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Royal Baker
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Pastry Cook





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THE
ROYAL BAKER
AND
PASTRY COOK

✠
A MANUAL OF PRACTICAL COOKERY

✠
WITH ORIGINAL RECEIPTS BY
CH. HERMAN SENN
HON. DIRECTOR
UNIVERSAL COOKERY AND FOOD ASSOCIATION
LONDON, ENG.



NEW YORK
ROYAL BAKING POWDER CO.
1902

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C. Herman Senn, Hon. Director of the Universal Cookery & Food Association, recommends, in his original receipts herein, the use of Royal Baking Powder. All quickly risen flour foods are more perfectly and easily made by its employment.

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A. COSTE, *Chef.*

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To further the advancement of the Sciences of Cookery and Domestic Economy. To organize competitions for the promotion of the Art of Cookery in England and other countries. To assist in the Education of Cooks and Confectioners, and in the Apprenticeship of Youths to fully qualify them for every branch of the Art.

C. HERMAN SENN, HON. DIRECTOR,

329 Vauxhall Bridge Road, London.

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Royal Baking Powder has greater raising power than any other leavening agent. The London city analyst reports that each ounce of Royal evolves 157 cubic inches of leavening gas. This shows a practical usefulness greatly in excess of other powders, and three times more than many of the raising flours or powders, or that an ounce or a teaspoonful of Royal Baking Powder will make light three times more cake, bread, or other food than the ordinary preparations. The great economy in the use of the Royal will be apparent to every housewife.


The genuine Royal is made in America.

GENERAL DIRECTIONS;

MUST BE CAREFULLY READ BY EVERY ONE USING THIS BOOK



HINTS ON BAKING.—To achieve perfect success, the cook must use judgment, discrimination, and care. Some flour requires more moisture, i. e., water or milk, than others; so that the quantity may have to be varied to make dough of a proper consistency. Different bakings will vary as to time and heat required, and should, therefore, be examined occasionally. To ascertain whether the bread is sufficiently done in the centre of the loaf or cake, thrust a skewer into it. If done, there will be no dough on the skewer when drawn out. Measure the flour, and *be careful to mix with it the baking powder in a dry state, and before sieving.* You can generally substitute water for milk, or milk for water; butter for lard, or lard for butter. The number of eggs may be increased or diminished, or, in plainer cake, etc., dispensed with entirely. Where fewer eggs are used than directed, always use a little more baking powder. *Never use sour milk* or “prepared” or “self-raising” flour.

When about to cut new bread or cake, heat the knife; this will prevent its crumbling.

CAKE BAKING.—For a plain cake made with one pound of flour, Royal Baking Powder, etc., the time to be allowed in baking would be about 1 hour; at the outside not more than 1¼ hours. Very rich cakes, in which butter and eggs predominate, take, of course, very much longer time to bake, a pound cake of equal weight taking from 1½ to 2 hours. On no account should an oven be too hot when the cake is put in—that is, hot enough to brown at once; if so, the outside will be burned before the interior is sufficiently baked. The old plan of feeling the handle of the oven door to test the heat is not always successful; it is better to sprinkle a little flour inside and shut the door for about 3 minutes; if at the end of that time it is of a rich light brown, the cake may be put in, but if burned the heat must be reduced.

In baking loaf cake, remember that unless you place a piece of paper over for protection at first, a top crust will be formed at once that prevents the raising. When cake is well raised remove the paper for browning on top.

ADVICE TO THE COOK.—Great cleanliness, as well as care and attention, is required from a cook. Keep your hands *very* clean; don't “scatter” in your kitchen; clean up as you go; put scalding water into each saucepan or stewpan as you have done using it. Dry your saucepans before you put them on the shelf. Never scrub the inside of a frying- or omelet-pan; rub it with paper; wipe it out well with a cloth afterward. Wash your pudding-cloths; *scald* and hang them to dry directly after using them; air them before you put them away, or they will be musty; keep in dry place. Be careful not to use a knife that has cut onions till it has been cleaned. Keep sink and sink-brush very clean. Be careful never to throw anything but water down sink. Do not throw cabbage water down it; throw it away out of doors; its smell is very bad. Never have sticky plates or dishes; use very hot water for washing them; when greasy, change it. Clean coppers with vinegar or turpentine and fine brick-dust, rubbed on with flannel; polish them with chamois and a little dry brick-dust. Clean your tins with soap and whiting mixed, made into a thick cream with hot water. Rub it on with flannel; when dry, rub off with clean cloth and dry whiting. Take care that you look at the meat the butcher brings, to see that it is good. Let there be no waste in the kitchen.



Bread and Rolls

BREAD was first made without leaven, heavy and solid. Then yeast was discovered, and yeast-risen bread came into use throughout the civilized world. Finally baking powder was devised, the most healthful, economical, and convenient of all leavening or lightening agents.

Yeast is a living plant. Mixed with the dough it causes fermentation and destruction of a part of the flour, and this produces car-

bonic-acid gas. The bubbles of this gas become entangled in the dough, swelling it up and making it spongy. In this process, however, a part of the most nutritious elements of the flour (estimated at ten per cent.) is destroyed in producing the leavening gas; there is always danger of sour dough, and there is a delay of many hours for the sponge to rise.

Perfect bread is that in which the wheat or other grain is transposed into an available food without loss of any of its valuable properties.

Royal Baking Powder is now used largely in

THE ROYAL BAKING POWDER IS ABSOLUTELY PURE.

place of yeast to leaven bread. It does precisely the same work—that is, inflates the dough and makes it porous and spongy. But the process is not destructive: the baking powder itself produces the leavening gas. No part of the flour is decomposed or destroyed. Moreover, there is no mixing or kneading with the hands, no setting of sponge overnight, as the loaf is mixed and ready for the oven at once. Bread thus made cannot become sour, but will retain its moisture and freshness, and may be eaten while hot or fresh without distress even by persons of delicate digestion.

The ease with which Royal Baking Powder bread is made, its cleanliness and wholesomeness, have caused it to supersede yeast bread with many of the best pastry cooks.

In making this bread the materials and utensils should be brought together before the mixing of the dough is begun. The fire must be looked to so as to secure a steady, moderate heat. Remember to mix the flour and Royal Baking Powder together before sieving, and mix thoroughly before wetting.

Royal Baking Powder Bread.—1 quart flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon sugar, 2 heaped teaspoons Royal Baking Powder, half medium-sized cold boiled potato, and water. Sieve together thoroughly flour, salt, sugar, and baking powder; rub in the potato; add sufficient water to mix smoothly and rapidly into a moist dough; about a pint of water to a quart of flour will be required—more or less according to the brand and quality of the flour used. Do not make a stiff dough, as for yeast bread. Put the dough into a greased bread-tin, $4\frac{1}{2}$ by 8 inches, and 4 inches deep, filling about 3 parts. The loaf when baked will rise to fill the tin. Bake in very hot oven about 45 minutes, placing paper over first 15 minutes' baking, to prevent crusting too soon on top. Bake immediately after mixing.

Household Bread.—Sieve twice together 1 quart flour, 1 teaspoon salt, 2 heaped teaspoons Royal Baking Powder. Make a well in the centre; add gradually sufficient cold liquid—water, milk, or equal quantities of each—to mix to a stiff batter or soft dough; this will require about 1 pint of liquid. Turn at once into a greased bread-tin, and bake immediately in a moderate oven about 1 hour.

Graham Unfermented Bread.— $1\frac{1}{2}$ pints Graham flour (whole meal), $\frac{1}{2}$ pint wheaten flour, 1 tablespoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, $1\frac{1}{4}$ pints milk, or equal parts of milk and water. Sieve together Graham flour, flour, sugar, salt, and baking powder; add the milk, or milk and water; mix quickly into soft dough, which pour from bowl into greased bread-tin. Bake in rather hot oven for about 40 minutes. Protect loaf with paper first 15 minutes.

Graham Lunch Bread.— $1\frac{1}{2}$ pints whole meal, $\frac{1}{2}$ pint flour, 1 tablespoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, $\frac{3}{4}$ pint milk. Sieve together meal and flour,

sugar, salt, and baking powder; add the milk; mix into smooth dough that can be easily handled. Flour the board, turn out dough, give it a quick, vigorous additional kneading to complete its smoothness; then divide in four large pieces, which form in long loaves, lay them just touching into a square shallow cake-tin, brush them over with milk. Bake in rather hot oven 30 minutes. When removing from oven rub them over with a little butter.

Entire Wheat Bread.—1 quart entire wheat flour, 1 teaspoon salt, 1 teaspoon sugar, 2 teaspoons Royal Baking Powder. Mix all well together; add sufficient liquid (water, milk, or equal quantities of each) to make a very thick batter or soft dough. Turn at once into a greased bread-tin, and bake about 1 hour in moderate oven.

Rye Bread.—1 pint rye flour, $\frac{1}{2}$ pint maize flour, $\frac{1}{2}$ pint wheaten flour, 1 teaspoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard, $\frac{3}{4}$ pint milk. Sieve together rye flour, maize flour, wheaten flour, sugar, salt, and baking powder; rub in lard; add milk; mix into smooth batter, as for cake; pour into well-greased tin, bake in moderate oven for 45 minutes. Protect loaf with paper first 20 minutes.

Brown Bread.—1 pint maize flour, 1 pint rye flour, 1 teaspoon moist sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard, $\frac{3}{4}$ pint milk. Sieve together maize flour, rye flour, sugar, salt, and baking powder. Rub in the lard; add the milk, and mix the whole into a batter-like mixture. Pour into greased tin, and bake 40 minutes in rather hot oven. Protect at first with paper.

Boston Brown Bread.— $\frac{1}{2}$ pint flour, 1 pint maize flour, $\frac{1}{2}$ pint rye flour, 2 potatoes, 1 teaspoon salt, 1 tablespoon moist sugar, 2 teaspoons Royal Baking Powder, $\frac{1}{2}$ pint water. Sieve flour, maize flour, rye flour, sugar, salt, and baking powder together thoroughly; peel, wash, and boil well 2 mealy potatoes, rub them through sieve, diluting with water. When this is quite cold, use it to mix with the flour, etc., into batter-like consistency; put it into well-greased bread-tin with lid. Place it in saucepan $\frac{1}{2}$ full of boiling water, where the loaf will simmer 1 hour, without water getting into it. Remove, take off cover, finish by baking in a fairly hot oven 30 minutes.

Oatmeal Bread.— $\frac{1}{2}$ pint oatmeal, $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, $\frac{3}{4}$ pint milk. Boil oatmeal in $1\frac{1}{2}$ pints of slightly salted water for 1 hour; add milk; set aside until cold. Then place in bowl, sieve together flour, salt, and baking powder, and add. Mix thoroughly till quite smooth. Bake in greased tin 45 minutes, protected with paper.

Indian Corn Bread (New Orleans).— $1\frac{1}{2}$ pints maize flour, $\frac{1}{2}$ pint flour, 1 tablespoon sugar, 1 teaspoon salt, 2 heaped teaspoons Royal Baking Powder, 1 tablespoon lard, $1\frac{1}{4}$ pints milk, 2 eggs. Sieve together maize flour, flour, sugar, salt, and baking powder; rub in lard; add eggs previously beaten, and the milk; mix into a moderately stiff batter; pour into shallow cake-tin. Bake in rather hot oven 30 minutes.

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Delicate Graham Bread (for Invalids).—1 pint whole meal, sieved, 1 pint flour, 1 teaspoon sugar, 1 of salt, 2 of Royal Baking Powder. Sieve all well together (rejecting coarse bran left in sieve). Add $1\frac{1}{2}$ pints milk. Mix quickly into smooth, soft dough. Bake in 2 small, greased tins 25 minutes. Protect with paper for first 10 minutes.

Breakfast Rolls.— $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ pint white maize flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard, $\frac{3}{4}$ pint milk. Sieve together flour, maize flour, salt, and baking powder; rub in lard, add the milk, mix smoothly into a rather firm dough. Flour the board, turn out the dough, give it 1 or 2 turns to complete its smoothness. Divide it in equal portions about the size of an egg; again divide these in half, which shape in small rolls. Lay them on greased baking-tin so that they do not touch. Bake in hot oven for about 10 minutes. When nearly baked brush them over with milk.

Lunch Rolls.—1 quart flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard, 1 pint milk. Sieve together flour, salt, and baking powder; rub in lard; add the milk, and mix to a smooth dough that can be easily handled. Flour the board, turn out dough, give it several quick kneadings to insure smoothness. Roll out little over $\frac{1}{2}$ inch thick, stamp out with round cutter about $2\frac{1}{2}$ inches in diameter; lay them on greased baking-tin, just touching (in rows evenly), bake in fairly hot oven for about 25 minutes. Brush them over with milk when taken from oven.

French Rolls.—Make dough as for lunch rolls. Knead on board. Divide in pieces size of an egg. Form each in a short, thick, tapering roll. Put together by twos, side by side, pinching ends together a little. Place on flat, greased tins. Brush with milk. Bake in very hot oven.

These rolls may be moulded in different forms, braided or folded together, or shaped in crescents or horseshoes.

Bread sticks may be made by the same rule, taking small portions of the dough and forming with the hands in pencil-shaped rolls. Brush these over with milk and bake from 10 to 15 minutes in a fairly hot oven.

Graham Rolls.—1 pint whole meal, 1 pint ordinary flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard, $\frac{3}{4}$ pint milk. Sieve together whole meal, flour, salt, and baking powder; rub in lard; add milk, and mix the whole into smooth dough that can be handled; turn it out on a floured board, and form in rolls shape and size of large, even-sized fingers. Lay them on baking-sheet about $\frac{1}{2}$ inch apart. Brush their surfaces with milk to glaze them. Bake in hot oven from 10 to 15 minutes.

NOTE.—Graham bread, or Graham flour, takes its name from Dr. Graham who first advocated the use of flour from the whole grain, made without bolting or the separation of the bran from the finer parts of the flour. Graham flour is the same as "whole meal," and in these receipts the terms are used synonymously.

Milk Rolls.— $\frac{1}{4}$ pound flour, $\frac{1}{4}$ pound maize flour, $\frac{1}{4}$ pint milk, 2 ounces butter, 1 teaspoon Royal Baking Powder. Sieve together the flour, maize flour, and baking powder, rub in butter, add gradually the milk. Mix thoroughly and knead lightly. Shape into even-sized rolls, place them on baking-sheet, brush with milk and bake.

Fruit Rolls.—Mix together 1 quart flour, 1 teaspoon salt, 2 tablespoons sugar, 2 teaspoons Royal Baking Powder; rub in 2 tablespoons butter. Cut $\frac{1}{4}$ pound citron finely, seed and halve $\frac{1}{4}$ pound raisins. Mix fruit evenly with dry ingredients, mix to a firm dough with milk. Knead on board for a moment, divide in

pieces size of egg, make in long rolls, lay 1 inch apart on flat, greased tins, brush with milk. Bake in a very hot oven.

Hot Biscuits, Scones, Cakes, and Muffins

EXPERIENCED housekeepers agree that breakfast is difficult to cater for. Even the appetite ordinarily easy to satisfy is likely to be captious when approaching the first meal of the day. Every article of food upon the breakfast-table, therefore, should be perfect—the coffee as clear as amber, the

bacon white and crisp, the biscuits flaky, tender, delicious.

Hot rolls, cakes, and biscuits are the mainstay of the American breakfast, and they might, with advantage, be introduced more frequently into the English menu. Many of the following receipts are of American origin, and no doubt will prove most acceptable to those of our readers who are familiar with the hot, crisp, light rolls, and flaky biscuits, in the manufacture of which our transatlantic cousins so greatly excel. And to those to whom they are unknown we would specially recommend them as a means of introducing considerable variety to the breakfast-table with a comparatively small outlay of time and money.

With a basis of flour, salt, and Royal Baking Powder, we may add other ingredients to vary and enrich the cakes and biscuits generally known to the housewife, and produce in almost endless variety breakfast and luncheon foods that shall be dainty and delicious or substantial and hearty.

When eggs are scarce, or if too much shortening disagrees with some member of the family, Royal Baking Powder permits the lessening of both or either of these ingredients, without impairing the delicacy or digestibility of the finished biscuit.

Royal Baking Powder is pure and wholesome, and its use in excess can produce no harm; yet it is best to be guided by the quantity specified in the receipts. Baking powder could be added until a dry, powdery biscuit resulted.

The mixing of the baking powder, flour, and other dry ingredients should be thorough. This is imperative if a delicate, evenly leavened biscuit is wanted. The other ingredients may then be added, following the special directions as given in each receipt.

In using shortening for biscuits, especially through the winter season, with some limitations good, sweet, home-made lard may take the place of butter. Butter will colour the biscuits slightly yellow; lard will whiten them. This substitution will not do when a large quantity of shortening is called for.

Biscuits are mixed to a soft dough, which is turned out, patted down, or rolled to a proper thickness, and then cut out and baked. From long experience it has been found that the result is much better and the food more digestible when the finished biscuit is small and not too thick. The scientific reason for this is that the oven heat necessary for biscuits, if they are made very large, will brown the outside before the centre is as thoroughly baked as it should be. The dough should be rolled about $\frac{1}{2}$ inch thick; the biscuits should be of medium size,—2 inches or less across,—and placed slightly apart in the pans. A good oven heat will bake them perfectly in from 15 to 20 minutes, and even a dyspeptic may eat

them without fear of consequences. The biscuit may, of course, be made thicker or thinner, as more or less of the soft inside part may be preferred, but the time of baking must be regulated accordingly.

The same directions will apply to hot baking powder breads made with a batter. If baked in a sheet the batter should rarely be more than an inch deep in the pan, sometimes less; if in cups or moulds they should not be more than $\frac{3}{4}$ full. This allows the heat to penetrate the mixture quickly; the moisture and heat cause the baking powder to act; each tiny grain of the powder acts on the materials surrounding it; the dough or batter expands, then is stiffened by the heat, and all the starch grains are thoroughly and evenly cooked.

Royal Hot Biscuit.—1 quart flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard or butter, 1 pint sweet milk, cold (never use sour milk); use cold water when milk cannot be obtained. Sieve together flour, salt, and baking powder; rub in shortening; add milk; form into smooth, consistent dough. Flour the board, turn out dough, roll out to thickness of $\frac{1}{2}$ inch, cut with small round cutter, $1\frac{1}{2}$ inches to 2 inches in diameter; lay them close together on greased baking-tin; bake in good hot oven. Cold biscuit can be made fresh by moistening and placing in oven until heated through.

Breakfast Biscuit.—Take 1 quart sweet milk, $\frac{1}{2}$ cup melted butter, a little salt, 2 teaspoons Royal Baking Powder, flour enough to make a stiff batter; do not knead into dough, but drop into buttered tins from a spoon; bake in a hot oven—unless it is hot they will not be light and tender.

Egg Biscuit.—Mix and sieve well together 1 pint flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, 1 teaspoon Royal Baking Powder. Beat 1 egg, add $\frac{1}{2}$ cup milk, stir into dry mixture, adding more milk if necessary to mix to soft dough. Turn out on board, knead for a moment, cut in circles, place 1 inch apart on greased pans. Brush with little beaten egg, and bake in very hot oven.

Sandwich Biscuit.—Sieve together 1 pint flour, $\frac{1}{3}$ teaspoon salt, 1 teaspoon Royal Baking Powder. Rub in 1 heaped tablespoon butter. Mix to a soft dough with milk. Roll out $\frac{3}{8}$ inch thick. Cut in rounds. On $\frac{1}{2}$ of the rounds spread a little soft butter, add a thick layer of finely chopped and seasoned cold meat; cover with remaining rounds and press together. Brush tops with milk, place 1 inch apart on greased tins, and bake in hot oven.

Scones.— $\frac{1}{2}$ pound flour, 1 ounce castor sugar, 2 ounces currants or sultanas, 1 gill milk, 2 ounces butter, $1\frac{1}{2}$ level teaspoons Royal Baking Powder, a small pinch salt. Dry and sieve the flour; add the salt; rub in the butter till the mixture resembles oatmeal; mix the baking powder with the sugar and add to the flour; then add the currants (well cleaned), stir in the milk, and work to a smooth dough. Divide in small scones or rounds, flatten with the palm of the hand on a floured board, place

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them on a buttered baking-tin; mark each cross-wise with the back of a knife, and bake for about $\frac{1}{2}$ hour. When 3 parts done, brush over with sweetened milk to give them colour, after which finish baking.

Scotch Scones.—12 ounces best flour, 2 ounces fine oatmeal, $\frac{3}{4}$ gill milk, 1 egg, 1 teaspoon salt, 1 ounce ground rice, 2 level teaspoons Royal Baking Powder, 2 ounces sugar, 2 ounces butter. Dry the flour, add the baking powder, and sieve into a basin; add the salt and rub in the butter with the oatmeal and ground rice; add the sugar; mix with the egg and milk, and work quickly into a stiff dough. Make in three-cornered shapes, place them on a greased baking-tin, and bake in a fairly hot oven for about 25 minutes. When $\frac{1}{2}$ done brush over with a little milk, return to oven, and bake till a nice golden colour.

Milk Scones.—1 quart flour, 1 teaspoon sugar, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, 1 large tablespoon lard, 2 eggs, nearly 1 pint milk. Sieve together flour, sugar, salt, and baking powder; rub in lard; add beaten eggs and milk; mix into dough smooth and just consistent enough to handle. Flour the board, turn out dough, give it 1 or 2 quick kneadings to complete its smoothness; roll it out with rolling-pin to $\frac{1}{8}$ inch in thickness, cut with sharp knife in squares, fold each in half to form three-cornered pieces. Bake on hot griddle 10 to 15 minutes; brown on both sides.

Potato Scones.—6 potatoes, $\frac{1}{2}$ pint whole meal, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 tablespoon butter, 1 cup cream, 1 egg, $\frac{1}{2}$ teaspoon clove essence. Boil 6 moderately large potatoes (peeled) until very well done, drain off water, set them by fire with cover off to dry; mash exceedingly smooth, adding butter, egg, and cream. Sieve together meal, salt, and baking powder, which add to potato preparation; when quite cold, add clove essence; mix into firm dough, which will require care in handling, as it is very short. Flour the board, turn out dough, roll it to thickness of $\frac{1}{2}$ inch, cut with sharp knife in oblong pieces. Bake on hot griddle, pricking them with fork to prevent blistering. Very light and delicate — to be eaten with butter.

Nut Biscuit.—Sieve together 2 cups flour, $\frac{1}{2}$ teaspoon salt, 1 heaping teaspoon Royal Baking Powder. Rub in 1 heaped tablespoon butter, add 1 cup ground or very finely chopped nuts — walnuts or almonds — and 2 tablespoons sugar; mix to a soft dough with milk. Mould with the hands in small balls, place well apart on greased tins, brush each with milk, put a pinch of chopped nuts on top, and bake in hot oven.

Diamonds.—Prepare dough as for Royal hot biscuit. Knead and roll out $\frac{1}{2}$ inch thick. Cut in strips 2 inches wide, then cut strips in diamonds; place on greased tins 1 inch apart, brush with milk, and bake in very hot oven.

Royal Muffins.—Beat 3 eggs, add 1 pint milk, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, and sufficient flour (about 3 cups, into which has been thoroughly sieved 2 teaspoons Royal Baking Powder) to make a drop batter. Beat hard for 1 minute, fill greased muffin-pans $\frac{3}{4}$ full, bake in hot oven about 20 minutes.

English Muffins.—1 quart flour, $\frac{1}{2}$ teaspoon castor sugar, 1 teaspoon salt, 2 heaped teaspoons Royal Baking Powder, $1\frac{1}{4}$ pints milk. Mix together flour, sugar, salt, and baking powder; sieve into a basin, add milk and mix into smooth batter trifle stiffer than for griddle cakes. Have griddle heated evenly, grease it and lay on muffin-rings, $\frac{1}{2}$ fill them, and when batter has risen well up to top of rings turn over gently with cake-turner. They should not be too brown — just a buff colour. When cold, pull each open in half, toast delicately, butter well, serve on folded napkin, piled high and very hot.

Royal Egg Muffins.—1 quart flour, 1 tablespoon sugar, 1 tablespoon salt, 1 large tablespoon lard, 2 teaspoons Royal Baking Powder, 3 eggs, $1\frac{1}{4}$ pints milk. Sieve together flour, sugar, salt, and powder; rub in the lard; add the beaten eggs and milk; mix quickly into a smooth batter, a little firmer than for griddle cakes; $\frac{2}{3}$ fill cold, carefully greased muffin-pans; bake in hot oven 15 to 20 minutes.

Boston Muffins.— $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ pint maize flour, 1 tablespoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon butter, 3 eggs, 1 pint (full measure) milk, and 1 teaspoon cinnamon essence (which may be omitted without detriment). Sieve together flour, maize flour, sugar, salt, and baking powder; rub in butter or lard; add eggs, beaten, milk, and cinnamon essence. Mix into batter a little stiffer than for ordinary griddle cakes. Have griddle heated evenly; grease it, lay on it muffin-rings, also greased; $\frac{1}{2}$ fill them with batter. As soon as risen to tops of rings, turn them over gently with cake-turner; bake nice brown on either side. They should bake in 7 or 8 minutes.

Graham Muffins.—1 quart Graham flour, or whole meal, 1 tablespoon moist sugar, 1 teaspoon salt, 3 teaspoons Royal Baking Powder, 1 egg, 1 pint milk. Sieve together the flour, sugar, salt, and baking powder, add beaten egg and milk; mix into batter like pound cake; fill muffin-pans, well greased, $\frac{2}{3}$ full; bake in hot oven 15 to 20 minutes.

Royal Indian Corn Muffins.—1 pint maize flour, 1 pint wheaten flour, 1 tablespoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard, 2 eggs, 1 pint milk. Sieve together maize flour, flour, sugar, salt, and powder; rub in lard, eggs previously beaten, and the milk; mix into batter of moderate consistency; grease some small, deep tartlet-moulds or muffin-pans, and 3 parts fill them with the batter. Bake in a moderately heated oven for about 15 minutes.

Oatmeal Muffins.—1 cup oatmeal, $1\frac{1}{2}$ pints flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard, 2 eggs, 1 pint milk. Sieve together oatmeal, flour, salt, and baking powder; rub in lard, add beaten eggs and milk; mix smoothly into a rather thin batter; fill well-greased muffin-pans $\frac{2}{3}$ full; bake in good hot oven 15 minutes.

Rice Muffins.—2 cups cold boiled rice, 1 pint flour, 1 teaspoon salt, 1 tablespoon sugar, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ pint milk, 3 eggs. Dilute rice, free from lumps,

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with milk and beaten eggs; sieve together flour, sugar, salt, and baking powder; add to the prepared rice, mix into a smooth and rather firm batter; grease some muffin-pans and fill them 3 parts; bake in hot oven for about 15 minutes.

Sweet Muffins.—1 cup sugar, 1 egg, 1 tablespoon melted butter, 1 pint sweet milk, 3 cups flour, 2 teaspoons Royal Baking Powder, 1 teaspoon salt. Mix and sieve dry ingredients; add milk and beaten egg and butter. Beat hard, bake in greased muffin-pans.

Rye Muffins.—1 pint rye flour, $\frac{1}{2}$ pint maize flour, $\frac{1}{2}$ pint wheaten flour, 1 teaspoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard, 2 eggs, 1 pint milk. Sieve together rye flour, maize flour, flour, sugar, salt, and baking powder; rub in lard; add beaten eggs and milk; mix into smooth, rather firm batter; grease muffin-pans, and 3 parts fill them with the mixture. Bake in hot oven for about 15 minutes.

Gems.—1 pint flour, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, 3 teaspoons melted butter, 1 cup milk, 3 eggs, whites and yolks beaten separately. Mix as for muffins, adding beaten whites last; bake in hot, well-greased gem-pans.

Rice Gems.—1 egg, 1 cup milk, 1 cup cold boiled rice, 1 cup flour, 1 teaspoon Royal Baking Powder, $\frac{1}{4}$ teaspoon salt, 1 tablespoon melted butter. Mix as for plain gems, and bake in hot oven in gem-pans.

Royal Graham Gems.— $1\frac{1}{2}$ pints Graham flour, or whole meal, $\frac{1}{2}$ pint maize flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, $1\frac{1}{4}$ pints milk. Sieve together whole meal, maize flour, salt, and baking powder. Add the milk and mix into a moderately stiff batter. $\frac{1}{2}$ fill well-greased sponge-cake tins. Bake in a brisk, hot oven 12 to 15 minutes.

"Poor Man's" Corn Gems.—1 pint maize flour, 1 pint wheaten flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, $\frac{1}{3}$ pint each of milk and water. Sieve the maize flour, wheat flour, salt, and baking powder together. Add the milk and water, mix into a firm batter; $\frac{2}{3}$ fill well-greased cold sponge-cake tins. Bake in a well-heated oven for about 15 minutes.

Johnny-Cake.—1 pint maize flour, 1 pint wheaten flour, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon salt, 1 tablespoon lard, 2 teaspoons Royal Baking Powder, 3 eggs, and $1\frac{1}{4}$ pints milk. Sieve together maize flour, flour, sugar, salt, and baking powder; rub in lard; add beaten eggs and milk; mix into firm, smooth batter, pour into square, shallow cake-tins. Bake in rather hot oven for about 25 minutes.

Royal Sally-Lunn.—1 quart flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, $\frac{3}{4}$ cup butter, 4 eggs, $\frac{1}{2}$ pint milk. Sieve together flour, salt, and baking powder; rub in butter; add beaten eggs and milk; mix into firm batter, pour into 2 round cake-tins size of pie-dishes; bake 25 minutes in pretty hot oven, or until a skewer thrust gently into them comes out clean; if not, bake a few minutes longer.

Royal Sally-Lunn Muffins.—1 quart flour, 1 tablespoon sugar, 1 teaspoon salt, 2 teaspoons Royal Baking Powder, 1 tablespoon lard, 1 egg, $1\frac{1}{4}$ pints milk. Sieve together flour, sugar, salt, and baking powder; rub in lard; add egg, beaten, and milk; mix into rather firm batter; grease 2 Yorkshire cake-tins and 3 parts fill them. Bake in a fairly hot oven 20 to 25 minutes.

Hot Cross Buns.—Sieve together 1 quart flour, $\frac{1}{2}$ teaspoon salt, 1 cup sugar, 3 scant teaspoons Royal Baking Powder. Rub in $\frac{1}{2}$ cup butter, then add $\frac{1}{2}$ pound cleaned currants, $\frac{1}{2}$ teaspoon nutmeg, $\frac{1}{4}$ pound cut citron, $\frac{1}{4}$ pound seeded raisins, $\frac{1}{2}$ teaspoon allspice. Beat 2 eggs, add $\frac{1}{2}$ cup milk, and stir into the dry mixture, adding enough more milk to mix to a firm dough. Mould in round buns, lay 2 inches apart on greased tins, brush with milk. Cut cross on each, sprinkle cut with granulated sugar, bake in hot oven.

Bath Buns.— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 2 eggs, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ cup candied lemon peel cut in small, thin strips, $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ pint milk. Beat the butter and sugar to a smooth, light cream; add the eggs, beat a few minutes longer; then add the flour with the baking powder sieved into it, the lemon peel and milk. Mix into a moderately firm batter. Lay buttered nuffin-rings on a greased baking-tin, and put a large spoonful into each. Sift sugar on them, and bake 15 minutes in a hot oven.

Crumpets.—Melt 1 heaped tablespoon lard; add 2 beaten eggs and $1\frac{1}{2}$ cups milk. Beat well, add 1 teaspoon salt, 2 teaspoons sugar, 3 teaspoons Royal Baking Powder sieved with $2\frac{1}{2}$ cups flour. Crumpet-rings are larger than muffin-rings. Put greased rings on hot, greased griddle; fill $\frac{3}{4}$ full with batter. Turn when $\frac{1}{2}$ done.

London Crumpets.— $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon salt, 1 teaspoon sugar, 2 teaspoons Royal Baking Powder, 1 egg, nearly a pint milk and cream in equal parts, 1 teaspoon essence of cinnamon. Sieve together flour, salt, sugar, and baking powder; add beaten egg, milk, cream, and essence; mix into rather firm batter, $\frac{1}{2}$ fill large greased muffin-rings on hot, well-greased griddle; bake on one side of them only. When cold toast on both sides, butter liberally and serve hot.

Peculiaris.—1 pint flour sieved with 1 teaspoon Royal Baking Powder, a pinch of salt, and 1 egg. Mix with 1 pint sweet milk, beat well to a smooth batter, and bake quickly in buttered patty-pans already hot.

Butter Cakes.—Mix 1 quart flour, 1 teaspoon salt, 2 teaspoons Royal Baking Powder. Rub in 3 tablespoons butter. Mix to a soft dough with milk, roll out $\frac{3}{4}$ inch thick, cut in round cakes. Lay on a moderately hot, greased griddle, and when pale brown turn and brown on other side. Tear open, butter liberally, and send to table.

