



"Ay, there's the rub."—One is glass in eyes and the other is isinglass. That is the answer, and a very clever one it is, too. What we want now is a conundrum to meet it.

**Exactly.**—Is the Khan of Tartary a milk khan?—containing, as it were, the cream of tartar—eh?

**Prudent.**—Over at the Exposition they are laying up something for a rainy day—not an umbrella, but a Paris-haul.

**A Pointed Remark.**—A boarding-house mistress, like the rest of us, has her weak and strong points, the weak point being her coffee and her strong point the butter.

**By an Old Bachelor.**—"You may break, you may shatter the vase, if you will, but the frightful ceramics pasted on by the women folks will stick to it still."

**Higher Education.**—Our ancestors, the monkeys, could not have been so ignorant, after all. They were all educated in the higher branches.

**Satisfactory.**—She: "What age do you think I am?" He (precipitately): "I don't know, but you don't look it."

**Slight Difference.**—"It was a very informal affair," wrote an editor in a notice of a select party which he had been specially invited to attend. The compositor made it "a very infernal affair," and no more special invitations were received at that office.

**His Warmest Friend.**—"Who is your warmest friend?" asked the teacher.—"My mother!" yelled one of the boys.—"Your mother?"—"Yes, she 'warms' me every day."—The teacher has given up her missionary work.

**Little o' Both Sides.**—New Curate: "Then do I understand that your aunt is on your father's side, or on your mother's?"—Country Lad: "Zome-times one, an' zometimes the other, 'ceptin' when feyther whacks 'em both, sir."

**That's So.**—An ill-tempered and pompous old man said to a noisy urchin, "What are you whistling and yelling so for when I'm riding by?"—To which the boy responded, "What are you ridin' by for when I'm a-whistlin' and a-yellin'?"

**Natural Intelligence.**—Mistress: "Come, Bridget, how much longer are you going to be filling that pepper-box?" Bridget (a fresh importation from where they do not use pepper-casters): "Shure, ma'am, and it's meself can't say how long it'll be takin' me to get all this stuff in the thing through the little holes in the top."

**Repairing.**—A minister who had twice married the same couple—a divorce ensuing between the two marriages—remarked that he didn't wish to add a repairing department to his business.

**Wellwood.**—The following epigram was written on a Mr. Wellwood, who was much given to exaggeration:

"You double each story you tell,  
You double each sight that you see;  
Your name's double u e double L,  
Double u double o d."

**Putting it Practically.**—An orator was complaining of the cost of clothing in the United States and its cheapness abroad. "Why, my friends," said the speaker, "you can buy as much for a shilling in Ireland as you can for fifty cents in the United States." "True enough, your honor," said an Irishman in the crowd, "but the difficulty in Ireland is to get the shilling."



**Egg Baskets.**—"Make these for breakfast the day after you have had roast chicken, duck, or turkey for dinner. Boil six eggs hard, cut nearly in half and extract the yolks. Rub these to a paste with some melted butter, pepper and salt, and set aside. Pound the minced meat of the cold fowl fine in the same manner, and mix with the egg-paste, moistening with melted butter as you proceed, or with a little gravy if you have it to spare. Cut off a slice from the bottom of the hollowed whites of the eggs to make them stand; fill with the paste, arrange close together upon a flat dish, and pour over them the gravy left from yesterday's roast heated boiling hot, and mellowed by a few spoonfuls of cream or rich milk."

**Egg Sling!**—The shepherds of Egypt had a singular manner of cooking eggs without the aid of fire. They placed them in a sling which they turned so rapidly that the friction of the air heated them to the exact point required for use.

**A Substitute for Butter.**—The Grecian philosopher Pythagoras ate nothing on his bread but honey, and as he lived to be ninety years old, he recommended his disciples to follow the same regimen. They followed his example and found themselves all the better for it.

**To preserve Meat.**—The Romans pounded coriander seed, mixed it with vinegar, and laid it over any kind of meat, and this coating preserved it in a perfect state of freshness.

**Carrots.**—Boiled carrots form an excellent substitute for eggs in a pudding. Boil and mash them, and pass through a coarse cloth or hair sieve strainer. The pulp is then introduced among the other ingredients of the pudding, to the total omission of eggs. The pudding is better than with eggs, and much more palatable.

**A Carthaginian Pudding.**—We give here a recipe for the famous Carthaginian pudding, eaten by the higher classes of Rome and Athens centuries ago. Anyone who likes, can try it:

"Put a pound of red wheat flour into water; when it has soaked some time, place it in a wooden bowl, add three pounds of cream cheese, half a pound of honey, and one egg; beat this mixture well together, and cook it on a slow fire in a stewpan."

**Old Roman Recipe.**—The old Roman rule for preparing apples, pears, figs, plums, and cherries, so as to keep:

Choose the fruits with great care, and put, with the stalks attached, into honey, leaving to each one sufficient space to prevent their touching each other. Some of us might use this old Roman rule if it did not take too much honey.

The Romans kept their peaches a very long time by choosing the finest and placing them in water saturated with salt; the next day take them out, dry them with great care, and put them into a vessel with Savoy vinegar and salt.

**Canned Eggs.**—Eggs for boiling may be canned as follows:

So soon as they are brought in from the nests, put two or three dozen at a time in a deep pan, pour scalding water over them, let it stand thirty seconds, and turn it all off. Cover immediately with more scalding water, and repeat the process yet the third time. Wipe dry, and pack in bran or salt when they cool. This hardens the albumen into an air-tight case for the yolks; of course you cannot use these eggs for cake or syllabubs, but for boiling for the table, they are always convenient. Pack with the smaller end down.

The following recipe is contributed by C. R. P. Y.:

**A Delicious Pie.**—For two pies, take six eggs, one cup of butter, and one cup of pulverized sugar, one teaspoonful of vanilla. Beat the yolks and sugar together till very light; beat the butter till creamy, and add it to the sugar and yolks. Make a puff-paste and line two deep tin pie plates, then pour in the batter equally in each. Beat the whites of the eggs to a stiff froth, add to them one and a half teacups of fine white sugar, flavor with a little vanilla. After the pies are baked, spread over some of this frosting, and return to the oven and slightly brown. Just before sending to table, strew over the pies a couple of tablespoonfuls of coarse granulated sugar. This is a fine pie.

## Domestic Science.

**Red, Inflamed, or Weak Eyes.**—Take a heaping tablespoonful of rock salt dissolved in a quart of rain water.

**Hay Fever.**—Professor Helmholtz found that he could cure himself of hay-fever—to which he was extremely liable—by occasionally drawing some dilute quinine sulphate solution up his nose, and then ejecting it.

**Chilblains.**—Cover morning and evening with equal parts tincture of iodine and solution of ammonia.

**Petid Feet.**—Wash in alum water, and anoint with ointment of oxide of zinc one ounce, crystallized carbolic acid five grains.

**Vegetarianism.**—Professor Gubler, in his recent researches as to the causes of cretaceous degeneration of the arteries, has made the very interesting discovery that a principal cause lies in a vegetable diet, and thus explains the frequency of cretaceous arteries among the French rural population at the early age of forty. This is the more important, because it is well understood that "a man is as old as his arteries," and that chalky degeneration of the arteries is the most fatal kind of premature aging. Further proof he finds in the fact that the Trappists, who live exclusively on vegetable food, very soon show arterial degeneration. In districts where chalky soils load the drinking-water with earthy salts a vegetable diet acts more rapidly in affecting the arteries than in regions of siliceous formation.—*British Medical Journal.*

**Water in the Ears.**—A warning to those who enjoy the summer luxury of sea bathing is given in the *Medical Record*, by Dr. Sexton, of the New York Ear Infirmary. He finds salt water to be peculiarly irritating to the delicate membrane of the inner ear, while cold fresh water may be equally injurious. Every year hundreds of people are sent to the infirmary for treatment whose trouble has risen from getting water into their ears while bathing, or from catching cold in the ears at such time. He recommends, as a precaution, the plugging of the ears with cotton wool before entering the water, particularly in surf bathing.

**Guarana in Sick Headache.**—This remedy is highly recommended by all who have tried it. Dr. Stewart gives a teaspoonful dose of the powder every fifteen minutes until relief is afforded. He has tried the powder extract, fluid extract, tincture, and elixir with equal success, and he considers it a stimulant and tonic. Since using it on himself the doctor has had no trouble from headache, from which he personally suffered intensely for nearly two years.

**Liquefied Air.**—Cailletet has published the details of his experiment of liquefying air. Inclosing in his glass tube air dry and free from carbon dioxide, he cooled this tube with liquid nitrous oxide at its upper part. Upon increasing the pressure to 209 atmospheres, streams of liquid air were seen flowing down the lower portions of the tube. When they met the mercury, they seemed to turn back. At 310 atmospheres the mercury, being in contact with the cooled part of the tube, was frozen, and on quickly removing the refrigerating apparatus it was seen covered with frozen air.

**Boxes on the Ears.**—Severe ear troubles, and not unfrequently death, says Dr. Llewellyn Thomas, Physician to the Royal Academy of Music, have resulted from this, with many teachers, favorite form of punishment. The drum-head may in many healthy children be easily ruptured by a very slight concussion, and in cases which have recently undergone the ordeal of scarlet fever or measles the

finished with very fine knife-plaitings, and with interior plaitings at the neck and wrist, with *crêpe lisse*. This will be useful, as an evening and reception dress, quiet enough for all occasions, yet dressy enough for almost any. It is the parents on both sides who have the first right to congratulate the newly-married couple. After that, the relatives and friends follow in what order they may.

"HELEN AUGUSTA."—Use the Princesse "Carita" as a pattern for your plaid serge, and trim with prune-colored velvet. Or, bind the straps with galloon, and trim only with handsome buttons of vegetable ivory.

"EMMA C."—A Princesse costume of black velvet would be very heavy, and very unsuitable for a girl of sixteen; plain faille made as a Princesse dress would be much better. Best gloves are \$1.75 per pair for two buttons. Every additional button costs 25 cents extra.

"TIBAC."—The cost of a "Zero" coat would depend largely upon the material and finish, and we cannot understand from your letter whether you mean the "Zero" attachment, or the entire garment with collar and mittens included. Better write to the proprietor of the "Zero."

"DAISY."—Get an all-wool costume, and trim it with silk or velvet in the piece. This will make you as inexpensive a suit as any, and will be useful to you for traveling, church, or visiting wear, as you may require. A neat costume, with hat and gloves complete, is much better for a quiet, inexpensive wedding, than an attempt at cheap, flimsy finery. Dark green, brown, or navy blue would be becoming to you.

"A SUBSCRIBER."—A business of any light kind is a very good thing for a woman, because it relieves her from the drudgery of exclusive hand labor. But we cannot undertake to tell you where it would pay to start one. The paying at all is a matter dependent almost entirely on the proprietor. Some persons succeed under exactly the same circumstances that others fail. Five hundred dollars or less would do to start with, but it should be well invested, and only a few staple articles purchased until you have been able to test by experiment the taste and requirements of the community.

"Miss S. D."—You can trim brocaded silk on basket cloth with perfect propriety, but the fringe upon the bottom of the coat is quite unnecessary.

"MINNIE G."—There are trained-shaped balayenses for trained dresses of dark material, made in dark, stiff lining, and consisting of three rows of plaiting headed with a band. More elegant dresses have balayenses of white muslin plaited and edged with lace. These are set up on a lining so that the edge of the lace just comes to the edge of the skirt, and in white the plaiting is made to extend entirely around the front. These make the lower part of the skirt set well, save the necessity for a long-trained underskirt, and preserve its grace and flexibility. Knife-plaiting is now made almost altogether by machine.

"Miss L. A. H."—We could send you one-half the multiform if you did not require the whole. But as you would need the instrument which accompanies it to keep it in order, it would cost more than half the price—probably ten dollars. It would really be better economy to pay fourteen, and get the whole, as only one-half need be worn at a time, and together, or separate; the coiffure is light and capable of almost infinite variety of adjustment.

"AUBREY, A. T.

"EDITOR LADIES' CLUB :—I send the following in answer to the inquiry of 'Boarding House.' Living in a frontier country myself, where it is so very hard to get a variety, I am obliged to do the best I can. For four months of the year it is so intensely hot here, that it is impossible to keep beef killed at night until noon next day; therefore we have to depend upon bacon, ham, salt pork, smoked beef, eggs, milk, and potatoes, to help us out, and we have to rely solely on canned fruits and vegetables, as it is impossible to raise them here in the summer, or even to have them brought here. In the fall and spring, however, we have vegetables in plenty.

"Mrs. H."

"DEAR MADAME :—Knowing what it is to have to exercise my wits in order to set a nice table, I send you some items in hopes they may benefit you. These are for breakfast, and some of the dishes will help the supper, too. For instance, when you have cod-fish for morning you can cook enough to make fish-balls for supper. So with the cracked wheat and oatmeal mush. When these are well cooked they make a very acceptable dish when cold, with good sweet milk or cream, or it may be made

into very nice griddle-cakes. You set a side dish of either on at supper time with a pitcher of milk and some powdered cinnamon or nutmeg on a little glass plate, and if your boarders do not eat it, they are different from all the people I have met. You can make your corn-mel mush good and thick, and when cold cut in moderately thick slices, fry in hot butter or beef dripping (no lard) a nice brown, and it is a welcome dish for supper or breakfast. With cold rice you can make rice cakes for supper; they are very nice. If you are situated as I am, and cannot buy sausages or different kinds of meats, I send you a recipe that I use for making sausage meat. If you are doing your own cooking, I would not have hot cakes every morning, as it is too fatiguing to stand over a stove so long baking them. I will tell you how I make my corn bread, every one who eats it says it is good, so I guess your boarders will like it. I also send you receipts for the other dishes. If you have potatoes, they are a great aid to a table, as you can fix them in a number of ways. A great addition to a table are nice crisp radishes, young green onions, and watercresses. You can also make your dishes look very inviting if you have some fresh parsley; even when dried this little plant is a great help both in flavoring and ornamenting. I hope you will not consider me presumptuous in writing to you thus, for, believe, I do not intend to be so, only to try and help you as one woman should help another, and relieve you of a little of your anxiety and worry.

"I remain, your sincere well-wisher."  
"Mrs. H."

CORN BREAD.—Two cups corn meal, one cup flour, two eggs, one quart milk (if not sufficient add a little water), one good tablespoon of butter melted, tablespoon of syrup. Mix meal and flour together with a little salt, and about five teaspoonfuls of yeast powder. Mix well with the milk, add the eggs beaten, then the butter, last the syrup. Should be a good thick batter. Grease your tin pans well; fifteen to twenty minutes to bake.

SAUSAGES.—Chop up fresh beef with one half the amount of salt pork (well freshened bacon or moderately fat ham will do as well), mince it fine with *one onion*, pepper, sage and thyme to taste. Mix well, roll into balls, flatten these, dip them in egg, then in flour, and fry a nice brown.

COD-FISH.—Soak over night, pick to pieces, put on in cold water and let it simmer until hot, do not let it boil. Drain the water off, add  $\frac{1}{4}$  lb. butter, stir in a large spoon of flour, sprinkle in about  $\frac{1}{2}$  teaspoon black pepper, add milk enough to cover, set on the fire, let it boil up once to cook the flour, then take it off immediately.

TRIPE IN BATTER.—Beat up an egg, add two spoonfuls of milk, enough flour for batter, dip your tripe in this, fry in hot dripping a nice brown. Have the tripe well boiled, and cut in suitable pieces to fry.

STEWED TRIPE.—Cut up small, cook in milk, slice several onions, add to the tripe; season with pepper, salt, and butter; add thickening, and sprinkle over some parsley chopped fine.

SMOKED BEEF.—Shave off very fine, parboil in luke-warm water, drain off the water, add milk, piece of butter, pepper, and when it comes to a boil add a spoonful of corn starch mixed with milk. This tastes better than flour thickening.

CREAM TOAST.—Make some dry toast, have a saucepan of milk boiling, into which put  $\frac{1}{4}$  lb. of butter, stir into this sufficient flour or corn starch (already wet with cold milk) to make it as thick as rich cream. Dip each slice of toast into this. Put into a deep dish, and pour the cream over it.

ROAST BEEF STEW.—Cut cold roast beef into small bits, pour over the gravy left from dinner. Chop an onion, or better still a small piece of garlic, add to the meat with pepper, salt, and a little Worcestershire sauce. If not enough gravy, add a little hot water, put in a bit of butter, and thicken with flour.

RICE CAKES.—Mash up cold boiled rice, add flour enough to hold together, two eggs and two teaspoons yeast powder; add sugar to sweeten; drop from a large spoon into boiling fat; when done brown. lift into a colander to drain; when you serve, sprinkle with white sugar. You can omit sweetening if preferred.

SCRAMBLED OYSTERS.—Take canned oysters, drain off liquor, chop them up, season with pepper, salt, a little sage and thyme; add two eggs well beaten; put into a pan with melted butter; keep stirring till done.

PORK may be fried in butter same as tripe. To cook your cracked wheat well, soak over night. It requires an hour to cook thoroughly.

To have liver very nice, wash in warm water, wipe dry,

sprinkle with salt and pepper, roll in flour, and fry in hot bacon fat.

TO FRY BRAINS.—Skin them, chop fine, with a small onion, season with salt and pepper, add chopped parsley, mix with two eggs well beaten, add a little flour, drop from a spoon into hot butter, fry nice brown. Garnish with parsley or watercress.

In addition to these dishes I have potatoes, either boiled, baked, or fried. If you have cold mashed potatoes, take and make into cakes like cod-fish balls, and brush them over with milk and eggs, then fry in hot butter; they are delicious. A little chopped parsley improves them, but of course you can consult your own taste.

Then I often use canned tomatoes for breakfast. Instead of preserves, I use dried fruit; California is the best. I have hot biscuit every morning, but no hot cakes except once or twice a week. When you have toast or corn bread, you do not need cakes. You can vary these dishes as you please for the different days. I merely send the list as I use it.

To poach eggs you want to put a pinch of salt into some boiling water, also a teaspoonful of vinegar. Break the eggs one at a time into a saucer, and slip into the water, which must be boiling, and enough in the spider to keep the eggs from touching bottom.

Mrs. H.

#### BILLS OF FARE FOR BREAKFAST,

IN A FRONTIER BOARDING-HOUSE.

MONDAY.—Corn Beef Hash, Boston Cream Toast, Beefsteak, Ham and Eggs, Fried Onions, Oatmeal Mush.

TUESDAY.—Fried Bacon, Fried Liver, Boiled Mackerel, Beefsteak, Corn Bread, Cracked Wheat.

WEDNESDAY.—Roast Beef Stew, Tripe Fried in Batter, Buttered Toast, Beefsteak, Sausages, Corn Meal Mush.

THURSDAY.—Smoked Beef with Cream, Poached Eggs, Fried Brains, Beefsteak, Bacon Broiled, Boiled Rice.

FRIDAY.—Cod-fish Family Style, Oysters Scrambled, Boiled Eggs, Beefsteak, Corn Bread, Oatmeal Mush.

SATURDAY.—Stewed Tripe, Pork Fried in Batter, Fried Liver, Beefsteak, Eggs Scrambled, Corn Meal Mush.

SUNDAY.—Boiled White Fish, Roast Beef Stew, Sausage Meat, Beefsteak, Omelette, Cracked Wheat.

#### Prohibited Words.

THE following list of words were those prohibited by Mr. William Cullen Bryant, in the columns of the *Evening Post*.

