into round biscuits; then pinch off a bit from the top of each, turn the biscuit over, and press it with the thumb, leaving a hollow in the middle. Arrange the biscuit some distance apart in the pans, prick them with a fork, and bake twenty minutes in a quick oven. They should be light and of even grain and should crack at the edges like crackers.

SWEDISH BISCUIT.

- One quart of flour.
- Six table-spoonfuls of sugar.
- Two table-spoonfuls of butter or lard.
- One cupful of dried currants.
- Three tea-spoonfuls of baking powder.
- One-half tea-spoonful of salt.
- One tea-spoonful of nutmeg.
- One pint of milk.

Place the flour, salt, baking powder and three spoonfuls of the sugar in a flour-sieve, and sift all thoroughly. Rub the butter into this mixture, wet the latter with the

milk, and stir the dough quickly into the shape of a ball. Sprinkle the board with flour, and roll the dough until it is one-third of an inch thick. Sprinkle upon this sheet of dough the three remaining spoonfuls of sugar, sift the nutmeg over the sugar, and spread the currants over all. Roll up the dough, and cut it into slices about an inch thick. Place the slices in a well buttered baking-tin, and bake twenty minutes. The currants may be omitted, if not cared for.

GRAHAM GEMS. (SOUR MILK.)

The following quantities will make one dozen gems of medium size.

One tea-cupful of sour milk.

One egg.

One-half tea-spoonful of soda.

One-half tea-spoonful of salt.

Two table-spoonfuls of sugar.

One and a half table-spoonfuls of melted butter.

Graham flour to thicken.

Beat the egg until light, and add to it the milk, sugar and salt, and the soda dissolved in a little cold water. Stir well, adding graham flour sufficient to make a batter so thick that it will not run off the spoon. Lastly add the melted butter, and stir well. Heat the gem pans, and oil them well, using a little butter placed in a clean cloth, and rubbing it over the pan when heated. Drop enough of the mixture into each space in the pan to a little more than half fill it, and bake twenty minutes in a hot oven.

GRAHAM GEMS. (SWEET MILK.)

One quart of graham flour.
Two eggs.
Butter the size of an egg.
Three tea-spoonfuls of baking powder.
One tea-spoonful of salt.
One table-spoonful of sugar.
Milk to moisten.

Mix the salt, sugar, powder and flour well together by sifting all through a sieve; then add the eggs, well beaten, and the melted butter. Stir in enough sweet milk to make a thick batter, and bake twenty minutes in well heated and oiled gem-pans.

BREAD GEMS.

One pint of stale bread-crumbs.
One and a-half cupful of sifted flour.
One table-spoonful of melted butter.
One pint of milk.
Two eggs.
Two tea-spoonfuls of baking powder.
One tea-spoonful of salt.

Soak the crumbs in the milk for half an hour. Beat the whites and the yolks of the eggs separately; add the yolks to the bread and milk, then the melted butter and the salt, and mix all well together. Stir in the flour, beat until smooth, and stir in carefully the whites of the eggs and the baking powder. Bake thirty minutes in heated and oiled gem-pans.

GRAHAM GEMS, WITHOUT EGGS.

One cupful of sugar.
Three cupfuls of sour milk.

One tea-spoonful of salt.
Two table-spoonfuls of butter.
One tea-spoonful of soda.
Graham flour to thicken.

Beat the butter and sugar to a cream, add the soda, well powdered, then the milk, and lastly the flour to thicken. Bake twenty minutes in well heated and oiled gem-pans.

CORN GEMS.

The following quantities will make two dozen gems :

Two cupfuls of corn meal.
One cupful of flour.
Two table-spoonfuls of butter.
Three eggs.
One cupful of cold sweet milk.
One cupful of boiling sweet milk.
Two tea-spoonfuls of baking powder.
One tea-spoonful of salt.

Place the corn meal in a mixing-bowl, put the butter in the center, and pour over it the boiling milk. Stir well, and add the cold milk, the eggs, well beaten, the salt, and the flour, in which the baking powder has been well mixed. Stir well to mix thoroughly. Bake thirty minutes in well oiled and heated gem-pans.

TEA GEMS.

One pint of flour.
One-half cupful (scant) of sugar.
Two eggs.
One tea-spoonful of salt.
One table-spoonful of melted butter.
Two tea-spoonfuls of baking-powder.
Milk to make a thick batter.

Stir the powder, sugar and salt into the flour, and sift all through a sieve. Add the melted butter and the well-beaten eggs, stir the mixture well, and add enough milk to thin it to a thick batter. Bake twenty minutes in well oiled and heated gem-pans.

RICE GEMS.

- Two cupfuls of sweet milk.
- One cupful of sugar.
- One large cupful of boiled rice.
- Flour to thicken.
- One egg.
- Two table-spoonfuls of melted butter.
- One tea-spoonful of salt.
- Three tea-spoonfuls of baking powder.

Rub the butter and sugar to a cream, and add the beaten eggs, then the milk and then the rice and salt. Stir well, mixing thoroughly. Sift the powder with a little flour, add it to the mixture, and stir in more flour as needed to make a rather stiff batter. Bake thirty minutes in heated and oiled gem-pans.

GRAHAM PUFFS.

- One egg.
- One cupful of wheat flour.
- Two cupfuls of graham flour.
- Two-thirds cupful of sugar.
- One table-spoonful of butter.
- One pint of sweet milk.
- Three tea-spoonfuls of baking powder.
- One tea-spoonful of salt.

Rub the butter and sugar to a cream, add the beaten egg, then the salt and lastly the milk, stirring all well

together. Sift together the two kinds of flour and the baking powder, and add them to the mixture. Bake twenty minutes in heated and oiled gem-pans.

WHEAT PUFFS.

Two eggs.
One pint of sweet milk.
One table-spoonful of melted butter.
One tea-spoonful of baking powder.
One tea-spoonful of salt.
Flour to thicken.

Beat the eggs, and add them to the milk. Stir in the melted butter and the salt, and add flour to thicken to a rather stiff batter. Bake twenty minutes the same as gems. These puffs are particularly nice with coffee, as they contain no sugar.

POP-OVERS.

Two tea-cupfuls of sweet milk.
Two tea-cupfuls of sifted flour.
Two eggs.
One table-spoonful of sugar.
One tea-spoonful of salt.
Two tea-spoonfuls of butter.

Place the salt, sugar and flour together, and rub the butter into the mixture. Beat the eggs light, add the milk to the dry mixture, and then stir in the eggs. Bake in hot gem-pans twenty minutes.

MUFFINS.

These are made very much like gems, but the batter is left thinner, and they are usually baked in muffin-rings.

The batter should be just thin enough to pour from a spoon, but not so thin as to float the rings.

GRAHAM MUFFINS.

Two cupfuls of graham flour.
 One cupful of sweet milk.
 One-third cupful of sugar.
 One egg.
 One tea-spoonful of baking powder
 One-half tea-spoonful of salt.

Stir the sugar, salt and baking powder together, and sift them with the flour through a flour sieve. Add the milk to the mixture, and when well stirred, add the beaten egg. Bake twenty minutes in muffin-rings.

CORN MUFFINS, NO. 1.

Three eggs.
 Two cupfuls of sweet milk.
 One cupful of flour.
 Two cupfuls of Indian meal.
 Two table-spoonfuls of butter.
 Four table-spoonfuls of sugar.
 One tea-spoonful of salt.
 Three tea-spoonfuls of baking powder.

Stir the sugar, salt and butter to a cream, and add the beaten egg and the milk, stirring well. Sift the meal, flour and powder together, and add them to the mixture. Stir well, and bake in muffin-rings.

CORN MUFFINS, NO. 2.

The following ingredients will make fifteen muffins :

One cupful of corn meal.
 Five cupfuls of boiling water.

Two table-spoonfuls of sugar.
One table-spoonful of butter.
One tea-spoonful of salt.

Place the butter, sugar, meal and salt together in the top vessel of a double boiler (a tin pail may be used, setting it in a kettle of hot water), turn the boiling water upon the meal, stir until smooth, and cook an hour. Do this at night, if the muffins are required for breakfast. Turn the batter, when cooked, into a small mixing-bowl, and pour over it a-quarter of a cupful of cold water; this prevents a crust forming, and should not be stirred in until morning. In the morning beat the batter up soft and smooth, and add

One and a-half cupful of corn meal.
One cupful of wheat flour.
Two tea-spoonfuls of baking powder.
One egg.

Sift the two kinds of flour and the baking powder together, and stir them into the mixture, adding the egg, well beaten, at the last. Bake in rings or in gem-pans.

WHEAT MUFFINS.

One egg.
Butter the size of an egg.
One table-spoonful of sugar.
One cupful of milk.
Two tea-spoonfuls of baking powder.
One tea-spoonful of salt.
Flour to thicken.

Rub the sugar and butter to a cream, and add the egg, well beaten, and then the milk and salt. Sift the baking powder with a little flour, stir it into the mixture, and add

enough flour to make a batter. Bake twenty minutes in well-oiled muffin-rings.

CORN AND RYE MUFFINS.

These are made the same as Corn Muffins, No. 2, adding, instead of the flour and meal in the morning,

One cupful of corn meal.
One cupful of rye flour.
One cupful of wheat flour.

RICE MUFFINS.

One pint of flour.
One table-spoonful of sugar.
One table-spoonful of butter.
One cupful of cold cooked rice.
Two eggs.
Two tea-spoonfuls of baking powder.
One tea-spoonful of salt.
One-half pint of milk.

Mix the flour, sugar, baking powder and salt in a sieve, and rub them all through. Rub the butter into the flour thoroughly, and beat the eggs light. Add the milk to the dry mixture, and when smooth stir in the rice. Beat again thoroughly, add the eggs, and bake quickly for thirty-five minutes, either in gem-pans or muffin-rings.

WAFFLES.

A waffle-iron is made of two iron griddles fitted and fastened together at one side with a hinge. Each griddle is divided into compartments, which are usually grooved into diamonds, hearts, rounds, etc. (See "Kitchen Utensils," page 37.) If the waffle-iron has not been used for

some time, wash it thoroughly with soap and water, wipe it dry, and rub well with dry salt. The iron should be placed over the fire, heated on each side, and greased carefully, as it is very hard to clean if the cakes stick to it. Put a piece of salt pork on a fork, or a small piece of butter in a clean rag, and rub this all over both griddles; the heat will melt the butter and let just enough of it through the cloth, so that this method is much better than applying the butter with a knife. Close the griddles and turn them that the fat may be distributed equally. Have the waffle batter in a pitcher so that the filling may be done quickly, and fill each compartment two-thirds full. Cover with the other griddle, cook one minute, turn the iron, and cook a little longer on that side. It takes but a little over two minutes to cook waffles. When done, carefully remove them from the irons, place them on a hot dish, and serve at once. Any kind of griddle-cake batter, with the addition of the extra oiling to make the cakes crisp, may be cooked in a waffle-iron, if one does not regard the extra labor it involves.

WHEAT WAFFLES.

Four eggs.

One quart of milk.

One large table-spoonful of butter.

Three tea-spoonfuls of baking powder.

One tea-spoonful of salt.

Flour to thicken.

Beat the whites and yolks of the eggs separately, melt the butter, stir it into the yolks, and add the salt, the milk and the whites of the eggs, stirring well. Beat in quickly the flour, a little of which should be mixed with

the baking powder. The batter should be just thin enough to pour. Bake in a waffle-iron, as previously directed. This is a large recipe.

PLAIN RAISED WAFFLES.

One quart of flour.

One tea-spoonful of salt.

Three eggs.

Two table-spoonfuls of butter.

One-half cupful of yeast, or one-half a cake of compressed yeast.

One and a-half pint of milk.

Scald the milk and cool it. Rub the butter into the flour, and add the salt, the cooled milk and the yeast. Beat the mixture well for three minutes, cover, and let it stand in a warm place until light, generally over night. In the morning beat the whites and yolks of the eggs separately, add the yolks to the batter and then the whites, stirring well. Let the batter stand fifteen minutes, and then cook in a waffle-iron.

CORN-MEAL WAFFLES.

One cupful of flour.

One cupful of corn meal.

Two cupfuls of sour milk.

One-half cupful of sour cream.

One-half tea-spoonful of salt.

One tea-spoonful of soda.

One table-spoonful of cold water.

Two table-spoonfuls of sugar.

Two eggs.

Mix the sugar, salt, meal and flour. Beat the eggs light. Dissolve the soda in the cold water, and stir it into the sour cream and milk. Pour the liquid upon the

dry mixture, add the eggs after stirring well, and bake in waffle-irons. Should there be no sour cream at hand, use two and a-half cupfuls of sour milk and a table-spoonful of melted butter, measured after melting.

GRIDDLE-CAKES.

A soap-stone griddle is the best for this purpose as it does not require greasing; but it should be allowed twice the length of time to heat through that would be required to heat an iron griddle. If an iron griddle is used, put a small piece of fat salt pork on a fork, and when the griddle is hot enough for the fat to sizzle, rub it all over with the pork, greasing it plentifully and evenly. Many prefer an iron griddle, because the fat used in oiling it imparts a delicate crispness to the cakes. A turnip, cut in half, is also excellent for rubbing the griddle before frying cakes, and is preferred by those who do not care for much richness in the cakes. Take up a spoonful of the batter and pour it on the griddle from the end of the spoon; the batter should hiss as it touches the griddle. Watch the cakes carefully. When those first put on are full of bubbles they are ready to turn; and generally when all have been turned the first are ready to take off the griddle. Turn the griddle often, bringing each edge of it in turn over the hottest part of the stove, that the cakes may cook evenly.

SWEET MILK GRIDDLE-CAKES.

One and a-half pint of milk.

Two eggs.

Flour to make a batter.

One-half tea-spoonful of salt.

One tea-spoonful of melted butter.

Two tea-spoonfuls of baking powder.

Beat the eggs well, and stir them into the milk. Add the salt and baking powder, and enough flour to thicken, and lastly, stir in the melted butter. Too much flour should not be used, if a light, thin cake is desired. It is wise to bake one cake first, to see if the batter is thick enough and the griddle sufficiently heated.

SOUR MILK GRIDDLE-CAKES.

These are made the same as the preceding, except that sour milk is used instead of sweet, and a tea-spoonful of soda dissolved in a table-spoonful of cold water takes the place of the baking-powder.

BREAD GRIDDLE-CAKES.

These are especially well liked by people fond of griddle-cakes. The following quantities will be enough for five persons :

- One pint of sweet milk.
- One and a-half pint of bread-crumbs.
- Two eggs.
- Two tea-spoonfuls of baking powder.
- One tea-spoonful of salt.
- Flour to thicken.

If the crumbs are hard, soak them over night in the milk ; if soft, they may be soaked for half an hour in the morning. When they are soft, turn them with the milk into a colander, and mash the bread through it. Add the beaten eggs, salt, powder and flour, and the batter is ready to fry. If an iron griddle is used to cook these cakes, it should be oiled a little more than usual. The cakes are very tender and should be turned carefully ; and they require longer frying than any other kind.

RICE GRIDDLE-CAKES.

One pint of boiled rice.
Two pints of milk.
One and a-half pint of flour.
Three eggs.
One tea-spoonful of baking powder.
One tea-spoonful of salt.
One table-spoonful of sugar.
One table-spoonful of melted butter.

Put the cooked rice to soak over night in a pint of the milk, and in the morning add the flour, salt, sugar and butter. Beat the mixture well, and add the eggs, well beaten, and the other pint of milk, into which the baking powder has been stirred. This makes quite enough cakes for six or seven persons.

CORN-MEAL GRIDDLE-CAKES.

One-half pint of corn meal.
One-half pint of flour.
One pint of boiling water.
One and a-half cupful of sweet milk.
One tea-spoonful of baking powder.
One tea-spoonful of salt.
Two eggs.

Put the meal, sugar and salt in a mixing-bowl, and pour over them the boiling water. Beat thoroughly, and add the cold milk. When the mixture is quite cool stir in the flour and baking powder, mixing well; and lastly add the eggs, well beaten. The cakes should be small, well browned and thoroughly cooked, and they need a little longer frying than wheat griddle-cakes.

GRAHAM GRIDDLE-CAKES.

- One cupful of graham flour.
- One cupful of wheat flour.
- One pint of sour milk.
- Two eggs.
- One table-spoonful of sugar.
- Two table-spoonfuls of cold water.
- One large table-spoonful of melted butter.
- One-half tea-spoonful of salt.
- One tea-spoonful of soda.

Mix the two kinds of flour together, and add the sugar and salt. Beat the whites and yolks of the eggs separately, then dissolve the soda in the water, and stir it into the milk. Add the liquid to the dry mixture, and when well stirred put in the beaten egg and the butter. The batter is then ready to fry.

BUCKWHEAT CAKES.

There is nothing cooked that is more variable than buckwheat cakes. One day they may be perfectly good and the next wholly disappointing, although there may be no apparent cause for the difference. It should be borne in mind that it is difficult to make them light and dry when they are made wholly of buckwheat flour, and that batter raised with fresh yeast will not be so good as that raised with some of the unused batter of the previous day. Following is a very reliable recipe for buckwheat cakes :

- One pint of buckwheat flour.
- One-half cupful of Indian meal.
- One-half cupful of yeast, or one-half cake of compressed yeast.
- One pint of warm water.
- One tea-spoonful of salt.
- One table-spoonful of molasses.

Beat the batter thoroughly, and place it where it will rise over night; it should rise and fall again by morning. In the morning add a tea-spoonful of finely powdered soda, stir well, and fry. If the cakes are desired three times a week, fresh yeast will not be required after the first making, if a little more than a pint of the batter is reserved each time in a cool place and used instead of the yeast. Always put molasses in these cakes as it helps to give them a fine brown appearance in frying.

BUCKWHEAT CAKES, WITH BREAD.

Two cupfuls of buckwheat.
Two and a-half cupfuls of warm water.
One cupful of stale bread.
One cupful of milk.
One tea-spoonful of salt.
One-half cake of compressed yeast.

Dissolve the yeast in half a cupful of the water, put this with the rest of the water, and pour all upon the buckwheat. Add the salt, beat well for ten minutes, cover the batter, and set it to rise. Place the bread in a bowl with the milk, and let it soak over night in a cool place. In the morning mash it fine and light, and add it to the risen buckwheat. The batter is then ready to fry.

FRENCH PANCAKES. (NO SODA.)

Three eggs.
One cupful of milk.
One-half cupful of flour.
One-half tea-spoonful of salt.
One tea-spoonful of sugar.
One-half table-spoonful of salad oil.

Beat the yolks and the whites of the eggs separately, add the milk, salt and sugar to the yolks, pour one-third of this mixture on the flour, and stir it to a smooth paste. Then add the remainder, beat well, and stir in the oil and the beaten whites. Heat and butter a small frying-pan, and pour into it enough of the mixture to cover the bottom. When this side is brown, turn and brown the other side. When done lay each cake on a warm plate, spread it with butter and sugar or jelly, roll it up, sprinkle with powdered sugar, and serve.

HOE CAKES.

The old colored cooks in the South used to make these to perfection and bake them on their hoes, whence the name.

One pint of corn meal.

One-half ea-spoonful of salt.

Place the corn meal and salt in a bowl, and pour in sufficient boiling water to moisten the meal. After it has stood ten minutes, add cold water until the mixture will drop from the spoon. Bake the same as griddle-cakes on a hot griddle or a hoe. When done place a bit of butter on the top of each cake, and serve.

CORN DODGERS.

Two cupfuls of corn meal.

One tea-spoonful of salt.

Boiling water.

One table-spoonful of lard or butter.

One table-spoonful of milk.

One egg.

Mix the salt and meal together dry, put the lard in the

center, and pour on enough boiling water to wet the meal. Beat the egg until light, add the milk, and when the liquid has cooled stir it into the meal. Beat the mixture well, drop it by spoonfuls upon a greased pan, and bake in a very hot oven for fifteen minutes.

CORN-MEAL PONE.

One quart of Indian meal.
One tea-spoonful of salt.
One table-spoonful of butter or lard.
Cold water to make a dough.

Mix these ingredients together, mould the dough with the hands into thin, oblong cakes, lay these in a well greased pan, and bake quickly. The common way is to form the dough into oval mounds that are higher in the middle than at the ends, shaping them rapidly and lightly with the hands by tossing the dough over and over. This is done with great dexterity by the cooks in the South, where a "pone" of this kind forms a part of every dinner; it is broken, not cut, and eaten hot.

FLANNEL CAKES.

One quart of flour.
Two eggs.
Two tea-spoonfuls of salt.
Three table-spoonfuls of yeast.
One table-spoonful of butter, melted.
One and a-half pint of milk.

Scald the milk, and when it has cooled add the salt, flour and yeast. Beat the mixture until light, and set it to rise over night. In the morning add the melted butter and the beaten eggs, and bake on a griddle. These are the usual griddle-cakes in the South.

JOHNNIE CAKE.

The following quantities will make two small loaves :

- Two cupfuls of sour milk.
- One cupful of sifted flour.
- Two cupfuls of Indian meal.
- Three table-spoonfuls of melted butter.
- Two table spoonfuls of sugar.
- One tea-spoonful of soda.
- One tea-spoonful of salt.
- Two eggs.

Place the milk, salt and sugar in a mixing-bowl, and beat the eggs until light. Dissolve the soda in a little cold water, and stir it into the mixture in the bowl. Then add the flour and meal, sifted together, and the melted butter and the eggs, stirring these ingredients in in the order named. Pour the batter into well buttered tins, and bake thirty minutes.

SHORTCAKES.

These are made either with fresh strawberries, peaches, etc., or with canned fruits, but the fresh fruits are much to be preferred. For making the crust the baking powder biscuit dough previously mentioned is always satisfactory. Mould the dough into a round or oblong mass, having it as soft as can be handled ; and press it out thin with the hands, avoiding the use of a rolling-pin. Then place the dough in a tin like a loaf of bread, and bake forty-five minutes in a moderate oven. When done it should be twice as thick as at first. With a long, thin knife split the loaf in two parts, cutting it through the middle ; lay the inner sides upward, spread the soft cake generously with butter, and sprinkle with a light sifting of sugar. If

strawberries are to be used, remove the hulls and mix a tea-cupful of sugar with each quart of berries; then leave them to season for at least an hour, stirring them up carefully three or four times during that time. If there seems to be very little juice at the end of half an hour, crush a few of the berries, and stir again. When the crust is buttered, divide the berries equally between the two pieces. One quart of berries, if good, will be quite enough for the amount of crust given in the recipe, which will be ample for six persons. Sprinkle the berries with a light sifting of sugar, and either place the two pieces of cake side by side on a platter or lay one on top of the other, always keeping the berries uppermost. Pile whipped cream on top, and serve; or serve with a cream sauce made of a pint of sweet cream, sweetened to taste and adding two table-spoonfuls of crushed berries.

Some cooks divide the dough into two parts, lay one half in the baking-tin, spread it lightly with butter, and then place the other half on the top; the cake is then baked, and when taken from the oven the two portions separate easily, thus requiring no cutting. The butter forms a very thin coat, through which the butter and berry juice afterwards applied cannot pass; and for this reason many prefer the former method, which presents a soft surface that receives the seasoning admirably.

Peaches, oranges and apricots make delicious short-cakes.

DOUGHNUTS. (SOUR MILK.)

Two cupfuls of sugar.

Two cupfuls of sour milk.

Eight table-spoonfuls of melted butter.

Four eggs.

One tea-spoonful of salt.

Two tea-spoonfuls of soda.

Two tea-spoonfuls of cream of tartar.

Flour to thicken.

Add the salt and sugar to the milk, and then the soda, dissolved in a little cold water. Sift a little flour, stir into it the cream of tartar, and add this to the milk; then stir in the melted butter, and the eggs, well beaten. Add only enough flour to admit of rolling out the dough. Turn the dough on a floured bread-board, and let it stand fifteen minutes before cutting out. Roll it half an inch thick, cut out with a doughnut cutter, and drop the cakes into very hot fat. When they are brown on one side turn them with a spoon and brown them on the other side; then take them out with a skimmer. Do not pierce the doughnuts with a fork, as that allows the steam inside to escape and renders them heavy. When cold roll the doughnuts in pulverized sugar.

DOUGHNUTS. (SWEET MILK.)

Two eggs.

One cupful of sugar.

One cupful of milk.

Flour to thicken.

One table-spoonful of butter.

Two tea-spoonfuls of baking powder.

One tea-spoonful of salt.

One tea-spoonful of nutmeg.

Rub the butter and sugar together, and add the beaten eggs, salt and milk. Stir the powder in a little of the flour, and add this to the mixture, together with the dough and just enough more flour to admit of rolling out.

The softer the dough is made the lighter and more tender will be the doughnuts when cooked. Fry in very hot fat as above; and when the cakes are cold, roll them in sugar.

RAISED DOUGHNUTS.

The following is a very reliable recipe :

One pint of milk.
Two cupfuls of sugar.
One cupful of yeast, or one cake.
One-half cupful of lard.
One-half cupful of butter.
Three eggs.
One tea-spoonful of salt.
One tea-spoonful of nutmeg.
Flour.

Soak the compressed yeast (if used) in half a cupful of water, then add the milk, and flour enough to make a thick batter, and set it in a warm place to rise. When light, add the other ingredients, and knead the same as bread, adding flour to make a dough. Set the dough to rise, and when light roll it out half an inch thick, cut out with a doughnut-cutter, and leave the doughnuts in a warm place to rise. As soon as they are perfectly light fry them in hot fat. In making these doughnuts set the sponge about three o'clock in the afternoon, knead it at night the same as bread, and mold and cut out on the following morning. In this way the time of rising does not interfere with other work and is not hurried. It is best to scald and cool the milk before using it for the sponge, thus preventing any chance of its becoming sour. Roll the doughnuts in confectioners' sugar when cold.

CRULLERS.

Three eggs.
One tea-spoonful of salt.
Flour to thicken.
Three table-spoonfuls of milk.
Six table-spoonfuls of melted butter.
Six table-spoonfuls of sugar.

Rub the butter, salt and sugar together, add the beaten eggs and the milk and flour enough to roll out the dough. Roll half an inch thick, cut out and fry in hot lard as previously directed.

FRIED CAKES.

Three eggs.
One and a-half cupful of sugar.
One cupful of milk.
Three table-spoonfuls of melted butter.
Flour to thicken.
One tea-spoonful of salt.
One tea-spoonful of cinnamon.
One-half tea-spoonful of nutmeg.
Three tea-spoonfuls of baking powder.

Place the sugar, salt, spice and baking powder in a little flour, and mix well, sifting all through a flour sieve. Beat the eggs light, and add them to the milk. Then stir the two mixtures well together, and add just enough more flour to admit of rolling nicely. Roll the dough half an inch thick, cut out with a round cutter, and fry in hot lard.

FRITTERS.

These are fried the same as doughnuts in plenty of hot lard; they are not, however, made thick enough to roll out; but are dropped from a spoon, being only a thick

batter. Fritters are either made plain and served with hot syrup or are seasoned with fruits, vegetables, clams or oysters stirred into the batter. Recipes for the latter varieties will be found under their respective headings. Fruit fritters are made by dropping the fruit into the plain batter and then frying. Fritters are always served hot.

PLAIN FRITTERS.

- One egg.
- One-half pint of sweet milk.
- Flour to thicken.
- One-half tea-spoonful of salt.
- One tea-spoonful of baking-powder.

Place all the ingredients together, beating the egg well before adding it, and using enough flour to make a thick batter. It should not *run* from a spoon, but should be thick enough to be dropped by the spoonful. Serve with hot sugar syrup or hot maple syrup.

SOUR MILK FRITTERS.

- One coffee-cupful of sour milk.
- One egg.
- Flour to thicken.
- One tea-spoonful of soda.
- Two table-spoonfuls of melted butter.

Mix together the same as in the preceding recipe, fry, and serve hot.

CEREALS FOR BREAKFAST.

There is scarcely a household nowadays in which some kind of mush or porridge does not form a portion of the morning meal. The grain preparations are almost

innumerable, and many of them are crushed or steamed so that the time required to cook is greatly diminished. Many people, however, prefer wheat or oats that are unrolled, and these require long cooking to make them digestible. The names of a few cereals are here given, together with a brief description of each.

Cracked wheat—Whole wheat grains.

Farina—Made from wheat.

Hominy—Made from Indian corn, the grain being left nearly whole.

Grits—Fine hominy.

Samp—Made from corn, which is merely broken into a number of pieces.

Hulled Corn—The corn soaked to remove the hulls.

Cerealine—Made from corn.

Oatmeal—This is made in three grades of fineness, the coarsest being known as "B B." This is simply the whole oats minus the husks and is the kind used by the Scotch people.

OATMEAL MUSH.

If the coarse meal is used, allow

One cupful of oatmeal.

Four cupfuls of water.

One tea-spoonful of salt.

Place the meal in the double boiler with the water and salt, and do not stir it. Cover the kettle tightly, and keep the water in the under kettle boiling. The mush should cook three hours. This length of boiling is not possible before breakfast if done in the morning; therefore, the mush should be cooked the day before it is

needed. Leave it in the kettle over night, and in the morning add half a cupful of boiling water, replenish the hot water in the lower kettle, and set the whole to heat while the remainder of the breakfast is being prepared.

If steamed or rolled oats are liked, they can be cooked in the morning in half an hour, allowing a cupful of meal to one quart of water and a tea-spoonful of salt. Stir up two or three times, and during the last five minutes remove the cover from the kettle to allow the steam to escape, so that the mush will not be too moist when served.

WHEAT GERM MUSH.

Wheat Germs is the name given a fine meal obtained from the heart of the wheat. Place a quart of boiling water in the upper portion of the double boiler, having water boiling also, in the lower portion. Gradually sprinkle in a cupful of the germs, add a tea-spoonful of salt, and stir constantly until the mixture boils. Cook twenty minutes, and serve with sugar and cream or milk, or with syrup. This makes a pleasant change from oat-meal and cracked wheat. Any of the mush left over may be fried like corn meal mush or hominy.

GRITS OR SMALL-HOMINY MUSH.

Buy only the fine white hominy. Wash a cupful of the hominy in three waters, stir it into a quart of boiling water, add a tea-spoonful of salt, and boil for half an hour.

FRIED GRITS.

Pour the hominy mush while hot into a deep dish that has just been dipped in cold water. When the mush is

cold, cut it into slices, sprinkle these with flour, and fry in just enough fat to keep them from burning. This mush requires a long time to brown, and the pan should be covered, as the fat spatters.

CORN MUSH.

This is usually made by gradually sprinkling a pint of corn meal into three pints of boiling water, stirring constantly, adding two tea-spoonfuls of salt, and boiling slowly for three hours. Keep the kettle covered during the boiling, and add water if the mush becomes too thick. Serve with milk and sugar. Place all the mush that is left after the first meal in an earthenware dish which has been previously wet with cold water, to be fried when cold. One of the large baking-powder tins is also a very convenient receptacle to use for this purpose, as the mush when cold can be easily slipped out of it and the slices will be round and most inviting. The tin should be wet before the mush is poured in.

Another method of cooking corn mush is as follows: Put on a quart of water to boil. Stir a pint of cold milk with a pint of corn meal and a tea-spoonful of salt. When the water boils pour this mixture gradually into it, stirring all the time. There is less likelihood of the mush being lumpy when mixed in this way.

FRIED CORN MUSH.

Cut the cold mush into slices about a-quarter of an inch thick, and fry until brown and crisp in a very little fat; or sprinkle the slices with flour, and fry; or dip each slice first in salted beaten egg and then in bread or cracker crumbs, and fry brown. Fried mush is one of the

most delicious of breakfast dishes when properly prepared. The fat should be very hot, so that a crust will quickly form upon the slices preventing them from soaking up any of the grease.

PIES.

“Who'll dare deny the truth,
There's poetry in pie?”

LONGFELLOW.

PASTRY.

It is not a difficult thing to make puff-paste, yet nearly all cooks and housekeepers regard it a feat rather hard to accomplish. The work is not complicated, but it must be done very rapidly and with great delicacy of touch. In the many rules given in as many books the principal ingredients are practically the same—a pound of butter to a pound of flour, with differences in the way of lemon-juice, eggs or sugar.

In making puff-paste the object should be to form as many distinct layers as possible, and each layer should be as thin as a sheet of paper. To insure this result, all the materials and utensils used should be very cold, and the work done in a cool room. Puff-paste should never be attempted with lard or a mixture of lard and butter; and the butter used must be of good quality. The best flour for this work is that made by the “old process,” and commonly known as “pastry flour.” In winter, when the temperature is at freezing point, or in summer, when a refrigerator is at hand, it is really but little more

tax on time and muscle to make this paste than to produce any other variety of crust. Hundreds of different dishes can be made with it; and Carême, the noted French professional, has devoted a good-sized volume to the subject. As there can be no better mode of making the paste than the one he has given to the world, we present his recipe in this connection. It may be of assistance to know that four cupfuls of sifted flour make a pound in weight, and that a cupful of lard or butter is half a pound in weight.

CARÊME'S RECIPE FOR PUFF-PASTE.

Twelve ounces of finely sifted flour.

Twelve ounces of butter.

One scant glassful of ice-water.

Two drams of salt.

Two eggs (yolks).

Having placed the flour on the board, make a small hole in the middle of it, into which put the salt, the yolks of the eggs, and nearly a glassful of ice-water. With the ends of the fingers gradually mix the flour with the liquid ingredients, adding a little more water when necessary, until the paste is of the proper consistency—rather firm than otherwise. Then lean the hand on the board and work the paste for some minutes, when it will become soft to the touch and glossy in appearance. Care must be taken in mixing the flour with the liquid that the latter does not escape, and that the paste be very lightly gathered together to prevent it forming into lumps, which would render it stiff and very difficult to work, thus making a failure of the paste very probable. To ascertain whether the dough has been properly worked, draw it out

and if it immediately recedes to its former shape, the cook may be sure it has been clumsily and irregularly mixed. To remedy this, roll the paste out carefully and place here and there upon it five or six pieces of butter, each the size of a walnut ; then work it as before until the proper degree of softness is attained. The paste should neither be too stiff nor too soft, but of a proper medium ; yet it is better for it to be too soft than too stiff. A warm place should not be chosen in which to make puff paste, hence it is rather difficult to do work of this kind properly in summer. If a cool place cannot be found, the paste might be made up slightly stiffer in summer than in winter. When the paste has been made as above, cut in pieces three-quarters of a pound of butter which has been lying for twenty minutes in ice-water, and been afterward well washed and pounded. Squeeze and work the butter well in a napkin to separate the water from it and at the same time to render it soft, and, above all, of an even consistency ; then as quickly as possible roll the paste into a square on a marble slab, being particular to make the ends of the dough perfectly even, as success depends largely on folding properly. Place the butter in the middle, spread it over half the paste, and immediately turn the other half over the butter to cover it. Then roll the paste out to be about three feet in length, fold it so as to make three thicknesses, and roll it as before ; then fold it once more into three equal parts, roll it to a greater length, fold it, and place it quickly on a plate sprinkled with flour. Set the plate upon ten pounds of pounded ice, cover the paste with a second plate, and place a pound of broken ice on top of the latter plate, which serves to keep the surface of the

paste cool, and also to prevent it being softened by the action of the air. After two or three minutes remove the top plate and turn the paste upside down, instantly covering it as before. In about fifteen minutes roll the paste out, and use it very expeditiously.

Thus in less than half an hour it is possible to make very fine puff-paste, but this is only provided everything has been previously prepared—the ice pounded, the butter frozen and the oven made quite hot, for otherwise the paste cannot be made so quickly. The heating of the oven must be attended to by all means, for it sometimes requires fully an hour to bring it to the proper temperature. It is safe to begin to make the paste when the oven is half heated.

PUFF-PASTE (AMERICAN).

The following recipe is that used by one of our professional cooks, and is somewhat different in its working from the preceding, but is highly successful. It is not so rich as the *Carême* paste.

- One pound of flour.
- Three-quarters of a pound of butter.
- Ice-water.
- Two eggs (yolks).
- Two tea-spoonfuls of salt.
- One tea-spoonful of sugar.

Place the flour when sifted on a board or marble slab, and sprinkle over it the sugar and salt; then beat the yolks of the eggs, and stir into them a few spoonfuls of ice-cold water. Pour the eggs slowly into the center of the flour with the left hand, working them at the same time

well into the mass with the tips of the fingers of the right hand. Continue to work the mixture, turning the fingers round and round on the board, until you have a well-worked, smooth and fine paste. Now roll the paste out into a rectangular form, being particular to have the edges quite straight, since, as we said before, much depends upon the even folding of the paste. Work the butter (which, if at all soft, should be laid for some minutes in very cold water) until the moisture and salt are wiped out and it is quite supple, being careful, however, that it does not become too soft, as in this condition it would ruin the paste. Divide the butter into three equal parts, spread one part as flatly and evenly as possible over half the paste, turn the other half over it, and fold a second time from right to left. Roll out to the same rectangular form as before, spread the second portion of the butter on half of the crust, fold and roll out again, and repeat the process with the third portion of butter. The paste has now been given what is called "three turns," and it should be given three turns more. After the first three turns, however, and after each of the last three, the paste should be placed on the ice or in a cool place for from ten to fifteen minutes. This will prevent the butter becoming soft enough to penetrate the dough. Each time, before the dough is folded, it should be turned half round so that it will be rolled in a different direction; in this way the layers will become more even. If it becomes necessary to turn the paste in order to sprinkle the board with flour, it may be done in this way: hold the end of the paste to the rolling-pin, and then by rolling the latter the dough will fold loosely around it; after sprinkling the board with flour,

the dough can be unrolled. This is a better plan than turning it with the hands, as it should be handled as little as possible. After the paste has been folded the last time, put it on a platter, cover, and place it on the ice for half an hour, or until it is thoroughly chilled; then roll it out for instant use; or, if it be not required for immediate baking, it may be kept in a half-frozen state for two or three days. Firm, solid butter should be selected for puff-paste, and a cold place should be chosen for the work. Even in winter it is wise to make it by an open window.