German Puffs.—1 pint flour, 2 tablespoons sugar, pinch of salt, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 3 tablespoons butter, 4 eggs, 2 ounces sweet almonds, 3 drops essence bitter

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almonds, $\frac{1}{2}$ pint cream, $\frac{1}{2}$ cup sultana raisins, $\frac{1}{2}$ wine-glass rum. Beat butter and sugar to white, light cream; add eggs (whole) 1 at a time, beating 3 or 4 minutes after each addition; blanch the almonds, as directed in receipt for almond pudding. Sieve together flour, salt, and powder, which add to butter, etc., with almonds, raisins, essence of bitter almonds, cream, and rum. Mix whole together into smooth batter as for pound cake, work it thoroughly, and $\frac{3}{4}$ fill well-greased-cup-shaped tins; bake in fairly hot oven 20 minutes; at end of that time insert a skewer gently. If it comes out clean they are ready; if any of uncooked batter adheres to skewer, must be set carefully back a few minutes longer.

Graham Flour Puffs.— $1\frac{1}{2}$ pints whole meal, 1 teaspoon salt, 2 large teaspoons Royal Baking Powder, 2 eggs, and 1 pint milk. Sieve together whole meal, salt, and powder, add beaten eggs and milk; mix together in smooth batter, $\frac{1}{2}$ fill well-buttered sponge-cake tins, and bake in hot oven for 15 minutes.

Yankee Puffs.—Mix together $1\frac{1}{2}$ cups flour, $\frac{1}{4}$ teaspoon salt, scant teaspoon Royal Baking Powder, 1 tablespoon sugar. Cream 1 tablespoon butter, add the beaten yolks of 2 eggs, then alternately the dry mixture and $1\frac{1}{2}$ cups milk, $\frac{1}{2}$ teaspoon essence of vanilla, whipped whites of 2 eggs. Bake in hot greased muffin-pans in a hot oven.

Yorkshire Breakfast Cake.—Sieve together 3 cups flour, $\frac{1}{2}$ teaspoon salt, 3 level teaspoons Royal Baking Powder. Rub in 1 heaped tablespoon butter. Mix to a soft dough with milk. Roll out $\frac{1}{2}$ inch thick. Place without cutting on hot greased griddle, and cover. Place on moderate fire, bake about 10 minutes. Slip off on board, turn without breaking, return to griddle and bake 10 minutes longer. Break in pieces and serve with butter.

American Rusk Cakes.— $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sugar, 2 teaspoons Royal Baking Powder, 2 tablespoons lard, 3 eggs, $\frac{1}{2}$ teaspoon essence of cinnamon, $\frac{3}{4}$ pint milk. Sieve together flour, salt, sugar, and baking powder; rub in lard; add milk, beaten eggs, and extract. Mix into dough soft enough to handle; flour the board, turn out dough, give it quick turn or two to complete its smoothness. Break off small pieces and roll them under the hands into round balls size of a small egg; lay them on greased shallow cake-tins, put them close together; bake in moderately heated oven 30 minutes; when cold sieve sugar over them.



Fritters and Waffles

FRITTERS are served as a vegetable or a sweet, for lunch, dinner, or supper, according to the ingredients used in making them. Whether sweet or plain, the foundation batter is much the same, and receipts given below can be used for many kinds of fritters. By the use of Royal Baking Powder a

fritter batter may be stirred up in a moment, and a menu which it may be thought necessary to extend can be supplemented by the addition of a delicate and tasty dish.

A fritter batter which is to be used as a medium for whole or sliced fruit should not be too thin, as it is to serve as a cover for the fruit. When chopped fruits or vegetables are stirred in, or the batter is to be used plain, it should be thick enough to retain its shape when dropped by spoonfuls into the frying-kettle. The fat should be deep enough to cover the fritters, and it should be smoking hot when used. Most fritters are done within 5 minutes, the time needed to cook them being determined by one which should be cooked to test the heat of the fat.

The very word "waffles" brings to our minds a host of pleasant recollections. The chief drawback, in the old days, was that they must be started so long before they were ready for the irons, for home-made yeast took time to raise the batter to the requisite degree of lightness. Now, by the use of Royal Baking Powder, they can be prepared in 5 minutes. They are better than of old, too, for there is no yeasty taste to them; they are light, tender, and palatable, and, what is most important, entirely digestible and wholesome.

Plain Fritter Batter (American).—1 cup flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, $\frac{1}{4}$ teaspoon salt, 2 eggs, 1 cup milk. Sieve dry ingredients together; add beaten eggs and milk; beat till smooth.

Frying Batter (English).—3 ounces flour, 1 level teaspoon Royal Baking Powder, 1 dessert-spoon sweet oil, about $1\frac{1}{4}$ gills tepid water, the white of an egg, a pinch salt. Sieve the flour into a basin and mix with the baking powder; add the oil and salt by degrees, stir in the water. Beat thoroughly till quite smooth and let stand for half an hour. Whisk the egg-white to a stiff froth and amalgamate. The batter is then ready, and can be used for all kinds of fish, meat, or for fruit fritters; or

Two ounces flour, 1 teaspoon Royal Baking Powder, sieved together, 2 tablespoons cream, 1 teaspoon castor sugar, $\frac{1}{2}$ ounce butter (melted), a pinch of salt, 1 whole and 1 yolk of egg. Put the flour and baking powder into a basin, add the salt and sugar, stir in the cream and the yolks of eggs; beat well for some minutes; then add the melted butter. When the batter is required whisk the white of egg to a stiff froth, and stir carefully into it.

Apple Fritters.—4 large, sound, sour cooking-apples, peeled, cored, and cut each into 4 slices, 1 glass sherry or Marsala wine, 2 tablespoons sugar. Place slices of apples in bowl with sugar and wine, cover with plate, set aside to steep 2 hours, then dip each slice into frying batter, fry to light brown in plenty of lard made hot for the purpose; serve with sugar.

Banana Fritters.—5 bananas, stripped of skins and sliced in half lengthwise, frying batter. Proceed as directed for apple fritters.

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Blackberry Fritters.—1 cup blackberries, 1½ cups frying batter. Mix berries in batter in bowl, and drop by tablespoons into plenty of lard made hot for the purpose; serve with sauce. All berry fritters can be made as directed for the above.

Fruit Fritters.—Any kind of fruit may be made into fritters as directed for apple fritters. Whole canned fruits, drained from syrup, may also be used. Apples and other fruits may also be prepared, coarsely chopped, stirred into a plain fritter batter, and dropped by small spoonfuls into smoking-hot fat, finishing as already directed.

Orange Fritters.—4 oranges, frying batter. Peel oranges, taking off all the white pith without breaking into pulp, dividing each into 4 or 5 pieces through natural divisions of the orange; dip each piece into batter and fry deep yellow in plenty of lard made hot for the purpose; serve on napkin with powdered sugar.

Rice Fritters.—1 cup rice, 1 pint milk, 3 eggs, 1 tablespoon sugar, 2 tablespoons butter. Boil rice in milk until soft and all the milk is absorbed, then remove, add yolks of eggs, sugar, and butter; when cold add whites, whipped to dry froth; drop by spoonfuls into plenty of lard made hot for the purpose, fry them deep buff colour. Serve with cream, wine, or lemon sauce.

Pineapple Fritters.—Sprinkle ½-inch thick slices of fresh pineapple with sugar and sherry wine; let stand 1 hour. Dip each into plain fritter batter, drop into deep kettle of smoking-hot fat, fry brown. Drain on paper and sprinkle with powdered sugar.

Waffles.—Sieve together 1 quart flour, ½ teaspoon salt, 1 teaspoon sugar, 2 teaspoons Royal Baking Powder. Rub in ½ cup butter. Add 3 eggs, whites and yolks beaten separately, and sufficient milk to make a thin batter. Bake in hot greased waffle-iron.

NOTE.—In making waffles it is absolutely necessary to have a proper waffle-iron. No substitute can be used for it.

German Waffles.—1 quart flour, ½ teaspoon salt, 3 tablespoons sugar, 2 heaped teaspoons Royal Baking Powder, 2 tablespoons lard, rind of one lemon, grated, 1 teaspoon essence of cinnamon, 4 eggs, and 1 pint thin cream. Sieve together flour, sugar, salt, and powder; rub in lard; add beaten eggs, lemon rind, essence, and milk. Mix into smooth, rather thick batter. Bake in hot waffle-iron, serve with sugar flavoured with essence of lemon.

Soft Waffles.—1 quart flour, ½ teaspoon salt, 1 teaspoon sugar, 2 teaspoons Royal Baking Powder, 1 large tablespoon butter, 2 eggs, 1½ pints milk. Sieve together flour, salt, sugar, and powder; rub in butter; add beaten eggs and milk; mix into smooth, consistent batter that will run easily from mouth of jug. Have waffle-iron hot and carefully greased each time; fill ¾, close it up, when brown turn over. Dredge with sugar, serve hot.

Rice Waffles.—Into a batter as directed for soft waffles stir 1 cup of rice free from lumps; bake as directed in same receipt.

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Virginia Waffles.—Cook ½ cup white maize flour in 1½ cups boiling water 30 minutes, adding 1½ teaspoons salt. Add 1½ cups milk, 2 tablespoons sugar, 2 tablespoons melted butter, 2 cups flour mixed with 2 heaped teaspoons Royal Baking Powder, and 2 eggs, whites and yolks beaten separately. Bake in hot, well-greased waffle-iron.

Griddle Cakes, Etc.

THE griddle cake as made to-day with Royal Baking Powder is another article of food which is received with high favor wherever its merits are known. The heavy, sour, grease-soaked, indigestible griddle cake of old is, where modern methods are employed, a thing of the past. The properly made griddle cake is a delicious food, wholesome, appetizing, and nutritious.

Raising the griddle cake with yeast is altogether obsolete with expert cooks. Mixtures of soda, sour milk, buttermilk, etc., are likewise not permissible. Royal Baking Powder has altogether redeemed the griddle cake. It makes the cake light, tender, digestible, and its preparation and baking are the work of a few moments only.

Royal Baking Powder, plain, sweet milk, flour, and a little salt make a food fit for a feast. What so simple, so easily prepared? Eggs are altogether unessential.

The batter must be thin, the cakes made small and not too thick,—about a good ¼ inch thick when baked,—browned, and neatly turned. The griddle must be merely rubbed with grease, not grease-soaked. This is highly important. Take a thick piece of salt pork on a fork, or a lump of suet in a piece of cheese-cloth, and rub lightly over the hot griddle, and pour the batter on immediately. Do not use so-called “prepared” or “self-raising” flours.

Remember that buckwheat is one of the most difficult flours to lighten. Where it is used for griddle cakes this fact must be recognized and a somewhat larger proportion of Royal Baking Powder allowed. Made in the manner directed in these receipts buckwheat cakes can be safely and profusely eaten by every one.

Royal Wheat Cakes.—This is the best plain, hot griddle cake made without eggs. The cakes will be light, tender, and wholesome. 1 quart flour, 3 teaspoons Royal Baking Powder, ½ teaspoon salt. Sieve well together and add sweet milk to make into a soft batter. Bake immediately on hot griddle. Should be full ½ inch thick when baked. Spread with butter and maple syrup, marmalade, or honey.

Wheat Cakes with Eggs.—1½ pints flour, 1 tablespoon moist sugar, 1 teaspoon salt, 2 heaped teaspoons Royal Baking Powder, 2

eggs, $1\frac{1}{2}$ pints milk. Sieve together flour, sugar, salt, and powder; add beaten eggs and milk, mix into smooth batter that will run in continuous stream from jug. Bake on hot griddle a rich brown colour, in cakes size of small tea-saucers. Serve with marmalade, jam, or maple syrup.

Rice Griddle Cakes.—2 cups cold boiled rice, 1 pint flour, 1 teaspoon sugar, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 egg, little more than $\frac{1}{2}$ pint milk. Sieve together flour, sugar, salt, and powder; add rice, free from lumps, diluted with beaten egg and milk; mix into smooth batter. Have griddle well heated, bake nicely brown, serve with golden syrup or honey.

Geneva Griddle Cakes.— $1\frac{1}{2}$ pints flour, 4 tablespoons sugar, $\frac{1}{2}$ teaspoon salt, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 2 tablespoons butter, 4 eggs, nearly $\frac{1}{2}$ pint milk. Beat to white, light cream the butter and sugar, add yolks of eggs, 1 at a time. Sieve flour, salt, and baking powder together; add to butter, etc., with milk and egg whites whipped to dry froth; mix together into a smooth batter. Bake in small buttered cake-tins; as soon as brown turn and brown the other side. Have buttered baking-tin; fast as browned, lay them on it, and spread raspberry jam over them; then bake more, which lay on others already done. Repeat this until you have used jam twice, then bake another batch, which use to cover them. Dredge plentifully with sugar, place in a moderate oven to finish cooking.

Graham Griddle Cakes.—1 pint whole meal, $\frac{1}{2}$ pint maize flour, $\frac{1}{2}$ pint flour, 1 heaped teaspoon moist sugar, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder, 1 egg, $\frac{1}{2}$ pint each of milk and water. Sieve together whole meal, maize flour, flour, sugar, salt, and powder. Add beaten egg, milk, and water. Mix together in a smooth batter without being too thin (if too thick it will not run, but break off and drop). Make griddle hot, pour batter into cakes large as small tea-saucers. Bake brown on one side, carefully turn and brown other side. Pile one on the other, serve very hot with sugar, milk, cream, or maple syrup.

Indian Corn Griddle Cakes.— $\frac{2}{3}$ quart maize flour, $\frac{1}{3}$ quart wheaten flour, 1 teaspoon moist sugar, $\frac{1}{2}$ teaspoon salt, 2 heaping teaspoons Royal Baking Powder, 2 eggs, 1 pint milk. Sieve together maize flour, flour, salt, sugar, and baking powder, add beaten eggs and milk, mix in a smooth batter. Bake on very hot griddle to a nice brown. Serve with molasses or maple syrup.

Royal Buckwheats.—When properly made this is the most delicious of all the griddle cakes. Buckwheat cakes, when made from yeast or risen overnight, were difficult to make light and sweet, and were unwholesome. It is found that by the use of the Royal Baking Powder to raise the batter these objections have been entirely overcome, and that buckwheat cakes are made a most delicious food, light, sweet, tender, and perfectly wholesome, which can be eaten by any one without the slightest digestive inconvenience. 2 cups pure buckwheat (do not use the so-called "pre-

pared" or "self-raising" flours), 1 cup wheat flour, 2 tablespoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, all sieved well together. Mix with sweet milk into thin batter, and bake at once on a hot griddle. Butter and serve with maple syrup, marmalade, or honey.

Pancakes.—1 pint flour, 6 eggs, 1 saltspoon salt, 1 teaspoon Royal Baking Powder, and milk to make a thin batter. Add the baking powder to the flour, beat the whites and yolks of eggs separately; add the yolks, salt, 2 cups milk, then the whites and the flour alternately with milk, until the batter is of proper consistency. Run 1 teaspoon lard over the bottom of a hot frying-pan, pour in a large ladle of batter, and fry quickly. Roll pancake up, lay upon a hot dish, put in more lard, and fry another pancake. Keep hot over boiling water. Send $\frac{1}{2}$ dozen to table at a time. Serve with lemon and sugar, or preserves.

English Pancakes.—1 pint milk, 2 eggs, 1 tablespoon sugar, 1 cup flour, 1 teaspoon Royal Baking Powder, 1 cup cream, a pinch of salt. Sieve flour, salt, and baking powder together, add to it eggs beaten with sugar and diluted with milk and cream, mix into thin batter; have small round frying-pan, melt a little lard in it, pour in about $\frac{1}{2}$ cup batter, turn pan round, that batter may cover the pan, put on hot fire; turn it and brown other side; squeeze a few drops of lemon juice on each and roll it up. Sprinkle with powdered sugar.

French Pancakes.—Proceed as directed for English pancakes; when all are done, spread each with any kind of preserves, roll up, dredge with sugar, glaze with red-hot poker.

Scotch Pancakes.—1 pint milk, 2 tablespoons butter, 4 eggs, $\frac{2}{3}$ cup flour, 1 teaspoon Royal Baking Powder, pinch salt. Sieve flour, salt, and baking powder together; add milk, eggs, and butter melted; mix into thin batter; have small round frying-pan, with a little lard melted in it; pour in $\frac{1}{2}$ cup batter, turn pan round to cover it with the batter, place on hot fire to brown, then hold it up in front of fire, and the pancake will rise right up; spread each with marmalade or jam; roll up. They may also be served with sliced lemon and sugar.

Cakes

Flour

FANCY-CAKE makers and confectioners prefer to use "pastry" flour for making cakes and pastry, which is a flour of different grade from that used for bread and general baking purposes. Bread flour contains a large proportion of gluten, the nitrogenous property of the wheat grain, which gives bone and muscle, and makes bread a nutritious food. When bread flour is used for cake and pie-crust the result is not quite as flaky and light as it should be, because of the gluten in the flour. A special sack of pastry flour for use in making fine cakes and pastry will be ad-

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vantageous. In appearance pastry flour is whiter than bread flour. When rubbed between the fingers, it feels as soft and fine as corn-flour; if squeezed in the hand it forms a firm ball. Because of this tendency to "pack" it should always be sieved very thoroughly.

Generally speaking, Royal Baking Powder used with any good flour will make cake which will be credible and satisfactory to any housekeeper.

Royal Baking Powder

In no department of cookery is Royal Baking Powder of greater usefulness than in making fine cake. Eggs are too expensive nowadays to be used so lavishly as they were a generation ago, ten or more to a cake. Not as a substitute wholly, but as an accessory, do we use the Royal Baking Powder; and we find that it enables us to dispense with part of the eggs, at the same time giving equal lightness and greater digestibility to the food. We thereby obtain uniformly good results and do a large amount of work at a minimum expense. The quantity of baking powder called for by the receipt should be thoroughly mixed with the flour before the latter is sieved.

The Royal Baking Powder has worked a revolution in cake-making. It is now no trouble to make at home, in almost endless variety, cakes which for delicacy and beauty rival the finest productions of the confectioner. If you follow the directions here given there will be no spoiled or heavy cakes, no wasted materials through failures in mixing or baking.

An earthenware basin and wooden spoon are always best for beating eggs or cake mixtures. It is well in making cake to beat the butter and powdered sugar to a light cream. In common cakes, when only a few eggs are used, beat them until you can take a spoonful up clear from strings.

To Mix Cakes Containing Butter

Cream the butter, beating till light; gradually add the sugar, beating till light and creamy. Add the yolks of eggs beaten till light, then the flavouring. Beat in alternately the liquid and flour, the latter mixed with salt and baking powder. Lastly, add the beaten whites, and fruit, if used.

To Mix Cakes Containing No Butter

Beat the egg yolks until very light and thick. Add the sugar gradually, beating till very light and spongy. Add the flavouring and liquid, if used. Have the whites of eggs whipped to a stiff froth. Add them alternately with the sieved flour (mixed with baking powder), and mix in very lightly and quickly.

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To Bake Cakes

Thin cakes need a hotter oven than loaf cakes. Cakes without butter (sponge cakes) should have a more moderate, longer baking than cakes of same size containing butter. The process of baking may be divided into four periods or quarters of time: in first quarter the cake begins to rise; in second quarter it is still rising and begins to colour; in third quarter it browns all over; in last quarter it shrinks from sides of tins.

To test, insert a clean broom-straw or steel skewer into the middle of the cake; if it comes out clean, the cake is done.

Line loaf-cake pans with buttered paper; fruit cakes need several thicknesses of the same.

Do not use sour milk, buttermilk, or any of the so-called "prepared" or "self-raising" flours.

Weights and Measures

1 cup, medium size, equals	$\frac{1}{2}$ pint or $\frac{1}{4}$ pound
4 cups, medium size, of flour weigh	1 pound
1 pint flour weighs	$\frac{1}{2}$ pound
1 pint white sugar weighs	1 pound
2 tablespoons of liquid weigh	1 ounce
8 teaspoons of liquid weigh	1 ounce
1 gill of liquid weighs	4 ounces
1 pint of liquid weighs	16 ounces

Adelaide Cake.—1 cup butter, $1\frac{1}{2}$ cups sugar, 4 eggs, 1 pint flour, 1 teaspoon Royal Baking Powder, 1 cup dried, stoned cherries, $\frac{1}{2}$ cup cream, 1 teaspoon essence of vanilla. Beat butter and sugar to white, light cream; add eggs, 2 at a time, beating 5 minutes after each addition. Sieve flour and powder together, add to butter, etc., with cherries, cream, and vanilla essence. Mix smoothly and gently into rather firm batter. Bake in paper-lined cake-tin 40 minutes in moderate, steady oven. Watch carefully; if getting too brown, protect with paper.

Almond Cake.— $\frac{1}{2}$ cup butter, 2 cups sugar, 4 eggs, $\frac{1}{2}$ cup almonds blanched—by pouring water on them until skins easily slip off—and cut in fine shreds, $\frac{1}{2}$ teaspoon essence of bitter almonds, 1 pint flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 glass brandy, $\frac{1}{2}$ cup milk. Beat butter and sugar to smooth, white cream; add eggs, 1 at a time, beating 3 or 4 minutes after each. Sieve flour and powder together, add to butter, etc., with almonds, essence of bitter almonds, brandy, and milk; mix into smooth, medium batter, bake carefully in rather hot oven 20 minutes in a buttered, fluted cake-tin.

Bride's Cake.—1 scant cup butter, 3 cups sugar, 1 cup milk, whites 12 eggs, 3 teaspoons Royal Baking Powder, 1 cup corn-flour, 3 cups flour, $\frac{1}{2}$ teaspoon salt. Cream butter and sugar. Mix flour, baking powder, and corn-flour, and add the milk and whipped whites; stir them lightly into the butter and sugar. Flavour with vanilla or almond essence, and bake in loaf-tin lined with 4 thicknesses of paper; have oven moderate.

Cream Cakes (Éclairs à la Crème).—4 eggs, 2 ounces butter, $\frac{1}{2}$ pound flour, 1 pint water. Set the water on the fire in a stewpan with the butter; as soon as it boils, stir in the sieved flour with a wooden spoon; stir vigorously until it leaves the bottom and sides of pan; remove from fire, beat in the eggs, 1 at a time. When cool put this batter into a forcing-bag having a pipe at small end, press out the batter in shape of fingers, on a greased tin, a little distance apart. Bake in steady oven 15 minutes. When cold, cut the sides, remove some of the interior, and fill with whipped cream or with the following:

PASTRY CREAM.

1 cup sugar, 1 pint milk, 2 large tablespoons corn-flour, yolks of 3 eggs, 1 tablespoon good butter, 2 teaspoons essence vanilla. Bring the milk to a boil, with the sugar add the corn-flour, blended with a little cold water; as soon as it reboils, take from the fire; beat in the egg yolks; return to the fire 2 minutes to cook the eggs; add the essence and butter.

Spread tops, when cold, with chocolate icing. (See Icings and Fillings.)

Cream Layer Cake.

— $\frac{3}{4}$ cup butter, 2 cups sugar, $1\frac{1}{2}$ pints flour, 5 eggs, 1 teaspoon Royal Baking Powder, 1 cup milk. Beat the butter and sugar to a white, light cream; add the eggs, 2 at a time, beating 5 minutes after each addition. Sieve the flour with the powder, which add to the butter, etc., and the milk. Mix into rather thin batter, and bake in jelly-cake tins well greased, in hot oven 15 or 20 minutes. When cold spread pastry cream between the layers, and ice the top with clear icing.

Chocolate Cake.— $\frac{1}{4}$ pound fresh butter, $\frac{1}{4}$ pound grated chocolate, 4 eggs, $\frac{1}{2}$ teaspoon vanilla essence, 1 teaspoon Royal Baking Powder (heaped-up measure), $\frac{1}{4}$ pound castor sugar, $\frac{1}{4}$ pound flour (sieved), 1 ounce ground rice, chocolate icing. Beat the butter and sugar to a cream, add the grated chocolate, and work in the eggs, 1 at a time; add the flour, ground rice, baking powder, all sieved together, and lastly the vanilla flavouring. Beat the mixture for at least 10 minutes, longer if possible. Fill a well-buttered cake-mould, and bake for about $\frac{3}{4}$ of an hour in a moderately heated oven. When done turn out on a sieve and let cool, cover with chocolate icing, and decorate to taste with Royal icing. The same mixture put into a buttered pudding-mould and steamed for $1\frac{1}{2}$ hours will make a very delicious pudding. For chocolate icing see Icings and Fillings.

Chocolate Layer Cake.—Proceed as directed for cream layer cake, spreading between the layers of cake a chocolate cream

filling made as follows: 1 pint milk, 1 tablespoon good butter, 1 cup sugar, $\frac{1}{2}$ cup grated chocolate, 2 teaspoons corn-flour, yolks 3 eggs, 1 teaspoon essence vanilla; bring milk to boil, stir in the chocolate, the sugar, and corn-flour, boil 5 minutes; take from the fire, add the egg yolks, stirring rapidly the while; return to the fire to cook the eggs, add the butter, cool, and then add the vanilla essence.

Chocolate Layer Cake, 2.—2 eggs, 2 cups powdered sugar, 1 cup milk, 2 cups flour, 2 level teaspoons Royal Baking Powder, $\frac{1}{4}$ teaspoon salt, 1 teaspoon essence vanilla. Mix flour, salt, and baking powder. Beat egg yolks till thick. Gradually add and beat in the sugar. Add vanilla and milk, whites of eggs whipped stiffly, and flour. Bake in 3 layer-cake tins in hot oven. Put together with chocolate filling 2. (See Cake Fillings.)

Chocolate Cream (Glacé).—Proceed as for chocolate layer cake, and finish by glazing with the following: Place on the fire 1 gill of water, $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup grated chocolate in a small saucepan; boil until it becomes thick and smooth; take off the fire, and add the whites of 2 eggs, without beating; use it hot, covering the top and sides of the cake. As it cools the icing becomes firmer.

Or use chocolate icing made as follows: Put 4 ounces of chocolate on a plate in the oven until soft, then put it in a stewpan with $\frac{1}{2}$ pound of icing sugar, moisten with $\frac{1}{2}$ gill of water; stir over the fire till quite hot and smooth. This mixture must be very hot, but should not be allowed to boil.

Citron Cake.— $1\frac{1}{2}$ cups butter, 2 cups sugar, 6 eggs, 1 teaspoon Royal Baking Powder, 1 pint

flour, 1 ounce candied citron cut in thin slices, $\frac{1}{2}$ teaspoon orange essence. Beat the butter and sugar to a smooth, light cream, add the eggs, 2 at a time, beating 5 minutes after each addition. Sieve the flour and baking powder together, which add to the butter, etc., with the citron and flavouring essence. Mix into a firm batter, and bake carefully in paper-lined, shallow, well-buttered flat cake-tin in a moderate oven, 50 minutes.

Currant Cake.—1 cup butter, 1 cup sugar, 4 eggs, 1 pint flour, 1 teaspoon Royal Baking Powder, $1\frac{1}{2}$ cups currants, washed and picked, flavouring to taste. Beat the butter and sugar to a cream; add the eggs, 1 at a time, beating a few minutes after each addition. Stir in the flour and baking powder, previously sieved together, and add the currants. Have ready a cake-tin lined with greased paper, put in the mixture, and bake about 1 hour in a moderately hot oven.

Caraway Cake.—Proceed as directed for currant cake, substituting 2 tablespoons caraway seeds for the currants.

Cocoanut Layer Cake.—Proceed as directed for cream layer cake, spreading between the layers grated cocoanut and pastry cream in proportion of a cup of the former to 2 of the latter. Dust sugar over the top.

Cocoanut Layer Cake, 2.— $\frac{1}{2}$ cup butter, $1\frac{1}{4}$ cups sugar, whites 8 eggs, $2\frac{1}{2}$ cups flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder, 1 teaspoon essence of vanilla. Mix flour, salt, and baking powder. Cream butter and sugar. Add essence; then, alternately, the flour and whipped whites. Beat hard; bake in 3 layer-cake tins. When cold put together with cocoanut filling, 2. (See Fillings.)

Cocoanut Meringue Cake.—Proceed as directed for cream layer cake; when finished cover the top and sides with a meringue as follows: Whites of 6 eggs, 1 cup sugar, 1 cup cocoanut. Beat the whites to a stiff froth, then add the sugar, mixed with the cocoanut, all at once; stir very gently, but mix thoroughly together; use as directed; dust sugar over. When the cake is masked, put into a very slow oven until it acquires a fine fawn colour.

Coffee Cake.—1 cup very strong coffee, 1 cup butter, 2 cups sugar, 3 eggs, $1\frac{1}{2}$ pints flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 cup stoned raisins cut in two, $\frac{1}{2}$ cup chopped citron, 1 teaspoon vanilla essence, and $\frac{1}{2}$ cup milk. Beat the butter and sugar to a white cream; add the eggs, 1 at a time, beating 3 or 4 minutes after each. Sieve together flour and baking powder, which add to the butter, etc., with the coffee, raisins, citron, milk, and essence. Mix into a smooth batter. Bake in paper-lined buttered cake-tin, in a hot oven, 50 minutes.

Corn Flour Cake.— $\frac{3}{4}$ cup wheat flour, $\frac{1}{2}$ cup corn-flour, 1 teaspoon Royal Baking Powder, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup sugar, 2 eggs. Beat the butter and sugar to a cream, break in the eggs, and mix well. Sieve together flour, corn-flour, and baking powder, add them, and beat five minutes. Pour into a buttered cake-tin and bake half an hour.

Composition Cake.—1 cup butter, $2\frac{1}{2}$ cups sugar, 4 eggs, 2 teaspoons Royal Baking Powder, 1 quart flour, $1\frac{1}{2}$ cups raisins, stoned and chopped, $1\frac{1}{2}$ cups currants, washed and picked, $\frac{1}{2}$ teaspoon almond or lemon essence, 1 cup milk. Rub the butter and sugar to a thick, white cream; add the eggs, 1 at a time, beating a few minutes after each. Sieve the flour with the baking powder, add to the butter, etc., put in the raisins, currants, milk, and flavouring essence, and mix into a smooth batter. Bake in paper-lined, shallow, flat cake-tin (well greased), in a moderate oven, 1 hour. When nearly cold, strip off the paper and ice the bottom with clear icing.

Duchess Cake.— $1\frac{1}{2}$ cups butter, 1 cup sugar, 6 eggs, 1 teaspoon Royal Baking Powder, 1 pint flour, 1 teaspoon essence of cinnamon. Beat the butter and sugar to a light cream; add the eggs, 1 at a time, beating 5 minutes after each addition. Sieve together flour and baking powder, add to the butter, etc., with the essence; mix into a fairly thick batter, and bake in small, shallow, square tins, lined with

well-greased thin white paper, in a steady oven 30 minutes. When cold, ice them.

Dundee Cake.—2 cups butter, $1\frac{1}{2}$ cups sugar, 8 eggs, $1\frac{1}{2}$ pints flour, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ lemon peel cut in thin, small slices, 1 cup washed, picked, dried currants, $1\frac{1}{2}$ cups sultana raisins, 1 teaspoon each essence of nutmeg, cloves, and vanilla, $\frac{1}{2}$ cup cream, 1 cup almonds. Beat the butter and sugar to a white, light cream; add the eggs, 1 at a time, beating 5 minutes after each addition; add the flour, previously sieved with the baking powder, the lemon peel, currants, raisins, essences, and the milk; mix into a rather firm batter; pour into a shallow, square cake-tin, previously lined with well-greased paper. Chop the almonds coarsely, sprinkle over the top, and bake in a moderate oven $1\frac{1}{2}$ hours.

Election Cake.— $1\frac{1}{2}$ cups butter, 2 cups sugar, $1\frac{1}{2}$ pints flour, 3 eggs, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 2 cups raisins, stoned, 1 cup currants, washed and picked, $\frac{1}{2}$ cup chopped citron, $\frac{1}{2}$ lemon peel, chopped, $\frac{1}{2}$ cup almonds, blanched and cut in shreds, 20 drops each essence of bitter almonds and vanilla. 1 cup milk. Beat the butter and sugar to a white, light cream; add the eggs, beating a little longer, the flour, sieved with the baking powder, raisins, citron, currants, lemon peel, almonds, essences, and sufficient milk to mix into a stiff batter. Put into a tin lined with well-greased paper, and bake in a moderate oven $1\frac{1}{2}$ hours.

Fig Cake.— $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sweet milk, $1\frac{1}{2}$ cups flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ cup corn-flour, whites of 6 eggs. Put together as for corn-flour cake, and bake in 2 shallow oblong tins in a quick oven. Put together with fig filling. (See Cake Fillings.)