Aspirant.	Ovation.
Authoress.	Obituary, for "death."
"Being" done, built, etc.	Parties, for "persons."
Bogus.	Posted, for "informed."
Bagging for "capturing."	Poetess.
Balance, for "remainder."	Portion, for "part."
Collided.	Predicate.
Commenced, for "begun."	Progressing.
Couple, for "two."	Pants, for "pantaloons."
Debut.	Quite, prefixed to "good," "large," etc.
Donate and donation.	Realized, for "obtained."
Employee.	Reliable, for "trustworthy."
"Esq."	Repudiate, for "reject" or "disown."
Endorse, for "approve."	Retire, for "withdraw."
Gents., for "gentlemen."	Role, for "part."
"Hon."	Rowdies.
Inaugurated, for "begun."	Roughs.
Initiated, for "begun."	Seesch.
In our midst.	States, for "says."
Ignore.	Taboo.
Jeopardize.	Transpire, for "occur."
Juvenile, for "boy."	To progress.
Jubilant, for "rejoicing."	Tapis.
Lady, for "wife."	Talented.
Lengthy.	The deceased.
Loafer.	Vicinity, for "neighborhood."
Loan or loaned for "lend," or "lent."	Wall street slang generally, "bulls, bears, long, short, flat, corner, tight," etc.
Located.	
Measurable, for "in a measure."	

## DIAMONDS OF THOUGHT

**Desiring to Make an Impression.**—Self-importance, or, rather, a prevailing consciousness of self, is the most universal hindrance to the attainment of agreeable manners. A woman of delicate feelings and cultivated mind, who goes into company determined to be interested, rather than to interest, can scarcely fail to please. We are assured, however, that in this respect there is something very defective in the present state of society. All desire to make an impression, none to be impressed; and thus the social intercourse of every day is rendered wearisome, if not disgusting, by the constant struggle of contending parties to assume the same relative position.—*Mrs. Ellis.*

**The Effect of what We Do.**—When a man has done that which is creditable to him, it does not rest with him alone. Everybody that bears his name, or is associated with him, even in voluntary friendship, has a dividend of what that man gave to the world. And so, on the other hand, when a man does wrong, he strikes down not only himself, his wife, his daughters, and his sons, but, if the disgrace be great and cries out, everybody throughout the community feels as though it would have been better if he had died.

**About Finding Fault.**—It is the easiest thing in the world to find fault. It is easy to say that nobody is honest, but it is not easy to look on the best side, to see that there are thousands of honest sincere men and women, countless acts of justice, charity and humanity which outweigh all the grumbling of all the grumblers, so that it is really only the finest dust in the balance. Let us be fair and cheerful. The world is not all wrong. Everybody is not a rascal. Our neighbors are not trying to cheat us. Even the grumblers are not half as disagreeable as they seem.

**Strength of Character.**—Strength of character consists of two things—power of will and power of self-restraint. It requires two things, therefore, to its existence—strong feelings and strong command over them. Now it is here we make a great mistake; we mistake strong feelings for strong character. A man who bears all before him, before whose frown domestics tremble, and whose bursts of fury make the children of the household quake—because he has his will obeyed, and his own way in all things—we call him a strong man. The truth is, that is the weak man. It is his passions that are strong; he, mastered by them, is weak. You must measure the strength of a man by the power of those which subdue him. And hence composure is very often the highest result of strength.

**Many flowers open to the sun, but only one follows him constantly. Heart, be thou the sunflower, not only open to receive God's blessing, but constant in looking to him.**—*Richter.*

### Husband and Wife.

How, in our little boat, can we  
Right safely journey o'er life's sea,  
And pass the threat'ning rocks? asked he.  
"Row thou," softly answered she.

How can life's dangers we forget,  
That us from early youth beset,  
And all our miseries? asked he.  
"Sleep thou," softly answered she.

How can, through the years' long chain,  
We beauty's favor still retain,  
Without love-potion's aid? asked he.  
"Love thou," softly answered she.

*From the German.*

## SPICE BOX

**Why is paper money more valuable than gold?** When you put it in your pocket you double it, and when you take it out you find it still in creases.

**By an Old Bachelor.**—When four women are walking abreast on the pavement, they will break ranks for nothing except a man with a paint-pot.

**Curing Hams.**—"Do you know a good way of curing hams?" asked a man of his neighbor. "Oh, yes," was the reply. "But the trouble with me is I have no way of pro-curing them."

**Echo Answers.**—"What to Eat and How to Cook It," is the name of a book recently published. "What to Eat and Where to Get It," would meet with a livelier sale just now.

**Short.**—"We had shortcake for tea," said a little girl to a neighbor's boy, to whom she was talking through the fence. "So did we," he answered; "very short—so short it didn't go round."

**Adaptable.**—The prayer of the Norman might suit the spirit of our own time. It was, "Kind heaven, I do not ask for wealth; only to be placed within arm's length of some man who has got it."

**Cannibals.**—"I hope there are no cannibals around here," said an English traveler to a United States frontier-girl, as she was mixing a batch of bread. "There are plenty of 'em," returned she, pouring some corn-meal into the pan. "We almost always put a little Indian in our bread."

**Round or Square.**—The discouraged collector again presented that little matter. "Well," says his friend, "you are round again?" "Yes," says the fellow, with the account in his hand, "but I want to get square."

**For Whom.**—Small boy (entering store): "I want three cents' worth o' canary seed." Store-keeper (who knows the boy): "Is it for your mother?" Small boy (contemptuously): "No! it's for the bird."

**Something New.**—"Mr. Drapeall isn't in, I see," said an old shopper to the man in attendance. "No'm, he's at home to-day." "I suppose he has nothing new?" "Yes'm, he has; got pneumonia."

**Waiting.**—An old farmer lately gave this advice to his sons: "Boys, don't you ever wait for summit to turn up. You might just as well go an' sit down on a stone in the middle of a medder, with a pail atwixt your legs, an' wait for a cow to back up to you to be milked."

**No Gammon.**—Smatterer: "I tell you, my dear fellow, I could translate Virgil fluently at the age of ten." Classical party: "I don't believe it." S. (excitedly): "What? You don't? But I could though—just as well as I can now!" C. P.: "I believe that."

**Patience.**—When her son-in-law finished reading his lecture to her, she quietly remarked, "God has given you grace to write a great deal. I hope he will give people patience to listen."

**The Exact Difference.**—"Gentlemen, I introduce you to my friend, who is not so stupid as he appears to be." Introduced friend, with vivacity: "That's precisely the difference between my friend and myself."

**Settle Up.**—"Do you know," remarked a rather fast youth, the other day, to a stuttering friend to whom he was slightly indebted, "do you know that I intend to marry and settle down?" "I do-don't know anything about it," was the reply, "bu-but I think you had better stay single and set-settle up."

## KITCHEN

### THE COOKING SCHOOL TEXT BOOK AND HOUSEKEEPER'S GUIDE

Is the latest addition to the literature of the kitchen, which has been made by Miss JULIET CORSON, Superintendent of the New York Cooking School, and by far the best and most comprehensive. The introductory chapter describes a "demonstration" kitchen, its fittings, and furniture. The recipes which follow are many of them excellent, and are stated to be those which have been tested in the New York Cooking School. They are classified under four heads, "First Artisan Course," "Second Artisan Course," "Plain Cook's Course," "Ladies' Course." An appendix furnishes a chapter on the "chemistry" of food, and list of kitchen utensils.

The following recipes are copied from the work, omitting the tabulated list of ingredients:

**Baked Herrings.**—Scale and clean two pounds of herrings carefully without washing, unless this be absolutely necessary. Split them down the back and remove the backbones. Sprinkle them inside with a little pepper, salt, and powdered mace mixed together; if there are any roes enclose them in the fish, and lay the latter in layers in a deep baking dish with half a dozen whole cloves, the same number of peppercorns and two bay leaves between them. Cover with vinegar and water equally mixed, salt plentifully, tie a sheet of oiled paper over the dish, and bake one hour.

**Lemon Dumplings with Lemon Sauce.**—Shred a quarter of a pound of suet, and chop it very fine. Grate the yellow rind, and squeeze the juice of one lemon. Mix with the suet half a pound of bread-crumbs, three ounces of sugar, two eggs, the rind and juice of the lemon, and a cup of milk to moisten these ingredients. Dip six small pudding cloths in boiling water, flour them, tie a sixth of the compound in each, and drop them into a pot full of boiling water. Keep them steadily boiling one hour. When done turn them out on a dish, sprinkle with powdered sugar, and serve with lemon sauce.

**Oxtail Soup.**—Cut the oxtails in joints, and put them over the fire in three quarts of cold water to blanch, *i. e.* come to a boil. Make a *bouquet* of one sprig each of parsley, thyme, marjoram, and two bay-leaves, tied up compactly. Peel the onion and stick six whole cloves in it, peel the carrot and turnip and cut them in half-inch dice. When the oxtails have come to a boil drain them, rinse them by running cold water over them, dry them in a clean towel; put them again into the saucepan, with one ounce of butter, and fry brown. Pour over them three quarts of cold water, put in the carrot, turnip, onion and *bouquet*; season the soup with a level tablespoonful of salt, and half a saltspoonful of pepper, cover the saucepan, and let the soup simmer gently for two hours. Then take out the onion and *bouquet*, and serve the soup.

**Boiled Haddock with Parsley Sauce.**—Take a three-pound haddock as soon as it comes from market, wash it thoroughly, and lay it in a large pan containing plenty of cold water and a handful of salt. When it is time to cook it, put it into the fish-kettle with cold water enough to cover it; a gill of vinegar, a tablespoonful of salt, the root of the parsley, six cloves, and one sprig each of thyme and marjoram. Set the kettle over the fire and bring it to a boil. By the time the kettle boils the fish is usually done, but it may be tested by pulling out a fin; if the fin comes out easily, and

the flesh of the fish looks clear white, it is done. Lift the kettle off the fire, and let the fish stand in the water until wanted for use. Make the sauce by stirring together over the fire one ounce or one tablespoonful each of butter and flour, until they bubble. Then slowly stir in half a pint of boiling water, or a little more, if the flour thickens the sauce too much, and stir it constantly until it boils up all over, and clings to the spoon a little when it is lifted from the sauce. Move the sauce to the side of the fire, chop the parsley fine and add it to the sauce with a saltspoon each of pepper and grated nutmeg; the sauce will then be ready to use. To serve the fish, take it up carefully without breaking, remove the skin by scraping it gently so as to avoid tearing the fish, pour the sauce over it, and it will be ready for the table.

**Beef-Tea.**—Chop one pound of lean beef, lay it in one pint of cold water for one hour, then put it over the fire in the same water, and bring it slowly to a boil; boil from fifteen to thirty minutes, as time will permit, and then strain it. Season it with a very little salt and pepper, if the doctor allows it, and use it. The longer the meat stays in cold water, the more of its nutriment will be extracted. Chop one pound of lean beef fine, put it in a covered earthen jar without water, and set it in a moderate oven for four hours; then strain off the liquid, season it slightly, and serve. This preparation contains every nutritious element of the beef.

**Potato Salad.**—Pare and slice some cold boiled potatoes, peel and slice thin one onion, mix them together on a salad dish, and pour over them the following dressing: stir together in a cup one saltspoon of salt, quarter of a saltspoon of pepper, one tablespoonful of vinegar, three of oil. Dress the salad with this dressing, and decorate it with a few leaves of parsley, and serve.

**Lyonnaise Potatoes.**—Pare and slice some cold boiled potatoes; chop one tablespoonful of parsley; slice half an onion, put it into the frying pan with one ounce of butter, and shake it about over the fire until it is of a pale yellow color. Put in the potatoes, shake the pan to prevent burning, and toss the potatoes about to brown them slightly and equally for five minutes. Sprinkle them with chopped parsley, season with pepper and salt, and serve them hot.

**Apple Meringue.**—Pare one quart small apples, remove core without breaking, set on a dish that can be sent to the table, fill with sugar, lay a bit of butter and a very little spice on each, bake just tender, but do not let them break. Beat the whites of four eggs to a stiff froth, stir in three ounces powdered sugar, put over the apples, rounding it well. Just color it with a moderate oven. Use either hot or cold. The *meringue* will fall a little as it cools.

**Cream Rice Pudding.**—Wash four ounces of rice through two waters, put it into a baking dish with three ounces of sugar and a teaspoonful of flavoring; pour in one quart and a pint of milk, and put into a moderate oven to bake one hour and a half, or until it is of a creamy consistency. This is very delicate and wholesome.

**Broiled Kidneys.**—Chop fine one teaspoonful each of onions, parsley, and any green herb in season. Mix them with one level teaspoonful of salt, half a level saltspoonful of pepper, as much cayenne as can be taken up on the point of a small pen-knife blade, and one ounce butter; put them on a dish, and set it where it will get hot. Wash the kidneys in cold water and salt, split them, take out the white centers, broil them quickly, and put them on the hot dish, turning them over to cover them equally with the seasonings. Serve them hot, with a few sprigs of parsley or slices of lemon.

**Cassell Pudding with Hard Sauce.**—Mix four ounces each of butter and sugar to a cream and grate the rind of a lemon into them. Beat the whites of two eggs to a stiff froth, and the yolks to a cream. Add the yolks to the butter and sugar, and stir in four ounces of flour, then add the whites in lightly, put the pudding into six buttered cups or tins, making them two-thirds full, and bake in a moderate oven about thirty minutes, testing at the end of twenty minutes with a broom splint. When they are done, turn out of cups, and serve with a sauce made of two ounces of butter, four ounces of sugar, and the juice of half a lemon.

**Apple Tarts.**—Pare and slice two quarts apples, and stew them tender with the sugar and one gill of water. Put half a pound of flour in a heap in the middle of the pastry-board, and make a hollow in its center; into this put a small saltspoonful of salt, the yolk of an egg, and a piece of butter size of a walnut. Mix these ingredients with the fingers of the right hand, and when they are well mixed, gradually add enough cold water to make a stiff paste, about half a pint. Roll this about on the pastry-board, working it well with the right hand, dusting the board with flour, until the paste ceases to stick to it. Work the butter with the hand to press out the buttermilk, and dry it in a clean napkin. Roll out the paste in a round, as large as a dinner-plate, dust it with flour, lay some butter in the center of it, fold the edges up over the butter, so as to cover completely, press the folded edges down slightly, and turn the lump of paste over the board; flatten it with a roller, and roll out evenly, taking care not to break the butter through it. Fold one side half over, and then bring the other side up over the first, roll it out, fold it twice more, and set it, if possible, on ice. Let it stand five minutes to cool, roll it out again, line the pie-plates with it, and fill them with the stewed apple. Cover them with paste, ornament the cover a little, brush it with beaten egg, or dust with powdered sugar, and bake in rather a quick oven.

**Beef à la Mode.**—Cut two pounds of rump steak in pieces one inch thick, two inches wide, and four inches long; lay the pieces flat on the table and season them with pepper, salt, and powdered thyme. Slice one-half pound salt pork thin, and lay a slice on each piece of meat, roll up each piece compactly, and tie with a cord. Put the trimmings of meat and scraps of pork in the bottom of a saucepan, lay the rolls on them, and put them over the fire to brown. When the meat is brown, stir in a teaspoonful of flour, and let it brown. Then add enough hot water to cover the meat, and let it simmer until tender, about one hour. Meantime, pare the vegetables, cut them in small, even dice, or olives; wash them, boil them until tender in boiling water and salt; drain them and lay them in cold water to retain their color. When the meat is done, lay it on a hot dish, in an even pile, and keep it hot while the vegetables can be drained out of the cold water and warmed in the gravy. Then arrange them neatly around the meat, pour the gravy over the meat without slopping it around the dish, and serve it hot.

**Swiss Pudding with Cream Sauce.**—Sift together half a pound of flour, one heaping teaspoonful of baking powder, and one of salt; rub together four ounces of granulated sugar and two ounces of butter, and when they are well mixed, so as to be granular, but not creamy, add the flour gradually, until it is all used. Make a hollow in the middle of the flour, put into it one egg, half a teaspoonful of lemon flavoring, and a half pint of milk. Mix to a smooth paste, put into a well-buttered and floured mold, and set this into a large pot of boiling water, enough to cover two-thirds up the side of the mold; steam the pudding three quarters of an hour, or until a broom

splint can be run into it without finding the pudding sticking to the splint. Turn the pudding out of the mold and send to the table with the following sauce: Stir together over the fire one ounce each of flour and butter. As soon as they are smooth, pour into them half a pint of boiling milk, add two ounces of sugar and half a teaspoonful of lemon flavoring, and use with the pudding as soon as it boils up. This makes a very nice pudding for Sunday dinner.

**Toast.**—The reason why we want stale bread to make good toast is because we want it dry. After the moisture has evaporated from bread it is less tough and solid, and consequently more easily digested, and the heat of the fire more readily changes the bread into pure wheat farina, which is not as likely to sour in the stomach as fresh, moist bread.

Cut two even slices of stale bread about half an inch thick, taking care to have them smooth and of even size. Put the bread on a toasting-fork and expose it to the heat of a moderate fire, holding it so that it will turn golden brown all over, and being careful not to burn it; turn the slice, and toast the other side in the same way. This makes dry toast, which should be eaten at once. Buttered toast is prepared in the same way; spread very thinly and evenly with a little nice butter, and set it in the oven for five minutes to make it crisp, and to mingle the butter thoroughly with it, so that it will digest equally, and then serve hot.

**Boiled Salt Mackerel.**—After freshening, wrap in a cloth and simmer for fifteen minutes; remove, lay on two hard-boiled eggs sliced, pour on it drawn butter, and trim with parsley leaves. Boiling salt fish hardens it.

**Codfish à la Mode.**—Teacup codfish picked up fine, two cups mashed potatoes, one pint cream or milk, two eggs well beaten, half teacup butter, salt and pepper; mix well, bake in a baking dish from twenty to twenty-five minutes.

**Boiled Fish with Vegetables.**—Put a whole fish in kettle, and cover with stock made as follows: Fry in a saucepan two onions, a carrot, a piece of celery or celery-seed, a tablespoon butter, and one of flour, a sprig of parsley, a teaspoon of whole black peppers, and three cloves; add two and a half quarts water, two teacups vinegar, boil twenty minutes, salt, and skim. Pour this over the fish, and boil gently until done. Serve with egg sauce.

**Apple Tart.**—Stew some pippin apples till soft, say about six large ones; cook them in as little water as possible. Make the sauce as sweet as liked, and stir in half a cup of butter; put in the sugar and butter when the apples are taken from the fire. Line deep plates with soft crust, and put in the mixture. Grate lemon-peel and loaf sugar on the top. Bake till a very light brown.

**"SUNSHINE."**—The following are tested recipes for the cakes asked for: A cupful grated cocoanut, added to the same ingredients, omitting two eggs, and stirring the whites and yolks separate, but putting both in, will make fine cocoanut cake.

**Gold Cake.**—Line the cake pans with buttered paper. Sift one teaspoonful of baking powder, and one saltspoon of salt, with one cup of flour. Beat two ounces of butter, and half a pound of granulated sugar to a cream. Add to them by degrees two-thirds of a cup of milk, and one cup of flour, and beat the mixture smooth with an egg-whip. Beat the yolks of six eggs to a cream, and stir them into the above ingredients. Stir in the cup of flour which has been sifted with the salt and baking-powder, flavor the batter with vanilla extract, put it quickly into the baking-pan, and bake the cake in rather a moderate oven. To test the cake, run a clean broom splint into its center; if it is done, the splint will come out clean. When it is done, turn it quickly out of the pan and let it cool.

**Lady Cake.**—Proceed according to recipe for Gold Cake, substituting the whites of eggs for the yolks, and flavor with bitter almonds instead of vanilla.

is that in summer we wear light-colored dresses. But, after all, light colors are really best at all seasons; for, though black and dark substances absorb heat best, they also radiate or give it off soonest. There is no doubt that white clothing retains the heat of the body longer than dark clothing. The coachman will tell you that his white duffel coat is warmer in winter and cooler in summer than any other kind of coat, and the brewer's drayman will wear his white stockings all the year round. The true reason for our preference of dark-colored clothing in winter and during bad weather is economy. It is a question of soap and washing, not of comfort, which decides us to choose those colors in materials which do not bear constant washing, such as wool and silk, which show the dirt least, and retain their color longest.