TO BAKE PUFF-PASTE.

A most important factor in the making of puff-paste is having the oven at exactly the proper temperature, for even if the very best materials have been selected and have been mixed exactly as directed, the paste will be a failure if placed in an oven that is not rightly heated. The paste should be ice-cold when put into the oven, which should be very hot (at least as high as 460° Fahrenheit, if a thermometer is used).

For patties the oven should have a strong underheat, allowing them to rise to their full height before browning. If the oven should be too hot, so that the paste begins to brown as soon as put in, immediately reduce the temperature by opening the draughts of the stove, and placing in the oven a small basin of ice-water.

HOW TO SHAPE PUFF-PASTE.

For Pies with Two Crusts.—Roll the paste out a-quarter of an inch thick, then roll it up, and cut a piece from the end of the roll. Turn the portion thus cut off on the

side, pat it out flat, and roll to fit the plate. Keep the paste in a circular form, and roll evenly in every direction. Make it slightly larger than the plate, as the paste shrinks when taken from the board, and should be full in rather than stretched to the required size. When the paste is fitted, cut around the edge with a sharp knife dipped in flour. Roll some of the paste, and cut it into strips three-quarters of an inch wide; then wet the under-crust, and place the rim on the edge. Fill the plate with the material to be used. Roll the upper-crust larger than the plate, make a cut in the center to let the steam of baking escape, wet the rim on the pie, and put on the upper-crust with its edge even with the rim, having this crust slightly full in the center to allow for its shrinking in baking; otherwise the crust, as it is forced up by the steam within, will be drawn away from the edge. Press the rim and edge closely but lightly together to keep the juices from boiling out.

For Pies with One Crust.—The following directions apply to squash, pumpkin and custard pies. Butter the plate lightly or sprinkle it with a light dusting of flour. Roll the paste a little larger than the plate, and an-eighth of an inch thick. Cover the plate with this sheet, being careful not to shut in any air between the paste and the plate; the paste should hang about half an inch over the edge of the plate. Roll the edge up until it rests on the edge of the plate, the rolled part being underneath; there will then be a thick edge all round the plate. Pinch this with the thumb and forefinger until a thin scalloped "wall" is formed. It is always wise to build a wall like this, because plates are not made deep enough for these pies to be made of the desired thickness.

For Patties.—Roll the paste a-quarter of an inch thick, and cut it out with a circular cutter at least two inches and a-half in diameter. With a cutter an inch and a-half in diameter, stamp out the centers from half of the circular portions, thus leaving rings of paste half an inch wide. Dip the cutters in hot water and cut quickly, that the edges of the paste may not be pressed together or cut unevenly. Rub a little white of egg in the large rounds near the edge, put on the rings, and press them lightly to make them adhere, being very careful, however, not to get any of the egg on the edges, as that would prevent the patties rising. Put a round piece of stale bread cut half an inch thick in the center of each patty, to keep the paste from rising and filling the cavity. Bake in shallow pans lined with paper, and when done, remove the bread and the soft paste underneath. Bake the small pieces cut from the centers on a pan by themselves, as they require less time for baking. In serving place one of these pieces on top of each patty or shell, for a cover. Any kind of delicate cooked meat or fish such as chickens, sweetbreads, oysters or lobsters, may be cut in small pieces, warmed in thick cream sauce and served as an *entrée* in hot patty shells, with a cover of the paste. Two or three rings may be put on when a deeper shell is desired.

Tarts.—For these the paste is rolled thinner than for patties, being not more than an-eighth of an inch thick; and it is usually cut with a fluted cutter. The shapes are filled, when cold, with jelly or preserves, and a cover of paste is not used.

Tart Wells.—Cut the rounds of paste with three or four cutters of different sizes. Use the largest portion

for the bottom; cut the centers from the others, leaving the rims of different widths, and pile the latter on the whole round, with the narrowest rim at the top. Bake and fill with jelly.

Vol-au-vents.—Roll the paste half an inch thick, and for a large *vol-au-vent* make it nine inches in diameter. Mark the outline with an oval mold or pan, and put on two or three rings, wetting the edge of each with white of egg. Make an oval hoop of stiff paper two inches high and slightly larger than the *vol-au-vent*, and place it around the latter to prevent scorching. Bake this size at least an hour. These cases are used in the same manner as patties.

Rissoles.—Roll the paste thin, and cut it out with a four-inch fluted patty-cutter. Put a generous tea-spoonful of cold chicken or whatever is to be used in the rissoles in the center of each round. Wet the edges with white of egg, fold the paste over and press the edges together. Glaze with beaten egg, and fry in hot lard, or bake.

PLAIN PASTE WITH BUTTER.

The following quantity will be sufficient for one pie having an upper and an under crust :

- Two cupfuls of sifted flour.
- Two-thirds of a cupful of butter.
- One-half cupful of ice-water.
- One tea-spoonful of sugar.
- One tea-spoonful of salt.

As in puff-paste, have everything as cold as possible; and in warm weather place the butter and flour in the refrigerator for several hours before using them. Sift

the flour, measure it, and put it in a large mixing-bowl; add the salt and sugar, and then place the butter in the center of the flour, and with a sharp knife cut it quickly into small pieces, at the same time mixing it with the flour. Now gradually add the ice-water; lift with the knife that portion of the flour which has been moistened first, push it to one side of the bowl, wet another portion, and so continue until all is moistened. Add the water very carefully, wetting only the dry flour and never stirring twice in the same place. Then cut and mix all together until the mixture can be lifted from the bowl with the knife. Dredge the baking-board lightly with flour, and roll the paste lightly and quickly away from you into a long, thin sheet. Fold first the sides and then the ends, turn the paste around and roll it from you again; then fold it and stand it on the ice until wanted. In order to make this paste a perfect success the materials should be very cold, the mixing and rolling should be quickly done, and as little flour as possible should be used in finishing.

CHOPPED PUFF-PASTE.

This paste is quickly made and is very satisfactory, although not so light or delicate as genuine puff-paste.

- Two cupfuls of sifted flour.
- One-half table-spoonful of sugar.
- One tea-spoonful of salt.
- One cupful of butter.
- One-quarter cupful of ice-water.
- One egg.
- One-half table-spoonful of lemon-juice.

Beat the egg very light, and add to it the water and the lemon-juice. Chop the butter and the flour together,

until the butter is reduced to lumps the size of a pea ; then gradually add the egg and water, chopping all the time. When all the wetting has been used, sprinkle the molding-board with flour, and turn the paste upon it. Roll and fold the same as puff-paste, repeating the process three or four times ; then set the paste on the ice, and when cold, use like puff-paste. This paste may be used without chilling, but will not be so light.

PLAIN PASTE WITH LARD.

Many housekeepers always use lard for pastry instead of butter, simply because it is cheaper. It makes a crust that is more brittle and also more greasy, and there is no doubt but that it is more indigestible than the light, flaky, tender crust made with good, sweet butter. For one pie with two crusts allow,

Two cupfuls of sifted flour.

One-half cupful of lard.

One tea-spoonful of salt.

One-half cupful (scant) of ice-water.

Make and roll the same as directed for "Plain Paste with Butter."

APPLE PIE.

Any light, tart apples may be used for pies, but Greenings are always most satisfactory. Pare, quarter and core the apples, slicing each one as it is finished into the pie-plate or tin in which the pie is to be made, continuing to slice until the plate is evenly full. In this way there will not be more apples peeled than can be used. Turn the sliced apple into a dish, and for one pie of ordinary size add a cupful of sugar and half a tea-spoonful of cinna-

mon. Stir the apple with a spoon until each slice seems to have its share of sugar and spice. Wipe the pie dish dry, dust it lightly with flour, line it with good plain or puff paste, put in the apples, and add two table-spoonfuls of water. Cover the top as directed in "How to Shape Puff Paste," and bake three-quarters of an hour in a quick oven. When the pie is cold sprinkle the top thickly with pulverized sugar, and serve.

AN APPLE TART.

Ten apples.
One-half a lemon (juice and rind).
One cupful of sugar.
One tea-spoonful of butter.
Water.

Pare the apples, and from four of the largest and firmest extract the cores without breaking the apples. Place these four in a small stew-pan with half the lemon-juice, half the grated rind and half the sugar; nearly cover them with water, and boil slowly until nearly done, keeping the apples whole. Cut the remaining six apples into pieces, and place them on the fire in a separate stew-pan with the remainder of the lemon-juice, rind and sugar and a little water. Boil them slowly to a regular apple-sauce or marmalade, add the butter, and rub the whole through a colander. Line the pie-plate with paste, fill the bottom with the marmalade, and put in the whole apples, one in each quarter of the pie, sinking them into the marmalade and filling the cavities between them with the sauce. Place two strips of crust half an inch wide across the pie, thus separating the four apples; and bake in a quick oven. This tart is very delicate served with cream.

LEMON PIE.

To make one pie, take

- One large lemon.
- Two eggs.
- One cupful of sugar.
- One large cupful of water.

Grate the rind from the lemon, and add it and the juice to the sugar. Stir well, and add the water, and the eggs, well beaten. Bake with an upper and under crust for forty-five minutes.

LEMON CUSTARD PIE.

The following filling is sufficient for two pies.

- Three eggs.
- One large or two small lemons.
- One and a-half cupful of sugar.
- One-half cupful of water.
- One and a-half cupful of milk.
- One table-spoonful of melted butter.

Separate the yolks of the eggs from the whites; rub the sugar and the yolks to a cream, and add the water and then the milk. Stir all well together, and put in the melted butter, and when everything is ready to put the filling in the crust add the lemon-juice and the grated rind. If added in this way, the acid will not break the milk. Bake three-quarters of an hour. Whip the whites to a stiff froth, add a table-spoonful of sugar, spread this mixture on top of the pies, when baked, return them to the oven, and brown the whites lightly. These pies are to be eaten cold.

LEMON PIE WITH BREAD.

The following is a most reliable recipe and will make one pie. Only one crust is used :

- One lemon.
- One large pint of bread-crumbs.
- One-table-spoonful of melted butter.
- One cupful of sugar.
- Two eggs.
- Cold water.

The bread should not be hard, the crusts not being available for this filling. Put the crumbs, which should be half the size of a nutmeg, in a quart cup, measuring a full pint; add the lemon-juice, half the grated rind, the sugar, and the yolks of the eggs, well beaten; and turn into the cup sufficient water to make the whole measure just a pint and a-half. Stir well, and let the mixture stand in the cup while the plate is being lined with paste; then stir well again, mashing the bread fine. If the bread does not seem entirely soft, do not add the filling to the crust, but let it stand a few minutes longer; this, however, will rarely be necessary. Just before putting the filling into the crust add the melted butter; then bake about thirty-five minutes in a quick oven. Beat the whites of the eggs stiff, add a small table-spoonful of sugar, spread this froth on top of the pie when baked, return the pie to the oven, and quickly brown it. Serve cold.

LEMON PIE WITH CORN-STARCH.

This is baked with one crust. To make one pie, allow

One lemon.
One table-spoonful of butter.
One and a-half table-spoonful of corn-starch.
One cupful of water.
One egg (white only).
Sugar to taste.

Wet the corn-starch in a little of the water, and place the rest of the water over the fire in a saucepan; and when the latter boils stir into it the wet corn-starch, and boil a minute after it thickens. Add the butter, and set the mixture aside to cool. Line a pie-plate with paste; and when the filling has cooled add to it the lemon-juice, the grated rind, and sugar to sweeten. Beat the mixture well, turn it into the crust, and bake about twenty minutes in a very quick oven. When done, spread over the top of the pie the beaten white of egg, sweetened with a tea-spoonful of sugar and flavored with a little lemon extract. Brown the meringue, and serve the pie cold.

PUMPKIN PIE.

Cut the pumpkin into long strips, remove the soft pulp and seeds, pare the strips, and cut them into small pieces. Place the pumpkin in a kettle with a very little water, cover the kettle tightly, and stew slowly, stirring up frequently from the bottom and adding a little more water, if the pumpkin seems in danger of becoming too thick, but always remembering that the less water is used the finer will be the quality of the pies. It will take at least six hours to stew a pumpkin until soft enough to use. If the pumpkin seems at all watery when done, set the kettle on a hot part of the stove, and stir constantly

uncovered ; it will soon dry sufficiently. Lift the pumpkin from the kettle into a colander or a rather coarse sieve, and pulp it through. It will then be ready to use. This part of the work should obviously be done the day before the pies are to be made. The quantities given below will make three good, deep pies.

One quart of stewed pumpkin.

Three pints of milk.

Six eggs.

One table-spoonful of salt.

One and a-half table-spoonful of ginger.

One tea-spoonful of cinnamon.

One cupful of sugar.

Beat the eggs very light, add them to the pumpkin, and stir until the mixture is creamy ; then add the salt, sugar, cinnamon and ginger. Stir thoroughly, and when the mass is well mixed add the milk, a little at a time. Taste the mixture, and add more sugar and spice if needed. Line three pie-tins, divide the filling among them, stirring it all the time it is being poured into the plates ; and bake half an hour in a quick oven. Do not be afraid to use the quantity of ginger given, for much of its strength is evaporated in the baking. This is a very reliable recipe and will produce most delicious pies.

SQUASH PIE.

The yellow, hard-shelled squash makes almost as good pies as pumpkin, and it is often obtainable when pumpkin is not. Squash pie is made by the preceding recipe ; but the squash will stew sufficiently in an hour or even a little less, and care must be taken that it is very dry before being removed from the fire.

CREAM PIE.

For one pie, use,

One pint of milk.

Two even table-spoonfuls of corn-starch.

Two eggs.

Three table-spoonfuls of sugar.

One-half tea-spoonful of salt.

One-half tea-spoonful of butter.

Vanilla to flavor.

Separate the whites and yolks of the eggs, beat the yolks light, and add to them a little of the cold milk. Place the corn-starch in a tea-cup, add just enough of the cold milk to thoroughly wet the starch, and stir until smooth. Place the rest of the milk over the fire either in a double boiler or in a saucepan set in another pan containing boiling water. Put the corn-starch mixture and the egg mixture together, stir well, and when the milk is boiling add the mixture to it. Stir until the liquid thickens, add the sugar, salt and butter, and cook three or four minutes. Remove from the fire, and when partially cold add sufficient vanilla to flavor. Line a pie-tin with paste, pierce the paste in three or four places with a steel fork, and bake without any filling in a very quick oven. The holes pierced in the crust will prevent it puffing in the center. When the crust is done, which should take ten minutes, remove it from the oven, let it cool a little, and if it has been baked in a tin, slip it out upon a dinner plate; then fill the crust with the cream filling. Beat the whites of the eggs to a stiff froth, add to them a table-spoonful of sugar and a little of the flavoring, and spread them on top of the cream.

Sprinkle the top lightly with cocoanut and brown in the oven. The cocoanut may be omitted, but it adds much to the flavor of the meringue. Serve cold.

CANNED PEACH MERINGUE PIE.

One tea-cupful of water.
 One-half tea-cupful of sugar.
 One-half tea-cupful of peach juice.
 Two table-spoonfuls of corn-starch.
 One tea-spoonful of butter.
 One-half tea-spoonful of salt.
 Two eggs.
 Canned peaches.

Wet the corn-starch with a little of the water, beat the yolks of the eggs lightly with the sugar, and add them to the corn-starch. Place the rest of the water on the fire, and when it boils stir in the corn-starch mixture, which will thicken at once. Add the butter, salt, sugar and peach juice, cook two minutes and remove from the fire. Line a plate with paste, cover the bottom with a layer of canned peaches, turn in the cooked mixture, and bake. When done, spread over the top of the pie the beaten whites of the eggs sweetened with a tea-spoonful of sugar; and brown lightly. Fresh peaches may be used in the same way, water being substituted for the peach juice.

CHOCOLATE PIE.

One coffee-cupful of milk.
 One-half cupful of sugar.
 Vanilla to flavor.
 Two table-spoonfuls of grated chocolate.
 Three eggs.
 One-half tea-spoonful of salt.

Beat the yolks of the eggs light, and add to them two table-spoonfuls of the milk. Heat the chocolate and the rest of the milk together, put in the salt and sugar, and when scalding hot add the yolks of the eggs. Let the mixture cook two minutes, remove it from the fire, and when partly cooled, add the flavoring. Line a pie-plate with crust, turn in the filling, and bake twenty minutes in a quick oven. Beat the whites of the eggs very light, sweeten with a table-spoonful of sugar, and spread them over the pie; then brown the egg slightly, and serve cold.

CUSTARD PIE.

For one thick pie allow,

Two eggs.

One-half cupful of sugar.

Milk.

One-half tea-spoonful of salt.

One-quarter tea-spoonful of cinnamon.

One-eighth tea-spoonful of nutmeg.

Beat the whites and the yolks of the eggs well together. Stir the spice and salt into the sugar, place the sugar and eggs in a quart cup, and add milk sufficient to make the whole measure a pint and a-half. Taste, and add more sugar if needed. Line a plate with crust, stir the mixture well, pour it in, and bake about forty-five minutes in a moderately hot oven. There should not be enough heat to cause the custard to boil, for this will make it appear watery and very uninviting; the oven should, in fact, be a little more moderate than for most pies. At the end of the time insert the point of a knife in the cus-

tard, and if it comes out clear (not milky), the pie is done. If the spice is well stirred into the sugar, it will be distributed evenly through the milk and will not accumulate in an unsightly manner on top of the custard. Do not cut the pie until quite cold.

CHERRY PIE.

The common red or morella cherries are the best for pies. Stone the cherries, line deep pie-plates with good plain paste, nearly fill them with the cherries, sprinkle four large table-spoonfuls of sugar over each pie, and dredge lightly with flour. Cover each pie with an upper crust, which should be rolled as thin as possible; make a vent in the center, and press the edges lightly together so the juices will not escape during the baking. Serve the pies the same day they are baked, else the under-crust will become heavy. Sprinkle powdered sugar over each pie just before sending to table.

COCOANUT CUSTARD PIE.

Two eggs.

One pint of milk.

One-quarter tea-spoonful of nutmeg.

One-half cupful of sugar.

One cupful of prepared cocoanut.

One-quarter tea-spoonful of salt.

Beat the eggs and sugar together until light; then add the milk, nutmeg, cocoanut and salt. Line a deep pie-dish with crust, pour the mixture in, stirring well, and bake thirty minutes. The above quantities will make one thick pie or two rather thin ones.

HUCKLEBERRY PIE.

Select the pie-tins that are to be used, and fill them evenly with berries, to determine how many will be required. Throw the berries into a pan, look them over carefully, remove all the stems, and wash the berries. Drain off all the water from them, but do not dry them in a towel. Wipe the pie-dishes clean, dust a little flour in the bottom of each, line them with paste, following carefully the directions previously given. When ready for the berries drain them once more, and sift flour over them until each berry becomes a little white ball, but taking care to leave no surplus flour in the bottom of the pan containing the berries. Allow a scanty cupful of sugar to each pie, stir it well into the fruit, and turn the latter into the pie-plates. Cover each pie with an upper crust, and press the edges well together, for much of the richness of the berries will be lost if the juice escapes in baking. Bake an hour, and serve cold, with sugar sifted over the top. Flouring the berries in this way, while still a little wet from the washing, will make just enough thickening to counteract the excessive amount of juice these berries are capable of giving off.

BLACKBERRY PIE.

Look the berries carefully over, place them in the pie-tin (which has previously been fitted with an under-crust), add half a cupful of sugar and a table-spoonful of water, and place a thick dusting of flour on the top. Cover with an upper crust and bake an hour. Currants mixed with blackberries also make a delicious pie, three times as many blackberries being used as cur-

rants. Sweeten with a cupful of sugar, if currants are used.

RHUBARB PIE (PIE-PLANT).

Peel or string the rhubarb by breaking a piece off each stem end and stripping down the thin skin that will be found clinging to the broken portion. Break the rhubarb into small pieces, and measure it in a pie-dish to ascertain the quantity needed. Place the pieces in a pan, flour them until they are quite white and add a cupful of sugar to each pie. Line a pie-dish, put in the rhubarb, with the sugar well stirred into it, cover with the upper-crust, and bake an hour. Serve cold, sprinkling powdered sugar on top.

DELICATE PUFF PIE.

The following will make two pies :

- Five eggs.
- One cupful of sugar.
- Three-quarters of a cupful of butter.
- Vanilla flavoring.

Separate the whites and the yolks of the eggs, beat the yolks and sugar together until they form a cream, beat the butter until it also is a creamy froth, and quickly mix the butter in with the yolks and sugar, stirring well and adding flavoring to taste. Have pie-plates ready lined with paste, turn in the mixture, and bake. The pies will rise very light. When they are done have ready the beaten whites of the eggs, add to them two table-spoonfuls of sugar and a few drops of the flavoring, and spread them over the top of the pies ; then return the pies to the oven and brown delicately. This pie should be cut while

hot and distributed on the serving plates, but it is not to be eaten until cold. Strange as it may seem, it will fall if allowed to cool before being cut.

MINCE MEAT.

Two pounds of lean beef.
One pound of beef suet.
Five pounds of apples.
Two pounds of layer raisins.
Two pounds of Sultana raisins.
One-half pound of candied lemon peel.
Two pounds of currants.
Three-quarters pound of citron.
Two and a-half pounds of sugar.
Two table-spoonfuls of salt.
One-half ounce of cinnamon.
One-quarter ounce of mace.
One-quarter ounce of cloves.
One-quarter ounce of allspice.
Two nutmegs, grated.
Two oranges, juice and rind.
Two lemons, juice and rind.
One pint of sherry.
One pint of brandy.
One quart of cider.

Free the beef of fat and skin, cover it with boiling water and simmer gently until tender. Let the meat cool in the water in which it was boiled, and when perfectly cold chop it fine, but not to a powder. Shred the suet and chop it fine; pare, core and chop the apples rather coarsely. The apples should be of a fine flavor and tart. Wash and stone the layer raisins; wash and pick over the Sultanas. Shred the citron and the candied lemon peel; wash the currants well, and grate the

rind from the oranges and lemons. Mix all the dry ingredients with the meat and suet, and add the juice and gratings from the lemons and oranges. Stir all well together, pack the mass in a stone jar, pour over it the brandy, wine and cider, cover closely, and stand the jar in a cool place.

Mince meat made in this way will keep all winter. The above ingredients will make a large quantity. If there is an objection to brandy, use a pint and a-half more of cider instead. Mince meat improves with keeping, and it should be made at least a fortnight before it is to be used. Bake the pies an hour. If the meat becomes dry before it is all used, add more cider or wine.

INEXPENSIVE MINCE MEAT.

Four pounds of beef.
 Three quarts of chopped apples.
 One quart of stoned raisins.
 One quart of English currants.
 One quart of molasses
 One pint of suet.
 Three pints of sugar.
 One-half cupful of salt.
 One-half cupful of cinnamon.
 One table-spoonful of cloves.
 Two table-spoonfuls of allspice.
 Two table-spoonfuls of mace.
 Three nutmegs, grated.
 Three quarts of cider.
 One-quarter pound of citron.

Boil and chop the beef as in the preceding recipe. Mix together all the ingredients, except the cider, mixing with the hands. When the whole is thoroughly stirred add the cider. Let the mince meat stand over night ;

in the morning place it in a porcelain kettle, heat slowly to the boiling point, and simmer an hour. Then turn it into a stone jar and set it in a cool, dry place. If desired, wine and brandy may now be stirred in, or they may be added when the pies are made; but the meat will be good without either. This mince meat will keep three months in ordinary jars, even if there is no wine or brandy used.

Mince pies are always better baked several days before they are to be served. Heat them, and serve.

MOCK MINCE MEAT.

Six soda crackers, rolled fine.
Two cupfuls of cold water.
One cupful of molasses.
One cupful of brown sugar.
One cupful of sour cider.
One and one-half cupful of melted butter.
One cupful of raisins, seeded and chopped.
One cupful of raisins, unseeded.
One cupful of currants.
Two eggs.
One table-spoonful of cinnamon.
One-half table-spoonful of allspice
One tea-spoonful of nutmeg.
One tea-spoonful of cloves.
One tea-spoonful of salt.
One tea-spoonful of black pepper.
One wine-glassful of brandy.

Mix all well together, adding the wetting last—the water, molasses, cider, brandy and eggs. This makes a good mince meat for those who find the ordinary variety too rich.

PUDDINGS.

“The proof of the pudding lies in the eating.”

IN arranging for a dinner it is wise to always plan for a dessert. Many housekeepers look upon this course in the light of a luxury, but in that they surely err. The majority of people, and more especially the young, should eat plenty of food containing starch and sugar. Even for the poor a simple dessert is an economy, for when none is provided, a greater quantity of meat and vegetables must be eaten to satisfy hunger. When the meal is a very substantial one, a light dessert is most appropriate, but when the dinner is light, and particularly in case cold meat is served, the dessert should be hearty and served hot.

Puddings made of milk and eggs, in combination with rice, tapioca, sago or corn-starch, are the cheapest and most wholesome, and are highly appetizing to most tastes when nicely prepared and well cooked. In many of the pudding recipes presented in the following pages, the number of persons the given quantity will serve is specified. These calculations are based on the premise that the dessert is not intended to form a large proportion of the dinner, and hence that only a moderate portion need be allotted to each person at table. It would

be well if housewives would discourage an undue ambition on the part of the male members of the family when dessert is served; and thus inaugurate a reform that is greatly needed in many households. A number of desserts are here given that may be prepared the day before they are needed, and these will be especially acceptable to the busy housekeeper who has to prepare the Sunday dessert on Saturday.

CHOCOLATE BLANC-MANGE.

The following quantity is sufficient for six persons, for this dessert is quite rich.

- One quart of milk.
- One table-spoonful of vanilla.
- One table-spoonful of sugar.
- Two-thirds cupful of chocolate (grated).
- One-half box of gelatine.
- One-half cupful of cold water.

Grate the chocolate, stir it into the milk, and place the latter in a double boiler, or in a pail set in a kettle of hot water. Cover tightly and boil one hour, stirring often to dislodge the chocolate as it rises to the surface of the milk. Turn the entire box of gelatine out upon a plate, and divide it very accurately in half. This is necessary, as gelatine packs very solidly, and it cannot be properly measured while in the box. Place the gelatine in the water to melt, and set it in a warm place on the range for fifteen minutes. When the milk and chocolate have boiled an hour, add the dissolved gelatine and the sugar, and cook five minutes longer, stirring two or three times. Then remove the mixture from the fire, and strain

it through a fine wire sieve into an earthen mold that has been wet with cold water; and when nearly cold, add the vanilla. An oily substance will rise to the top, and this must be carefully skimmed off two or three times during the next hour. When the oil has ceased to rise, set the pudding in a cool place over night; if it is summer, set the dish in the ice-chest. When ready to serve, turn the blanc-mange out on a small platter, and send to table with a

MILK SAUCE.

One pint of milk.
Two table-spoonfuls of sugar.
One-half table-spoonful of vanilla.

Mix the ingredients, stirring well to dissolve the sugar.

This pudding may be made in the morning when dinner is served at night, but to insure its being firm by dinner time, set it at once on the ice. Gelatine hardens quite slowly, requiring six or eight hours to become properly firm.

GELATINE PUDDING.

The quantity given below will make enough for five persons.

One-half box of gelatine.
One-half pint of cold water
One-half pint of boiling water.
One tea-cupful of sugar.
Two small lemons.
Two eggs (whites).

Place the gelatine in a quart cup, pour over it the cold water, and after it has stood five minutes, add the boiling

water. Stir until the gelatine is dissolved, setting it in a warm place. If the gelatine is still undissolved, let it stand on the back of the range for ten minutes after adding the hot water. Remove from the range, add the sugar, and when the mixture is lukewarm, add the juice of the lemons; no pains need be taken to keep out the seeds, for all has to be strained. If the mixture in the cup does not now measure a pint and a-half, add enough cold water to bring it to that measurement; then strain through a fine sieve into a large pitcher or earthenware bowl. Beat the whites of the eggs to a stiff froth, and stir them into the gelatine, beating well. The pitcher will be found the most convenient receptacle in which to beat the pudding. Pour the whole into a pretty glass serving dish, and set it in the ice-chest to remain over night. The egg will rise and settle evenly upon the top of the pudding.

Beat the yolks of the eggs a moment, add two table-spoonfuls of milk or water to them, and set them in a cool place to be used the next day in making the

CUSTARD SAUCE.

One pint of milk.

Two eggs (yolks).

Two table-spoonfuls of sugar.

One-quarter tea-spoonful of salt.

One tea-spoonful of vanilla.

One tea-spoonful of corn-starch.

Wet the corn-starch in a little of the milk, and add to it the beaten yolks. Place the rest of the milk in a double boiler to heat, and when scalding stir in the mixture of egg and corn-starch. Let the whole boil only

about one minute after it thickens, and add the sugar and salt. Remove from the fire, and when the sauce is cold put in the vanilla, and set on the ice until needed. If the eggs are large, the corn-starch will not be needed; or three yolks may be used for the custard, omitting the corn-starch in this case. In serving, pour a portion of the sauce around the pudding as it is placed on each dessert plate, but do not pour it on top.

This dessert is easily and quickly made, the pudding itself really not requiring fire if hot water is at hand.

CHOCOLATE CORN-STARCH.

This pudding is to be eaten cold, and the following quantities will suffice for six persons.

- One pint of milk.
- One table-spoonful of corn-starch.
- Two table-spoonfuls of sugar.
- Two eggs (yolks).
- One-quarter tea-spoonful of salt.
- One tea-spoonful of vanilla.
- One-half tea-spoonful of butter.

Beat the yolks of the eggs, and add to them a little of the milk; then wet the corn-starch with a small quantity of the milk, and stir the two mixtures together. Place the rest of the milk on the fire in a milk-boiler, and when boiling, stir in the corn-starch, eggs, etc. Let the whole cook five minutes, add the salt, sugar and butter, and remove from the fire; pour the pudding into a pudding dish, and when partly cooled, add the flavoring, stirring it in well.

FOR THE CHOCOLATE.

- One-half cupful of milk.
- One-half cupful of grated chocolate.
- Three table-spoonfuls of sugar.
- One table-spoonful of vanilla.
- Two eggs (whites).

Place the milk and chocolate together in a small saucepan set in another containing hot water, and cook until the chocolate is smooth and thick—generally about five minutes—stirring all the time. Add the sugar, remove from the fire, stir until cooled and put in the vanilla. Spread the chocolate mixture carefully, a spoonful at a time, over the corn-starch in the dish. Beat the whites of the eggs stiff, add one table-spoonful of sugar and two or three drops of vanilla, spread this icing on top of the chocolate, and brown delicately in the oven.

This pudding should be in three layers when finished, first the corn-starch; then the chocolate, and then the browned whites of the eggs, which are called the meringue. It does not require sauce, and will be found a very dainty dessert by those who are fond of chocolate.

ORANGE PUDDING.

This pudding is to be served cold without sauce, and the following ingredients are sufficient for six persons.

- Three oranges.
- One-half a lemon (juice).
- One pint of milk.
- One table-spoonful of corn-starch.
- One cupful of sugar.
- Two eggs.
- One-quarter tea-spoonful of salt.

Peel the oranges, removing all the tough white skin; and cut them into pieces half the size of a nutmeg, taking out the tough portion in the center. Place the oranges in a pudding-dish, squeeze the lemon-juice over them, add half a cupful of the sugar, stir up, and let the whole stand while the rest of the pudding is being prepared. Beat the yolks of the eggs, stir in two tea-spoonfuls of milk, add the same quantity of milk to the corn-starch, and beat these two mixtures together. Heat the rest of the milk in a milk-boiler, and when boiling, add the eggs, corn-starch, etc. Cook five minutes, add the salt and the rest of the sugar, remove from the fire, and lay the mixture a spoonful at a time on top of the oranges in the dish. Beat the whites of the eggs stiff, add to them a table-spoonful of sugar, spread the icing on top of the pudding, and brown it delicately in the oven. This pudding should not be made over night, as the oranges would in that time give off too much of their juice.

BAKED LEMON PUDDING.

One pint of milk.

Two eggs.

One lemon (juice, and half the rind).

One cupful of bread-crumbs.

One-quarter cupful of butter.

One-half cupful of sugar.

Soak the bread-crumbs in the milk for half an hour. Rub the butter and sugar to a cream, add the beaten yolks of the eggs, stir well, and put in the bread and milk, the lemon-juice and half the grated rind. Butter a pudding-dish, turn in the mixture, and bake slowly for

twenty minutes. Beat the whites stiff, add to them one table-spoonful of sugar, spread them on top of the baked pudding, and brown the surface delicately. Serve cold without sauce.

ESTELLA PUDDING.

The following is sufficient for eight persons, being served hot.

Three eggs.

Two and one-half table-spoonfuls of sugar.

Two table-spoonfuls of butter.

Three-quarters cupful of sweet milk.

One cupful of raisins.

Two tea-spoonfuls of baking powder.

One-half teaspoonful of salt.

Flour to thicken.

Rub the butter and sugar to a cream, add the eggs, well beaten, stir thoroughly, and put in the milk and salt. Seed the raisins, and chop them coarsely, cutting each raisin in only about four pieces. Scatter the baking-powder on top of the mixture, add a little flour, stirring it in well, and then add enough more flour to make a rather thick batter; lastly stir in the raisins. Butter a tin basin or a pudding-mold, turn in the pudding, set the vessel in a steamer over a kettle of boiling hot water, and steam forty-five minutes. Serve with a sauce made of one pint of milk, sweetened to taste and flavored with vanilla.

TAPIOCA PUDDING.

This is to be eaten hot without sauce. For five persons allow

- One egg.
- One pint of milk.
- One-half cupful of pearl tapioca.
- One-half cupful of sugar.
- One tea-spoonful of butter.
- One-half tea-spoonful of salt.
- One-quarter teaspoonful of cinnamon.
- One-eighth tea-spoonful of nutmeg.

Wash the tapioca, and soak it over night in enough water to cover it. In the morning add the milk, and place the tapioca on the back of the range to soak one hour, but do not let the milk boil: then add the beaten egg and the sugar, spice, salt and butter. Bake an hour in a moderate oven.

SIMPLE CORN-STARCH BLANC-MANGE.

This is an especially wholesome dessert for little children. To make enough for five persons, allow

- One pint of milk.
- One-half tea-spoonful of salt.
- One tea-spoonful of vanilla.
- Two table-spoonfuls of corn-starch.
- Two table-spoonfuls of sugar.

Wet the corn-starch in half a cupful of the milk; then heat the rest of the milk in a milk-boiler, and when it is boiling, add the corn-starch. Cook eight or ten minutes, and then put in the salt, and sugar. Remove from the fire, and when partly cooled, add the vanilla. Turn the mixture into a pudding-dish, that has been previously wet with cold water, and set it away in a cold place. When cold and firm, turn it out of the dish, and serve with it a cream sauce or a

CHOCOLATE SAUCE.

One-half cupful of grated chocolate.
One-half cupful of milk.
One-half cupful of sugar.
Two tea-spoonfuls of vanilla.

Boil the milk and chocolate together until they form a smooth paste, then add the sugar, and lastly the vanilla when the whole has cooled. This pudding is also delicious served alone with strawberries and sugar.

COCOANUT PUDDING.

The quantity given below will serve five persons. The pudding is eaten hot, without sauce

One-half cupful of cocoanut.
One-half cupful of bread-crumbs.
One pint of milk.
One egg.
One table-spoonful of butter.
Two table-spoonfuls of sugar.
One-half tea-spoonful of salt.

Soak the bread and cocoanut in the milk for three hours ; then mash the bread fine, and add the sugar, salt and melted butter. Beat the white and yolks of the egg separately, and add first the yolk and then the white, stirring well. Bake half an hour.

BOILED RICE PUDDING.

This is a very creamy pudding and is served cold. For five persons allow as follows :

One and one-half tea-cupfuls of boiled rice.
Two-thirds of a tea-cupful of raisins.

Two eggs.

One-half tea-cupful of sugar.

One pint of milk.

One-half tea-spoonful of salt.

One-eighth tea-spoonful of cinnamon.

Separate the whites and yolks of the eggs, add to the yolks two table-spoonfuls of the milk, and place the rest of the milk on the fire in a double boiler. Wash and stone the raisins (or they may be left unseeded if desired,) put them in the milk, and cook them until soft and tender—usually fifteen minutes. Add the rice, cook five minutes longer, and then stir in the yolks of the eggs and the salt, sugar and spice. Stir well, cook two or three minutes, remove from the fire, and pour the pudding into the serving dish. Beat the whites of the eggs light, add to them one table-spoonful of sugar, spread the froth on top of the pudding, and brown delicately in the oven.

BAKED APPLE PUDDING.

This is served cold without sauce. The following quantity will provide for six persons. The apples should be quite tart.

Six good-sized apples.

Two eggs.

One pint of milk:

One-half cupful of water.

Twelve tea-spoonfuls of sugar.