French Cake.— $1\frac{1}{2}$ cups butter, 2 cups sugar, 12 eggs, 1 quart flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 gill each of cream, wine, and brandy, 20 drops each essence of bitter almonds and nutmeg, $1\frac{1}{2}$ cups raisins, stoned, $\frac{1}{2}$ cup almonds, blanched; 1 cup chopped citron. Beat butter and sugar to a white, light cream; add the eggs, 2 at a time, beating 5 minutes after each addition; add the flour, sieved with the baking powder, raisins, almonds, citron, essences, cream, wine, and brandy. Mix into a smooth, consistent batter; bake in a thickly paper-lined cake-tin, in a steady oven, 2 hours.

Dark Fruit Cake.—2 cups butter, 2 cups sugar, 12 eggs, 4 cups flour, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, 1 pound currants, 1 pound sliced citron, 3 pounds seeded raisins, 1 pound chopped figs, $\frac{1}{2}$ cup any kind of wine, 2 tablespoons strained lemon juice, 2 teaspoons cinnamon, $\frac{1}{2}$ teaspoon each cloves and mace, $\frac{3}{4}$ teaspoon each allspice and nutmeg. Sieve together flour, salt, baking powder, and spices. Clean and prepare the fruit. Cream butter and sugar, add beaten yolks and lemon juice. Alternate flour and wine, add whipped whites, and beat for 10 minutes. Stir in prepared fruit. Line loaf-tins with 4 thicknesses well-greased paper; pour in batter. Bake in slow oven from 3 to 5 hours, covering with paper until $\frac{3}{4}$ baked.

Light Fruit Cake.— $\frac{1}{2}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup milk, 2 cups flour, $1\frac{1}{2}$ teaspoons

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Royal Baking Powder, whites 4 eggs, $\frac{1}{2}$ cup seeded raisins, $\frac{1}{2}$ cup sliced citron, $\frac{1}{3}$ cup chopped blanched almonds, $\frac{1}{4}$ teaspoon salt. Mix flour, baking powder, and salt. Clean and prepare the fruit. Cream butter and sugar, add beaten whites, and beat hard; add flour and milk, and beat again; stir in the prepared fruit. Line a loaf-tin with 3 thicknesses of well-greased paper, put in the mixture, and bake $1\frac{1}{2}$ hours in moderate oven, covering with paper for first hour.

Ginger Cake.— $\frac{3}{4}$ cup butter, 2 cups sugar, 4 eggs, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $1\frac{1}{2}$ pints flour, 1 cup milk, 1 tablespoon essence of ginger. Beat the butter and sugar to a light cream; add the eggs, 1 at a time, beating 3 minutes after each. Sieve the flour and baking powder together, mix lightly with the butter, etc., add the milk and essence, and beat well. Have ready a well-greased cake-tin, put in the mixture, and bake about 40 minutes in a fairly hot oven.

Ginger Sponge Cake.—2 cups moist sugar, 4 eggs, 1 pint flour, $\frac{3}{4}$ cup water, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 tablespoon essence of ginger, 1 teaspoon essence of lemon. Beat the eggs and sugar together for 10 minutes; add the water, the flour sieved with the baking powder, and the essences; mix into a smooth batter, and bake in quick oven 30 minutes.

Gingerbread.— $2\frac{1}{2}$ cups flour, 2 teaspoons Royal Baking Powder, 1 cup moist sugar, and 3 tablespoons butter, beaten to a cream; add 1 cup molasses or syrup, 2 eggs; mix well. Sieve the flour and baking powder together, stir into the butter, add ginger and spice to taste. Have ready a well-greased tin, pour in the mixture, and bake 1 hour.

Soft Gingerbread.— $\frac{1}{2}$ cup butter, 2 cups molasses, 1 cup sugar, 4 cups flour, 1 cup milk, 4 eggs, 1 teaspoon Royal Baking Powder, ground ginger and cloves to taste.

Graham Cup Cake.— $\frac{2}{3}$ cup butter, 1 cup sugar, $\frac{1}{2}$ cup cream, 2 eggs, 2 cups Graham flour, 1 teaspoon Royal Baking Powder, 1 teaspoon essence of lemon. Beat the butter and sugar to a light, white cream; add the eggs, 1 at a time, beating a few minutes after each. Sieve the flour and baking powder together, stir lightly into the butter, add the essence and the cream (which should form the whole into a moderately thin batter), and bake in well-greased cups or muffin-pans 20 minutes in a moderate, steady oven.

Gold Cake.— $\frac{3}{4}$ cup butter, 2 cups sugar, yolks 10 eggs, $1\frac{1}{2}$ pints flour, 2 teaspoons Royal Baking Powder, 1 cup thin cream, 1 teaspoon each essence of lemon and nutmeg. Beat the butter and sugar to a white cream, add the yolks, 3 at a time, beating a little after each addition; add the flour sieved with the baking powder, the thin cream, and the essences; mix into a rather firm batter; bake in a paper-lined cake-tin, in a steady oven, 50 minutes.

Hazelnut Cake.—9 ounces flour, 4 ounces butter, 4 ounces sugar, 4 ounces chopped hazelnuts, 4 eggs, 1 teaspoon essence vanilla, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder. Mix flour, salt, and baking powder. Cream butter and sugar, add vanilla, chopped nuts, and beaten yolks. Add flour, then whipped whites, and beat well. Bake in shallow tin in

medium oven, and when cold ice with boiled icing.

Imperial Cake.—1 cup butter, 1 cup sugar, 5 eggs, 1 teaspoon grated lemon rind, 1 tablespoon lemon juice, $\frac{1}{2}$ pound seeded raisins, $\frac{1}{2}$ cup sliced blanched almonds, $\frac{1}{2}$ pound flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder. Mix dry ingredients. Cream butter and sugar. Add 1 whole egg and beat well until incorporated. Stir in some of the flour; alternate eggs and flour in same way until all the eggs are added, then beat well 10 minutes. Add lemon juice, almonds, and dredged raisins. Line loaf-tin with 3 thicknesses of well-greased paper. Bake in moderate oven about $1\frac{1}{4}$ hours.

Jelly Cake.—Beat 3 eggs well, whites and yolks separately; beat a cup of fine white sugar well into the yolks, and stir lightly in 1 cup sieved flour with which 1 teaspoon of Royal Baking Powder has been mixed; then stir in the whites, a little at a time, and 1 tablespoon milk; pour into 3 jelly-cake tins, and bake from 8 to 10 minutes in a well-heated oven; when cold spread with currant jelly, place the layers on top of each other, and dust powdered sugar over all.

Swiss Roll.—3 ounces flour, 2 ounces castor sugar, 1 tablespoon milk, $1\frac{1}{2}$ ounces butter, 2 eggs, 1 level teaspoon Royal Baking Powder, 3 drops vanilla essence, apricot or raspberry jam. Sieve the baking powder with the flour. Put into a basin the butter and sugar and beat to a cream; when light stir in the eggs and half the flour (add eggs 1 at a time); lastly add the milk and the remainder of the flour. Spread on a buttered paper placed on a baking-sheet, and bake slowly about 10 minutes; then turn quickly on a board, spread with jam (made warm), roll it up carefully, and dredge with castor sugar. The cake must be rolled while it is hot.

Lemon Cake.—1 cup butter, 2 cups sugar, 7 eggs, $1\frac{1}{2}$ pints flour, 1 teaspoon Royal Baking Powder, 1 teaspoon essence of lemon. Beat to a light cream the butter and sugar; add the eggs, 1 at a time, beating 3 minutes after each addition; add the essence and the flour, previously sieved with the baking powder, and mix well together. Have ready a tin lined with well-greased paper, put in the mixture, and bake about 40 minutes in a moderately hot oven.

Lemon Coconut Cake.—6 ounces flour, 6 ounces castor sugar, $\frac{1}{2}$ lemon, 1 heaped teaspoon Royal Baking Powder, fondant icing, 3 eggs, 1 ounce glacé lemon peel, 1 ounce desiccated cocoanut. Beat the eggs well and add to the sugar. Work to a very light cream, add the lemon juice, and stir in the flour and baking powder. Line a pastry rim with buttered paper, and put on a baking-sheet. Put half the mixture into it, chop the lemon peel and half the rind of the lemon finely, and mix with cocoanut; spread this lightly over the mixture. Cover the fruit with the remainder of the preparation. Bake in a moderately heated oven from 20 to 25 minutes. When cold cover completely with fondant icing, slightly tinted with powdered saffron to give it the lemon tint. Ornament the top with fancifully cut slices of candied lemon peel.

Lady Cake.— $1\frac{1}{2}$ cups butter, 3 cups sugar, whites 8 eggs, 1 pint flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 cup milk, 20 drops essence bitter almonds. Beat the butter and sugar to a

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cream; add the flour, previously sieved with the baking powder, also the milk and essence, and beat well. Whip the whites of eggs to a stiff froth and add them lightly to the rest of the ingredients. Line a round cake-tin with well-greased paper, pour in the mixture, and bake about 40 minutes in a fairly hot oven. When the cake is cold, invert it and cover the bottom and sides with white icing.

Princess Cake.— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 3 cups flour, 1 cup milk, the whites of 5 eggs, 1 teaspoon flavouring, 2 teaspoons Royal Baking Powder. Beat the butter and sugar thoroughly, sieve the flour and baking powder together, and add them alternately with the milk. When well mixed put in the flavouring and the whites of the eggs beaten to a stiff froth. Bake in lightly greased tins about $\frac{3}{4}$ of an hour.

Lunch Cake (Boston).—2 cups butter, 2 cups sugar, $1\frac{1}{2}$ pints flour, 1 teaspoon Royal Baking Powder, 6 eggs, 1 gill wine, 1 teaspoon each essence of rose, cinnamon, and nutmeg. Beat the butter and sugar to a very light cream; add the eggs, 1 at a time, beating 3 minutes after each addition. Add the wine, essences, and the flour and baking powder, previously sieved together. Line a shallow cake-tin with greased paper, pour in the mixture, and bake in a moderately hot oven for $1\frac{1}{4}$ hours. When the cake is cold, invert it and cover the bottom and sides with white icing.

Mountain Cake.—1 cup butter, $2\frac{1}{2}$ cups sugar, 3 whole eggs and 3 yolks, 1 pint flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 cup milk, 1 teaspoon essence of vanilla, 1 cup red currant jelly, 1 cup sugar, whites 3 eggs. Beat the butter and sugar to a light, white cream. Separate the whites and yolks of 3 eggs; put the former aside, and add the yolks to the butter and sugar, add also the 3 whole eggs, separately, and beat each one well in. Put in the essence and the milk; sieve the flour and baking powder together, and mix them lightly with the remainder of the ingredients. Line a square shallow tin with greased paper, put in the mixture, and bake 40 minutes in a moderately hot oven. When cold, beat the whites of 3 eggs stiffly, add to them the cup of sugar and the jelly, and spread lightly on the top of the cake. Dry in a cool oven.

Marbled Cake.—This is made in separate batters, a dark and a light one. For the dark one, take $\frac{1}{2}$ cup butter, 1 cup moist sugar, $2\frac{1}{2}$ cups flour, 1 teaspoon Royal Baking Powder, yolks of 4 eggs, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ teaspoon each essence cinnamon, cloves, and allspice. For the light one take $\frac{1}{2}$ cup butter, 1 cup sugar, $2\frac{1}{2}$ cups flour, 1 teaspoon Royal Baking Powder, whites of 4 eggs, $\frac{1}{2}$ cup milk, 1 teaspoon essence lemon. Both batters are made by beating the butter and sugar to a cream before adding the eggs, which must be lightly and thoroughly beaten in. Then add the essence, milk, and the flour and baking powder, previously sieved. Beat well. Have ready a tin lined with greased paper, and put in, alternately, tablespoons of the two batters. Bake 25 minutes in a fairly hot oven.

Molasses Cake.—1 cup butter, 1 cup moist sugar, $\frac{1}{2}$ cup molasses, 1 cup milk, $1\frac{1}{2}$ pints flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 egg. Beat smooth the butter and sugar; add

the milk, egg, and molasses; stir in flour sieved with the baking powder; mix into a stiff batter, and bake in well-greased cake-tin 40 minutes.

Nut Cake.— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, 3 eggs, $2\frac{1}{2}$ cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ cup milk, 1 cup of meats of any kind of nuts preferred or at hand. Beat the butter and sugar to a light, white cream; add the eggs, previously beaten a little, then the flour, sieved with the baking powder; mix with the milk and nuts into a rather firm batter, and bake in a paper-lined tin in a steady oven 35 minutes.

Orange Cake.— $\frac{1}{2}$ cup butter, 2 cups sugar, 5 eggs, 1 pint flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 teaspoon essence of orange, 1 cup milk. Beat the butter and sugar to a cream; add the eggs, 1 at a time, beating 3 minutes after each addition; add the milk and essence, also the flour and baking powder, previously passed through a sieve, and beat well. Prepare a cake-tin by lining it with greased paper, put in the mixture, and bake 20 minutes in a moderately hot oven. When cool, cover the top with the following preparation: Whip the whites of 3 eggs to a stiff froth; then carefully mix in 3 cups sugar, the juice, grated rind, and soft pulp, free of white pith and seeds, of 2 sour oranges.

Peach Blossom Cake.—1 cup pulverized sugar, $\frac{1}{2}$ cup butter, stirred together until it has the appearance of thick cream, 2 teaspoons Royal Baking Powder, $\frac{1}{2}$ cup sweet milk. Beat the whites of 3 eggs, and add to a cup of flour, mixed with the baking powder; add $\frac{1}{2}$ teaspoon of corn-flour. Flavour strongly with essence of peach. Bake in 2 square sponge-tins in moderately quick oven, and when done sandwich with finely grated cocoanut and pink sugar. Frost with clear icing, and dust with pulverized pink sugar.

Pound Cake.— $1\frac{1}{2}$ cups butter, 2 cups sugar, 7 eggs, $1\frac{1}{2}$ pints flour, 1 teaspoon Royal Baking Powder, 1 teaspoon essence of nutmeg. Beat the butter and sugar to a white, light cream; add the eggs, 1 at a time, beating 3 minutes after each addition. Add the essence and the flour and baking powder (sieved) and mix well together. Line a cake-tin with greased paper, put in the mixture, and bake 50 minutes in a fairly hot oven.

Pond Lily Cake.—1 cup butter, $1\frac{1}{2}$ cups sugar, whites of 5 eggs, $1\frac{1}{2}$ pints flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 cup milk; flavour with essence of peach and a few drops of essence of rose. Bake in 2 cakes, in very deep sponge-tins, and when done put together with freshly grated cocoanut and pulverized sugar between and on top of the cakes, and ice with clear icing.

Queen Cake.—2 cups butter, $2\frac{1}{2}$ cups sugar, $1\frac{1}{2}$ pints flour, 8 eggs, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 wine-glass each wine, brandy, and cream, $\frac{1}{2}$ teaspoon each essence of nutmeg, rose, and lemon, 1 cup dried currants, washed and picked, 1 cup raisins, stoned and cut in two, 1 cup citron, cut in small, thin slices. Beat the butter and sugar to a very light cream; add the eggs, 1 at a time, beating 3 minutes after each addition; add the flour, sieved with the baking powder, the raisins, currants, wine,

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brandy, cream, citron, and essences; mix into a batter and bake carefully in well-greased small tins, in a fairly hot oven, for 25 or 30 minutes.

Reception Cake.—2 cups butter, 2 cups sugar, 10 eggs, 1 quart flour, 1 teaspoon Royal Baking Powder, 2 cups currants, washed and picked, 1 cup citron, in thin, small slices, $\frac{1}{2}$ orange rind, peeled very thin and cut small, $\frac{1}{2}$ cup almonds, blanched (by pouring boiling water on them until the skins slip off easily) and cut in shreds, 1 teaspoon each essence of allspice and cinnamon. Beat the butter and sugar to a white, light cream; add the eggs, 1 at a time, beating 3 minutes after each addition. Add the currants, citron, orange peel, almonds, essences, and the flour and baking powder (sieved), and mix well together. Line a cake-tin with well-greased paper, put in the mixture, and bake in a moderate oven $2\frac{1}{4}$ hours.

Rice Cakes.— $\frac{1}{2}$ cup butter, 2 cups sugar, 4 eggs, $1\frac{1}{2}$ cups rice flour, $1\frac{1}{2}$ cups flour, 1 teaspoon Royal Baking Powder, $\frac{1}{2}$ cup cream, 1 teaspoon essence of lemon. Beat the eggs and sugar together 10 minutes; add the butter, melted; sieve together flour, rice flour, and the baking powder, which add to the eggs, etc., with the cream and the essence; mix into a thin batter, and bake in patty-pans, well greased, in a hot oven, 10 minutes.

Rice Buns.—1 cup ground rice, $\frac{1}{2}$ cup flour, $\frac{3}{4}$ cup sugar, $\frac{1}{2}$ cup butter, 2 eggs, 1 teaspoon Royal Baking Powder, about $\frac{1}{3}$ cup milk. Cream the butter and sugar, add 1 egg, and then $\frac{1}{2}$ the flour, ground rice, and baking powder sieved together. Then put in the other egg and the remainder of the flour, adding milk to form the whole into a stiff dough. Bake in small greased tins about 15 minutes.

Rich Pound Cake.—1 pound butter, $1\frac{1}{4}$ pounds flour, 1 pound sugar, 1 pound currants, 9 eggs, 2 ounces citron, 1 ounce sweet almonds, $1\frac{1}{2}$ teaspoons Royal Baking Powder. Beat the butter to a cream, add the flour sieved with the baking powder, sugar, citron, and almonds, the latter two being cut in small pieces. When these are well mixed add the eggs, thoroughly beaten. Bake in a steady oven from $1\frac{1}{2}$ to 2 hours. Line the cake-tin with well-buttered paper to protect the bottom and sides of the cake.

Spanish Cake.—2 tablespoons melted butter, 1 cup sugar, $\frac{1}{2}$ cup milk, yolks 3 eggs, 2 cups flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ teaspoon powdered cinnamon. Cream the butter and sugar, add the eggs, beaten thoroughly. Sieve the flour, baking powder, and cinnamon, and add alternately with the milk. Bake either as one cake or in layers. If the latter, fill with the following: $1\frac{1}{2}$ cups moist sugar, $\frac{3}{4}$ cup cream, 1 tablespoon butter, cooked together till quite thick. Beat until cool and spread between the layers and on top of the cake.

Sandwich Jelly Cake.—Separate the yolks and whites of 3 eggs. Add to the yolks 1 cup fine white sugar and beat well together. Stir in lightly 1 cup flour and 1 teaspoon Royal Baking Powder, previously sieved. Add to the mixture 1 tablespoon milk; beat the whites of eggs stiffly and stir them lightly into the

remainder of the ingredients. Have ready 3 well-greased round baking-tins, put $\frac{1}{3}$ of the mixture into each, and bake 8 or 10 minutes in a fairly hot oven. When cold, spread with currant jelly, place cakes on top of one another, and dredge with fine sugar.

Sponge Cake.—2 cups sugar, 7 eggs, 1 cup flour, 1 teaspoon Royal Baking Powder, a pinch salt, 1 teaspoon essence lemon. Beat sugar and eggs together until thick and white; add flour, sieved with baking powder and salt, and the essence; mix together quickly, bake in tin lined with buttered paper, in hot oven, 35 minutes.

Sponge Cake (Almond).— $1\frac{1}{2}$ cups sugar, 8 eggs, $1\frac{1}{2}$ cups flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 teaspoon essence bitter almonds. Boil sugar in $1\frac{1}{2}$ gills of water until, taking some up on end of spoon handle and cooling in water, it breaks brittle, when at once pour it on the eggs, previously whipped 10 minutes; continue the whipping 20 minutes longer; add flour, sieved with baking powder, and essence; bake in well-buttered cake-tin, in quick oven, 30 minutes.

Sponge Cake (Berwick).—6 eggs, 3 cups sugar, 4 cups flour, 2 teaspoons Royal Baking Powder, 1 cup cold water, pinch salt, 1 teaspoon essence lemon. Beat eggs and sugar together 5 minutes; add flour, sieved with salt and baking powder, water, and essence; bake in shallow square cake-tin, in quick, steady oven, 35 minutes; when removed from oven, ice with clear icing.

Cream Sponge Cake.—6 eggs, their weight in powdered sugar, and $\frac{1}{2}$ their weight in flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, pinch salt, grated rind of 1 orange. Beat egg yolks and sugar till thick. Mix and sieve in the flour, salt, and baking powder. Mix lightly, add orange rind and stiffly whipped whites. Bake in 2 shallow tins in moderate oven. Put together with cream filling flavoured with orange.

Sunshine Cake.—5 eggs, 1 cup sugar, $\frac{3}{4}$ cup flour, pinch of salt, 1 teaspoon Royal Baking Powder. Beat yolks of eggs and sugar 20 minutes; add the flour and baking powder sieved together, then stir in gently the whites of the eggs beaten to a stiff froth, and the grated rind of $\frac{1}{2}$ lemon. Bake in a large tin about 40 minutes.

Silver Cake.—Whites 6 eggs, 1 cup milk, 2 cups sugar, $\frac{3}{4}$ cup butter, 4 cups flour, $\frac{1}{4}$ teaspoon salt, 2 teaspoons Royal Baking Powder, 1 teaspoon almond essence. Cream butter and sugar; add alternately the milk and flour mixed with salt and baking powder; then the essence and the stiffly whipped whites. Beat well, and bake in cake-tin in moderate oven.

Scotch Cake.— $1\frac{1}{2}$ cups butter, $2\frac{1}{2}$ cups sugar, 8 eggs, $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 3 cups raisins, stoned, 1 teaspoon lemon essence. Beat butter and sugar to light, white cream; add eggs, 2 at a time, beating 5 minutes after each addition; add flour sieved with baking powder, raisins, and essence; mix into smooth batter; put into paper-lined square, shallow cake-tin; bake in moderate oven 1 hour.

Vanilla Cake.— $1\frac{1}{2}$ cups butter, 2 cups sugar, yolks 6 eggs, 1 pint flour, $1\frac{1}{2}$ teaspoons

Royal Baking Powder, 1 cup cream, 1 teaspoon vanilla essence. Cream butter and sugar until very light; add egg yolks and cream, flour sieved with baking powder, and essence; mix into smooth, rather firm batter; bake in shallow square tin, in fairly hot oven, 35 minutes.

White Mountain Cake.—1 cup butter, 3 cups sugar, 1 pint flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, whites of 6 eggs, 1 cup milk, 20 drops essence bitter almonds. Beat butter and sugar to light, white cream; add the 6 whites, whipped to stiff froth, the flour sieved with the baking powder, the milk, and essence; mix together thoroughly, but carefully, and bake in round, shallow cake-tins in a quick oven 15 minutes; then arrange in layers, with white icing and grated cocoanut mixed in the proportion of 2 cups of former to 1 of latter.

Wild Rose Cake.—Make the batter after the receipt given for pond lily cake, flavouring with rose and strawberry instead of peach. Bake in 2-inch deep round tins, and sandwich with pink icing, and the same on top. (Made by substituting finely pulverized pink sugar for white.) When you have put the last layer of pink icing on top, dredge lightly with granulated sugar.

Webster Cake.—1 cup butter, 3 cups sugar, 2 eggs, 5 cups flour, 1 teaspoon Royal Baking Powder, 2 cups raisins, seeded, 1 teaspoon each essence bitter almonds and vanilla, $1\frac{1}{2}$ cups milk. Beat butter, sugar, and eggs smoothly; add flour sieved with baking powder, raisins, milk, and essences; mix into medium batter; bake in cake-mould, in quick, steady oven, 45 minutes.

Wine Cake.—1 cup butter, 2 cups sugar, 2 cups flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 gill wine, 3 eggs. Beat butter and sugar to light cream; add eggs, 1 at a time, beating 5 minutes after each; add flour sieved with baking powder, and wine, and mix well. Line a square cake-tin with well-greased paper, put in the mixture, and bake 40 minutes in a fairly hot oven. When cold cover with transparent icing.

Cookies and Small Cakes

ANISEED CAKES.—8 eggs, 1 pound sugar, 1 scant pound flour, 1 teaspoon Royal Baking Powder, pinch salt, 1 tablespoon aniseed. Beat eggs and sugar together 30 minutes, then add aniseed, flour mixed with baking powder, and roll out thinly. Cut in fancy shapes and bake on flat tins in quick oven.

Royal Cookies.—1 cup butter, 2 cups sugar, 5 eggs, $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 cup milk. Beat butter, sugar, and eggs until smooth; add flour sieved with baking powder, and milk; mix into dough soft enough to handle conveniently; flour the board, roll out dough thinly; cut out with biscuit-cutter; place on greased baking-tin, bake in hot oven 5 or 6 minutes.

Soft Cookies.—1 cup butter, $1\frac{1}{2}$ cups sugar, 2 eggs, 3 tablespoons milk, 1 teaspoon Royal Baking Powder, just enough flour to roll out to

a soft dough. Dust with sugar before rolling, cut in rounds, bake in quick oven.

Cocoanut Cookies.—1 cup butter, 2 cups sugar, 2 eggs, 1 cup grated cocoanut, 1 teaspoon essence of vanilla, 2 teaspoons Royal Baking Powder, flour to roll out. Bake pale brown.

Albert Cakes.—Yolks of 6 eggs, white of 1 egg, 5 ounces sugar, $5\frac{1}{2}$ ounces blanched and chopped almonds, 3 ounces flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 1 ounce chopped candied orange peel, $\frac{1}{2}$ teaspoon essence of cinnamon, pinch cloves, grated rind $\frac{1}{2}$ lemon. Bake in small patty-pans in moderate oven.

Buttercups.—2 tablespoons butter, 1 cup sugar, yolks of 9 eggs, 1 teaspoon essence vanilla, $\frac{3}{4}$ cup milk, 3 cups flour, 2 teaspoons Royal Baking Powder. Bake in patty-pans, ice with boiled icing, tinted yellow.

Cinnamon Bars.—2 cups moist sugar, 4 eggs, 2 ounces ground almonds, the grated rind of $\frac{1}{2}$ lemon, $\frac{1}{2}$ teaspoon ground cinnamon, $\frac{1}{2}$ pinch ground cloves, 1 teaspoon Royal Baking Powder, 3 cups flour. Beat the eggs and sugar together, then add the spices and lemon rind, and lastly the flour and baking powder sieved together. Roll out thinly, cut in bars, place them on a greased baking-tin, and bake for about 15 minutes.

Cinnamon Buns.—Sieve together 1 pint flour, 1 tablespoon sugar, $\frac{1}{2}$ teaspoon salt, 1 heaped teaspoon Royal Baking Powder. Rub in 2 tablespoons butter, mix with milk to soft dough. Roll out $\frac{1}{2}$ inch thick, spread with soft butter, granulated sugar, and powdered cinnamon. Roll up like jelly roll, cut in inch slices, lay close together on greased tin, and bake in quick oven.

Cocoanut Drops.— $\frac{1}{2}$ pound desiccated cocoanut, $1\frac{1}{2}$ ounces castor sugar, the whites of 3 eggs, 2 ounces potato flour or ground rice, 1 heaped teaspoon Royal Baking Powder. Beat up the whites of eggs to a stiff froth. Thoroughly mix the sugar, cocoanut, baking powder, and potato flour, stir into the whites. Drop the mixture in little heaps, about $\frac{1}{2}$ inch apart, on wafer or rice paper laid on a baking-sheet. Bake in a very slow oven.

This mixture may also be laid out for baking by means of a biscuit or forcing bag; but if only a small quantity is required this method is not advisable.

Cocoanut Fingers.—4 ounces castor sugar, 4 ounces butter, 3 eggs, 1 level teaspoon Royal Baking Powder, a little milk, 6 ounces flour, 2 ounces corn-flour, 3 ounces desiccated cocoanut. Rub the butter and flour together until very fine, add the corn-flour, baking powder, sugar, and 2 ounces of the desiccated cocoanut. Mix thoroughly, make a well in the centre, beat up the eggs and add them, work into a smooth dough: if the paste is found too stiff a little milk may be added; roll out about $\frac{1}{8}$ inch thick, cut or stamp out some oblong biscuit shapes or fingers, place them on a buttered baking-sheet, brush over with a little sweetened milk and egg, sprinkle some cocoanut over the top of each. Bake in a moderately hot oven for about 15 minutes.

Drop Cake.—1 cup butter, $\frac{1}{2}$ cup sugar, 2 eggs, 1 small teaspoon Royal Baking Powder, 1

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pint flour, 1 cup washed and picked currants, 1 teaspoon each essence nutmeg and lemon, $\frac{1}{2}$ cup milk. Beat the butter and sugar to a white, light cream; add the eggs, beat 10 minutes longer; add the flour and baking powder sieved together, the milk and essences. Mix into a rather firm batter, and drop with a spoon on a greased baking-tin; bake in a quick oven 10 minutes.

Spice Drop Cakes.— Yolks 3 eggs, $\frac{1}{2}$ cup butter, 1 cup molasses, $\frac{1}{2}$ cup milk, 3 cups flour, 2 teaspoons Royal Baking Powder, pinch of salt, spice to taste. Drop on buttered paper on tins, and bake in hot oven.

Little Chocolate Cakes.— 2 tablespoons butter, 1 cup sugar, $\frac{1}{2}$ cup water, $1\frac{1}{2}$ cups flour, pinch salt, 1 teaspoon Royal Baking Powder, 2 eggs, 4 tablespoons grated chocolate dissolved over hot water, 1 teaspoon essence vanilla. Put together as for cake with butter; bake in patty-pans in moderate oven.

Fruit Cakes.— 1 cup butter, 1 cup sugar, 4 eggs, 2 cups flour, $\frac{1}{2}$ teaspoon Royal Baking Powder. Beat the butter and sugar to a cream; add each egg separately, and beat 3 minutes after each addition. Mix and pass the flour and baking powder through a sieve, add lightly to the rest of the ingredients, and mix well. Cut the paste in thick, narrow strips and lay around the cakes so as to form a deep, cuplike edge; place on a well-buttered tin and bake. When done, fill with iced fruit, prepared as follows: Take rich, ripe peaches (canned ones will do if fine and well drained from all juice), cut in halves, plums, strawberries, pineapples cut in squares or small triangles, or any other available fruit, and dip into the white of an egg that has been very slightly beaten, and then into pulverized sugar, and fill centre of the cakes.

Ginger Snaps.— $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, 1 large cup moist sugar, 1 cup water, 1 tablespoon essence ginger, 1 teaspoon each essence cinnamon and cloves, 1 quart flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder. Beat to a smooth paste the lard, butter, and sugar; then stir in the flour and baking powder previously sieved together, and add the essences and sufficient cold water to form a firm dough. Roll out the dough thinly on a floured board, cut out with a round biscuit-cutter, and bake on a greased baking-sheet, in a hot, steady oven, 8 minutes.

Ginger Snaps, 2.— 2 cups flour, $\frac{3}{4}$ cup molasses, 2 teaspoons ground ginger, $\frac{1}{2}$ cup butter or lard, pinch of salt, $\frac{1}{2}$ teaspoon Royal Baking Powder. Sieve together the salt, flour, baking powder, and ginger. Warm the butter and add it to the molasses, and stir well together. Pour this mixture into the dry flour, and when well mixed roll out very thinly and cut in rounds with a small biscuit-cutter. Bake about 15 minutes in a moderate oven.

Jumbles.— 1 cup butter, 1 cup sugar, 4 eggs, 2 cups flour, $\frac{1}{2}$ teaspoon Royal Baking Powder. Beat together the butter and sugar, add the eggs, 1 at a time, and beat well. Sieve the flour and baking powder together and add them to the rest of the ingredients. Flour the board, roll out the dough thinly, and cut in narrow strips. Roll each strip lightly with the palm of the hand, until it resembles thick macaroni in shape and size. Curl each strip in a small

cake, sprinkle with sugar, place on a greased tin, and bake about 10 minutes in fairly hot oven.

Lemon Jumbles.— 1 egg, 1 cup sugar, $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups flour, 2 tablespoons milk, 1 teaspoon Royal Baking Powder, the juice and grated rind of 1 lemon. Beat the butter, sugar, and egg together, then stir in the milk, lemon rind, and juice alternately with the flour and baking powder. Roll out thinly, cut in small cakes, and bake in a quick oven 10 minutes.

Peanut Jumbles.— $1\frac{1}{2}$ cups butter, 2 cups sugar, 6 eggs, $1\frac{1}{2}$ pints flour, $\frac{1}{2}$ cup corn-flour, 1 teaspoon Royal Baking Powder, 1 teaspoon essence lemon, $\frac{1}{2}$ cup chopped peanuts, mixed with $\frac{1}{2}$ cup granulated sugar. Beat the butter and sugar until smooth; add the beaten eggs, the flour, corn-flour, and baking powder, sieved together, and the essence; flour the board, roll out the dough rather thinly, cut out with biscuit-cutter, roll in the chopped peanuts and sugar, lay on greased baking-tin, bake in rather hot oven 8 or 10 minutes.