**Care of the Eyes.**—The following rules are given by a distinguished New York teacher to each of her pupils, in printed form:—"Things I must remember about my eyes.—I. Not to read or work at all by twilight or by any dim light. II. Not to read or work in the evening by a flickering gas-light; but by a perfectly steady flame: either an Argand burner, if gas, or a German student lamp. III. Not to sit facing the light, either in the day or evening; but to sit so that the light shall fall over my left shoulder on my book or work, and never on my eyes. IV. Not to bend down over my book or work; but to hold it up to my eyes, and not my eyes down to it. V. Not to read or work immediately on rising in the morning, or before breakfast. VI. Never to do fine drawing, or fine fancy work in the evening. VII. Not to be careless of my health; because, whatever hurts my general health and strength, weakens my eyes. Therefore I must:—1. Sleep enough. 2. Eat proper food at proper times. 3. Wear warm clothing and thick shoes. 4. Take a good long walk in the fresh air every day.

**Coating for Woodwork.**—Good lime, slaked with sour milk, and diluted with water till it is of about the consistency of ordinary whitewash, is recommended by the *Landwirth* as an excellent coating for woodwork. Fences, rafters, partitions, etc., are, it says, effectually protected against the weather for at least ten years by this application. The casein of the milk in combination with the lime forms a permanent film, which dries so quickly in warm weather that heavy rains falling directly after it has been laid on will scarcely affect the work.

**Lemons.**—For a cough, or a tickling in the throat take the juice of two lemons, the beaten white of one egg and enough powdered (or fine granulated) white sugar to make a thin paste. A teaspoonful of this mixture will allay the irritation and cure a cough in its early stages.

Sliced lemon is a very appetizing addition to cold roast veal, also to minced veal on toast.

For sick headache take a tumbler two-thirds full of finely crushed ice, the juice of one lemon, and one teaspoonful of white sugar. This mixture, eaten either by degrees or all at once, will allay the feverish thirst and quiet the disturbed qualmish stomach, as it is not sweet enough to be nauseous.

**Portable Glue.**—A convenient form of portable glue is given by Mr. Cherrill, and is based upon the use of shredded gelatine. A small portion of this is placed in a wide-mouthed bottle, to which a little water and about one-fourth part of glacial acetic acid are to be added. The gelatine will swell up into worm-like pieces, and will be quite elastic. It will keep in this condition indefinitely, when properly prepared. When required for use, take a small portion of the swelled gelatine, and warm the end of it in the flame of a match or candle, and it will immediately "run" into a fine

clear glue, which can be applied at once to the article to be mended. If the shredded gelatine cannot be obtained, the best quality of white glue may be soaked for a short time in water, and then cut up into thin strips with a pair of scissors.

**How to keep Meat from Spoiling.**—It frequently happens, especially in the warm season, that meat which is otherwise faultless emits an unpleasant smell on boiling. This is often the case with certain kinds of meat, like tongues, etc., which contain readily decomposing particles of fat and blood. This is easily remedied by laying the meat, before cooking, in warm water which contains from half to one teaspoonful of salicylic acid to the quart; or by putting a little acid in the water in which it is boiled.

To protect meat from spoiling for a few days, either of the following methods may be employed: Place it in water containing from  $\frac{1}{4}$  to 1 teaspoonful of acid in a quart of water; or rub it with dry salicylic acid, especially near the bone and fat. The manner of keeping it, as well as the previous cleansing, is as usual. Although raw meat, when treated with salicylic acid, loses its fine red color on the surface, it suffers no change within. The meat also cooks soft in a short time. It is also advantageous to add  $\frac{1}{4}$  teaspoonful of the acid to a quart of brine used in pickling meats.

**Pure Air for Children.**—The public are not yet aware of the importance of pure air for the young. It is as necessary to secure perfect ventilation of apartments occupied by infants as for adults.

**Borax is a Preservative** of fresh meat, either dry or in solution.

**Bone and Muscle.**—It has long been noted that in countries where oatmeal, and not fine flour, is in general use, children and adults will be found with the best developed teeth and jaws; and so well recognized is the influence of oatmeal upon the teeth that many practitioners order its use as an article of daily diet for children in cases where the dentition is likely to be retarded or imperfect.

**Treatment of Diphtheria.**—In the *Journal of Chemistry*, Dr. Bachelier says: "I would suggest to physicians, in treating diphtheria, to use internally a very weak solution of carbolic acid, and for the throat or fauces a solution of hydrochloric acid, about the strength of strong cider vinegar. I have treated every case successfully, so far, with the above remedies. Croup is instantly relieved by the acid solution. Apply it to the throat with a brush or sponge, or use as a gargle."

**Effect of Quinine.**—Many people have a prejudice against taking quinine, believing that it affects the hearing, and, to use the common expression, "gets into the bones." As regards the former belief, Dr. Roosa of New York has lately collected facts bearing on this point, and it appears that there really is a permanent nervous affection of the ear produced which justifies the opinion of the laity. Hitherto physicians have generally disbelieved this, and ascribed the notion to prejudice.

**Keeping Eggs.**—In the *Moniteur de la Photographie* Dr. Philipson calls attention to a new process which may be briefly stated as follows: On taking the eggs from the nest they are covered over, by means of a bit of wool, with butter in which has been dissolved 2 or 3 per cent. of salicylic acid. Each egg, after receiving this coat, is placed in a box of very fine and absolutely dry sawdust. If care be taken that the eggs do not touch each other, and that they be perfectly covered with the sawdust, they will keep fresh for several months—perhaps for more than a year. Dr. Philipson states that he has experimented with this process for two years, with most excellent results.



#### VALUABLE SUGGESTIONS FROM FRENCH COOKS.

"If you have butter that is not entirely sweet, add to it a little more salt, a little soda, bring it to a boil on the stove, skim it well, and by allowing the settlings to remain at the bottom, you can pour off the clear sweet butter into a little crock, as the butter becomes entirely sweet, and not too salt for cooking purposes."

Many a French lady buys a quantity of butter when it is cheapest, and by putting it on the fire, boiling it up a moment, settling, and then skimming it, and pouring off the clear into bottles and pots—she keeps her butter well for cooking purposes until the dear time is past.

**Some French housekeepers** keep their eggs sweet and fresh a very long time by rubbing them when fresh all over with fresh butter—"remember if a pin's point is passed over, the egg spoils"—the butter is well rubbed into them, and the eggs then placed in jars, shaking over them bran or dry sand. "Wash when about to use them, and you would say they had been laid only ten days back."

Rub loaf sugar over the outside of your lemons, to break the oil ducts and absorb the ambrosial oil. The friction breaks the oil ducts, and the sugar absorbs the ambrosial oil. This sugar is pounded fine for some dishes, or melted in custards and beverages, gives a very fine flavor. French cooks very generally use carbonate of ammonia to preserve the color of vegetables. What would lie on the point of a penknife is mixed in the water in which vegetables (peas, spinach, string-beans, asparagus, etc.), are boiled. The ammonia all evaporates in boiling, leaving no ill effect. It prevents, they say, the odor of boiling cabbage.

A small French family will make a very nice dinner out of a pound and a half of round steak—"they spread it with a bread and sage stuffing, then roll it, tied, floured, and seasoned on the top, and bake it, basting it often." It makes a cheap and excellent dinner with tomato sauce around it.

**A French Pot au Feu.**—"Get a nice smooth pretty piece of beef, with as little skin, fat strings and bones as possible; for a family, get three pounds. Put this into an *earthen pan* (*never an iron pot*) with a close fitting lid, and three quarts of water, and some salt. Put this, *not on the fire*, but on the top of the oven which is heated from the fire, which will do the same as a hot hearth; let it boil up, and take off all the grease. Then take two turnips, as many leeks as possible, three large carrots cut in three pieces, one large parsnip cut in two pieces, two cloves ground, and the least little idea of pepper, and one onion; now cover up, and let it stay tie, tie, tie, for seven hours, not to boil, I pray. When ready put the beef on a dish, and with tasteful elegance dispose around the carrots, parsnips, and turnips. Then on slices of bread at the bottom of a bowl pour your soup, and thank God for your good dinner."

**French Corn Fritters.**—"The corn cut from seven ears of corn, one beaten egg, salt, prepared flour enough to make a light batter; drop it by the tablespoon into boiling hot lard."

**Purée aux Légumes.**—A French vegetable soup without meat. "Cut up a large plateful of any and all kinds of vegetables you have—onions, car-

rots, potatoes (boiled in other water), parsnips, celery, peas, parsley, leeks, turnips, cauliflower, spinach, cabbage, etc.—always having potatoes or beans for a thickening. First, put into a saucepan half a teacupful of butter (clarified suet is just as good); when it is very hot put in first the cut-up onions. Stir them well to prevent from burning. When they assume a pure red color, stir in a large tablespoon of flour until it has the same color. Now stir in a pint of hot water, and some pepper and salt. Do not add pepper and salt at first, as onions and flour will more readily burn. Add also the other vegetables. Simmer, adding more hot water when necessary, for two hours, then press through a cullender, and return to the range in a soup-kettle to simmer until the moment of serving."

**A French Fritter Batter.**—"Put a heaping cupful of flour into a bowl, add two yolks of eggs, a tablespoonful of olive oil (which is better than melted butter), and one or two spoons of lemon juice. Stir it well, adding little by little water enough to give it the thickness of ordinary batter. This may be used at once, but it is better to put it away for a day or so. At the moment of cooking, stir in the whites of two eggs beaten to a very stiff froth. Adding a pint of pineapples, cut in small pieces, to this rule, it makes a delicious fritter. When done, sprinkle sugar over the tops. In winter," says the same French lady, "I have a good dinner one day, *en bouillie*—next day I have it as 'sarrasin,' and fry it for breakfast. In France, I take half a pint of water, and a pint and a half of milk, but here the milkman saves me the trouble, so I take two pints of his milk, and by degrees mix in a good half pint of buckwheat flour, salt, an egg if you have it, but if not, half an hour's additional boiling will do as well. This mess must boil long till it is quite, quite thick, you eat some warm with milk, and put the remainder into a deep plate, where when cold it looks very nicely, and is good fried in slices." She says, "I always put a small teaspoonful of vinegar, and an egg, and a good lump of butter in the sauce I make to pour over my fish, but first I rub a dessert spoonful of flour into a half tumbler of water, and this I boil until it is thick and looks clear—and when off the fire I pop in the butter and vinegar, and stir in the egg."

Before you put anything in fat to fry, let the fat always boil. To ascertain this before puffing what you wish fried in it, throw in a piece of bread. If the bread yields immediately a yellow or light brown, the fat is just right. Potatoes are very excellent for breakfast, cut into pieces the size of a hazel nut, dried, and put into a common saucepan with the least bit of butter, shaking them about every few minutes; less than half an hour does them; they are eaten hot with salt sifted over.

**Soupe a la Citronille.**—"Cut your citronille (pumpkin we call it), in slices which you boil in water till soft enough to press through a cullender into hot milk; add pepper and salt, and give one little boil. You can if you like mix in it a little nice white meat-gravy, or, what is better, a little butter, and it is ready to pour upon your bread as a purée. This is a good dish for breakfast."

**Says a French lady who lives alone.**—"I grind my coffee every now and then myself, but I always freshen my beans by jumping them in a clean frying-pan with a little new butter till quite dry and crisp—very easy to do, and the way to have good coffee. I do a little at a time, and use that small coffee biggin, now common even in this country; two well-heaped teaspoons serve me, but were I richer I should put three; upon these two spoonfuls, I pour a cup of boiling water, and while it is draining through heat the same quantity of milk, which I mix into the clear coffee, and

I have my two cups. All French doctors preach against coffee, but I, who have drunk it all my life, am of opinion that it is wholesome. I advise you always to make it this way, and never try the foolish English practices of boiling, simmering, clearing, and such like absurdities and fussings."

**Corn Custard to be Served as a Vegetable.**—"Cut corn from the cob, mix it not too thin with milk, two or three beaten eggs, pepper and salt; bake half an hour. It is very excellent."

**Noodles, a French Rule.**—"To three eggs, slightly beaten, two tablespoons of water and a little salt, add enough flour to make a rather stiff dough, work it well for fifteen or twenty minutes as you would dough for crackers, adding flour when necessary; when pliable, cut off a portion at a time, roll thin as a wafer, sprinkle flour, and, beginning at one side roll it into rather a tight roll. With a sharp knife, cut it from the end into a very thin slice one eighth inch, forming little wheels or curls. Let them dry an hour or so. Part may be used to serve as a vegetable, part as a noodle soup, and the rest should be dried to serve any time for a beef soup." These noodles are useful to add to a soup twenty minutes before serving.

**Caramel for Coloring Soup a Rich Amber.**—"Put into a porcelain saucepan half a pound of sugar and a tablespoon of water. Stir it constantly over the fire until it has a bright dark brown color, being careful not to let it burn or blacken. Then add a teacupful of water and a little salt. Boil a few moments longer; cool and strain it; put it away in a close-corked bottle, and it is always ready for coloring soups."

"By boiling dripping with onions, garlic, and spices, a good tablespoonful of this gives a nice taste to water, and if you add to it any kind of vegetable you can obtain, and eat it with brown bread steeped in it, you can have a very economical and acceptable soup on a cold day. The very poor abroad almost live on it."

"The French invariably serve their fruits with leaves, even resorting to artificial ones in winter."

**Flax Seed for a Center Piece, A BEAUTIFUL ORNAMENT FOR A TABLE.**—"Sew coarse flannel around a goblet with the stem broken off; put this shapely dome upon a saucer of water; wet the flannel, and sprinkle over as much flax-seed as will adhere to it. The flannel will absorb the water from the saucer, which should be often replenished. In about two weeks the flannel will be concealed in a beautiful verdure which will vie with any table ornament."

**To Fringe Celery for Garnishing.**—"Cut the stalks into two inch lengths; stick plenty of coarse needles into the top of a cork, draw half of the stalks of each piece of celery through the needles. When all the fibrous parts are separated, lay the celery in some cold place to curl and crisp."

**Celery Fried.**—"Cut the celery into pieces three or four inches long; boil them tender in salted water; drain them. Make a batter in the proportion of two eggs to a cupful of rich milk, mix flour or fine bread or cracker crumbs enough to give it a consistence; roll the pieces of celery in it, and fry them to a light brown in hot lard. Serve very hot. Celery can also be cooked as asparagus, boiled tender and served with a white sauce."

Pineapples are so tough here where we cannot get them fresh, it is better to cut them into dice; saturate them with sugar and pile in the centre of a glass dish with a row à la Charlotte of sponge cake slices, or of ladies' fingers around the sides.

**"Boiled Custard is much better** made of the yolks only of the eggs. A dessert spoonful of sugar for each egg, and five eggs are quite sufficient for a quart of milk. Beat the yolks and sugar to a froth and stir in the milk. Put it into a custard boiler or a small tin pail in a kettle of boiling water.

Stir constantly until it is a little thickened. If it is well stirred, the custard will be a thick cream. If allowed to remain a few moments too long in the boiling water after it begins to thicken, it will curdle and be spoiled. Do not flavor it with any of the essences until after it is cooked. If the milk is first boiled before adding to it the other ingredients, there will be less danger of the custard curdling."

**A Delicious Sirup.**—"Rub loaf sugar over the peels of six lemons to break the little vessels and absorb the ambrosial oil of the lemons. Then squeeze out all the juice possible from six lemons, removing the seeds; add to it five pounds of loaf sugar, including the sugar rubbed over the peels, and two quarts of water with five cloves and two blades of mace in a bag. Simmer this over the stove about five minutes, making a sirup. This will keep forever. It should be bottled and kept to sweeten all beverages and for many other purposes."

**The Best Rule for Jelly.**—"Sugar should never be boiled in jellies; the flavor and color is much better than when juice and fruit are boiled down together, and "if the fruit is in the proper state of ripeness, the jelly will often form before the last glass is filled. Put the fruit into a stone jar. Set this into a kettle of tepid water and put it upon the fire. Let it boil, closely covered, until the fruit is broken to pieces, strain, pressing the bag (a stout coarse one) hard, putting in but a few handfuls at a time, and between each squeezing, turn it inside out to scald off the pulp and skins. To each pint of juice allow a pound of sugar. Set the juice on alone to boil, and while it is warming divide the sugar into different portions, and put into shallow dishes, or pans that will fit in your ovens. Heat in these, opening the oven now and then to stir it and prevent burning. Boil the juice just twenty minutes from the time it begins to boil. By this time your sugar will be so hot you cannot bear your hand in it. Throw this sugar into the boiling juice, stirring rapidly all the while. It will hiss as it falls in and melt very quickly. Withdraw your spoon when you are sure it has all dissolved. Let the jelly just come to a boil and take the kettle instantly from the fire. Roll your glasses in hot water and fill with the scalding liquid in the kettle. The jelly will often form before you fill the last jar." Until I used this rule how much time and patience I have wasted in trying always to have nice hard jelly.

**Delicious Pumpkin Pie.**—"Cut a pumpkin into thin slices, and boil until tender in as little water as possible, watching carefully that it does not scorch; set the stew kettle on top of stove, mash the pumpkin fine, keeping it against the sides of the kettle so that the water may drain from it and dry away; repeat this process until the water has all evaporated, and the pumpkin is quite dry. This will require from half an hour to an hour. Mash and rub through a sieve, adding, while warm, a good-sized lump of butter; to every quart of pumpkin, after it is mashed, add two quarts of milk and six eggs, the yolks and whites beaten separately. Sugar to taste, one teaspoon salt, tablespoon ground cinnamon, one grated nutmeg, teaspoon ginger; bake in a hot oven until well set and a nice brown. It is as well to heat the batter scalding hot, stirring constantly until it is poured into the pie dishes.

**"M W."**—"Put a little vinegar in the water in which you boil your pickled roe herring. Put the herring in the vinegar and water, cold, and wrapped in a thin cloth. Let it come gradually to a boil, then take it out, arrange it neatly, add to it a little butter and pepper; place it in a hot dish, and serve with parsley or water cresses. If rightly done, and not boiled too long, the roe will be tender and eatable.

**Pianos Well Cared For.**—A cheap piano is hardly worth having, but a good one should have as much care taken of it as an adopted child. The instrument, it should be remembered, is constructed almost exclusively of various kinds of woods and metal; cloth, skin, and felt being used also in the mechanical portion. For this reason atmospheric changes have a great effect on the quality and durability of the instrument, and it is necessary to protect it from all external influences which might affect the materials of which it is composed. It must be shaded from the sun, kept out of a draught, and, above all, guarded against sudden changes of temperature. Moisture is the greatest enemy of the piano, and it cannot be too carefully guarded against. In a very short time damp will destroy every good point about the instrument.

**Bread.**—Real farmhouse bread is usually made of barley meal, and raised with leaven instead of yeast. Leaven or left, is a piece of dough left from the last baking, and answers the purpose of yeast; it makes the bread rather sour, but is perfectly wholesome. A very excellent brown bread is made of rye meal (not rye flour, which is too fine) and seconds flour, equal quantities, thoroughly well mixed and sifted through a sieve, so that every particle comes in contact with the oxygen of the air; this is a point which should not be forgotten in bread-making. The proportion of fresh German yeast to seven pounds of the above is one ounce, the dough to be well kneaded, and baked, if possible, in a brick oven. There is said to be 30 per cent. more nutriment in rye than in wheat by analysis, and the bread is really brown, very sweet and good, wholesome, and digestible. Equal portions of barley meal, rye meal, and seconds flour also make very good brown bread.

**Near Sight.**—The writer of an article on "Near-sightedness in Children," printed in *The Educational Weekly*, gives this excellent rule: "Encourage the pupil to look off the book frequently, to change the focus of sight by regarding some distant object. It is not enough to look around vaguely; the eye must be directed to something which is to be clearly seen, like a picture or a motto upon the wall, or a bit of decoration. The greatest damage to the eyes of students is the protracted effort to focus the printed page. It was simply barbarous the way we used to be 'whacked' in school, when we looked off the book. It is easy for a teacher to know the difference between the resting of the eye and the idle gazing around that cannot be allowed."