One and one-half tea-spoonfuls of cinnamon.

One and one-half tea-spoonfuls of butter.

One-half tea-spoonful of salt.

One tea-spoonful of vanilla.

Pare the apples, carefully extract the cores from the

stem-end, and place in each cavity thus made two tea-spoonfuls of sugar, a quarter of a tea-spoonful of cinnamon and the same of butter, putting the butter on the top. Set the apples in a baking-dish, add the water, and bake until tender. Do not bake them until they break, as that would spoil the attractiveness of the pudding. While the apples are baking, prepare the rest of the pudding. Separate the whites and yolks of the eggs, add to the yolks a table-spoonful of the cold milk, place the rest of the milk on the fire in a double-boiler, and when it boils, add the yolks. Cook only a minute after the milk boils again, then add the salt, and sugar to taste. Remove from the fire, and when nearly cold, add the vanilla. As soon as the apples are done, pour this custard around them. Should there seem to be an excess of juice from baking the apples, drain off nearly all of it before adding the custard. If left in the dish it will make the custard too thin. Beat the whites of the eggs stiff, add one table-spoonful of sugar, place a table-spoonful of the white on top of each apple, return to the oven, and brown lightly.

BAKED INDIAN PUDDING

One cupful of Indian meal.

One cupful of molasses.

One-half cupful of raisins.

One-half tea-spoonful of salt.

One quart of milk.

One egg.

One-half tea-spoonful of cinnamon.

One-half tea-spoonful of ginger.

Place the milk in a double-boiler, and when scalding hot, add the meal, stirring constantly until there are no

lumps. Cook twenty minutes, and turn into a pudding-dish; then add the rest of the ingredients, except the egg. Stir well, and when cooled, add the beaten egg. Bake an hour in a rather slow oven, and serve hot.

SUET PUDDING.

The following recipe makes a pudding large enough for ten persons; one-half will usually be sufficient for one dessert. The portion left over will be equally good when warmed again. It should be steamed for warming over.

- One cupful of chopped suet.
- One cupful of raisins.
- One cupful of molasses.
- One cupful of milk (preferably sour).
- Three cupfuls of sifted flour.
- One tea-spoonful of soda.
- One tea-spoonful of cinnamon.
- One tea-spoonful of cloves.
- One tea-spoonful of salt.
- One-half a nutmeg (grated).

Chop the suet fine, and add to it the spice and salt. Warm the molasses, add to it the soda, and when the latter is dissolved, turn the molasses over the dry mixture, stir quickly, and put in the milk. Add the flour slowly as it may not all be needed; for flour varies so much that it is always difficult to apportion it in any recipe. The pudding should not be too thick; when the track of the mixing spoon, when turned quickly round in the batter, disappears slowly, the batter is generally thick enough. Butter a tin basin or a pudding-mold, pour the pudding in. set the whole in a steamer, over a kettle of boiling

water, and steam for three hours. Serve with the following

SNOW SAUCE.

One small cupful of sugar.
One large table-spoonful of butter.
One egg.
Three table-spoonfuls of hot water.

Rub the butter and sugar to a cream, add the yolk of the egg, and stir well. Set the bowl containing the sauce over the mouth of the tea-kettle, or stand it in a basin of hot water; add one table-spoonful of the hot water, stir well, add another portion of the hot water, and finally the third table-spoonful, allowing about a minute to elapse between these additions. If the sugar is not by this time entirely dissolved, leave the bowl in the steam of the kettle or in the basin until the sauce is like a golden syrup. Then remove it from the fire, and pour it into the sauce boat. Beat the white of the egg stiff, lay it on top of the sauce, and serve. The white should be stirred in after the sauce is placed upon the table. This recipe is infallible.

LEMON PUDDING.

This pudding is eaten cold, without sauce. For a family of six allow

One cupful of sugar.
Two eggs.
Two table-spoonfuls of corn-starch.
One pint of milk.
One table-spoonful of butter.
Two lemons (juice of both, and rind of one).

Wet the corn-starch in a little of the milk, place the rest of the milk on the fire in a milk boiler, and when it boils, add the corn-starch. After this has boiled five minutes, add the butter, remove the corn-starch from the fire, and set it away to cool. Beat the yolks of the eggs light, stir in the sugar, mix very thoroughly, and add the lemon-juice and the grated rind. Beat this mixture to a stiff cream, and gradually stir it into the corn-starch, which should be quite cool by this time. Stir well, and when perfectly well mixed, pour the pudding into a buttered pudding-dish, and bake slowly for half an hour. Beat the whites of the eggs stiff, add to them one table-spoonful of sugar, spread them on top of the pudding, and brown nicely.

RICE PUDDING WITH LEMON.

One pint of cooked rice.
One pint of milk.
Two table-spoonfuls of sugar.
Two tea-spoonfuls of corn-starch.
One-half tea-spoonful of salt.
One tea-spoonful of butter.
Two eggs (whites).

Wet the corn-starch in a table-spoonful of the milk, place the rice and the rest of the milk together in a double-boiler, and boil them ten minutes; then add the corn-starch, cook five minutes more, and stir in the rest of the ingredients, adding only half the sugar; then turn the whole into a pudding-dish. Beat the whites of the eggs stiff, add the other half of the sugar, spread the egg on top of the pudding, and brown nicely. Serve with a

LEMON SAUCE.

Two eggs (yolks).

One cupful of sugar.

One large lemon, (juice and half the grated rind).

Beat the yolks well, add the sugar, and stir until creamy; then add the juice of the lemon and the grated rind, stir thoroughly, and serve. Oranges may be used in place of the lemons, and one orange with half a lemon will also make a pleasing combination. This forms a particularly pretty dessert, the pudding being very white and the sauce a golden yellow.

CREAM TAPIOCA PUDDING.

The following recipe will make enough for seven persons. The pudding is a most satisfactory one and is to be eaten cold without sauce.

Three table-spoonfuls of pearl tapioca.

Three table-spoonfuls of prepared cocoanut.

One tea-spoonful of salt.

One quart of milk.

Four eggs.

One cupful of sugar.

Soak the tapioca over night in enough water or milk to cover it. In the morning place it in a milk boiler with the quart of milk, and boil it half an hour. Beat the yolks of the eggs, the sugar and the cocoanut well together, add this mixture to the milk, and boil ten minutes longer; then put in the salt, and pour the whole into a pudding-dish. Beat the whites of the eggs stiff, add to them a table-spoonful of sugar, spread them on top of the

pudding, sprinkle a thin layer of cocoanut over the top of the egg, and brown delicately in the oven.

BAKED BATTER PUDDING.

One pint of flour
 One quart of milk.
 Four eggs.
 One tea-spoonful of salt.

Stir the flour into the milk, beat well, and when smooth, add the beaten eggs and the salt. Butter a pudding-dish, pour in the batter, bake one hour in a rather hot oven, and serve immediately with

HARD SAUCE.

One-half cupful of butter.
 One cupful of powdered sugar.
 Flavoring to suit.

Beat the butter to a cream, and gradually add the sugar. The flavoring may be of any preferred variety. If wine is chosen, use three table-spoonfuls of it, beating it in gradually. If lemon or vanilla extract is preferred add a scanty tea-spoonful; or the rind and juice of a fresh lemon may be used. As soon as the sauce is finished heap it lightly and roughly on the dish in which it is to be served, and set it in the ice chest until needed. The pudding is sometimes spread with butter by each person at table individually and eaten with lemon-juice and sugar instead of a sauce.

CAKE CREAM PUDDING.

Three eggs.
 One cupful of sugar.

One and one-half cupfuls of flour
Two table-spoonfuls of water
One-half tea-spoonful of baking-powder.

Stir the baking-powder into the flour; then beat the eggs light, add to them first the water and sugar and then the flour, and bake on two buttered pie-tins. When the cakes are done split each with a fork, and place inside it the following cream.

CREAM.

One pint of sweet milk.
One tea-spoonful of vanilla.
One-half tea-spoonful of salt.
One-quarter cupful of butter.
Three-quarters cupful of sugar.
Two table-spoonfuls of corn-starch.

Wet the corn-starch in a little of the milk, add the butter to the rest of the milk, and place the latter in the milk boiler to heat; and when the milk boils, stir in the corn-starch. Cook five minutes, stirring frequently; then add the sugar and salt, and as soon as these are dissolved remove the cream from the fire. When nearly cold add the flavoring, and use. This dessert is delicious served with strawberries.

BLACKBERRY PUDDING.

One pint of molasses.
One dessert-spoonful of soda.
One quart of flour.
One quart of blackberries.

Warm the molasses, dissolve the soda in it, and add the flour first and then the berries. Butter a tin basin or a

pudding-mould, pour the pudding in, set it in a steamer over a kettle of boiling water, and steam one hour. Serve with hard sauce. This pudding may be baked, if more convenient, but it is much more satisfactory when steamed as above.

SIMPLE FRUIT PUDDING.

Stew currants or any of the small fruits or berries, either fresh or dried, with sugar to season. Cut bakers' bread into thin slices, and remove the crusts; then place a layer of bread in a pudding-dish, cover it rather thickly with the stewed fruit, add another layer of bread and fruit, and so continue until all the latter has been used, leaving an extra thick layer of fruit on the top. Lay a plate on top of the pudding, and when the fruit is cool, set the whole upon the ice. Serve thoroughly cold with cream and sugar.

APPLE SNOW.

Six large apples.

Two tea-cupfuls of sugar.

One-half tea-spoonful of salt.

One and a-half lemon (juice of both and rind of one).

One pint of milk.

Four eggs.

Separate the whites from the yolks of the eggs, beat the yolks well, and add to them three table-spoonfuls of the milk. Place the rest of the milk on the fire in a double-boiler, and when it boils, add the beaten yolks. Let it boil about a minute, add a tea-cupful of the sugar and the salt, remove from the fire, and when cooled, pour the custard into a glass serving-dish. Bake the apples quite

whole in a covered dish, adding a little water to prevent burning. When tender enough to be pierced with a straw, take them out of the oven, remove the skins, and scrape out the pulp, being careful to avoid any pieces of the cores. Mix into this pulp the remaining sugar, the lemon-juice and the grated rind of one lemon. Beat the whites of the eggs to a stiff froth, and add the cold pulp very gradually, beating until the whole is white and fine. Pile this snow upon the custard, set in a very cold place, and serve when thoroughly cold.

CURATE PUDDING. (*Hot.*)

Three eggs.

Two tea-spoonfuls of vanilla.

One cupful of flour.

Two-thirds cupful of butter.

Two-thirds cupful of sugar.

Warm the butter, and beat it to a cream; then gradually add the flour and sugar, and beat well until the whole is perfectly smooth. Beat the eggs very light, and add them and the vanilla, stirring all well. Butter small cups or tins, fill them a little more than half full of the mixture, and bake in a brisk oven for about half an hour. When done, turn the puddings out upon the serving-dish, and pour around them the following sauce.

WINE SAUCE, NO. I.

One and one-half table-spoonful of butter.

One table-spoonful of flour.

One-half tea-spoonful of salt.

Two table-spoonfuls of sherry wine.

Hot water.

Pour boiling water into a small earthenware bowl, let it stand one minute, pour it out, and place the butter in the hot bowl; this will warm the butter sufficiently. Beat the butter until soft, add the flour, and beat again until a smooth, creamy paste is formed. Gradually add boiling water, stirring all the time, until the whole is the thickness of rich cream. Pour the mixture into a stew-pan, stir well, and cook three minutes, adding a little more water if the sauce is too thick. When done, add the salt, sugar and wine, and serve. Taste the sauce before serving, and add more sugar, wine or butter if not sufficiently well seasoned.

FARINA PUDDING.

One quart of milk.

Three eggs.

One lemon (half the juice and all the rind).

One cupful of sugar.

Four table-spoonfuls of farina.

One table-spoonful of butter.

One tea-spoonful of salt.

One tea-spoonful of vanilla.

One-eighth tea-spoonful of nutmeg.

Heat the milk in a double-boiler, and when boiling, add the farina, and boil half an hour. Just before removing it from the fire, put in the butter, stir it well, and when it has melted, turn the mixture into a pudding-dish. When cooled, add the sugar and vanilla, the grated rind of the lemon, the juice and the nutmeg. Separate the yolks and whites of the eggs, beat them thoroughly, and add first the yolks, stirring them well into the pudding, and then the beaten whites, stirring them in only enough

to mix them well. Bake the pudding half an hour in a quick oven. Serve with the wine sauce of the preceding recipe or with the following.

WINE SAUCE, NO. 2.

One cupful of butter.
Two cupfuls of powdered sugar.
Eight table-spoonfuls of sherry wine.
A grating of nutmeg.

Beat the butter until creamy, and gradually add the sugar, stirring all the time ; when all the sugar has been used, add the wine by spoonfuls, still stirring. Beat the mixture until it becomes a smooth, light froth, set the bowl in a basin of hot water, and stir for two minutes. Fill the sauce-boat with boiling water to heat it, and when the sauce has cooked sufficiently, empty the boat, pour in the sauce, grate a bit of nutmeg on the top, and serve hot.

GRAHAM PUDDING.

One cupful of Graham flour.
One cupful of wheat flour.
One cupful of molasses.
One cupful of sweet milk.
One egg.
One tea-spoonful of soda.
One cupful of raisins.

Warm the molasses, add the soda to it, and stir in the two kinds of flour well sifted together ; then gradually add the milk, then the egg well beaten, and lastly the stoned raisins. Place the mixture in a buttered basin or in a pudding-mould, set it in a steamer over a kettle of hot water, and steam two hours. Serve with the following

EGG SAUCE.

One cupful of powdered sugar.

One-half cupful of butter.

Two eggs.

Flavoring.

Beat the butter to a cream, gradually add the sugar, beating well, and lastly stir in the beaten eggs, and any desired flavoring.

STRAWBERRY PUFF PUDDING.

This pudding is to be served hot. For six persons allow

One pint of flour.

Two tea-spoonfuls of baking-powder.

One tea-spoonful of salt.

One quart of strawberries.

Sweet milk.

Sugar.

Stir the powder into the flour, and add milk, stirring all the time until a rather thick batter is formed. Have ready six well greased tea-cups, the hulled strawberries and a cupful of sugar. Put a spoonful of the batter in a cup, then a thick layer of berries, next two tea-spoonfuls of sugar upon the berries and finally another thin layer of the batter. Repeat this until all the batter has been used when the cups should not be more than two-thirds full. Set them in a steamer over a kettle of boiling water, and steam half an hour. There should be no delay in serving as soon as done, for the puffs fall very quickly. Serve with a

STRAWBERRY SAUCE.

Two eggs.
One-half cupful of butter.
One cupful of boiling milk.
One cupful of strawberries.
One cupful of sugar.

Rub the butter and sugar to a cream, add the eggs, well beaten, and stir in the berries. Set the bowl containing the sauce in a basin of hot water, gradually add the hot milk, cook two minutes, and send to table. Other berries may be used as the strawberries are in this case.

PUDDING OF STALE CAKE.

Chocolate layer-cake is the best variety to use in this way, but any other kind will do. Make a soft custard of

Two eggs (yolks).
One pint of milk.
One-half tea-spoonful of salt.
Two table-spoonfuls of sugar.

Beat the yolks with a little of the cold milk; heat the rest of the milk, and when it boils, add the yolks. Stir two minutes, add the salt and sugar, and remove from the fire. Break the cake into pieces,—which for this quantity of custard should measure not more than a pint. Place the cake in a pudding-dish, pour over it the custard, and bake twenty minutes. Beat the whites of the eggs stiff, add one table-spoonful of sugar, spread the egg over the top, and brown delicately in the oven. Serve cold.

QUEEN OF PUDDINGS.

This may be eaten hot or cold. The following quantities will answer for eight persons.

Two cupfuls of bread-crumbs.
One quart of milk.
Four eggs.
One table-spoonful of butter.
One lemon (rind and juice).
One-half tea-spoonful of salt.
One-half cupful of jelly.
One cupful of sugar.

Soak the crumbs in the milk for half an hour. Beat the yolks and sugar together until light, add them to the crumbs and milk, stir well, and put in the lemon. Pour the whole into a pudding-dish, and bake half an hour. Whip the whites of the eggs stiff, and add to them three table-spoonfuls of sugar; when the pudding is done, place on top of it a layer of the egg, then a layer of jelly and lastly the rest of the egg, and brown to a delicate color. If a sauce is preferred, the simple cream sauce will be most suitable.

APPLE ROLY-POLY.

One pint of flour.
One tea-spoonful of baking-powder.
One tea-spoonful of salt.
Milk.
One table-spoonful of lard or butter.
One tea-cupful of sugar.
Two tea-spoonfuls of cinnamon.
Apples.

Sift the flour, baking-powder and salt well together, rub the lard into them, and when all is thoroughly mixed, add sufficient sweet milk to make a soft dough. Turn the dough out upon the moulding-board, mould it smooth, sifting flour under it to prevent its sticking to the board, and roll it into a sheet a-quarter of an inch thick. Spread

this thickly with sliced apples, and sift over them the sugar and cinnamon. Roll the dough up the same as jelly cake, press the overlapping parts of dough well to the body of the pudding and also press the ends well to prevent the escape of the juices. Place the pudding on a plate, set the plate in a steamer over a kettle of hot water, and steam an hour and a-half. Serve with wine sauce, No. 1.

BAKED APPLE PUDDING.

The dough for this is made the same as the preceding. Slice enough apples to nearly fill the pudding-dish, seasoning them with sugar and cinnamon. After the dough is smoothed on the board roll it just the size of the top of the dish, lay it on top of the apples, and bake one hour. Serve with cream sauce, or with wine sauce, No. 2.

BIRD'S-NEST PUDDING.

This dessert is to be eaten hot. To make enough for seven persons take

- Six medium-sized apples.
- One cupful of sugar.
- One-half cupful of milk.
- One-half cupful of water.
- Flour.
- One tea-spoonful of baking-powder.
- One tea-spoonful of cinnamon.
- One egg.
- One table-spoonful of butter.

Peel and core the apples, and cut them into eighths. Place them in a pudding-dish with half the sugar, the cinnamon and the water, and bake them until nearly done—

generally about twenty minutes. While the apples are cooking, rub the butter and the rest of the sugar together, add the beaten egg, stir well, and add the milk. Sift the baking-powder and half a tea-cupful of flour together, and add them to the mixture, stirring in more flour until a rather thick batter is formed. When the apples are tender, but not quite done, remove the dish from the oven, stir the apples well, carefully turn the batter over the top of them, return the dish to the oven, and bake twenty minutes. Serve with cream sauce.

CHOCOLATE PUDDING.

One quart of milk.
Ten table-spoonfuls of grated bread.
Four table-spoonfuls of grated chocolate.
One cupful of sugar.
One tea-spoonful of butter.
One-half tea-spoonful of salt.
Four eggs.

Heat the milk, and when it is boiling, stir in the bread, sugar, chocolate, salt and butter. Boil three minutes, remove from the fire, and turn the pudding into a pudding dish. Reserve the whites of two of the eggs, beat the other two whites and the four yolks well together, and add them to the pudding, stirring them in well; then bake half an hour. Beat the two whites stiff, add a table-spoonful of sugar, spread the egg on top of the pudding, and brown delicately in the oven. This is eaten cold without sauce.

ENGLISH PLUM PUDDING.

This recipe was awarded the two-guinea prize lately

offered by the Queen, for which there were five hundred competitors. The following will make a pudding weighing six pounds.

- One pound of raisins.
- One pound of suet.
- Three-quarters pound of stale bread-crumbs.
- One-quarter pound of brown sugar.
- One lemon (rind only).
- One-half pound orange peel (candied).
- One-quarter pound of flour.
- One pound of currants.
- One-half of a nutmeg grated.
- Five eggs.
- One-half pint of brandy.

Chop the suet fine, mince the orange peel, clean, wash and dry the currants, stone the raisins, and mix all the dry ingredients together. Beat the eggs, add to them the brandy; pour this liquid over the dry mixture, and mix thoroughly. Pack the pudding into well greased pudding-moulds, and boil six hours as soon as made, and six hours when wanted for use. (For boiling pudding, see page 456.) Serve with

BRANDY SAUCE.

- Four table-spoonfuls of butter.
- Two eggs (whites only).
- One cupful of powdered sugar.
- Four table-spoonfuls of brandy.
- Four table-spoonfuls of boiling water.

Rub the butter to a cream, gradually add the sugar, and beat until white and light. Then add the whites one at a time, beating all the while. When ready to serve,

add the brandy and boiling water, set the bowl containing the sauce in a basin of hot water over the fire, stir until light and creamy, and serve.

BREAD PUDDING.

This pudding is served hot ; and the following proportions are sufficient for seven persons.

One pint of stale bread.
One quart of milk.
Three table-spoonfuls of sugar.
Two eggs.
One tea-spoonful of salt.

Place the bread in the milk, and after it has soaked two hours, mash it very fine. Beat the eggs light, and add to them the sugar and salt. When well mixed, stir this into the bread and milk, pour the whole into an earthenware baking-dish, and bake three-quarters of an hour in a rather slow oven. Serve with

VANILLA SAUCE.

Two eggs (whites and one yolk).
One-half cupful of granulated sugar.
Three table-spoonfuls of milk.
One tea-spoonful of vanilla.

Separate the yolks from the whites, beat the latter to a stiff froth, and add the sugar, stirring it in vigorously. Beat one of the yolks well, stir it thoroughly into the milk, add the vanilla, and place the mixture in the sauce-boat. Heap the beaten whites on top, and stir them in just before serving and after the sauce is on the table. The other yolk is not required in the sauce.

CHERRY PUDDING.

This is a large recipe, two-thirds being sufficient for a family of six.

- Three eggs.
- Two quarts of cherries.
- One tea-spoonful of salt.
- Two tea-spoonfuls of baking-powder.
- One and one-half pint of stale bread-crumbs.
- One pint of flour.
- One pint of milk.
- One table-spoonful of sugar.
- One-quarter of a nutmeg.

Soak the bread in the milk for one hour. Mix the sugar, salt, baking-powder, flour and nutmeg together, sifting all through a sieve. Mash the bread in the milk, stir into it the flour mixture, mix well, add the eggs, well beaten, and lastly put in the cherries, which may be stoned or not, as preferred. This pudding may be steamed or boiled. If to be steamed, butter the pudding-tin thoroughly, turn into it the mixture, allowing space for the pudding to increase one-third in size, and steam two hours and a-half. If to be boiled, dip the pudding bag in boiling water, spread it out, dredge it well on the inside with flour, pour in the mixture, and tie it up securely. Have a tin plate at the bottom of a kettle that is half full of boiling water. Place the pudding in this kettle, and boil it constantly for four hours, replenishing the water as needed from the boiling tea-kettle. When done, lift the pudding out, plunge it into cold water, remove it immediately and turn it out upon a platter. Serve with a sauce made the same as strawberry sauce

(see page 436), substituting for the berries one cupful of cherries that have been slightly stewed.

APPLE TAPIOCA PUDDING.

Three-quarter cupful of pearl tapioca.
One quart of water.
One lemon.
One-half tea-spoonful of salt.
Seven apples.
Fourteen tea-spoonfuls of sugar.

Soak the tapioca over night in the water; or if the fine tapioca is used three hours of soaking will suffice. One hour before dinner time, place the water and tapioca in a double boiler, and boil until the tapioca is transparent, usually about thirty minutes. Stir it often, and add the salt just before taking the tapioca from the fire. Pare and core the apples, place in the cavity made by each core two tea-spoonfuls of sugar, and divide the juice of the lemon among the seven apples. Place a little dot of butter on top of each apple, arrange the apples in a baking-dish, pour the tapioca over them, and bake until they are soft, usually thirty or forty minutes. Serve hot with cream and sugar.

BLACK PUDDING.

One cupful of molasses.
One cupful of warm water.
Two and one-half cupfuls of flour.
One cupful of raisins.
One scanty tea-spoonful of soda.
One-half scant tea-spoonful of salt.
One egg.

Place the water and molasses together, add the soda, and stir all well to dissolve the latter. Add the salt and flour and then the egg well beaten, stirring vigorously after each addition. Stone the raisins, chop them rather coarse and add them the last thing. Butter a pudding mould or a basin, turn the mixture into it, set the basin in a steamer over a kettle of boiling water, and steam two hours. Serve with the following

SUGAR SAUCE.

One cupful of white sugar.
One-half cupful of butter.
Two eggs.
Vanilla to flavor.

Rub the butter and sugar together until they form a frothy cream. Separate the whites and yolks of the eggs, add first the yolks, well beaten, and stir them well into the butter and sugar; and then add the beaten whites, which have been whipped to a stiff froth. Beat all well together, add the flavoring, and the sauce is then ready to use.

FANCY PUDDING.

One pint of milk.
Three eggs (whites).
Three table-spoonfuls of corn-starch.
Three table-spoonfuls of sugar.
One-half tea-spoonful of salt.

Dissolve the corn-starch in a little of the cold milk, place the rest of the milk on the fire in a double-boiler, and when it is scalding, add the corn-starch. Let the latter boil three minutes, and add the sugar and salt and

then the whites of eggs beaten to a stiff froth. Cook but a moment, remove the mixture from the fire, pour it into a pudding-mould that has been wet in cold water, and set it away to cool. Make the following

FANCY SAUCE.

One pint of milk.
Three eggs (yolks).
Vanilla to flavor.
One-third cupful of sugar.
One tea-spoonful of corn-starch.
One-third tea-spoonful of salt.

Beat the yolks until light, and stir into them two table-spoonfuls of the milk. Add the same quantity of milk to the corn-starch, and when the latter is well dissolved stir the two mixtures vigorously together. Place the rest of the milk on the fire in a double-boiler, and when it is scalding, turn into it the mixture of egg and corn-starch. Let the whole boil two minutes, add the salt and the sugar, remove from the fire, and when the sauce is cold, add the flavoring. Turn the pudding out upon a platter, pour the sauce about it, and serve.

COTTAGE PUDDING.

One cupful of milk.
Two eggs.
One table-spoonful of butter.
One cupful of sugar.
Three tea-spoonfuls of baking-powder.
Flour to thicken, about one pint.

Rub the butter and sugar to a cream, and add the egg, well beaten, and then the milk, stirring all well. Sift the

baking-powder over the top, and before stirring it in, sift over it a little flour. Stir well, adding enough more flour to make a rather thick batter; then pour the batter into a buttered dish, and bake thirty minutes. Serve hot with milk sauce. (See page 415.)

CHOCOLATE CUSTARD PUDDING.

One-half cupful of grated chocolate.

One and one-half pint of milk.

Three table-spoonfuls of sugar.

Two table-spoonfuls of corn-starch.

Two eggs.

One-half tea-spoonful of salt.

Two tea-spoonfuls of vanilla.

Place the corn-starch in two table-spoonfuls of the milk and dissolve it; place the yolks of the eggs also in two table-spoonfuls of the milk, and beat them thin with a fork; then place the two mixtures together. Put the rest of the milk on the fire in a double-boiler, and when it boils, turn in the grated chocolate, stir well, and let it boil five minutes or until the chocolate is perfectly dissolved. Remove the liquid from the fire, and strain it through a fine wire strainer; then return it to the kettle or boiler, and when it boils again, stir into it the mixture of corn-starch and egg. Add the salt and sugar, stir often and let the whole cook six or eight minutes. Turn the pudding into a pudding-dish, and add the vanilla. Beat the whites of the eggs stiff, add one large table-spoonful of sugar, lay the froth on top of the pudding, and brown delicately. The above quantity is enough for six persons. The pudding is eaten cold, without sauce.

MINUTE PUDDING.

One quart of milk.
One pint of flour.
One tea-spoonful of salt.
One tea-spoonful of butter.
Two eggs.

Beat the eggs well, and add the flour and enough of the milk to make all smooth. Place the rest of the milk on the fire in a double-boiler, and when scalding hot, stir in the mixture of flour and egg. Cook ten minutes, add the salt and butter, and serve at once with

NUTMEG SAUCE.

One pint of milk.
One-half cupful of sugar.
Nutmeg to taste.

Place the sugar and milk together and sift into them sufficient nutmeg to flavor.

SWEDISH PUDDING.

This pudding is to be served hot. For five persons allow

Two cupfuls of flour
One-half cupful of butter.
One-half cupful of sugar.
One-half tea-spoonful of salt.
Four eggs.

Rub the butter and sugar to a cream, and add the yolks of the eggs, well beaten, then the salt and flour and lastly the beaten whites. Butter five tea-cups, and pour the batter into them, filling the cups but half full. Place the cups in a steamer over a kettle of boiling water, and

steam them thirty minutes, by which time the batter will fill the cups. Turn the puddings out upon a hot platter, and pour around them a clear

BRANDY SAUCE.

Two table-spoonfuls of butter.
Four table-spoonfuls of brandy.
Four table-spoonfuls of boiling water.
One egg (white).
One-half cupful of powdered sugar.

Beat the butter to a cream, gradually add the sugar, and beat until white and light; then add the white, beaten to a stiff froth, and stir well. When ready to serve, add the brandy and the water, stand the bowl containing the sauce in a basin of boiling water on the fire, and stir until the sauce is light and foamy. It is then ready to use.

TIPSY PUDDING.

This may be made of any dry cake, sponge-cake being preferred. The following recipe is calculated for six persons. Saturate six slices of sponge cake with sherry, taking care the cake is not soaked enough to fall to pieces. Place the cake in the serving dish, and pour over it the following

SOFT CUSTARD.

One pint of milk.
Three eggs (yolks).
One-half teaspoonful of salt.
Two table-spoonfuls of sugar.

Beat the yolks well, and add to them half a cupful of

the milk ; place the rest of the milk in a double-boiler on the fire, and when scalding hot, stir in the yolks, cook one minute, and add the salt and sugar. The custard is then ready to use.

If the pudding is placed in a glass dish, decorate the top with the whites of the eggs prepared as follows : Beat the whites stiff. Have ready a pint of boiling milk, put in a spoonful of the egg, cook it one minute, turn it on the other side, and cook one minute longer ; then take it up, drain on a dish, and when quite free of milk, lay it on top of the custard. This is called "poaching the white." Repeat the process until all the egg has been prepared, and place a dot of jelly on top of each piece of egg before sending the pudding to table.

If the pudding is served in a platter, beat the whites stiff, add two table-spoonfuls of sugar and one tea-spoonful of vanilla, sprinkle the egg on top of the pudding, and brown in the oven.

RICE CARAMEL PUDDING.

- One cupful of rice.
- One-half cupful of sugar.
- Two eggs.
- Two and a-half pints of milk.
- One tea-spoonful of salt.
- One stick of cinnamon.

Wash the rice, and soak it for three hours in plenty of water. Drain off the water at the end of the time, place the rice and cinnamon in a double boiler with all but half a cupful of the milk, and cook for two hours. Place the sugar in a small frying-pan, and stir until it turns brown and becomes a liquid. Instantly pour the sugar into a

three-pint mould that has been well warmed on the back of the range, and turn the mould around so that the sugar will coat all parts of it. As the sugar hardens quickly, the work must be expeditiously done or the sugar will not spread. Beat the eggs well, add the half-cupful of milk reserved, and stir this into the boiling rice, adding also the salt. Let the whole cook only about a minute after boiling up, and then turn the pudding into the sugar-lined mould. Cover the mould, place it in a pan of boiling water, and bake half an hour. When done, remove it from the oven, and after it has stood ten minutes, turn it out upon a flat dish. Serve with the custard sauce. The pudding is served hot and the sauce cold.

SPONGE BATTER PUDDING.

One quart of milk.

Three eggs.

Three table-spoonfuls of butter.

One-half cupful of flour.

One-quarter cupful of sugar.

One-half tea-spoonful of salt.

Place half the milk on the fire in a double-boiler, and stir the other half of the milk into the flour, making a paste. When the milk in the boiler is scalding, turn into it the paste and stir until the whole is smooth. Cook for four minutes, remove from the fire, and add the butter, sugar, salt and the beaten yolks; then let the mixture cool slightly, and add the beaten whites. Butter a pudding dish and pour the batter into it, the dish being so large that the batter will but half fill it. Set the dish in a large pan, pour into the pan enough hot water to come half way up the sides of the dish, and bake the pudding

half an hour in a quick oven. Serve without delay with a cream sauce, which is also sent to table hot.

CREAM SAUCE.

- One cupful of sugar.
- One-half cupful of boiling water:
- One cupful of cream.
- One tea-spoonful of vanilla.

Place the sugar and water in a porcelain-lined saucepan, and boil rapidly for fifteen minutes. Beat the cream well with a whisk or a fork, and add it gradually to the syrup. Remove the sauce from the fire and add the vanilla.

PUFFS, WITH ORANGE SAUCE.

These are served hot and make a delicious dessert.

- One-half cupful of butter.
- One cupful of milk.
- Two cupfuls of flour.
- Two tea-spoonfuls of baking-powder.
- One cupful of granulated sugar.
- One cupful of powdered sugar.
- Three eggs.
- Two oranges (rind and juice).

Grate the rind from the oranges, squeeze the juice upon the rind and set it away until needed to finish the sauce. Beat the butter to a cream, gradually add the granulated sugar, and when the cream is well beaten, add the unbeaten yolks of the eggs. Beat well again, add the milk, and then stir in the flour, with which the powder has been mixed. Bake for twenty minutes in well buttered muffin pans. While the puffs are baking, make the sauce. Beat the whites of the eggs stiff, and gradu-

ally add the powdered sugar and then the orange juice and rind; the sauce is then ready to use. Turn the puffs out upon a flat dish, pour the sauce around them, and serve at once. A lemon may be substituted for the oranges if preferred.

CREAM PUFFS.

The following allowance will make nine large puffs.

- One cupful of sifted flour.
- One cupful of water.
- One-half cupful of butter.
- One-half tea-spoonful of salt.
- Three eggs.
- Two table-spoonfuls of sugar.

Put the butter, sugar, salt and water on the fire in a rather large sauce pan, and when the water begins to boil, add the flour dry, sifting it in by degrees with the left hand, while constantly stirring with the right hand. Stir vigorously until the mixture is perfectly smooth, about three minutes generally sufficing. Remove the pan from the fire, turn the batter into a bowl, and set it away to cool. When cool, put in the eggs unbeaten, adding but one at a time, and beating vigorously after each addition. When the eggs are all in, beat the batter very thoroughly until it is smooth and soft, at least fifteen minutes being necessary for this purpose. Lightly butter a baking-pan, and drop the mixture into it from a table-spoon, using a spoonful for each puff, and placing them about an inch apart. Bake thirty minutes in a quick oven. These puffs are to be served cold. After taking them from the oven, let them cool, split them open and put in

THE CREAM.

One-half pint of milk.
One egg (yolk only).
One and one-half table-spoonfuls of sugar.
One even table-spoonful of corn-starch.
One-half tea-spoonful of salt.
Two tea-spoonfuls of vanilla.
One-half tea-spoonful of butter.

Place the yolk of the egg in a tea-cup, beat it light with a fork, and add two table-spoonfuls of the cold milk. Place the corn-starch in another cup, add to it the same quantity of milk, and when the starch is well dissolved, add the egg mixture. Place the rest of the milk on the fire in a small double-boiler, or in a sauce pan set in another containing hot water; and when it boils, stir in the mixture of egg and corn-starch. Let the whole boil three minutes, add the salt, sugar and butter, remove from the fire, and when cool, add the flavoring. Pour a small spoonful of the cream into the hollow in each puff, replace the top taken off to admit the cream, and serve.

These puffs may be eaten hot without the cream and with a strawberry sauce.

SILVER PUDDING.

Five eggs.
One quart of milk.
One-half cupful of sugar.
One-half table-spoonful of butter.
One tea-spoonful of vanilla.
One-quarter tea-spoonful of salt.

Butter a quart pudding-mould. Separate the whites of the eggs from the yolks, being very careful not to leave a particle of yolk with the whites. Put one-third of the

sugar and half a table-spoonful of the milk with the whites, and beat the mixture with a spoon until it breaks readily when poured from the spoon; then add a pint of the milk, half the extract and half the salt, and when all is well blended, pour the mixture through a fine strainer into the mould. Set the mould in a pan, and pour enough hot water about it to reach almost to its top. Place the whole in a moderate oven for three-quarters of an hour, being careful that the water in the pan does not boil. When the custard is properly cooked, the blade of a knife inserted in it will come forth clear and free from any milky appearance. As soon as the custard is done, set the mould where it will become very cold. While the custard is cooking, place the beaten yolks of the eggs in two table-spoonfuls of the remaining pint of milk, set the rest of the milk on the fire in a double-boiler, and when it is scalding hot, add the egg, and cook two minutes; then remove the custard from the fire, add the rest of the salt and sugar, and set it away to become thoroughly cold, after which the vanilla should be put in. At serving time turn the baked custard into a flat glass dish, and pour the soft custard around it. This pudding makes a good dessert for Sunday dinner, as it is all the better for being made the day before it is served.

STRAWBERRY PUDDING.

One cupful of flour.
Two cupfuls of sugar.
Four eggs.
One tea-spoonful of baking-powder.
One lemon (juice).
One quart of strawberries.
One half pint of cream.