Scotch Shortbread.— 2 cups flour, 1 cup butter, $\frac{1}{2}$ cup sugar, $1\frac{1}{2}$ teaspoons Royal Baking Powder. Rub the butter and flour (with which has been sieved the baking powder) together. Add the sugar and work well. Roll out thinly and cut in rounds or squares; bake until pale brown in a slow oven.

Spencer Cakes.— 2 cups sugar, 8 eggs, $1\frac{1}{2}$ pints flour, 1 teaspoon Royal Baking Powder, 2 tablespoons coriander seed, 1 teaspoon essence lemon. Beat eggs and sugar together until they become thick and white; add flour, sieved with baking powder, the seed, and essence; mix into rather thick batter; drop in spoonfuls on greased tin, bake in hot oven 5 or 6 minutes.

Spice Cake.— 1 cup butter, 1 cup moist sugar, 1 pint flour, 2 teaspoons Royal Baking Powder, 1 teaspoon each caraway and coriander seeds, 1 teaspoon each essence nutmeg, cinnamon, and ginger, 1 cup milk. Sieve flour, sugar, and baking powder together; rub in butter; add milk, seeds, and essences; mix into smooth batter of medium thickness; fill greased patty-pans $\frac{3}{4}$ full; bake in hot oven 8 or 10 minutes.

Shrewsbury Cakes.— 1 cup butter, 1 cup sugar, 2 eggs, 1 pint flour, $\frac{1}{4}$ teaspoon Royal Baking Powder, 1 teaspoon caraway seed. Beat the butter and sugar to a cream; add the eggs separately and beat each one well in. Sieve the flour and baking powder, stir lightly into the other ingredients, add the caraway seed, and, if necessary, sufficient milk to form the whole into a stiff paste. Roll out thinly, cut in small round cakes, place on a greased baking-sheet, and bake in a moderately hot oven until crisp.

Tea Cake.— $\frac{1}{2}$ cup butter, $1\frac{1}{2}$ cups sugar, $1\frac{1}{2}$ pints flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 teaspoon essence nutmeg. Sieve flour, sugar, and baking powder together; rub in butter; add milk and essence; mix into dough soft enough to handle easily; flour the board, roll out dough to the thickness of $\frac{1}{2}$ inch; cut out with biscuit-cutter; lay on greased baking-tin, brush over with milk; bake in hot oven 20 minutes.

Meringues.— Whisk the whites of 4 eggs to stiff froth, stir in $\frac{1}{2}$ pound finely powdered su-

gar; flavour with essence vanilla or lemon; continue whisking until very stiff, then lay mixture on letter-paper, in shapes of half eggs, moulding with a spoon, placing them about $\frac{1}{2}$ inch apart. Then place paper containing meringues on a baking-sheet; put them into cool oven; do not close it; watch them: when they are set take out. Remove paper carefully from baking-sheet, let them cool for 2 or 3 minutes, then slip thin knife very carefully under one, turn it into your left hand, take another from paper in same way, join two sides which were next the paper together. The soft inside may be taken out with handle of small spoon, the shells filled with jam, jelly, or cream, then joined together as above, cementing them with some of the mixture.

Walnut Wafers.— $\frac{1}{2}$ pound moist sugar, $\frac{1}{2}$ pound broken walnut meats, 2 level tablespoons flour, $\frac{1}{4}$ teaspoon Royal Baking Powder, $\frac{1}{2}$ teaspoon salt, 2 eggs. Drop small spoonfuls on buttered tins, bake in quick oven.



Icings and Fillings for Cakes

ALMOND ICING.—Whites 3 eggs, the juice of $\frac{1}{2}$ lemon, 1 pound ground almonds, 3 cups sugar, 1 teaspoon orange-flower water. Pound the almonds in a mortar to a fine paste, with a little sugar; then add whites of eggs, remainder of sugar, flavouring, and lemon juice; pound few minutes longer to thoroughly mix. Take up in bowl and use as directed.

Chocolate Transparent Icing.—Dissolve 3 ounces chocolate with 3 ounces icing sugar and a few drops of water in pan over fire (stirring constantly) until it becomes soft; work until perfectly smooth, and use as directed.

Clear Icing for Cake.—Put $\frac{1}{2}$ pound icing sugar in a bowl, with a tablespoon lemon juice and whites of 2 eggs. Mix together smooth and pour over the cake; if the cake is not hot enough to dry it, place it in a moderately warm oven.

Transparent Icing.—Place 1 pound pulverized white sugar in basin with $\frac{1}{2}$ pint water. Boil to consistency of very thick syrup; stir with wooden spatula against sides of pan, until it assumes white, creamy appearance. Add 2 teaspoons vanilla essence; mix well together. Pour this while hot over top of cake so as to completely cover it.

Royal Icing.—The whites of 4 eggs, $1\frac{1}{2}$ pounds icing sugar, the juice of $\frac{1}{2}$ a lemon. Place the sugar in a bowl with the lemon juice. Beat the egg whites in gradually with a wooden spoon. When all whites are thus used continue to beat for at least 10 minutes, then use as directed for covering and decorative purposes.

Marshmallow Icing.—Heat 2 tablespoons milk and 6 tablespoons sugar over fire; boil 6 minutes without stirring. In double boiler heat $\frac{1}{4}$ pound cut marshmallows. When very soft add 2 tablespoons boiling water, cook till smooth. Beat in hot sugar; keep beating till

partly cool; add $\frac{1}{2}$ teaspoon essence vanilla. Use at once.

Cream Filling.—2 cups sugar, 3 cups milk, 3 heaped tablespoons corn-flour, yolks 5 eggs, 1 tablespoon butter, 2 teaspoons essence vanilla. Scald milk in double boiler, add corn-flour mixed with a little cold milk, stir till smooth. Add sugar, cook 10 minutes. Add egg yolks, cook 4 minutes, take off, and add vanilla.

Cream Filling, 2.—1 cup thick cream whipped to a solid froth, $\frac{1}{2}$ cup powdered sugar, 1 teaspoon essence vanilla. Mix lightly together and use at once.

Cocoa-nut Filling.—1 cup grated cocoanut, 1 cup sugar, 1 cup milk, 2 eggs. Cook all together 5 minutes.

Chocolate Cream Filling.— $\frac{1}{2}$ cake chocolate, grated, $\frac{3}{8}$ cup milk, $\frac{1}{2}$ cup sugar, 1 tablespoon butter, pinch salt, 1 teaspoon essence vanilla. Boil gently till thick.

Chocolate Filling.— $\frac{1}{4}$ cake chocolate, grated, $\frac{1}{2}$ cup milk, yolk 1 egg, 1 cup sugar, 1 teaspoon essence vanilla. Boil sugar, chocolate, and milk till thickened, add egg yolk, cook 2 minutes, take from fire, add flavouring.

Chocolate Filling, 2.—5 tablespoons grated chocolate, cream to moisten, 1 cup sugar, 1 egg, 1 teaspoon essence vanilla. Beat egg, add chocolate and sugar, cook over fire till thick, add flavouring.

Lemon Filling.—Grated rind 2 lemons, their strained juice, 2 cups sugar, whites 2 eggs, 1 cup boiling water, 2 tablespoons flour mixed with cold water, 1 tablespoon melted butter. Cook together in double boiler, adding beaten whites last.

Orange Filling.—As lemon filling, using but $\frac{1}{2}$ cup sugar and oranges instead of lemons.

Fig Filling.— $\frac{1}{2}$ pound chopped figs, 2 tablespoons sugar, 3 tablespoons boiling water, 1 tablespoon lemon juice. Cook in double boiler till thick enough.

Fruit Filling.—4 tablespoons finely chopped citron, same of chopped seeded raisins, $\frac{1}{2}$ cup chopped blanched almonds, $\frac{1}{4}$ pound chopped figs, whipped whites 3 eggs, $\frac{1}{2}$ cup sugar. Whip whites with sugar, add fruits, and beat well.

Prune and Nut Filling.—Soak $\frac{1}{2}$ pound large prunes overnight. Steam until plump and soft. Remove pits. When cold add $\frac{1}{2}$ cup chopped blanched almonds, and stir into this whites 3 eggs, beaten stiff, with $\frac{1}{2}$ cup powdered sugar.



Cheese Cakes

CHEESE CAKES (Cocoanut).—Paste, 3; 1 cup cocoanut, 1 cup milk curd, 1 cup cream, yolks of 5 eggs, 1 cup sugar, 1 teaspoon flavouring essence. Place cream, curd, eggs, sugar, and cocoanut on fire in thick saucepan; when thick remove; add the flavouring when quite cold; use it to fill tartlet or patty-pans, lined with the paste; bake in steady oven 10 minutes.

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Cheese Cakes (Regent).—Paste, 3; 1 quart milk, $\frac{1}{2}$ pint white wine, the yolks of 6 eggs, 1 cup sugar, $\frac{1}{2}$ cup almonds, blanched and pounded to paste, $\frac{1}{2}$ cup butter, 1 teaspoon essence of orange, 2 tablespoons brandy. Boil milk, then add wine; allow to stand until it curds, then strain through fine sieve; add to curds butter melted, cream, almonds, paste, essence, and brandy; mix smoothly; use to fill patty-pans lined with the paste; bake in moderate oven 10 minutes.

Cheese Cakes.—Paste, 3; 2 cups milk curd, 1 teaspoon essence nutmeg, $\frac{1}{2}$ cup cream, yolks 2 eggs, 1 tablespoon brandy, 1 cup sugar. Put 2 quarts clabbered milk to drain in fine sieve; when it measures 2 cups, add to it sugar, brandy, egg yolks, essence, and cream; mix smoothly, and use it to fill patty-pans lined with the paste; bake in quick oven 10 minutes.

Cheese Cakes, 2.—Paste, 3 or 5; 1 tablespoon butter, $\frac{3}{4}$ cup milk curd, yolks of 3 eggs, 1 cup cream, $\frac{1}{2}$ cup sugar, 1 teaspoon essence of lemon. Place on fire in small stew-pan, with butter, sugar, curd, and cream; stir until slightly warm, add eggs; soon as thick remove; when cold add essence; use to fill patty-pans lined with the paste; bake in hot oven 8 minutes.

Lemon Cheese Cakes.—Paste, 5; $\frac{1}{2}$ pound loaf sugar, 2 ounces butter, 3 eggs, 2 lemons. Grate the lemon rind, squeeze and strain the juice; put into a saucepan with the butter and sugar, and stir over the fire until dissolved. Add the eggs and stir by the side of the fire until the mixture thickens, then use as required; or put into a jar, cover closely, and keep in a cool, dry place.



Fruit Short Cakes

THE old-fashioned fruit short cakes were generally made with flour, soda, sour milk, and shortening, and were restricted to the strawberry season. We now use Royal Baking Powder for lightening them, employ all the fruits in their seasons, and thus feast ourselves upon the delicate confections almost the whole year through. The short cake made with Royal Baking Powder and sweet milk is incomparably better, surer, and more wholesome than the old-fashioned concoction. Too much skill was required in combining soda and sour milk. The milk had to be at just the right stage of sourness; not a grain more of soda could be used than was sufficient to neutralize the acid in the milk, or the cake would be yellow, with a disagreeable odour and taste; if too little, the cake was heavy. But even the young or inexperienced housekeeper will find that with Royal Baking Powder to make a perfect short cake is an easy and agreeable task. The baking powder only needs to be thoroughly sieved with the flour, so that it may evenly lighten the cake. Use sweet milk always, and never "prepared" or "self-raising" flour.

For the old-fashioned short cake no eggs are needed, the dough being put together in the same way as for baking powder biscuit.

Peach Short Cake.—1 quart flour, 1 teaspoon salt, 2 heaped teaspoons Royal Baking Powder, 2 tablespoons butter, 1 pint milk. Sieve the flour, salt, and baking powder together. Rub in the butter; add the milk and mix into a smooth dough, just soft enough to handle; divide in half, and roll out to the size of breakfast plates; lay on a greased baking-tin, and bake in hot oven 20 minutes; separate the cakes without cutting, as cutting makes them heavy. Have 12 large peaches peeled and cut in slices; use half of them to cover the bottom halves of short cake; sprinkle plentifully with sugar and cream; lay on the top halves with the crust downward; use the remainder of the fruit over them, and sugar plentifully.

Strawberry Short Cake.—Proceed as directed for peach short cake, substituting strawberries for peaches.

Blackberry Short Cake.—Proceed as directed for peach short cake, substituting blackberries for peaches.

Raspberry Short Cake.—Proceed as directed for peach short cake, substituting raspberries for peaches.

Cherry Short Cake.—Proceed as directed for peach short cake, using pitted sweet or tart cherries.

Apple Short Cake.—Pare, core, and cut 8 sour apples in eighths. Put into earthen dish with 1 tablespoon butter, 1 tablespoon lemon juice, $\frac{1}{2}$ cup sugar, and a pinch of cinnamon or nutmeg. Cover and bake in moderate oven till dark red and tender. When cold spread between layers of short cake and serve with plain or whipped cream or a cold boiled custard.

Huckleberry Short Cake.—2 cups sugar, $\frac{1}{2}$ cup butter, 1 teaspoon salt, 1 pint milk, 2 heaped teaspoons Royal Baking Powder sieved with 3 cups flour, 1 quart washed and well-drained huckleberries, more flour to make a very thick batter. Bake in greased baking-tin, break in squares, serve hot with butter.



Doughnuts and Crullers

THESE old-fashioned "fried cakes," as they were formerly called, require the Royal Baking Powder to perfectly make them. By its use less shortening is necessary and the cakes are more tender and more digestible. After the baking powder is mixed with the flour the other ingredients are added and the dough quickly rolled out, cut, and at once cooked. The fat should be in a deep pot (to obviate any danger of boiling over), and should be of sufficient depth to cover the dough when first dropped in. It should be smoking hot, or the dough will absorb grease and become heavy. Not more than half a dozen

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should be dropped in at one time, or some of the cakes will be submerged during the cooking, and when cooked will be greasy and not light. One or two pieces of dough should be cooked first to ascertain if the dough is of proper consistency, and the lard of proper temperature. When done the cakes should be drained on unglazed paper, then rolled in powdered sugar.

Doughnuts.—1 ounce butter, 1 cup castor sugar, $1\frac{1}{2}$ pints flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder, 1 egg, $1\frac{1}{2}$ cups milk. Beat the butter, sugar, and egg together to a cream. Sieve the flour and baking powder together, add it to the butter, then add the milk. Mix into a soft dough; well flour the board, roll the dough $\frac{1}{2}$ inch in thickness, cut out with large biscuit-cutter, and fry until light brown in plenty of hot lard. Dredge with sugar, and serve cold.

Doughnuts, 2.—Beat well together 2 eggs and 2 cups granulated sugar. Add 1 pint milk and 1 quart flour in which are mixed and sieved 3 teaspoons Royal Baking Powder, 1 teaspoon salt, and 1 grated nutmeg. Beat well, then add more flour to make a soft dough. Roll out $\frac{1}{2}$ inch thick, cut in rings or small balls, and fry brown in a deep pot of smoking-hot lard.

German Doughnuts.—Scald 1 pint milk, pour hot over 1 pint flour, and beat till smooth; add $\frac{1}{2}$ teaspoon salt, and let cool. Add beaten yolks of 4 eggs, 1 tablespoon melted butter, 1 teaspoon flavouring, $\frac{1}{2}$ cup sugar, beaten whites of the eggs, 1 cup flour mixed with 2 teaspoons Royal Baking Powder, and more flour to make a soft dough. Roll, cut, and fry.

Crullers.—1 quart flour, $\frac{1}{2}$ cup lard, $\frac{1}{2}$ cup butter, 1 cup sugar, $1\frac{1}{2}$ teaspoons Royal Baking Powder, $\frac{3}{4}$ pint milk, 2 eggs, $\frac{1}{2}$ teaspoon essence of cinnamon or nutmeg. Sieve the flour, sugar, and baking powder together; rub in the lard and butter; add the beaten eggs, flavouring essence, and milk. Mix into a smooth dough, just soft enough to handle easily. Roll out with the rolling-pin on a well-floured board; cut in strips about $\frac{1}{2}$ inch square, twist in different shapes, and fry light brown colour in plenty of hot lard. Dredge with sugar and serve cold.

Crullers, 2.— $1\frac{1}{2}$ cups sugar, 1 cup milk, 2 eggs, 2 tablespoons butter, melted, 1 teaspoon essence vanilla, 1 teaspoon powdered cinnamon, $\frac{1}{2}$ teaspoon salt, 2 teaspoons Royal Baking Powder mixed with 2 cups flour, more flour to make a soft dough. Roll out, cut in squares, cut slits in each with jagging-iron, and braid together. Fry in smoking-hot lard. Dredge with sugar, serve cold.

Crullers, 3.—1 cup sugar, 3 tablespoons butter, 1 cup cream, 3 cups flour mixed with 2 teaspoons Royal Baking Powder, and $\frac{1}{2}$ teaspoon salt, adding enough flour to make soft dough. Roll out, cut in 2-inch squares, and slash with jagging-iron. Fry, drain, and roll in sugar.

Dutch Crullers.—2 eggs, 1 teaspoon grated nutmeg, 1 cup sugar, 1 cup cream, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder, suffi-

cient flour to mix to a soft dough. Roll out, cut in squares, cut several times in centre with jagging-iron; fry brown in deep pot of smoking-hot fat.

Dumplings

APPLE DUMPLINGS, ROYAL.—1 quart flour; thoroughly mix with it 2 teaspoons Royal Baking Powder and a small teaspoon salt; rub in a piece of butter or lard the size of an egg, and then add 1 medium potato, grated in the flour; after the butter is well mixed, stir in milk and knead to the consistency of soft biscuit dough; break off pieces of dough large enough to close over 4 quarters of an apple (or other fruit, as desired) without rolling, and lay in an earthen dish and steam until the fruit is tender.

Apple Dumplings, 2.—8 ounces flour, 4 ounces fat or butter, 1 teaspoon Royal Baking Powder, $\frac{1}{4}$ pint water, 6 apples, 1 heaped tablespoon currants (cleaned). Mix the flour, butter, baking powder, and water into a light paste. Peel and core the apples and fill the cavity with the currants. Roll out the paste, cut in rounds, place an apple in the centre of each, wet the edges of the paste and press them up to a point on the top of the apple. Place them join downward on a baking-sheet, and bake in a moderate oven about 20 minutes. When nearly done brush over with cold water, and dredge well with fine sugar. Serve either hot or cold.

Berry Dumplings.—Use berries of any kind, carefully picked, hulled, or prepared, and make as for apple dumplings, putting 1 or 2 tablespoons berries into each dumpling.

Oxford Dumplings.—4 ounces bread crumbs, 4 ounces flour, 4 ounces finely chopped suet, 4 ounces currants (cleaned and picked), the grated rind of $\frac{1}{2}$ a lemon, a good pinch of salt, a good pinch of nutmeg, 2 eggs, and a little milk. Mix all the dry ingredients together, add the eggs and as much milk as is required to make the mixture moist enough to drop easily from the spoon. Divide in 6 equal portions, tie in small pudding-cloths (previously dipped into boiling water and well floured) or in the corners of two large cloths. Put into boiling water, and boil gently 1 hour. Serve with sweet sauce.

Dumplings for Stew or Fricassee.—Receipts for making dumplings for a stew or fricassee frequently call for too much shortening. This is a mistake, for light, easily digested dumplings form a more suitable accompaniment to a rich stew than those made of suet, which, in consequence of the large proportion of fat contained in them, severely tax the digestive system. Dumplings of this class are made from ordinary bread dough, and owe the lightness which is their chief recommendation entirely to the gas produced by the action of yeast. Yet very much better results may be obtained by substituting Royal Baking Powder for yeast; and nothing more is needed to make light, wholesome dumplings of this description than flour, salt, Royal

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Baking Powder, and sweet milk. Their extreme lightness demands a certain amount of care in cooking them. The liquor must be quite boiling when they are added, and kept at that temperature while they are cooking; the boiling liquor should provide space for the dumplings to float side by side on the surface, for if submerged they lose some of their lightness; heaviness is also sometimes caused when— by raising the lid of the boiling-pot—a current of cold air exerts its pressure on their extreme lightness and causes them to partially collapse.

Dumplings for Soup.—1 cup flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon Royal Baking Powder, sieved together. Add $\frac{1}{3}$ cup finely chopped suet and enough milk to make stiff dough. Form in dumplings size of marbles, drop into soup, cover, and boil 10 minutes.

Egg Dumplings for Soup.—Beat 2 eggs, add $\frac{1}{4}$ teaspoon salt, 2 tablespoons milk. Sieve 1 cup flour with 1 level teaspoon Royal Baking Powder, add egg mixture and more flour if necessary to make thick batter. Drop by half-teaspoonfuls in boiling soup; cover, cook 10 minutes.

Dumplings for Stews.—Mix and sieve 1 pint flour, $\frac{2}{3}$ teaspoons Royal Baking Powder, $\frac{1}{2}$ teaspoon salt. Mix to soft dough with milk. Turn on board, roll out 1 inch thick, cut in small circles. Roll each in flour, drop on top simmering stew. Cover, cook 10 or 15 minutes without opening pot.

Suet Dumplings.—1 cup bread crumbs, 2 tablespoons finely chopped beef suet, whites and yolks of 2 eggs, beaten separately, $\frac{1}{2}$ teaspoon salt, 1 teaspoon Royal Baking Powder sieved with 1 cup flour, sufficient milk to mix to stiff paste. Flour hands and make in balls. Wring small cloths in hot water, dust with flour, lay ball in each, and tie, leaving room to swell. Cook in rapidly boiling water 45 minutes, and serve with liquid sauce. (See Sauces.)



Puddings

TO BOIL A PUDDING IN A CLOTH.—Dip cloth (which should be made of thick cotton or linen) in hot water, and rub the inside with flour before putting in the pudding; when done dip cloth into cold water and the pudding will turn out easily. Always put a plate on bottom of kettle to keep pudding from burning.

To Steam a Pudding.—Put it into tin pan or earthen dish, cover with a greased paper, and place either in a steamer over a saucepan of boiling water, or in a saucepan, and surround it to half its depth with boiling water; cover closely; allow a little longer time than for boiling.

Apple Pudding.— $\frac{3}{4}$ pound paste, 4 (page 26); $1\frac{1}{2}$ pounds apples, peeled, cored, and sliced, 2 tablespoons moist sugar, 6 cloves, if liked.

Line a pudding-basin with paste, put in half the fruit, cover with sugar, add the cloves and remainder of the fruit. Wet the edges of the pastry, put on the cover, and press the edges firmly together. Have ready a saucepan half full of boiling water; cover the top of the pudding with two folds of greased paper, put it into the saucepan, and steam about 2 hours.

Apple Amber.—1 pound sour cooking apples, 2 ounces butter, a few glacé cherries, 3 ounces loaf sugar, 3 whole eggs, 1 lemon, short crust or puff paste trimmings. Peel the apples, cut them in halves, and remove the cores; slice them, and put into a stewpan with the sugar and butter; peel the lemon thinly, add the rind to the apples, cover the stewpan, and cook slowly until the apples are tender, then rub the apple purée through a hair sieve. Roll out the paste, stamp out some small rounds about the width of the pie-dish edge. Line the edge of the pie-dish with a narrow strip of paste, brush over with a little white of egg, and arrange the rounds of paste on same as neatly as possible. Stir the yolks of eggs into the apple purée, add half the lemon juice. Pour this into the pie-dish, and bake for about 15 minutes. Whisk the whites of 2 eggs to a very stiff froth. Spread this roughly on top of the apple mixture in the pie-dish, decorate with halves of glacé cherries, dredge with castor sugar, and bake in a slack oven for another 15 minutes, or until the top acquires a light brown colour.

Apple Tapioca Pudding.—Pare and core enough apples to fill dish; put into each apple bit of lemon peel. Soak $\frac{1}{2}$ pint tapioca in 1 quart lukewarm water 1 hour; add a little salt; flavour with lemon; pour over apples. Bake until apples are tender. Eat, when cold, with cream and sugar.

Arrowroot Pudding.—1 pint milk, 1 good tablespoon arrowroot, 1 level tablespoon fine white sugar, 3 eggs. Mix the arrowroot smoothly with a little of the milk, boiling the remainder. Pour the boiling milk on the arrowroot, stirring all the time; return to the saucepan and cook 2 or 3 minutes. Add the sugar and the yolks of the eggs; stir and cook about 3 minutes. Whip the whites to a stiff froth and stir them very lightly into the other ingredients. Have ready a well-buttered pie-dish, pour in the mixture, and bake gently about 20 minutes.

Boston Plum Pudding (Baked).—8 ounces flour, 6 ounces finely chopped suet, 6 ounces raisins, stoned, 6 ounces currants, cleaned and picked, 4 ounces sugar, 2 ounces mixed peel, finely shredded, 2 eggs, 1 teaspoon Royal Baking Powder, a good pinch of salt, a good pinch of nutmeg, a little milk. Mix all the dry ingredients together, add the eggs and sufficient milk to thoroughly moisten the whole. Pour into a well-greased Yorkshire pudding-tin, and bake about $1\frac{1}{4}$ hours in a moderately hot oven. To serve, cut the pudding in 3-inch squares, arrange in 2 rows on the dish, and sprinkle liberally with castor sugar.

Batter Pudding (Boiled).—1 pint milk, 6 ounces flour, $\frac{1}{2}$ teaspoon Royal Baking Powder, 3 eggs, a good pinch salt. Put the flour and salt into a basin, break the eggs into the centre, mix with the flour, and add milk gradually until all the flour is thoroughly moistened,

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then beat well. Add remainder of milk, and set aside for an hour. Have ready a saucepan nearly full of boiling water. Pour the batter into a well-buttered basin, cover with a well-floured scalded cloth, and boil 1½ hours. Serve with butter and sugar, golden syrup, or jam.

Batter Pudding (Baked).—Proceed as directed for batter pudding (boiled). Bake in an earthenware dish (in which has been previously melted and made very hot sufficient sweet dripping to cover the bottom of the dish) for about half an hour in a quick oven. Serve with good gravy, jam, or golden syrup.

Batter Pudding (with Fruit).—Proceed as directed for batter pudding (baked). Use a larger earthenware dish; after heating the dripping, place in the prepared fruit, pour in the batter, and bake in a quick oven for about ½ hour.

Bread Pudding.—1 pound bread, 2 ounces sugar, 2 ounces suet, 2 eggs, 2 pints milk (hot), 8 tablespoons jam. Chop the suet finely. Break the bread in small pieces, soak in the hot milk until soft, then beat with a fork until all the lumps disappear. Add to the bread the suet, sugar, and the eggs well beaten. Butter a pie-dish, spread a layer of the mixture on the bottom, then a layer of jam, and repeat until the dish is full; the top layer must be of the mixture. Bake in a moderately hot oven about 1 hour. Marmalade or stewed fruit may be used instead of jam.

Bread Pudding, 2.—½ pound bread, 4 ounces currants, 2 ounces sugar, 2 ounces finely chopped suet, 1 egg, a good pinch of nutmeg, 1 teaspoon Royal Baking Powder, mixed with the bread. Soak the bread in cold water until soft, then squeeze dry and beat out the lumps with a fork. Mix all the ingredients together, and if necessary add a little milk. Pour into a greased pie-dish, and bake about 1 hour in a moderately hot oven.

Bread and Butter Pudding (Steamed).—3 or 4 thin slices of stale bread (battered), 2 tablespoons cleaned and picked sultanas, 1 dessert-spoon moist sugar, 2 eggs, ¾ pint milk. Cut the bread in small strips or squares; place a layer in a well-greased basin, sprinkle on a little sugar and a few sultanas, repeat until the basin is nearly full. Beat the eggs, add to them the sugar and milk, pour over the bread, and put the pudding aside for at least 1 hour. Have ready a saucepan half full of boiling water, put in the pudding, cover the top with a greased paper, and steam gently for about 1 hour.

Bread and Butter Pudding (Baked).—This is made in the same manner as the above, a pie-dish being used instead of a basin. The dish must be only half filled with bread and butter, and the pudding must stand 2 hours before baking. It must bake in a moderately cool oven for 1 hour.

Brown Bread Pudding.—6 ounces brown-bread crumbs, 3 ounces butter, 4 ounces sugar, 2 ounces mixed candied peel, 1 teaspoon ground cinnamon, ½ pint milk, 3 eggs, grated nutmeg, a pinch of salt, 1 glass sherry (if liked). Boil up the milk and pour over the bread crumbs; add the cinnamon, candied peel finely chopped or shredded, and a pinch of salt. Work the

butter and sugar to a cream, add the eggs 1 at a time, mix in the soaked bread crumbs, and add a little grated nutmeg. Put the mixture into a well-buttered mould, cover with a buttered paper, and steam for about 2 hours. If wine is used, it should be added last of all. Unmould the pudding on a hot dish, and serve with fruit syrup or custard sauce. This pudding is equally nice served cold.

Blackberry Pudding.—¾ pound paste, 4 (page 26); 1 quart blackberries, 2 tablespoons moist sugar. Proceed as directed for apple pudding.

Canary Pudding.—3 ounces flour, 3 ounces sugar, 2 ounces butter, 2 eggs, 2 teaspoons Royal Baking Powder, 2 tablespoons milk (about). Beat the butter and sugar together, add one egg and a tablespoon of flour, mix well in, add the other egg and a little flour. Mix remainder of flour and baking powder together, stir them lightly in, add milk to form a fairly thick batter, beat well for a few minutes, then pour into a well-buttered mould and steam about 40 minutes; or put into 6 dariole moulds and steam 10 or 15 minutes. Serve with custard or jam sauce.

Cabinet Pudding.—¾ pint milk, 4 yolks of eggs, 2 whites of eggs, 1 level tablespoon castor sugar, 4 stale penny sponge cakes or Savoy biscuits, strips of angelica, dried cherries or raisins. Butter a soufflé-mould; place the cherries or whatever is used for decoration in a pattern at the bottom, and line the sides with slices of sponge cake or Savoy biscuits. Beat the 4 yolks and 2 whites of eggs slightly, add to them the sugar (a few drops of vanilla essence also if liked) and the milk. Half fill the mould with pieces of sponge cake, pour in the milk, etc. Have ready a saucepan half filled with boiling water, put in the pudding, cover with 2 or 3 folds of buttered paper, and steam very gently for about an hour. Serve hot with a suitable sauce or syrup.

Cocoanut Pudding.—½ pound grated cocoanut, 2 ounces butter, 2 ounces sugar, ¾ pint milk, ¼ pint cream, 4 eggs, 1 stale penny sponge cake, grated, 1 teaspoon essence vanilla. Simmer the cocoanut in the milk for ½ hour. Beat the butter and sugar to a cream. Separate the yolks and whites and add the former to the butter and sugar; put 2 whites aside and beat the remaining 2 to a stiff froth. Pour the milk and cocoanut on the butter, etc., add the sponge-cake crumbs, essence, cream, and lastly the whites of eggs. Pour into a well-buttered pie-dish and bake gently for about 40 minutes. Ten minutes before serving have ready the remaining 2 whites of eggs whipped to a stiff froth, spread lightly on top of the pudding, return to the oven and bake until crisp and brown. If liked, the dish may be lined with paste. (See Apple Amber.)

Chocolate Pudding.—3½ ounces bread crumbs, 2 ounces chocolate, 1½ ounces sugar, 1½ ounces butter, 2 eggs, a few drops essence of vanilla, ¼ pint milk. Grate the chocolate and simmer it gently in the milk for a few minutes. Separate the yolks and whites of the eggs; cream the butter and sugar, stir in the yolks, add the vanilla and bread crumbs, also the milk, etc. Whip the whites stiffly, add them lightly to the rest of the ingredients,

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pour the mixture into a large, well-buttered mould, and steam gently for an hour; or divide into 6 dariole moulds and steam 20 minutes. Serve with custard sauce.

Cherry Pudding.—2 eggs, 1 cup milk, $\frac{1}{2}$ teaspoon salt, 1 tablespoon melted butter, $1\frac{1}{2}$ cups flour, 1 teaspoon Royal Baking Powder, pinch salt. Mix in order given; turn into shallow greased pan. Over top put 2 pounds cherries, press into the batter, sprinkle with 3 tablespoons granulated sugar. Bake 30 minutes in moderate oven; serve hot with cream and sugar.

Cottage Pudding.—1 cup sugar, 2 eggs, 2 cups cream, 1 pint flour, $1\frac{1}{2}$ teaspoons Royal Baking Powder. Beat the eggs and sugar together; add cream, flour with the baking powder sieved in, and a pinch of salt; mix into smooth batter as for cup cake; put into long narrow or oval buttered mould; bake in hot oven 30 minutes.