**Parasites.**—The extension of our knowledge of parasites and of their life-histories clearly points to the desirability of the exercise of great care in the choice and preparation of our common foods, especially of animal kind. Uncooked animal food, in any form, should be unhesitatingly rejected on common sanitary grounds, the prevailing and fashionable taste for "underdone" meat notwithstanding. The Mosaic abhorrence of the pig is fully justified by an appeal to zoological knowledge regarding the parasites to which that quadruped plays the part of entertainer and host; but the due exercise of the culinary art should in large measure mitigate the severity of the sentence passed against pork as a common medium of parasitic infection. Unwashed vegetables, which may harbor or lodge, without developing, the embryos of parasites, are similarly to be regarded with suspicion—indeed it may be said that the chances of parasitic infection from this latter source are greater than those from badly cooked meat, the vegetable matter escaping even the chance of having its minute tenants destroyed. Unsavory as the subject may at first sight appear, it teems with an interest which should effectually appear to every one in the light of saving knowledge.



**Ground Rice Pudding (Baked).**—Four tablespoonfuls of ground rice, one pint of milk, two ounces of butter, grated lemon peel, two eggs, and sugar to taste.

**Lentil Pudding.**—3 oz. lentil flour, 1 oz. of corn flour, a pint of milk, three eggs, and a pinch of salt; pour the milk boiling gradually on to the flour, stirring it; when cool, add the eggs well beaten; mix well, boil an hour in a buttered plain mould; serve with sweet sauce.

**Haddock.**—Tie the fish with a string in the shape of an S, or with its tail into its mouth; lay it in plenty of cold water, well salted. Place the fish kettle on the fire, and by the time the water is on the point of boiling, the fish, unless it be a very large one, should be quite done. Let it drain across the kettle, and serve with anchovy, capers, Dutch, or egg sauce.

**Horseradish Sauce.**—Grate a quantity of horseradish, boil it in sufficient water to give it the consistency of sauce, add a pinch of salt and two or three tablespoonfuls of tarragon vinegar, then stir in, off the fire, a gill of cream beaten up with the yolk of an egg.

**Hominy Griddle-cakes.**—To one pint of warm boiled hominy add a pint of milk or water, and flour enough to make a thin batter; beat up two or three eggs, and stir them into the batter with a little salt. Fry as any other griddle-cakes.

**Codfish Stewed.**—Boil a piece of codfish, but do not overdo it. Pick out the flesh in flakes, put them in a saucepan with a piece of butter, pepper, and salt to taste, some minced parsley, and the juice of a lemon, with a dust of cayenne. Put it on the fire till quite hot, and serve.

**Bread Pudding.**—Half a pound of bread crumbs, two ounces of butter, one pint of boiling milk poured on them, and covered over till cold; two eggs, two ounces of lump sugar. This will eat very good when baked, cold, with or without currants; when boiled, serve hot.

**Potato Biscuit.**—Take one pint of Indian meal, sift in it one teaspoonful of soda; take an equal portion of potatoes—yellow yams are best—bake or boil them, mash very fine and add to the meal, with one egg, one tablespoonful of lard or butter, salt to taste, mix into a stiff batter with sour milk diluted with one-third water. Bake quickly in muffin rings to a reddish brown, or add a little more meal and make into biscuit. Served hot, they are delicious.

**Bread Cakes.**—Take stale bread and soak it in milk, then run through colander. To each quart add spoonful of saleratus, cup flour, two eggs, spoonful of salt, two tablespoonfuls of sugar, and half nutmeg.

**Cup-Puddings.**—Take one quart of milk, five yolks and one white of egg, five tablespoonfuls of flour, and about a quarter of a pound of butter, and as much sugar as required; bake in cups, beat the whites of eggs and powdered sugar to a froth, and pile on top; serve with sauce.

**Mushrooms a la Bismark.**—Take a pint of fresh mushrooms. When they are peeled and the stalks cut off, put them into a stew-pan with two tablespoonfuls of vinegar, a sprig or two of parsley, a small onion, a few chives chopped fine, some salt, pepper, and grated nutmeg. Let them boil gently for a quarter of an hour. Before serving stir in the yolks of two eggs.

It is, of course, unnecessary to tell any experienced person that if the onion used in this preparation has turned either blue or black, your mush-

rooms are poisonous; but any one who knows what good mushrooms are, cannot be deceived, as their appearance is sufficient alone for the practiced eye.

Mushroom cultivation has so greatly increased with us of late, that they are becoming a frequent dish. Well cooked they are delicious, and the ways in which they can be served are so many, that the dish seems always new; they form besides a piquant addition to veal and other meats.

In Italy, an excellent *merenda*, or four o'clock dish, consists of mushrooms which have been stewed and then kept in olive oil, and are served with vinegar and slices of toasted bread.

**Almond Soup—A Foreign Cure for Coughs and Colds.**—Take half a pound of shelled sweet almonds and two ounces of shelled bitter almonds or peach kernels. Scald them and make the skins peel off easily. When they are thus blanched, throw them into cold water, then drain them, and wipe them dry. Beat them, taking a few at a time, in a marble mortar, adding a little milk and a little grated lemon-peel as you beat them.

Have ready two quarts of the richest milk obtainable boiled with two sticks of cinnamon and a quarter of a pound of sugar. Stir the almonds gradually into the milk and let them boil up once. Prepare some slices of toasted bread; take out a little of the soup and soak them in it. Then lay them in the bottom of the tureen and pour the soup over them. Grate on some nutmeg, and serve hot to the invalid.

It is thought that the quick comforting action of this soup in cases of sudden and violent cold, is due to the prussic acid to be found in the almonds as well as in the peach kernels. Its action is tonic and rapid. Many foreigners eat dried peach kernels to prevent sore throat.

**Four Foreign Omelettes.**—Foreigners have dozens of omelets that we know nothing about, but which when attempted as an innovation are sure to meet with "unbounded applause."

The most delicate and delicious is certainly the *omelette soufflée*. This is merely a sweetened omelet which must be cooked so rapidly that it will puff up, and eaten so immediately after cooking that the French call the method of serving it "*à l'instant*."

The second is the Spanish omelet, made with finely-hashed onions. These are mixed in while stirring the omelet. The Spanish, it is needless to say, use garlic as often as onions, a custom "more honored in the breach than the observance."

A very delicate omelet is made by placing whole apricots inside of the omelet before rolling it over. These composite omelets are the only ones of which foreign cookery permits the turning. Your apricots must be either preserved ones, or daintily stewed in sugar. It is a Toulonese dish.

Omelet number four is filled with chickens' livers through which a little *brochette* or tiny spit is run. You leave it in the row of livers, and it helps to turn over the omelet it fills.

**Sorbet a la Gambetta**—(A NEW SHERBET.)—You take one quart of fine well-ripened strawberries. Three pints of water are then required, also the juice of one lemon, one tablespoonful of orange-flower water. You crush your strawberries to a smooth paste. Add to this paste all the ingredients except the sugar, and let it stand three hours. Strain the mixture over the sugar, squeezing the cloth hard. Stir until the sugar is fully dissolved; strain again and set upon the ice for more than two hours before you use it.

By the substitution of orange for strawberry juice you have the Oriental sherbet in place of the above, and an equally delicious lemon sherbet may be made, but requires three times as much

sugar. Lemon sherbet is not, however, meant to be extremely sweet.

For summer use these sherbets are very delicious. They do not chill as do ices with some persons. The lemon sherbet, not being over sweet, is the most refreshing, but the delicate flavor of the strawberry makes the new recipe—the first—the most delightful of all.

It is said that American strawberries improve every year.

**Crème à la Grévy** — (A NEW DESSERT). — You take one quart of sweet cream and the yolks of four eggs. One cup of white sugar is required. One half ounce of either isinglass or gelatine, and one half a spoonful of vanilla or the extract of bitter almonds. Soak for one hour, in enough cold water to cover it, all your gelatine. After draining it, you then stir it into a pint of the cream made boiling hot. Beat the yolks of the eggs smooth with all your sugar and add the boiling mixture, beating in a small portion at a time. Without actually boiling, if you then heat till it begins to thicken. Remove it from the fire, flavor it, and while it is still hot stir in the remaining pint of cream, which you must previously beat in a syllabub churn to a stiff froth. Beat this whipped cream into the mixture till it looks like a rich batter for cake. Then, after having placed your moulds in cold water, pour in your mixture and set it upon the ice.

This *crème* is very delicious, and preferable to the old style of Bavarian cream which it resembles. If there is a preference for a lemon or strawberry flavor, or for orange, either of these may be used instead of vanilla.

**Dublin "Potato Cake."**—Roast in the ashes two dozen small, or one dozen large and perfect potatoes. When roasted peel them and put them into a pan with a little salt and the rind of a lemon grated. Add half a pound of butter, or half a pint of cream—less butter will do, if preferred—and a quarter of a pound of sugar. Having mixed all these ingredients together, rub the whole through a colander and stir it very hard. Then set it away to cool.

Beat eight eggs and stir them gradually into the cooled mixture; season it with a tablespoonful of mixed spice, and half a glass of rose water.

Butter a mould or deep dish and spread the inside all over with grated bread. Put the mixture to bake after placing in the mould. Three-quarters of an hour will suffice, and the "potato-bread" will be ready to eat with fresh butter.

The quantity above given will fill a large sized dish, and will furnish sufficient for at least eight people.

**Cheese Pyramid.**—“Cheese Pyramid” is an English dish, strange to say, for most dishes into which cheese enters in any large proportion are either French, Italian, or Swiss. For luncheon, this dish is a great favorite with Londoners, though it originated in Leicestershire.

Take half a pound of fine sifted flour, four ounces of grated cheese of any kind you fancy, four ounces of butter, which must be kneaded in with the flour, the yolks of four eggs and the whites of two. After salt-seasoning and mixing all the above ingredients, you roll out into long strips, which you cut into sections about two inches long. You bake in an oven for about five minutes after having placed your strips in a tin which must first be buttered. When cooked, you place in a glass dish, piling one section over another, and topping off with a long pointed strip which runs up the middle and gives the pyramidal form to this dish, which, besides having a good appearance when placed on the table, is tempting as an appetizer, and sure to be in request when once offered.

**Baked Rice Pudding.**—Boil together in a saucepan one pint of milk and the grated peel of a small lemon. In another saucepan boil a teacupful of rice until tender, and, when done, drain off all the water. Beat four eggs till light, stir them in the milk, with one ounce of fresh butter, a quarter of a pound of stoned raisins, a quarter of a pound of sugar, a little grated nutmeg, and two tablespoonfuls of rosewater. Add the rice. Stir all well together, and bake in a buttered tin half an hour.

**Marmalade.**—Take a dozen of oranges, two lemons, and cut them in thin slices, removing nothing but the pips. Weigh the fruit: to each pound add a pint of water. Let this stand twenty-four hours. If much syrup is liked a little more than a pint of water can be added. Boil the fruit and water gently till the rind is tender. Let it stand again twenty-four hours. Third day weigh the water and fruit together, and to each pound add a pound of loaf sugar. Boil it together in a preserving pan for twenty minutes or half an hour. If it boils too long the rind becomes hard.

**Marion's Sponge Cake.**—Put together in a pan fourteen ounces of sifted loaf sugar, the yolks of eight eggs, eight ounces of fine white flour, and a tablespoonful of orange-flower water. Beat all together till thoroughly mixed. Whip a pint of cream till light, and whisk the whites of the eight eggs to a thick froth. Beat these into the other ingredients, and put in a pan lined with buttered paper. Bake in a quick oven half an hour.

**Sauce for Bread Pudding.**—Take one pint of water, a large teacupful of sugar, a piece of butter the size of a large egg, a little nutmeg and essence of lemon, and bring it to a boil. Now take a little corn flour (which is best), well beaten into a paste and thinned, and stir gradually till of the consistency of cream, or as thick as you like; then add a large tablespoonful of fruit jelly.

**Stewed Pigeons.**—Truss and season the pigeons with pepper and salt, and having stuffed them with a mixture of their own livers, chopped with a little sweet salt pork, bread crumbs, parsley, and marjoram, sew them up at both ends, and put them into a vessel breast downward, with half a pound of butter; cover up so that the steam cannot get out; then set them in a pot of water to stew. They will take two hours and more in doing, and they must boil all the time. When stewed enough take them out of the gravy; skim off the fat; put in a spoonful of cream, a little lemon peel, an anchovy, and a few mushrooms; add a little catsup, cider, to the gravy, and having thickened with butter and flour, and dished up the pigeons, pour the sauce over them. Garnish with sliced lemon.

**Fine Breakfast Rolls.**—Boil one pint of milk, and stir into it one heaped tablespoonful of lard and two even tablespoonfuls of sugar. Let it cool, and when milk-warm add flour enough to make a batter as thick as muffin batter. Then stir in a good gill of yeast, and let it rise ten hours; then sprinkle some flour on the paste board. Lay the dough on it, and sprinkle over it just enough sifted flour to roll it out about three-quarters of an inch thick. Do not stir or knead it. Cut out with a round cutter, brush the top of each roll with melted butter, then double each roll by folding the two opposite edges together like a turnover, press the sides a little together, brush the top with melted butter. Set to rise in a warm place, and when very light, in about three hours, bake them ten or fifteen minutes in a moderate oven, and serve at once. They should be of a very light brown color.

**Caramel Custards.**—Put a handful of loaf sugar in a saucepan, with a little water, and set it on the fire until it becomes a dark brown caramel. Then add more water (boiling) to produce a dark liquor like strong coffee; beat up the yolks of six eggs with a little milk, strain, add one pint of milk, sugar to taste, and as much caramel liquor (cold)

as will give the mixture the desired color. Put the mixture in a *bain marie*, and stir it on the fire as you would any ordinary custard until it thickens; pour into custard glasses and serve.

**Mayonnaise Sauce.**—Carefully strain the yolks of four eggs into a bowl, place it in a cool place, or if necessary in water or on ice, add salt to taste, then proceed to pour in, a few drops at a time, some very good salad oil, without ceasing to stir the mixture. When one tablespoonful of oil is well incorporated with the yolks of eggs, put in the same manner one teaspoonful of white vinegar; keep on adding oil and vinegar in these proportions until the sauce is of the consistency of very thick cream. Add white pepper to taste.

**Cold Dressing for Chicken Salad.**—Two teaspoonfuls of mustard and salt stirred in a thick paste; next the oil; then the cayenne and the yolks of two hard-boiled eggs, mashed very fine. Then two raw eggs, and lastly the vinegar. This is for one chicken only.

**Light Pastry for Chicken or Oyster Pies.**—Strain the juice of a lemon into a gill of cold water, and stir in sufficient to well moisten three-quarters of a pound of dry sifted flour; knead to a smooth paste, lay it on a slab, and spread over three-quarters of a pound of butter; turn over the four sides, dredge with flour, and roll out; fold it again, and roll it out four times; then fold it in three, and let it stand in a cool place for two hours.

**Cabbage Pickle.**—One large white cabbage chopped fine in a chopping tray, two quarts of cider vinegar; take one teaspoonful of ground cloves, and the same of cinnamon, allspice, and mace; tie these in a piece of cloth, and put them into the vinegar, with one tablespoonful of salt and one-half ounce of whole cloves; place the vinegar in a kettle or pan with the spice and cabbage, and boil five minutes; put away in a jar to cool.

**Maccaroni with Cheese.**—Take half a pound of large maccaroni, cut into convenient lengths, and place it into a saucepan full of fast-boiling water, add salt to taste, and let it boil rather less than half an hour. Drain off the water, place the maccaroni in a deep dish, pour over it a couple of ounces of butter melted till it just begins to color, add plenty of grated Parmesan cheese; turn over the maccaroni with two forks as a salad is mixed, then put on a final layer of Parmesan; place the dish in a brisk oven for a few minutes, and serve.

**Cocoanut Pie.**—To one grated cocoanut add three large boiled and mashed potatoes. Boil them fresh and pound them, add butter, milk, salt, and sugar to taste. Then mix the cocoanut and potatoes, add the yolks of three eggs well beaten; make a crust of one pound of flour and half a pound of butter; put only an undercrust; when the pie is baked, beat the whites of the three eggs very light, add a little white sugar, and put it on the top while it is hot. Then put it back in the oven for a few moments.

**Braised Fowls with Maccaroni.**—Trim a pair of fowls as for boiling, putting an onion and a piece of butter inside each; lay them in a saucepan over two slices of bacon, with an onion and two carrots cut in pieces; add pepper and salt to taste, and a bundle of sweet herbs; moisten with a little stock; put a piece of buttered paper over the fowls, and set them to braize very slowly for one hour, frequently basting them with their own liquor. Throw one pound of ribbon maccaroni into fast-boiling salted water; when done (twenty minutes) drain off the water, put them in a saucepan with the contents of a small bottle of French tomato sauce, one ounce of butter previously melted; toss on the fire a few minutes, adding during the process plenty of Parmesan cheese. Place the fowls on a dish, with the maccaroni round them, and serve.



## Domestic Science.

**The Free Use** of lemon juice and sugar will all ways relieve a cough.

**Basis for Inks.**—Certain albuminoid, mucilaginous, and saccharine vegetable juices make excellent sympathetic inks; among the best are the juices of lemon, orange, apple, and pear.

**Unbolted Flour.**—Liebig states that many millions more men could be daily fed in Germany if it were only possible to persuade the population of the advantages which bread made of unbolted flour has over that which is ordinarily eaten.

**Milk as a Life Sustainer.**—Scientific men may be interested to know that Dr. Brown-Séguard, in a late letter to the French Biological Society, states that milk moderately warmed, if injected slowly into a human artery, will revive a dying patient quite as much as injections of blood. He has successfully tried the experiment.

**A New and Useful Material.**—Celluloid, which has been largely used of late in the manufacture of jewelry, billiard balls, and fancy goods, has now actually been turned to account as a substitute for linen collars, cuffs, shirt fronts, and even neckties being made of this wonderful material. The celluloid goods of this novel character are not only practically indestructible, but can be washed with soap and brush when soiled.

**Imitation Ground Glass that Steam will not Destroy.**—Put a piece of putty in muslin, twist the fabric tight, and tie it into the shape of a pad; well clean the glass first, and then putty it all over. The putty will exude sufficiently through the muslin to render the stain opaque. Let it dry hard and then varnish. If a pattern is required, cut it out in paper as a stencil; place it so as not to slip, and proceed as above, removing the stencil when finished. If there should be any objection to the existence of the clear spaces, cover with slightly opaque varnish. In this way very neat and cheap signs may be painted on glass doors.

**To Make Paper Transparent.**—A varnish made of Canada balsam dissolved in turpentine, supplies the means of making paper transparent. The mode by which this is most satisfactorily accomplished is by applying a pretty thin coating of this varnish to the paper so as to permeate it thoroughly, after which it is to be coated on both sides more thickly. The paper is kept warm by performing the operation before a fire, and a third or fourth coating may be applied, until the texture of the paper becomes of homogeneous translucency. The materials are highly inflammable.

**Indelible Pencil Marks.**—The *Papier Zeitung* says indelible pencil marks may be produced as follows: Any ordinary drawing paper is slightly warmed, and then rapidly and carefully laid on the surface of a bath consisting of a warmed solution of bleached colophonium (resin) in alcohol until the entire surface is moistened. It is then dried in a current of hot air. The surface of the paper becomes smooth, but readily takes the impression of a lead pencil. In order to make the lead pencil impressions indelible, the paper is warmed for a short time on a stove. This method may prove valuable for the preservation of working drawings when a lack of time will not permit the draughtsman to finish them in ink.

**How to Clean Wall-Paper.**—Take off the dust with a soft cloth. With a little flour and water make a lump of very stiff dough, and rub the wall gently downward, taking the length of the arm at each stroke, and in this way go around the room. As the dough becomes dirty, cut the soiled part off. In the second round commence the stroke a little above where the last one ended, and be very careful not to cross the paper or to go up again. Ordinary papers cleaned in this way will look fresh

and bright, and almost as good as new. Some papers, however—and these most expensive ones—will not clean nicely; and, in order to ascertain whether a paper can be cleaned, it is best to try it in some obscure corner, which will not be noticed if the result is unsatisfactory. If there be any broken places in the wall, fill them up with a mixture of equal parts of plaster of Paris and silver sand, made into a paste with a little water; then cover the place with a little piece of paper like the rest, if it can be had.