Beat together a cupful of the sugar, the lemon juice and the yolks of the eggs; also beat the whites to a stiff froth, and add them to the yolks and sugar; then mix the powder and flour thoroughly and stir them in gradually. Butter a deep, round pan, pour in the mixture, and bake forty minutes in a moderate oven. While this cake is baking, pick over and crush the berries, add to them the rest of the sugar, and set away in a cool place. Whip the cream light with a whip-churn or a Dover egg-beater, and set it away to cool also. When the cake is baked and has become cool, place it in a large pudding-dish, pour the strawberries over it, heap the whipped cream upon the fruit, and serve. More cream may, if desired, be used than is called for in this recipe. To make this pudding properly, the berries should be very juicy when emptied upon the cake. Stale sponge cake may be utilized in this way. Raspberries may be used in place of strawberries, and will require less sugar.

RICE BALLS, WITH CUSTARD.

One cupful of rice.

Two and a-half cupfuls of milk.

One tea-spoonful of salt.

Jelly for decorating.

Wash the rice well, and soak it for an hour in enough water to cover it. Pour off the water, add the milk, and cook for an hour in a double boiler; then put in the salt, and cook half an hour longer. Dip small custard cups into cold water, fill them with the cooked rice, and set them where they will become cold. At serving time turn the mounds of rice out upon a flat dish, and after putting a bit of bright jelly upon each, pour about them a

soft custard, which will have been made by the following recipe :

SOFT CUSTARD.

One quart of milk.
Four eggs (yolks).
One-half cupful of sugar.
One table-spoonful of corn-starch.
One tea-spoonful of vanilla.
One-quarter tea-spoonful of salt.

Beat the yolks light, and add to them two table-spoonfuls of the cold milk. Thoroughly mix two table-spoonfuls of the milk with the corn-starch, and add the eggs. Place the rest of the milk on the fire in a double boiler, and when it is hot, stir in the mixture of egg and corn-starch. Cook the whole for five minutes, stirring well; then remove the custard from the fire, add the salt, and when cold, flavor with vanilla. This is a cheap custard, and it is not, of course, as good as if made wholly of eggs, in which case the yolks of six eggs should be used and the corn-starch omitted. The rice may be served hot and the custard cold, if desired.

HOW TO BOIL PUDDINGS.

Puddings may be boiled in a bowl, a mould or a cloth. The mould should have a closely fitting top and be well buttered, top and all, before the batter is poured in. Pudding moulds are usually made with hasps or other fastenings, but if these are lacking, tie the cover down securely. A tin pail may be used in an emergency; but in such a case the top of the pudding should first be covered with a cloth that has been wrung from hot water and well dredged with flour, and the cover of the pail

should then be put on securely. If a bowl is used, butter it well, and tie a flannel cloth tightly over the top. The cloth should be wrung out of hot water, so the flour will adhere to it thickly. But whatever utensil is used in which to boil a pudding, it should only be two-thirds full when the pudding is first put in; this is to allow for the increase in size caused by the boiling. A pudding bag should be made with felled seams at the sides and bottom, the better to exclude the water. When about to use it, wring the bag out of hot water, turn it inside out, and dust it very thickly with flour on both sides. Turn it back again, put in the pudding, and tie the top of the bag securely. The water in the kettle must be boiling when the pudding is put into it and should not cease boiling for one instant until the pudding is done. The bag, mould or bowl should be turned several times under the water to prevent it sticking to the kettle. The bag should be entirely covered with water, but if a mould is used, the water need not reach quite to its top.

When the proper time of boiling is finished, remove the mould or bag from the water, plunge it instantly into cold water, and then turn it out without losing a second. This prevents sticking, and causes the mould to make a clearer impression upon the pudding. Boiled puddings must always be served immediately, or they will soon grow heavy. Many of the puddings that are baked can be more successfully boiled, but twice as much time is required for boiling as for baking.

BOILED INDIAN PUDDING.

One pint of molasses.

One pint of milk.

One pound of suet.
 Four eggs.
 One tea-spoonful of cinnamon.
 One-half tea-spoonful of nutmeg.
 One tea-spoonful of salt.
 Indian meal.

Warm the milk, and add the molasses, stirring well together; then beat the eggs vigorously, and stir them thoroughly into the liquid. Chop the suet fine, and add it and the rest of the ingredients together, with sufficient meal to make a rather thick batter; boil for three hours, and serve with wine sauce.

CHRISTMAS PLUM PUDDING,

One pint of seeded raisins.
 One-half pint of currants.
 One-quarter pint of citron, cut small.
 One pint of apples (peeled and chopped).
 One pint of flour.
 One-half a nutmeg (grated).
 One-half pint of sugar.
 One pint of chopped suet.
 One pint of sweet milk.
 One and a-quarter pint of bread-crumbs.
 Four eggs.
 One tea-spoonful of salt.

Place the dry ingredients together; then add the eggs, well beaten, and the rest of the recipe. When mixed, the batter should be quite thick; if not satisfactory in this respect, add more flour. Boil for four hours, and serve with brandy or wine sauce.

SIMPLE CURRANT PUDDING.

One pint of milk.
 One-half pint of currants (dried).

Three table-spoonfuls of flour.

One-quarter cupful of butter.

Four eggs (yolks).

Mix the flour with a little of the milk until perfectly smooth, add the rest of the milk, and if the paste seems at all lumpy, strain it through a sieve; then place the liquid on the fire in a double boiler, and let it simmer until rather thick, stirring often. Add the butter, remove from the fire, and when cooled, stir in the beaten yolks of the eggs and the dried currants. Put the pudding in a bag, and boil two hours. Serve with wine'sauce.

WEBSTER PUDDING.

One-half cupful of molasses.

One-half cupful of sweet milk.

One-quarter cupful of melted butter.

One-quarter cupful of wine or brandy.

One-half pound of raisins or currants.

One-half tea-spoonful of soda.

One-half tea-spoonful of cinnamon.

One-half tea-spoonful of cloves.

One-quarter tea-spoonful of nutmeg.

One-quarter tea-spoonful of salt.

Flour to thicken.

Warm the milk, dissolve the soda in it, and add the molasses. Mix the dry ingredients together, add them to the milk and molasses, and thicken with flour until a rather stiff batter is formed. If wine is not convenient or desirable, the juice of two lemons may be used. Pour the pudding into a well floured bag, boil three hours, and serve with the following

WINE SAUCE.

- One cupful of sugar.
- One-half cupful of butter.
- One egg.
- One-half pint of boiling water.
- One-eighth pint of wine or lemon-juice.

Rub the butter and sugar to a cream, add the egg, well beaten, and stir in, a spoonful at a time, the boiling water. Set the bowl containing the sauce in a sauce-panful of boiling water, and let it stand on the fire for five minutes; then remove, add the wine and a dusting of nutmeg or cinnamon, and serve.

BOILED BREAD PUDDING.

- Two cupfuls of bread-crumbs.
- One cupful of molasses.
- One cupful of raisins.
- One cupful of milk.
- Two eggs.
- Butter or suet the size of an egg.
- One tea-spoonful of soda.
- One tea-spoonful of cinnamon.
- One tea-spoonful of cloves.
- One tea-spoonful of allspice.
- One-half tea-spoonful of nutmeg.
- One-half tea-spoonful of salt.

Soak the bread-crumbs in the milk for fifteen minutes; then mash them fine, add the molasses, warmed, and the soda, dissolved in a table-spoonful of cold water. Next put in the spice, salt, seeded raisins, butter (if suet is used, chop it very fine before adding it), and lastly the beaten eggs. Boil in a bag or a mould for two hours, and serve with hard sauce.

FROZEN DISHES.

“A dainty dish to set before a king.”

MOTHER GOOSE.

DURING the summer months desserts should be as light and cooling as possible, and nothing is more wholesome and thoroughly satisfactory for the purpose than the many frozen dainties, such as ice-creams, ices, frozen fruits, etc. After the housewife has accustomed herself to the preparation of ice-creams and ices, the work will seem quite as simple as that involved in the productions of any other dessert; besides, the cost is not so great as is generally supposed, and the packing and freezing are by no means the intricate processes many cooks think them.

The simplest kind of ice-cream is made of cream, sugar and flavoring. Almost any kind of fruit may be made very sweet and frozen with water, or the juice of the fruit may be combined with water and sugar and then frozen. The more acid the fruit, the smaller the quantity of it required, as will be observed by a comparison of lemon and orange sherbet, the juice of ten oranges being used to produce the same quantity of sherbet that five lemons will make.

TO FREEZE ICE-CREAMS, ICES, ETC.

Break the ice into pieces the size of a quart bowl, place these in a canvas bag, and pound the ice with a wooden mallet until it is reduced to pieces the size of a bird's egg—that is, until it is practically crushed. After adjusting the can containing the liquid in the freezer, pack around the can a layer of ice five inches deep; sprinkle this layer freely with rock salt, and continue to arrange alternate layers of ice and salt until the freezer is full, pounding the packing with a stick of wood after each addition of salt, and turning the crank of the freezer a few times to settle the ice. Do not draw off the water that forms in the tub, as it makes a perfectly cold envelope for the can. To pack a gallon freezer will require ten quarts of ice and three pints of rock salt. By using more salt, the work may be more quickly done, but the cream will not be so smooth. Turn the crank slowly at first, increasing its speed as the cream hardens. When finished, carefully wipe the bits of ice and salt from the cover of the can, and remove the cover without taking out the can. Remove the beater, scrape the cream from it, and work a large spoon up and down in the can until the space formed by withdrawing the beater is filled and the cream is light. Replace the cover, putting a cork in the hole in which the trunk of the beater worked; and set the freezer aside for awhile in a cold place, covering the can with ice and throwing a piece of carpet or a blanket over the whole. At serving time take the can from the tub and place it for a few seconds in a pan of tepid water; the cream may then be easily slipped out upon a dish, or it may be taken out in smooth,

egg-shaped portions by means of a large cooking-spoon that has been dipped for an instant in hot water.

If the cream is to be moulded, it should be removed from the freezer when the beater is taken out. After being placed in the mould, it should be worked up and down with a spoon, so that every part of the mould shall be filled. Lay a sheet of white paper upon the cream before putting on the cover, and bury the mould in fresh ice and salt. If the mould is to stand in the ice and salt for many hours, cut a strip of paper or cloth to fit around the cover where it joins the mould, spread this with soft butter or tallow, and fasten it where the cover and mould join; this strip will keep out the salt water, and it should be removed and the mould carefully wiped before the cover is taken off.

There are many good freezers, the best of which, perhaps, is the variety that works with a crank and has a double, revolving dasher making a triple motion. If there is no freezer at hand, an impromptu one may be made by using a tin-pail for the can and a bucket or cask for the tub; stir the cream occasionally with a wooden spoon or flat stick, replacing the lid of the pail after each stirring, and giving the pail a rotary motion in the ice.

PHILADELPHIA ICE-CREAM.

Genuine Philadelphia ice-cream is made simply of cream, flavoring and sugar, neither arrowroot, gelatine nor eggs being used in its composition. The cream is first scalded and the sugar dissolved in it while it is hot. When raw cream is frozen the flavoring is not so pronounced, and the cream has a frozen, snowy taste and is

not perfectly smooth and velvety. The cream may be either rich or thin, but milk of poor quality will not answer. If the cream is exceedingly rich, it may be difficult to freeze, and may contain grains of butter.

VANILLA ICE-CREAM.

To make enough for six persons, allow

- One quart of cream.
- One-half pint of sugar.
- Two table-spoonfuls of vanilla.

Put the sugar and one-half the cream in a double boiler, and boil for ten minutes, stirring constantly. Remove the liquid from the fire, and set it away to cool. When cold, add the remaining cream and the vanilla, stir well, and freeze. The ice-cream should stand at least two hours after freezing before it is served.

LEMON ICE-CREAM.

The following will serve six persons :

- One quart of cream.
- Two-thirds of a pint of sugar.
- Three lemons (rind of all and juice of two).
- One orange (juice).

Mix the juice of the orange and the juice and rind of the lemons with the sugar, and set the mixture in a cold place for an hour. Scald the cream in a double boiler, and set it aside to cool. When the cream is cold, partly freeze it, then add the mixture of juice and sugar (the sugar should by this time be quite dissolved), and finish the freezing by turning the crank rapidly for five minutes.

BISQUE ICE-CREAM.

- One quart of cream.
- One-quarter pound of macaroons.
- Two stale "lady-finger" cakes.
- One-half pound of sugar.
- Four kisses.
- One tea-spoonful of vanilla.
- One tea-spoonful of caramel.

Pound the macaroons, kisses and "lady-fingers," and put them through a colander. Place half the cream on the fire in a double boiler to scald, add to it the sugar, and stir until it boils. Remove the hot cream from the fire, add the rest of the cream, and when all is cold, turn it into the freezer, and freeze. When properly frozen add the vanilla, caramel and pounded cakes, and also five table-spoonfuls of sherry, if not objected to. Beat the whole until perfectly smooth, cover, and set away to ripen for two or three hours before using.

ORANGE ICE-CREAM.

- One quart of cream.
- Six oranges (juices of all, rind of one).
- Three-quarters of a pint of sugar.

Set half the cream on the fire in a double boiler, add the sugar, and when the cream boils, remove it from the fire. When cold, add the rest of the cream and the orange juice and grated rind. Freeze, and do not use for three hours.

PISTACHIO ICE-CREAM.

- One quart of cream.
- One quart of spinach.

- One-half pound of sugar.
- One-half pound of shelled pistachio nuts.
- One tea-spoonful of vanilla.
- One tea-spoonful of extract of almonds.

Wash the spinach, throw it into a kettle of boiling water, boil rapidly for three minutes, and drain in a colander; then pound it until reduced to a pulp, and squeeze out the juice by means of a fine muslin cloth. Blanch and pound the nuts. Scald half the cream with the sugar in a double boiler, and when the sugar is dissolved, take the cream from the fire. As soon as the cream is cold add the nuts, the flavoring and the remaining cream, mix all well, and pour in sufficient of the spinach juice to color the liquid a light green. Freeze, and do not use for two or three hours.

CHOCOLATE ICE-CREAM.

- One quart of cream.
- Four ounces of chocolate.
- One large table-spoonful of vanilla.
- Two-thirds of a pint of sugar.

Place half the cream, the chocolate and the sugar on the fire in a double boiler; stir and beat the mixture until smooth, and strain it while hot through a fine muslin cloth wrung from hot water. Add the rest of the cream, and when the whole is cold, add the vanilla, and freeze. The above quantity will serve six persons.

PEACH ICE-CREAM.

To make two quarts of cream, when frozen, allow

- One quart of cream.
- One pint of peaches.

One and a-half cupful of sugar.

One-quarter of a tea-spoonful of almond extract.

Pare the peaches, which should be very ripe and mellow, and cut them into very small pieces to accurately measure them, allowing a generous pint. Mash and strain the peaches through a sieve, beat the sugar into the strained pulp, and let the latter stand half an hour; then add the cream, beating it in gradually, flavor with the extract, and freeze.

ICE-CREAMS WITH EGGS.

VANILLA ICE-CREAM, NO. 1.

One quart of rich cream.

One pint of milk.

Two eggs (whites only).

Two cupfuls of sugar.

One table-spoonful of vanilla.

Mix the milk, cream, sugar and vanilla well together, let the mixture stand twenty minutes, and then add the whites of the eggs beaten to a stiff froth. Stir well, and freeze.

VANILLA ICE-CREAM, NO. 2.

One pint of milk.

One pint of cream, or one can of condensed milk.

Two eggs.

One and a-half cupful of sugar.

One table-spoonful of vanilla.

Stir the sugar, vanilla, cream and milk well together, and after the mixture has stood twenty minutes, add the eggs, both yolks and whites, beating them up well and stirring them vigorously into the cream and milk. Freeze as directed.

CHOCOLATE ICE-CREAM.

- One quart of cream.
- One and a-half pint of milk.
- Four eggs.
- Two table-spoonfuls of flour.
- One table-spoonful of water.
- Two and a-half cupfuls of sugar.
- One ounce of chocolate.

Rub the flour smooth with half a cupful of the milk, set the rest of the milk on the fire in a double boiler, and add to it two cupfuls of the sugar. Beat the eggs very light, stir them thoroughly with the flour mixture, and when the milk is boiling, stir the egg and flour into it, and cook for fifteen minutes, beating up often. Scrape the chocolate, put it in a small saucepan with the rest of the sugar and the water, and stir it over a moderate fire until smooth and glossy. Add the chocolate to the cooked mixture, and when well stirred in, remove the whole from the fire, and cool. When cold, add the cream, and freeze.

NEAPOLITAN ICE-CREAM.

- One quart of cream.
- One quart of milk.
- One and a-half cupful of strawberry or raspberry juice.
- One tea-spoonful of dissolved cochineal.
- One ounce of chocolate.
- One table-spoonful of vanilla.
- One pint of sugar.
- Six eggs (yolks).

Beat together the yolks of the eggs and three gills of the sugar, and add half a cupful of the milk. Place the rest of the milk on the fire in a double boiler, and

when boiling, gradually pour it on the egg mixture, stirring well. Then replace the liquid in the boiler, and boil it for four minutes, stirring all the time. Remove it from the fire, and when cold, add the cream and vanilla, and freeze for twenty minutes. Have a tub in which will fit a three-quart mould, a brick mould being best for this kind of cream; also have the salt and ice ready for packing. Place the chocolate, a gill of sugar and a table-spoonful of water, in a small saucepan on the fire, and stir until smooth and glossy; then add two table-spoonfuls more of water, and set the chocolate back where it will not cook. Place one-third of the frozen cream in a bowl, and beat the dissolved chocolate into it. When this is perfectly smooth, pack it in the mould, and arrange ice and salt around the latter, then pack half of the remaining cream on top of the mixture in the mould. Next add the cochineal to the fruit juice, and beat this into the remainder of the frozen cream. Spread this as a top layer on the cream in the mould, cover closely, and set away for two hours before using. When done, this cream should be in three layers, first chocolate, then plain cream, and lastly the red cream. It makes a most attractive dessert.

FROZEN CUSTARD.

One quart of cream.

Six eggs (yolks).

One-half pint of sugar.

One table-spoonful of vanilla.

Put all but half a pint of the cream on the fire in a double boiler, add the sugar, and stir well. Beat the yolks of the eggs light, and add to them the half pint of

cold cream ; and when the cream in the boiler is boiling, stir the eggs and milk into it. Stir continually until the mixture thickens, remove it from the fire, and when cool, add the vanilla, and freeze. This recipe will make enough for eight persons.

ICE-CREAM WITH ARROWROOT.

For two quarts of cream, allow

- One quart of cream.
- One pint of milk.
- One-half pint of sugar.
- One table-spoonful of arrowroot.
- One-half table-spoonful of vanilla.

Mix the arrowroot with half a cupful of the milk, set the rest of the milk in a double boiler over the fire, and when it boils, beat in the arrowroot, and cook ten minutes, stirring often. Remove from the fire, add the sugar, and set the mixture away to cool. When cold, add the cream and flavoring, and freeze.

ICE-CREAM WITH GELATINE.

To make two quarts of cream, allow as follows :

- One quart of cream.
- One pint of milk.
- One-half pint of sugar.
- One-quarter package of gelatine.
- Flavoring.

Soak the gelatine for two hours in half a cupful of the milk. Heat another cupful of milk, and stir the soaked gelatine and the sugar into it. Stir for a moment, add the rest of the milk, strain, and cool. Whip the cream to

a froth with a churn or an egg beater, stir it into the cooled preparation, and freeze.

WHIPPED CREAM.

A large variety of delicious and attractive desserts may be made from whipped cream. The cream must be of good consistency or it will not whip, and it must not be too thick or the result will be equally unsatisfactory. A pint of cream will more than double in size when whipped, hence it is not as costly a dessert as many may suppose.

The first essential to success in whipping cream is to have both cream and utensils very cold. Set the cream on the ice for at least an hour, to thoroughly chill it; then pour it into a deep bowl. It will expedite the whipping to set the bowl in a pan of pounded ice, but this is not absolutely necessary. Use for whipping a whip-churn (see "Kitchen Utensils," page 46), or a Dover egg-beater. The egg-beater will make the cream light, but it gives it a different consistency from that obtained by churning; and there will not be quite so much froth produced from the cream. Place the churn in the cream, hold the cylinder firmly, and keep the cover in place with the left hand. Tip the churn slightly that the cream may flow out at the bottom. Work the dasher with a light, short stroke upward, and a hard, pushing stroke downward. The first bubbles to appear will be large and will not remain firm, and they should be stirred down with a spoon. When the bowl is full of froth, skim this off into a granite pan placed on ice. Take off the froth only, and do not take it off below the holes in the cylinder, as the cream whips better when

they are covered. Do not use too large a bowl for the reason that all the cream will not whip. If the cream is to be used as a garnish, drain it, when whipped, on a hair sieve placed over a pan; and keep it on ice until stiff enough to retain its shape.

Creams that are to be moulded are made stiffer by the use of gelatine.

Mousses.

A *mousse* is a dish made with whipped cream and frozen without being stirred. When the mass is cut into, it has a texture like fine moss, hence its name. The labor of preparing this dish is slight, but it requires at least five hours to freeze or harden it. In moulding, if the mould is lined with white paper, the *mousse* will have a smoother and handsomer appearance; but it needs a little longer time to freeze when the paper is used. A *mousse* may be made with any flavoring or fruit desired, taking the name of the flavoring or fruit used.

STRAWBERRY *Mousse.*

- One pint of strawberries.
- One-half pint of sugar.
- One pint of cream.
- One-eighth package of gelatine.
- One table-spoonful of cold water.
- Two table-spoonfuls of boiling water.

Mash the berries with the sugar, and let them stand two hours, placing the gelatine at the same time in the cold water. At the end of the two hours pack a two-quart mould in enough ice and salt to bring the packing up to the cover of the mould. Rub the fruit through a

strainer, pour the boiling water on the soaked gelatine, and when the latter has dissolved, put it with the fruit. Set the basin containing this mixture of fruit, sugar and gelatine in a pan of ice-water, and stir it until it begins to thicken. Have the cream already whipped and drained, and add it to the thickened fruit, stirring gently. When the whole is smooth, turn it into the mould, lay over it a sheet of white paper, put on the cover of the mould, and coat the edge with melted suet to keep out the salt water. Pack ice and salt over the mould, covering it entirely, and freeze five or six hours. At serving time remove the mould from the ice, wipe off the suet and any particles of salt, and dip the mould for a moment in tepid water. Wipe it carefully, and turn out the *mousse* on a flat dish. This dessert should be cut in smooth slices as it is served.

ORANGE *Soufflé*.

One quart of cream.

Six eggs.

One pint of orange juice.

One-half box of gelatine.

One pound of sugar.

One-half cupful of cold water.

One-half cupful of hot water.

Cover the gelatine with the cold water, and let it soak an hour; then add the boiling water, and stir until dissolved. Place the orange juice and sugar together at the same time that the gelatine is put in the cold water, and let them stand an hour also. Beat the yolks light, whip and drain the cream, mix the fruit, sugar and yolks together in a tin basin, stand the basin in a pan of ice-water, strain the gelatine into it and stir carefully until

the whole begins to thicken. Then stir in the whipped cream lightly and quickly, and freeze for two hours. Serve with

MONTROSE SAUCE.

- One pint of cream.
- Three eggs (yolks).
- One-quarter cupful of powdered sugar.
- Two table-spoonfuls of water.
- One table-spoonful of gelatine.
- One tea-spoonful of vanilla.

Cover the gelatine with the water, and let it soak half an hour. Place half the cream on the fire in a small sauce-pan, and set this in another containing boiling water. Beat the yolks of the eggs light, add to them the rest of the cream, and stir the whole into the boiling cream. Add the sugar and cook about a minute, when the custard should thicken; then add the gelatine, and when it is dissolved, remove the pan from the fire, add the vanilla, and also two table-spoonfuls of brandy and five of sherry, if liquors are not objectionable. Mix the sauce thoroughly, and set it away to cool.

The above named quantities for the *soufflé* will suffice for ten persons. By changing the flavoring and adding sugar accordingly endless varieties of *soufflé* may be made by the same recipe.

FROZEN RICE PUDDING, WITH ORANGE GLACÉ.

- One-half cupful of rice.
- One quart of cream.
- Six eggs (yolks).
- One pint of water.
- One pint of milk.
- One and one-half cupful of sugar.
- One table-spoonful of vanilla.

Wash the rice well, put it on the fire in a double boiler with the pint of water, and boil half an hour. Drain the rice well, cover it with all but one-half a cupful of the milk, and boil half an hour longer. During this boiling whip the cream, and when this has been well drained, add that portion which will not froth and has drained from the whipping, to the rice and milk. Set the whipped cream in a cold place until needed. Press the rice through a wire sieve, and return it to the double boiler with the milk in which it was boiled. Beat the yolks light, add to them the half cupful of the milk reserved, and when both are well mixed, stir them into the boiling rice and milk. Stir well, and cook until the preparation begins to thicken; then remove it from the fire, add the vanilla, and turn it out to cool. When cold, place the pudding in the freezer and freeze it nicely. When frozen, stir in the whipped cream, remove the dasher, scrape down the rice adhering to it, and let the pudding remain in the freezer for two hours.

FOR THE GLACÉ.

One dozen oranges.
One-quarter of a lemon (juice).
One pound of sugar.
Eight table-spoonfuls of water.

Boil the sugar and the water together for ten minutes, skim, and add the lemon-juice. Peel the oranges, separate them into sections, and remove all the white pith with a small knife. Dip a few of the pieces at a time in the hot syrup, and lay them out upon a flat dish; and when all have been thus treated, pour the remaining syrup over them, and set them on the ice to cool.

At serving time lift the mould from the freezer, wipe it well, dip it a moment in tepid water, and turn out the contents. Heap the oranges on top and around the base of the pudding, and pour the syrup over the whole. Serve at once. This is a most attractive dish.

WATER ICES OR SHERBETS.

These are made of fruit juice, sugar and water, the simplest varieties being produced by mixing these three ingredients together and freezing. A richer and smoother ice, however, is made by first boiling the sugar and water together, and then adding the fruit juice and freezing. It takes nearly twice as long to freeze the preparation when made with the boiled sugar and water as when the uncooked mixture is used. The packing must be arranged the same as for ice-cream.

Sherbets are usually served at the end of a dinner, but they are sometimes eaten before the game instead of a Roman punch. They may be served in glasses, in orange baskets, in fancy paper cases or in a mould. Sherbet is often combined with ice-cream, two layers of the latter being allowed to one of the former.

ORANGE ICE.

One pint of orange juice.
One pint of sugar.
Rind of two of the oranges.
One quart of water.
Two lemons (juice).

Put the sugar and the water on to boil, add the grated rind of two of the oranges, boil five minutes, and set the liquid away to cool. When cold, add the orange and

lemon-juice, mix well, strain through a cloth, turn the mixture into the freezer, and freeze.

Raspberry, strawberry, cherry and other ices are made in the same way.

LEMON ICE.

One-half pint of lemon-juice.

Rind of two of the lemons.

One pint of sugar.

One quart of water.

Make the same as orange ice.

SORBET.

This is made the same as an ice or sherbet, but it is not frozen nearly so long, usually but twelve or fifteen minutes. The finest varieties of sorbet are made with a combination of several kinds of fruit. One sort is made with the following ingredients :

One pint of sugar.

One quart of water.

One-half pint of orange juice.

One pint of chopped pineapple.

Four table-spoonfuls of lemon-juice.

Boil the water, sugar and pineapple together for twenty minutes, add the lemon and orange juice, and when cold strain and freeze.

ROMAN PUNCH.

This is served at dinner after the roast and is usually eaten from glasses.

Six lemons (juice).

One orange (juice).

Two wine-glassfuls of sherry.
Two table-spoonfuls of Jamaica rum.
One and a-quarter pint of sugar.
Two and a-quarter pints of water.
Four eggs (whites).

Boil together for half an hour a quart of the water and a pint of the sugar, add the fruit juice, and set the mixture away to cool. When it is cold, place a quarter of a pint of sugar and the same of water in a small saucepan, set it on the fire, and boil fifteen minutes. While this is cooking, beat the whites of the eggs to a stiff froth, beat the hot syrup into the froth, pouring it from the saucepan in a thin stream, and beating all the time. Beat this mixture about four minutes after all the syrup has been added, and set it away to cool. Place the punch mixture in the freezer, and freeze for twenty minutes, turning the freezer all the time. At the end of the twenty minutes remove the cover, take out the beater, and add the wine, the rum and the whites of the eggs, beating well with a spoon to thoroughly mix the new ingredients with the frozen punch. Cover, and set away for two hours before using.

If a stronger punch be desired, use for the above quantity two wine-glassfuls of rum and two of strong green tea, omitting the sherry.

FROZEN FRUITS.

Frozen fruits are made the same as a water ice, the fruits being first mashed or cut up and then used without straining. Canned fruits may be used, in which case but half the sugar mentioned in the following recipes should be allowed.

FROZEN STRAWBERRIES.

One quart of strawberries.

One quart of water.

Two lemons (juice).

One pound of sugar.

Mash the berries with a wooden masher, or put them through the potato strainer. Add to the pulp the sugar and lemon-juice, and let all stand an hour; then put in the water, and stir until the sugar is dissolved, after which turn the mixture into the freezer, and freeze.

FROZEN PEACHES.

Two pounds of peaches.

One and a-half pound of sugar.

One quart of water.

Six peach kernels.

Pare the peaches, and extract the pits; pound six of the kernels to a paste, add them to the sugar, boil the sugar and water together for five minutes, strain, and set the syrup away to cool. Mash the peaches as directed in the preceding recipe; and when the syrup is cold, place the peach pulp with it, stir well, turn the mixture into the freezer and freeze. Half a tea-spoonful of cochineal may be added, if the peaches seem colorless.

FROZEN RASPBERRIES.

Two quarts of raspberries.

One lemon (juice).

One pint of water.

One pint of sugar.

Mash the berries and sugar together, and let them

stand for two hours; then add the water and lemon-juice, and freeze.

Blackberries are frozen in the same way, but the juice of three lemons is needed.

FROZEN ORANGES.

One dozen oranges.

Two lemons (juice).

One quart of water.

One pound of sugar.

Rub the rind of three of the oranges well into the sugar; then peel the oranges, open the sections, and take out all the cells or pulp. Add to the orange the sugar and lemon juice, and let the whole stand an hour; then put in the water, stir until the sugar is dissolved, and freeze.

FROZEN APRICOT.

One can of apricots.

One pint of sugar.

One quart of water.

One pint of whipped cream (if desired).

Cut the fruit into very small pieces, and add the water and the sugar. As soon as the sugar is dissolved, freeze the mixture; when it is partly frozen, stir in the whipped cream, and finish the freezing. The cream may be omitted, if not at hand.

CUSTARDS, CREAMS, AND GELATINE JELLIES.

“Custards for supper and an endless host of such lady-like luxuries.”

SHELLEY.

BOILED OR SOFT CUSTARD.

One pint of milk.

Three eggs (yolks).

Three table-spoonfuls of sugar.

One-quarter of a tea-spoonful of salt.

One tea-spoonful of vanilla.

A boiled custard is much smoother when made with only the yolks of the eggs. If a quart of custard is desired, five large eggs will be sufficient. Place all but half a cupful of the milk on the fire in a double boiler. Beat the yolks of the eggs thoroughly, and add to them the half cupful of milk reserved. When the milk on the fire boils, turn into it the egg mixture, adding a little at a time, and stirring constantly. A boiled custard requires careful watching to prevent it breaking. The cook may readily discover when the milk is thick by the manner in which the spoon goes through it. The moment the custard has thickened remove it from the fire. At no time does a custard require more than two minute's boiling after the eggs are added, and sometimes

it will thicken in one minute, especially if the eggs are particularly nice and fresh. On taking the custard from the fire add the salt and seasoning, and set it away to cool.

Many cooks direct the mixing of the yolks with the sugar only and adding them to the boiling milk in this way; but the writer has never found this a success, as the yolks grain and the custard does not become smooth. When adding eggs to any boiling liquid, they should always be thinned with water or milk.

FLOATING ISLAND.

This is made with the ingredients mentioned in the preceding recipe. While the milk in the boiler is heating, have ready the whites of the eggs stiffly, beaten, and place them by spoonfuls on the boiling milk, placing no more than can easily float. Cook two minutes, turn each spoonful of egg, and cook the other side two minutes also; then lift the eggs from the milk upon a skimmer, and place them in a wide, shallow dish. Put more spoonfuls of the raw egg in the milk, and repeat the same process until all the egg has been cooked. These pieces are the "islands." When all are cooked, send the milk through a strainer, measure it, add sufficient more to make one pint, and return it to the boiler to heat. When scalding, make a soft custard with the yolks of the eggs, as in the preceding recipe. Pour the custard under the eggs, place the whole in the ice-chest, and serve as cold as possible.

MERINGUE CUSTARD.

This is made the same as soft custard. When the cus-

tard is made, set it aside in a rather small dish to cool. Beat the whites of the eggs stiff, add to them two table-spoonfuls of powdered sugar, and stir well. Heap the egg on a plate about the size of the top of the dish in which the custard was placed, and stand it in the oven in a good heat to brown delicately. When brown loosen the meringue from the plate, and slide it off gently on top of the custard. Serve very cold with sponge-cake.

SOFT CUSTARD WITH CORN-STARCH.

- One pint of milk.
- Two eggs (yolks).
- One-half cupful of sugar.
- One table-spoonful of corn-starch.
- One tea-spoonful of vanilla.
- One-quarter tea-spoonful of salt.

Place two table-spoonfuls of the cold milk with the corn-starch, and stir well. Beat the yolks light, add the same quantity of milk to them, stir until smooth, and then place them with the dissolved corn-starch. Set the rest of the milk on the fire in a double boiler, and when it is scalding, stir in the mixture of egg and corn-starch. Cook three minutes, season, and set aside to cool. Custard with corn-starch is not hard to make, as there is little or no danger of its breaking.

BAKED CUSTARD.

- Four eggs.
- One quart of milk.
- One-half tea-spoonful of salt.
- Two-thirds cupful of sugar.
- One-quarter of a nutmeg, grated.

Beat the eggs, both yolks and whites, well together, and add to them the milk, stirring it in by degrees; then put in the salt. Stir the nutmeg into the sugar, and add this also, beating well. Let the whole stand ten minutes until the sugar is dissolved; then pour the mixture into a small pudding-dish, and bake. Baked custard should never boil, but the heat should be moderate. When a knife-blade inserted in the custard will come from it clear and not milky, the custard has baked enough. This custard may also be cooked in cups made for the purpose. Set the cups in a pan of boiling water, and place the pan in the oven, baking the custard in this way. When done, lift the cups from the water, and set them away to cool. When the nutmeg is mixed with the sugar, it will be found evenly distributed through the milk, and will not all float on top.

CUSTARD *Soufflé*.

This makes a delicious dessert, but is rather an expensive one. It is served hot and admits of no delay after it is cooked.

Two table-spoonfuls of butter.
Two table-spoonfuls of flour.
Two table-spoonfuls of sugar.
One cupful of milk.
Four eggs.

Rub the butter into the flour. Place on the fire in a milk boiler or a small sauce-pan all but two table-spoonfuls of the milk. Beat the yolks of the eggs light, and add to them the milk reserved. When the milk on the fire boils, add it by degrees to the flour and butter, stir-

ring carefully. Replace the milk in the sauce-pan, cook it eight minutes; then add the yolks of the eggs and sugar, remove the mixture at once from the fire, and set it aside to cool. When cold, add the whites of the eggs, beaten stiff, and bake in a buttered pudding-dish for twenty minutes in a moderate oven. Serve at once with

CREAM SAUCE.

- One-half cupful of butter.
- One cupful of powdered sugar.
- One-quarter cupful of cream or milk.
- { Four table-spoonfuls of wine, or
- { One tea-spoonful of vanilla.

If the extract is used instead of the wine, four table-spoonfuls additional of cream or milk should be used. Rub the butter to a cream, and add the sugar, beating all the time. When light and creamy, gradually add the wine, and then the cream, a little at a time. When the mixture is quite smooth, set the bowl containing it in a basin of hot water, and stir until the whole is smooth and creamy, but no longer; it will take a few minutes. This is a very fine sauce, and if well beaten, and not kept in the hot water long enough to melt the sugar, it will be white and foamy throughout.

CREAMS.

There are no more delicious desserts made than those in which cream is used. They are exceedingly easy to make, and as they may be prepared some time before dinner, they have the advantage of being out of the way when the meal is being prepared. These dainties are

very cheap in the country, where cream is plentiful, and, in fact, they are not expensive in the city, since cream, when whipped, is more than doubled in quantity. For whipping cream, see page 471.

PLAIN WHIPPED CREAM.

Sweeten the cream to taste, and add vanilla to flavor rather strongly; then whip the cream light, set it on the ice until cold, and serve. Whipped cream may be eaten in many ways. With strawberries nothing is daintier. It is sometimes served in glasses, sponge cake being passed with it.

CHARLOTTE RUSSE. (PLAIN.)

- One pint of cream.
- One tea-spoonful of vanilla.
- One-half cupful of sugar.
- Sponge cake.

Mix the cream, vanilla and sugar together, and set them on the ice for an hour, to chill thoroughly. Then whip to a stiff froth, skim the froth off into a sieve to drain, and whip the liquid that drains from it. All the cream will not whip light. Set the froth on the ice, or in a very cold place. At serving time line a glass dish with lady-fingers or sponge cake, and turn in the whipped cream. Loaf sponge cake is very satisfactory for this dish. Cut the slices not too thin, and lay them side by side on a platter or a flat dish. With a table-spoon distribute the thin cream that would not whip among the slices, to moisten them; then heap the whipped cream upon the cake, and serve.