Chestnut Amber.— $\frac{1}{2}$ pint milk, 2 eggs, 1 small lemon, 2 tablespoons chestnut purée, 2 ounces bread crumbs, 1 ounce castor sugar, 1 ounce butter, vanilla flavouring. Boil the milk with the thin rind of half the lemon, and pour over the bread crumbs; take out the lemon rind after a while. Beat the egg yolks, sugar, and butter to a cream, and add to it the chestnut purée. Mix all the ingredients together, add the strained juice of the lemon, and pour into a well-buttered pie-dish. Bake till firm and slightly brown in a moderately heated oven; then cover with a meringue produced with the whites of eggs whisked to a stiff froth and sweetened with sugar. Dredge the top with castor or icing sugar, and return to the oven until the meringue is nicely browned. This dish can be served hot or cold.

College Pudding.— $\frac{1}{2}$ pound bread crumbs, $\frac{1}{2}$ pound finely chopped suet, $\frac{1}{4}$ pound currants, washed and picked, $\frac{1}{4}$ pound sultanas, cleaned and picked, 2 ounces mixed peel, finely shredded, $\frac{1}{4}$ pound moist sugar, 2 eggs, a good pinch of salt, a good pinch of nutmeg. Mix all the dry ingredients, add the eggs. Put into well-buttered cups or dariole moulds, and steam or bake about 35 minutes.

Custards require to be made carefully, and need not, unless occasion demands it, be made expensively. The plain boiled custard, usually served in tarts or puddings, may be cheaply prepared.

Custards may have the delicate flavours of lemon, orange, rose, vanilla, nutmeg, etc., communicated to them by using flavouring essences. A few drops of rose will answer where a teaspoon or two of vanilla would be required. By their use you avoid the necessity of straining the custard; flavourings should be added to custards after they are made, to avoid driving off the fine aroma by the heat.

Plain Boiled Custard.—1 quart milk, 8 eggs, peel of 1 large lemon, $\frac{1}{4}$ pound powdered sugar. Pour milk into clean saucapan with peel of lemon, set at side of fire 20 minutes; when on point of boiling strain into basin to cool; then stir in powdered sugar and well-beaten eggs; again strain it into a piteher, which place in deep saucapan of boiling water, and stir one

way until it thickens; then pour into glass dish or custard-cups.

Custard Pudding (Steamed).—3 eggs, $\frac{1}{2}$ pint milk, 1 dessert-spoon castor sugar, a few drops vanilla essence. Beat the eggs well, add to them the sugar, and when dissolved put in the milk and vanilla essence. Pour into a buttered mould or basin, and steam gently from 30 to 35 minutes. Serve with jam sauce.

Custard Pudding (Baked).— $\frac{1}{2}$ pint milk, 2 eggs, 1 tablespoon (level) moist sugar. Beat the eggs, add the sugar, and when dissolved put in the milk. Pour into a buttered pie-dish, grate a little nutmeg on the top, and bake in a slow oven until set (about 35 minutes). When the oven is rather hot stand the dish in a tin of boiling water.

Corn Flour Pudding.—Proceed as directed for arrowroot pudding.

Banana Custard.—1 quart of plain boiled custard, 4 bananas cut in small dice. When the custard is quite cold add to it the dice of banana, and use as desired. Peaches and pears may be used in the same way.

Banana Blanc Mange.—1 quart milk, 2 bananas, $\frac{1}{2}$ teaspoon vanilla essence, 2 ounces corn-flour, 2 ounces sugar, yolks of 2 eggs. Boil up the milk, add the sugar. Moisten the corn-flour with a little cold milk, and stir into the boiling milk. Stir over the fire until it thickens; add the yolks, of eggs and flavouring essence. Let the eggs bind, and set aside to cool. Peel the bananas and cut in thin slices; mix with the above, and fill into 1 or 2 wetted moulds; put on ice to set. When ready immerse the moulds in tepid water, turn out on a dish, and serve with a cold fruit syrup.

Confectioner's Custard.— $\frac{1}{2}$ pint milk, yolks of 4 eggs, 3 sheets French gelatine, 4 ounces sugar, $\frac{1}{2}$ ounce potato flour, flavouring essence. Boil the milk, add the sugar and flavouring. Beat the yolks of eggs with the potato flour, pour the hot milk gradually upon this, and stir over a slow fire until it begins to thicken. Dissolve the gelatine and mix with the above, strain through a fine sieve, let cool, and use as directed.

Caramel Pudding.—1 pint milk, $\frac{1}{4}$ pound castor sugar, 2 eggs. Stir the sugar in a saucapan with a few drops of water until it acquires the colour and consistency of treacle, then pour into a dry mould, which turn round and round until it is completely lined with caramel. Put the milk into a saucapan and boil 5 minutes, then add the eggs (well beaten), sugar, and flavouring to taste; pour into the mould, cover with a piece of greased paper, and steam for about 30 minutes or until firm, then turn carefully on a hot dish. No sauce is required, for the caramel in cooking becomes a liquid.

Cold Apricot Pudding.—1 gill apricot pulp, $\frac{3}{4}$ ounce gelatine, 2 ounces castor sugar, a few drops cochineal, $1\frac{1}{2}$ gills milk or cream, yolks of 2 eggs, 1 ounce chopped almonds, 1 dessert-spoon lemon juice. Soak the gelatine in a little water. Boil the milk. Beat the yolks of eggs in a basin with the sugar, stir in the boiling milk, return to the stewpan over the fire, and stir till it thickens (it must not boil); pour back into the basin, add the gelatine and let

dissolve; then add the apricot pulp, chopped almonds, and lemon juice; strain into another basin. When nearly cold and well stirred, fill one large or several small moulds. When quite set turn out and serve. The moulds may be decorated with jelly and fruit before they are filled.

Cobourg Trifle.—Cut $\frac{1}{2}$ dozen sponge cakes in slices, spread them with raspberry or apricot jam, and place them together like sandwiches. Arrange them neatly in a glass dish, pour over 1 glass of good sherry or Marsala wine, and let them soak for about 10 minutes. Cover the whole with macaroons, which should be arranged in the form of a pyramid; pour over 1 gill of rich custard, and garnish with halves of glacé cherries. Whisk $\frac{1}{2}$ pint cream till stiff, cover the whole with it by means of a forcing-bag, decorate tastefully with peeled and shredded sweet almonds, angelica, and cherries.

Curate's Pudding.—2 ounces sugar, 1 ounce butter, 3 tablespoons mashed potato, 2 tablespoons milk, 1 egg, 1 lemon, a good pinch of salt. Sieve the potato. Cream the butter and sugar, add the egg, and beat well; grate the lemon rind, squeeze and strain the juice, add them, together with the potato, salt, and milk, to the other ingredients. Pour into a buttered pie-dish and bake about $\frac{1}{2}$ hour in a moderate oven.

Fig Pudding.—6 ounces bread crumbs, 2 ounces flour, 8 ounces figs, finely chopped, 6 ounces suet, finely chopped, 4 ounces moist sugar, 2 eggs, $\frac{1}{2}$ teaspoon Royal Baking Powder, $\frac{1}{2}$ pint milk, a good pinch each of salt and nutmeg. Mix all the dry ingredients together, and add the eggs and milk. Put the mixture into a greased mould or basin, cover with greased paper, and steam 5 hours.

Floating Island.—1 quart milk, 4 eggs, yolks and whites beaten separately, 4 tablespoons sugar, 2 teaspoons essence vanilla or bitter almonds, $\frac{1}{2}$ cup currant jelly. Heat milk to scalding, but not boiling. Beat the yolks; stir into them the sugar, and pour upon them gradually, mixing well, a cup of the hot milk. Return to saucepan and boil until it begins to thicken. When cool, flavour and pour into a glass dish. Heap upon top meringue of whites whipped until you can cut it, into which you have beaten the jelly, a teaspoon at a time.

Hominy Pudding.— $\frac{3}{4}$ cup hominy, $1\frac{1}{2}$ pints milk, 2 eggs, 1 tablespoon butter, 1 teaspoon essence rose, 1 cup sugar. Boil hominy in milk 1 hour; then pour it on eggs, flavouring, and sugar, beaten together; add butter, pour into buttered pudding-dish, bake in hot oven 20 minutes.

Honey Pudding.— $\frac{1}{4}$ pound honey, 1 small lemon, $\frac{1}{2}$ teaspoon ground ginger, 1 gill milk, 6 ounces fresh bread crumbs, 2 eggs, 1 ounce butter, 1 ounce florador or ground rice. Stir in a basin the honey and bread crumbs. Cook the florador for 10 minutes in the milk, and add it to the above. When well mixed add the rind of half a lemon (finely grated), the ginger, and the yolks of 2 eggs. Beat up the mixture for some minutes. Butter a plain pudding-mould, and add the remainder of butter to the above mixture. Whisk the

whites of eggs to a stiff froth, and incorporate gently. Three parts fill the mould with the mixture, and steam from $1\frac{1}{2}$ to $1\frac{3}{4}$ hours. Serve hot with a suitable sauce or syrup.

Lemon Pudding (Baked).—4 ounces of pastry, 3; $\frac{1}{2}$ pint milk, 2 ounces sugar, 1 ounce butter, 3 small sponge cakes, 3 eggs, 2 lemons. Line the sides and edges of a pie-dish with the pastry (see apple amber). Dissolve the sugar in the lemon juice, add to it the grated lemon rind and crumbled sponge cakes. Make the milk hot, put in the butter, and when it is melted add the yolks of the eggs. Stir and cook a few minutes, then add the rest of the ingredients, also whites of 2 eggs stiffly whipped. Pour into a buttered pie-dish and bake gently for 35 or 40 minutes; have ready the remaining 2 whites whipped to a stiff froth, and 10 minutes before serving spread lightly on the pudding and sprinkle with castor sugar. Return to the oven until the meringue mixture is crisp and lightly coloured, then serve.

Lemon Pudding (Boiled).—12 ounces bread crumbs, 8 ounces of finely chopped suet, 6 ounces sugar, 2 eggs, 1 lemon, 1 teaspoon of Royal Baking Powder, a little milk. Mix the dry ingredients together, add the eggs, the juice of the lemon, and the rind grated, and enough milk to make a stiff mixture. Put into a buttered mould or basin and steam from $2\frac{1}{2}$ to 3 hours. Serve with a suitable sweet sauce.

Macaroni Pudding.—1 cup broken Italian macaroni, $1\frac{1}{2}$ pints milk, 4 eggs, 1 cup sugar, 1 large tablespoon butter, 1 teaspoon essence vanilla. Boil macaroni in well-salted water 10 minutes, then add to the boiling milk and simmer 20 minutes longer; remove from fire, pour on sugar, eggs, and butter beaten together; lastly add flavouring; put in well-buttered pudding-dish, bake in steady oven 35 minutes; serve with cream sauce.

Meringue Rice Pudding.—Take 1 teacup rice to 1 pint water; when rice is boiled dry add 1 pint milk, a piece butter size of an egg, and 5 eggs. Beat yolks and grated rind of lemon, and mix with rice. Butter dish, pour in mixture, bake lightly. Beat whites to stiff froth; add 1 cup sugar and juice of a lemon. When pudding is nearly done, spread on meringue mixture, bake in slow oven till top is light brown.

Marmalade Pudding.—6 ounces orange marmalade, 6 ounces finely chopped beef suet, $\frac{1}{2}$ teaspoon Royal Baking Powder thoroughly mixed through 8 ounces bread crumbs, 2 eggs, a pinch of salt. Put the marmalade, bread crumbs, and suet into a basin, mix well, stir in the eggs, 1 at a time, add the salt, beat up well for a few minutes. If found too stiff a little milk or cream may be added. Put the mixture into a well-buttered pudding-basin, cover it with buttered paper, and steam for 3 hours or boil for $2\frac{1}{2}$ hours. When done turn out on a hot dish, and serve with a suitable sweet sauce.

Orange Pudding.— $1\frac{1}{2}$ cups stale Royal Baking Powder bread, 1 cup finely chopped suet, 1 cup sugar, 2 eggs, juice of 1 orange, 1 tablespoon essence of orange, $\frac{1}{2}$ cup milk. Mix all thoroughly together, fill 6 cups, well greased, boil $\frac{1}{2}$ hour. Turn out on dish, serve with hard sauce flavoured with 1 teaspoon essence of orange.

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Plum Pudding.—8 ounces of sugar, 6 ounces each of currants and raisins, cleaned and picked, 6 ounces suet, finely chopped, 4 ounces mashed potato, 4 ounces grated raw carrots, 4 ounces brown-bread crumbs, 4 ounces flour, 2 ounces mixed peel, finely shredded, 2 eggs, $\frac{1}{2}$ pint milk (boiling), 2 salt-spoons salt, 1 salt-spoon grated nutmeg. Soak the brown-bread crumbs in the milk for half an hour. Mix the dry ingredients together, add to them the eggs, milk, and bread. Pour into a greased basin and steam 5 or 6 hours.

Plum Pudding (Christmas).— $\frac{1}{2}$ pound each of beef suet, finely chopped, sugar, sultanas, raisins, currants, all three cleaned, picked, etc., $\frac{1}{4}$ pound flour, $\frac{1}{4}$ pound bread crumbs, $\frac{1}{4}$ pound mixed peel, finely shredded, 2 ounces almonds, blanched and cut in small pieces, the juice and grated rind of 1 lemon, 4 eggs, $\frac{1}{4}$ pint of milk (about), 1 teaspoon Royal Baking Powder, a good pinch each of salt, nutmeg, mace, and cinnamon. Mix all the dry ingredients together, add the lemon juice, eggs (beaten), and milk to thoroughly moisten. Place in well-greased mould or scalded and floured pudding-cloth, and steam or boil 5 or 6 hours.

Primrose Pudding.—4 good tablespoons ground rice, 2 level tablespoons castor sugar, 1 ounce butter, 2 eggs, 1 pint milk (rather more), vanilla or other flavouring, raisins to decorate the mould. Coat a mould or basin thickly with butter, ornament with halves of raisins. Moisten the rice with a little milk, boil the remainder and pour over the rice, stirring all the time. Return to the saucepan, add the sugar, and cook 3 or 4 minutes. Cool slightly, then put in the eggs and vanilla. Pour into the mould and steam gently from 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ hours.

Rice Pudding.—1 pint milk, 2 tablespoons rice, 1 tablespoon sugar, a good pinch of salt, a little butter. Grease the dish; wash the rice and put it into the dish with the sugar, salt, and butter; pour on the milk, grate a little nutmeg on the top, and bake in a very slow oven for 2 hours. Serve cold, and it is better the day after it is baked.

Sago Pudding.—2 ounces sago, 1 ounce sugar, 1 pint milk, 1 egg. Boil the milk, sprinkle in the sago, stir until it boils, then simmer gently until the sago becomes transparent. Add the sugar, cool slightly, then beat the egg and stir it into the mixture. Pour into a greased pie-dish, grate a little nutmeg on the top, and bake gently for 25 or 30 minutes.

Tapioca Pudding.—Proceed as directed for sago pudding.

Sultana Pudding.—6 ounces bread crumbs or $\frac{1}{4}$ pound flour, 1 tablespoon milk, 1 egg, 1 ounce sultanas, 2 ounces suet, 1 ounce sugar. Chop the suet and mix with it the bread crumbs or flour; add the sugar and sultanas (cleaned), mix well together; moisten with the milk and the egg, beat the mixture well; place in a scalded and floured cloth, tie tightly, and boil for rather more than an hour.

Sauces for Puddings, Etc.

BRANDY SAUCE.—Proceed as directed below for wine sauce, substituting brandy for wine.

Currant Jelly Sauce.—Melt 1 cup red currant jelly, 1 glass white wine, and 1 teaspoon essence of raspberry.

Cream Sauce.—Bring $\frac{3}{4}$ pint cream slowly to boil; set in stewpan of boiling water; when it reaches boiling point add $\frac{1}{2}$ cup sugar, then pour slowly on whipped whites of 2 eggs in bowl; add 1 teaspoon essence vanilla, and use.

Custard Sauce.—1 pint milk, yolks of 4 eggs, $\frac{1}{2}$ cup sugar. Set over fire, and stir until thick.

Duchess Sauce.—Boil 2 ounces grated chocolate in $\frac{1}{2}$ pint milk 5 minutes; strain on yolks of 2 eggs beaten with $\frac{1}{2}$ gill cream and $\frac{1}{2}$ cup sugar; strain, return to fire, stir until thick as honey; remove, and add 1 teaspoon essence of vanilla.

German Sauce.—1 glass sherry, the yolks of 2 eggs, 1 dessert-spoon castor sugar. Put the ingredients into a small stewpan and whisk briskly over a slow fire until the sauce becomes thick and frothy.

Hard Sauce.—Beat 1 cup sugar and $\frac{1}{2}$ cup butter to white cream; add whites of 2 eggs; beat few minutes longer; add tablespoon brandy and teaspoon essence of nutmeg; put on ice until needed.

Lemon Sauce.—Boil 1 cup sugar and 1 cup water together 15 minutes, then remove; when cooled a little, add $\frac{1}{2}$ teaspoon essence lemon and 1 tablespoon lemon juice.

Peach Sauce.—Place peach juice from tin in small saucepan; add equal quantity of water, little more sugar, and 8 or 10 raisins. Boil this 10 minutes, strain, and just before serving add 8 drops essence bitter almonds.

Sugar Sauce.—Beat to light cream $\frac{1}{2}$ cup sugar, flavoured with $\frac{1}{2}$ teaspoon essence lemon, and $\frac{1}{2}$ cup butter; add yolks of 2 eggs, and place on ice until wanted.

Vanilla Sauce.—Put $\frac{1}{2}$ pint milk in small saucepan over fire; when nearly boiling add yolks of 3 eggs; stir until thick as boiled custard; add, when taken from the fire and cooled, 1 tablespoon essence vanilla, and whites of eggs whipped stiff.

Wine Sauce.— $\frac{3}{4}$ pint water, 1 cup sugar, 1 small teaspoon corn-flour, 1 teaspoon each essence lemon and cinnamon, $\frac{1}{2}$ gill wine. Boil water, add corn-flour, mixed with a little cold water, and the sugar; boil 15 minutes, strain; when about to serve, add flavouring and wine.

Spice Sauce.—Place on fire $\frac{3}{4}$ pint water, 1 cup sugar; boil 20 minutes, remove from fire and add 1 teaspoon each essence cloves and ginger.

Pies and Tarts

THE richest pastry for pies is called puff paste, and much skill and practice are required to make it flaky, tender, and very light. First-class puff paste will rise in baking to double its thickness, and be in light, flaky layers and without greasiness. The novice must learn to handle it as lightly and little as possible in rolling and turning.

Pastry flour should always be used for pie crust. It is whiter than bread flour and when rubbed between the fingers it feels very smooth and soft, like corn-flour. Carefully sieve before using.

Where it is desired to have a plainer pastry, or one less troublesome to make and more economical, the use of a small quantity of Royal Baking Powder will give a light crust. As in other cases, the baking powder must be mixed and sieved with the flour before the shortening is added. Sweet home-made lard may be used in place of butter, and will give a light paste; but butter is better and costs only a trifle more. Never use sour milk or so-called "prepared" or "self-raising" flours.

Make pastry with clean, cold hands. Dip the hands in cold water (after washing them in hot water) before beginning. Attend to the oven; if it is too cold it will make the crust heavy, if too hot the crust will be burned. Try it by baking a tiny piece of crust in it first. Make a little hole in the top crust of meat pies to let out gas.

Light Pie Paste, 1.— Paste made in the following manner will be found to make light and good pastry: although not quite so rich as puff paste, it will be found more serviceable for rissoles, tarts, pies, and many other purposes. Sieve $\frac{3}{4}$ pound flour into a basin and rub in with the finger-tips 6 ounces of best butter. Work it thus until it resembles whole-meal flour; add to the flour a pinch of salt and a heaped-up teaspoon Royal Baking Powder. Make a well in the centre of the mixture and moisten with sufficient water to make it into a fairly stiff but smooth paste. The water must be added carefully, for the paste to be successful must be neither too moist nor too stiff. Flour the paste-board and rolling-pin. Roll the paste out, fold it neatly, and set aside in a cool place till wanted.

French Puff Paste, 2.— $\frac{3}{4}$ pound flour, $\frac{1}{2}$ pound butter, a pinch salt cold water, 1 teaspoon lemon juice, 1 heaped-up teaspoon Royal Baking Powder. Mix the baking powder with the flour, sieve on a board, make a well in the centre, mix it into a paste with salt, lemon juice, and water. Roll out in an oblong strip. Put the butter into a cloth, knead a little so as to squeeze out the moisture, and form it in a flat cake. Place the butter in the centre of the paste and fold over so as to completely enclose it. Roll out, fold in three, and roll out in an oblong shape again; continue this 4 or 5

times, setting the paste aside in a cool place for 20 minutes after each turn. Before using it should be allowed to stand for at least $\frac{1}{2}$ hour.

Rich Paste for Pies, 3.— 8 ounces flour, 6 ounces butter, 1 teaspoon Royal Baking Powder, 1 teaspoon castor sugar, $\frac{1}{8}$ pint cold water. Rub the butter lightly into the flour, add sugar and baking powder, and cold water to form a very stiff paste. Use for fruit tarts, etc.

Suet Paste, 4.— 8 ounces flour, 4 ounces finely chopped suet, 1 level teaspoon Royal Baking Powder, $\frac{1}{4}$ pint cold water (about). Mix the dry ingredients, add sufficient water to make a stiff paste. Use for fruit or meat puddings, either steamed or boiled.

Flaky Paste, 5.— 8 ounces flour, 2 ounces lard, 4 ounces butter, 1 teaspoon Royal Baking Powder, $\frac{1}{4}$ pint cold water (about). Mix the baking powder with the flour, rub in the lard, add as much water as is required to form a fairly stiff paste. Roll out thinly, divide the butter in three equal portions, and place one portion on the paste in small pieces. Fold the paste exactly in three, and roll out; repeat until the other portions of butter are used. Put the paste aside in a cool place for 1 hour, then use as required. Bake in a hot oven.

Apple Pie.— 3 tart apples, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ lemon rind grated, paste, 3. Peel core, and slice apples very thin; line pie-plate with paste; put in apples, sugar, and little water; wet the edges, cover with paste rolled out very thinly; brush over lightly with cold water, dredge with castor sugar, bake in steady, moderate oven 25 minutes or till apples are cooked.

Blackberry Pie.— Paste, 3; $\frac{1}{2}$ cup sugar, 3 cups berries to each pie. Line pie-plate with paste, put in berries and sugar, wet the edges, cover; brush over lightly with cold water, and dredge with castor sugar; bake in quick, steady oven 20 minutes.

Cocoanut Pie.— Proceed as for custard pie, plain, adding $1\frac{1}{2}$ cups grated cocoanut, and leaving out $\frac{1}{2}$ pint milk.

Custard Pie (Plain).— Paste, 5. Line well-greased pie-plate with paste, and fill with custard made as directed in baked custard.

Custard Pie (Peach).— Proceed as for custard pie, plain, laying in bottom of pie some cooked, fresh, or canned peaches, then adding the custard.

Custard Pie (Apple).— Proceed as for custard pie (peach), substituting thick stewed apples.

Cherry Pie.— Paste, 3; 3 cups of cherries, stemmed, 1 cup sugar. Line pie-plate with the paste, moisten edges, add cherries, cover, bake in steady, quick oven 25 minutes.

Currant Pie.— Paste, 3 or 5; 3 cups ripe currants, stewed 10 minutes with 1 cup sugar, and strained. Line pie-plate with paste; put in currants; moisten the edges, lay 3 narrow bars across; fasten at edge, then 3 more across, forming diamond-shaped spaces. Lay rim of same paste; brush with egg; bake in quick oven until paste is cooked.

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Dried Apple Pie.—Stew apples until quite soft; rub through a sieve; have them juicy. Beat 2 eggs, saving white of 1; 1 ounce butter, 1 ounce sugar to every pie; season to taste. Quantity of sugar must be governed somewhat by the acidity of the apples. Bake with a bottom crust; while they are baking make a meringue mixture (see Apple Amber) of the white of 1 egg; when pies are done spread the meringue mixture evenly over the top; set again in the oven and brown slightly.

Gooseberry Pie.—Paste, 3 or 5; 3 cups gooseberries, stewed with $1\frac{1}{2}$ cups sugar 15 minutes, and strained. Proceed as directed for currant pie.

Lemon Cream Pie.—Paste, 3; $1\frac{1}{2}$ pints milk, 3 tablespoons corn-flour, 1 cup sugar, 2 tablespoons butter, grated rind and juice of 2 lemons, yolks of 4 eggs. Boil milk, add corn-flour dissolved in a little cold milk; when it reboils, take off, beat in yolks, butter, lemon juice, and rind; pour at once into pie-plates, lined with paste, having high rim; bake in hot oven until paste is cooked — about 20 minutes.

Lemon Cream Meringue Pie.—Having made the lemon cream pie, whip whites of 4 eggs to dry froth; gently incorporate 1 cup sugar; spread over top of pie; dust with powdered sugar; return to oven to set fawn colour.

Lovers of Chocolate in any and every form can make this addition to an ordinary custard pie: Beat 1 egg to a stiff froth, then add pulverized sugar and grated chocolate with $\frac{1}{2}$ teaspoon essence vanilla; spread this on the top of the pie and let it harden for a moment in the oven. Or it may be prepared in still another way. Put the chocolate in a basin on the back of the stove and let it dissolve (do not put a drop of water with it); when dissolved beat 1 egg and some sugar in with it; in the latter case it will be a regular chocolate brown in colour, and in the other a sort of gray.

Mince-meat.— $\frac{1}{2}$ pound sugar, $\frac{1}{2}$ pound apples, chopped, $\frac{1}{2}$ pound suet, finely chopped, $\frac{1}{2}$ pound raisins, stoned and chopped, $\frac{1}{2}$ pound each of sultanas and currants, cleaned and picked, 2 ounces candied peel, finely chopped, 1 lemon (the juice, and the rind grated), 1 glass of brandy. Mix all together, press into a jar, and keep 3 or 4 weeks before using.

Mince Pies.—Paste, 1 or 3. Roll out thinly, cut out as many rounds as required for covers. Knead the trimmings lightly, roll out and cut rounds to line the patty-pans. Fill with mince-meat, cover, brush over lightly with cold water, sprinkle with fine sugar, and bake in a sharp oven.

Peach Pie.—Paste, 3; 8 peaches, peeled and stoned, 1 cup sugar. Line pie-plate with the paste; wet edges; arrange peaches; add sugar; lay 3 narrow bars paste across; fasten ends; lay 3 more bars, to form diamond spaces; wet again and lay rim over; brush over with white of egg or cold water, sprinkle with fine sugar, and bake in moderate oven 20 minutes.

Plum Pie.—Paste, 3 or 5; 3 cups plums; simmer in water, cover with $1\frac{1}{2}$ cups sugar, until tender. Line pie-plate with the paste; wet edges; cover, brush lightly over with water, dredge with fine sugar, bake in quick oven 20 minutes.

Pumpkin Pie.—Paste, 3 or 5; 1 pint stewed pumpkin, 3 eggs, $1\frac{1}{2}$ pints milk, 2 teaspoons ginger, 1 teaspoon each nutmeg, cloves, cinnamon, and mace, pinch salt, and 1 cup moist sugar. Stew pumpkin as follows: Cut pumpkin of deep colour, firm and close in texture, in half, remove seeds, but do not peel it; cut in small slices, put into shallow stewpan, with about $\frac{1}{2}$ cup water; cover closely; soon as steam forms, set where it will not burn. When pumpkin is tender, pour off liquor and set it back on stove to steam dry; then measure out, after straining, 1 pint; add milk boiling, sugar mixed with spices and salt, and well mix all together; add eggs, beaten, last. Line pie-plate in manner described for custard pie, plain, pour in prepared pumpkin; bake in quick, steady oven about 30 minutes, until pie is firm in centre.

Raspberry Pie.—Paste, 3 or 5; 3 cups raspberries, 1 cup sugar. Line pie-plate with the paste, prick over with fork to prevent shrinking and blistering; cut out a top crust a little larger than the other, prick also, and bake; put the fruit and sugar in the pie-plate, and cover with top crust; bake in a hot oven about 25 minutes.

Rhubarb Pie.—Paste, 3 or 5; $1\frac{1}{2}$ bunches rhubarb, $1\frac{1}{2}$ cups sugar. Cut fruit in small pieces after stripping off skin, cook it very fast in shallow stewpan, with sugar. Line pie-plate with the paste; wet rim; add rhubarb, cold; lay 3 bars paste across, fastening ends; lay 3 more across, forming diamond-shaped spaces; lay round a rim, brush over with egg, and bake in quick oven 15 minutes.

Tarts: Gooseberry, Currant, Apple, or any other Fruit.—Time to bake, from $\frac{3}{4}$ to 1 hour. 1 quart gooseberries, rather more than $\frac{1}{2}$ pound paste, moist sugar to taste. Cut off tops and tails from gooseberries, or pick currants from their stems, or pare and quarter the apples or peaches; put them into pie-dish with sugar, line edge of dish with paste, pour in a little water, put on cover, ornament edge of paste in the usual manner, and bake in a brisk oven.

Tartlets.—Time to bake, $\frac{1}{4}$ hour. Line some patty-pans with puff paste, fill them with any jam or preserve, and bake lightly.

Open Jam Tart.—Time to bake, until paste loosens from the dish. Line shallow tin dish with puff paste, put in the jam, roll out some of paste, wet it lightly with yolk of an egg beaten with a little milk and a tablespoon of powdered sugar; cut it in very narrow strips and lay across the tart; lay another strip round the edge, trim off outside, and bake in quick oven.

Royal Baking Powder enables the housewife to produce quickly and economically the finest cake, puddings, crusts, and muffins.

Ice Cream and Fruit Ices

In all Ice Cream Receipts, Eggs can be Left Out if Desirable.

BISCUIT GLACÉ.— $1\frac{1}{2}$ pints cream, 12 ounces sugar, yolks of 8 eggs, and 1 tablespoon essence of vanilla. Take 6 ounces crisp macaroons, pound in mortar to dust. Mix cream, sugar, eggs, and essence. Place on fire and stir the mixture until it begins to thicken. Strain and rub through hair sieve into basin. Put into freezer; when nearly frozen, mix in macaroon dust and another tablespoon essence vanilla, and finish freezing.

Coffee Ice Cream.—1 quart best cream, $\frac{1}{2}$ pint strong Mocha coffee, 14 ounces white sugar, yolks of 8 eggs. Mix these ingredients in a steel or enamelled saucepan and place on fire to thicken. Rub through hair sieve into a basin. Put into freezer and freeze.

Lemon Water Ice.—Juice 6 lemons, 2 teaspoons essence lemon, 1 quart water, 1 pound powdered sugar, 1 gill rich, sweet cream; add all together and strain. Freeze same as ice cream.

Orange Sherbet.—2 quarts water, 2 pounds white sugar, 2 beaten eggs, juice and grated rinds of 3 oranges, and juice of 1 lemon. Beat sugar and eggs together, then add water and grated rinds. Freeze like ice cream. The strained juice of oranges and lemons should not be added until the mixture begins to freeze.

Chocolate Ice Cream.—1 quart rich, sweet cream, $\frac{1}{2}$ pound white sugar, 2 ounces chocolate flavoured with 2 teaspoons essence vanilla. Be very careful to have chocolate rubbed to smooth paste by having milk warm and adding very small quantity at a time. Add all together and freeze.

Crushed Strawberry Ice Cream.—3 pints best cream, 12 ounces white sugar, 2 whole eggs. Mix all in a steel or enamelled saucepan; place on fire; stir constantly to boiling point. Remove and strain through hair sieve. Place in freezer and freeze. Take 1 quart ripe strawberries, remove stalks, and put into a china bowl. Add 6 ounces white sugar, crush all down to pulp. Add this pulp to frozen cream, with 2 tablespoons essence vanilla; mix in well. Give freezer few additional turns to harden.

French Vanilla Ice Cream.—1 quart rich, sweet cream, $\frac{1}{2}$ pound white sugar, yolks of 6 eggs. Place cream and sugar in saucepan, allow them to come to boil; strain immediately through hair sieve, and having the eggs well beaten, add them slowly to the cream and sugar while hot, at same time stirring rapidly. Place on fire again and stir for few minutes. Then pour into the freezer and flavour with 1 tablespoon essence vanilla, and freeze.

Italian Orange Ice Cream.— $1\frac{1}{2}$ pints best cream, 12 ounces white sugar, juice of 6 oranges, 2 teaspoons orange essence, yolks of 8 eggs, and pinch of salt. Mix these ingredients in

steel or enamelled saucepan, stir over fire until the mixture begins to thicken. Rub and pass the cream through a hair sieve, put into freezer and freeze.