**Salicylic Acid in the Household.**—Dr. Von Heyden gives the following directions for using this newly introduced antiseptic in the preservation of food, and for other purposes in domestic economy:

1. Pure cow's milk: The addition of a half to one teaspoonful to a quart (or about half to one gramme *per liter*) of dry crystallized acid—not in aqueous solution—prevents curdling for thirty-six hours longer than otherwise, and yet it retains the property of yielding cream and butter perfectly.

2. Butter: If butter be worked with water containing one teaspoonful of acid to the quart, and kept in such water, or packed in cloths soaked in an aqueous solution of the acid, it keeps much longer. Even butter which has begun to be rancid can be improved by carefully washing with salicylic water, two or three teaspoonfuls to the quart, and washing in clean water.

3. Preserved fruits: Cherries, currants, raspberries, plums, apricots, and peaches may, as experience has proved, be very advantageously treated in the following manner: The fruit is placed in a preserve jar, with not a very wide mouth, layers of fruit alternating with layers of sugar, but no water; and strewing over it a pinch of salicylic acid (half gramme to the kilogramme, or three and a half grains to the pound), and covering the jar with parchment paper which has been softened in salicylic acid solution, and then boiling as usual in a water bath. Bilberries, or blueberries, are better boiled without sugar, allowed to cool, and put into narrow-mouthed bottles (some crystals of salicylic acid being strewed over them), corked and sealed. Fruit preserved in this way has kept well for two seasons. Others have recommended covering the fruit in the jar with a close-fitting strip of blotting paper, which has been saturated with a solution of salicylic acid in rum.

For cucumber pickles, and those put up with vinegar and sugar, a corresponding process is recommended; the acid being boiled in the vinegar, and when cold poured over the pickles. For salted cucumbers, salicylic acid is put in the water during the boiling (half to one teaspoonful to one quart), and otherwise treated as usual. It is also recommended to sprinkle salicylic acid in the barrel on the surface of the pickles.

4. Boiled vegetables: An equally small amount of dry salicylic acid may be added to these to prevent their spoiling.

5. For disinfecting and purifying the air and walls of closed rooms, salicylic acid may be evaporated on a hot sheet of iron or tin.

6. Vessels, corks, etc., which have a disagreeable odor or taste, will be rendered perfectly sweet by washing with a solution of salicylic acid, a fact that deserves special attention.

The best method of preparing these salicylic acid solutions is to put two or three teaspoonfuls of acid in a quart of water, heat rapidly to boiling, and let cool. What separates on cooling is an excess of pure acid, which may be kept for subsequent use, or it may be well stirred up and used in suspension when more of the acid is wanted than will go into solution.

In this connection we may add that the purest form of salicylic acid is that obtained by dialysis, as it is impossible to remove all the tarry and resinous matter by recrystallization.—*Scientific Am.*



## DINNERS WITHOUT MEAT.

**Bread Soup.**—Take a large coffee-cup of stale bread crumbs—rolled as finely as possible—and having ready in a skillet four tablespoonfuls of boiling butter, throw in the crumbs and fry as thoroughly brown as possible without burning; this accomplished, fill the skillet two-thirds full of boiling water, and then add two or three medium-sized potatoes pared and chopped fine, a couple of onions, a handful of rice, barley, pearl wheat, or oatmeal, or a little of each, two or three cabbage leaves, dried or canned corn, tomatoes, or in fact any vegetable or herb you may fancy in soup, taking care not to use enough of any one article to predominate; boil until the rice, corn, or barley is done, add a pinch of dried parsley or summer savory, and stir into the whole a paste made of one heaping tablespoon of flour, with sweet milk enough to form a batter, or better still, make the paste thick enough to drop from the spoon in tiny dumplings.

**Egg Salad.**—Two large heads of lettuce coarsely minced, with eight hard-boiled eggs, a small teacupful of rich, sweet cream, or two tablespoonfuls of "salad oil," vinegar, mustard, pepper and salt to taste. When lettuce cannot be obtained, part of a small head of cabbage may be substituted, but this must be shaved with a sharp knife, not minced.

**Cheese Salad.**—When lettuce is obtainable "cheese salad" may be made after the above formula, omitting the eggs, and using finely-minced cheese instead. Either of the above salads will be found highly palatable and nourishing in the absence of meat.

**Vegetable Pie.**—*Crust.*—One-half cup of butter rubbed thoroughly into the flour, with a little suet, one cup of sweet milk, or if obtainable, two-thirds of a cup of *sour cream*, into which has been dissolved one-half teaspoonful of soda; roll out with as little flour as possible, and line with it a deep dish or pudding bowl, and fill with alternate layers of rolled bread crumbs or crackers, minced onions, tomatoes (canned ones answer), and grated potatoes; season with plenty of butter, salt, pepper, parsley, summer savory, or celery, salt to taste. Cover with crust and bake in quick oven from one-half to three-quarters of an hour.

**Oyster Pie.**—Make crust as above, and rolling out thickly as possible, line an ordinary pie-plate and fill with a dressing made as follows: One coffee-cup of fine oysters, sirup and all, one cup of finely rolled cracker crumbs, half cup of sweet cream; season to taste, cover and bake in quick oven; serve as hot as possible. Try it.

**Scalloped Tomatoes.**—Into an earthen bake-dish, well buttered, put a layer of butter crackers split in halves, then a layer of tomatoes—canned ones answer the purpose—with a slight sprinkling of butter, pepper and salt, and so on in alternate layers of crackers and tomatoes until the dish is a little over two-thirds full—the crackers swelling will fill it when done—put a layer of split crackers on the top covered thickly with small lumps of butter; bake in quick oven.

**Cheese Toast.**—Toast stale bread cut in thin slices a fine brown, pour over it boiling water, drawing off again as quickly as possible, butter well, sandwich with toasted cheese and serve hot.

**Scrambled Toast.**—(With cheese dressing.)—This may be made of stale bits of broken bread, toasted or fried very brown and moistened with

boiling water, as in preceding; lay in small tureen or covered vegetable dish, and pour over it a dressing made as follows: Into a stew-pan or skillet put one cup of cold water, cup and a half of sweet milk, butter size of a hen's egg, a sprig of celery or parsley, pepper, salt, and one-fourth pound of stale cheese grated fine; boil ten minutes.

**Oyster Toast.**—Boil one teacupful of oyster sirup, half cup of water, butter size of a hen's egg, a stalk of celery, pepper and salt to taste; pour over your toast and set in warm oven for ten minutes, then between each slice of toast lay boiled or fried oysters; serve hot. Delicious.

**Omelette Toast.**—Can be made according to directions given for scrambled toast, using instead of the cheese dressing an omelette made by stirring into a cup of sweet milk, with a heaping teaspoonful of flour or corn starch, three eggs slightly beaten, and a little salt and pepper, and turning the whole into a frying pan with hot butter and shaking briskly over a hot fire for two minutes.

**Rice Fritters.**—Two cups of boiled rice made into a batter as thick as can be stirred with rolled bread or cracker crumbs, mashed potatoes, of each one cup, salt and pepper at pleasure, one teaspoonful of soda dissolved in sweet milk, and sweet milk and flour to form the dough; drop into boiling hot butter, and cook for five minutes.

**Stewed Onions.**—Wash, peel, and cut into slices six fine large onions, and put into a stew pan with one quart of cold water and half a small teaspoonful of soda; when the water comes to a boil, pour off and set the onions back over the fire with one cup of boiling water, one and one-half cups of sweet milk, large tablespoonful of butter, half a teaspoonful of sugar, season to taste and boil half an hour.

**Fried and Broiled Mush.**—Mush to broil or fry should be made as follows: Into boiling water that has been sufficiently salted, should be sifted Indian meal—the coarser the better—as thick as can be conveniently stirred, and boiled for an hour, stirring all the while lest it burn. When properly cooked, pour into deep pans to cool; when entirely cool, cut in slices an inch thick and fry in butter. The butter must be very hot before laying in the mush; sprinkle slightly with salt and pepper and fry a dark brown.

**To Broil.**—Cut in slices an inch thick and lay on a hot gridiron well greased with butter, and broil very brown, taking care not to burn; butter well and serve hot. Fit for an epicure, and has the additional charm of novelty, few of my readers, I fancy, ever having eaten broiled mush.

**Peach Dumplings.**—Into one pound of flour roll one half pound of fresh, sweet butter, add teaspoonful of salt, and when butter is thoroughly mixed with the flour, wet with half a cupful of new milk, into which has been dissolved one-fourth teaspoonful of soda, and roll out into crust an inch thick; take canned peaches, drain off the juice carefully, take two of largest pieces of peach for each dumpling and lay together with heaping teaspoonful of sugar, and butter size of hickory nut, and bake or steam. A rich sauce for these may be made of one teacup of peach juice, one cup of sweet cream, one cup of sugar, one fresh egg well beaten, one-fourth of a grated nutmeg.

**Potato Soup.**—Take large, mealy potatoes, peel and cut in small slices with an onion; boil in three pints of water until tender, and pulp through a colander. Add a small piece of butter, a little cayenne pepper and salt, and just before the soup is served two tablespoonfuls of cream. Do not let it boil after the cream has been added.

**Escalloped Potatoes.**—Mash potatoes in the usual way, then butter your scallop-saucepan and

pans or saucers; put in your potatoes; make them smooth at the top; cross a knife over them; strew a few bread crumbs—very fine—over them; pour over them a few drops of melted butter, and set in a hot oven to bake. When nicely browned on the top, take carefully out of the scollops, turn and brown on the other side. A nice way to warm over potatoes.

**Potato Puffs.**—Take two cups of cold mashed potato, and stir into two large spoonfuls of melted butter, beating to a cream before adding anything else. Then add two eggs whipped very light, a little salt, and a cup of cream. Beat well, pour into a deep dish, and bake in a quick oven until nicely browned. It will come out light and puffy.

**Potato Croquettes.**—A quart of potatoes, peel, boil, and mash; mix them with yolks of four eggs, and half a cup of rich milk; set on the fire, stir for two minutes, spread in a dish to get cold, (or leave over night if designed for breakfast), divide into tablespoon parts, shape them well in fine bread or cracker crumbs, dip in the beaten whites of the eggs. Roll in bread crumbs again, and fry in hot butter. When done drain, dish, and serve immediately. Remember to have your butter very hot before you drop them in the skillet.

**Scattered Potatoes.**—This palatable Scotch dish is made by taking cold boiled potatoes, laying them on live coals, and turning them until the brownness of toast is acquired. Eat with salt and butter to taste.

**Potato Pone.**—Wash, peel, and grate two pounds of potatoes, add four ounces each of sugar and butter melted, one teaspoonful each of salt and pepper; mix well together, place it in a baking dish, and put into an oven to bake until it becomes done and nicely browned.

**Potatoes with Eggs.**—Remove the skins from some boiled Irish potatoes, and when perfectly cold, cut them up in small pieces about the size of a grain of corn, and season with salt and pepper. To a quart of potatoes thus prepared, take the yolks of six eggs, and the whites of three, and beat them well together. Put some butter in a frying pan and when it is melted put in the potatoes. When they are quite hot stir in the eggs, and continue stirring, so as to mix with the potatoes, and until the eggs are set. Then pepper, and send them to table in a hot dish.

**Broiled Potatoes.**—Cut whole boiled Irish or sweet potatoes lengthwise into slices a quarter of an inch thick, and lay upon a gridiron over a hot fire. Brown on both sides, sprinkle with pepper and salt, and lay a bit of butter upon each.

**Potato Ribbons.**—Wash and peel some large potatoes of good quality, cut them into very thick slices, and then each slice round and round into long ribbons. Put them into a pan of cold water, and let them lay an hour. Then drain, and fry them in a pan of boiling butter until they are slightly browned and quite crisp. Dry them with a napkin, pile them in a hot dish and sprinkle over them a seasoning of salt and finely powdered parsley.

**Potato Boulettes.**—Boil a dozen dry, mealy potatoes, mash them smoothly and mix while still warm, two ounces of fresh butter, a small teaspoonful of salt, half a nutmeg, and four eggs, the yolks and whites beaten separate. Mould the mixture into small oval forms, and drop them into clear boiling butter. Cook them until of a pale brown, take them up quickly in a skimmer, and dish on a hot napkin.

**Potato Salad.**—Cut cold boiled potatoes in slices, and also one onion and small garlic; season with two tablespoonfuls of salad oil, half pint of vinegar; pepper and salt to taste; to be mixed three

hours before serving and served cold. Anchovies, olives, or any pickles may be added to this salad, or bits of cold salt fish, that have been boiled, or cold hard-boiled eggs, that have been minced.

**Lyonnais Potatoes.**—Put a pint of milk in a frying-pan, add butter the size of a walnut, some salt and pepper; let it boil, take a heaping teaspoonful of corn-starch, mix with a little cold milk, and stir till it thickens; have six or seven good-sized peeled potatoes (boiled or heated the day before), cut them in small pieces; put all together; let cook fifteen minutes, stirring to prevent burning.

**Carrot Soup.**—Boil some carrots in salted water; when thoroughly done drain them, and pass them through a hair sieve; mix the pulp thus obtained with as much stock as will make it of the desired consistency; add pepper and salt, and a pinch of sugar. Having melted about an ounce of butter, mix with it a teaspoonful of flour, then gradually add the carrot purée; let it come to the boil, skim off superfluous fat, and serve with dice of bread fried in butter.

**Fine Pancakes.**—Take a pint of cream, eight eggs (leave out two of the whites), three large spoonfuls of orange-flower water, a little sugar and grated nutmeg; melt a small quantity of butter with the cream over the fire; then add three spoonfuls of flour, and mix well together; butter the frying-pan for the first; let them run as thin as you can in the pan, fry them quick and send them up hot.

**Twice Laid.**—Take one pound of the remnants of boiled codfish, remove all skin and bone, taking care to leave the fish in nice pieces. Put two ounces of butter into a saucepan, when melted add half a tablespoonful of flour; stir it on the fire two or three minutes, pour in a gill of milk, add salt and pepper to taste, and a little nutmeg; stir until the sauce boils. Take two hard-boiled eggs, cut each into eight pieces; put them into the sauce with the fish and about one pound of mashed potatoes; mix all lightly together, dish it up high on a plate, put it into the oven to brown, ornament with some slices of hard-boiled egg, and serve.

**Royal Icing for Cakes.**—Have ready a pound of the best white sugar, which pound well and sift through a silk sieve; put it into a basin with the whites of three eggs; beat well together with a wooden spoon, adding the juice of half a lemon; keep beating well until it becomes very light and hangs in flakes from the spoon; if it should be rather too stiff in mixing, add a little more of the white of egg; if, on the contrary, too soft, a little more sugar; it is then ready for use when required.

**Beef Tea (in haste).**—Use one pound of beef and one pint of water; with a sharp knife scrape the beef into fibres; this should be done on a board. Place the scraped meat into a delicately clean saucepan, and pour one half pint of boiling water over it; cover closely and set by the side of the fire for ten minutes, strain into a tea-cup, place it into a basin of ice-cold water; remove all fat from the surface, pour into a warmed cup and put in another basin of hot water, warm again, and serve.

**To Make Good Coffee.**—Take an ordinary tea-cup of ground coffee for four persons, mix with it a small egg; pour it in the coffee-pot; now add one quart of cold water, set back on the stove where it will not boil, but steep for half an hour, shaking occasionally to mix it. A few minutes before serving, add the desired quantity of boiling water and let it boil now for a few minutes; take it off, pour out some and return it, let it stand a few minutes and it is ready to serve. To have this, as all other coffee, good, the coffee-pot should be bright inside.

## Domestic Science.

**To Silver Ivory or Bone.**—Immerse a small slip of ivory, or any article made of that substance, in a weak solution of nitrate of silver, and let it remain until the solution has imparted to it a deep yellow color; then take it out and immerse it in a tumbler of clean water, and expose it in the water to the rays of the sun. After it has been exposed for about three hours, the ivory acquires a black color, which, on being burnished, soon becomes changed to a brilliant silvery one.

**To Renovate Black Cloth.**—Clean the cloth from grease and dirt with the following mixture thoroughly dissolved: Aqua ammonia, two ounces; soft water, one quart; saltpeter, one teaspoonful; shaving soap, in shavings, one ounce. Then when dry, make a strong decoction of logwood, by boiling the extract in a gallon of soft water; strain, and when cool add two ounces of pulverized gum arabic; apply evenly with a sponge over the surface, and hang in the shade. When thoroughly dry, brush the nap of the cloth down smooth, and it will look as good as new. Keep the liquid tightly corked in a bottle.

**Interesting to Geologists.**—A subterranean forest of oaks has been discovered in Germany, in a valley watered by the river Fulda. Dr. Macsta, a government geologist, who made the discovery during an official exploration, pronounces the trees to be of enormous size, and to date back in their origin to a remote period. They are entirely buried beneath the surface of the valley, but several hundred of the outermost trunks that border on the banks of the Fulda have been laid bare by the gradually encroaching current of the stream. The wood has acquired a black color, and become exceedingly hard. It is believed that it will make excellent material for sculpture. One trunk, that was found in the bed of the river, has been taken to Berlin, to be placed in the Geological Museum. Whether these trees are of a species now in existence, or of one that is extinct, has not been determined.

**New Process for Washing.**—In Germany and Belgium a substitute has been introduced for soda in the laundry, which, while it has all the detergent qualities of soda, does no injury to the fabric. Two pounds of soap are dissolved in about five gallons of water as hot as the hand can bear. To this are added one tablespoonful of oil of turpentine, and three of liquid ammonia. This mixture is well stirred, and the clothes are steeped in it three hours, the washtub being covered up as carefully as possible. Next the clothes are washed, rinsed, and blued as usual. The mixture will serve a second time, only it must be reheated, and one-half spoonful of oil of turpentine and one and a half of ammonia added. This economizes labor, time and fuel. The smell disappears in drying.

**Pyro-Silver Knives.**—Pyro-silver knives, exhibited by Neal at the late Paris Exhibition, have the hardness and sharpness of steel, and never wear out. Since they do not require the knife-board, and have the beauty of silver, they can be washed in the hottest water, and bear acids as a duck's back bears water.

**A Good Cement for Mending Broken Crockery.**—ware may be made by mixing together equal quantities of melted glue, white of an egg, and white lead, and boiling them together.

**Paste for Freshening the Complexion.**—Ground barley three ounces, the white of an egg, and one ounce of honey. Mix into a paste and put on the face at night. It will make a very soft and smooth complexion—where the body is healthy—after a few applications.

**Inhalation Cure.**—The inhalation of air charged with ammonia vapors, as a remedy for that most distressing ailment of childhood, whooping-cough, has been tried in France with success. One of the methods of application employed was boiling strong ammonia in the room where the patient was.

**Preserving Timber.**—M. Lostal, a French railway-contractor, recommends quicklime as a preservative for timber. He puts the sleepers into pits and covers them with quicklime, which is slowly slacked with water. Timber for mines must be left for eight days; otherwise it will not be completely impregnated. When it is, it becomes extremely hard and tough.

**Furniture Polish.**—Make a mixture of three parts linseed oil, and one part spirits of turpentine; it not only covers the disfigured surface, but restores wood to its original color, and leaves a lustre upon the surface. Put on with a woolen cloth, and when dry rub with woolen.

**To Clean Silver.**—Never put a particle of soap on silverware if you would have it retain its lustre. Soapsuds make it look like pewter. Wet a flannel cloth in kerosene, dip it in dry whiting, and rub the plated ware. Let it dry on it, and then polish it with a chamois skin.