CHARLOTTE RUSSE WITH EGGS.

- One pint of cream.
- One tea-spoonful of vanilla.
- Sponge cake.
- One-half cupful of sugar.
- Two eggs (whites).

Charlotte russe made in this way will be firm and will harden sufficiently after being on the ice. Place the sugar and vanilla with the cream, and whip as previously directed, having the cream very cold. Beat the whites of the eggs stiff, and add them to the whipped cream. The sponge cake should be baked in a large sheet on a dripping-pan. Cut an oval piece from the cake to fit the bottom of the charlotte pan, or whatever the charlotte russe is to be served in, and cut even-sized parallelograms to fit the sides. Fill the dish with the cream as soon as whipped, and set it on the ice. Should there be only sufficient cake to cover the sides, put a paper cut the proper shape in the bottom of the mould, and heap in the cream the same as if the bottom were cake.

CHARLOTTE RUSSE WITH GELATINE.

- One-quarter box of gelatine.
- One pint of cream.
- One tea-spoonful of vanilla.
- One table-spoonful of wine.
- One-quarter cupful of cold water.
- One-quarter cupful of boiling water.
- One-half cupful of powdered sugar.

Soak the gelatine in the cold water until it is softened. Whip the cream, placing the froth as it is made in a pan

set in ice-water; and when all is whipped, sift over it the sugar, and add the vanilla and wine. Pour the boiling water upon the gelatine, and when it is dissolved, strain it over the whipped cream. Then stir (not beat) rapidly, resting the bowl of the spoon upon the bottom of the pan, and turning the pan with the left hand while stirring with the right. Stir until the gelatine is well mixed with the cream, and when the charlotte is nearly stiff enough to drop, turn it into the mould, which should be in readiness nicely lined with sponge-cake, as directed in the preceding recipe.

CHARLOTTE RUSSE WITHOUT CREAM.

This charlotte is, of course, not to be compared with that made with cream, but it makes an excellent substitute when cream cannot be obtained. For a three-pint mould allow

One-third of a package of gelatine.

One quart of milk.

Four eggs.

One cupful of sugar.

Two tea-spoonfuls of vanilla.

Soak the gelatine for two hours in a cupful of the cold milk. Beat the sugar and the yolks of the eggs together, and add one-half a cupful of the milk. Set the rest of the milk on the fire in a double boiler, and when it is scalding, pour in the egg mixture and cook for five minutes; then add the gelatine, and stir until it is dissolved, after which remove from the fire, and cool. Place the preparation in a bowl of ice-water to chill thoroughly, and when it is very cold, add the whites of the eggs, unbeaten; beat

until the whole is thick and frothy, turn it into a cake-lined mould, and set away to harden.

BAVARIAN CREAM.

This dessert is made of whipped cream and gelatine, with or without eggs, fruits being frequently added to flavor. It is served in one large mould or in individual moulds. In making Bavarian cream, do not add the whipped cream to the ingredients with the gelatine, until they are quite cold and are beginning to "set" or the cream will dissolve. The ingredients will "set" very quickly, if placed on the ice. All varieties of this cream make delicious charlotte russe. They are sometimes frozen, in which case the whipped cream is not added until the custard (or ingredients with the gelatine) is partly frozen.

PLAIN BAVARIAN CREAM.

This is made the same as charlotte russe with gelatine (see page 487), omitting the wine.

VANILLA BAVARIAN CREAM.

One pint of cream.
One pint of milk.
Four eggs (yolks).
Two table-spoonfuls of sugar.
Two tea-spoonfuls of vanilla.
One-half cupful of cold water.
One-half box of gelatine.

Whip the cream light, skimming the froth off, and laying it on a sieve to drain. When all is whipped, set the sieve in a cold place until the cream is needed for use.

Place the gelatine in the water to soak, and if required in a hurry, set the cup containing it in a warm place; it is much better, however, to let it soak for two hours in a cool place. It will soften in a warm place in half an hour, and will then be ready for use by the time the rest of the cream is prepared. Reserve a large half-cupful of the milk, and place the balance on the fire in a double boiler. Beat the yolks of the eggs light, and add to them the half cupful of cold milk. When the milk in the boiler is boiling, stir in the yolks, and cook two minutes; then remove from the fire, and add the gelatine (which should be soaked by this time), straining it into the milk. Also stir in the sugar, and when the preparation is cold, beat in the vanilla, stirring until all is quite smooth. Then stir the whipped cream in very lightly, until well incorporated, place the mixture in a mould or moulds, and set it on the ice or in some cool place. The cream should not be turned out for at least four hours, as it requires fully that length of time for the gelatine to harden it sufficiently.

CHOCOLATE BAVARIAN CREAM.

This is made the same as the vanilla cream in the preceding recipe, two table-spoonfuls of grated chocolate being added, and but a tea-spoonful of vanilla being used. Melt the chocolate on the fire, placing it in a little of the cold milk, and stirring and cooking until smooth. Add it, strained, to the yolks of the eggs, which should be beaten, and half a cupful of the cold milk added, the same as in the vanilla cream; then stir all into the boiling milk, and finish as directed.

STRAWBERRY BAVARIAN CREAM.

- One quart of strawberries.
- One-half pint of sugar.
- One pint of cream.
- One-half box of gelatine.
- One-half cupful of cold water.

Carefully pick the berries over, mash them well, squeeze them through a colander, and add the sugar to the juice. Soak the gelatine in the water, and when dissolved, add it to the strawberry juice. Whip the cream light, draining it on a sieve, and set it in a cool place until needed. Place the juice and gelatine on the ice or in a cold place, stir it smooth, and when it begins to "set," stir in the whipped cream carefully. Line a mould with some whole strawberries, fill it with the cream, and set it on the ice or in a cold place. Turn the cream out of the mould when ready to serve, and send to table with fresh strawberries arranged about it.

PEACH BAVARIAN CREAM.

- Eighteen peaches.
- One-half pint of sugar.
- One and a-half pint of cream.
- One-half box of gelatine.
- One-half cupful of cold water.

Place the gelatine in the water to soak. Peel and stone the peaches, cut them up fine, and set them on the fire in a small stew-pan. Watch them carefully, adding a little water, if needed; but, if possible, stew them in their own juices. Mash them as they cook, and when reduced to a fine, smooth sauce, add the sugar, and stir until it is dissolved; then squeeze all through a fine

colander, if there are any lumps. Now add to the peaches the dissolved gelatine and half a pint of the cream, stirring well, and set in a cold place. Whip the rest of the cream, and drain well, and as soon as the gelatine begins to set, add the whipped cream to it, turn the whole into a mould, and place it on the ice for four hours.

APRICOT BAVARIAN CREAM.

This is made in the same manner as the peach cream, using a pint can or a pint of apricots instead of the peaches.

PINEAPPLE BAVARIAN CREAM.

- One pineapple.
- One-half pint of sugar.
- One pint of cream.
- One-half cupful of cold water.
- One-half box of gelatine.

Soak the gelatine in the water. Whip the cream light, drain, and set it in a cool place. Grate the pineapple, add to it the sugar, and simmer in a porcelain-lined sauce-pan for fifteen minutes. Add the soaked gelatine to the pineapple, set the mixture in a cool place, and when it begins to congeal, stir very smooth, and add the whipped cream. Stir the cream very carefully, turn it into a mould, and set it on the ice for four hours.

ORANGE BAVARIAN CREAM.

- Three oranges (juice).
- One orange (rind).
- One pint of cream.
- One-half cupful of sugar.

One-quarter cupful of cold water.
One-quarter cupful of hot water.
One-quarter box of gelatine.

Soak the gelatine in the cold water for two hours in a cool place. Grate into a bowl the yellow rind from one of the oranges, and squeeze the juice from three into the same bowl. Whip and drain the cream, and place it in a cool place. When the gelatine is soaked, add to it the hot water, stirring well; and when it is completely dissolved, pour it into the bowl with the juice. Strain this mixture into a tin basin, set it on the ice or in a cool place, and until the gelatine commences to thicken the juice; then gradually add the whipped cream, stirring thoroughly from the bottom of the pan. Take up a spoonful of the mixture, and pour it back; and if it does not immediately sink, the mixture is thick enough to mould. It may be poured into a mould lined with sponge cake, if desired; or an unlined mould may be used.

SPANISH CREAM.

One-half box of gelatine.
One pint of milk.
Three eggs (yolks and whites).
Five table-spoonfuls of sugar.
One and one-half tea-spoonful of vanilla.
One-quarter cupful of water.

Soak the gelatine in the water. Place all but half a cupful of the milk on the fire in a double-boiler. Separate the yolks of the eggs from the whites, beat the yolks light, and add to them the half-cupful of milk reserved. When the milk in the boiler is boiling, stir in the dissolved gelatine, and cook one minute. Then add the

yolks and milk, and cook one minute longer, or until the whole is like thick cream. Beat the whites of the eggs stiff, and just before taking the cream from the fire, add them to it, stir up well, and at once remove the cream from the heat. When nearly cold, add the vanilla. Stir well, and pour the cream into a mould, which has previously been dipped in cold water. Let it stand in a cold place until the next day; or if made early in the morning and placed at once on the ice, it will be ready for a late evening dinner. Send to table with whipped cream, and serve with sponge cake.

AMERICAN CREAM.

One-half box of gelatine.
One-half cupful of cold water.
One cupful of sugar.
One and one-half pint of milk.
One lemon (juice).

This quantity will serve eight persons. Cover the gelatine with the cold water, and soak for half an hour. Place the milk in a double-boiler, and when hot, add the gelatine; stir until dissolved, remove from the fire, strain and set the mixture aside to cool. When it is cold, add the lemon-juice and sugar, stir well, turn the cream into a mould, and set it in a cold place over night. Serve with vanilla sauce.

CHOCOLATE WHIPS.

One quart of milk.
One square of Baker's chocolate (one ounce).
Two-thirds cupful of sugar.
Six eggs.
One pint of cream.

- One tea-spoonful of vanilla.
- One-quarter tea-spoonful of salt.
- One table-spoonful of boiling water.

Scrape the chocolate fine, and place it in a small frying pan with two table-spoonfuls of the sugar and the boiling water. Heat in a double-boiler all but half a pint of the milk ; and when the chocolate is dissolved, add it to the boiling milk, stirring well. Beat the eggs and the rest of the sugar together, add to them the half pint of milk reserved, and stir the mixture into the boiling milk. Stir until the custard thickens, add the salt, and set away to cool. Season the cream with the vanilla and two table-spoonfuls of the sugar, and whip it to a stiff froth. When the custard is cold, half fill glasses with it, and heap the whipped cream upon it ; or it may be served in one large dish, with the cream heaped on top of the whole. The above quantity will serve eight persons.

PEACH SPONGE.

- Two-thirds of a quart of peaches.
- One-half box of gelatine.
- Four eggs (whites).
- One cupful of sugar.
- One and one-half cupful of water.

Peel the peaches, and cut them up small, measuring them after thus prepared. Place the gelatine in half a cupful of water, and set to soak for two hours in a cool place ; or if hurried, place it on the back of the range, where it will dissolve in half an hour. The dessert, however, will not be of so fine a flavor if prepared by the latter method. Boil the rest of the water and the sugar together for fifteen minutes. Mash the peaches fine,

press them through a fine colander, and turn the syrup over them. Place the sauce-pan containing the mixture in another full of boiling water, and cook for five minutes, stirring all the time. Add the gelatine, and stir for five minutes more; then place the pan in cold water, and stir the sponge until it begins to cool; also add the whites of the eggs, well beaten, and stir until the whole begins to harden, at which point turn it into a mould, and set in a cold place. At serving time turn the sponge from the mould, and send to table with cream and sugar.

STRAWBERRY SPONGE.

- One quart of strawberries.
- One-half box of gelatine.
- Four eggs (whites).
- One and one-half cupful of water.
- One cupful of sugar.
- One lemon (juice).

This is prepared a little different from the peach sponge, as the berries are not cooked. Soak the gelatine in half a cupful of the water. Mash the berries and add half the sugar to them; when this is dissolved, press the berries through a sieve. Boil the rest of the sugar and the water together for fifteen minutes, add the gelatine to this boiling syrup, remove from the fire at once, and add the berries. Place the pan containing the preparation in another full of cold water, or set it in a cold place; and beat the mixture five minutes, until cool and beginning to thicken slightly. Then add the whites of the eggs, well whipped, and beat well until the whole has thickened considerably. Pour the sponge into a mould, and set it away to harden. Serve with cream and sugar.

GELATINE JELLIES.

Gelatine as now obtained is refined and clarified during the process of manufacture, and this renders it unnecessary to use the white of eggs for clarifying, as was formerly the case. Many cooks, however, prefer to further clarify it for jellies, producing thereby more dainty and inviting-looking desserts. When the egg is used it weakens the gelatine, so that a little more of the latter should be allowed than if the egg were omitted.

The packages of all the various brands of gelatine on the market are supposed to weigh the same—two ounces without the wrappers. Pink gelatine comes in sheets and is sold by grocers by the ounce. It is a little more expensive than the plain variety. Allowing half pink and half plain gelatine will impart a rich pink tint to a jelly or a cream. Very many desserts are now made with gelatine, and almost invariably they should stand over night before being used, that they may be sure to harden sufficiently.

Gelatine has some peculiarities which many housekeepers do not understand. If gelatine is kept any length of time in a warm place, a disagreeable odor and flavor will be developed; while if soaked in cold water in a cold place, these objectionable features will not appear. The latter method of preparing requires more time, of course, but by using a little forethought this need seldom cause inconvenience.

TO CLEAR JELLY.

Allow the whites of two eggs to every three pints of the liquid. Beat the whites not too stiff, add one cupful

of the jelly to them, and beat for one minute. Stir this mixture into the rest of the jelly, and place the whole on the fire where it will heat slowly; and when bubbling, set it back where it will keep at the boiling point for half an hour. Keep the pan covered, and at the end of the half hour, strain the jelly through a fine strainer, and then run it through a flannel bag that has been wrung out of hot water, hanging the bag up after the jelly has been poured into it, and allowing the liquid to filter slowly through. After this filtering process, the jelly will be found clear and bright.

TO REMOVE JELLY FROM THE MOULD.

Set the mould in tepid water until it is evident that the sides of the jelly are yielding a little. If the mould is made of tin, this will require but half a minute; but if made of earthenware, it will take three times as long. Lift the mould from the water, wipe it carefully, and, tipping it a little to one side, loosen the jelly very gently with a knife. Place a flat dish over the open part of the mould, and turn dish and mould over simultaneously; hold them in this position a moment, and then carefully raise the mould.

TO SERVE GELATINE JELLY.

The manner of serving these jellies may be rendered very attractive. Any kind of ripe, well-flavored fruit may be embedded in the jelly, but the latter must be cooled in layers, or the fruit will not be distributed evenly through the mass. To effect this, put in a layer of fruit, and wet it with some of the liquid jelly; when this hardens, cover with the jelly, and after this has hardened, put in another

layer of fruit, and proceed as before. Jellies of various colors may be combined in layers. To make marbled jelly, allow the first layer to but partially cool, and then put in the second, which should be of a different color, adding this layer by spoonfuls. Another pretty way of serving is to cool a pink and a light-colored jelly in thin sheets, pouring the liquid upon platters; and when the jelly is set cut it into tiny squares. Heap the pink squares in the center of a large glass dish, and surround them with the lighter kind. The jelly may also be served in baskets made of oranges. To make these baskets, choose large, fair oranges. With a sharp knife cut on each side of the stem about half way through the orange, leaving a strip about half an inch broad for the handle. Cut the orange transversely on both sides, and remove the sections thus made. With a tea-spoon separate the remaining pulp from the skin, being careful not to break the latter. Remove the pulp, and the baskets are completed. These baskets may be placed in a pan of pounded ice and filled with the liquid jelly, or they may be filled with the tiny squares of jelly at serving time. The baskets should be kept in a cool place to retain their shape, and bright ribbon will be tied about them when filled, to render them more attractive. Still another method is to cut each orange in halves, remove the pulp, fill one-half with jelly, and the other with Bavarian cream, and set the parts on the ice. At serving time put the halves together, and tie them with pretty ribbons. Jelly is sometimes formed in a mould with a cylindrical tube in the center; when the jelly is turned out, fill the hollow the tube has made with whipped cream, piling it high.

WINE JELLY.

The following named quantities will make three pints. If the jelly is preferred light-colored, the spice and the pink isinglass may be omitted.

- One box of gelatine.
- One sheet of pink isinglass.
- Two lemons.
- One clove.
- Two-inch piece of stick cinnamon.
- One pint of sherry or Madeira.
- One pint of sugar.
- One and one-half pint of water.
- Two eggs (whites).

Soak the gelatine and isinglass for two hours in half a pint of cold water; then place them in a stew-pan, and add the thin, yellow rind of one of the lemons, peeling the rind in strips; also add the juice of both lemons, the wine, the spices, the rest of the water and the beaten whites of the eggs. Stir these well together, place the mixture on the fire, and stir for ten minutes, watching carefully; when the jelly bubbles, draw the pan back where its contents will be kept at the boiling point only. Cover the pan, and let it stand for thirty minutes; then pour the jelly through a wire strainer, and then through a flannel bag. Pour it into one large mould or several small ones, wetting the moulds before using, and set in a cool place for at least six or eight hours.

Many kinds of wine and liquor may be used in this way, the above recipe being proportioned for sherry, Madeira or port. A smaller proportion of brandy, marschino, noyau or punch would make sufficient flavoring, and a larger proportion of champagne may be used, as it

is not so strong. Those who think clarifying with the whites of eggs unnecessary, and yet wish to use spices, should steep them in the water for half an hour, then add the gelatine and wine, and strain as directed. A very little more water may be allowed if the eggs are not used.

ORANGE JELLY.

Two oranges (rinds).
 One pint of orange juice.
 One and one-half pint of water.
 One pint of sugar.
 Two lemons (juice).
 Two eggs (whites).
 One box of gelatine.

Soak the gelatine for two hours in half a pint of the cold water. Grate the orange rind into a bowl, pour the juice upon it, and let both stand for two hours. Beat the whites, stir them into the juice, add the rest of the recipe, put all in a stew-pan and stir over the fire for ten minutes. When the liquid bubbles, set the pan back, cover it, and keep the contents at the boiling point for half an hour. Then strain as directed for wine jelly, and mould.

LEMON JELLY, NO. I.

One-half pint of lemon-juice.
 One lemon (rind, grated).
 One box of gelatine.
 One pint of sugar.
 Two and one-quarter pints of water.
 Two eggs (whites).

Make the same as orange jelly.

LEMON JELLY, NO. 2.

One-half box of gelatine.
One-half pint of cold water.
One pint of boiling water.
One cupful of sugar.
Two lemons (juice).

Soak the gelatine in the cold water for two hours ; and when dissolved, pour on it the boiling water, stir well, add the sugar, and when nearly cold, add the lemon-juice. Strain through a sieve into a mould and set away to harden. Taste at the last, and add more sugar if needed.

FRUIT JELLIES.

For best methods of making these jellies, see "The Perfect Art of Canning and Preserving," published by the Butterick Publishing Co., price fifteen cents. This is a convenient sixteen-page pamphlet by the author of the present work and contains in compact, readable form complete instruction regarding all the processes of canning and preserving ; and for this reason recipes and directions for this class of household work are omitted from this book.

TARTS, COOKIES, GINGERBREAD, ETC.

“The Queen of Hearts,
She made some tarts,
All on a Summer’s day.”

“MOTHER GOOSE.”

TARTS, so called in America, differ very much from the dainties similarly designated in England. We have learned to call by that name very small shells of crust, which are generally filled after cooking with a preparation made expressly for the purpose. The tarts made by the “Queen” mentioned above were evidently like our American pies—that is made with no upper crust, or with narrow strips laid across the top and forming a kind of lattice-work.

Tarts are made of pie-crust or of puff paste. No remnants or cuttings of either should therefore be thrown away as useless. Pans in which to bake the crust may be purchased at little cost; and the tarts are easily made and form an agreeable addition to the home luncheon or supper table.

TART SHELLS.

Roll thin a quantity of plain or puff paste, and cut it out with a glass or biscuit cutter. With a wine-glass or a smaller cutter, remove the centers of two out of three of

these circles; and lay the rings thus made on the third, in this way building a little wall around the shell. Bake on a baking-pan in a quick oven. When these shells are used, no small pans are required. In using patty-pans, carefully line them with the crust, and bake quickly. When the crusts are cold, fill them with jelly. Beat to a stiff froth the whites of two eggs, add two table-spoonfuls of sugar to the whites, and spread the latter on top of the jelly in the shells. Return the shells to the oven, and brown the egg delicately. The whites of two eggs will make enough meringue for one dozen tarts. The meringue, of course, need not be used if not liked, but it adds much to the attractiveness of the tarts.

APPLE TARTS.

Five apples.

Three eggs.

One lemon (juice and rind).

One-quarter cupful of butter.

Three-quarters cupful of sugar.

One-half cupful of water.

Peel and core the apples, which should be tart; and cook them in the water until soft; stewing them very slowly. Beat the sauce very smooth, and when partly cooled, add the beaten yolks of the eggs, the lemon-juice and grated rind and the sugar, increasing the amount of sugar if desired very sweet. Line the patty-pans with paste, fill them with the mixture, and bake five minutes in a very hot oven. Beat the whites of the eggs stiff, add to them two table-spoonfuls of sugar, spread the egg on top of the tarts, return the latter to the oven, and brown delicately.

ALMOND TARTS.

Three eggs.
One-half cupful of sugar.
One-half pound of shelled almonds.

Beat the yolks of the eggs to a cream, add the sugar, and beat vigorously. Pound the almonds slightly, and add them to the eggs and sugar. Place the mixture in patty-pans lined with paste, and bake eight minutes. Beat the whites of the eggs stiff, add two table-spoonfuls of sugar, distribute the egg among the tarts, spreading it on top, and brown nicely in the oven.

COCOANUT TARTS.

One cupful of sugar.
One-half cupful of water.
One-half of a grated cocoanut.
Three eggs.

Boil the water, sugar and cocoanut together for five minutes. Remove the mixture from the fire, and when it is nearly cold, add the yolks of the eggs, well beaten. Stir all well together, pour the preparation into patty-pans lined with crust, and bake eight minutes. Beat the whites stiff, add two table-spoonfuls of sugar, distribute this meringue among the tarts, and return them to the oven to brown lightly.

Many other fillings may be made for tart shells, marmalade, apple sauce, nicely seasoned jams, etc., being very satisfactory for the purpose.

COOKIES.

SUGAR COOKIES, NO. I.

Eight table-spoonfuls of sugar.
Six table-spoonfuls of melted butter.

Four table-spoonfuls of milk.
Two eggs.
Two tea-spoonfuls of baking-powder.
Flour to thicken.

Stir the butter into the sugar ; beat the eggs light, and add them to the butter and sugar, stirring well ; then add the milk. Sift the powder with a little of the flour, and stir this in, adding enough more flour to admit of rolling out the dough. Place the latter on a well floured board and roll it thin ; then cut out the cookies with a cutter, dip each one in granulated sugar as soon as cut, and bake in a quick oven.

SUGAR COOKIES, NO. 2.

Two eggs.
One nutmeg (grated).
Three large tea-spoonfuls of baking-powder.
Flour to thicken.
Two cupfuls of sugar.
One-half cupful of butter.
One-half cupful of lard.
One cupful of milk.
One tea-spoonful of salt.

Rub the butter, lard and sugar well together, and add the eggs, well beaten, the salt and the nutmeg. Sift the powder in a little of the flour, add this and enough more flour to form a dough that may be rolled. Then roll the dough, cut it out, and bake in a quick oven.

CREAM COOKIES.

One pint of sweet cream.
Three eggs.
Flour to thicken.

Two cupfuls of sugar.
 Two tea-spoonfuls of soda.
 Four tea-spoonfuls of cream of tartar.
 One-half tea-spoonful of nutmeg.
 One-half tea-spoonful of cinnamon.

Put the ingredients together in the same order as directed for the sugar cookies, and bake in a quick oven.

COOKIES WITHOUT EGGS.

One and one-half cupfuls of butter.
 Two cupfuls of sugar.
 One cupful of milk.
 One tea-spoonful of soda.
 Two tea-spoonfuls of cream of tartar.
 One nutmeg (grated).
 Flour to thicken.

Place the ingredients together the same as for sugar cookies, adding flour to roll as soft as possible; and bake quickly.

SOUR MILK COOKIES.

One cupful of butter.
 Two cupfuls of sugar.
 Two-thirds cupful of sour milk.
 Flour to thicken.
 Two eggs.
 One lemon (rind and two tea-spoonfuls of juice).
 One tea-spoonful of soda.
 Two tea-spoonfuls of cold water.

Rub the butter and the sugar together, and add the eggs, well beaten, the rind of the lemon and the required quantity of juice. Dissolve the soda in the cold water, turn it into the milk, and stir both into the mixture. Add flour to thicken, roll out and bake quickly.

CHOCOLATE COOKIES.

One square of Baker's chocolate (one ounce).
Two cupfuls of sugar.
One cupful of butter.
Flour to thicken.
Two eggs.
One tea-spoonful of soda.
One-half cupful of milk.

Melt the chocolate and butter together, add the sugar, the eggs, well beaten, and the milk, in which the soda has been dissolved. Add flour to roll out thin, and cut into small cookies. Frost the cookies with an icing of confectioners' sugar.

JUMBLES.

One pound of sugar.
One pound of butter.
One and one-half pound of flour.
Four eggs.
One table-spoonful of brandy.

Rub the butter and sugar to a cream, and add the eggs, well beaten, then the brandy and then the flour, sifting the latter very lightly. Roll out the dough, sifting pulverized sugar on the board to keep it from sticking, and bake quickly. These cookies will be very soft when rolled out. If not desired so sweet, use flour when rolling the dough instead of sugar. This is a delicious but rather expensive way to make cookies.

MOTHER'S JUMBLES.

Three eggs.
One cupful of sugar.
Two-thirds cupful of butter.

Flour to thicken.

Three table-spoonfuls of milk.

Two tea-spoonfuls of baking-powder.

One tea-spoonful of nutmeg (if liked).

Cream the butter and sugar together, and add in their order the beaten eggs, milk, powder, nutmeg and flour. Caraway seed may be substituted for the nutmeg, if desired, being particularly popular with children. Sprinkle granulated sugar over the sheet of cake dough just before cutting the jumbles out, passing the rolling-pin lightly over all.

GINGER-CAKES AND GINGERBREAD.

It is yearly growing more difficult to make these old-fashioned but delicious cakes satisfactorily, and the trouble lies, not in the recipes, but in the quality of molasses used. It is not many years since it was possible to purchase molasses that would impart a delightfully rich color and flavor to anything in which it was used. This difference is due to the fact that sugar was formerly made by a process which yielded the good, dark molasses as a regular product; while at present it is boiled in vacuum pans, so that the best quality of molasses is very scarce. The darkest molasses now comes from Porto Rico, but this has a disagreeable flavor to many. The next best is the New Orleans molasses, which is disappointingly light-colored, but of good flavor. Molasses may be tested by placing a small quantity of dissolved soda in a table-spoonful; if the molasses is good, it will foam up in a dark, rich color and emit a pleasant odor; but if it turns of a greenish shade and has an unpleasant smell, it will not prove satisfactory.

GINGER COOKIES, NO. 1.

One cupful of sugar.
One cupful of butter.
One cupful of molasses.
One-third cupful of vinegar.
Flour to thicken.
One tea-spoonful of salt.
One tea-spoonful of soda.
One table-spoonful of ginger.
One egg.

Rub the butter and sugar together, add the egg, well beaten, the salt and ginger, and stir all well together until smooth. Dissolve the soda in the vinegar, stir the vinegar into the molasses, and add the latter to the mixture. Beat all well together, and put in enough flour to admit of rolling out properly, taking care that no more flour is used than is necessary to prevent the cakes sticking to the board. Roll quite thin, cut the cookies out, and bake them in a quick oven. These cookies are very delicious and are especially prized by children.

GINGER COOKIES, NO. 2.

Two cupfuls of molasses.
One cupful of butter.
One-half cupful of sugar.
One tea-spoonful of ginger.
One tea-spoonful of soda.
One-half tea-spoonful of salt.
One-half tea-cupful of cold water.
Flour to thicken.

Place these ingredients together the same as in the preceding recipe, dissolving the soda in the cold water. Roll the dough thin, having added no more flour than

will keep the dough from sticking to the board. Cut out and bake in a quick oven.

GINGER COOKIES WITH COFFEE.

One cupful of molasses.
One cupful of strong coffee.
One cupful of brown sugar.
One-half cupful of lard.
One-half cupful of butter.
One table-spoonful of ginger.
One tea-spoonful of cinnamon.
One tea-spoonful of soda.
Three tea-spoonfuls of cold water.
Flour to thicken.

Beat the butter and lard well together. Dissolve the soda in the water, and stir it into the molasses, which add to the butter and lard. Add the spice and coffee and sufficient flour to make a soft dough; roll the dough three-quarters of an inch thick, cut the cakes out, and bake them fifteen minutes in a rather quick oven.

GINGER SNAPS.

Two cupfuls of molasses.
One-half cupful of butter.
Flour to thicken.
Two tea-spoonfuls of ginger.
One tea-spoonful of cinnamon.
One-half tea-spoonful of allspice.
One tea-spoonful of baking-powder.

Place the molasses and butter on the fire in a stew-pan, and scald them well. Set the pan aside, and when the molasses has cooled, add the rest of the ingredients, putting in only enough flour to make the dough roll nicely. Bake the snaps in a quick oven.

GINGER-CAKES.

One pint of molasses.
One cupful of brown sugar.
One cupful of hot water.
Ten table-spoonfuls of melted lard.
One table-spoonful (scant) of soda.
One and one-half table-spoonfuls of ginger.
Flour to thicken.

Dissolve the soda in the hot water, and add it to the molasses. Place the lard and sugar together, and stir with them the molasses and the ginger, and flour to roll out. Bake in a quick oven.

GINGER DROP-CAKES.

One cupful of molasses.
One cupful of sugar.
One cupful of hot water.
One-half cupful of butter.
Four and one-half cupfuls of flour.
One egg.
One table-spoonful of ginger.
One table-spoonful of soda.

Mix as directed in the preceding recipe ; drop the mixture by spoonfuls into a buttered baking-pan, and bake in a rather quick oven.

SOFT GINGERBREAD.

One cupful of sour milk.
One cupful of molasses.
One tea-spoonful of soda.
One table-spoonful of ginger.
One table-spoonful of vinegar.
Five table-spoonfuls of melted lard.
Flour to thicken.

Dissolve the soda in the vinegar, add it to the molasses, and stir well. Turn the molasses into the sour milk, stir until well mixed, and add the rest of the ingredients. The success of this bread depends on the amount of flour used being exactly right. The batter should be so thin, that the track left by the spoon in stirring disappears at once. When well made the cake is delicious.

SUGAR GINGERBREAD.

Two cupfuls of sugar.
One cupful of milk.
Three cupfuls of flour.
Two-thirds cupful of butter.
Two eggs.
Two tea-spoonfuls of baking-powder.
One table-spoonful of ginger.

Beat the butter to a cream, and gradually beat the sugar into it; then add the ginger, the eggs, well beaten, the milk, and finally the flour mixed with the baking-powder. This is not baked as a single loaf, but in four buttered shallow cake-pans. Bake for fifteen minutes in a quick oven, and on taking the cake from the oven, sprinkle it with sugar, cut it into broad strips, and spread these on a dish to cool. The cake will, of course, be very thin.

SPICED GINGERBREAD.

One cupful of molasses.
One cupful of boiling water.
One large table-spoonful of butter.
One pint of sifted flour.
One tea-spoonful of cloves.
One tea-spoonful of ginger.
One tea-spoonful of cinnamon.
One tea-spoonful of soda.

Partly melt the butter, and put it in the molasses. Dissolve the soda in the water, and add the latter to the molasses. Then add the rest of the ingredients, and bake for three-quarters of an hour in a well-buttered tin.

CAKE.

“ With weights and measures just and true,
Oven of even heat,
Well-buttered tins and quiet nerves,
Success will be complete.”

ANON.

CAKE and pastry are not included among the necessities of life, and therefore, if good materials cannot be afforded for their making, it is much wiser not to provide them for the family at all. In no department of cooking does the average housewife need less instruction than in cake-making, for it is the one branch of cookery that nearly every American girl learns. There are, however, a few principles which, if acted upon, will make the work easier and the results more certain.

Accuracy in proportioning the materials is indispensable. The baking is usually the most difficult part. See that there is enough coal on the fire to last through the baking; and be sure to have the oven ready to receive the cake as soon as it is mixed, for the oven can wait for the cake, but the cake can never wait for the oven.

For most kinds of cake the oven should be rather slow, but there should always be a steady heat. If it is too hot for sponge cake, it will cause the cake to rise and fall again. A good test for sponge cake is to put a piece of

white paper in the oven and close the door for five minutes. If the paper is then of a rich yellow hue, the oven is right ; but if of a light yellow, it is too cool, or if of a dark brown, it is too hot. Should the oven by any accident be found too hot after the cake is in, so that the cake browns almost at once, lift a lid off the stove, and cover the cake with a well buttered paper. The cake will not be so fine, but this is the only course to be pursued.

Measure everything carefully before beginning. The sugar used should be the fine granulated. Powdered sugar makes a dry cake, while coarse granulated sugar does not melt, so that cake made with it is coarse and heavy. Cookies, layer-cakes and small cakes require a rather quick oven. The paper used in testing should turn a dark brown in five minutes. Never move a cake in the oven, unless it is a layer-cake ; and do not put anything in the oven while a cake is baking, or the cake will surely fall.

If necessary to look at a cake while baking, do so as quickly as possible ; and never throw the door of the oven wide open for the purpose. Also be careful not to jar a cake while it is baking ; shut the door of the oven very gently. Let loaf cake partially cool in the pan before taking it out. A delicate cake is often made heavy by disturbing it while too hot. Never run straws or splints into a cake to test it ; a very little experience in cake-making will teach the beginner when the cake is done. A reliable guide is to watch for the separation of the cake from the sides of the tin ; when this takes place, the straw may be entered, if desired. But the main objection to using a splint or fine knitting-needle, as some recommend, is that if the cake is not quite baked, the air

flows through the hole thus made, and the cake falls in consequence.

Always sift the flour before measuring, unless the recipe orders the reverse. As flour differs in thickening qualities, a little inspection should be made of the first baking of cake from a package of flour to determine just how much is needed. When the cake rises in the center and cracks open, too much flour has been used.

In a recipe that calls for two tea-spoonfuls of baking-powder, two tea-spoonfuls of cream of tartar and one of soda may be used instead. Sift the cream of tartar with the flour, dissolve the soda in a table-spoonful of cold water, and add it to the cake before the whites of the eggs.

Of the makes of baking powders there is no end, and each kind seems to furnish unimpeachable testimonials from chemists as to strength, purity, etc. The writer, having tried several kinds, has found that while the "Royal" makes fine biscuit and other edibles of the same nature, it does not make as good cake as the "Cleveland," which is, perhaps, the best on the market for that purpose. This powder makes a fine-grained, spongy cake, much lighter, with the same materials, than that in which "Royal" has been used. The writer has tested this point with a considerable interest, and always feels sure of her cake when the "Cleveland" powder is at hand. The "Royal" powder produces a coarser grained cake, as if the sugar was too coarse.

Fruit, such as raisins, currants, etc., should not be washed just before using, as, even when the cake is well done, the water softening the fruit would make it

heavy and cause it to sink to the bottom. When the fruit is received from the grocer, pick over the raisins and currants, wash them, rub the currants in a coarse towel to dislodge the minute stems, and dry both thoroughly on tins. Leave the fruit in a warm place all day, to make sure it is perfectly dry, and put it away in closely covered tin cans. When needed for subsequent baking, the currants require only to be well floured, and the raisins to be seeded and floured. This will be found a most convenient plan.

Never melt or warm the butter, unless so directed in the recipe. Beat it to a cream with the sugar.

Use cups of uniform size to measure all materials.

In baking fruit cake, always line the tins with well-buttered paper, fitting it neatly. Grease the cake pans with butter. Lard, which many recommend, is of questionable advantage for this purpose. If the butter is very salt, wash the salt from it before using.

Never mix cake in a tin basin, but always use an earthenware dish; for, when the butter and sugar are rubbed together, they will be found much darkened by the tin. Mix the spices with the flour or the sugar.

The whites of the eggs will beat up quickly if the eggs are kept in a cool place. Add a pinch of salt to the whites before beating, as salt is cooling. Use a fork in beating the whites, instead of the egg-beater, unless the work must be hurried, as more froth may be produced with the fork than with the beater.

In rubbing the butter and sugar together, use a spoon instead of the hand.

To keep cake fresh, place it in a tightly covered tin box.

WEDDING FRUIT CAKE.

One pound of brown sugar.	Two cupfuls of molasses.
One pound of butter.	One wine-glassful of brandy.
One pound of flour.	One-half ounce of mace.
Four pounds of raisins.	One-half ounce of cinnamon.
Three pounds of currants.	One-half ounce of nutmeg.
One pound of citron.	One-half ounce of cloves.
Ten eggs.	