Lemon Ice Cream.—1 quart best cream, 8 ounces white sugar, 3 whole eggs. Place on fire. Stir continually, until it reaches boiling point. Then immediately remove and strain. When cold, place in freezer, flavour with 1 tablespoon essence lemon, and freeze.

Orange Water Ice.—Juice 6 oranges, 2 teaspoons essence orange, juice of 1 lemon, 1 quart water, 1 pound white sugar, 1 gill rich, sweet cream; add all together and strain. Freeze same as ice cream.

Raspberry Water Ice.—Press sufficient raspberries through hair sieve to give 3 pints of juice. Add 1 pound white sugar and juice of 1 lemon, with 1 teaspoon essence raspberry. Place in freezer and freeze.

Red Currant Fruit Ice.—Put 3 pints of ripe currants, 1 pint red raspberries, $\frac{1}{2}$ pint of water, in basin. Place on fire and allow to simmer for few minutes, then strain through hair sieve. To this add 12 ounces white sugar and $\frac{1}{2}$ pint water. Place all into freezing-can and freeze.

Beverages

CHOCOLATE.—Allow 2 teaspoons of grated chocolate to each breakfast-cup of milk and water. Put the chocolate into a steel or enamelled saucepan, add equal quantities of milk and water, bring to the boil, simmer 6 or 8 minutes, strain, and serve.

Cocoa.—Proceed as directed for chocolate; but mix the cocoa smoothly with a little cold water before adding to it the bulk of the liquid.

Coffee.—Allow 1 tablespoon freshly ground coffee to each breakfast-cup of water. Place an earthenware fireproof jug on the stove and let it become hot, then put in the coffee, pour on the boiling water, put on the cover, and let it stand by the side of the fire for 5 minutes. Strain into a hot coffee-pot and serve with hot milk.

French Coffee.— $1\frac{1}{2}$ cups ground coffee. Put in a flannel bag, tie top, and put in old-fashioned coffee-pot; pour on 3 pints water, boil 10 minutes; serve in another coffee-pot. A very rich coffee can be made by adding to grounds first placed in bowl 1 egg, shell and all broken, and thoroughly mixed with coffee. Where egg is used omit soaking coffee grounds in water.

Tea.—Allow 1 heaped teaspoon to each $\frac{1}{2}$ pint of water. Scald the teapot, and put in the tea, pour on the boiling water, let the teapot stand 3 or 4 minutes where the tea will be kept hot without boiling, then serve. To insure good tea, the kettle should be emptied and refilled with fresh cold water, and the tea made directly the water boils.

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Vienna Coffee.—Equal parts Mocha and Java coffee; allow 1 heaped tablespoon of coffee to each person, and 2 extra to make good strength. Mix 1 egg with grounds, pour on coffee $\frac{1}{2}$ as much boiling water as will be needed; let coffee froth, then stir down grounds and let boil 5 minutes; let coffee stand where it will keep hot, but not boil, for 5 or 10 minutes, and add remainder of water. To 1 pint of cream add white of an egg, well beaten; this is to be put in cups with sugar.



Jellies and Jams

HOW TO MAKE JELLIES.—Put the fruit in stone jar placed in boiler of hot water. When fruit is sufficiently softened, strain through jelly-bag, place juice in preserving-kettle, and allow 1 pound of sugar to 1 pint of juice. While heating juice place sugar in dish in oven; allow juice to boil 20 minutes, then add heated sugar. Let all come to a boil and remove from fire. Having glasses scalded, pour in brimming full, and allow them to stand for at least a day, or till jelly is thoroughly set; cover with tissue-paper saturated with brandy, and over all paste thick white or brown paper.

Apple Jelly.—Take apples, wipe and slice them; use seeds, skins, and all; cook soft in cider enough to cover them; strain through cloth laid in sieve; add a pound of sugar to a pint of juice and boil up a few minutes.

Crab-apple Jelly.—Boil apples with just water enough to cover them until tender. Mash with spoon and strain out juice. Take pint of juice to pound of sugar; boil 30 minutes, strain through a hair sieve.

Cider Jelly.—4½ ounces French gelatine dissolved in 1 pint cold water. In 20 minutes add 1 pint boiling water, 1 quart cider, 1 pint white sugar, and grated rind and juice of 2 lemons. Let stand on stove until hot, but do not boil. Then strain into moulds.

Plum Jelly.—Take as many plums as you desire, pour sufficient boiling water over to cover them. Pour off water immediately, draining them. Put plums in preserving-kettle with boiling water enough to cover again; then boil till they begin to open and some juice is extracted. Then pour off liquid, strain it, add to each pound of juice 1 pound white sugar, return to kettle: boil it from 20 minutes to ½ hour, as it may require, and you will have most delicious jelly. The plums may be used for pies or sauce.

Quince Jelly.—Slice quinces without either paring or coring. Put them into preserving-kettle; just cover with water; put over fire, boil until soft. Remove from stove, strain off liquor. To each gallon allow 4 pounds white sugar; boil very fast until it becomes a stiff jelly.

Lemon Jelly.—1¾ ounces French gelatine soaked in ½ pint cold water 1 hour; add 1 pint boiling water, 1½ cups sugar, and essence of

lemon to taste. Stand on stove until boiling. Strain into mould, set in cool place.

Strawberry or Raspberry Jelly.—Get fine-coloured, fresh, ripe fruit; put over fire at sufficient distance for juice to flow slowly; do not allow it to run after it is perfectly clear, probably 20 minutes; then run through jelly-bag without pressing. If juice is at all turbid strain again through muslin into pan; simmer it ¼ hour; then add 1 pound white sugar to each pint juice and boil 10 minutes longer.

Wine Jelly.—2½ ounces French gelatine dissolved in ½ pint warm water, 1 pint white wine or sherry, all the juice and ½ the grated peel of 1 lemon, 6 ounces loaf sugar, 1 pint boiling water. Put soaked gelatine, lemon, and sugar together, and cover closely ½ hour. Pour on boiling water, stir, and strain. Add wine, and strain again through flannel bag without squeezing, and leave in mould until solid.

Black or Red Currant Jam.—Time, ¾ to 1 hour. To each pound currants allow ¾ pound sugar. Gather currants on fine day; pick from stems. Put them into preserving-pan with sugar broken in small pieces. Bring gradually to boil, then let simmer, removing scum as it rises, stirring jam constantly. When done, put into pots with brandy paper over them, and tie down closely.

Gooseberry Jam.—Time, 1¼ hours. ¾ pound loaf sugar to 1 pound red gooseberries. Pick off stems and blossoms from gooseberries; bruise them lightly, boil quickly for 8 or 10 minutes, stirring all the time; then add sugar, pounded and sieved, boil quickly, removing scum as it rises. Put into pots; when cold cover as above. All jams are made much in the same way.

Pineapple Jam.—Peel, grate, and weigh the apple. Put pound to pound of pineapple and sugar. Boil it in preserving-kettle 30 or 40 minutes.



Preserved Fruits

DIRECTIONS FOR SUGAR PRESERVES.—Preserves should be kept carefully from air, in very dry place; if they stand in a damp place they will become mouldy. They should be looked at 2 or 3 times in first 2 months, and gently boiled again if not likely to keep. It is supposed by some that cheap sugar will do for preserves. This is a mistake; the very best sugar should be used. If cheap sugar is used, it should be cleansed and all scum taken off.

Preserves require from ¾ to 1 pound of white sugar to each pound of fruit, and ½ cup water to each pound of sugar. The fruit should be simmered in the syrup until tender, a little at a time; skimmed out into the jars; when all are done the syrup should be brought to boiling point, jars filled and sealed. Hard fruits like quinces should be first steamed or cooked in boiling water till tender.

Citron Preserves.—Prepare rind in any form desired; boil very hard 30 or 40 minutes in water; take from water and put into clear cold water; allow them to stand overnight; in morning change water and put them to boil; let cook until they have entirely changed colour and are quite soft; then make syrup, allowing 1½ pounds white sugar to 1 pound fruit; then add fruit, which needs but little more cooking. Mace, ginger, or lemon flavours nicely.

Peach Preserves.—Take ripe but not soft peaches. Pour boiling water over them to take off skins, which will pull off easily. Weigh equal quantities fruit and sugar; put them together in earthen pan overnight. In morning pour off syrup, boil few minutes; take off scum. Put pan back on fire; when syrup boils up, put in peaches. Boil them slowly ¾ hour; take out and put in jars. Boil syrup 15 minutes more, and pour over them.

To Preserve Strawberries.—To 1 pound strawberries, after they have been picked over, add 1 pound sugar; put them into preserving-pan, over slow fire, until sugar is dissolved, then boil them precisely 25 minutes fast as possible; have jar ready and put fruit into it boiling hot; jar should be heated before hot fruit is poured into it, otherwise it will break. Cover and seal jars immediately; set in a cool place.

Quince and Apple Preserves.—Take an equal amount of sweet apples and quinces; weigh them, then take by weight an equal amount of sugar; pare, quarter, and core the fruit. When quince is boiled tender, take it out; boil apples in quince water, put them into syrup, let them boil till they look red and clear—1½ hours is not too long. Do not boil quinces in syrup, but put layers of the apple, when done, into jars with quince, previously cooked tender in water, and pour syrup over them.

Preserved Quinces.—Pare, quarter, and core them, saving skins and cores. Put quinces over fire with just water enough to cover them, and simmer till soft, but do not let them cook till they break. Take out fruit and spread on dishes to cool; add parings and cores to water in which quinces were boiled; stew an hour; then strain through jelly-bag; to each pint of this liquor allow 1 pound of sugar. Boil and skim this, put in fruit, and boil 15 minutes. Take all off the fire, and let stand in deep dish 24 hours. Then drain off syrup, let it boil, put in quinces, and boil 15 minutes. Take out fruit again, spread on dishes; boil syrup down nearly to a jelly. Put fruit into jars ¾ full, and cover with the syrup. The quinces will be a fine deep red color.

Ripe Tomato Preserves.—7 pounds round yellow tomatoes, peeled, 7 pounds sugar, juice 3 lemons; let stand together overnight. Drain off syrup and boil it, skim well, then put in the tomatoes and boil gently 20 minutes. Take out fruit with skimmer, spread on dishes. Boil syrup down till it thickens, adding, just before you take it off fire, juice of the lemons. Put fruit into jars and fill up with hot syrup. When cold, seal up.

To Preserve Currants.—To 10 pounds currants 7 pounds sugar; take stems from 7

pounds currants, press the juice from other 3 pounds. When sugar is made into hot syrup, put in currants; boil until thick and rich.

Canned Fruits

THE important points to be observed in canning are: use only sound, ripe fruit; have hot syrup and air-tight jars; fill jars to overflowing and seal immediately. Jars should be scalded and tested before using. Patent canners greatly simplify the work.

Pick over the fruit, stem, pare, cut, wash, etc., and pack in jars. Make syrup by adding ½ pint boiling water to 1 pound white sugar. When clear, bring to boiling point and carefully fill the jars. Stand in canner or on board in wash-boiler containing water up to shoulders of jars. Cover and cook according to directions or until tender. Take from canner or boiler, add more syrup till overflowing, cover and seal immediately.

Amount of Sugar per Quart Jar

	For Canning	For Preserving
Cherries	4 oz.	8 oz.
Strawberries	8 "	12 "
Raspberries	4 "	6 "
Blackberries	6 "	9 "
Quinces	8 "	12 "
Pears	4 "	8 "
Grapes	4 "	8 "
Peaches	4 "	8 "
Pineapples	8 "	12 "
Crab-apples	6 "	10 "
Plums	6 "	9 "
Rhubarb	8 "	12 "
Sour apples	6 "	9 "
Currants	8 "	12 "
Cranberries	8 "	12 "

Soups, Etc.

STOCK FOR SOUP AND SAUCES.—3 pounds of shin of beef, 3 quarts of water, 1 onion, 1 carrot, ½ turnip, 1 stalk of celery, herbs, 3 cloves, salt, and peppercorns. Put the beef and the water on the fire, and simmer slowly for several hours. Skim and strain; when cold, take off the fat, then add the vegetables, previously prepared, etc., seasoning; boil gently for about 1 hour; strain through a cloth. This is now ready for soup or stock for sauces. Consommé is clarified stock, enriched and strengthened with meat and fresh vegetable flavour. Almost every kind of clear soup, known as consommé in the culinary language, is prepared in this manner. The different new names applied to consommés generally refer to the garnishing which is added to them. Thus a spring soup, or consommé à la printanière, is made with clear soup and a garnishing of spring vegetables (mixed), cut into neat shapes and boiled therein until tender.

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Consommé.—A simple way of producing consommé, by which means any cloudy stock can be clarified: 2 quarts stock, $\frac{1}{2}$ onion, $\frac{1}{4}$ leek, 6 peppercorns, 1 white of egg and shell, salt and sugar, $\frac{3}{4}$ pound lean beef, $\frac{1}{2}$ carrot, 1 clove, $\frac{1}{4}$ head celery, 1 teaspoon French vinegar. The stock should be cold for clarifying. Remove all the fat. Prepare the vegetables, wash and cut in slices; put it together with the herbs, clove, bay-leaf, and peppercorns in a well-tinned stewpan. Pass the meat through a mincing-machine several times, or chop finely. Whisk the white of egg a little and put with the meat, moisten with a dessert-spoon of cold water; put this with the shells along with the stock into the stewpan containing the vegetables. Stir over the fire until it commences to boil, then simmer gently for about 15 minutes. Season to taste with salt and a pinch of castor sugar. Strain through a cloth. It is then ready for use.

Gravy Soup.—If the foregoing stock is carefully made and kept well skimmed, a very good gravy soup can be produced by the addition of a pint of rich gravy and a handful of soup vegetables—carrot, turnip, celery, etc.—all cut into small dice and boiled in the soup. Great care must be taken to keep the stock clear.

Beef Soup.—Time, 6 $\frac{1}{2}$ hours; 5 pounds of shin of beef, 1 quart of water to each pound of meat, 1 head celery, 1 onion, 4 small or 3 large carrots, 2 turnips, a bunch of sweet herbs, pepper and salt. Cut off meat from bone, put bone into stewpan with water, let boil slowly for 4 hours; then strain into large basin; when cold, remove cake of fat; cut meat in small pieces, put them into stewpan with strained gravy, herbs tied together, celery, onion, carrots, and turnips cut small; simmer slowly for 1 $\frac{1}{2}$ hours, seasoning with pepper and salt to taste. When done, take out herbs, and it will be ready for use.

Bouillon.—6 pounds of round of beef, bound in a good shape with tape, 3 small carrots, 3 turnips, 8 small young onions, and 1 large one stuck with 4 cloves, bunch sweet herbs, 1 pint each string beans and peas, 1 small head cauliflower or cabbage, 4 quarts water, pepper, salt, rice or sago. Put beef whole in the water and heat slowly to a boil. Skim, dip out a pint of the liquor and put by for cooking the vegetables. Add to the liquor left with the beef 1 sliced carrot, 1 turnip, also sliced, the large onion, and the herbs; stew slowly 4 hours; take out the beef and keep hot over boiling water. Strain the soup, pulping the vegetables; skim, return to the fire, and when hot add boiled rice or soaked sago. Simmer 10 minutes, and pour into the tureen.

Bean Soup.—Soak 1 quart white beans overnight; in morning pour off water; add fresh, and set over fire until skins will easily slip off; throw them into cold water, rub well, and skins will rise to top, where they may be removed. Boil beans until perfectly soft, allowing 2 quarts water to 1 quart beans; mash beans, add flour and butter kneaded together, also salt and pepper. Serve separately dice of toasted bread.

French Soup.—Time, 3 hours; 3 quarts water, 3 pounds lean beef, 2 teaspoons salt, 3

small carrots, 3 small-sized onions (1 being stuck with 2 cloves), 1 head celery, 1 bunch thyme, 1 bay-leaf, little parsley tied together, 2 turnips, a little browning. Put meat into stock-pot with water, set over slow fire and let it gently boil, carefully taking off scum that will rise to top; pour in teacup cold water to help scum to rise. When no more scum rises it is time to put in vegetables, which should be ready, washed and prepared. Cut carrots in slices, stick onions with cloves, cut turnips in 4 pieces; put them into pot, let boil gently 2 hours. If water boils away too much, add a little hot water in addition. A few bones improve the soup very much.

Ox-tail Soup.—1 ox-tail, 2 pounds lean beef, 4 carrots, 3 onions, thyme and parsley, pepper and salt to taste, 4 quarts cold water. Cut tail in joints, fry brown in good dripping. Peel and slice onions and 2 carrots and fry in the same fat when the pieces of tail have been taken out. When done tie the thyme and parsley in muslin, and drop into the soup-pot. Put in the tail, then the beef cut in strips; grate over them 2 whole carrots; pour over all the water and boil slowly 2 hours; strain and season; thicken with brown flour moistened with stock; boil 15 minutes longer, season to taste, and serve.

Scotch Mutton Broth.—Time 3 $\frac{1}{2}$ hours; 2 pounds neck of mutton, 2 quarts water, 2 carrots, 1 turnip, 2 onions, 2 tablespoons Scotch barley, a little salt. Cut off scrag and put it into stewpan with 3 quarts of water. As soon as it boils skim well and then simmer for 1 $\frac{1}{2}$ hours. Cut best end of mutton in small pieces, take off nearly all fat before you put it into broth; skim the moment meat boils, and every 10 minutes afterward; add carrots, turnip, and onions, each cut in 2 or 3 pieces, then put them into soup soon enough to be thoroughly done; stir in Scotch barley, add salt to taste, let all stew together for 3 $\frac{1}{2}$ hours; before serving put in little chopped parsley.

Bouillon, or Beef Broth with Eggs.—Prepare a stock with beef, shoulder, flank, or sticking, allowing 1 pound of meat and bones to each quart of water. Place it on the fire, adding a little salt; let it come gently to the boil, and remove the scum. Add the soup vegetables, such as carrot, turnip, onion, and leek, previously cleaned and peeled, also a few peppercorns and a couple of bay-leaves. Cook gently from 2 $\frac{1}{2}$ to 3 hours. Beat up 1 or 2 eggs in a soup-tureen; add a tablespoon or less of finely chopped parsley and chives, and pour in some of the strained stock which is known as broth or bouillon; season to taste with salt, pepper, and grated nutmeg, and serve. Allow 1 egg to every quart of broth.

Croûte-au-Pot (Beef Broth).—2 quarts good first stock, 1 turnip, 2 ounces butter, parsley or chives, 1 carrot, $\frac{1}{2}$ cabbage, 1 dinner roll, pepper, salt, and nutmeg to season. The stock should be made from beef and veal bones, well skimmed, but not necessarily clarified. The vegetables, after being washed and pared, may be cooked whole in the stock-pot. Cut the carrot and turnip into round slices, drain the cabbage and cut in small pieces. Put all the vegetables into a stewpan with the butter, cover, and cook slowly for about 10 minutes.

Season with pepper, salt, and a little grated nutmeg. Strain the stock on the vegetables, and let simmer for about 30 minutes with the fire very low; skim occasionally. Cut the roll in thin round slices, place them on a baking-sheet, bake them on both sides a golden brown in a moderate oven. Put them into a soup-tureen, moisten with a little stock, pour the soup over, sprinkle over little chopped parsley and chives, and serve.

Tomato Soup.—1 pound fresh or preserved tomatoes, fish bones and trimmings (those from a brill or plaice will do nicely), 1 small blade of mace, 1 tablespoon crushed tapioca, 1½ ounces flour, 2 ounces butter, ½ pint milk, 1 onion, 3 cloves, 1 bouquet garni, pepper and salt. Chop the fish bones, put them together with the trimmings into a stewpan, add about 3 pints water, the onion (peeled and stuck with the cloves), the mace and bouquet; put over the fire; let it boil, skim, reduce the fire, and simmer for about ½ hour. Cut the tomatoes in slices. Melt the butter in a stewpan, increase the fire, and broil the tomatoes in the butter. Strain the fish stock into this. Stir the milk into the flour and put with the soup; stir until it begins to boil, skim, and cook slowly for half an hour. Season with pepper and salt. Rub through a fine sieve, boil again, stir in the tapioca, simmer for another 10 minutes, and serve.

Plain Tomato Soup without Stock.—Stew together for 10 minutes 1 tin of tomatoes, 1 pint water, 1 teaspoon salt, 1 tablespoon sugar, 5 cloves, ½ teaspoon peppercorns, 1 tablespoon chopped onion, a tablespoon chopped parsley. Rub through sieve, return to fire, and thicken with 1 tablespoon butter and 1 tablespoon flour rubbed together and stirred in.

Purée of Carrots with Rice.—10 large French carrots, 1 leek, 1 ounce corn-flour, a pat of fresh butter, 2 quarts stock, 3 ounces butter, 1 dessert-spoon sugar, ¼ pound rice, nutmeg, pepper, and salt. Wash and scrape 10 large French carrots, shred off all the red part, parboil them for 5 minutes, drain dry, and put them into a stewpan with 3 ounces of butter, a large sliced onion, and the white part of a leek; stir over the fire for a few minutes; add 2 quarts of stock, season with salt, pepper, and a little nutmeg, and allow it to simmer until the carrots are done. Rub the whole through a fine sieve or tammy. Put it over the fire again, add more stock, a little sugar, the pat of fresh butter, also an ounce of fecula or corn-flour mixed first with a little milk or water, stir well, allow it to simmer for 15 minutes, add ¼ pound of rice boiled in beef broth, skim well, and serve with bread sippets, either separate or in the soup-tureen.

Lentil (Bean) Soup.—¼ pound red lentils, ½ onion, 1 stick of celery, 1 carrot, 1 ounce butter or dripping, pepper and salt, 1 quart stock or water, 1 small turnip. Soak the lentils all night in cold water; melt the butter or dripping in a saucepan; wash the lentils and put them into the saucepan with the sliced onion and vegetables cut in pieces; stir them over the fire 5 minutes, taking care that they do not get brown; then add the water and a little salt. Let this come to the boil, then skim, and simmer gently until the lentils are done. Pass the

soup through a wire sieve. Reheat, season to taste with pepper and more salt if needed.

Potato Soup.—1 pound potatoes, 2 ounces dripping or butter, ½ pint milk, 1 onion, 1½ pints water, salt and pepper. Wash and peel the potatoes, cut them in slices; peel and slice the onion; melt the dripping in a saucepan, add the vegetables, and cook them in the fat for 5 minutes, taking care that they do not brown; then add the water and enough salt and pepper to taste. When this comes to the boil skim it, and let it boil until the vegetables are tender. Pass the soup through a wire sieve, return it to the saucepan, add the milk, boil for 10 minutes longer; the soup is then ready for table.

Green Peas Soup.—3 pints freshly shelled peas (large marrowfats are best), a few sprigs of green mint, 1½ pints white stock, 1 tablespoon cream, 1 gill milk, 1 small bunch of parsley, 2 spring onions, 1 ounce butter, 1 whole egg, yolks of 3 eggs, pepper and salt. Put the peas in a stewpan, add about 1 quart water, 1 teaspoon salt, the parsley, spring onions, and mint; boil till tender and rub through a fine sieve. Return to stewpan, put in the stock and butter, and simmer for 15 minutes longer, then season to taste and add the cream. Mix the milk with the eggs, beat up, season to taste, and strain into a well-buttered charlotte-mould. Poach in the usual manner, viz., place the mould in a sauté-pan ½ full boiling water, and cook in the oven till set. Unmould, and cut the custard in even-sized cubes. Just before using add a pinch of sugar and a pat of fresh butter to the soup, put into the custard cubes, and serve.



Fish and Shell Fish

DIRECTIONS FOR PREPARING.—Clean fish carefully, slit it low enough to be able to clean thoroughly, but do not make too large a cut so as to spoil look of fish; wash in cold water. Great care must be taken not to break gall, for it would make fish bitter. Use good dripping or lard for frying.

To Broil Fish.—Clean, wash, and wipe dry. Split so that when laid flat the backbone will be in the middle, or take the backbone out. Sprinkle with salt and lay, inside down, upon a buttered gridiron over a clear fire until it is nicely coloured, then turn. When done, put upon a hot dish, butter plentifully, and pepper. Put a hot cover over it and send to table.

Boiled Codfish.—About 4 pounds very fresh codfish (middle cut), ½ wine-glass French wine vinegar, 1 onion, 2 cloves, peppercorns, 1 small handful salt. Wipe codfish with a cloth, place in a fish-kettle, cover barely with warm water, season with a small handful salt, add a medium-sized sliced onion, the cloves, a few peppercorns, and vinegar. Let it come to a boil quickly, and allow it to simmer very gently for about 5 minutes, when the fish will be sufficiently cooked. Drain it well, dish up on a folded napkin, serve on a hot dish with oyster sauce.

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Fried Cod.—Procure about 2 pounds of fresh cod (middle cut), cut it in slices about $\frac{3}{4}$ inch thick, wipe the slices, dip them in flour, brush over with beaten egg, and crumb with fresh bread crumbs. Fry in deep fat (smoking hot) a golden colour, drain, and dish up. Garnish with parsley and serve with a boat of anchovy sauce.

Creamed Fish.—Steam 2 pounds codfish, break in flakes, removing bones and skin. Make 1 pint white sauce. (See Meat and Fish Sauces.) Grease a baking-dish, fill with alternate layers of fish and sauce, seasoning with salt, pepper, chopped parsley, and lemon juice or a few drops of vinegar. Mix together 1 cup dry bread crumbs and 3 tablespoons melted butter; spread over top and brown in quick oven.

This may be varied by using tomato, béchamel, curry, or any other sauce, or by adding grated cheese or sliced hard-boiled eggs to the white sauce, by baking in shells or patty-pans in place of the deep dish, or by covering with mashed potato instead of crumbs.

Broiled Halibut.—Slices of halibut, salt, pepper, butter. Cut the slices of fish about an inch thick, season with pepper and salt, and lay them in melted butter $\frac{1}{2}$ hour, allowing 3 tablespoons of butter to a pound of fish; then roll them in flour, and broil about 15 minutes. Serve very hot.

Fish Salad.—Skin, bone, and shred some cold fish (almost any kind of white fish or salmon will do), put this into a large mixing-bowl, and add to it $\frac{1}{4}$ its quantity of lettuce washed and shredded, also $\frac{1}{4}$ of white cleaned celery (if in season); cut the celery in shreds or strips. Mix all carefully, adding salt and pepper to taste. Arrange neatly in a salad-bowl, and pour over some mayonnaise dressing. Garnish tastefully with hard-boiled egg cut in slices, and a little small eress or cresses. When celery is not obtainable, use shredded endive or sliced tomatoes.

Oyster Fritters.—12 plump oysters, 2 ounces flour, 1 egg, frying fat, $\frac{1}{2}$ lemon, 6 thin slices of streaky bacon, a pinch of salt, $\frac{1}{2}$ ounce butter, parsley. Beard the oysters, and sprinkle over with lemon juice. Flatten the bacon with a cutlet-bat, and cut each slice in two crosswise. Roll up each oyster with a half slice of bacon and trim the edges. Prepare a batter in the following manner: Sieve the flour into a basin, add a pinch of salt, stir in the yolk of egg, and moisten with sufficient tepid water (about 1 tablespoon) and the butter (oiled) to form a smooth paste; beat up well with a wooden spoon, and allow it to stand for a time. Whisk the white of egg to a stiff froth and add it to the batter; dip each oyster and bacon into the batter, cover completely with batter, and drop one by one into boiling fat or clarified butter. Fry a golden colour, drain, and dish up. Fry some washed and picked parsley, and garnish the dish with it.

Grilled Red Mulletts, with Parsley Butter.—Procure 3 or 4 fresh red mulletts, wipe them with a damp cloth, and make 3 or 4 incisions across each fish with a sharp knife. Put the fish on a dish, pour over 3 or 4 table-spoons salad oil, season with salt and pepper, and let them stand thus for about 1 hour.

Meanwhile prepare some parsley butter as follows: Mix 1 ounce fresh butter with 1 teaspoon chopped parsley, 1 teaspoon lemon juice, a pinch of salt and pepper. Spread on a plate, put on the ice, and shape in pats when quite firm. See that the gridiron is perfectly clean, grease it, place on it the red mulletts, and cook them slowly over or in front of a bright fire. Turn frequently. When done take up the fish. Put some maître d'hôtel butter on a dish, place the mulletts upon this, spread a little more butter on top of each fish, garnish with fresh parsley, and serve hot.

Fried Scallops.—18 scallops, $\frac{1}{2}$ ounce butter, 1 gill milk, salt, pepper, and cayenne, 1 egg, 2 ounces flour, frying fat, parsley. Drain the scallops on a cloth. Sieve the flour into a basin and add a pinch of salt. Melt the butter, break up the egg, and stir both in; then add the milk, and work until quite smooth. If the batter be too thick add a little more melted butter or milk. Let it stand for an hour, then stir in a dessert-spoon chopped parsley. Season the scallops with a little salt, a good pinch of white pepper, and a small pinch of cayenne. Dip them into the batter, drop into hot fat one by one, fry a golden brown, drain on a cloth, pile up on a hot dish, garnish with fried parsley, and serve with lobster or tomato sauce.

Baked Salmon à l'Italienne.—About 2 pounds salmon (middle cut), 1 teaspoon chopped parsley, 1 small glass claret, 2 small shallots, peeled and chopped, salt, pepper, and grated nutmeg, Gênoise or tomato sauce. Cut the fish in 2 or 3 even-sized slices, place them on a well-buttered baking-tin or sauté-pan, season with salt, pepper, and a little grated nutmeg, sprinkle over the chopped shallots and parsley, and place the remainder of butter on top of the fish, moisten with the wine, and bake in the oven for about 15 minutes, basting frequently. When done dish up, and pour some Gênoise or tomato sauce over the slices of salmon. The essence left in the pan in which the fish was baked must be utilized for flavouring the sauce.

Sole au Gratin.—In France there is but one way of doing sole au gratin, i. e., the right way; but in England there are several ways. To my mind there is no better method than the French, and a sole cooked "au gratin" after the French formula is an exceedingly tasty dish, and once introduced no one could possibly wish to try any other gratin style. Here is the receipt: Take a large sole, skin both sides, i. e., remove the white and the black skin, cut off the head and fins. Make several incisions with a knife, season one side of the fish, place it cut side upward on a well-buttered silver-plated gratin-dish. Season with pepper and salt, add $\frac{1}{2}$ small glass of white wine, a little mushroom liquor, and some chopped parsley. Place a row of sliced preserved mushrooms down the centre of the fish, and cover with a rich Italian sauce. Sprinkle with brown-bread crumbs, put a few tiny bits of butter here and there on top of the fish, and bake in a moderate oven from 20 to 30 minutes, according to the size of the sole. Place the dish as it leaves the oven on another (larger) dish, and send to table.

Fried Fillet of Whiting.—3 medium-sized skinned whittings, 1 dessert-spoon chopped parsley, pepper and salt, frying batter, Hollandaise

sauce, 2 tablespoons sweet oil, 1 tablespoon vinegar (French), parsley for garnish, fat for frying. Remove the fillets, flatten them slightly, fold them in two, and put in a deep dish; season with pepper and salt, sprinkle over the oil, vinegar, and chopped parsley; let them soak for 1 or 2 hours. Take out, drain, dip in frying batter (previously prepared), fry in hot clarified butter or fat a golden colour, drain on a cloth or paper, dish up on a folded napkin; garnish with fried parsley, and serve with Hollandaise sauce. (For frying batter see foregoing receipt for fried scallops.)

Broiled Salt Mackerel.— Freshen by soaking it overnight in water, taking care that the skin lies uppermost. In the morning dry it without breaking, cut off the head and tip of the tail, place it between the bars of a buttered fish-gridiron, and broil to a light brown; lay it on a hot dish, and dress with a little butter, pepper, and lemon juice, vinegar, or chopped pickle.



Meats

Broiling or Grilling

THE rules for roasting meat apply also to broiling, except that instead of cooking it in the oven it is to be quickly browned, first on one side and then on the other, over a hot fire. Meat an inch thick will take from 8 to 10 minutes. It should be seasoned after it is cooked.

Frying

There are two distinct methods of frying: One with a very little fat in the pan, to practise which successfully the pan and the fat must be hot before the article to be fried is put into it. For instance, in frying chops, if the pan is hot, and only fat enough is used to keep the chops from sticking to it, the heat being maintained so that the chops cook quickly, they will be nearly as nice as if they were broiled. Frying by the other method consists in entirely immersing the article to be cooked in sufficient smoking-hot fat to cover it, and keeping the fat at that degree of heat until the food is brown. It should then be taken up with a skimmer and laid upon paper for a moment to free it from grease.