**Ink Powders.**—Ink powder of a dark violet color is produced by the solution in water and subsequent evaporation of the following materials: methyl aniline violet, ten parts; sugar four parts; gum arabic, one part, and syrup of glucose, one part. In the same manner red, green and other colored inks may be obtained. Black ink powder is produced in the same manner, excepting that, instead of ten parts of aniline violet, eight parts of nigrosine and two parts of the substance known as Bismarck brown are used—that is to say, ten parts together.

**Roach Poison.**—For the benefit of several correspondents, who have written for information as to the best means of ridding their houses of cockroaches, we may state that equal parts of powdered borax, Persian insect powder, and powdered colocynt, well mixed together, and thrown about such spots as are infested with these troublesome insects, will prove an effectual means of getting rid of the scourge. This powder, in all cases where its use has been persistent, has by long experience been found an infallible remedy.

**Diphtheria Cured by Sulphur.**—A few years ago, when diphtheria was raging in England, a gentleman accompanied the celebrated Dr. Field on his rounds to witness the so-called "wonderful cures" which he performed, while the patients of others were dropping on all sides. The remedy, to be so rapid, must be simple. All he took with him was flour of sulphur, and a quill, and with those he cured every patient without exception. He put a teaspoonful of flour of brimstone into a wine-glass of water, and stirred it with his finger instead of a spoon, as the sulphur does not readily amalgamate with water. When the sulphur was well mixed, he gave it as a gargle, and in ten minutes the patient was out of danger. Brimstone kills every species of fungus in man, beast, and plant in a few minutes. Instead of spitting out the gargle, he recommended the swallowing of it. In extreme cases, in which he had been just in the nick of time, when the fungus was too nearly closing to allow the gargling, he blew the sulphur through a quill into the throat, and after the fungus had shrunk to allow of it, then gave the gargle. He never lost a patient from diphtheria. If a patient cannot gargle, take a live coal, put it on a shovel, and sprinkle a spoonful or two of flour of brimstone upon it; let the sufferer inhale the fumes, and the fungus will die.



## DINNERS WITHOUT MEAT.

**Fish Cakes.**—Cold boiled codfish, either fresh or salt, remove the bones and mince the meat; take two thirds as much warm mashed potatoes as fish, add a little butter, and sufficient beaten eggs or milk to make the whole into a smooth paste, season with pepper, make into cakes about an inch thick; sprinkle them with flour and fry brown in butter.

**Broiled Fresh Fish.**—When thoroughly cleaned and dried, split open, so that when laid flat the back-bone will be in the middle; sprinkle with salt and lay on a buttered gridiron, over a clear fire, with the inside downward until it begins to brown, then turn over. When done, lay on a hot dish and butter plentifully.

**Fresh Fish Baked.**—Clean the fish well and wipe it dry (do not cut off the head); prepare a forcemeat of bread and oysters chopped fine and moistened with their own liquor, salt it and season with parsley and pepper; fill the fish with this, sew it together and lay it in a dripping pan, pour around it some warm water, and sprinkle with pepper and salt, and baste often. If a good sized fish, bake one hour.

**Fresh Fish Fried.**—Clean the fish carefully; beat two eggs, and with an egg brush spread it evenly over the fish; roll in bread, cracker crumbs, or corn meal, and fry in hot butter.

**Egg Croquettes.**—Boil eighteen eggs, separate the yolks and whites and cut them in slices; pour over them *sauce à la crème* (see next receipt); add a little grated bread, mix all together, and let it get cold. Put in some salt and pepper, make them into cakes, cover them well on both sides with grated bread, let them stand an hour, and fry them a nice brown. Dry before the fire, and dish quite hot.

**Sauce a-la-Creme.**—Put a quarter of a pound of butter, into which has been well rubbed a large tablespoonful of flour, in a saucepan; add some fine parsley, a little more salt, pepper, nutmeg, and a gill of cream; stir upon the fire until it begins to boil.

**Breaded Eggs.**—Boil hard, and cut in round thick slices; pepper and salt, and dip each in beaten raw egg, then in fine bread crumbs, or powdered cracker crumbs, and fry in butter, hissing hot. Drain off every drop of grease and serve hot.

**Plain Omelette.**—Six eggs, one tablespoonful of flour, one cup of milk, a pinch of salt. Beat the whites and yolks separately. Mix the flour, milk, and salt, add the yolks, then add beaten whites. Have a buttered spider *very hot*; pour in. Bake in a quick oven five minutes.

**French Omelette.**—Break eight eggs in a stewpan, to which add a teaspoonful of very finely chopped eschalots, one of chopped parsley, a half a one of salt, a little pepper, and three large tablespoonfuls of cream; beat them well together, then put two ounces of butter in an omelette pan and set it over a sharp fire, and as soon as the butter is sufficiently hot, pour in the eggs; stir them around quickly until delicately set; shake the pan round, then leave it a moment to color the omelette; hold the pan in a slanting position, turn it on to your dish, and serve it immediately. It must not be too much done.

**Apple Eggs.**—Pare and core the desired number of apples, leaving them whole; fill with sugar, and pour over water; then place in a moderately

hot oven, and when nearly baked, take two eggs prepared as for an omelette, pour in and over the apples and return them to the oven for about ten minutes; grate over them a nutmeg, and serve hot.

**French Toast.**—Beat four eggs very light, and stir with them one pint of milk; slice some nice white bread, dip the pieces into the egg and milk, then lay them in a pan of hot butter, and fry brown. Sprinkle a little powdered sugar and cinnamon or nutmeg on each piece, and serve hot.

**Soup Without Meat.**—Peel and slice six large onions, six potatoes, six carrots, three turnips, a few leaves of cabbage; fry brown in plenty of butter, and pour on four quarts of boiling water. Toast a crust of bread as brown and hard as possible, but do not burn it, and put in with some celery, sweet herbs, pepper and salt. Stew gently for three or four hours, and then strain through a very coarse cloth or sieve. Have ready thinly sliced carrot, celery, and a little turnip. Add them to your liking, and stew tender in the soup.

**Vegetable Soup.**—Put a pint of dried Lima beans, two large teacupfuls each of canned corn and tomatoes, two or three onions, six potatoes, add salt, pepper, celery, and sweet herbs to taste, a teacupful of rice, half a cup of bread crumbs fried very brown in four tablespoonfuls of butter, pour on six quarts of water; boil two and a half hours. Thicken with yolk of an egg and a little flour.

**Onions à la Creme.**—Peel some fine onions and boil in salt and water until nearly tender, drain them and throw them into a stewpan with one ounce of butter rolled in flour: shake them around until the butter is quite dissolved; add a teacupful each of salt and white pepper, and then stir in by degrees as much cream as will cover them. Shake the pan around until it is on the point of boiling, then serve it.

**Corn Bread Rusk.**—Six cupfuls of corn meal, four cupfuls of wheat flour, two cupfuls of molasses, two teaspoonfuls of soda, and a little salt; mix this well together, knead it into dough, and then make two cakes of it and put it into the tin or iron pans and bake an hour.

**Indian Bannock.**—Take one pint of Indian meal and sift into a pint of sour milk—fresh buttermilk is best—half a teaspoonful of salt, a spoonful of molasses, and a spoonful of melted butter, beat two eggs and add them, stir in a pint of wheat flour, then thin with milk to the consistency of drop cakes, and when ready to bake, add two heaping teaspoonfuls of soda dissolved in warm water. Pour into square buttered pans an inch thick, and bake in hot oven fifteen minutes. This quantity makes two pans.

**Lemon Custard without Milk.**—One half teacupful of corn starch dissolved in half cup of cold water, and when thoroughly wetted, pour over boiling water (stirring all the time) until it assumes a transparent appearance and becomes *very thick*, and whilst still warm stir into it one cup of sugar, and one half cup of butter, and the yellow portion of the peel of two lemons, or that of one lemon and one orange. When cold add the juice of lemons and oranges and the yolks well beaten of three eggs. Pour the whole into a pudding dish, and bake in *moderately* hot oven from twenty to twenty-five minutes. Make a meringue of the three whites of eggs beaten to snow, heap over the top with two tablespoonfuls of pink or white pulverized sugar. Set back in the oven for three minutes, and when *quite cold*, serve in custard dishes.

Mrs. W. writes: "Jennie June's" Cook Book is nearly perfect, but it lack some receipt, which I send her. It is a great favorite with us, having been handed down for several generations. It is fit for Sorosis itself. Can I say more?

**Irish Potato Pie.**—Take one pint mashed potatoes, a pinch of salt, one-third of a teacupful of butter, one half cup of sugar; beat together; break three eggs in a pint cup, beat to a cream, fill the cup with sweet milk, add it to the potatoes, put the whole through a sieve; flavor with nutmeg, and bake as you would common custard pies. The above quantity will make two ordinary pies. Mrs. W.

#### ODDITIES FOR THE TABLE.

**Guinea Fowls.**—The latest caprice of the epicure is to eat guinea fowls. These must be roasted and are delicious. Abroad, especially in Italy, they have long been a prized dish, and in France the *poule d'Inde*, as the guinea fowl is called, is termed a "king's dish," fit for a king among *gourmands*. It would appear that these fowls lose flavor by boiling. It will not take long to introduce roast guinea fowls upon American tables—especially as our breed is said to be particularly delicate and good.

**Turbot with Barberries.**—The use of barberries as an accompaniment to turbot is of recent introduction with us. Barberries are only known to us as making a very delicious syrup to be poured into iced water in place of raspberry vinegar. Slices of lemon are placed around the turbot, together with the barberries, in the enormous imported dishes of fine majolica, especially intended for large fish, which it is important not to break. Raised sections sustain the fish in these new dishes.

**Lily Confection.**—Some five years or so ago an ambitious Parisian confectioner struck upon the fancy of dipping violets into crystallized sugar and giving them to eat as *bombons*. The fancy "took," but it is a London confectioner who has invented "lily confection," something much more delicious. The yellow center of the pond lily—the English flower is the same as our own—is sweet and very palatable. This the confectioner has taken, and carefully removing the white leaves, has dipped these yellow tufts into crystallized sugar, set them upon ice, frozen them, and served them at a great dinner, of which he had charge as caterer. Enthusiasm followed. What was that delicious, indescribable thing? So now, at all London dinners, "lily confection" is a card. The "season" will not be over before we shall be provided with an American edition; that "goes without saying."

**Crystallized Roses.**—Crystallized roses have already crossed the water. Paris issued them at the Exposition. They are the pink rose, dipped, as above described in the case of violets and pond lily centers, into crystallized sugar. Unlike the lily centres, these are not frozen.

**Green Figs.**—Green figs have become so favorite a dish for dessert, that fig-culture has been taken up and flourishes extensively here.

**Boiled Fowls with Onion Sauce.**—Place a couple of fowls trussed for boiling, with an onion and a piece of butter inside each, into a saucepan with sufficient water and three oz. of butter, a couple of carrots, a bundle of sweet herbs (parsley, thyme, and celery), whole pepper and salt to taste; let them boil slowly till done—about one hour. Serve with the sauce over them.

**Pickled Salmon.**—Take four pounds of salmon and cut it in pieces of about an inch and a half thick, across the bone. Lay it in a pan with enough water to cover it, add a pint of vinegar, a tablespoonful of salt, ten bay leaves, six blades of mace, and a teaspoonful of whole peppers. When the salmon is boiled, take it out and drain it, putting it in a cloth. Reboil the liquor, skimming it, adding a tablespoonful more of vinegar. Boil for 15 minutes. When the fish is cold put the fish in a jar without breaking it, pour on the liquor, and cover the jar closely. When Calif-

ornia salmon are in the market, this pickled salmon is a very inexpensive dish.

**Baked Fish—For a Dinner for Four.**—Take of codfish three pounds, boil it, take out the bones, and shred it with a silver fork into small pieces; chop as much parsley as you buy for 1 cent very fine, one small onion very fine, and mix them with salt and pepper through one pound of bread-crumbs, put the fish and the bread-crumbs in layers in a pudding-dish, finishing with the bread-crumbs; put small bits of butter over the top, and pour rich milk over it until it rises nearly to a level with the fish, and a grate of nutmeg over all; bake half an hour.

Mr. Delmonico, talking about *entrées*, says that Americans ought to copy the "French method of utilizing small bits of raw meats and fowls, and of recooking all kinds of cold joints and pieces of cooked meat which remain, day by day, from every dinner in almost every family." The success of such dishes depends mainly on the sauce, which is best made from broth. The following is his recipe for a favorite sauce: "Take an ounce of ham or bacon, cut it up in small pieces, and fry in hot fat. Add an onion and carrot cut up, thicken with flour, then add a pint or quart of broth, according to quantity desired, season with pepper and salt, and any spice or herb that is relished (better though without the spice), and let simmer for an hour, skim carefully, and strain. Cold roast or broiled beef or mutton may be cut into small squares, fried brown in butter, and then gently stewed in the sauce above described. Mr. Delmonico describes croquettes as the attractive French substitute for American hash, and tells how to make them: "Veal, mutton, lamb, sweet breads, almost any of the lighter meats, besides cold chicken and turkey, can be most deliciously turned into croquettes. Chop the meat very fine. Chop up an onion, fry it in an ounce of butter, add a tablespoonful of flour. Stir well, and then add the chopped meat and a little broth, salt, pepper, a little nutmeg. Stir for two or three minutes, then add the yolks of two eggs, and turn the whole mixture into a dish to cool. When cold mix well together again. Divide up into parts for the croquettes, roll into the desired shape in bread-crumbs. Dip in beaten egg, then into bread-crumbs again, and fry crisp, a bright golden color. Any of these croquettes may be served plain or with tomato sauce or garniture of vegetables."

**Spiced Ginger Pound-Cake.**—One-half pound sugar, one-half butter, mix to a cream; two tablespoonfuls of ginger, two tablespoonfuls of cinnamon, one-quarter tea-spoon of allspice, one-quarter tea-spoon of cloves, a very little grated nutmeg, a small pinch of salt, five eggs beat light, one tea-spoon of soda, two tea-spoons of cream tartar dissolved in one pint of milk; sifted flour to make it like pound-cake. Bake in a moderate oven two hours, or bake it in bread-pans three-quarters of an hour. (It is very nice.) A. E. S.

Thanks; send the receipt.

**White Mountain Potatoes.**—Boil eight large potatoes in their skins, and let them cool. When cold, peel them and cut them into thick slices. Put into a stewpan two ounces of butter in a thin slice, and when it is melted add a tea-cupful of well-seasoned stock or gravy, a tea-spoonful of finely-chopped parsley, chopped onion, and a tea-spoonful of mixed pepper and salt. Stir these well together over the fire till hot, add the potatoes, simmer five minutes, stir in the juice of a lemon, and serve hot.

**Potato Pie.**—Butter a flat dish and put a layer of lightly-fried bread-crumbs; then break four or five eggs into it; over these lay thin slices of gherkin, or any mixed pickle; then a layer one inch thick of light mashed potato over the whole. Sprinkle with bread-crumbs, and put in the oven till the eggs are cooked and the potato brown.

## Domestic Science.

**Cleaning Silk and Wool.**—Boil three or four Panama chips in one and a half to two gallons of water for a short time until you have a strong reddish-brown liquor; strain and use warm, but not hot. Discretion will soon determine the necessary strength; but, except for very soiled materials, do not use very strong liquor. It is desirable to tack down kiltings, as much time will thereby be saved during the process of ironing. Also remove buttons when practicable. Tack around greasy parts, so as easily to see those parts when wet, and proceed to wash, but use no soap. Wash in two waters if necessary; rinse in cold water; if you are anxious about colour "running," throw in a handful of salt, and wring very lightly. Now to a most important point: shake your material vigorously, by which process you prevent shrinking, and rid it of much water; then hang until half dry, then shake again as energetically as before. Now, either roll up in a sheet, or, what is far preferable, have the material mangled before it is ironed. Be careful to iron all materials "on the straight," so as not to drag them out of shape.

Black silk may be redyed and renovated in the manner following: Boil three (sometimes two will do) black kid gloves in, say, a quart of water, reduce to a pint, and allow to cool. If you are going to clean much silk, only have a little of the liquor in use at one time, otherwise you would find it become very dirty by constantly dipping into it. Rub each piece lengthwise (on an unpainted table) with a flannel, when you will soon find you have a thick white lather. Rinse in plenty of cold water, but do not wring. Roll up in an old sheet, then proceed with the next piece in like manner, and so on. If you simply let the first pieces drain until you have completed the process of cleaning, you will find that they have become dry and stiff, and unfit for ironing. Be careful to iron on what is intended to be the "wrong side" of your silk, as the ironing leaves an undesirable gloss on the ironed side. When all is finished throw the sheet into cold water, when the dye stains can be washed out of it.

**A Fragrant Remedy.**—The latest expedient for keeping flies out of the house is the cultivation of geraniums or mignonette in the windows. It is said to be very effectual.

**Gluten vs. Starch.**—The more gluten wheat contains the more nourishing and easily digested will be the bread made from it. On the contrary, the more starch in proportion to the gluten, the less easy of digestion will the bread be. Starch forms about sixty per cent. of the wheat.

**To Clean Woolens.**—To clean wool-work, woolen shawls, etc., boil a large piece of soap in rain-water, and put the solution into an earthenware pan; put in the work to be cleaned, and rub it briskly, as you would a pocket-handkerchief, lifting it up and down; wash in two waters, if very dirty; then rinse quickly in cold water, lay a cloth over it, and fold it tightly; iron it immediately on the wrong side with hot heavy irons.

**Beds and Bed-clothing.**—Beds should be made of such materials as will absorb but little dampness or impurity of any kind. Every good housewife knows the importance of airing the beds thoroughly every morning. Not only ought they to be aired every morning, but, in addition, the bed-clothing should be so porous that fresh air may constantly pass through it while occupied. Airtight bed-clothing is exceedingly unwholesome. The exhalations of the body should find their way immediately into the external air, otherwise they will cause restlessness and imperfect sleep.

**Paraffin Lamps.**—A correspondent mentions a source of danger in the use of paraffin lamps which seems to have been generally overlooked—namely, the habit of allowing lamps to stand near hot stoves, on mantelpieces, and in other places where they become heated sufficiently to convert the oil into gas. Not unfrequently persons engaged in cooking or other work about the stove will stand the lamp on an adjacent mantelpiece, or even on the top of a raised oven, or, when ironing, will set the lamp near the stand on which the heated iron rests. It is needless to enlarge upon the risk of such practices.

**Carbonic Oxide.**—The dangerous properties of carbonic oxide have long been known. An atmosphere which contains only a little of this gas may produce poisoning and death. Some exact experiments on this subject have lately been described to the French Academy by M. Grehant. He concludes that a man or one of the lower animals compelled to breathe for half an hour in an atmosphere containing only  $\frac{1}{15}$  of carbonic acid absorbs the gas in such quantity, that about one-half of the red blood corpuscles combine with the gas and become incapable of absorbing oxygen; in an atmosphere containing  $\frac{1}{14}$  of carbonic acid, about a fourth of the red corpuscles combine with this gas. These are important results both for physiology and hygiene.

**Milk of Roses.**—Put into a small bottle two ounces of rosewater, one teaspoonful of oil of sweet almonds, ten drops of oil of tar. Shake the bottle until the whole are combined. A beautiful cosmetic, to be applied with the corners of a towel, or a cambric handkerchief, after the morning's ablution.

**A Speedy Cure for Burns.**—Dampen a cloth and sprinkle upon it a liberal allowance of bicarbonate of soda (which is common cooking soda), then bind it round the wound. This will speedily relieve the smart and burn. It is a harmless and thoroughly efficient remedy. If no cloth can be had promptly, sprinkle some of the dry soda upon the wound.

**A curious Plant.**—Dr. Kerner has made several night-blooming species of *Silene* a special study. In these plants each flower generally lasts three days and three nights. During the day they are curled up, and appear as if wrinkled and withered; but as soon as evening approaches the wrinkles disappear, the petals become smooth, the flowers unfold in all their freshness; and during the period of fertilization, their internal organs fulfill their functions in exact correspondence with the opening and shutting of the corolla. In the daytime these flowers are entirely destitute of fragrance; but in the evening, simultaneously with the opening of their petals, they exhale a rich odor. They are safe, therefore, from the attacks of enemies during the sunshine; while their viscid footstalks protect them from such wingless visitors as might be disposed to find them out at night. By this temporary suspension of function they are reserved for the visits of insects, which prove useful in promoting the great ends of cross-fertilization.