Seed the raisins, and chop them rather coarsely. Wash the currants, scrub off the little stems by vigorously rubbing the currants in a coarse towel, and dry the fruit well before using. Cut the citron in rather small pieces. Sift the flour, put in it all the spice, and sift again to thoroughly mix. Rub the butter and sugar together until they form a light cream. Separate the whites and yolks of the eggs, beat the yolks light, and add them to the butter and sugar; then add the molasses and the brandy, stirring well after each addition. Sift a little of the flour on the raisins and currants, and stir the rest of it into the mixture, beating until smooth; then add the fruit, and lastly the beaten whites of the eggs. Line two medium-sized cake tins with well-buttered paper, divide the mixture between them, and bake two hours in a slow oven. This makes a fine wedding-cake, and it will last for years. Keep it in a stone or tin jar in a cool place. Cut in small squares for serving. The cake is very rich, and much at a time is not required.

PLAIN FRUIT-CAKE.

One cupful of butter.	Two tea-spoonfuls of cinnamon.
Two cupfuls of brown sugar.	Two tea-spoonfuls of cloves.
One cupful of molasses.	Two tea-spoonfuls of mace.

One cupful of strong coffee.	One nutmeg (grated).
Four and a-half cupfuls of flour.	Two pounds of raisins.
Four eggs.	Three-quarters of a pound of citron.
Two tea-spoonfuls of soda.	Two pounds of currants.

Rub the butter and sugar to a cream, and add the beaten yolks of the eggs. Heat the coffee, and then stir in the soda. As soon as the latter is dissolved, turn the coffee into the molasses, stir well, and add to the butter and sugar. Sift the spices and the flour together; seed and chop the raisins coarsely; clean the currants, as directed in the preceding recipe; and cut the citron in small pieces. Sift a little of the flour over the fruit, stir the rest of it into the mixture, and when well beaten, add the fruit. Lastly, add the beaten whites of the eggs. Bake in one large or two medium-sized tins for an hour and a-half in a rather slow oven, first lining the tins with well-buttered paper.

WHITE FRUIT CAKE.

One cupful of butter.	One pound of figs.
Two cupfuls of sugar.	One pound of dates.
Two and a-half cupfuls of flour.	One pound of almonds.
Seven eggs (whites only).	One pound of raisins.
Two tea-spoonfuls of baking-powder.	Three-quarters of a pound of citron.

Rub the butter and sugar to a cream. Chop the fruit rather coarsely, keeping each variety separate from the others while chopping, and afterward mixing all lightly together with the fingers. Sift some of the flour over the fruit, place the powder in the rest of the flour, and sift the flour again to mix thoroughly. Then add the flour to the butter and sugar, stir in the fruit, and lastly add the

beaten whites of the eggs. Bake slowly in two medium-sized tins for an hour and a-half. Line the tins with buttered paper.

POOR MAN'S FRUIT CAKE.

One pound of fat salt pork.	One pound of raisins.
Three cupfuls of coffee (hot).	One table-spoonful of cinnamon.
Four cupfuls of sugar.	One tea-spoonful of cloves.
One cupful of currants.	Seven and a-half cupfuls of flour.
One cupful of figs.	

Chop the fat pork very fine, and pour over it the boiling coffee; let the coffee cool slightly, and add the sugar. Chop the figs coarsely, seed and chop the raisins, and wash and dry the currants; then put the fruit all together, and sift over it a little of the flour. Add the spices to the rest of the flour, and stir the latter into the coffee and sugar. When the mixture is well beaten, add the fruit, and bake in one loaf on buttered paper for an hour.

SPONGE CAKE, NO. I.

Six eggs.
 The weight of five eggs in sugar.
 The weight of three eggs in flour.
 One-half tea-spoonful of salt.
 One-half tea-spoonful of baking-powder.
 One table-spoonful of lemon extract.

Measures instead of weights are used in nearly all the recipes given in this book, as they are more convenient for the average housekeeper; but in making sponge cake, where the whole wetting depends on eggs, which vary so much in bulk, it is wisest to decide the quantities of sugar and flour by weight. For those who do not possess

scales it may be well to state that the weight of five ordinary eggs in sugar is a full half-pint, while the weight of three eggs in flour is a scanty half-pint by measurement. Separate the whites and yolks of the eggs, and beat the yolks light; add the salt to the whites, and beat them to a dry froth; then put the yolks with the whites, and beat until the yellow is thoroughly incorporated with the white. Sift in the sugar by degrees, beating all the time, and add the extract. Sift the flour and baking-powder together, and add them to the mixture, stirring only enough to mix them well into the egg. Butter the pan well, and bake three-quarters of an hour in a single loaf.

This is a most satisfactory recipe. When the cake is baked, it will have a delicious sugar coat on the top, resulting from sifting in the sugar a little at a time. Sponge cake should never be cut with a knife. Instead, break it in pieces, and serve on a cake-dish. This makes, perhaps, a rather untidy-looking dish; but the cake is rendered heavy by the use of a knife.

SPONGE CAKE, NO. 2.

Three eggs.

One and a-half cupful of sugar.

One and a-half cupful of flour.

One and a-half tea-spoonful of baking-powder.

Two tea-spoonfuls of lemon or vanilla extract.

One-half cupful of boiling water.

Beat the whites and yolks of the eggs light separately; then place them together, and beat again. Sift in the sugar a little at a time, and add the flavoring, and the flour, into which has been stirred the baking-powder. Beat all well together, and at the very last stir in the hot

water. Bake in one loaf in a well buttered tin for three-quarters of an hour. Break for serving.

WATER SPONGE CAKE.

Four eggs.
Two cupfuls of pulverized sugar.
Two cupfuls of flour.
One-half cupful of water.
One tea-spoonful of vanilla.

Separate the whites and yolks of the eggs, and beat them first separately and then together. Sift in the sugar a little at a time, then add the vanilla and the flour, and lastly beat in the water quickly. Bake half an hour in a moderately quick oven. Break the cake for serving.

WHITE SPONGE CAKE.

Ten eggs (whites).
One and a-half cupful of sugar.
One cupful of flour.
One tea-spoonful of baking-powder.
Two tea-spoonfuls of lemon extract.
One-half tea-spoonful of salt.

Add the salt to the whites of the eggs, and beat them stiff. Gradually sift in the sugar, and add the lemon extract. Stir the powder into the flour, and add the latter to the eggs, beating lightly but mixing thoroughly. Bake in one loaf for three-quarters of an hour in a well buttered tin. Break in pieces when cold, to serve.

CANADA SPONGE CAKE.

Ten eggs (whites and yolks).
Two coffee-cupfuls of sugar.
Two coffee-cupfuls of flour.

One tea-spoonful of baking-powder.
One-half tea-spoonful of salt.
Two tea-spoonfuls of flavoring.

Add the salt to the whites of the eggs, and beat them stiff; beat the yolks light, and add them to the whites, beating both vigorously. Then add the sugar, and beat thoroughly; sift the flour and the baking-powder together twice, and add them, stirring very gently with a whisk or a knife. Put in the flavoring, and bake half an hour in two well buttered tins.

ENGLISH WHITE MOUNTAIN CAKE.

One pound of sugar.
One-half pound of butter.
One-half pint of the whites of eggs.
One-half pint of milk.
One and a-quarter pound of flour.
Two tea-spoonfuls of baking-powder.

The above recipe is from an eminent English cook. The apportionment of eggs may seem strange, but it certainly is a wise way of measuring, since eggs vary so much in bulk. Rub the butter and sugar together to form a cream, and add the milk. Sift the powder with the flour, and add this to the mixture; and lastly add the whites of the eggs, beaten to a stiff froth. Bake three-quarters of an hour in a large, well buttered tin.

ANGELS' FOOD.

One cupful of flour.
One and a-half cupful of granulated sugar.
Eleven eggs (whites).
One tea-spoonful of vanilla.
One tea-spoonful of cream of tartar.

Sift the flour four times; then measure it, and add the cream of tartar, and sift four times more. Sift the sugar through the flour-sieve three times. Beat the whites of the eggs to a stiff, dry froth, and add the sugar a little at a time, and then the flour and the vanilla. Bake forty minutes in a moderate oven. Do not butter the pan at all. Lay a paper on the bottom, leaving it unoiled also. When done turn the cake upside down, place the pan bottom upward, and lay the cake upon it. Frost the bottom of the cake.

COFFEE SPICED CAKE.

One-half cupful of sugar.	One egg.
One-half cupful of butter.	One tea-spoonful of cinnamon.
One-half cupful of molasses.	One tea-spoonful of cloves.
One-half cupful of coffee.	One tea-spoonful of grated nutmeg.
Two cupfuls of flour.	One tea-spoonful of soda.
One cupful of raisins.	

Rub the butter and sugar to a cream, and add the egg, well beaten. Heat the coffee hot, add to it the soda, and when the latter is dissolved, turn the coffee into the molasses; then add the mixture to the butter, sugar and egg. Seed the raisins, and chop them rather coarsely. Sift the spices into the flour, sprinkle the raisins with a little of the flour, and stir the rest of the flour into the mixture. Lastly add the raisins, and beat well for at least five minutes, when all should be very smooth. Bake in one loaf for three-quarters of an hour.

This is a very reliable recipe. More fruit may be added, if desired. Half a cupful of currants may be mixed with the raisins, or a cupful of currants alone may be used.

SPICED CAKE.

One cupful of sugar.	One cupful of raisins.
One-half cupful of butter.	Two eggs.
One and a-half cupful of sour milk.	One tea-spoonful of cinnamon.
One and a-half cupful of flour.	One-half tea-spoonful of cloves.
	One tea-spoonful of soda.

Rub the butter and sugar to a cream, and add the eggs, well beaten. Dissolve the soda in the milk, and add it to the mixture. Seed the raisins, chop them rather coarsely, and flour lightly. Sift the spice, with the rest of the flour, and add this to the preparation, stirring it in well. Lastly add the raisins, stir well, turn into a buttered tin, and bake rather slowly for three-quarters of an hour.

WHITE CAKE, NO. 1.

One coffee-cupful of sugar.
One-half coffee-cupful of butter.
One-half coffee cupful of milk.
One coffee-cupful of flour.
One-half coffee-cupful of corn-starch.
Two tea-spoonfuls of baking-powder.
Three eggs (whites).

Rub the butter and sugar to a cream, and add the milk. Sift together the flour, corn-starch and baking-powder, and add them, beating well. Lastly, stir in the whites of the eggs, beaten to a stiff froth. Bake for half an hour in a well buttered tin in a moderately quick oven. A flavoring may be added to the cake in mixing, if desired.

WHITE CAKE, NO. 2.

One and a-half tea-cupful of sugar.
One-half tea-cupful of butter.

One tea-cupful of water.
 Three tea-cupfuls of flour.
 Three tea-spoonfuls of baking-powder.
 Two tea-spoonfuls of vanilla.
 Four eggs (whites).

Mix in the order given in the preceding recipe, and bake for half an hour. This makes a very delicate cake.

POUND CAKE.

One-half pound of powdered sugar.
 One-half pound of butter.
 One-half pound of flour.
 Six eggs.
 One tea-spoonful of baking-powder.
 Two tea-spoonfuls of flavoring.

Mix in the order given for white cake, No. 1, and bake in one loaf in a moderate oven for three-quarters of an hour.

CHEAP POUND-CAKE.

One cupful of sugar.
 One-half cupful of butter.
 One third cupful of milk.
 One and a-half cupful of flour.
 One tea-spoonful of baking-powder.
 One tea-spoonful of mace.
 Three eggs.

Rub the butter and sugar to a cream, and add the eggs, well beaten, and then the milk. Sift the flour, baking-powder and mace well together, and stir them in, beating thoroughly. Bake forty minutes in a rather quick oven.

COCOANUT LOAF CAKE.

One cupful of sugar.
One cupful of milk.
One-half cupful of cocoanut.
Two cupfuls of flour.
One egg.
Two tea-spoonfuls of baking-powder.
Three table-spoonfuls of melted butter.

Place the melted butter and the sugar together, and stir well; then add the beaten egg and the milk. Sift the baking-powder and flour together, and add them, beating vigorously. When all is smooth, add the cocoanut, and bake in one loaf for half an hour in a rather quick oven.

PLAIN LOAF CAKE.

One cupful of sugar.
One-half cupful of butter.
One-half cupful of milk.
One and a-half cupful of flour.
Two eggs.
One tea-spoonful of baking-powder.
One tea-spoonful of lemon or vanilla extract.

Cream the butter and the sugar together by stirring well; and add the milk, then the flavoring, and then the flour, into which the baking-powder has been stirred; lastly add the eggs, well beaten. This cake requires little handling. Do not beat it any longer than is just necessary to blend the ingredients smoothly together. Bake for three-quarters of an hour. This is a very reliable recipe and makes a delicious cake with very little labor.

QUICK LOAF CAKE.

One cupful of sugar.	One table-spoonful of wine.
One cupful of milk.	One tea-spoonful of baking-pow- der.
One-third of a cupful of melted butter.	One and a-half tea-spoonful of mace or nutmeg.
Two cupfuls of flour.	One tea-spoonful of bitter al- mond extract.
One cupful of raisins.	
One egg (yolk only).	

Place the ingredients together in the order of the preceding recipe, and bake for three-quarters of an hour. This cake is most delicious when fresh, but it soon becomes stale and dry. As this recipe makes but one loaf, however, the cake is not very likely to become stale.

CREAM LOAF CAKE.

One cupful of sweet cream.
Two cupfuls of sugar.
Three cupfuls of flour.
Four eggs.
Two and a-half tea-spoonfuls of baking-powder.
One lemon (grated peel).

Beat the whites and yolks of the eggs separately, and add the sugar to the yolks, stirring well; then put in the cream, the grated lemon-peel, the flour with the baking-powder stirred into it, and lastly the beaten whites of the eggs. Bake for forty minutes in a rather quick oven.

GRAHAM CAKE.

One cupful of brown sugar.	Four table-spoonfuls of melted butter.
One cupful of sour milk.	One tea-spoonful of soda.
One cupful of raisins.	One tea-spoonful of cloves.
One egg.	One tea-spoonful of cinnamon.
Graham flour to thicken.	One-half nutmeg (grated).

Beat the sugar and butter lightly together, and add the egg, well beaten. Stir the soda into the sour milk, and when it is dissolved, add the milk to the sugar and egg. Sift the spice with a cupful of flour, and add this and enough more flour to make a moderately thick batter. In using graham flour it is wise to remember that it swells considerably after being placed with a liquid; therefore, this cake need not be quite so thick when finished as are most varieties. Seed and chop the raisins, sift a little flour over them, and add them at the last. Beat vigorously for five minutes, and bake for three-quarters of an hour in a rather moderate oven.

CAROLINE CAKE.

The following quantities will make two loaves.

Two cupfuls of sugar.
Two and a-half cupfuls of flour.
One cupful of sweet cream.
Two table-spoonfuls of butter.
Two tea-spoonfuls of baking-powder.
Five eggs (whites).

Beat the butter and sugar well together; add the cream, and then the flour, into which the baking-powder has been stirred; and lastly put in the whites of the eggs, well beaten. Bake in two loaves for three-quarters of an hour in a moderate oven.

SHELLBARK (NUT) CAKE.

Two cupfuls of sugar.
One cupful of butter.
One cupful of milk.
Four eggs.

Two tea-spoonfuls of baking-powder.
 One pint of nut-meats.
 Flour to thicken.

Cream the butter and sugar together, and then add the yolks of the eggs, the milk, and the flour with the baking-powder stirred into it. Next add the nut-meats, chopping them coarsely before adding; and lastly stir in the beaten whites of the eggs. Bake for three-quarters of an hour in a well buttered pan in a moderate oven.

CUP-CAKES, IN GEM PANS.

These are very satisfactory, but are only good when quite fresh. The following ingredients will make sixteen cakes :

One-half cupful of butter.
 One cupful of sugar.
 Two eggs.
 Fruit—raisins or currants.
 One cupful of milk.
 Three tea-spoonfuls of baking-powder.
 Two cupfuls of flour.
 Two tea-spoonfuls of lemon extract.

Place the materials together the same as in the preceding recipe. Heat the gem-pans slightly, grease them thoroughly with butter, and place a small table-spoonful of the batter in each gem plate; then lay upon the batter three or four whole raisins well floured, or scatter over it a few floured currants or two or three thin slices of citron. Add another small table-spoonful of the cake-batter to each gem, thus arranging the fruit in the center; then bake in a rather quick oven. These are very nice cakes for children (if cake is allowed them at all), for they are not at all rich,

DROP CAKES.

One cupful of brown sugar.	Three cupfuls of flour.
Three-quarters cupful of butter.	Two tea-spoonfuls of soda.
One cupful of sour milk.	One tea-spoonful of cloves.
Three-quarters cupful of molasses.	One tea-spoonful of cinnamon.
	Two eggs.

Warm the molasses, dissolve the soda in the milk, and add it to the molasses. Rub the butter and sugar to a cream, and add the beaten eggs, and then the molasses mixture. Sift the spice with the flour, and stir the latter in; then beat until all is smooth. Drop by spoonfuls on a buttered baking-tin, or bake in gem-pans or patty-pans, oiling well in any case.

ROLLED JELLY CAKE.

Two eggs.
One cupful of sugar.
One and a-half cupful of flour.
Three table-spoonfuls of milk.
One-half tea-spoonful of salt.
Two tea-spoonfuls of baking-powder.

Mix together the sugar and the yolks of the eggs, beating well, then add the milk and salt, and the flour, into which has been stirred the baking-powder. Lastly stir in the beaten whites of the eggs. Butter a dripping or cookie pan, turn in the batter, and bake quickly in a quick oven. When the cake is done, turn it bottom up on a baking-board; spread the cake with jelly, roll it up, and wrap a cloth or towel about it to keep it in shape until cooled. Cut from the end of the roll when serving.

SPONGE JELLY ROLL.

Three eggs.
One coffee-cupful of sugar.
One coffee-cupful of flour.
Two tea-spoonfuls of lemon extract.
One-half tea-spoonful of salt.
Two table-spoonfuls of water.

Put the ingredients together the same as in the preceding recipe, and roll up as directed. This makes a larger cake than the last mentioned.

MARBLE CAKE.

One cupful of sugar.
One-half cupful of butter.

Rub these to a cream, divide the cream into two portions, and use one portion for the dark and the other portion for the light part of the cake.

THE DARK PART.

One-quarter cupful of molasses.
One-half cupful of milk.
One cupful of flour.
Two eggs (yolks).
One tea-spoonful of baking-powder.
One-half tea-spoonful of cloves.
One-half tea-spoonful of cinnamon.
One-quarter tea-spoonful of grated nutmeg.

Add to one of the portions of creamed butter and sugar the beaten yolks of the eggs, and then the milk and molasses. Stir the powder, spice and flour together, add the mixture, and beat thoroughly for three or four minutes. It may be found necessary to slightly increase the

quantity of flour named. The track made by the spoon in stirring the butter should not at once sink back.

THE LIGHT PART.

Two eggs (whites).
One tea-spoonful of baking-powder.
One-half cupful of milk.
One cupful of flour.

Add the milk to the other portion of sugar and butter ; then put in the flour, into which the powder has first been stirred ; and lastly add the beaten whites of the eggs.

Place a layer of the dark part in a well buttered cake-tin, then a layer of the light, and so continue until all the batter is used, ending with the dark. Bake for three-quarters of an hour in a moderate oven.

DOUGLASS CAKE.

One and a-half cupful of sugar.
One cupful of milk.
One-half cupful of butter.
One cupful of raisins.
Two and a-half cupfuls of flour.
One egg.
Two tea-spoonfuls of baking-powder.

This cake, when properly made, is extremely delicious. It is necessary to use pastry flour for it and fine granulated sugar. The fruit may be omitted, if not cared for, and a table-spoonful of vanilla substituted. Beat the butter and sugar together until quite light and creamy ; next add the beaten egg and then the milk. Seed the raisins, chop them coarsely, and sift over them a little of the flour. Mix the baking-powder through the rest of the flour by sifting the two together at least twice ; beat

the flour carefully into the mixture, and add the fruit. Then beat the batter at least three minutes, and bake three-quarters of an hour in a moderate oven. The flour should be well sifted before being measured for this cake. A chocolate icing made with confectioners' sugar will be found particularly nice.

CHOCOLATE CAKE.

- One-half cupful of butter.
- Two cupfuls of sugar.
- Two cupfuls of flour.
- One-half cupful of coffee (hot).
- One-half cupful of milk.
- Two tea-spoonfuls of baking-powder.
- Two tea-spoonfuls of vanilla.
- Two eggs.
- One square of chocolate.

Rub the butter and sugar to a cream, and add the beaten eggs, and then the milk. Grate the chocolate fine, and add it to the coffee, which should be very hot; stir well, and gradually add this mixture to the butter, sugar and eggs. Sift the powder and the flour together, add the flour, beating well, and then put in the vanilla. Bake in one loaf for forty minutes in a moderate oven.

EGGLESS CAKE.

- One and a-half tea-cupful of sugar.
- Three tea-cupfuls of sifted flour.
- One tea-cupful of sour milk.
- One-half tea-cupful of butter.
- One tea-spoonful of soda.
- One-half tea-spoonful of cinnamon.
- One-half tea-spoonful of grated nutmeg.
- One tea-cupful of raisins.

Dissolve the soda in the milk. Rub the butter and sugar well together, and add the milk. Seed the raisins, chop them rather coarsely, and flour them lightly with a little of the flour. Sift the spice with the rest of the flour, and stir the latter into the mixture, beating hard ; then add the raisins. Bake for forty minutes in one loaf.

CUP CAKE.

One cupful of sugar.
 Three-quarters cupful of butter.
 One-half cupful of milk.
 Two eggs.
 Two tea-spoonfuls of baking-powder.
 Flour to thicken.

Unite the ingredients the same as in loaf cake.

" 1, 2, 3, 4 " CAKE.

This following recipe will make two good-sized loaves.

One cupful of butter.
 One cupful of milk.
 Two cupfuls of sugar.
 Three cupfuls of flour.
 Four eggs.
 Three tea-spoonfuls of baking-powder.

Put the ingredients together the same as for loaf cake. Divide the mixture, place it in tins, and bake.

RAISED LOAF CAKE.

Three cupfuls of warm milk.
 One cupful of sugar.
 One-half cupful of yeast, or
 One-half cake of compressed yeast.
 Flour to thicken.

Place the milk, sugar and yeast together, and add enough flour to make a rather thick batter. Set the batter in a warm place over night. In the morning add

- One and a-half cupful of butter.
- Two cupfuls of sugar.
- One cupful of raisins.
- One wine-glassful of wine or brandy.
- One tea-spoonful of cinnamon.
- One-half tea-spoonful of nutmeg.
- Two eggs.

Work the butter thoroughly into the batter before adding the beaten eggs and the sugar, spice and brandy. Seed and chop the raisins, flour them, and beat them in at the last. Place the cake in two medium-sized tins, and when it has risen nicely, bake slowly for fifty minutes.

DOUGH CAKE.

The following materials will make two loaves:

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| Four cupfuls of light bread dough. | Two tea-spoonfuls of cinnamon. |
| Two cupfuls of sugar. | One tea-spoonful of cloves. |
| One cupful of butter. | One tea-spoonful of grated nutmeg. |
| One cupful of raisins. | Three eggs. |
| One tea-spoonful of soda. | One table-spoonful of cold water. |

Dissolve the soda in the water, and add the latter to the dough; then thoroughly mix in the butter and sugar, and add the rest of the recipe. Bake in two well buttered tins, first allowing the cake to rise in the tins until quite light. Bread dough cake or raised cake requires much beating to mix it thoroughly, it being frequently necessary to use the hands to make the whole entirely smooth.

NUT CAKE.

One and a-half cupful of sugar.
One-half cupful of butter.
Three-quarters cupful of milk.
Two cupfuls of flour.
Two tea-spoonfuls of baking-powder.
Four eggs (whites only)
One and a-quarter pounds of English walnuts.

Mix the ingredients the same as for loaf cake, adding the beaten whites of the eggs last. Crack the nuts, and reserve twenty-five perfect halves for use on the icing upon the top; chop the rest of the meats fine, and stir them into the cake just before adding the eggs. Bake in one loaf for forty-five minutes. Frost the top with plain frosting (see page 550), and place the perfect meats on top of the frosting, sinking them into it in squares.

COCOANUT DROP CAKES.

One cupful of sugar.
One-half cupful of butter.
One cupful of milk.
One cupful of cocoanut.
Two cupfuls of flour.
Two eggs.
Two tea-spoonfuls of baking-powder.

Place the cocoanut in the milk and let it soak for an hour; then rub the butter and sugar together, and add the beaten eggs, the milk and cocoanut, and lastly the flour, into which has been stirred the baking-powder. Bake in well buttered gem-pans or patty-pans. Frost the cakes.

CREAM MOLASSES CAKE.

One egg.	One and a-half tea-spoonful of soda.
One-half cupful of sugar.	One tea-spoonful of cinnamon.
One cupful of molasses.	One-half tea-spoonful of cloves.
One cupful of sour cream.	One-half tea-spoonful of nutmeg.
Flour to thicken.	Two tea-spoonfuls of cold water.

Stir the sugar into the egg. Add the soda to the water, and when it is dissolved stir the liquid into the molasses, and add the latter to the cream. When the whole is well stirred together, mix it with the egg and sugar. Sift the spice into a little flour, and add this, and enough more flour to make a not too thick batter. Pour the latter into a well buttered tin, and bake for an hour.

SILVER CAKE.

One-half cupful of butter.
One and a-half cupful of sugar.
One-half cupful of milk.
Two and a-half cupfuls of flour.
Four eggs (whites).
Two tea-spoonfuls of baking-powder.

Place the ingredients together the same as for loaf cake, adding the whites of the eggs, well beaten, at the last. Bake in a well buttered tin for forty minutes.

GOLD CAKE.

One-half cupful of butter.
One and a-half cupful of sugar.
One-half cupful of milk.
Two and a-half cupfuls of flour.
Five eggs (all the yolks and one white).
Two tea-spoonfuls of baking-powder.
Two tea-spoonfuls of vanilla.

Beat the yolks and the one white until very light, and add them to the creamed butter and sugar. Then add the milk, the flour into which the baking powder has been stirred, and lastly the vanilla. Bake for forty-five minutes in a moderate oven.

BUTTERMILK CAKE.

One-half cupful of butter.
One and a-half cupful of sugar.
Two and a-half cupfuls of flour.
One cupful of buttermilk.
One-half tea-spoonful of soda.
Two eggs.

Beat the butter and sugar to a cream, and add the yolks of the eggs, well beaten. Mash the soda, dissolve it in the buttermilk, and add the latter to the butter, eggs and sugar. Stir in the flour, beat until smooth, and then stir in quickly the beaten whites of the eggs. Bake in a well buttered tin for forty-five minutes.

LAYER CAKES.

These cakes require a very hot oven. They should cook in five minutes at the longest, and are not disturbed by being turned if one side is browning too fast for the other. Many people bake these cakes on the grate of the oven with good success, as the heat is stronger there. In making a layer cake that is to have a rich, sweet filling, like chocolate, half a cupful of sugar will be found sufficient, unless a very sweet cake is desired.

PLAIN LAYER CAKE.

One-half cupful of butter.
One cupful of sugar.

One cupful of milk.
One egg.
One and a-half tea-spoonful of baking-powder.
Flour to thicken.

Rub the butter and sugar together, and add the egg, well beaten, and then the milk. Stir the powder into a little of the flour, and add it, stirring it in quickly; then add enough more flour to make a not too thin batter. Place the batter in three well buttered tins, and bake. The batter for all layer cake should be so thick that the track made by the spoon in stirring it will not at once sink back into the mixture. This is a good test. This quantity will make three medium-sized layers of cake. Place any of the fillings given (see page 544) between the layers.

QUICKLY MADE LAYER CAKE.

One-half cupful of butter.
One-half cupful of sugar.
Two eggs.
One-half cupful of milk.
Two tea-spoonfuls of baking-powder.
Flour to thicken.

The writer has often found this way of making layer cake more successful than when more time and pains are devoted to its making. Butter the three tins for the cake first, and be sure the heat of the oven is strong and steady. Rub the butter into the sugar, break into this the eggs, stir them in quickly without previously beating them, add the milk, and stir until smooth. Scatter the baking-powder over the top of the mixture, sprinkle some of the flour over it, and stir thoroughly, adding enough

more flour to thicken; then pour the batter into the tins. Cake made in this way does not require more than five minutes' work after the materials are gotten together. Bake quickly, and spread any of the fillings given between the layers.

WHITE MOUNTAIN LAYER CAKE.

The following will make four large layers, thus forming a good-sized cake:

- One cupful of butter.
- Three cupfuls of sugar.
- One cupful of milk.
- Six eggs (whites).
- One and a-half tea-spoonful of baking-powder.
- One pint of flour (sifted).
- Twenty drops of extract of bitter almond.

Rub the butter and sugar to a light cream, and add the milk and then the whites of the eggs, beaten to a stiff froth. Sift the flour with the powder, and add it and the extract. Mix all well together, divide the batter among four tins, and bake in a quick oven. Spread plain frosting between the layers, and frost the top.

RIBBON CAKE.

This cake contains three large layers, the middle one having fruit through it. It is a large cake.

- One cupful of butter.
- Two cupfuls of sugar.
- One cupful of milk.
- Four eggs.
- Three and a-half cupfuls of pastry flour.
- Two tea-spoonfuls of baking-powder.

Separate the yolks and whites of the eggs. Rub the butter and sugar to a cream, add to this the well beaten yolks, stir well, and put in the milk and then the flour into which has been stirred the baking-powder. Lastly add the beaten whites. Have ready buttered three long, shallow tins of equal size. Divide the cake into three parts, and bake two of them plain. To the third add

- One cupful of raisins.
- One cupful of currants.
- One-quarter of a pound of citron.
- Two tea-spoonfuls of molasses.
- Two tea-spoonfuls of brandy or wine.
- One-half tea-spoonful of mace.
- One-half tea-spoonful of cinnamon.

Seed the raisins and chop them coarsely, wash and dry the currants, and slice the citron fine; then put all the fruit together, and flour it well. Stir the fruit and spice into the third portion of batter, and bake in the third tin. When all the layers are done, arrange them with the fruit cake in the middle, spreading a coat of jelly between them. Press each cake lightly with the hand as it is laid on, to insure the layers sticking closely together. Trim the edges even, and frost with a plain or a boiled frosting.

CARAMEL CAKE.

To make three large layers allow

- One cupful of butter.
- Two cupfuls of sugar.
- One cupful of milk.
- Three cupfuls of flour.
- Five eggs (whites.).
- Two tea-spoonfuls of baking-powder.

Place the ingredients together the same as for plain layer cake, adding the whites of the eggs last. Bake in three well buttered tins, and when done, spread between the layers the caramel filling (see page 546).

WHITE LAYER CAKE.

One cupful of sugar.
 One-half cupful of butter.
 One-half cupful of milk.
 Two cupfuls of flour.
 Four eggs (whites).
 One and a-half tea-spoonful of baking-powder.

Put the ingredients together, the same as in the preceding recipe. Bake in three layer-cake tins, well buttered, and spread frosting between the layers.

VARIETY LAYER CAKE.

One cupful of sugar.
 One table-spoonful of butter.
 One cupful of milk.
 Two eggs.
 Two tea-spoonfuls of baking-powder.
 Flour to thicken.

Make the same as plain layer cake, and bake in four layers. When done, spread between the first and second layers a coating of currant jelly, between the second and third simple melted chocolate, and between the third and fourth the cream filling (see page 545), and frost the top.

FILLINGS FOR LAYER CAKES.

In arranging a layer cake it is much more satisfactory if the bottom instead of the top of the cake receives the filling, the bottom being much more porous and receptive.

The bottom of the layers will be much softer, and no crust at all will form on them, if the cakes are baked on the grate of the oven. Put the layers together as soon as possible after they are baked; turn one layer upside down for the bottom, spread over it whatever filling is to be used, lay the second sheet of cake bottom side up on this one, spread it with filling, and so continue, placing the top layer with the bottom side downward.

Cake baked and put together in this way will retain whatever filling is put into it; the layers will not press the filling out between them as is often the case when the crusted part receives the filling.

CREAM FILLING.

One-half pint of milk.

One table-spoonful of corn-starch.

Two table-spoonfuls of sugar.

One egg (yolk).

One-half salt-spoonful of salt.

Two tea-spoonfuls of vanilla.

One-half tea-spoonful of butter.

Measure the corn-starch evenly across the spoon, and put with it two table-spoonfuls of the milk. Add to the beaten yolk of the egg two table-spoonfuls of the milk, and beat well with a fork; then put these two mixtures together. Place the rest of the milk on the fire in a small sauce-pan set in another containing boiling water, and when the milk is boiling, stir into it the corn-starch mixture. Stir the whole until smooth, and let it cook four minutes, stirring all the time. Add the salt, sugar and butter as soon as the corn-starch is thoroughly stirred in. Then remove from the fire, stir a moment to cool the liquid somewhat, add the vanilla, and use.

CARMEL FILLING.

One and a-half cupful of brown sugar.
One cupful of milk.
One table-spoonful (scant) of butter.
One-half table-spoonful of vanilla.

Place the milk, sugar, and butter on the fire in a saucepan set in another containing boiling water and cook until thick. Take from the fire and beat it hard until stiff. Then add the vanilla.

APPLE FILLING.

One egg (white).
One-half cupful of powdered sugar.
One large, sour apple.

Whip the egg to a very stiff froth, and add to it the sugar. Grate the apple fine, stir it in very gradually, and use.

APPLE AND LEMON FILLING.

One apple (grated).
One lemon (juice and grated rind).
One cupful of sugar.

Grate the apple and the rind of the lemon, place them on the fire with the juice and sugar, and boil for five minutes.

ORANGE FILLING, NO. I.

Two oranges (juice and rind).
Two table-spoonfuls of cold water.
Two cupfuls of sugar.
Two eggs (yolks and one of the whites).

Grate the yellow from the oranges, and place the gratings

in a saucepan with the orange juice, a table-spoonful of the water and the sugar. Set the saucepan in another containing boiling water. Beat the yolks with the other table-spoonful of water, and when the mixture in the saucepan is hot, stir in the water and yolks. Let the preparation cook a minute, when the whole should be thickened; and just before taking it from the fire, stir in the slightly beaten white of one of the eggs. Remove at once from the heat, and use when cold.

ORANGE FILLING, NO. 2.

Two oranges (juice, and grated rind of but one).

Two table-spoonfuls of cold water.

One dessert-spoonful of corn-starch.

One-half cupful of sugar.

One egg.

Place the corn-starch in half of the water, and when it is dissolved, stir in the beaten yolk of the egg, and stir until smooth. Place the rest of the water, the juice of the oranges and the grated rind of but one of them, on the fire, and when the liquid boils, add the egg mixture. Cook two minutes, and add the slightly beaten white of the egg just before taking the filling from the fire. Cool partly before using.

COCOANUT FILLING.

One and a-half cupful of cocoanut.

Two eggs (whites).

Four table-spoonfuls of powdered sugar.

A little milk.

Moisten the cocoanut with a little warm milk, and let it soak until well softened—usually half an hour. Beat the

whites of the eggs to a stiff froth, and add the sugar to them. Spread on the bottom cake a thin layer of the frosting of egg and sugar, and then a covering of the soaked cocoanut, and repeat this operation until all the layers are arranged. To what is left of the frosting, add enough sugar to thicken, stir in the remnant of cocoanut, and spread the mixture thickly over the top, sprinkling dry cocoanut over the whole.

CHOCOLATE FILLING, NO. 1.

One-half cupful of grated chocolate.
One-half cupful of milk.
One cupful of brown sugar.
Two tea-spoonfuls of vanilla.
One-half tea-spoonful of butter.

Place the milk and chocolate together in a saucepan on the fire, and stir until the whole is thick and creamy; then add the sugar, stir until smooth, and cook two minutes. Add the butter, remove from the fire, and add the vanilla; use when slightly cooled.

For the top of the cake either use a plain frosting, or else apportion the filling so there will be enough left to cover the top. Return this portion to the fire, and cook until it is thick, stirring every minute; then spread it on the top, smoothing it down with a knife wet in hot water.

CHOCOLATE FILLING, NO. 2.

One-half cupful of grated chocolate.
One-half cupful of milk.
One-half cupful of white sugar.
Two tea-spoonfuls of vanilla.
One-half tea-spoonful of butter.

Unite the ingredients the same as directed in the preceding recipe. This is not so sweet and rich a filling as No. 1, and on that account will be found satisfactory to many.

LEMON FILLING.

One-half cupful of cold water.

One cupful of sugar.

One even table-spoonful of flour.

One lemon (rind and juice).

One egg (yolk only).

One tea-spoonful of butter.

Place two table-spoonfuls of the water on the flour, and stir until the paste is perfectly smooth; then add the well beaten egg, and beat again vigorously with a fork. Place the rest of the water, the sugar, the lemon-juice and grated rind, and the butter, over the fire in a saucepan set in another containing boiling water. When this mixture is boiling, stir into it the flour mixture, cook until it is shiny, and partly cool before using.

FROSTING OR ICING CAKE.

The old method of making frosting is no longer followed. It used to be thought necessary to beat the white of the egg to a very stiff froth, and then to add the sugar. Frosting made in this way is extremely hard when cut and after a few days can scarcely be cut at all. There are many kinds of frosting made just now, but none are prepared in this way, except for elaborate decorating. It is more satisfactory to have the cake cold to receive the frosting, for when it is hot, the sugar in the icing melts and often runs down the sides of the cake, giving the latter a most untidy appearance.