Boiling and Stewing

Fresh meat for boiling should be put into boiling water and simmered very gently about 20 minutes for each pound. A little salt, spice, or vegetables may be cooked in the water with the meat for seasoning. A little vinegar put in the water with tough meat makes it tender. The broth of boiled meat should always be saved to use in soups, stews, and gravies. Stewing and simmering meats mean to place them near enough to the fire to keep the water on them bubbling moderately, constantly, and slowly. Salt meats may be put over the fire in cold or warm water. Salted and smoked

meats require about 30 minutes' very slow boiling, from the time the water boils, to each pound. Vegetables and herbs may be boiled with them to flavour. When they are cooked the vessel containing them should be set where they will keep hot without boiling until required, if they are to be served hot; if they are to be served cold, they should be allowed to cool in the pot liquor in which they were boiled. Very salt meats, or those much dried in smoking, should be well soaked in cold water before boiling.

Roasting

Wipe meat with damp cloth. Trim and tie in shape if necessary. In the bottom of pan put some pieces of fat from meat. Arrange meat on rack in pan. Have oven very hot at first; when meat has cooked long enough to harden the surface albumen reduce the heat. Baste every 10 or 15 minutes. If there is danger of fat in pan being scorched add a few spoons of boiling water. Allow from 10 to 20 minutes per pound of meat, according as it is desired rare or well done. When done remove to hot platter. Thicken gravy in pan with browned flour, adding more water as necessary and add seasoning.

Braised Beef.— Wipe and trim 6 pounds round or rump of beef without bone. Brown on all sides in very hot frying-pan over hot fire. In braising-pan or iron kettle put layers of sliced onions, turnips, and carrots; add bunch sweet herbs, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper; on this lay meat. Add 1 pint boiling water (or water and stewed tomatoes). Cover closely and cook 4 hours in moderate oven. If water evaporates rapidly add more. Transfer meat to hot platter. Strain, thicken, and season gravy. The vegetables may be served separately if desired.

Broiled Steak.— Trim and wipe steak, which should be at least 1 inch thick. Rub broiler with fat, arrange steak with thickest part in centre of broiler. Have fire clear and very hot, but without blaze. Hold steak close to fire. Turn frequently to equalize the cooking. When $\frac{1}{2}$ done season with salt and pepper. Steak 1 inch thick will broil in 6 or 7 minutes.

Panned Steak or Chops.— Trim and wipe steak. Heat frying-pan until it smokes all over. Rub bottom with fat. Lay in steak and turn every 10 seconds. Keep pan very hot. Season when $\frac{1}{2}$ done.

Mutton and pork chops, ham and bacon, may be panned in same way.

If hot platter for steak is rubbed with a cut onion it will give a delightful flavour to the meat.

Broiled Ham and Poached Eggs.— Cut slices of boiled ham of equal size; broil on a gridiron over a clear fire; lay on a hot dish. Lay on each a poached egg, neatly trimmed, and serve.

Cornish Cutlets.— About $\frac{3}{4}$ pound cold meat, 1 tablespoon ketchup, 2 eggs, chopped lemon rind, salt and pepper, 1 pound potatoes, 1 teaspoon chopped parsley, bread crumbs,

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fat for frying. Cut the meat in slices $1\frac{1}{4}$ inches thick, trim them in heart shapes; put the slices on a dish, and sprinkle with salt, pepper, and parsley; pour over the ketchup. Wash, peel, and boil the potatoes, dry them and rub through a sieve, beat up 1 egg and mix with the mash; season with pepper and salt, and add the lemon juice or a little grated nutmeg. Cover each slice of meat well with mashed potatoes, shape and smooth with a knife. Beat up the other egg, dip each cutlet in the egg, and crumb well; when set, egg and crumb again. Fry the cutlets in hot fat a golden colour, drain on a cloth, dish up, and garnish with crisp parsley.

To Boil a Ham.—A blade of mace, a few cloves, a sprig of thyme, and 2 bay-leaves. Well soak ham in large quantity of water for 24 hours, then trim and scrape very clean; put into large stewpan, with more than sufficient water to cover it; put in mace, cloves, thyme, and bay-leaves. Boil 4 or 5 hours, according to weight; when done, let it become cold in liquor in which it was boiled. Then remove rind carefully, without injuring the fat; press cloth over it to absorb as much of the grease as possible. It is always improved by setting into the oven for nearly an hour, till much of the fat dries out, and it also makes it more tender. Shake some bread raspings over the fat. Serve cold, garnished with parsley.

Brown Kidney Stew.—From a beef kidney cut off the outside meat in bits, rejecting the cores. Cover with cold water; heat slowly till steaming, drain, add cold water, and heat a second time. To the drained kidneys add 1 cup brown sauce (see Sauces), season very highly with Worcestershire and ketchup, and stand over hot water for 10 minutes.

Irish Stew.—3 pounds neck of mutton, 1 large onion, $1\frac{1}{2}$ pints stock, 4 pounds potatoes, 12 button onions, salt and pepper. Cut the neck into convenient pieces, trim off some of the fat. Wash, peel, and slice the potatoes. Peel and slice the onion. Peel the button onions and blanch. Put a layer of potatoes at the bottom of a stewpan, put a layer of meat on that, season with pepper and salt, strew over a few slices of onion; proceed thus until the meat is used up. Add the small onions, when blanched, whole among the layers. Cover the top with a layer of potatoes, add the stock, place on fire, and simmer for about 2 hours. This stew should not be skimmed, as the fat will be absorbed by the potatoes; any scum which rises to the top before it commences to simmer should of course be removed. When done dish up neatly on a hot dish, sprinkle over a little chopped parsley, and serve. The stew, if properly cooked, should not look watery. A teaspoon of mushrooms or walnut ketchup may be added where this seasoning is liked.

Cold Meat Kedgerce.—6 ounces cold meat (any kind will do), 2 hard-boiled eggs, 2 slices finely chopped onion, 4 ounces rice, 1 ounce butter, parsley, salt, pepper, and nutmeg. Remove the skin, gristle, and superfluous fat from the meat, and chop it not too finely. Boil the rice in the usual manner, so that when tender each grain will separate and is intact; drain the rice when done. Melt the butter in a stewpan, add the onion, and fry a golden

colour, then add the meat and fry for a few minutes; stir in the rice, season to taste with salt, pepper, and a grate of nutmeg. Shell the eggs, chop the whites, and mix with the above. Heat up the whole thoroughly, and dish up in a pyramidal form. Rub the yolks of eggs through a wire sieve, and sprinkle over the kedgerce. Sprinkle over likewise some finely chopped parsley, and arrange the dish as neatly as possible. Place it in the oven for a few minutes, and send to table. Cold poultry or game can be prepared in exactly the same manner.

Jugged Hare.—1 hare, about 1 pint brown stock, 1 pint Espagnole sauce, 1 glass port wine, salt and pepper, a croûte of fried bread, a mirepoix consisting of 1 carrot, 1 turnip, 1 onion, a small bunch of savoury herbs, 4 ounces bacon, and 2 ounces butter, 1 tablespoon red currant jelly, some croûtons or sippets of bread. Prepare the hare ready for cooking, joint it and cut in neat pieces. Clean the vegetables, scrape and peel them, and cut in slices. Cut the bacon in dice. Put the butter and bacon into a stewpan and add the vegetables; fry these a nice light brown, then add the pieces of hare and the bunch of herbs. Cook the whole over a brisk fire for about 20 minutes, stirring occasionally. Season with salt and pepper, moisten with the stock, boil up, skim, and add the sauce. Cover, and cook gently for about 1 hour. Take out the pieces of hare and put them into another stewpan. Strain the sauce, skim it from fat, and add to the hare; put in the wine and red currant jelly, and simmer for another 10 minutes. Fix the bread croûte in the centre of a round entrée-dish, dress the pieces of hare neatly on this, sauce over well with the sauce, and garnish with croûtons or sippets of fried or toasted bread. Savoury forcemeat balls are often used as garnish in place of the bread croûtons.

Lamb Cutlets with Cucumber Sauce.—8 good-sized lamb cutlets, $\frac{1}{2}$ pint well-reduced béchamel or allemande sauce, cracknel biscuits, parsley, cucumber sauce, 2 ounces fresh butter, 1 egg, seasoning, frying fat. Trim the cutlets, flatten and pare nicely, season both sides with salt and pepper, and put into a sauté-pan with 2 ounces of butter, and fry the cutlets a light brown on both sides. Drain them and place them between 2 dishes with a weight on top. When cold immerse the cutlets in lukewarm béchamel or allemande sauce so as to completely coat them. Place them on a wire tray and let cool. Crush finely a few cracknel biscuits, and roll the coated part of the cutlets in this, then dip them in beaten egg and crumb again with the biscuit. Keep the bones of the cutlets perfectly clean. Fry a nice colour in hot fat. Drain, dish up in a circle, fill the centre with fried parsley, put small paper frills on the bones, and send to table with a boat of cucumber sauce.

Mutton Cutlets with Green Peas.—Cut a best end of neck of mutton in cutlets; trim, flatten, and pare them, season with pepper and salt. Mix a plateful bread crumbs with an ounce finely chopped lean ham; dip the cutlets in beaten egg and cover with bread crumbs. Melt about 2 ounces butter in a sauté-pan and cook the cutlets a nice golden brown. Take them up, drain them, and dish up in the form of a circle on a small bed of mashed potatoes. Fill

the centre with cooked green peas, pour a little gravy or sauce round the base of the dish, and serve.

Mutton Cutlets à la Bretonne.—5 or 6 cutlets cut from the best end of a neck of mutton, $\frac{1}{2}$ pint well-cooked haricot beans, 2 small onions, 2 ounces butter, salt and pepper, brown sauce. Trim and pare the cutlets neatly, fry them in a sauté-pan with the butter (turn them frequently to brown both sides); take up, drain, and keep hot. Mince the onions (peeled) and fry them a golden colour in the butter left from the cutlets; pour off some of the butter and put into the haricot beans; cook these together for about 10 minutes, stir frequently, season with pepper and salt, moisten with a little brown sauce, and rub through a wire sieve. Reheat, heap up in the centre of a dish, dress the cutlets round the purée, and serve with some rich brown sauce.

Stuffed Shoulder of Mutton.—1 small shoulder of mutton, 1 teaspoon chopped savoury herbs, salt and pepper, 1 small onion, finely chopped, 1 dessert-spoon chopped parsley, 4 ounces streaky bacon, cut up very small, 1 egg, fat for baking, bread crumbs. Trim the joint, removing any superfluous fat, etc.; remove the bones, and lay the joint on the table, spread it out, and season with salt and pepper; sprinkle some of the herbs, parsley, and onion over the meat, place a layer of chopped bacon on the seasoning, and put the remainder of seasoning over the bacon. Roll up the meat, fasten it securely with string or with skewers, then put it on a baking-tin or flat braising-pan containing about 2 ounces dripping or butter, cover with greased paper, and bake in a moderate oven for about $1\frac{1}{2}$ hours. Baste frequently. Remove the paper, brush over with egg, and cover with bread crumbs; put it again in the oven (quick heat) for another 20 or 30 minutes, according to the size of the joint. Keep it carefully basted during the whole process of cooking. When done draw out the string or skewers, place the joint on a hot dish, and serve it with a nicely flavoured thin brown gravy.

Ragout of Mutton.—3 pounds loin of mutton, 2 pints stock, 2 carrots, 1 bouquet garni, 2 turnips, 4 ounces butter, 1 ounce flour, 8 or 10 small button onions, a clove of garlic, salt and pepper, $\frac{1}{2}$ glass claret. Cut the meat in neat pieces, pare off skin and fat, fry the pieces in the butter, and let them take a nice colour; then drain the pieces, and trim and cut the bones. Prepare the vegetables: cut the carrots in olive shapes, and the turnips like pigeons' eggs, peel the onions, and fry each lot in the butter until they have attained a fine colour, take up and drain. Pour away some of the butter, put in the flour, and fry a nut-brown colour; then moisten with the stock, add the claret, bouquet (the clove of garlic must first be fried a little), etc.; boil up while stirring, skim, put in the meat (seasoned), and cook over bright fire for about half an hour. Put the fried vegetables with the stew, and simmer gently till tender. When done and ready for table, dress the meat in the centre of a dish, surround it with groups of vegetables; reduce the sauce a little, and strain carefully over all.

To Roast a Leg of Pork.—Choose a small leg of fine young pork; cut a slit in the knuckle

with a sharp knife, and fill the space with sage and onions, chopped, and a little pepper and salt. Score the skin in slices, but do not cut deeper than the outer rind, cook thoroughly before a clear fire or in a moderate oven. Apple sauce and potatoes should be served with it.

Souse.—Clean pigs' feet and ears thoroughly, soak them a day in salt and water, boil tender, and split them. They are good fried. To souse them cold, pour boiling vinegar over them, spiced with mace and peppercorns. Cloves give them a dark colour, but improve their taste. If a little salt be added, they will keep good pickled for a month or two.

Braised Sweetbread.—Well wash the sweetbread, soak in cold water for an hour, blanch for 10 minutes, and press slightly until cold; then cut away the sinewy fat, and lard the sweetbread, place into a stewpan with vegetables and stock, and cover with greased paper; braise carefully from 20 to 30 minutes. Take up, and put into the oven to brown the bacon. Strain the gravy, and reduce to a good glaze. Dish the sweetbread on a block of fried bread, and pour the glaze over it; garnish with a mixture of cooked ham or tongue, truffles, and mushrooms, cut in large dice and warmed in a little of the glaze.

Veal Cutlets.—6 cutlets cut from a very small neck of veal, 1 dessert-spoon chopped parsley, 6 small slices of raw ham, bread crumbs, 2 ounces butter, salt and pepper, $\frac{1}{2}$ lemon, 1 egg. Trim the cutlets, flatten each with a wetted cutlet-bat, pare the sides neatly, and scrape the bones clean. Season each side with salt and pepper. Melt a little butter (about $\frac{1}{2}$ ounce), add to this half the chopped parsley, and brush over the cutlets with this; sprinkle a little lemon juice over each. Beat up the egg, dip each cutlet in egg and cover with white-bread crumbs. See that they are well crumbed, and use white (soft) bread crumbs for this; the bread crumbs should be mixed with the remainder of the parsley and about 1 teaspoon finely chopped lemon rind. Melt the remainder of the butter in a sauté-pan; when hot put in the cutlets, and fry over a quick fire till each side has acquired a nice golden brown; then put the pan in a slow oven for about 15 minutes (they must be well cooked and on no account underdone). Arrange a purée of peas in the centre of a dish in pyramid form, dress the cutlets round this with alternate slices of fried ham; pour a little demi-glace sauce or rich gravy round the base of the dish, and serve. The ham may be fried in the same pan as the cutlets.

Roman Pie.—Line a large pie-dish, previously buttered, with macaroni. Have ready some cooked cold meat, such as veal, rabbit, chicken, tongue, ham, or game, cut it up rather small and place in layers in the pie-dish. Pour a little white or brown sauce over each layer, and season to taste with salt, pepper, and a little grated nutmeg. When the dish is full, pour over a good layer of rich béchamel, sprinkle over some grated parmesan cheese, and cover neatly with boiled macaroni; pour a little melted butter over macaroni, and strew over some more grated cheese. Bake in a hot oven for about $\frac{1}{2}$ hour. See that the surface is nicely browned, and serve at once.

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Scotch Collops.— $\frac{1}{2}$ pound lean beef (steak), $\frac{1}{2}$ small onion (finely minced), salt and pepper, 1 ounce butter, $\frac{1}{2}$ teaspoon flour, 1 gill stock. Mince or shred the meat finely, free from fat or skin. Melt the butter, fry the onion a nice colour, stir in the flour, and cook a little longer, then add the minced meat, and lastly the stock. Season lightly with pepper and salt. Simmer gently for about 40 minutes. Dish up, surround the dish with toasted bread sippets or bread croûtons, and serve hot.

Tripe, Fried.—Boil tripe tender and cut in pieces 3 or 4 inches square; make batter of 1 beaten egg, 4 tablespoons flour, and $\frac{1}{2}$ pint milk. Dip each piece of tripe in batter twice, lay in frying-pan and fry brown. Serve hot.

Relishes

GOLDEN BUCK.—A "golden buck" is merely a rarebit with the addition of a poached egg, which is put carefully on top before serving.

Yorkshire Rarebit.—Same as "golden buck," only it has 2 thin slices of broiled bacon on top instead of the egg.

Welsh Rarebit.—Select richest and best American cheese, the milder the better, as melting brings out strength. To make 5 rarebits, take 1 pound cheese, grate and put in tin or porcelain-lined saucepan; add ale (old is best) enough to thin the cheese sufficiently, say about a wineglass to each rarebit. Place over fire, stir until it is melted. Have slice of toast ready for each rarebit (crusts trimmed); put a slice on each plate, and pour cheese enough over each piece to cover it. Serve while hot.

Poultry

TO CLEAN POULTRY.—Use a lighted taper or piece of paper to singe the fowl. Untie feet, break bone, and loosen sinews just below the joint; pull out sinews and cut off the tips of the toes. Lay breast down, slit skin down backbone toward head; loosen wind-pipe and crop and pull them out. Cut off neck close to body. Make small slit below end of breast-bone, put in the fingers, loosen intestines from backbone, take firm grasp of gizzard, and draw all out. See that inside looks clean, then wipe out with wet cloth. Wipe off skin with cloth.

To Truss Poultry.—Fill inside with stuffing. (See Stuffings.) Have at least 1 yard fine twine in trussing-needle. Turn wings across back so that pinions touch. Run needle through thick part of wing under bone, through body and wing on other side. Press legs up against body, run needle through thigh, body, and second thigh, and tie firmly.

To Roast Poultry.—Baste well with hot fat. Place on rack in roasting-pan and put in very hot oven. Roast 3 hours for 8-pound turkey, 1 to 1 $\frac{1}{2}$ hours for fowls, basting frequently. Keep oven very hot. If fowl is very large and heavy cover breast and legs with several thicknesses paper to keep from burning.

Goose.—This requires keeping, the same as fowls, some days before cooking. The goose is best in the autumn and early part of winter—never good in spring. What is called a green goose is four months old. It is insipid after that, though tender. Pick well and singe the goose, then clean carefully. Put the liver and gizzard on to cook as a turkey's. When the goose is ready for stuffing, chop 3 onions very fine, throw them into cold water, bring to the boil, then strain and add 2 tablespoons fresh bread crumbs, 1 teaspoon finely chopped sage, salt and pepper. When well mixed, stuff the goose with the mixture. Have ready a coarse needle and thread, and sew up the slit made for cleaning and introducing the stuffing. A full-grown goose requires from 2 to 2 $\frac{1}{2}$ hours. Roast it as a turkey, basting frequently. The gravy is prepared as for poultry, with the liver and gizzard. Apple sauce is indispensable with roast goose.

Apple Sauce.—Peel, core, and slice tart apples, stew in a small quantity of water until they break to pieces. Beat to a pulp with a good lump of butter and plenty of sugar.

Roast Chicken.—Select a medium-sized fat and tender chicken, singe and draw it, cut off the neck and part of the legs, wipe the inside with a damp cloth, and truss as usual for roasting. Wash the liver and heart, and put them in a baking-pan with a mirepoix, i.e., a small carrot, $\frac{1}{2}$ turnip, 1 small onion, 3 or 4 thin slices of bacon, all cut up in dice. Season the chicken with pepper and salt, and place it on top of the mirepoix in the baking-tin, spread about an ounce of butter on top of the chicken, and cook in a hot oven for 20 minutes; baste frequently. After this reduce the oven heat, and cook for another 20 minutes or so more slowly. When the chicken is done take up, untruss, place it on a dish, and keep hot. Pour off the fat from the baking-tin, add 1 $\frac{1}{2}$ gills of stock, boil this over the fire for a few minutes, season and colour to taste, strain, remove the fat if any is on the surface, pour a little around the chicken, and serve the remainder in a sauce-boat. Garnish the dish with sprigs of crisp watercress. Bread sauce may be served if liked.

Roast Grouse.—Singe, draw, and truss a brace of grouse; spread each bird with butter and wrap in a thin slice of fat bacon. Place in a roasting-pan, or suspend on the hook attached to the cross-bar, and roast in a brisk oven for 20 minutes. Baste frequently. If required rather under-done allow 15 or 20 minutes only. When ready for serving, untruss the birds, dress them on croûtes of fried bread on a hot dish, garnish with watercress and fried bread crumbs. Serve with a boat of rich gravy.

Bread Croûtes.—Cut two slices of bread about an inch thick, pare off the crusts and shape neatly, oblong or oval, hollow out the centre a little so that the cavity will hold the birds nicely. Fry in deep fat (clarified dripping or butter) a golden colour. Drain carefully on paper or on a cloth, and fix them, by means of little batter or white of egg, on a dish ready for dressing the birds.

Fricassee of Chicken.—Truss a young fowl for boiling and put it on to cook in a large stew-pan with 1 quart of hot water. Let it come to a boil slowly. When it reaches this point re-

move the scum, and add a couple of stalks of celery, 3 or 4 sprigs of parsley, a bay-leaf, 2 slices of onion, and a carrot. Season with salt and pepper. Simmer gently for $\frac{3}{4}$ hour, closely covered. As soon as done take it from the stock, untruss, and cut in neat joints. Make the sauce by cooking together in a saucepan 2 tablespoons butter and 2 of flour for a few minutes, but do not allow it to brown; add slowly pint of the strained stock of the fowl: boil 10 minutes. Mix in another dish the yolks of 2 eggs, 3 tablespoons milk, and a tiny pinch of cayenne pepper, and add this carefully to the hot sauce, stirring all the time. Let the sauce get thoroughly hot, but do not let it boil again; add a teaspoon of lemon juice, and strain over the pieces of fowl. Dish up the cooked fowl (the skin may be removed if liked) on a bed of cooked rice. Sauce over carefully, and serve very hot. The pieces of fowl must be allowed to get thoroughly hot in the sauce before dishing up.

To Truss and Roast a Partridge or Pheasant.—Time, 25 or 30 minutes. Partridges should hang a few days. Pluck, draw, and wipe partridge; cut off head, leaving sufficient skin on neck to skewer back; bring legs close to breast, between it and side bones, pass skewer through pinions and thick part of thighs. Roast, and serve with fried bread crumbs, bread sauce, and gravy in tureens.

To Bake a Turkey.—Let the turkey be picked, singed, and wiped dry, inside and out; cut off the neck, and legs to first joint. Stuff the breast of the turkey with sausage meat, and trim into shape. Cover the breast with slices of fat bacon and baste well with hot dripping, and put into a fairly hot oven. Baste frequently, and after the first $\frac{1}{2}$ hour cook gently. Time varies, according to size, from 2 to 3 hours. Serve with good gravy, made from the giblets and a little good stock, and bread sauce.

Fricasseeed Chickens.—Clean and joint the fowls. Put into pot with $\frac{1}{2}$ pound salt pork cut in strips, add cold water enough to cover them. Cover close and heat slowly to a gentle boil; when fowls are full size and fairly tender, stew 1 hour or more after they begin to boil. When half cooked add $\frac{1}{2}$ chopped onion, parsley, and pepper, cover again 10 minutes. Stir 2 tablespoons flour into cold water, then into a cup of hot milk, and this in turn into 2 beaten eggs, then put in 1 large spoon butter, and pour all into the saucepan; mix well, boil well; place chickens on the dish; serve the gravy in a tureen.

Chicken Patés.—Chop meat of cold chicken fine and season well. Make large cupful rich white sauce, and while on fire stir in 2 eggs, also a little chopped parsley, then chicken meat. Bring nearly to the boil. Have ready some patty-cases of good paste, baked quickly to light brown. Slip from pans while hot, fill with mixture, and set into oven to heat. Arrange upon dish and serve hot.

Chicken Pie.—Take 2 full-grown chickens, or more if small, disjoint them, cut backbone, etc., small as convenient. Simmer them with few slices of salt pork, in water enough to cover them, until half cooked, then take out breast-bone. After they boil, and scum is taken off,

put in a little onion cut very fine—not enough to taste distinctly, just enough to flavour a little; rub some parsley very fine when dry, or cut fine when green; this gives pleasant flavour. Season well with pepper and salt and 2 ounces good fresh butter. Have liquid enough to cover chicken, then beat two eggs and stir in some sweet cream. Put into a pie-dish, cover with pastry, 3, and bake in a fairly hot oven.

Stewed Chicken.—Prepare and cook chicken in the same manner as for chicken pie; just before chicken is quite done, pare quantity of potatoes, cut them in two, lay them on top of chicken, let them boil until done; then take potatoes up on plate by themselves, thicken with flour moistened with sweet milk, season with pepper, salt, and plenty of butter.

Turkey Hash and Poached Eggs.—Cold fowl may be turned into hot breakfast dish as follows: Chop meat very fine, put $\frac{1}{2}$ pint gravy into stewpan with little piece of butter rolled in flour, 1 teaspoon ketchup, some pepper and salt, and peel of $\frac{1}{2}$ lemon, shred very fine; put in turkey or chicken, and shake over clear fire till thoroughly hot. Above proportions are for cold turkey. Serve with poached eggs.

Stuffings

VEAL OR POULTRY STUFFING.—3 cups stale bread crumbs, 1 teaspoon salt, $\frac{1}{2}$ teaspoon white pepper, 2 tablespoons chopped parsley, 1 cup finely chopped suet, 1 egg.

Chestnut or Celery Stuffing for Poultry.— $\frac{1}{2}$ pint fine bread crumbs, 1 pint shelled and boiled French chestnuts or celery, chopped fine, salt, pepper, and chopped parsley to season, $\frac{1}{2}$ cup melted butter.

Oyster Stuffing for Poultry.—Substitute small raw oysters, picked and washed, for chestnuts in foregoing receipt.

Sage and Onion Dressing, for Roast Pig or Roast Pork.—Time, 25 to 30 minutes. 2 large onions, double the quantity bread crumbs, 3 teaspoons chopped sage, 2 ounces butter, 1 egg, pepper and salt. Boil onions in 2 or 3 waters to take off their strong taste; then drain them, chop fine, mix with bread crumbs, minced sage, butter, pepper, and salt; mix the whole with well-beaten yolk of an egg to bind it.

Stuffing for Pork.—3 large onions, parboiled and chopped, 2 cups fine bread crumbs, 2 tablespoons powdered sage, salt and pepper to taste.

Stuffing for Geese and Ducks.—2 chopped onions, 2 cups mashed potato, 1 cup bread crumbs, salt, pepper, and powdered sage to taste.

Stuffing for Tomatoes, Green Peppers, etc.—1 cup dry bread crumbs, $\frac{1}{3}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper, 1 teaspoon onion juice, 1 tablespoon chopped parsley, 2 tablespoons melted butter. Hominy, rice, or other cooked cereal may take the place of crumbs.

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Sauces and Dressings for Meat

BREAD SAUCE.— $\frac{1}{2}$ pint milk, 2 ounces fresh bread crumbs, $\frac{1}{2}$ ounce butter, 1 very small onion, 1 clove, salt and pepper. Simmer the clove, onion, and milk. Strain over the bread crumbs, return to the saucepan, simmer until it thickens, then add the butter. Season to taste, and serve.

Brown Sauce.—1 pint brown stock, $1\frac{1}{2}$ ounces butter, $1\frac{1}{2}$ ounces flour, 1 onion, 1 carrot, $\frac{1}{2}$ turnip, 1 strip of celery, salt, pepper. Peel and slice the onion and turnip, scrape and slice the carrot, cut the celery in strips. Make the butter hot in a stewpan, put in the prepared vegetables, fry them until they begin to change colour, then add the flour and fry slowly until the whole acquires a rich brown colour. Have ready the hot stock, pour it into the stewpan, stir until boiling, simmer 15 minutes, then rub through a tammy cloth or fine sieve, reheat, season to taste, and use.

Caper Sauce.— $\frac{1}{2}$ pint melted butter sauce, 1 good tablespoon capers. Cut the capers in two, add them and a little of the caper vinegar to the hot melted butter, and serve.

Melted Butter Sauce.— $1\frac{1}{2}$ ounces butter, 1 ounce flour, about $\frac{1}{2}$ pint cold water, a pinch grated nutmeg, salt. Put the butter into the saucepan, let it melt, stir in the flour, gradually add the water (if it is to be served with fish use fish stock in place of water), stir, and bring it gently to a boil; add a pinch of salt and rather less than a pinch of grated nutmeg. This sauce is served with all kinds of fried, boiled, or grilled fish, etc.

Hollandaise Sauce.—Cream $\frac{1}{2}$ cup butter; add gradually 2 beaten egg yolks; stir well. Add 1 tablespoon lemon juice, dash each of salt and cayenne. Add $\frac{1}{2}$ cup boiling water and stir over boiling water till thick as boiled custard. Serve immediately.

Béchamel Sauce.—1 tablespoon each of flour and butter, $\frac{1}{2}$ cup each thin cream and white stock,—chicken or veal,—salt and pepper to taste. Prepare same manner as white sauce.

Mushroom Sauce.—Make 1 cup brown sauce, using equal quantities stock and liquor from tinned mushrooms. Season, add 2 tablespoons chopped mushrooms, simmer 5 minutes.

Mint Sauce.—2 tablespoons finely chopped mint (green), 1 dessert-spoon moist sugar, 3 or 4 tablespoons vinegar. Put the mint into a basin, add the sugar, and pour over a little warm water sufficient to dissolve the sugar; cover and let cool; then add the vinegar, stir well, and pour into a sauce-boat.

Mayonnaise Sauce.—Yolks of 3 eggs, $\frac{1}{2}$ pint best salad oil, $\frac{1}{4}$ gill tarragon vinegar or French Orleans vinegar, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon mustard (dry), 1 salt-spoon pepper. Put the yolks of eggs into a clean cold basin, add the salt, and stir on the ice or in a cool place with a wooden spoon, adding the oil very slowly; stir well for about 15 minutes; the mixture should then resemble a thick cream.

Lastly add the mustard, pepper, and vinegar. Keep in a very cool place until required.

Onion Sauce.— $\frac{1}{2}$ pint white sauce, 1 medium-sized onion; cut the onion in dice, cover with cold water, bring to the boil, strain off the water, and cover with fresh cold water; cook the onion until tender; then drain, add to the hot white sauce, and serve.

Oyster Sauce.— $\frac{3}{4}$ pint white sauce, 12 sauce oysters, 1 teaspoon lemon juice. Beard the oysters; simmer the beards in the oyster liquor and a little water for 15 minutes, then strain and add the liquor to the sauce. Cut the oysters in two; add them to the hot sauce; let them remain 3 or 4 minutes without boiling, then add the lemon juice; season to taste, and serve.

Shrimp Sauce.— $\frac{1}{2}$ pint of white sauce, $\frac{1}{4}$ pint of picked shrimps, a few drops of essence anchovy, cayenne. Add the shrimps to the hot sauce; simmer a few minutes, then put in the anchovy essence; add cayenne to taste, and serve.

Salad Dressing.—Beat 4 eggs light; add 1 tablespoon mixed mustard, $\frac{1}{2}$ teaspoon salt, 5 tablespoons vinegar, a little cayenne pepper; mix well, then stand in dish filled with boiling water; when warmed through add tablespoon butter; cook until little thicker than custard, stirring constantly. If desired it may be boiled until thicker, then thinned with milk or cream.

Sauce for Wild Ducks, Teal, etc.—Take proper quantity of good stock, pepper and salt to taste; squeeze in the juice of 2 good oranges, add a little red wine; let wine boil some time in the gravy.

Sauce Piquante.—To 1 cup brown sauce add 1 tablespoon each of chopped capers and pickles and simmer 5 minutes.

Sauce Tartare.—Make 1 cup mayonnaise. Chop very fine 1 tablespoon each of capers, olives, green cucumber pickle, and parsley. Press in a cloth till quite dry. Blend gradually with the mayonnaise. For fried or broiled fish.

Tomato Sauce.—Put into a stewpan 1 ounce of slices of bacon, 1 ounce butter, and a finely chopped onion; fry a little, and add about 1 pound of ripe tomatoes freed from stems and cut in slices; stir over the fire a little longer, then add 1 ounce of flour previously mixed with a little cold stock or gravy. Stir in gradually 3 parts of a quart of stock, add a few peppercorns, a few sprigs of savoury herbs and parsley; allow all to simmer for half an hour. Remove the herbs, rub through a sieve, return to the stewpan, season with salt, a pinch of castor sugar, and pepper; finish with a pat of fresh butter, and serve as required.

NOTE.—A tablespoon of double cream might be used instead of butter, but the sauce should not be allowed to boil again after the butter or cream as a finish has been added.

White Sauce.—1 ounce butter, 1 ounce flour, half a bay-leaf, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ gill white stock, salt and white pepper. Melt the butter in a small saucepan, stir in the flour, and cook for a few minutes without allowing the flour to brown, dilute with the milk, stir till it boils, then add the stock and bay-leaf, and simmer for at least 10 minutes. Remove the bay-leaf, season to taste, and strain.