**Iron Rust from Linen.**—To remove iron rust from linen, apply lemon juice and salt; expose to the sun. Make two applications if necessary. Then when perfectly dry, rinse in clear cold water. Lemon juice can only be used on white goods, as it takes out printed colors as well as stains.

**Camping Out Tents.**—To make a good coating for tarpaulins, add twelve ounces of beeswax to one gallon of linseed oil and boil well for two hours. First prime the canvas with this mixture, and then use it instead of plain oil for mixing the paint.



## RECEIPTS SELECTED FROM THE COOKING SCHOOLS.

**Soft Molasses Gingerbread.**—Cup of molasses, spoonful of saleratus and one of ginger, table-spoonful of butter or lard, using a pinch of salt with lard; stir and add cup of boiling water and pint of flour, making a thin batter. Bake one inch deep in a sheet.

**White Mountain Rolls.**—Sixteen cups of flour, half cup of sugar, cup of butter, cup of yeast, the whites of four eggs beaten to a froth, and four cups of boiled milk. Melt the butter, have the milk blood-warm, and mix the bread. Let it rise in a warm place over night. In the morning, shape into long rolls, rise sixty, and bake thirty minutes.

**Hominy.**—Wash in two waters one cup of hominy, then stir it into one quart of boiling water with a little salt, and boil from thirty to sixty minutes; it is better boiled sixty than thirty. Be careful that it does not burn.

2. **Fried Hominy.**—Cut the cold boiled hominy in slices, and fry in hot lard or dripping, or moisten to a soft paste with milk; beat in some melted butter; bind with a beaten egg; form into round cakes with your hands, dredge with flour, and fry a light brown.

3. **Hominy Croquettes.**—To a cupful of cold boiled hominy, add a table-spoonful of melted butter and stir together, moistening by degrees with a cupful of milk, and beating all together to a soft light paste; put in a tea-spoonful of white sugar, and lastly, a well-beaten egg. Roll into oval balls with floured hands, dip in beaten egg, and then in biscuit crumbs, and fry in boiling lard.

**Royal Cream.**—One quart of milk, one-third of a box of gelatine, four table-spoonfuls of sugar, three eggs, vanilla. Put the gelatine into the milk, and let it stand half an hour. Beat the yolks well with the sugar, and stir into the milk. Set the kettle into a pan of hot water, and stir until it begins to thicken like soft custard.

**Oatmeal.**—Oatmeal, Indian meal and hominy, all require two things to make them perfect; that is, plenty of water when first put on to boil, and a long time to boil. Have about two quarts of boiling water in a large stewpan, and into it stir one cup of oatmeal, which you have already wet with cold water; boil this an hour, stirring often, and then add half a spoonful of salt, and boil an hour longer. If it should get too stiff, add more boiling water; or, if too thin, boil a little longer; you cannot boil it too much.

**Queen Cakes.**—Beat three eggs for five minutes with two table-spoonfuls of fine rose water; stir in gradually six ounces of sifted sugar, and beat until the batter is very light and thick; add a pinch of powdered cinnamon and quarter of a pound of flour, then two ounces of butter lightly warmed over the fire and beaten to a cream with a wooden spoon; lastly, stir in two ounces of currants. It is usual to bake these cakes in heart-shaped tins, buttered and sugar-sifted as in other recipes.

**Macaroni Pudding.**—Put four ounces of vermicelli, with a small stick of cinnamon, into a pint and a quarter of boiling milk sweetened to taste. Let the whole boil till the macaroni has absorbed all the milk; remove the cinnamon, and put them into a bowl to get cold; then work in one by one the yolks of four eggs freed from the speck, and the whites of two eggs whisked to a

froth. Butter and bread-crumbs a plain mould, using very fine bread-crumbs; put the mixture into it, and bake about twenty minutes; then turn out, and serve the pudding with wine sauce or with jam sauce.

**An Omelet.**—Break all your eggs in one plate; stir rather than beat up the whites and yolks; to each three eggs you use, put in a teaspoonful of cold water; it is better than milk; salt and pepper your eggs moderately, cooks use too much pepper; take some parsley and chop it; let the parsley be fine; cooks never chop parsley fine enough; put two ounces of sweet butter in your pan; when your butter is very very hot pour in your eggs; just as soon as it is cooked on one side, not crisp, turn quickly and cook on the other side; double it over when you serve it, on a very hot plate; the cold water in the eggs makes the omelet light and crisp.

**Savoy Sponge Cake.**—Beat half a pound of finely sifted sugar with the yolks of four eggs until you have a thick batter, then stir in lightly a quarter of a pound of fine dry and sifted flour, then the whites of the eggs beaten to the strongest possible froth. Have ready a tin mould which has been lightly buttered, and then covered with as much fine-sifted sugar as will adhere to it. Pour in the cake mixture, taking care, to nearly fill the mould, sift fine sugar on the top, and bake in an oven on the dark-yellow-paper heat for about half an hour. The sugar for cakes to be made by this method should be sifted as fine as possible, as, when coarse, much more time is required for the beating. A mixture of French potato flour and fine wheaten flour makes excellent sponge cakes. The two kinds should be sifted together, both to insure perfect mixing and freedom from lumps. In all cases cakes when taken from the mould should be placed on wire drainers or sieves, to prevent their being sodden by steam.

**Potted Pigeon.**—Clean and stuff the pigeons with turkey dressing; sew up and truss; cover with water in a kettle and boil half an hour. Then drain off the water, roll in flour and fry brown in pork fat. Thicken the liquid with flour, pepper, salt, cloves, mace and catsup, putting the pigeons in this gravy. Simmer for two hours.

**Graham Bread.**—Half cup of yeast, pint of warm milk or water, and flour enough to make a thin batter. Let it rise over night. Stir in, in the morning, half a cup of sugar, salt, teaspoonful of saleratus dissolved in water, and Graham enough to make a very stiff batter. Beat all the ingredients thoroughly into the sponge before adding the Graham, and then stir in the Graham, a little at a time, beating well. Shape into loaves and bake an hour and a half. The oven should not be so hot as for white bread.

**Doughnuts.**—Pint of flour, half cup of sugar, spoonful of butter and one of cream of tartar, half spoonful of saleratus, half a nutmeg, cup of milk (enough to wet and roll). Soften the butter and mix with the milk, and mix the rest with the flour, stirring into the butter and milk. Beat well with a spoon, roll an inch thick, and cut in any shape you please. Fry in boiling lard or drippings until done, about eight minutes. Add two eggs, if desired. It is better to fry doughnuts in a deep kettle than a frying-pan.

**Corn Cakes.**—Measure one and a half cups of meal and one and a half cups of flour. When making it for yourselves, if you like less meal use two cups of flour and one of meal; if more, use two cups of meal and one of flour; always three cups; add a scant salt-spoon of salt and a round or heaping tea-spoonful of cream tartar; put a scant tea-spoon of soda into a cup, add a little milk and stir to free the saleratus from lumps and dissolve it. Break two eggs separately into a cup, add to meal, stir until thoroughly mixed; now add the soda, stir again; now a cupful of milk, and

the batter is ready for the pans; heat the irons on the top of the stove, pour on the batter and they are ready for the oven.

**Chocolate Pies.**—Cup of butter, two of sugar, one of milk, four of flour, a spoonful of cream of tartar, half spoonful of saleratus, four eggs and a nutmeg. Beat the butter light, then add the sugar gradually, beating until it is a cream, and then add the eggs and milk; mix, and stir in the flour in which the saleratus and cream of tartar have been mixed. Bake fifty minutes.

The filling was made by using one square of Baker's chocolate, cup of sugar, yolks of two eggs, third of a cup of boiling milk; mix the scraped chocolate and sugar together, and then add, slowly, the milk and eggs, simmering about ten minutes. This must be perfectly cold before using.

**Yeast Bread.**—Take four potatoes, peeled, boiled, and mashed, and pour on one quart of boiling water; strain through a sieve. After it becomes blood-warm, stir in one cup of yeast, one spoonful of white sugar, one of salt, and seven pints of flour. Beat with a spoon and set in a warm place to rise. [Four hours is sufficient in summer, and an hour longer in winter.] When risen,

Take a pint of flour, and put part on the kneading-board. Turn the dough on the board, and add a spoonful of lard; knead twenty minutes, using the pint of flour. Put the dough in the pan, and let it rise one hour. Then form loaves, not having more than a pint of dough in each. Let them rise forty minutes, and then bake.

**Rice Croquettes.**—For rice croquettes one-half pound of Carolina rice, two eggs, two ounces of sugar, one quart of milk, one tea-spoonful of essence of vanilla, and two or three table-spoonfuls of bread crumb. First put the rice and milk together and boil twenty minutes. Then turn the rice into a large bowl, add the yolks of two eggs, one ounce of sugar, and a tea-spoonful of essence of vanilla. Beat this well together and put aside for one hour to get quite cold. At the end of an hour, to finish the croquettes, first flour the board slightly and roll the mixture into small balls, taking about a table-spoonful at a time. Don't let the flour get inside the croquettes, as it will make them break in cooking. Then beat up well the whites of the two eggs, and roll well in this the croquettes, seeing that they are thoroughly covered. Roll in the bread crumb, shaking all except enough to cover them, and fry for two minutes in boiling clarified fat.

**Chicken Salad (Mayonaise Sauce).**—To make Mayonaise sauce, take the yolks of two eggs, one gill of salad oil, and a little pepper and salt. First see that your bowl and spoon are quite dry. Drop into the bowl the yolks of two eggs, and add, drop by drop, a gill of salad oil, beating the eggs all the time. When the yolks and oil are thoroughly mixed and perfectly smooth, add a tea-spoonful of vinegar, a little at a time, and a little pepper and salt. To make chicken salad, boil the fowl until it is tender; remove all the bone and skin, and cut the meat into rough pieces, not too small. Sprinkle over it a little pepper and salt. Take one-third of a head of celery, cut it into very thin slices and mix it well with the chicken, and sprinkle over it half a table-spoonful of vinegar. Then place it on a plate and pour over it the Mayonaise sauce. Then sprinkle over it a table-spoonful of capers. Arrange around this the very delicate leaves of a head of lettuce, and arrange around the plate, inside of the lettuce and on the salad, a few gerkins. Garnish the center with the green tips of the celery.

**For Five Cups of Coffee.**—Take six table-spoonfuls of coffee; one table-spoonful for each person and one for the coffee-pot; break one egg and put in shell and all, stirring well with the coffee; now add three cups of cold water, and set over to

boil. Don't let it boil very long. When it bubbles up and breaks you may know that it is ready for the remaining two cups of boiling water. When that is added pour a cup off to free the spout of the grounds which will cling, turn back, add a table-spoonful of cold water, and set where it will keep hot, but not boil, if you are not ready to serve, although you should, if possible, time your preparations so that everything will be ready by the time the coffee is settled. It loses aroma if it stands.

**Scotch Lamb's-Head Pie.**—One pound of smoked bacon, one lamb's head, two hard-boiled eggs, a little salt and pepper, twelve ounces of flour, four ounces of clarified fat or butter, half pint of cold water, half tea-spoonful of yeast powder, and half pint of the liquor that the head was boiled in.

You must get the head from the butcher skinned, or you can get it singed or scalded; the latter is the nicest way of preparing it. Put it on with plenty of cold water. When it boils, skim it very carefully, and let it boil until the flesh will leave the bones. Then cut it up into small pieces and place a layer in a small pie-dish. Next a layer of raw bacon, sliced thin. Next cut up one of the hard-boiled eggs, boiled ten minutes, and cut in slices. Then another layer of the head, the rest of the bacon, and the other egg. This dish is to be eaten quite cold, and must therefore be seasoned very highly. Then pour half a pint of the water in which the head was boiled in over the pie. Weigh out twelve ounces of flour and put it in a large bowl. Add a pinch of salt and four ounces either of clarified fat or butter. Rub the butter into the flour until it is quite smooth, and then add a half tea-spoonful of yeast powder. Mix well and add a half pint of cold water. Knead very lightly together. The less you touch it the lighter the crust will be. Then roll it out a half inch thick and cut into narrow strips, with which line the edges of the pie-dish. The remainder of the crust roll out and cover the top of the pie. Make a large hole in the center to allow the steam to escape. Put into the oven and bake a half hour. The quicker the oven the better.

**Boiled Cauliflower.**—The cauliflower kept whole looks the best. It is, however, rather difficult to keep it compact. Procure a moderate-sized cauliflower, close and white. Cut the stalk quite close and trim away the outer withered leaves. Put it head downward into a large saucepan with plenty of fast-boiling water slightly salted, and let it boil until it is tender. It will take from a quarter of an hour to twenty minutes. If it turns over in the water, as it is very apt to do, it must be turned back again with a fork, for the flowers will be whiter if they are kept well under the water. Care must be taken, too, to remove any scum that rises. When the center of the flower yields readily to pressure it is done. Take it up carefully with a slice, and drain it on a sieve. But while it was boiling the sauce should have been prepared. For this have two ounces of grated cheese, grated as for macaroni, half an ounce of butter, an ounce of flour, a quarter of a pint of cold water, a table-spoonful of cream, and as much cayenne as would barely cover the flat surface of a split pea. Put the butter and the flour into a small stepan and mix them thoroughly, off the fire, with the back of a wooden spoon. Add a quarter of a pint of cold water and stir the sauce over the fire till it is thick and quite smooth; then add the cream and the cayenne, and a pinch of salt. When the cauliflower is done enough take it up, cut off the outside green leaves, place it on the dish on which it is to be served, and squeeze it together with a cloth held in both hands. Stir half the cheese into the sauce, and then pour it gently all over the flower. Sprinkle the remainder of the cheese over the top, and brown it as the macaroni was browned. Serve it very hot.



**Potato Salad.**—Pare and slice some cold boiled potatoes. Peel and slice thin one onion. Mix on a salad dish, and pour over them the following dressing: Stir together one salt-spoon of salt, quarter of a salt-spoon of pepper, one table-spoonful of vinegar, and three of oil. Dress the salad with this mixture, and serve with chopped parsley.

**Baroness Pudding.**—Shred one-half pound of suet, and chop it fine. Seed and chop one-half pound raisins. Mix the suet and raisins with half a pound of stale bread crumbs, four ounces of sugar, and a pint of milk. Wring a pudding-cloth out of boiling water, dust thickly with flour, tie the pudding up in it, put into a large pot of boiling water, and boil steadily for four hours. Turn out of the cloth, dust thickly with powdered sugar, and serve hot with any pudding sauce.

**French Pancakes.**—Beat two ounces of granulated sugar, and two ounces of butter to a cream. Beat two eggs separately, the yolks to a cream and the whites to a froth, and add the yolks to the butter and sugar. Stir a half pint of milk into these ingredients. Butter six tin pie-plates. Sift two ounces of flour with a tea-spoonful of baking powder, and stir it quickly into the above mixture with the whites of the eggs. Put the batter quickly upon the buttered plates, and bake the pancakes brown in a quick oven. Dust with powdered sugar, lay them one over the other, with a little jelly between, and serve hot.

**Omelet.**—Break three eggs, putting the whites in one dish, and the yolks in another. Add quarter of a salt-spoon of salt, and a dash of pepper to the yolks, and beat half a minute. Put a bit of butter as large as a chestnut into a clean omelet pan, and set over the fire to heat. Beat the whites to a stiff froth, mix the yolks gently into it, and put the omelet into the pan. Stir the omelet with a fork, running it close to the bottom of the pan, and piling the omelet in a heap in the center. When done enough, pile it on one side of the pan, hold a hot dish close to it, and toss the omelet out on it. Serve immediately. An omelet of three eggs is large enough for two persons; if more are to be served, cook another the same size, as a larger one will not be so light.

**Apple Charlotte, Plain.**—Butter rather thickly a plain pudding mold. Cut to fit the mold enough slices of bread to half fill it, and spread them with butter. Pare, core, and slice one quart of apples. Grate the rind and squeeze the juice of a lemon. Fill the mold with alternate layers of bread and butter, and apple, sprinkling plenty of lemon and sugar between. Cover the top of the mold to prevent burning; bake three-quarters of an hour; turn it out on a dish; sprinkle it well with powdered sugar, and serve it hot.

**Lemon Dumplings.**—Shred one-quarter pound of suet, and chop very fine. Grate rind and squeeze juice of one lemon. Mix together the suet, one-half pound bread crumbs, three ounces of sugar, two eggs, the rind and juice of the lemon, and enough milk to moisten these ingredients. Divide them into six equal parts. Dip six small pudding-cloths into boiling water, dust them with flour, tie up a dumpling in each, and drop into a pot full of boiling water. Boil for an hour, keeping the pot covered, so the dumplings won't be heavy. When done, turn out of the cloths, arrange on a dish, and serve with the following sauce: Grate rind and squeeze juice of one lemon. Mix over the fire one ounce each of butter and sugar until they bubble. Stir in half

a pint of boiling water, one ounce of sugar, the lemon juice and rind, and serve in a sauce-boat with the pudding. Do not let the sauce boil after adding the lemon, or it will be bitter.

**English Apple Tart.**—Lay a disk of puff paste on a round tin, and place a strip of paste all round it, as for an ordinary jam tart. Spread on the inside a layer of apple marmalade a quarter of an inch thick. Peel and core some apples, cut them in slices a quarter of an inch thick, trim all the slices to the same shape, dispose these slices over the marmalade, overlapping each other, and in some kind of pattern; strew plenty of sugar over, and bake in a quick oven till the apples are a good color.

**Fried Potatoes.**—Pare some potatoes so as to give each the form of a cylinder, then cut each cylinder in slices the eighth of an inch thick. By this means all the pieces of potato will be the same size. Dry them thoroughly in a napkin; put them in the frying basket, and plunge it in boiling hot lard; shake the basket continually, and as soon as the potatoes have acquired a light yellow color, turn them out on a cloth in front of the fire and sprinkle them with fine salt.

**Potato Soup.**—Boil two or three pounds of potatoes well, mash them, add slowly good broth sufficient for your tureen; let this well boil, and then add some spinach, sorrel, a little parsley, lemon, thyme, mint, and sage, all chopped fine. Boil all five minutes; pepper and salt to taste. Just before taking off the fire add two well-beaten eggs.

**Pea Soup.**—Soak a pint of split peas in water for twelve hours, drain off the water, put the peas into a saucepan with three pints of cold water, a piece of bacon (about half a pound), two sprigs of dried mint, a bay leaf, some parsley, an onion stuck with two or three cloves, some whole pepper, and salt to taste. Let the whole boil three hours, then pass the *purée* through a hair sieve, make it hot again, and serve with dice of bread fried in butter.

**Salad Cream.**—Take the yolks of three fresh eggs; whisk them well up with ten grains of cayenne pepper; then take an ounce of mustard, salt one drachm and a half, salad oil half an ounce; mix well with half a pint of the best vinegar, and then add the two lots together; shake them well, and you will have an excellent mixture, which will keep for twelve months.

**Pickled Onions.**—Take some small onions, peel and throw them into a stewpan of boiling water, set them over the fire, and let them remain until quite clear; then take them out quickly, and lay them between two cloths to dry. Boil some vinegar with ginger and a whole pepper, and when cold pour it over the onions in glass jars, and tie them closely over.

**Codfish with Cream.**—Pick out carefully in flakes all the flesh from the remnants of some boiled codfish; melt a piece of butter in a saucepan, and add to it a large pinch of flour and a gill of milk or cream, with pepper, salt, and grated nutmeg to taste, also the least bit of cayenne; stir well, put in the fish, and gently shake it in this sauce until quite warm. If the composition be too dry, add a little milk or cream; then add, off the fire, the yolks of two eggs beaten up with a little milk, and serve.