TO DECORATE WITH ICING.

It requires very little extra labor to decorate a frosted cake, and it can be done as soon as the icing is cold and set. Funnels having ends of different shape may be purchased for this purpose. In place of a funnel, a cornucopia made of stiff writing-paper may be used. Cut off a little of the point of the cornucopia, fill the latter with frosting, and press it out at the small end, forming different shapes according to taste.

When a name or a date is to be placed on a cake, as is frequently the case with children's birthday cakes, etc., the icing may be colored with red sugar, dissolved chocolate or cochineal. Trace the name or date on the center of the cake with a pencil, and then follow the lines with the frosting. An easy and very pretty decoration is made by placing dry red sugar in the cornucopia and running it from the small end upon the soft icing, making a name, an initial or a date. The point of the cornucopia should be very small for this work.

PLAIN FROSTING.

One egg (white).

Eight table-spoonfuls of powdered sugar.

One-half tea-spoonful of vanilla.

Beat the white only enough to thin it, but not so as to make it frothy; then add the sugar. In measuring the sugar have the spoonfuls even full—not heaped. Stir with a fork until the frosting is perfectly smooth and light; the longer it is beaten the finer it will be. Add the vanilla, and when it is well mixed in the frosting will be ready to use. Place all the frosting in the middle of

the cake, and press it outward until almost rolling to the edge; then set the cake in a current of cold air, if possible, to set the icing at once, so it will not run off the cake; or set it in the refrigerator. This quantity will make a very deep frosting for one cake only, and will really be sufficient for two ordinary-sized cakes.

When only one cake is to be iced and the frosting is not desired thick or deep, beat the egg thin, measure a large table-spoonful of it, and to this add four table-spoonfuls of the sugar. This will make a frosting of sufficient depth to suit most tastes. Frosting made in this way will form a crust on top, under which the sugar will keep soft.

COCOANUT FROSTING.

Thicken plain frosting with two table-spoonfuls of prepared cocoanut, spread it upon the cake, and scatter dry cocoanut over the icing while still soft.

CHOCOLATE FROSTING, NO. 1.

One ounce of chocolate (one square).

Three table-spoonfuls of sugar.

One table-spoonful of water.

Place these ingredients together in a small frying-pan, and stir over a hot fire until the mixture is smooth and glossy. Let the chocolate cool, add it to plain frosting, and use.

CHOCOLATE FROSTING, NO. 2.

Take equal parts of grated chocolate and powdered sugar. Melt the chocolate over the steam of a tea-kettle, placing it for this purpose in an earthenware bowl set in

the top of the kettle. When the chocolate is melted, add the sugar and a tea-spoonful of vanilla. Stir until nearly cool, and use.

BOILED FROSTING.

This frosting is convenient to make when there is no powdered sugar at hand. The following will make an ample allowance for one cake :

- One cupful of granulated sugar.
- One-quarter cupful of boiling water.
- One-quarter tea-spoonful of cream of tartar.
- One egg (white).
- One-half tea-spoonful of vanilla.

Place the sugar, water and cream of tartar in a small sauce-pan set in another containing boiling water, and boil for six minutes. Do not stir the sugar at all, or it will granulate. Beat the egg stiff, and gradually add to it the boiling syrup, pouring the latter in a thin stream on the egg, and stirring rapidly. Beat for five minutes after the last has been added, and flavor to taste.

SOFT FROSTING WITHOUT EGG.

- Twelve table-spoonfuls of sugar.
- Eight table-spoonfuls of milk.

Boil these together for five minutes in a saucepan set in another containing boiling water. Remove from the fire, and stir very vigorously until cooled. The frosting is then ready for use.

FROSTING WITH CONFECTIONERS' SUGAR.

This sugar makes very fine frosting and does not

require the use of an egg in the making. By confectioners' sugar, however, is not meant the ordinary powdered sugar, although both are about the same price.

For a Plain Frosting.—Add to four table-spoonfuls of the sugar a scanty table-spoonful of water or milk, stir well, and use. Add a little more sugar, if the frosting is not thick enough.

For a Chocolate Frosting.—Make the plain frosting, and add to it half a square of chocolate, which has first been put in a cup and set over steam to melt, being used when thoroughly melted.

FROSTING WITH GELATINE.

- One-half table-spoonful of gelatine.
- One-half table-spoonful of cold water.
- One table-spoonful of boiling water.
- Pulverized sugar.
- Lemon extract to flavor.

Place the gelatine and cold water in a bowl, cover, and let the gelatine soak half an hour; then add the boiling water, stir until the gelatine is dissolved, and strain it through a fine wire strainer. Add sugar to thicken, and a tea-spoonful of the extract. Frost when the cake is perfectly cold.

BEVERAGES.

“ If the kettle boiling be
Seven minutes makes the tea.”

“ Hunger is the best seasoning for meat, and thirst for drink.”

TEA.

TEA is the dried leaves of the tea-plant; these are picked in May and June of each year, the plants usually surviving four or five seasons. The tea-leaf contains a larger amount of nutritive matter than any plant used for human food, although but a small portion of this nourishment is extracted by our common method of making tea. By that method, which, of course, aims to produce a beverage only, we use such a comparatively small quantity of tea that the amount of nutriment obtained is very little, the chief value of the drink being the sense of warmth and comfort that it diffuses through the system.

In making tea a tin or granite pot should not be used, but one of either earthen, china or silver ware. When a metal pot is used, the tannic acid acts upon the metal, thus producing a poisonous compound. The water should be freshly boiled and used at the first boil, as after it boils a few minutes it parts with its gases and becomes flat

and hard. Pour boiling water into the pot, and let it remain long enough to thoroughly heat the pot; then pour it out, put in the tea, pour over it the quantity of boiling water required, and stand the pot on the back part of the stove for from five to eight minutes, according to the kind of tea used. Most varieties of tea will be ready in five minutes, but the English Breakfast, than which there is no better tea, requires fully eight minutes to extract its full strength. This tea should be placed in a greater heat than any other kind. It should be almost hot enough to boil, but the boiling point should, of course, never be quite reached. The quantity of dry tea to be used for each person depends altogether upon individual taste. The old rule, "a tea-spoonful of tea for each person and one for the pot," is a good one to follow, and by allowing a generous half-pint of water for each spoonful of tea, a moderately strong brewing is obtained. When several cupfuls of tea are required the proportion of tea may be reduced.

ICED TEA.

This is a favorite drink in summer. Make the tea as above directed, strain it from the leaves, and set it on the ice for three or four hours. Serve with broken ice in each glass.

RUSSIAN TEA.

This is made by placing a slice of lemon in each cup before pouring in the boiling hot tea.

COFFEE.

Coffee grows on small trees. Mocha, the best variety,

is grown in Arabia. The fruit of the tree is something like our cherry and contains two seeds or beans. By bruising the fruit, the berries are separated, and they are then washed and dried. The raw berries are tough and contain but little flavor. Much depends upon the manner in which the berries are roasted. Comparatively few people nowadays roast their own coffee, the work being done so well by the large establishments. Mocha and Java mixed—one-third of the former and two-thirds of the latter—is considered the most satisfactory combination by the majority of people. Buy coffee in small quantities and unground, keep it in air-tight tin cans, and grind it only as required. The finer it is ground, the stronger will be the extract.

There are many kinds of coffee-pots in use, and many are modifications of the French coffee-pot or biggin. The coffee may be made in anything resembling the French coffee-pot, as none of the aroma is lost, the spout of the pot being closed with a thimble that prevents the escape of the steam. The coffee is filtered and comes out clear and bright.

TO MAKE FILTERED COFFEE.

The coffee should be ground as fine as the mill will make it. Allow half a cupful of the ground coffee to a generous quart of water; this makes sufficient for five cupfuls of coffee. Place the coffee in the cloth or strainer in the top of the pot, arranged for the purpose, pour the boiling water upon it, and set the pot back, allowing the water to filter slowly through. When it is all through, set the pot over the heat, and when the coffee is just at the bubbling point, pour it out, and at once return it to

the top of the pot to filter once more. Do this still again, making three times in all that the water has been poured upon the coffee; and serve at once. This produces a clear, bright coffee and requires, at the most, not longer than five minutes in the making, if the heat is properly brisk. Coffee should be served as soon as made, or the bright flavor will be lost.

BOILED COFFEE. (IN COMMON COFFEE-POT.)

One cupful of unground coffee.

One egg.

One quart of boiling water.

Three table-spoonfuls of cold water.

Grind the coffee coarsely, and put it into the pot, which should be well scalded. Beat the egg well, add to it the cold water, and stir this mixture into the dry coffee in the pot; then pour on the boiling water, and place the pot on the fire. Stir the coffee until it boils, and then set it on the back of the stove where it will just bubble for ten minutes. Pour a little of the coffee into a cup and return it to the pot, to clear the grounds from the spout. Let the coffee stand for five minutes where it will not bubble, pour it through a fine sieve into a hot serving pot, and send to the table at once. This makes a very strong coffee, and more or less water may be used, according as the coffee is liked weak or strong.

A cup of coffee is not perfect without cream. If cream cannot be used, the next best thing for many tastes is condensed milk. When this is disliked, hot milk may be substituted. The milk should be heated to the boiling point, but should not boil. Never serve cold milk with coffee. The cups should be warmed with hot

water before being used for the coffee, as the latter can scarcely be served hot enough and is simply a disastrous failure when half cold.

AFTER-DINNER BLACK COFFEE.

This is made by either of the recipes given, double the proportion of coffee being used. It should be very strong and clear and should be served in small cups, with block sugar, if desired, but never with cream or milk.

VIENNA COFFEE.

This is the same as the ordinary coffee, with the addition of whipped cream at serving.

CAFÉ AU LAIT.

This is made of equal quantities of filtered coffee and boiled milk.

COCOA.

Cocoa or chocolate nuts are the seeds of a tree growing in Mexico, the West Indies and South America. These seeds are roasted the same as coffee, until the aroma is brought out. They are then pounded to a paste in a hot mortar or ground between rollers. The substance thus produced, when mixed with sugar, starch, vanilla and cinnamon, forms the chocolate of commerce.

Cocoa is made by grinding the bean fine, partly extracting the oil, and mixing a small proportion of sugar with the remaining powder.

Cocoa nibs are the bean deprived of its husks and then broken into small pieces. This is the purest and

best cocoa in our market. The shells or husks are also used to make a weak decoction for people with delicate digestion.

TO MAKE COCOA.

One quart of milk.
Four table-spoonfuls of cocoa.

Put the milk on the fire in a farina kettle. Moisten the cocoa with a little cold milk, and pour it into the milk in the kettle as soon as it boils, stirring all the while it is being added. Stir until the milk again boils, cover the kettle, boil five minutes, and serve. Whipped cream is often served with cocoa.

COCOA FROM THE NIBS.

One-half cupful of broken cocoa.
Two quarts of water.
One pint of cream.

Place the cocoa and water together in the double boiler, and boil them for two hours, when they should be reduced in quantity one-half. Heat the cream, add it, strain, and serve.

COCOATINÁ.

This is very like chocolate, but is more delicate, and is nearly free from oil.

Two table-spoonfuls of cocoatiná.
One table-spoonful of sugar.
Four table-spoonfuls of boiling water.
One and a-half pint of milk.

Place the cocoatiná in a bowl with the sugar, add the

boiling water, and rub the cocoa to a paste. Heat the milk to boiling, stir in the paste, whisk well, pour into a hot jug, and serve. If liked stronger, more of the powder may be used.

BROMA.

One large table-spoonful of broma.
Four large table-spoonfuls of boiling water.
One table-spoonful of sugar.
One pint of milk (hot).

Place the broma in a sauce-pan, and add the water, stirring all the time. Add the milk, which should be boiling, and then the sugar. Place the pan on the fire, stir until the mixture boils, and serve at once.

CHOCOLATE.

When properly made, this is a very delicious drink. As in the case of tea and coffee, tastes differ as to its strength, one ounce of plain chocolate to one quart of milk being, however, the proportion generally liked. Many prefer the chocolate thick, making it so by using a large quantity of chocolate, by putting in some thickening substance, such as arrowroot, corn-starch, etc., or by mulling the chocolate. The small dasher that comes in the regular chocolate pot is called the muller, and is worked up and down the same as the dasher of a churn. This froths and thickens the chocolate. Should there be no muller among the kitchen utensils, the chocolate may be made in a double boiler, and then whipped with a cream whipper or a Dover egg beater. Whipped cream is often served with chocolate; it should be whipped and drained, and may be served either plain, or slightly seasoned with sugar and vanilla.

PLAIN CHOCOLATE.

Two squares of chocolate.
One quart of milk.
Three table-spoonfuls of sugar.
Two table-spoonfuls of water.

Place the milk in a double boiler to heat. Scrape the chocolate fine, and put it in a small frying-pan with the sugar and water; set it in a good heat, stir constantly until smooth and glossy, and then stir it into the boiling milk. Beat with a whisk for three minutes, and serve hot.

A richer drink is made by doubling the amount of chocolate mentioned above. A good chocolate is also made by using with the same quantity (two squares) a pint of milk and one of water. If the chocolate is desired thick, mix a table-spoonful of arrowroot or corn-starch with two table-spoonfuls of cold milk, stir this into the boiling milk, and cook for ten minutes before adding the dissolved chocolate. Half a tea-spoonful of vanilla may be added to the chocolate, if cared for.

SUMMER DRINKS.

ROOT-BEER.

There is no summer beverage, perhaps, that is more refreshing than root-beer, and it is very easy to make. When the roots had first to be steeped and the strength thus obtained, the making of the beer was a laborious task; but now, many root extracts are procurable at little cost, and are wholly satisfactory. Hire's extracts are among the best.

Fourteen quarts of water.
Two quarts of sugar.
Three tea-spoonfuls of extract of ginger.
One bottle of Hire's Extract.
One scant pint of baker's yeast.

Place all these ingredients together in an earthenware jar, stir until the sugar is dissolved, and bottle immediately. The corks of the bottles should be tied securely down or the contents will be lost. This is the difficult part of the work, but if the common beer bottle with patent cork is to be had, it will be found most convenient, and as they last for years, the expense is not great. Use the beer after it has been made one week.

A recipe for making root-beer may be found in the package of any kind of extract sold, but such directions can scarcely be depended upon, as each manufacturer endeavors to impress upon the purchaser the large quantity of beer that can be made from a single bottle of his extract. A tasteless, unsatisfactory drink usually results from following these formulas. Set the beer on ice before using.

HOP BEER.

Two quarts of dry hops.
Twelve quarts of water.
One quart of molasses.
One cake of compressed yeast.
Three table-spoonfuls of ginger.
One table-spoonful of wintergreen essence.

Steep the hops very slowly for two hours in two quarts of the water; then strain, and add the rest of the ingredients, adding the water first to make the whole tepid before adding the yeast cake, which will dissolve in the

water. Let all stand in an earthen jar for twelve hours ; then strain, and bottle tightly. This is a pleasant drink, and a tonic as well.

PHILADELPHIA MEAD.

- One quart of boiling water.
- One-half pint of molasses.
- Two and a-quarter pounds of brown sugar.
- One-half ounce of flavoring extract.
- Two ounces of tartaric acid.

Put the water, sugar, molasses and acid together ; and when the mixture is cold, add the extract, which may be the essence of wintergreen or sassafras—or any other kind used for such a purpose. Bottle, and set away in a cold place. To make the mead, place two table-spoonfuls of the syrup in a glass of ice-water, stir until well mixed, and add a-quarter of a tea-spoonful of bi-carbonate of soda to render the drink effervescent. This is a most refreshing summer beverage.

RASPBERRY SHRUB.

Place any quantity of red raspberries in a stone jar, cover them with good cider vinegar, and let the whole stand twelve hours ; then strain, and to each pint of the juice add a pint of sugar. Boil ten minutes, and bottle while hot. In using, add enough to a glass of ice-water to suit the taste.

MOTHER'S HARVEST GINGER DRINK.

- One egg.
- One quart of very cold water.
- One-half pint of vinegar.
- One scant table-spoonful of ginger.
- Three table-spoonfuls of sugar.

Beat the egg well, add to it the sugar and ginger, stir until perfectly smooth, and then put in the water. When the sugar is dissolved, add the vinegar, using this, however, according to its strength, only enough being required to give the drink piquancy.

WINE, AND HOW TO SERVE IT.

The number of kinds of wine used at dinner varies with the taste of the host or hostess. When a great display is desired, as many as twelve varieties are served, but for ordinary dinners four is generally the limit. Indeed, many dinners are now given at which wine is omitted altogether, and at simple dinners there is often but one wine, which is a choice claret or champagne. When three wines are to be served, they usually consist of a fine sherry with the soup, claret with the course after the fish, and champagne with the roast. If champagne alone is selected, it should be served just after the fish. The following may serve as a

WINE MENU.

With Raw Oysters	White Wine (Sauterne, Rhine, etc).
“ Soup, }	Sherry or Madeira.
“ Fish, }	
“ Meat,	Champagne.
“ Game,	Claret.
“ Dessert,	Sherry, Port or Burgundy.

Regarding the temperature at which wines should be served: sherry should be thoroughly chilled; Madeira neither warm nor cold, but about the temperature of the room; claret the same as Madeira, and never with ice; and champagne can scarcely be served too cold.

Wine should be unpacked as soon as possible after delivery, and the bottles laid upon their sides in some place in which the changes of temperature will not be felt. Red wines, especially clarets, should be kept dry and warm, as they are injured more by cold than by heat. They are, therefore, better stored elsewhere than in the cellar. Champagne and Rhine wines withstand cold better than heat, the latter often causing fermentation. Sherry, Maderia and all spirits should be kept warm.

FRUIT: HOW TO SERVE IT.

“ Have you apples, good grocer ? ”

‘ O yes, ma’m ! how many ? ’ ”

MARY MAPES DODGE.

THE arrangement of fresh fruits for the table affords play for the most artistic taste. Melons, apples, oranges—indeed, all kinds of fruit are appropriate for breakfast.

APPLES.

Select for the table only those that are most sightly. They should be wiped and brightly polished with a soft towel. Serve in a fruit dish or a small, pretty basket. Provide silver knives at each plate for cutting the fruit.

BANANAS.

These are served whole, the red and yellow being mixed.

PEACHES.

Rub the down carefully off the peaches, and serve them in a pretty basket, with peach leaves peeping through them ; or they may be pared, sliced, sprinkled with powdered sugar and sent to table immediately the sugar is added. Serve thick, sweet cream with peaches when prepared in this way.

PEARS.

These are served the same as apples.

PINEAPPLE.

Pare the fruit, remove the eyes, and pick it into small pieces with a silver fork, beginning at the stump end and tearing the fruit from the core. Sprinkle the shredded pineapple with powdered sugar, and set it in a cold place for at least one hour before it is needed.

POMEGRANATES.

Remove the outside skin, and carefully take out the seeds, rejecting all the brown skin that divides the sections. Heap the seeds in a pretty dish, mix with them finely chopped ice, and serve.

BERRIES.

Strawberries, raspberries, etc., should be carefully picked over a few minutes before serving time, and heaped on a glass dish. Pass sugar and cream with the berries at table. Berries should never be washed. If soiled, they should not be purchased. When berries raised in one's own garden become soiled by a heavy rain, they may be used, after the needed washing, in making pies or shortcakes, but should never be served alone. In France large strawberries are sent to table without being hulled; sugar is placed in the center of the saucer passed to each person, and the strawberries are taken by the hulls between the thumb and finger, dipped in the sugar and so eaten.

CURRANTS.

Stem the currants, and heap them on a dish in rows of red and white, placing a border of leaves around the outside. This fruit is also served unstemmed, in which case large clusters should be selected. They should be rinsed by being dipped repeatedly in cold water, and then drained on a sieve. Arrange the clusters on a pretty dish, and serve in saucers around a small pyramid of powdered sugar, the fruit when eaten being dipped in the sugar and eaten from the stem.

GRAPES.

If the grapes are at all soiled, or if they are Malagas, they should be rinsed in cold water and drained on a sieve, after which they may be arranged on a pretty basket. Fruit scissors should accompany the basket, with which to divide the clusters, if desired.

ORANGES.

There are many fancy ways of cutting oranges for serving, but these always produce a strained effect that impresses the beholder with an unpleasant hint of vulgarity. It is, therefore, wiser to serve this fruit plain. At table they may be cut crosswise and eaten with a spoon, or they may be separated into sections and eaten thus from the fingers.

WATERMELON.

This should be thoroughly chilled before being used. There are many ways of cutting. The melon may be simply cut in two, and a slice cut from each convex end so that the portions will stand firmly on the platter. In

-serving the pulp is scooped out with a table-spoon. Another method of serving that produces a very attractive dish consists in peeling the entire melon, leaving only the red ball, which is sliced at table.

CANTALOUPE.

These are cut in halves and the seeds carefully removed, half a melon being passed to each person; and they should be very cold for serving.

They may be eaten with a spoon or fork, and salt should be at hand for those who desire it. The half melons are often sent to table filled with pounded ice.

HOW TO ICE FRUITS FOR SERVING.

Currants, plums, grapes, cherries and many other fruits make a most refreshing and appetizing breakfast dish when iced. This is done in the following manner: Beat the white of an egg just enough to thin it; dip the fruit in the egg, and while still moist, roll it in powdered sugar, and place on a sieve to dry. This work, of course, should be done the previous day.

COOKED FRUITS.

BAKED APPLES, NO. I.

Use sweet apples for baking. Cut out the blossom ends, wash, but do not pare the apples, and place them in a large pudding-dish; pour a cupful of water into the dish, cover the latter closely with another dish or a pan, set it in a moderate oven, and bake the apples until tender. Remove them from the dish, pour the juice over them while hot, and repeat this as they cool. Set the apples on the ice, and at serving time transfer them to a

glass dish, pouring the juice over them again. Eat with powdered sugar and cream. Apples will not brown when baked in this way, but will be deliciously flavored.

BAKED APPLES, NO. 2.

Select tart apples, and pare them or not, as preferred. Extract the cores without breaking the apples, fill the cavities thus formed with sugar, sift a little cinnamon on top, and add an-eighth of a tea-spoonful of butter to each apple. Place the apples in an earthenware baking-dish, cover the bottom with water, and bake until the fruit is soft, basting occasionally with the syrup.

QUINCES.

These are baked in the same manner as directed in the preceding recipe, the spice being omitted. Quinces require a long time in baking, and frequent basting.

APPLE SAUCE.

Pare, core and quarter tart apples; place them in a granite-ware kettle with enough water to keep them from burning, and cook until tender. Turn them into a colander, pulp them through, and season to taste with sugar and a little powdered cinnamon. Return the sauce to the kettle, stew it slowly, until the sugar is thoroughly dissolved, and set it on the ice.

STEWED APPLES.

Pare, core and quarter tart apples. Make a syrup of a cupful of sugar, two-thirds of a cupful of water and a little lemon-peel. When the syrup boils, add the apples, and cook carefully until they are tender but not broken.

Remove them carefully, boil the syrup down a little, and strain it over the apples.

SPICED APPLES.

Place one cupful of sugar and three cupfuls of water in a granite-ware pan, and add eight cloves and a three-inch piece of cinnamon or a bit of ginger root. Closely cover the pan, and boil slowly for fifteen minutes. Wipe a number of small, tart apples, extract the stem and blossom ends, and cook the fruit in the syrup until tender, taking care that the apples are not broken. Lift them out into a dish, boil the syrup until reduced one-third, and strain it over the apples.

SPICED PEARS.

These are prepared the same as spiced apples; but if the pears are dry and hard, they should be parboiled slowly in clear water before being cooked in the syrup, as the sugar will harden them, and they will not become tender if put into the syrup for the entire cooking.

STEWED PRUNES.

Wash the prunes carefully, and if hard and dry, soak them an hour in cold water before cooking. Place them in a porcelain-lined or granite-ware kettle, with boiling water to cover. Cover the kettle closely, and boil slowly until the prunes are swollen and tender. Then add two table-spoonfuls of sugar to every pint of prunes, and boil a few minutes longer, but not long enough to break the skins. If the prunes lack flavor, add a little lemon-juice.

RHUBARB SAUCE.

Peel the rhubarb, and cut it into inch lengths; place it in a granite-ware stew-pan, and for each quart of rhubarb add a tea-cupful of sugar and half a cupful of water. Stew slowly until tender.

BAKED RHUBARB SAUCE.

Proceed as in the preceding recipe, and after adding the water and sugar, place all in an earthenware baking-dish. Cover the dish, and bake slowly for two hours. The rhubarb will be found of a rich color when done, and it will not have cooked to pieces.

SAUCE OF DRIED FRUITS.

This may be made of evaporated apples or peaches or of dried berries or plums. If apples or peaches are used, wash them carefully in cold water, rubbing them between the hands the same as in washing rice. Place the fruit in a large bowl, allow a quart of water to each pint of fruit, and leave the latter to soak over night. In the morning put both fruit and water in a granite-ware sauce-pan, add a cupful of sugar, and, if apples are used, also put in the juice of one lemon. Set the pan on the back of the range and cook slowly for three hours, not stirring the fruit while cooking. When done, turn the sauce into a bowl, and set it away to cool. Berries require careful washing, and will cook tender much more quickly than apples, but they must be soaked over night in order to be of proper flavor when done. Plums require a large amount of sugar in cooking, the quantity varying according to the kind used.

COOKERY FOR THE SICK.

“Of herbs and other country messes,
Which the neat-handed Phillis dresses.”

MILTON.

A GOOD nurse is now considered of as much importance in the sick-room as a skillful physician. Not the least among the nurse's duties is to provide food for the sufferer—food that shall be palatable and inviting and at the same time nourishing and wholesome. Every mother of a family ought to know how to cater to the fitful appetite and weak digestion of an invalid. The three great events of the day to the poor bedridden patient are the three meals, and these should be most delicately and carefully prepared.

The sick person should not be asked what he would like to have served, for he will surely sicken of food with the effort of selection and will very likely end by saying, “Nothing at all!” He should be watched carefully and the slightest intimation of a desire for any particular delicacy should be immediately considered; and if the desired food will not prove injurious, it should be prepared at once, and without the patient's knowledge, if possible, so it may prove a complete surprise. By all means make every dish, no matter what its nature, as

dainty and attractive looking as may be, and be sure it is well cooked. The eye, -as well as the palate, of the patient is to be considered ; therefore, serve the invalid's meals on the choicest ware you possess, accompanied by the snowiest of napkins and the brightest of silver. Only a little food should be served at a time, for fear of frightening away the wavering appetite by the sight of much food. A bit of green on a chop or steak will add much to the daintiness of the dish.

All through the present work are given recipes for dishes that an invalid may eat with pleasure and safety. Among these are nearly all the soups, carefully cooked meats and fish, all kinds of bread (if not fresh), cooked fruits, simple puddings, in the making of which no fat is used, jellies, creams and other light desserts. Re-cooked meats, fish or vegetables should never be offered to an invalid. Milk is now given in all kinds of illness ; and when it does not agree with the patient, a table-spoonful of lime-water added to each glassful will generally prevent any disagreeable consequences. Hot milk is considered a good stimulant after much fatigue. It should not be allowed to boil, but should just reach that point and be served as hot as possible, the cup being heated before being used, and the milk being covered with the inverted saucer while on its way to the sick-room. The patient should sip the milk as hot as can be borne, and will often find it as strengthening in its results as wine or liquor.

In preparing any of the grain foods for a sick person, extra care should be taken that they are sufficiently well cooked, else the result may be hurtful. Of the laxative articles of diet, oatmeal is one of the most important.

It stands before all other grains in point of nutrition. Rice is also a very valuable article of food in cases of digestive derangement. It nourishes and soothes at the same time, and supports the strength most desirably. For acute affections of the alimentary canal, rice-water for drink and rice jelly for food form a particularly appropriate diet. These preparations are also advised during convalescence from acute fever, and other maladies where there is intestinal trouble, especially in the summer complaints of young children. The value of corn-meal for invalids who are thin and low of temperature is but little appreciated. Corn-meal contains a large percentage of oil, which is heat-producing and nourishing.

Of meats, none is so juicy and appetizing as a beef-steak from a proper cut and properly cooked. Pork and veal should never be given in any form to a sick person. Some physicians claim that venison is the most easily digested and assimilated of meats, and class mutton next and beef third; but beef can often be eaten when no other variety of meat can even be tasted.

BEEF-TEA.

In families where little time is given to preparing invalid dishes, the extract of beef is much to be preferred in the making of beef-tea. In this way the tea can be made as strong or weak as may be desired, and may be got ready quickly, hot water and a little salt (generally half a tea-spoonful to a cupful of water) being all that is necessary besides the extract. A physician of large practice has said that beef-tea made in this way is much better than three-fourths of that prepared direct from the beef, and that only with exceptionally good nurses would he

allow any other kind to be administered to his patients. In making tea from the beef, have the meat cut from the round and chopped very fine by the butcher. To a pound of meat allow a pint of cold water. Put the water on the meat in a covered saucepan, and let the latter stand for an hour on the back of the stove in a very moderate heat, stirring frequently; then place it in a stronger heat, letting the liquid heat up very slowly, and simmer for an hour longer. Add salt to taste, strain and set away to cool. When cold remove every particle of fat from the top, and heat up only the quantity needed for immediate use. When the tea is required in a hurry, the grease may be taken off by laying a white paper on top of the warm liquid.

STRONGER BEEF-TEA.

Place a pound of finely chopped lean beef in a wide-mouthed bottle, or in a fruit-jar. Add to it half a pint of cold water, and let it stand for an hour; then place the bottle in a sauce-pan of cold water, place the pan on the fire, and heat the water slowly almost to the boiling point, but be careful not to let it boil. Cook in this way for two hours; then strain, and season with salt to taste.

The thick sediment that falls to the bottom of beef-tea after it has stood for a short time, is the most nutritious part of the preparation; yet many ignorantly serve only the clearer and poorer part to the patient. It is to keep this sediment (the albuminoids) in a safe, digestible condition that the cook must be careful that the water which surrounds the bottle does not boil, as great heat hardens albumen.

BEEF ESSENCE.

Have the meat chopped very fine, place it in a fruit-jar, and screw on the top of the jar, but not tightly, or the jar will burst. Set the jar in a saucepan of cold water, heat the water slowly, and keep it near the boiling point for four hours. Pour off the juice from the meat, and press the latter to extract every drop of the essence, using for the purpose a lemon-squeezer, or a meat-squeezer that is sold for this particular work. Season slightly with salt when serving. This makes an invaluable aliment for persons who are or have been very ill, and for weak infants when they need much nourishment in small compass. It can be administered like medicine by the tea-spoonful at regular intervals.

BEEF JUICE.

Choose a thick cut of fresh, juicy and very lean steak. Broil it over the coals only long enough to heat it throughout; then cut it into small pieces, place these in a lemon squeezer or a meat press and press out the juice into a warm dish. Salt slightly in serving.

MUTTON JUICE.

Prepare this the same as beef juice, using for the purpose a thick cut from the leg, and cutting off all the fat.

CHICKEN BROTH.

Cut up a young fowl, and remove all of the skin and fat. Wash the chicken, cut it into small pieces, crack the bones well, and place it in a kettle with two quarts of cold water. Set the kettle on the fire in a slow heat,

and gradually bring the water to the boiling point. Skim carefully, and set it back where it will gently simmer for three hours, keeping the kettle tightly covered. Season with salt, strain off the broth, and serve. If sago, tapioca or rice is not objectionable to the patient, it may be added with advantage. Soak two table-spoonfuls of the grain for an hour in cold water, drain, add it to the strained broth, and simmer slowly for twenty minutes. If the kettle is kept well covered and the cooking is as slow as it should be, the liquid will not boil away appreciably. Should the broth be needed very quickly, the rice may be boiled by itself in just enough water to keep it from browning, and both water and rice may be added to the broth, care being taken that there is not enough water with the rice to weaken the broth.

MUTTON BROTH.

Take a pound of the scraggy part of the neck of mutton, cut off all the fat, and cut the lean into small cubes. Add to the meat four table-spoonfuls of pearl barley, and three pints of cold water. Heat slowly to the boiling point, skim carefully, and set the broth back where it will simmer. Place the bones in a pint of cold water, and boil them gently for half an hour; then strain the liquor into the broth, and cook the latter two hours longer. Season well with salt. The barley may be omitted if not cared for, but it adds much to the nutritiousness of the broth.

BEEF BROTH.

This is made the same as mutton broth.

CLAM BROTH.

For this purpose the clams should be in the shells. Scrub a dozen clams with a brush until they are perfectly clean, place them in a stew-pan, and add half a pint of boiling water. Place the pan on the fire in a moderate heat, boil fifteen minutes, and strain the liquor through a fine sieve. Should the broth be too fresh (which it seldom is), add salt. If it is too salt, dilute it with boiling water.

GRUELS.

Sick persons almost invariably have a natural antipathy against all "sick dishes," and this repugnance is perhaps, most decided against gruels of all kinds. When gruels are served to an invalid, they should be carefully selected with the nature of the complaint in view. Thus, in excessive disorder of the bowels, oatmeal gruel should never be given, but instead a flour gruel.

OATMEAL GRUEL, NO. 1.

When much oatmeal gruel is to be required, it will prove an economy of time to cook the oatmeal into mush, as previously described in this book, making sure that it is very thoroughly done. Place it in a bowl, and cover tightly. When gruel is needed, place some of the mush in a frying-pan, add milk sufficient to thin it to the desired consistency, and boil slowly for five minutes, stirring all the time. Add salt, and serve.

OATMEAL GRUEL, NO. 2.

One quart of boiling water. .
One table-spoonful of raw oatmeal.
One-half tea-spoonful of salt.

Place the water in a frying-pan, add the oatmeal, and cook for two hours in a slow heat. Season with the salt, and strain or not, as the physician may direct. To serve, fill a cup two-thirds full with the hot gruel and fill the balance with cream or milk, stirring both well together before taking to the patient.

INDIAN MEAL GRUEL.

One quart of boiling water.
One-half tea-spoonful of salt.
Two table-spoonfuls of meal.
One table-spoonful of flour.
Four table-spoonfuls of cold water.

Place the meal and flour in the cold water, rub them smooth, and stir the paste into the boiling water. Stir well, and when the gruel boils, set it back where it will simmer gently for two hours. Add the salt, cook for half an hour longer, and serve with cream or milk, the same as in the preceding recipe.

FLOUR GRUEL.

This is particularly useful in the summer troubles of little children. Place a pint of flour in a cloth, tie it tightly, put it in a kettle of boiling water, and let it boil four or five hours. When the cloth is untied, the gluten of the flour will be found in a mass on the outside of the ball. Remove this, and the inside will be found a dry powder, which is very astringent. Grate from the ball, wet the powder in cold milk, and stir it into a pint of boiling milk, using as much of the powder as will thicken the milk to a palatable porridge. Add salt, and serve hot.

FLOUR GRUEL, NO 2.

One pint of boiling milk.
One-half tea-spoonful of salt
One table-spoonful of flour.
Four table-spoonfuls of cold milk.

Stir the cold milk and the flour together, and when they are well mixed, add them to the boiling milk. Cook in a double boiler for twenty minutes, season with the salt, strain, and serve hot.

This gruel may be made more nutritious by adding half a cupful of raisins to the milk when it is put on to boil. These also are strained off.

GRAHAM GRUEL.

One pint of boiling water.
One-half tea-spoonful of salt.
Four table-spoonfuls of cold water.
One table-spoonful of graham meal.

Make the same as the preceding, omitting the raisins, and boiling for thirty minutes instead of twenty. Serve with cream or milk, the same as the flour gruel.

MILK TOAST.

Cut the bread in thin slices, pare off the crust, and toast carefully until of a golden-brown hue. Butter it lightly while hot. Have ready a tea-cupful of milk that has been slightly thickened with a tea-spoonful of flour and salted to taste ; pour this hot over the toast, and serve at once.

CREAM TOAST.

This is richer than milk toast, but is often most grate-

fully received by the patient already tired of other foods. Toast the bread, and butter it the same as directed in the preceding recipe. Sprinkle the toast with a very little salt, pour over it three or four tea-spoonfuls of sweet cream to every slice, and serve at once. Do not heat the cream. The toast, if very hot, will warm it sufficiently.

PANADA.

Sprinkle a tea-spoonful of salt between two large Boston, soda or graham crackers or hard pilot biscuit. Place the crackers in a bowl, and pour on just enough boiling water to soak them well. Set the bowl in a vessel of boiling water, and let it remain twenty or thirty minutes, until the crackers are quite clear, but not at all broken; then lift them out carefully without breaking, and lay them on a hot saucer. Serve very hot with sugar and cream.

WHEY.

This is made with sweet milk and an acid. Whey contains the sugar, salt and other saline principles necessary for digestion and the repair of the mineral part of the body.

WINE WHEY.

One cupful of new milk.

One-half cupful of sherry wine.

Sugar to sweeten.

Place the milk in a small saucepan set in another containing boiling water. When the milk boils, add the wine, stir well, and leave in a mild heat until the curd

and whey separate ; then strain, sweeten the whey, and serve.

Many other acids are used in making whey, and the process is the same in each instance as that for making wine whey. The proportions are given below.

LEMON WHEY.

One cupful of milk.

Two table-spoonfuls of lemon-juice.

CREAM OF TARTAR WHEY.

One cupful of milk.

One level tea-spoonful of cream of tartar.

ORANGE WHEY.

Two cupfuls of milk.

One orange (juice)

DRINKS FOR THE SICK.