Salads

CELERY SALAD.—2 bunches celery, 1 tablespoon salad oil, 4 tablespoons vinegar, 1 small teaspoon fine sugar, pepper and salt to taste. Wash and scrape celery; lay in ice-cold water until dinner-time. Then cut in inch lengths and add to the above seasoning. Stir well together with fork, and serve in salad-bowl.

Chicken Salad.—Cut meat from the cold chicken; add equal quantity of shredded lettuce; cut chicken in narrow strips 2 inches long, mix in bowl, and prepare following dressing: Beat yolks of 2 eggs, salt lightly, and beat in, few drops at a time, 4 tablespoons salad oil. The mixture should be thick as cream. Pour over meat and lettuce. Stir up with fork (silver, if you have it). Serve in salad-bowl.

Lobster Salad.—Split the lobster lengthwise, remove all the meat and cut it in dice. Have ready some mayonnaise sauce, and lettuce, well washed and either broken or cut in small pieces. Arrange in alternate layers in a salad-bowl. Season each layer with salt and pepper, and spread on a little mayonnaise sauce. Garnish with hard-boiled eggs, gherkins, capers, and fillets of anchovy.

Tomato Salad.—Peel tomatoes with sharp knife. Slice and lay into salad-bowl. Make dressing as follows: Work up salt-spoon each of salt, pepper, and fresh-made mustard with 2 tablespoons of salad oil, adding only a few drops at a time, and, when thoroughly mixed, whip in with a beaten egg 4 tablespoons of vinegar; toss up with fork.

Cucumber and Onion Salad.—Peel cucumbers and lay into ice-water 1 hour; do same with onions in another bowl. Then slice them in proportion of 1 onion to 3 large cucumbers; arrange in salad-bowl, and season with vinegar, pepper, and salt.

Potato Salad.—Slice $\frac{1}{2}$ dozen large cold boiled potatoes; put into salad-dish and season as follows: 2 tablespoons best salad oil; add $\frac{1}{2}$ teaspoon sugar, same of pepper, made mustard, and salt, and about same of celery salt added improves salad greatly. Rub to smooth paste, and whip in, teaspoon at a time, 5 tablespoons best vinegar. When thoroughly mixed pour upon salad and serve.

Lettuce Salad.—Rinse some cabbage or Cos lettuces; drain and dry thoroughly; break the leaves in convenient pieces. Prepare a dressing with finely chopped garden-cress, tarragon, chervil, yolks of 3 hard-boiled eggs rubbed through a fine sieve, 2 tablespoons of salad oil, 1 of tarragon vinegar, and a little French mustard. Work all until smooth, and lastly add the lettuce, and serve.

Omelets

OMELET (Plain).—4 eggs, $1\frac{1}{2}$ ounces butter, 2 tablespoons milk, a pinch of salt. Add the salt to the eggs and beat them thoroughly, then stir in the milk. Melt

the butter in the pan and skim well. Pour in the eggs and stir with a spoon until they begin to set, then draw quickly to the side of the pan with the spoon, in a half-moon shape. Tilt the pan, brown the under side, then turn the omelet over and slightly brown the other side. Serve quickly. Parsley, finely chopped onion, sugar, and many other seasonings and flavourings may be added to the eggs before cooking.

Kidney Omelet.—Proceed as directed in preceding receipt, but instead of drawing the egg mixture to the side of the pan, fry it as a pancake. When ready, slip on a hot dish, place the kidney on one half, fold the other half over, and serve quickly. To prepare the kidney: Take 2 sheep's kidneys, skin, cut in dice, fry 5 minutes in a little hot butter. Season with salt and pepper, and use as directed. Or, mix with the eggs after frying and make as plain omelet.

Omelette Soufflé.—Break 6 eggs, separating the yolks and whites; beat 4 of the yolks, mix with them 1 teaspoon flour, 3 tablespoons of powdered sugar, very little salt, flavour with essence lemon or any other flavours that may be preferred. Whisk the whites of the 6 eggs to firm froth; mix them lightly with yolks; pour the mixture into a greased pan or dish; bake in quick oven. When well risen and lightly browned on the top it is done; roll out in dish, sift pulverized sugar over, and send to table. You can also pour some rum over it, and set it on fire, as for an *omelette au rhum*.

French Omelet.—Take 4 eggs, separate the yolks from the whites. Beat the whites to a snow on a dinner-plate; then beat the yolks in small basin with sugar to taste; then add a small pinch of Royal Baking Powder, 3 large tablespoons flour, and milk enough to make a thin batter. Then pour into an omelet-pan, previously heated and greased. Spread the white over the top. Fry by holding high above the fire till set brown on the top; double over and serve hot with jam.

Ham Omelet.—Proceed as directed for kidney omelet.

Tomato Omelet.—Proceed as directed for kidney omelet.

Toast

ZWIEBACK.— $\frac{1}{2}$ pound flour, $\frac{1}{2}$ pint milk, 2 eggs, $\frac{1}{2}$ pound butter, 3 heaped teaspoons Royal Baking Powder, $\frac{1}{2}$ teacup sugar, and 1 teaspoon salt. Sieve together flour and baking powder. Rub in the butter, sugar, and salt, adding the eggs 1 at a time; then add milk and flour gradually, making a nice batter—not too stiff; pour into well-buttered, low cake-pan, bake in moderate oven about $\frac{1}{2}$ hour. When done, take carefully out of pan and let cool. On the following day cut with sharp knife in slices about $\frac{1}{2}$ inch thick, and toast in moderate oven.

Poached Eggs on Toast.—4 thin slices of unfermented Graham bread, butter, salt, vinegar, 8 eggs, parsley. Toast bread lightly, cut off crust, divide in half, and butter. Meanwhile have a shallow stewpan $\frac{3}{4}$ full of water,

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large pinch salt, 1 teaspoon vinegar, and 2 sprigs parsley tied in a bouquet; when water boils drop in eggs, 1 at a time; at once set stewpan where it will not boil. Allow eggs to simmer 2 minutes, gently take them up with skimmer, lay each one on piece of toast. Serve garnished with lettuce leaves.

Anchovy Toast.—4 luncheon rolls, butter, 6 anchovies, $\frac{1}{2}$ pint cream, yolks 3 eggs, salt. Remove tops and bottoms from rolls, very thin, split in 2 slices, toast, and butter. Wash and remove bones from anchovies, chop exceedingly fine, spread on 4 of the pieces of toast; cover with remainder, arrange on a dish, and pour over custard prepared from cream and egg yolks in the following manner: Place cream and little salt into small tin, which put into saucepan containing boiling water; soon as cream comes to boiling point stir in yolks, which have been beaten with a little cream. Place over fire until it thickens and use as directed.

Vegetables

HINTS ON COOKING VEGETABLES.—

First, have them fresh as possible. Summer vegetables should be cooked on same day they are gathered. Second, look them over and wash well, cutting out all decayed or unripe parts. Third, lay them, when peeled, in cold water for some time before using. Fourth, always let water boil before putting them in, and continue to boil until done.

Turnips.—Should be peeled, and boiled from 40 minutes to an hour.

Beets.—Boil from 1 to 2 hours; then put into cold water and slip skin off.

Spinach.—Boil 20 minutes.

Parsnips.—Boil from 30 to 40 minutes.

Onions.—Best boiled in 2 or 3 waters, adding milk the last time.

String Beans.—Should be boiled 1 hour.

Shell Beans.—Require $\frac{1}{2}$ hour to an hour.

Green Corn.—Boil 20 or 30 minutes.

Green Peas.—Should be boiled in little water as possible; boil 20 minutes.

Asparagus.—Same as peas; serve on toast.

Cabbage.—Should be boiled from $\frac{1}{2}$ hour to 1 hour in plenty of water; salt while boiling.

Asparagus on Toast.—Cut stalks of equal length, rejecting woody portions and scrapings, the whiter parts retained. Tie in bunch with soft tape and cook about 30 minutes if of fair size; if small, 20 minutes. Have ready 6 or 8 slices nicely toasted bread. Drain the asparagus; untie, and arrange on toast. Pepper and salt to taste.

Lima Beans.—Put a pint of beans in boiling salted water enough to cover. Cook until tender, then drain them. Melt a piece of butter the size of an egg, and mix an even teaspoon of flour with it. Add a little stock, make a smooth sauce, or use water instead. Put the beans into the sauce and set them at the side of the fire for 15 minutes. Just before serving add tablespoon of chopped parsley, and season to taste with salt and pepper.

Buttered Parsnips.—Boil tender and scrape; slice lengthwise. Put 3 tablespoons butter in a saucepan, with pepper, salt, and a little chopped parsley. When heated put in the parsnips. Shake and turn until mixture boils, then lay the parsnips in order upon a dish, and pour the butter over them and serve.

To Boil Parsnips.—1 large spoonful of salt to $\frac{1}{2}$ gallon of water. If parsnips are young they require only to be scraped before boiling; old ones must be peeled and cut in quarters. Put them into a stewpan of boiling salt and water. Boil them quickly until tender, take them up, drain them, and serve them on a vegetable-dish. Time, 30 to 40 minutes.

Fried Onions.—Peel, cut across so as to form undivided rings. Flour them, fry 5 or 6 minutes in hot fat. Drain, dredge with salt and pepper, and serve with beefsteak.

Baked Macaroni.—Break $\frac{1}{2}$ pound macaroni in pieces an inch long, cook in boiling water, slightly salted, 20 minutes. Drain, and put a layer in bottom of a greased bake-dish, upon this some grated cheese and tiny bits of butter, then more macaroni, and so on, filling dish, with grated cheese on top. Moisten with a little milk and salt lightly. Cover and bake $\frac{1}{2}$ hour; brown, and serve in the dish in which it is baked.

Boiled Artichokes.—Soak the artichokes, wash them in several waters; cut stalks even, trim away lower leaves and ends of the others; boil in salted water with tops downwards; let them remain until leaves can be easily drawn out. Before serving remove the choke and serve with oiled butter.

Cauliflower.—Plunge a head of cauliflower into salt water several times to remove any insect. Boil 10 minutes in salt water, drain on sieve, put cauliflower into buttered dish. Melt piece of butter size of an egg; add to it 1 tablespoon flour, stir on the fire 1 minute; add gill of milk, a quantity of grated cheese, pepper and salt. Stir this sauce till it boils. Pour over the cauliflower, sprinkle over it a few browned bread crumbs, set it in moderate oven for a few minutes to brown.

Potatoes, Lyonnaise.—Parboil a dozen or more potatoes and set aside to get perfectly cold. When ready to cook them, heat some butter or good dripping in frying-pan; fry in it 1 small onion, chopped fine, until it begins to change colour. Then put in potatoes, cut in dice, not too thick or broad. Stir well and cook 5 minutes, taking care potatoes do not break to pieces. They must not brown. Put in some minced parsley just before taking up. Drain dry by shaking in a heated colander. Serve very hot.

Potatoes, Stewed.—Pare and cut in strips lengthwise, cover with boiling water, and stew 20 minutes. Pour off nearly all the water, put in a cup of cold milk with salt, bring to the boil, and serve.

Potato Croquettes.—Season cold mashed potatoes with pepper, salt, and nutmeg. Beat to cream, with 1 tablespoon melted butter to every cup of potato. Add 2 or 3 beaten eggs and some minced parsley. Roll in small balls;

dip into beaten egg, then into bread crumbs; fry in hot lard.

Saratoga Potatoes.—Take good potatoes; peel and slice very thin with potato-slicer, let stand in cold salt and water for $\frac{1}{2}$ hour; dry them, and fry in boiling-hot lard, taking out soon as they are crisp and brown.

Here are Three Ways to Prepare Potatoes for Breakfast.—First, boil some small potatoes in their jackets. The moment they are done take them out of the water. Do not allow them to become soft, as they will not keep their shape. Remove the skins; have some lard, very hot, as for fried cakes; drop the potatoes into it and fry till brown, turning them gently from side to side. The next way is to heap mashed potatoes on a small baking-dish; shape them like a pyramid and smooth perfectly; then cover with a well-beaten egg, and set into the oven to brown. Still another way is to make little cakes of cold mashed potatoes; flour your hands well, and put on as much flour as will stick on the outside of the cakes; scatter flour on the plate on which you lay them; fry them brown in butter.

♣**Fried Tomatoes.**—Cut tomatoes in slices without skinning; pepper and salt them; then sprinkle a little flour over them and fry in butter until brown. Take them out, put on a hot dish, and pour milk or cream into the butter and juice. When boiling hot pour over tomatoes.

Stuffed Tomatoes.—Get them as large and firm as possible; cut a round place in top of each, scrape out all the soft parts; mix with stale bread crumbs, onions, parsley, butter, pepper, and salt; chop very fine, and fill tomatoes; carefully bake in moderately hot oven; put a little butter into pan; see that they do not burn or become dry.

Stewed Tomatoes with Onion and Bread.—Empty a tin of tomatoes into a saucepan, place over fire, and when hot add small onion sliced, with pepper, salt, and a little sugar. Stew 20 minutes, and add 1 tablespoon butter and a good handful bread crumbs. Simmer 5 or 10 minutes, and pour out.

Stewed Tomatoes, Plain.—Open a tin of tomatoes an hour before cooking them and turn them into a bowl; leave out cores. Cook always in a steel or enamelled saucepan; iron injures both colour and flavour. Stew gently for 40 minutes; season to taste with salt, pepper, and, if preferred, a little sugar, and 1 tablespoon butter. Cook gently, uncovered, 10 minutes longer, and turn into a deep dish.

Spinach with Eggs.—Boil spinach in the smallest quantity possible of hot water, salted, for 20 minutes. Drain and press out the water. Chop fine; put back over the fire with 1 tablespoon butter and 1 teaspoon sugar with salt and pepper to taste; also a little nutmeg. Beat until hot and smooth; turn into a hot deep dish, and cover with nicely poached eggs.

Green Peas.—Shell the peas and wash well in cold water. Cook in boiling water for 25 minutes. A lump of sugar will be a pleasant addition to market peas. Drain well; stir in a lump of butter, and pepper and salt. Serve hot.

Canned Peas.—Open tin of peas 1 hour before cooking them. When ready for them, put on in a milk-saucepan (or one saucepan within another) of hot water. If dry add cold water to cover them, and stew about 10 minutes. Drain; stir in a lump of butter, pepper and salt.

Rice, Boiled.—Wash well and cook in boiling salted water, shaking up from time to time until the water is nearly all absorbed, and the rice soft, with every grain distinct; put a good piece of butter on the top after it is dished.

Boiled Onions.—Clean off top and root; skin and cook 15 minutes in boiling fresh water; salt slightly and boil until tender all through; drain, butter well, add pepper and salt.

String Beans.—Top and tail, and with a sharp knife strip off the strings on both sides; cut in short pieces, and cook about 1 hour in boiling water and a little salt; drain well; heap upon a hot dish; butter freely and season to taste.

Boiled Haricot Beans.—Soak all night, and in the morning change the cold water for lukewarm; let stand in this 2 hours; drain off, and put them to boil in cold water, with a piece of fat salt pork 2 inches square. Cook slowly until soft; take out the pork; drain the beans well; season with pepper, and serve.

Beets.—Use care in cutting off the tops and washing them not to break the skins, or their colour will be drawn out by the water. Cook in boiling water 1 hour. Scrape, slice, and add salt, pepper, and butter, and pour a few spoons of boiling vinegar upon them after they are dished.

Rice Croquettes.—1 cup cold boiled rice, 1 teaspoon sugar, and half as much salt, 1 teaspoon oiled butter, 1 egg beaten light, enough milk to make the rice into stiff paste, sweet lard for frying. Work rice, butter, egg, etc., into an adhesive paste, beating each ingredient thoroughly into the mixture. Flour your hands and make the rice in oval balls. Dip each into beaten egg, then into flour, and fry in boiling lard, a few at a time, turning each with great care. When the croquettes are of a good brown, take out with a wire spoon and place on paper to drain. Serve hot, with sprigs of parsley laid about them, in an uncovered dish.



Pickles

USE glass bottles for pickles, also wooden knives and forks in preparation of them. Fill bottles $\frac{3}{4}$ full with articles to be pickled, then fill bottles with vinegar. Use saucepans lined with earthenware or stone pipkins to boil vinegar in.

Chow Chow.—1 quart large cucumbers, 1 quart small cucumbers, 2 quarts onions, 4 heads cauliflower, 6 green peppers, 1 quart green tomatoes, 1 gallon vinegar, 1 pound mustard, 2 cups sugar, 2 cups flour, 1 ounce turmeric. Put all into salt and water one night; cook all the vegetables in brine until tender, except large cucumbers. Pour over vinegar and spices.

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Pickling Cauliflowers.—Take whitest and closest cauliflowers in bunches; spread on earthen dish, cover them with salt, and let stand 3 days to draw out all the water. Then put into jars, pour boiling salt and water over them, let stand overnight; then drain with a hair sieve and put into glass jars; fill up jars with vinegar; cover tight.

French Pickles.—1 peck green tomatoes, sliced; 6 large onions, a teacup salt thrown on overnight. Drain thoroughly, boil in 2 quarts water and 1 quart vinegar 15 or 20 minutes; drain in colander; then take 4 quarts vinegar, 2 pounds moist sugar, $\frac{1}{2}$ pound white mustard seed, 2 tablespoons cloves, 2 tablespoons cinnamon, 2 tablespoons ginger, 2 tablespoons ground mustard, 1 teaspoon cayenne pepper; put all together, cook 15 minutes.

Piccaililly.—1 peck green tomatoes, sliced; $\frac{1}{2}$ peck onions, sliced; 1 cauliflower, 1 peck small cucumbers. Leave in salt and water 24 hours; then put into kettle with handful scraped horseradish, 1 ounce turmeric, 1 ounce cloves (whole), $\frac{1}{4}$ pound pepper (whole), 1 ounce cassia buds or cinnamon, 1 pound white mustard seed, 1 pound English mustard. Place in kettle in layers, and cover with cold vinegar. Boil 15 minutes, constantly stirring.

Pickled Red Cabbage.—Slice it into a colander, sprinkle each layer with salt; let it drain 2 days, then put into a jar, pour boiling vinegar enough to cover, put in a few slices of red beet-root. Choose purple red cabbage. Those who like flavour of spice will boil it with the vinegar. Cauliflower cut in bunches, and thrown in after being salted, will look red and beautiful.

To Pickle Tomatoes.—Always use those that are thoroughly ripe. The small round ones are decidedly the best. Do not prick them, as most books direct. Let them lie in strong brine 3 or 4 days, then put down in layers in jars, mixing with small onions and pieces of horseradish. Then pour on vinegar (cold), which should be first spiced; let there be a spice-bag to throw into every pot. Cover carefully, and set by in cool place, full month before using.

Spiced Fruits.—These are also called sweet pickled fruits. For 4 pounds prepared fruit allow 1 pint vinegar, 2 pounds moist sugar, $\frac{1}{2}$ cup whole spices—cloves, allspice, stick cinnamon, and cassia buds. Tie spices in thin muslin bag, boil 10 minutes with vinegar and sugar. Skim, add fruit, cook till tender. Boil down syrup, pour over fruit in jars, and seal. If put in stone pots, boil syrup 3 successive mornings and pour over fruit. Currants, peaches, grapes, pears, and berries may be prepared in this way, also ripe cucumbers, muskmelons, and watermelon rind.

Tomato Ketchup.—1 gallon tomatoes (strained), 6 tablespoons salt, 3 tablespoons black pepper, 1 tablespoon cloves, 2 tablespoons cinnamon, 2 tablespoons allspice, $1\frac{1}{2}$ pints vinegar; boil down $\frac{1}{2}$. 1 peck tomatoes will make 1 gallon strained.

Green Tomato Ketchup.—1 peck green tomatoes, 1 dozen large onions, $\frac{1}{2}$ pint salt; slice tomatoes and onions. To layer of these add layer of salt; let stand 24 hours, then drain. Add $\frac{1}{4}$ pound mustard seed, 3 dessert-spoons

sweet oil, 1 ounce allspice, 1 ounce cloves, 1 ounce ground mustard, 1 ounce ground ginger, 2 tablespoons black pepper, 2 teaspoons celery seed, $\frac{1}{4}$ pound moist sugar. Put all in preserving-pan, cover with vinegar, and boil 2 hours.

Walnut Ketchup.—Take green walnuts before the shell is formed (usually in a proper state early in August). Grind them or pound them in an earthen or marble mortar. Squeeze out the juice through a coarse cloth, and add to every gallon of juice 1 pound of anchovies, 1 pound salt, 4 ounces cayenne pepper, 2 ounces black pepper, 1 ounce each ginger, cloves, and mace, and the root of 1 horseradish. Boil all together till reduced to $\frac{1}{2}$ the quantity. Pour off, and when cold bottle tight. Use in 3 months.

Cookery for the Sick

FOOD FOR THE SICK.—Always prepare food for the sick in the most dainty and appetizing manner. In sickness the senses are unusually acute, and far more susceptible to carelessness, negligence, and mistakes in the preparation and serving of food than when in health. Special wants of the body show themselves in special cravings for certain articles of food. These should be gratified when possible.

Infants' Food.—Let 1 quart of milk stand overnight; skim off the cream, and upon it pour 1 pint boiling water. In 1 quart water let 1 tablespoon oatmeal boil about 2 hours and then strain. To 1 gill of the cream and water add 2 tablespoons of the oatmeal water. Sweeten it when given. This receipt comes from an experienced nurse and has been well tested.

Beef Tea.—To every pound of beef, cut fine (not chopped), add 1 pint cold water, and let stand 2 hours; then place over a slow fire, or on the extreme back part of a range, where it may heat through very gradually; then pull forward where it may come quickly to a simmer, or just below the boiling point. Stir thoroughly at intervals of about 10 minutes. In 2 hours from time it is placed over the fire it may be considered done, although no harm will be done if it remains $\frac{1}{2}$ hour longer, provided it does not boil; strain through a strainer into an earthen bowl. If it has been properly cooked and not allowed to boil or get hot too quickly, there will remain but little sediment from the straining. If, on the other hand, these rules have not been observed, the body and substance of the meat will remain in the strainer, leaving a thin, watery mixture of little value. Only practice and watchful care will enable the cook to bring the beef tea up to the boiling point without letting it boil. This is the test of the article. Do not salt while cooking, as that causes it to separate.

Calf's Feet Jelly.—Boil 2 calf's feet, well cleaned, in 1 gallon water until reduced to 1 quart, then pour into a pan. When cold skim off all the fat and take up the jelly, leaving what settling may remain at the bottom. Put the jelly into a saucepan. Pour over it 1 pint good sherry or Madeira wine, $\frac{1}{2}$ pound white

sugar, and the juice of 4 lemons. Add the whites and shells of 3 eggs, the former stiffly whipped and the shells well washed. Stir all together thoroughly, place on fire, and let boil a few minutes. Pour into a large flannel bag, and repeat this until it runs clear; then have ready a large china basin, and drop into it some lemon peel cut as thinly as possible. Let the jelly run into the basin; the lemon peel will not only give it a nice colour, but also a pleasant flavour. Fill the glasses and it will be ready to use.

Egg on Toast.—Brown a slice of bread nicely, and while doing this break an egg into boiling water, and let it stand over the fire till the white hardens. Butter the toast, take up the egg with a skimmer, lay it on the toast, and serve.

Flaxseed Tea.—Upon an ounce of unbruised flaxseed and a little pulverized liquorice root pour a pint of boiling (soft or rain) water, and place the vessel containing these ingredients near, but not on, the fire for 4 hours. Strain through a linen cloth. Make it fresh every day. An excellent drink in fever accompanied by a cough.

Mint Tea.—Into an earthen vessel put a handful of the young shoots of mint, pour over them boiling water, cover closely, and set near the fire for an hour. Other herb teas are made in the same way. Mint tea is useful in allaying nausea and vomiting.

Mutton Broth.—3 pounds of lean mutton, 2 turnips, 1 carrot, 2 onions, 1 bunch parsley, 3 quarts water. Boil meat, cut in strips, and the vegetables, sliced, in the water 2½ hours. The water should be reduced ½. Strain, return the broth to the saucepan, with the vegetables, and the meat cut in small pieces. Rice, barley, or sago is often added to mutton broth.

Scotch Broth.—See under heading of Soups, Etc.

Wine Whey.—1 pint sweet milk; boil and pour sherry wine into it until it curdles; then strain and use the whey.

To Make Gruel.—Time, 10 minutes. 1 tablespoon patent groats, 2 tablespoons cold water, 1 pint boiling water. Mix groats with cold water till smooth; then pour boiling water on them, stirring all the time. Then set over fire in clean saucepan, and boil for 10 minutes. Sweeten to taste, and serve.

Wine Posset.—In a pint of milk boil 2 or 3 slices of bread. When soft remove from the fire, add a little grated nutmeg and 1 teaspoon of sugar; then pour into it slowly ½ pint of sweet wine and serve with toasted bread.



Candies

GRANULATED sugar is preferable. Candy should not be stirred while boiling. Cream tartar should not be added until syrup begins to boil. Butter

should be put in when candy is almost done. Flavours are more delicate when not boiled in candy, but added afterward.

Butter Scotch.—2 cups sugar, 2 tablespoons water, 1 ounce of butter. Boil without stirring until it hardens on a spoon. Pour on buttered plates to cool.

Cream Candy.—1 pound loaf sugar, 3 tablespoons vinegar, 1 teaspoon lemon essence, 1 teaspoon cream tartar. Add little water to moisten sugar, boil until brittle. Put in the essence, then turn quickly out on buttered slab or plate. When cool, pull until white, and cut in squares.

Cream Walnuts.—2 cups sugar, ¾ cup water. Boil without stirring until it will spin a thread; flavour with vanilla essence. Set into dish containing cold water; stir briskly until white and creamy. Have walnuts shelled; shape the cream into small balls; press ½ a walnut on either side, and drop into sieved granulated sugar. For cream dates, take fresh fruit, remove stones, and fill centre with this same cream, then drop into sugar.

Candied Popcorn.—Put into an iron kettle 1 tablespoon butter, 3 tablespoons water, 1 teacup white pulverized sugar. Boil until ready to candy, then throw in 3 quarts of nicely popped corn. Stir briskly till candy is evenly distributed over corn. Take kettle from fire, stir until it is cooled a little and you have each grain separate and crystallized with sugar, taking care that corn does not burn. Nuts of any kind may be prepared in same way.

Cocoanut Cream Candy.—1 cocoanut, 1½ pounds granulated sugar. Put sugar and milk of cocoanut together, heat slowly until sugar is melted; then boil 5 minutes; add cocoanut (finely grated), boil 10 minutes longer, stir constantly to keep from burning. Pour on buttered plates, cut in squares. Will take about 2 days to harden. Use desiccated cocoanut and water, to take the place of fresh cocoanut and milk, when the latter cannot be had.

Honey Candy.—1 pint white sugar, water enough to dissolve it, and 4 tablespoons honey. Boil until it becomes brittle on being dropped into cold water. Pull when cooling and cut in convenient pieces.

Chocolate Caramels.—2 cups molasses or glucose, 1 cup moist sugar, 1 cup cream or milk, ½ pound chocolate, ½ ounce butter. Beat all together; boil until it thickens in cold water; turn into large, well-buttered flat tins. When nearly cold, cut in small squares.

Ice Cream Candy.—3 cups sugar, crushed or cut loaf, a little less than ½ cup vinegar, 1½ cups of cold water, piece of butter size of a walnut, flavour with vanilla essence. Boil until it hardens, then pull until white, and cut up.

Molasses Candy.—3 cups yellow coffee or candy sugar, 1 cup molasses, 1 cup water, ½ teaspoon cream tartar, butter size of a walnut. Follow directions for cream candy.

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Royal Baking Powder.

ROYAL BAKING POWDER CO., NEW-YORK, MANUFACTURERS.

Qualities Possessed by it Specially Requisite in the English Climate :

THE ROYAL BAKING POWDER, being sold and shipped to every country in the world, is specially prepared by its manufacturers (the Royal Baking Powder Co., of New-York) to retain its strength and freshness under the variable temperature and moisture of every climate.

No other baking powder has ever been produced that will keep its leavening strength in damp atmospheres so perfectly as the Royal. The contents of each tin of Royal are uniform in quality and the last spoonful in the opened tin will be found as good and effective as the first.

This unique property of the Royal is of highest value and was particularly emphasized and commended by Dr. Saunders, the eminent Medical Officer of Health of London, in his report on baking powders. It is absolutely necessary to the production of perfect and uniform results.

In the use of other baking powders great variableness is found. They are so readily affected by a moist atmosphere that they lose their strength quickly in any other than a perfectly dry and equable climate. Equal quantities from the same tin will not do even work. The prescribed quantity proves insufficient, the food is heavy, and good flour, eggs and butter wasted.

The Royal Baking Powder, for these reasons, is particularly serviceable in Great Britain, where it can be depended on to resist the influences of the moist atmosphere which so frequently prevails.

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Invaluable as a Safeguard against Alum and other Adulterants.

Baking powders enter so generally into everybody's food that the question of their ingredients, whether they are healthful or otherwise, is of the utmost importance.

The official tests show that Royal, made by the Royal Baking Powder Company, of New-York, is a cream of tartar powder of the highest leavening strength and efficiency, free from alum, lime, ammonia or harmful ingredient, and absolutely pure.

The official tests likewise show that the market is full of low-grade powders, made from inferior or impure ingredients, to which alum is added to give them strength.

Alum baking powders are classed as poisonous by the most eminent physicians. They cause indigestion, heartburn, dyspepsia and diseases of the liver and kidneys. Consumers who value their health must be on their guard against these dangerous powders.

The housewife will find no possible substitute for the Royal Baking Powder. There is no other baking powder or preparation that will render the food so surely wholesome and excellent in every quality.

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THE ROYAL BAKING POWDER CO.

New-York, U. S. A.

SCIENTIFIC AND PRACTICAL TESTS

SHOW ROYAL BAKING POWDER SUPERIOR TO ALL OTHERS.

ANALYTICAL LABORATORY, VESTRY HALL,
PADDINGTON GREEN, LONDON, W.

I have purchased in London samples of the Royal Baking Powder, manufactured in America.

This is a pure and wholesome baking powder of the highest quality, surpassing all others within my knowledge.

ALF. W. STOKES, F.C.S.,

Public Analyst to Paddington, St. Luke, etc.

SURGEONS' HALL, EDINBURGH, SCOTLAND.

After careful chemical analysis, I am clearly of the opinion that the employment of the Royal Baking Powder of New York in place of yeast and other baking powders in the preparation of bread and pastry is a decided step in advance as regards wholesomeness and freedom from noxious germs. I can recommend with confidence the use of the Royal Baking Powder.

STEVENSON MACADAM, PH.D., ETC.,

Professor of Chemistry and Consulting Analytical Chemist.

CITY LABORATORY, 17, CASTLE ST., DUBLIN, IRELAND.

I have examined specimens of the Royal Baking Powder (of New York) and find it to be an excellent preparation for the purpose for which it is designed. The constituents of it are such as may be safely and continuously used in food, being altogether of a wholesome character. It is admirably adapted for raising bread, and possesses great vesiculating power.

I may add that for several years past this powder has been used in my own household.

CHARLES A. CAMERON, M.D.,

Ex-President and Professor of Hygiene and Chemistry, Royal College of Surgeons, Ireland; Medical Officer of Health for Dublin, etc., etc.

BRITISH EMBASSY, WASHINGTON, D. C.

I use no baking powder except the Royal of New York, and find it invaluable in the preparation of finer foods.

(MRS.) A. N. LINN.

BOARD OF FOREIGN MISSIONS, NEW YORK.

The Royal Baking Powder is being used by our missionaries in China, Japan, Corea, South Africa, etc. It is a pleasure to report its complete success in the missions in the tropics. Climatic changes, so fatal to most baking preparations, do not affect the properties of this powder, and so unflinching are the results of its use in all food preparations that our missionaries are supplied with it exclusively.

ROSS TAYLOR, *Supply Agent.*

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Bulletin 13, p. 599, U. S. Ag. Dep.

The Canadian Official Tests, recently made, show the **Royal Baking Powder** highest of all in leavening strength.

Bulletin 10, p. 16, Inland Rev. Dep.

The **Royal Baking Powder** is superior to any other powder which I have examined; a baking powder unequalled for purity, strength, and wholesomeness.

Willis G. Tucker, M.D., Ph.D., New York State Analyst.

As the excellence of a baking powder is dependent upon the yield of leavening gas, and upon the wholesomeness and purity of its ingredients, the **Royal** is unquestionably the best.

Massachusetts State Analyst.

The best baking powder made is, as shown by analysis, the **Royal**.

Cyrus Edson, M.D., Com'r of Health, New York City.

I find the **Royal Baking Powder** superior to all the others in every respect. It is purest and strongest.

Walter S. Haines, M.P., Consulting Chemist,
Chicago Board of Health.

Royal Baking Powder is manufactured in America by the Royal Baking Powder Company of New York. See facsimile of label on cover of this book.

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