CURRENT WATER.

Stir a table-spoonful of currant jelly into a glassful of water. Sweeten slightly, if desired. When currant juice is obtainable, use three table-spoonfuls of the juice and enough water to dilute to the desired acidity. Acid drinks are most refreshing in fever.

APPLE WATER.

Bake two large, tart apples until tender, sprinkle a table-spoonful of sugar over them, return them to the oven, and cook until the sugar is slightly brown. Place the apples in a bowl, mash them with a spoon, pour a pint of boiling water on them, cover, and let them stand for an hour ; then strain and cool.

RICE WATER.

Wash four table-spoonfuls of rice, add to it three cupfuls of cold water, place it on the fire, and cook for half an hour. Season with salt, strain and serve.

BARLEY WATER.

Wash five table-spoonfuls of pearl barley, add to it four cupfuls of cold water, place it on the fire, and boil slowly for two hours. Strain, and when cold, season with a little salt, or, if not hurtful, a little lemon and sugar.

TOAST WATER.

Toast two or three slices of stale bread until brown all through, but not at all scorched. Break the toast in small pieces, and put a cupful of it into a pitcher, using none of the toast that is not thoroughly brown. Pour on the toast three cupfuls of boiling water, let this stand for ten minutes, strain, and serve when cold.

FLAXSEED LEMONADE.

This is very soothing to patients suffering from colds.

One quart of boiling water.
Four table-spoonfuls of whole flaxseed.
Two lemons.
Sugar.

Boil the flaxseed in the water for three hours, letting it steep slowly. Strain, sweeten to taste, and add the juice of the lemons. If too thick, add a little water.

HOT LEMONADE.

This should only be drunk just before retiring; it is

excellent for colds, but care should be taken to avoid all exposure on the following day.

One lemon.

Three-quarters cupful of boiling water.

Sugar to taste.

Squeeze the lemon-juice into the water, and add the sugar. Serve as hot as possible.

EGG NOG.

One egg.

Milk.

One table-spoonful of brandy, rum or wine.

One table-spoonful of sugar.

Beat the white of the eggs stiff, stir the sugar into it, add the yolk of the egg, beat well, and stir in the liquor. Place the mixture in a tumbler, and gradually add enough milk to fill the glass, stirring all the time. Add a slight grating of nutmeg, and serve.

Wines or liquors should never be given to a patient without the advice of the physician, as in fevers they are positively harmful. Cases of sudden prostration are, however, an exception, a spoonful of liquor often quickly relieving the distress.

MILK PUNCH.

Sweeten three-quarters of a glassful of milk to taste, and add one or two table-spoonfuls of the best brandy. Grate a little nutmeg over the top, turn the whole into a pint bowl, and beat two minutes with a Dover egg-beater; then pour the punch back into the glass, and serve.

RICE JELLY.

Mix enough water with two table-spoonfuls of rice flour to make a thin paste, and then add a coffee-cupful of boiling water. Sweeten to taste, and boil until the rice is transparent. If intended for a person suffering from intestinal trouble, boil with it a stick of cinnamon; if for a fever patient, add, when done, several drops of lemon-juice. Wet a mould with cold water, pour in the jelly, and when cold serve with milk and sugar.

TO PREPARE AN UNCOOKED EGG.

Beat the yolk of the egg and a tea-spoonful of sugar together, and add to this two tea-spoonfuls of sherry, brandy or port, stirring well. Beat the white of the egg to a very stiff froth, stir it in, beating well, and serve at once. This will quite fill the glass. If wine is not desired, nutmeg may be used for flavoring.

TO PREPARE RAW BEEF.

Scrape very fine two or three table-spoonfuls of fresh, juicy raw beef, season it slightly with pepper and salt, spread it between two thin slices of lightly buttered bread, and cut for serving into little diamond shapes, two and a-half inches long and an inch wide.

CHIPS FOR DYSPEPTICS.

- One cupful of Arlington wheat meal.
- One cupful of milk.
- One cupful of water.
- One-half tea-spoonful of salt.

Beat all together until smooth, pour into two well buttered dripping-pans, and bake until thoroughly brown.

MENUS FOR INVALIDS.

NO. 1.

BREAKFAST.	DINNER.	SUPPER.
<i>Oatmeal Mush.</i>	<i>Beefsteak.</i>	<i>Cream Toast.</i>
<i>Egg on Toast.</i>	<i>Baked Potatoes (mashed).</i>	<i>Cup of Tea.</i>
	<i>Toasted Graham Cracker.</i>	<i>Baked Apple.</i>
	<i>Dessert.</i>	
	<i>Gelatine Pudding.</i>	

NO. 2.

BREAKFAST.	DINNER.	SUPPER.
<i>Hominy Grits.</i>	<i>Chicken Broth, with Rice.</i>	<i>Milk Toast.</i>
<i>Mutton Chop.</i>	<i>Dessert.</i>	<i>Quince Jelly.</i>
<i>Bread (not fresh).</i>	<i>Wine Jelly, with Cracker.</i>	
<i>Cup of Hot Milk.</i>		

NO. 3.

BREAKFAST.	DINNER.	SUPPER.
<i>Cracked Wheat Mush.</i>	<i>Beef Broth, with Barley.</i>	<i>Corn Meal Mush,</i>
<i>Oysters on Toast.</i>	<i>Bread (not fresh).</i>	<i>with Cream and Sugar.</i>
	<i>Dessert.</i>	
	<i>Soft Custard.</i>	

MENUS.

“Serenely full, the epicure would say,
‘Fate cannot harm me, I have dined to-day.’”

SYDNEY SMITH.

The following menus have been prepared for use in families where an expensive menu would not be possible. Where the cost need not be considered, a caterer is generally engaged, or the number of servants is proportionate to the style of service.

Any of these menus may readily be served in homes where but one maid is employed, if proper forethought be given as to time, etc. All the necessary directions for preparing the dishes mentioned in these menus will be found through this work.

MENU FOR THANKSGIVING DINNER.

Oysters on the Half-shell.

Noodle Soup.

Roast Turkey.

Giblet Gravy.

Mashed Potatoes.

Mashed Turnips.

Chicken Pie.

Plain Celery.

Cranberry Sauce.

Creamed Onions.

Lettuce Salad.

Suet Pudding, with Snow Sauce.

Apple Pie.

Pumpkin Pie.

Mince Pie.

Fruit.

Coffee.

MENU FOR CHRISTMAS DINNER.

	<i>Oyster Soup.</i>	
<i>Baked Fish.</i>		<i>Tomato Sauce.</i>
	<i>Potato Balls.</i>	
	<i>Roast Goose, with Apple Sauce.</i>	
<i>Cauliflower.</i>		<i>Mashed Potato.</i>
	<i>Venison Steak.</i>	
	<i>Currant Jelly.</i>	
<i>Baked Sweet Potatoes.</i>		<i>Stewed Celery.</i>
	<i>Lettuce Salad.</i>	
	<i>Plum pudding, with Brandy Sauce.</i>	
<i>Ice Cream.</i>		<i>Cake.</i>
	<i>Fruit.</i>	
	<i>Coffee.</i>	

MENUS FOR A SPRING DAY.

BREAKFAST.

	<i>Fruit.</i>	
	<i>Wheat-Germ Mush.</i>	
	<i>Broiled Lamb Chops.</i>	
<i>Creamed Potatoes.</i>	<i>Hominy Waffles.</i>	<i>Water Cresses.</i>
<i>Graham Gems.</i>	<i>Coffee.</i>	<i>Toast.</i>

LUNCHEON.

	<i>Tomato Soup.</i>	
<i>Scalloped Oysters.</i>		<i>Rolls.</i>
<i>Canned Peaches.</i>		<i>Cake.</i>
	<i>Tea.</i>	

DINNER.

	<i>Roast Beef, with Yorkshire Pudding.</i>	
<i>Stewed Macaroni.</i>		<i>Mashed Potatoes.</i>
	<i>Chocolate Corn-Starch.</i>	
	<i>Coffee.</i>	

LUNCHEON.

<i>Corned-beef Hash.</i>		<i>Bread.</i>
	<i>Raw Tomatoes (sliced).</i>	
<i>Peaches.</i>		<i>Grapes.</i>
	<i>Coffee.</i>	
	<i>Chocolate.</i>	

DINNER.

	<i>Celery Soup.</i>	
<i>Stewed Chicken.</i>		<i>Rice.</i>
<i>Plain Boiled Potatoes.</i>		<i>Stewed Tomatoes.</i>
	<i>Bread Pudding, with Vanilla Sauce.</i>	
	<i>Coffee.</i>	

SUPPER.

<i>Welsh Rarebit.</i>		<i>Bread.</i>
<i>Baked Quinces.</i>		<i>Sponge Cake.</i>
	<i>Tea.</i>	

MENUS FOR A WINTER DAY.

BREAKFAST.

	<i>Corn-meal Mush.</i>	
<i>Broiled Bacon.</i>		<i>Creamed Potatoes.</i>
	<i>Buckwheat Cakes, with Maple Syrup.</i>	
	<i>Coffee.</i>	

LUNCHEON.

	<i>Consommé.</i>	
<i>Fried Corn-meal Mush.</i>		<i>Baked Sweet Potatoes.</i>
<i>Apple Sauce.</i>		<i>Rolls.</i>
	<i>Chocolate.</i>	

DINNER.

	<i>Roast Turkey, with Cranberry Sauce.</i>	
<i>Mashed Potatoes.</i>		<i>Cauliflower.</i>
	<i>Celery Salad.</i>	
	<i>Bird's-Nest Pudding.</i>	

Preserves.

Cakes.
Tea.

Ice-Cream.
Chocolate.

MENU FOR A SMALL COMPANY DINNER.

Oysters on the Half-Shell.

Consommé.

Fried Smelts, with Tartare Sauce.

Boiled Potato Balls.

Roast Chicken, with Currant Jelly.

Sweetbread Croquettes.

Mashed Potatoes.

Boiled Celery.

Welsh Rarebit.

Water-cress Salad.

Custard Soufflé, with

Cream Sauce.

Fruit.

Coffee.

TWO MENUS FOR EVENING CARD PARTIES.

NO. 1.

Bouillon.

Chicken Salad.

Rolls.

Champagne.

Olives.

Fancy Cakes.

NO. 2.

Rolled Chicken Sandwiches.

Salad.

Ham (sliced).

Wafer Crackers.

Cream.

Cakes.

Coffee.

MENU FOR AFTERNOON TEAS.

Sandwiches.

Tea.

Fancy Cakes.

Claret Punch.

MENU FOR CHILDREN'S BIRTHDAY PARTY.

<i>Cold Chicken (sliced).</i>	<i>Bread.</i>
<i>Soft Custard.</i>	
<i>Ice-Cream.</i>	<i>Fancy Cakes.</i>
<i>Birthday-Cake (with Name and Date).</i>	
<i>Nuts.</i>	<i>Fruit.</i>
	<i>Candy.</i>

BILL-OF-FARE TABLE.

Bills of fare can be easily made for the most elaborate or the plainest dinner that is to be served in courses, by selecting more or less of the dishes mentioned in the following table, and serving them in the order indicated.

FIRST COURSE.—Raw oysters, little clams, Roman punch.

SECOND COURSE.—Soup.

THIRD COURSE.—*Hors-d'œuvres* (Relishes). Cold: sardines, pickled oysters, cucumbers, radishes, preserved herrings, anchovies, cold slaw. These dishes are considered as appetizers and are very properly served at this course. It is a French custom.

FOURTH COURSE.—Fish. Any kind of fish or shell-fish.

FIFTH COURSE.—*Hors-d'œuvres*. Hot: these are the light entrées, such as croquettes, all kinds of hot patties (not sweet), sweetbreads, brains, etc.

SIXTH COURSE.—*Relevés*. The substantial dishes, such as roast joints of beef, veal, lamb, mutton or venison, roast or boiled turkeys or chickens, fillet of beef, braised meats, etc.

SEVENTH COURSE.—Roman punch.

EIGHTH COURSE.—*Entrées*. Cutlets, all kinds of patties (not sweet), sweetbreads, fricassées, scollops, casseroles, poultry or game *en coquille*, croquettes, *sal-*

mis, blanquettes, any of the meats or game made into side dishes.

NINTH COURSE.—*Entremêts*. Dressed vegetables, served alone, such as cauliflowers, asparagus, artichokes, corn, spinach, boiled celery, string beans, or French peas on toast, macaroni, dressed eggs, fritters.

TENTH COURSE.—Game of any kind.

ELEVENTH COURSE.—Salad of any kind. A plain salad is often served with the game.

TWELFTH COURSE.—Cheese, macaroni dressed with cheese, cheese omelet, cheese-cakes. Cheese and salad are often served together.

THIRTEENTH COURSE.—*Entremêts* (sweet). Any kind of puddings, jellies, sweet fritters, sweet pastries, creams, charlottes, etc.

FOURTEENTH COURSE.—*Glacés*. Anything iced, such as ice creams, water ices, frozen puddings, etc.

FIFTEENTH COURSE.—Dessert. Fruit, nuts and raisins, candied fruits, bonbons, cake, etc.

SIXTEENTH COURSE.—Coffee, and little cakes or biscuits (crackers).

MEASUREMENTS.

“ Make it plain upon the tables,
That he may run that readeth it.”

SCRIPTURE.

4 tea-spoonfuls of liquid,	1 table-spoonful.
4 table-spoonfuls of liquid,	$\frac{1}{2}$ gill, $\frac{1}{4}$ cupful or 1 wine-glassful.
1 table-spoonful of liquid,	$\frac{1}{2}$ ounce.
1 pint of liquid,	1 pound.
2 gills of liquid,	1 cupful, or $\frac{1}{2}$ pint.
1 kitchen cupful,	$\frac{1}{2}$ pint.
1 quart of sifted pastry flour,	1 pound.
1 quart of sifted “ new-process ” flour, less 1 gill,	1 pound.
4 cupfuls of flour,	1 quart, or 1 pound.
2 rounded table-spoonfuls of flour,	1 ounce.
1 rounded table-spoonful of granulated sugar,	1 ounce.
2 rounded table-spoonfuls of ground spice,	1 ounce.
1 heaping table-spoonful of powdered sugar,	1 ounce.
3 cupfuls of corn-meal,	1 pound.
$1\frac{1}{2}$ pint of corn-meal,	1 pound.
1 cupful of butter,	$\frac{1}{2}$ pound.
1 pint of butter,	1 pound.
1 table-spoonful of butter,	1 ounce.
Butter the size of an egg,	2 ounces.
Butter the size of a walnut,	1 ounce.
1 solid pint of chopped meat,	1 pound.
10 eggs,	1 pound.
2 cupfuls of granulated sugar,	1 pound.
1 pint of granulated sugar,	1 pound.

1 pint of brown sugar,	17 ounces.
2½ cupfuls of powdered sugar,	1 pound.
1 cupful of rice,	½ pound.
1 cupful of stemmed raisins,	6 ounces.
1 cupful of cleaned and dried currants,	6 ounces.
1 cupful of grated bread-crumbs,	2 ounces.
8 rounded table-spoonfuls of flour,	1 cupful.
8 rounded table-spoonfuls of sugar,	1 cupful.
8 rounded table-spoonfuls of butter,	1 cupful.
2 gills,	1 cupful.
1 common tumblerful,	1 cupful.
3 table-spoonfuls of grated chocolate,	1 ounce.
1 pint,	16 ounces.
1 pint,	4 gills.
1 ounce,	8 drachms (¼ gill).
1 table-spoonful,	½ ounce.
16 drachms,	1 ounce.
16 ounces,	1 pound.
4 gills,	1 pint.
2 pints,	1 quart.
4 quarts,	1 gallon.

SMALL ECONOMIES.

“Waste not—want not.”

“Economy is a poor man’s revenue,
Extravagance—a rich man’s ruin.”

THERE is an old saying (which if rather roughly put, is none the less true), that “a woman can throw out with a spoon faster than a man can throw in with a shovel.” While all men do not “throw in with a shovel,” in reality, there are many women who seem almost to “throw out” by the shovelful rather than by the spoonful of this wise old proverb. A few “leaks in the kitchen” are here mentioned to remind thoughtless housekeepers of the many spoonfuls they are continually throwing out.

In cooking meat the water is often poured out without first removing the fat, and quite as frequently the oil from the baking-pan is cast away as of no value.

Scraps of meat are thrown out.

Cold potatoes are allowed to sour.

Dried fruits are not looked after and become wormy.

Vinegar and sauce are left standing in tin vessels.

Apples are allowed to decay for want of looking over.

The tea-canister and coffee-box are left open so that the tea and coffee lose their strength and flavor.

Bones of meat and the carcasses of roast fowls are

thrown away, when they could be used in making good soups.

Sugar, tea, coffee, rice and flour are carelessly spilled in handling.

Soap is left in the water to waste.

Dish-towels are used for dish-cloths, napkins for dish-towels, and towels for holders.

Brooms and mops suffer damage from not being hung up.

More coal is burned than is necessary through the cook not closing the dampers when the fire is not in use.

Lights are left burning when not needed.

Tin dishes are not properly cleaned and dried.

Good brooms are used to scrub the floors or sweep the cellar, when there are plenty of old ones that will answer these purposes just as well.

Silver spoons are used in scraping kettles.

Mustard is left to spoil in the cruse.

Vinegar is allowed to stand in an open vessel until its strength is lost and it becomes dusty, or is filled with gnats.

Pickles become spoiled through the leaking out or evaporation of the vinegar.

Pork spoils for want of salt, and beef because the brine needs scalding.

Cheese is permitted to mould, or when dry is thrown away.

Woodenware is put away unscalded and left to warp and crack.

The bread-pan is set away with a quantity of the dough still in it.

Remnants of pie-crust are allowed to harden and then

thrown out, instead of being utilized for making a few tarts for supper.

Cold pudding is thrown away because there is not enough to "go round." Some fruit should be served also, and the pudding steamed, thus producing a good dessert.

Cooked rice is wasted, when a pudding could be made of it, or it could be used in soup.

Vegetables are also thrown away that might be used to advantage in soup.

The scrub-brush is left to rot in a pail of water.

Pails are scorched on the stove, and tubs and barrels are left in the sun to dry and fall apart.

Potatoes in the cellar commence to grow, and the sprouts are not removed until the potatoes are spoiled.

Dried beef becomes so hard it cannot be cut.

Servants are allowed to leave a light burning in their rooms or in the kitchen, when they are to be out all the evening.

Servants neglect the wash on a windy day, and the clothes are whipped to pieces. Fine cambrics are washed on the board instead of between the hands, and laces are torn in ironing.

Fruit-stains in the table-cloths are not strained out as soon as possible, but are washed into the cloths.

Clothes-pins that have fallen to the ground are not picked up promptly, and so are soon ruined.

Scraps of soap are wasted instead of being utilized in a soap-shaker that costs but a trifle.

Good sheets are taken for ironing cloths, when coarse, unbleached cotton can be had for a few cents a yard. Good blankets or quilts also are used for padding the

ironing board, when an ironing-blanket may be purchased at very small cost.

The egg-beater is left soaking in water, instead of being at once cleansed and laid away.

Kitchen knives and forks are also left in water until the handles are loosened if they do not come entirely off.

HOW TO USE WHAT IS SAVED.

Save all broken pieces and crusts of bread not fit for toast; they may be used in place of cracker-crumbs for dipping oysters, croquettes, etc. (See "How to Dry Bread-Crumbs.") Stale bread may also be used in bread griddle-cakes, queen of puddings, bread muffins and many desserts.

Muffins left from breakfast may be split in half and toasted for luncheon; or they may be dipped quickly in cold water and set in a hot oven for fifteen minutes, when they will taste as if newly made.

Pieces of buns or stale cake make excellent cabinet pudding or cake custard pudding. Here also may be used the bit of preserves left from last evening's tea. There is nothing better for panada than stale rusks, toasted.

All cold mashed potatoes should be saved for croquettes or potato puff. One cupful will make six croquettes.

Cold boiled potatoes make delicious French fried or Lyonnaise potatoes and potato salad.

All small pieces of plain or puff paste trimmed from pies or patties may be used for cheese fingers, or with the small piece of beefsteak left from breakfast, may be made into *rissoles*, forming a dainty but inexpensive *entrée* for

luncheon. The unbaked portion of puff paste taken from the center of patties, when dried and rolled, makes a richer and much better covering for scallops, devils, etc., than dried bread-crumbs.

The green part of celery stalks is not sightly in the dish or glass, nor is it fit to eat ; but it is just the thing for stewing and for flavoring soups. The roots, when boiled, make an excellent salad.

Save every bone, whether of beef, mutton, veal, ham, poultry or game, and also all juices and gravies, for making soup. In the soup kettle place the long end of the rib roast, which would only become tasteless and dry if warmed in the oven ; and also the fat ends of French mutton chops. This kettle may be made an inexhaustible storehouse, not only for making ordinary soup or purée, but also for stock, which is far better than water for making sauces and gravies. All the fat from the surface of the soup, every piece of suet from chops and steaks, in fact, all kinds of fat should be saved, tried out, clarified and strained into the dripping pot. If this is done, there will always be an abundance of fat for frying, and no lard need ever be purchased for this work. Doughnuts and fritters are much better fried in drippings than in lard, as then so much of the fat is not absorbed.

The coarse, tough and unprepossessing tops of sirloin steaks, and the tough ends of rumps, which cannot possibly be eaten when broiled, make most excellent Hamburg steaks.

Soup meat, nicely chopped and seasoned and freed from all tough gristle may be pressed and used for luncheon. It needs to be well seasoned, else it will prove tasteless.

Cold mutton is particularly satisfactory when hashed and served on toast, or when stewed with tomatoes.

Cold roast and boiled chicken or turkey may be made into croquettes *à la Bechamel*, and if nicely served, will never suggest warmed-over meats.

A cupful of cold boiled rice added to griddle-cakes, muffins or waffles makes them lighter and more easy of digestion.

The water in which fresh tongue, mutton or chicken is boiled may be used for soup, or may be added to the stock-kettle.

Whites of eggs, saved one or two at a time, and kept in a cool place, may be used for angels'-food, white cakes or apple snow.

When the yolks of eggs are to be set aside for any length of time, beat them thin, adding a little cold water. This will prevent the thick scum forming on the top that wastes so much of the egg. If the yolks are to be used for salads, however, the water must not be added.

Cold boiled, baked or broiled fish may be used in croquettes or salads, *à la crème*, etc.

Hard ends of cheese may be grated and saved for baking macaroni. From a few of these dried bits a large quantity of grated cheese is obtained.

THINGS WORTH KNOWING.

“ Together let us beat his ample field,
Try what the open, what the covert yield ;
Content if hence the unlearned their wants may view,
The learned reflect on what before they knew.”

POPE.

HOW TO BLANCH ALMONDS.

SHELL the nuts and pour boiling water upon them. Let them stand in the water until the skin may be removed, then throw them into cold water, rub off the skins between the hands, and dry the kernels between towels.

HOW TO SALT ALMONDS.

Shell and blanch the almonds, spread them out on a bright tin pie-plate, add a piece of butter the size of a hickory nut, and set them in a hot oven until they are of a golden-brown hue. Remove them from the oven, stir well, dredge thickly with salt, and turn them out to cool.

HOW TO SCRAPE CHOCOLATE.

If but one square of chocolate is needed, draw a line across the two squares at the end of the cake, dividing them in halves. With a sharp knife shave off the chocolate until the line is reached. In this way there is no

waste of time or material. If two squares are needed, shave off to the dividing line. The pound packages of Baker's chocolate contain two cakes, each of which consists of eight squares; one of these squares is, therefore, an ounce.

HOW TO CLEAN ENGLISH CURRANTS.

Remove all the pebbles, bits of dirt and long stems from the currants, add a pint of flour to two quarts of the fruit, and rub the latter well between the hands; this starts the stems and dirt from the currants. Place the fruit and flour in a coarse colander, and shake well until the flour and stems have passed through; then place the colander and currants in a pan of water, and wash the currants thoroughly, leaving them still in the colander. Lift the colander and currants together, and change the water until it becomes clear. Drain the fruit between towels, pick it over carefully, and dry it in a sunny place. Do not dry currants in the oven, as the heat hardens them. When perfectly dry, put them away in jars. If currants are prepared in this way as soon as purchased, they will always be ready for use when wanted.

HOW TO STONE RAISINS.

Free the raisins from all stems, place them in a bowl, cover with boiling water and let them stand two minutes. Pour off the water and open the raisins, when the seeds can be removed quickly, without the usual stickiness.

HOW TO BOIL SUGAR.

The degrees of boiling sugar are variously classified by different cooks, some giving six degrees and others as

many as eight. The French boil sugar for nearly all of their desserts. For all practical purposes, however, a cook need understand but three degrees. Place a cupful of granulated or loaf sugar and half a cupful of water on the fire to boil, and when they have boiled fifteen minutes, dip the forefinger and thumb in cold water and take up a little of the syrup between them. If, upon drawing them apart, the syrup forms a thread, it has reached the second degree and is at the best stage for use in frozen fruits, sherbets and preserves. If, after more boiling, some of the syrup being taken up with a spoon and blown hard, flies off in tiny bubbles, it is at the fourth degree, called the *soufflé*, about twenty minutes of boiling being required to reach this point. This syrup is used for *biscuit glacé* and various kinds of creams, and it gives sherbets and fruits a much richer flavor than when used at the second degree. If the boiling is still continued, and a little syrup on being taken up on the point of a stick or skewer and dipped in cold water breaks off brittlely, the sixth degree has been reached. At this stage the syrup is used for icing fruit and cake, the dishes being known as *fruit glacé* or *gâteau glacé*. The syrup must never be stirred, as this would cause it to grain. Great care must be taken that it does not boil after coming to the sixth degree, because it burns quickly after that point is reached.

HOW TO MAKE VARIOUS KINDS OF SUGAR.

If a housekeeper does not like to use extracts, flavored sugars may be prepared, and they are then ready for use when it is not convenient to obtain the fresh fruits. These sugars must be placed in bottles and tightly corked; self-sealing jars are also excellent for this purpose.

ORANGE SUGAR.

Cut off the thin yellow rind of twelve oranges. Spread this on a platter, and set it in a warm, dry place to dry. When the rind is dry, which will be in about forty-eight hours, put half of it in a mortar with a cupful of granulated sugar. Pound the mixture to a powder, rub the latter through a fine sieve, return the coarse parts left in the sieve to the mortar, and pound them again. When all is through the sieve, put the balance of the peel and another cupful of sugar in the mortar, and proceed as before. One table-spoonful of this sugar will flavor a quart of custard or cream.

ORANGE ZEST.

This is another form of orange sugar, only the oily portion of the peel being added to the sugar. Rub lumps of loaf sugar on the outside of an orange until they are coated with the oil from the peel, using enough pressure to break the oil sacks. Pound the sugar in a mortar and bottle for use.

LEMON ZEST.

This is made with lemons in the manner directed for orange zest.

ROSE SUGAR.

Spread rose-leaves on a flat dish, and dry them in the oven. Put a pint of the dried leaves in a mortar with half a pint of granulated sugar, pound the whole to a powder, rub the latter through a sieve, and bottle tightly.

VANILLA SUGAR.

Cut an ounce of vanilla beans into small pieces, mix

them with a pint of granulated sugar, and pound all in a mortar until the mixture is like flour. Sift through a fine sieve, pound what will not pass through, and sift until all is fine. Allow a table-spoonful of the sugar to a quart of cream.

Another variety of vanilla sugar is made as follows : Cut the beans in small pieces, and split them so that the seeds may be exposed. Place an ounce of the beans in a small jar with a pound of granulated sugar, and seal tightly. Sift the sugar as required for use, add more to the jar, keeping it closely corked, and use as long as there is any flavor in the sugar.

HOW TO CREAM BUTTER.

If the butter is hard, the inside of the bowl in which it is to be creamed should be warmed. Pour hot water into the bowl, let it stand for about a minute, pour it out and wipe the bowl. Put in the butter, and cut it in small pieces; work it on the bottom of the bowl until it becomes soft, then beat it until it is light and smooth by running the spoon rapidly in a circle. After two minutes' work the butter should be a light creamy mass, and will then be ready for the addition of any other ingredients, such as sugar or flour. The work can be done more quickly and with less fatigue in this way than if the sugar were added at once. The hot water should not stand long enough in the bowl to heat the outside, and the bowl should never be hot enough to melt the butter. Butter should always be prepared thus for cake and for pudding sauces.

HOW TO WASH BUTTER FOR GREASING PANS.

Rinse a bowl first in hot water and then in cold. Put

a piece of butter into the bowl, and after covering it with cold water, work it with a spoon or with the hands until all the salt has been washed out. Pour off the water, and press out any water that may remain in the butter. Butter thus prepared is used for buttering cake or bread pans.

HOW TO SERVE SARDINES.

Regular covered dishes for serving sardines may be purchased, but if these are not at hand, any small fancy dish may be used. Drain the oil from the fish, arrange the fish in the dish, and cover them with fresh olive oil or not, according to taste. Place a dish of quartered lemons near the sardines to be served with them.

HOW TO ROLL BREAD.

Cut off all the crust from a loaf of fresh bread. Spread a thin layer of butter on one end of the loaf, and cut off this end in as thin a slice as possible, using a very sharp knife; then roll the slice up with the buttered side inward, and lay it on a napkin. Continue in this way until the requisite number of rolls are made, draw the napkin firmly around them, pin it, and set the whole in a cold place for several hours. Rolled bread is nice to serve with raw oysters or at a supper or luncheon party.

HOW TO DRY BREAD-CRUMBS.

Place all the crusts and pieces of stale bread in a pan, and set the pan in a warm oven or on a shelf over the range. When the bread is so dry that it will crumble between the fingers, put it in a bag made of strong cloth or ticking, and pound the bag with a wooden mallet until

the bread is reduced to powder. Sift the powder through a fine sieve, and put it away in boxes or glass jars. It will thus always be ready for breadding purposes.

HOW TO OBTAIN ONION JUICE.

Pare an onion, and cut it into four pieces. Put one or two of the pieces in a wooden lemon-squeezer, and squeeze hard. One large onion should yield two table-spoonfuls of juice. The squeezer should not be used for anything else, as the wood retains both the odor and taste of the onion. If the squeezers are not at hand, the onions may be grated and the shreds pressed; but this process will not produce so much juice as the former one.

HOW TO MAKE AND USE A PASTRY BAG.

Cut a piece of strong cotton cloth twelve inches square and fold it from two opposite corners, so as to give it a triangular shape. On one side fell the two edges together, thus making a bag shaped like a "dunce-cup"; and cut off the point at the apex just enough to permit a short tin tube, somewhat like a tailor's thimble, to be pushed through. The tube for *éclairs* measures about three-quarters of an inch in diameter at the smaller end, that for lady fingers three-eighths of an inch, and that for meringues and kisses half an inch. The tubes used for decorating with frosting are very small.

Fill the bag with the mixture, gather the cloth together at the top with the left hand, hold the point of the tube close to the pan on which the work is to be done, and press the mixture out with the right hand. It is necessary to have two or three of these bags if as many tubes are needed, for the tubes should fit very closely.

HOW TO KEEP ICE FOR A SICK-ROOM.

Tie a piece of coarse white flannel over a pitcher, leaving a cup-shaped depression in the center of the pitcher. Place the broken ice in the flannel, and cover it tightly with thicker flannel. The ice may be kept in this way all night, and the water that drips from it may be poured off as wanted. The water should never be allowed to rise to the height of the bag, however.

HOW TO CHOP SUET.

Cut the suet into pieces, remove the membrane, sprinkle the suet with flour, and chop it in a cool place. It will not become soft and sticky when treated in this way.

HOW TO MAKE CLARET VINEGAR.

Claret-wine when sour, may be made into excellent vinegar in this way. Place the wine in a small cask or jug, and add a pint of "mother" to every four quarts of wine. If this is not possible, a twenty-four inch square of common brown paper may be used; but the vinegar will ripen less quickly than if the "mother" from other vinegar were available. Set the cask in the sun, uncorked; and tie a piece of thin muslin cheese-cloth or tarlatan over the cork-opening. It should be ready to use in five or six weeks.

HOW TO MAKE TARRAGON VINEGAR.

Put two bunches of fresh tarragon in a quart preserving jar, fill the jar with white-wine vinegar, cover tightly, and set it away in a cool, dark place for two or three weeks; then strain, and bottle. Fill the jar once more

with fresh vinegar, and set it away. This will be ready to use in a month, but it need not be strained until the first is used. This vinegar is delicious in any kind of salad and in many sauces.

HOW TO KEEP FOOD IN THE ICE-CHEST.

Foods that have little odor, and those that absorb odors readily should be placed at the bottom of the refrigerator, while all edibles possessing a strong odor should be kept on the top shelves. Sour milk or cream should be rigidly excluded from the ice-chest, and salad dressings, Tartar sauce and celery should be covered closely, or they will flavor everything that is shut in with them. Pineapples, strawberries and raspberries should not be placed in the common ice-chest with milk or cream. Butter, milk, cream and other delicate foods may be kept in the lower part of refrigerators in which there is a circulation of dry air, and the fruits, vegetables, etc., with stronger flavors and odors may be put on the top shelves. If this arrangement is carefully observed, there will be little danger of one sort of food absorbing the odor or flavor of another. A dish of powdered charcoal should always be kept on one of the top shelves of the refrigerator, as it is an excellent absorbent of odors. It should be changed every few days. The refrigerator should above all be maintained in a perfect state of cleanliness; and with the above precautions there need be no trouble in preserving all kinds of food in a properly wholesome condition. People who live in flats are especially dependent upon this mode of keeping food, and too much care and vigilance cannot be exercised to have the ice-chest always sweet and healthful.

HOW TO DISSOLVE GELATINE.

If gelatine is covered with water and placed on the hearth or on the back of the stove, it will melt in fifteen minutes; but it will be strong-flavored and will impart a gluey odor to anything in which it is used. But if it is soaked in cold water for an hour, or even longer, and boiling water or milk is then poured upon it, it will at once dissolve and will rarely have an unpleasant taste or odor. Here is a good rule for dissolving a box of gelatine: Place the gelatine in a bowl, and pour over it half a pint of cold water. Cover the vessel, and let it stand in a cool place for at least an hour—two hours will not be too long. When ready to use the gelatine, add half a pint of boiling water, or the same quantity of boiling milk if the latter is to be used. Stir for one minute, when the gelatine will be wholly dissolved.

HOW TO PREPARE MUSTARD FOR TABLE USE.

Place the dry mustard in a tea-cup, and gradually add boiling water sufficient to make a thick paste, stirring well until the latter is perfectly smooth. Then put in enough strong vinegar to thin the paste to the desired consistency, and season with salt.

LIME-WATER, AND ITS USES.

Place a piece of unslaked lime in a bottle, and fill with cold water. The quantity of lime used is immaterial, as the water will take up only a certain amount. Cork the bottle tightly, and set it in the cellar or some cool, dry place; it will be ready to use in a few minutes. Use only the clear portion of the liquid.

When this has been poured off, more water may be added to utilize the rest of the lime.

The uses of lime-water are many. A tea-spoonful diluted with milk or water is a reliable remedy for summer troubles in children. Milk that is just turning sour may be restored with lime-water, half a tea-cupful being allowed to a pint of milk. A small quantity of lime-water will prevent the possible souring of cream or milk that may be needed for the next day. It will also sweeten and purify bottles that have contained milk ; and it is sometimes used in bread-sponge to prevent the bread becoming sour. Lime-water may be bought very cheaply at the drug stores.

HOW TO DESTROY RED ANTS.

Tie a little sulphur in a silk bag, and lay it in some place which the ants frequent. If a bag is always kept in a closet or chest of drawers these receptacles will be free from the little pests. A bag of sulphur suspended in a bird-cage will keep ants and other insects from the bird.

HOW TO MAKE SOFT SOAP.

All strong flavored fats, such as that from mutton, goose or turkey, should be fried out and strained while still fresh and sweet. Keep this strained fat by itself to use when soft soap is to be made. It is a good idea to strain it into five-pound lard cans, as it will thus be easy to weigh, and measure it at the time of making the soap. To make nine gallons of soap put in a large kettle a pound can of pure potash and a quart of water. Place the kettle on the fire, and boil the water for fifteen minutes ; then add five pounds of grease, and boil slowly

for an hour, stirring frequently with a wooden stick. At the end of the hour pour the boiling mixture into a large soap-tub, and stir into it two gallons of hot water. Fifteen minutes afterward add two gallons more of hot water, stir well, and add four and a-half gallons of water, either hot or cold. Stir the soap three or four times during the next hour; when it grows cold it will be thick and white.

HOW TO MAKE BAR SOAP.

Six pounds of washing soda.

Three pounds of unslaked lime.

Six gallons of water.

Six pounds of clear fat.

Place the soda and the lime together, pour over them four gallons of the water, and stir well. Let the liquid stand until perfectly clear, then drain it off, place it over the fire, add the fat, and boil until the mixture begins to harden (which will be in about two hours), stirring almost continuously. Meantime, after draining the four gallons of water from the lime and soda, add the remaining two gallons of water to the sediment, stir well, and when this liquid is clear, drain it off also. While the soap is boiling, thin it with this water, adding a little at a time, as the soap puffs up as if to boil over. Try the thickness by cooling a little on a plate, and put in a handful of salt just before removing the soap from the fire. Wet a tub with cold water—to prevent the soap sticking, turn the latter in, and when solid, cut it into bars, placing them on a board to dry.



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