**Onion Sauce.**—Boil some onions in milk, with pepper, salt, and nutmeg. When quite done, pass them through a sieve. Put some butter and flour into a saucepan; when the butter is melted and well mixed with the flour, put in the pulp of the onions and add either milk or cream, stirring the sauce on the fire until it is of the desired consistency.

**Cheap Fruit-Cake.**—Two cups of sugar, one of butter, three of flour, one (large) of cider, one of chopped raisins, one of currants, two eggs, one

tea-spoonful of soda, two of cream of tartar, one tea-spoonful each of cloves, cinnamon, nutmeg, one mace, a little salt, and a table-spoonful of chipped candied citron, and lemon.

**Fried Smelts.**—Carefully wipe two pounds of cleaned smelts with a dry cloth; dip them in milk, then roll them in finely-powdered cracker crumbs, next in an egg beaten with a salt-spoonful of salt and a quarter of a salt-spoonful of pepper, and then again in cracker crumbs; fry them in enough smoking fat to cover them until they are golden brown; take them from the fat with a skimmer, lay them on a napkin or a piece of paper, to absorb the fat, and serve them laid in rows, with a few quarters of lemon on the side of the dish.

**To Pickle Eggs.**—Sixteen eggs, one quart of vinegar, half ounce black pepper, half ounce Jamaica pepper, half ounce ginger. Boil the eggs for twelve minutes, then dip them into cold water, and take off the shell. Put the vinegar, with the pepper and ginger, into a stewpan, and let it simmer for ten minutes. Now place the eggs in a jar, pour over them the vinegar, etc., boiling hot, and when cold tie them down with a bladder to exclude the air. This pickle will be ready for use in a month.

**Lemon Savoy Sponge.**—Half a pound of loaf sugar, rub some of the lumps on the peel of two lemons, so as to get all the flavor from them; dissolve the sugar in half a gill of boiling water; add the juice of the lemons, or one of them if a large size, and beat with the yolks of four eggs until very white and thick; stir in a quarter of a pound of fine flour, beat the white of the eggs to a strong froth, and mix as thoroughly but as lightly as possible; butter and sift sugar over a mold, nearly fill it with cake mixture, and bake at dark-yellow-paper heat for thirty minutes.

**Chicken Rissoles.**—Mince very finely some remnants of fowls, free from skin, add an equal quantity of ham or tongue, as well as a small quantity of truffles, all finely minced; toss the whole in a saucepan, with a piece of butter, mixed with a pinch of flour; add white pepper, salt, and nutmeg to taste, as well as a little minced parsley; stir in, off the fire, the yolks of one or two eggs, beaten up with a few drops of lemon juice, and lay the mixture on a plate to cool. Make a paste with some flour, a little water, two eggs, a pinch of salt, and two or three of sugar; roll it out to the thickness of a penny piece, stamp it out in round pieces, three inches in diameter; put a piece of the above mince on each, then fold them up, fastening the edges by moistening them with water. Trim the rissoles neatly with a fluted cutter, dip each one in beaten-up egg, and fry a golden color in hot lard.

**An Excellent Apple Marmalade.**—Pare, core, and cut your apples into small thin pieces; put them into water with a little lemon juice to keep them white; after a short time take them out and drain them; weigh the quantity intended to be made, and put them into a stewpan. Half a pound of sugar should be added to each pound of apples, but one-third more if for keeping; add a stick of cinnamon and the juice of a whole lemon. Put the stewpan over a brisk fire, and cover it. As soon as the apples are pulped stir until the syrup becomes of a proper consistence; then pour the marmalade into pots.

**Swiss Rissoles.**—One-half pound apples, three ounces sugar, juice half a lemon, eight ounces flour, four of butter, one gill cold water, one egg, two ounces raisins, and a small pinch of salt. First put in the saucepan the lemon juice and two ounces of sugar. When the juice boils add the four ounces of butter, one-half ounce sugar, and apples cut in small pieces, and the raisins, and cook half an hour. Turn on a plate and let it get cold. Put on the board eight ounces of flour, add

mix well together. Add a pinch of salt, drop the yolk of an egg in the center, and make it into a *dry* dough with the gill of water. Knead firmly, roll out to a thickness of a third of an inch, cut into square pieces, and what is left knead again, and cut. Brush the squares with the white of an egg, slightly beaten, and put some of the above mixture on each of the squares. Double over the crust, press the edges together, and put in a hot oven for twenty minutes. Brush the rissoles with whatever white of egg remains, and dust sugar over them; return to the oven for a minute to dry the egg.

**Beef Olives.**—One pound steak from the round, a little pepper and salt, one-half ounce clarified fat, half-pint cold water, dessert-spoonful of Worcestershire sauce, dessert-spoonful mushroom catsup, half ounce of flour, dessert-spoonful of chopped parsley, three table-spoonfuls bread crumbs, one egg. Melt, in a small saucepan, the clarified fat; put in a basin the bread crumbs, pepper and salt; to this add the parsley; drop into it an egg, and mix well. Cut the steak into small, long pieces. Into each roll a little stuffing, and tie around a piece of string. When the fat is hot, brown the roll of meat on all sides; when browned pour away the fat. The rolls brown better when the cover of the pan is off. When done, remove the strings and pour over a sauce made as follows: In a small basin put a half ounce of flour, make smooth with a little cold water; add the catsup, the Worcestershire sauce, and a few drops of brown- ing to give it a nice color; add the rest of the water and mix well. Pour this gravy, cold, on the olives; stir this on the fire till it boils, then let it cook slowly for an hour and a half. In using mushroom catsup be careful not to use too much salt.

**Roast Sirloin of Beef (English Style).**—Cut off most of the flap, and trim the joint neatly. Have a clear, brisk fire well built up. Place the joint close to it for the first half hour, then move it further off. Baste frequently. When nearly done sprinkle the joint well over with salt. Put a small quantity of water in the dripping-pan, then pour off the gravy, free it effectually from fat, and pour it over the joint in the dish. Time of roasting, about three hours for a ten to twelve pound sirloin. Garnish with scraped horseradish and Yorkshire pudding. Serve horseradish sauce in a tureen.

**Yorkshire Pudding.**—Make a thin batter, as for frying, with a pint of milk and some flour; season with salt, pepper, and a little nutmeg grated fine. The batter should be perfectly smooth. Beat up the yolks of four eggs and the whites of two, and strain them into the batter. Beat it well with a fork for some minutes, then pour the mixture, to the thickness of an inch, into a tin buttered freely, and put it into the oven. When the pudding is set, lay it in the tin, slanting in front of the fire under the beef which is roasting, and when the top is well browned take the pudding out of the tin and expose the under side of it to the action of the fire. When done cut it up in diamond-shaped pieces, and garnish the joint with them.

**Duck Stewed with Olives.**—Truss it with an onion inside, and its legs tucked in, as fowls are trussed for boiling. Mince a couple of ounces of fat bacon, put them into a stewpan with an ounce of butter, and when this is melted put in the duck breast downward; when it begins to color turn it over, moisten with a little stock, add pepper and salt, a bundle of sweet herbs, and let it stew gently till done—about an hour. Meanwhile stone and parboil a quantity of olives, mix a little butter and flour on the fire till it browns, and as much of the liquor (strained and skimmed of fat) in which the duck was stewed as may be wanted

for sauce; put in the olives, let them boil a short time, then dish up the duck with the sauce over, and the olives round it. One or two table-spoonfuls of mushroom sauce added to the sauce are of course an improvement.

**Baked Cod or Haddock.**—Take a cod or haddock of five or six pounds; keep the head on the fish; do not have it opened too deep; make a stuffing of half a pound of bread crumbs, a teaspoonful of very finely divided parsley, a teaspoonful of salt, a salt-spoonful of ground pepper, a half teaspoonful of dried mixed thyme and marjoram; take two eggs, beat them all up together, add a teaspoonful of butter, mix all thoroughly, and fill in the fish with it; if necessary, tie the fish up with a string; bake slowly in a pan, larding with a little butter from time to time. About an hour and a half will cook the fish.

**Lobster Salad.**—Pick all the meat off a lobster, thoroughly beat the yolks of two new-laid eggs, beat in made mustard to taste, and, continuing to beat them, drop in three spoonfuls of salad oil; add whatever flavoring may be preferred, a taste of Chili vinegar, and some salt. Mix in six table-spoonfuls of vinegar and the soft part of the lobster. Moisten the remainder of the lobster with this, and lay it at the bottom of the bowl, cut up the lettuce, take care that it is well rolled over in the dressing, and put it over the lobster. The above quantities are given for the proportions, and can be increased according to the number of lobsters used.

**Roast Fowl.**—Procure if possible a fowl with a whole breastbone, truss neatly, and let it be carefully singed; put an onion and a piece of salt butter, equal to it in bulk, inside it; tie a piece of buttered paper or a slice of bacon over the breast, and roast at a moderate fire, basting frequently with butter. Time of roasting, about half an hour. About ten minutes before it is done, remove the paper or bacon, and sprinkle the fowl freely with salt. Garnish with thin slices of broiled bacon rolled up, and serve with plain gravy in a boat, not in the dish.

**Bread Sauce.**—Put into half a pint of cold milk one small onion, three or four cloves, a small blade of mace, a few peppercorns, and a little salt. Set the whole to boil, then strain the milk over a tea-cupful of fine bread crumbs. Stir well on the fire for a few minutes, adding at the time of serving either a small pat of butter or a table-spoonful of cream.

**Russian Salad.**—Boil some carrots and turnips in salted water with a small piece of butter, but do not let them be overdone; when cold, cut out of them with a vegetable scoop a number of pieces the size of an olive; cut some beetroot in the same way; take an equal part, say a cupful, of each of the above, and a similar quantity of preserved fish, not dried; two table-spoonfuls of capers and French pickles, the same of anchovies cut into small pieces, a couple of dozen or more olives stoned; mix the whole lightly together into a sauce with yolks of eggs, salad oil, and season with salt and pepper; ornament it with hard-boiled eggs and lobster.

**Stuffed Breast of Veal.**—Make what is called a pocket in a three-pound breast of veal, by cutting the flesh of the upper side free from the breast bones, taking care to leave three outer sides of the meat whole, so as to hold the stuffing. Prepare a bed of scraps of vegetables, herbs, and salt pork in the dripping-pan. Stuff the veal with force-meat, sew it up, lay it on the vegetables, put four ounces of pork cut in thin slices on the top, season with a teaspoonful of salt, a quarter of a salt-spoon of pepper, and bake it in a moderate oven about one hour, till thoroughly done. Serve with a brown gravy made by rubbing the dripping in a pan, together with the vegetables, through a sieve,

adding a little boiling water, and seasoning properly. To make the force-meat, steep four ounces of bread in cold water. Chop an ounce of onion, and fry yellow in an ounce of butter. Wring the bread dry in a towel, and add the butter and onion. Season with pepper and salt, powdered thyme, or mixed spices, and stir till scalding hot. Then remove from the fire, stir in the yolk of one raw egg, and stuff the breast of veal with it. This is good stuffing for poultry or lamb.

**Beef à la Mode.**—Prepare a pickle for the beef as follows: Cut in slices four ounces each of carrot and onion, two ounces of turnip, and one ounce of leek. Chop a quarter of an ounce each of parsley and celery, if in season; slice one lemon; add to these one level table-spoonful of salt, one salt-spoon of pepper, six cloves, four allspice, an inch of stick cinnamon, two blades of mace, one gill of oil, a pint of vinegar, and one pint of water. Mix all these ingredients thoroughly, and use the pickle for beef, game, or poultry, always keeping it in a cool place. *Daube* a piece of round of beef, by inserting with the grain pieces of larding pork, cut as long as the meat is thick and about half an inch square, setting the strips about two inches apart. This can be done by first making a hole with the carving-knife steel and thrusting the pork in with the fingers. Lay the beef in a deep bowl containing the pickle, and let it stand from two to ten days, in a cool place, turning it over every day. Then put it into a deep pot, just large enough to hold it, together with the pickle, and turn occasionally, until nicely browned. Cover it with hot stock or water, and simmer it gently four hours. When it has been cooking three hours, cut about four ounces each of carrots and turnips in the shape of olives, pare two dozen button onions, and cut one pint of string-beans into pieces one inch long. Put all these vegetables on the fire in boiling water, in separate vessels, each containing a teaspoonful of sugar, and let them boil till tender. Then lay them in cold water, to keep their color, until ready for use. When the meat is tender, take it up and keep it warm; strain the juice in which it has been cooked and stir it over the fire until it is thick enough to coat the spoon. Drain the vegetables and let them scald up in the sauce, and pour all over the beef.

**Mutton Hams.**—As a change from a too frequent pork, eggs, and poultry diet, mutton hams would be very desirable. A sheep slaughtered occasionally would furnish sufficient fresh meat for a week's consumption without the legs and shoulders. These may be cured as hams, and afford a welcome change of diet, either sliced raw or lightly broiled over clear coals. To cure the hams proceed as follows: The legs of a fat sheep are cut into the shape of hams and rubbed over with a mixture of equal parts of bay salt and brown sugar. They then remain twenty-four hours. A pickle is made as follows: Two pounds each of bay and common white salt, six ounces of saltpeter, and one pound of brown sugar are boiled in four quarts of water, the liquid being skimmed as it boils; when the pickle is cold the hams are put into it, and kept covered for two weeks. They are then taken out, wiped dry, hung up and smoked over a slow fire of damp wheat straw. The knuckles should be filled with brown sugar and tied over closely with pieces of bladder. The hams are then hung up in a warm place, which causes the fat to melt partly and become absorbed by the lean meat. A few sweet herbs may be pounded and mixed with the pickle to add desired flavor. The shoulders may be prepared by removing the blade bones and treating them as above, taking care to rub the opening with plenty of the mixed salt and sugar. When taken from the pickle they should be sewed up. To keep the meat, place it in a box between layers of sweet hay; cover with a close-fitting following lid, upon which a weight should be laid.





**Corn Cakes.**—One egg, one pint sour milk, one-third of a tea-spoonful soda, corn meal; stir the soda with the egg, then add the milk; and last the flour and a little salt; bake on griddles.

**Bannock.**—Scant pint of corn meal; one quart of milk, six eggs, and a little salt; scald half the milk, and mix with the meal while hot; add the other half cold; to this add the eggs well beaten, and bake three quarters of an hour.

**Chocolate Blanc-mange.**—Grate three ounces of chocolate into one and a half pint of milk, add one and a quarter ounce of gelatine, quarter pound powdered sugar, mix all in a jug and stand it in a saucepan of cold water over a fire; stir occasionally till the water boils, and then stir continuously while boiling fifteen minutes; dip a mould in cold water, pour in the blanc-mange, and turn out when set.

**Lemon Pudding.**—The grated rind of four lemons, juice of three, six eggs, one pound sugar, half pound butter, one coffee-cup milk, with half cup bread-crumbs soaked in it. Beat the butter and sugar well together at first. Then add the rest, leaving out the whites of four eggs for the meringue.

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**English Muffins.**—One and a half pounds flour, one pint warm milk, one-half pint yeast, mix well together, and allow to rise; work over again, add a little salt, and two eggs; bake on a hot griddle in rings.

**Boned Chicken for a Party.**—Take a chicken, parboil it, then slit down the back, taking out the back-bone and ribs, stuff with force-meat, lard the breast, making two rows down on each side; bake in the oven, baste well, and serve with tomato sauce on the dish.

**Force-Meat.**—Finely chopped lamb or tongue, seasoned with small pieces of pork, summer savory, salt, pepper, and plenty of lemon.

**Graham Flour Muffins.**—To a pint of sour milk add soda sufficient to correct the acid only—a little salt, one table-spoonful of white sugar. Use two-thirds Graham flour to one-third white flour, stir into the milk sufficient to make a batter a little thicker than for griddle cakes. Beat thoroughly and bake in a hot oven. Heat the pans hot before filling.

**Stale Bread Griddle Cakes.**—Take stale bread. Soak in water until soft. Strain off the water through a cullender; beat the bread-crumbs lightly with a fork. To one quart of soaked crumbs add one quart of milk, three eggs, and flour to make a stiff batter. Bake on a griddle.

**Cottage Pudding.**—One cup sugar, the yolks of two eggs well beaten, one cup of sweet milk, three table-spoonfuls of melted butter, one tea-spoonful of soda dissolved, two tea-spoonfuls of cream of tartar rubbed dry into one pint of flour; the grated rind of one lemon; mix well, bake half an hour. Sauce: the beaten whites of two eggs, one cup of sugar, juice of one lemon.

**Sponge Pudding.**—One table-spoonful milk, one cup flour, one cup sugar, one tea-spoonful baking powder, three eggs. Beat yolks of eggs and sugar together light, add flour and white of egg beaten very light; add milk. Put the baking powder in the flour. Steam in cups twenty minutes. This makes seven cups. To be eaten with rich sauce.

**Delicious Rice Pudding without Eggs.**—Take two quarts of sweet milk, two heaping table-spoonfuls of rice, a tea-cup of raisins, a little salt and sugar to suit the taste; grate in about half a nutmeg, stir all together cold, put into the oven and bake slowly for about two hours, or until it becomes creamy. It is best eaten cold.

**Bird's Nest Pudding.**—Pare the apples, leave them whole, take out the core, fill the place with sugar and lemon, put them in a square pan, make a thick batter of flour, milk, and saleratus, pour upon them, and bake slowly for an hour and a half; serve with sauce. Instead of a batter of flour, etc., a nice custard may be poured over the apples, and bake half an hour.

**Scrambled Eggs.**—Break three eggs into a small stewpan; add a salt-spoonful of salt, a quarter of that quantity of pepper, and two ounces of fresh butter (the fresher the better); set the stewpan over a moderate fire and stir the eggs around with a wooden spoon, being careful to keep every particle in motion, until the whole has become a smooth and delicate thickly substance; have ready a convenient sized piece of toast, pour the eggs upon it and serve immediately.

**Delicate Corn Muffins.**—Two eggs, two table-spoonfuls white sugar, beaten together. Add three cups flour with two tea-spoonfuls yeast powder sifted through it, one heaping table-spoon Indian meal, one cup of milk, one table-spoon of melted butter, a little salt. Bake in hot iron roll-pans, well buttered, fifteen minutes. This will make one dozen.

**Breakfast Muffins.**—One quart flour, one pint sweet milk, two eggs, two table-spoonfuls home-made yeast, one table-spoonful sugar, a little salt; set to rise at night. In the morning add two table-spoonfuls melted butter. Fill the jars, and let it stand a short time before baking. It is important to add the butter after rising.

**Lemon Tapioca Pudding.**—Take a tea-cup of large tapioca, and soak it over night in a pint of water; in the morning make a rich lemonade with two or three lemons and a pint of water; put it with the tapioca, and boil until clear; if too thick, add more water; peel into straws and boil until tender; then drain off the water and add the peel to the tapioca before quite done. To be eaten cold with cream.

**Cider Fruit Cake.**—Eight cups of flour, ten eggs, six cups of sugar, three cups butter, two cups milk, clabber preferred, four tea-spoonfuls of cream of tartar, two tea-spoonfuls soda, two lbs. seeded raisins, two lbs. French currants, one-half lb. thinly sliced citron, raisins scalded in half pint of sweet cider; when cold sprinkle flour over them to prevent them from settling; cloves, allspice, cinnamon, and mace to your taste, and bake four hours.

**Baked Apple Dumpling Pudding.**—Make a biscuit dough, roll it out about one-half inch thick, have raw apples sliced thin, season with sugar and cinnamon, and a little water, spread over the middle of the dough, fold the ends of dough to the middle, dot on small pieces of butter, put into a biscuit pan with one and a half inches of water. Baste well. Sauce: Thicken the water with butter and flour rubbed together; sugar and cinnamon; let it scald on the top of the stove; if not enough water in the pan, add a little more.

**Plum Cake.**—Take two pounds of large, fresh raisins, one pound of citron, eight fresh eggs, two cups of powdered sugar, one of butter, four of flour, one of sweet milk, half a tea-spoonful of soda, one nutmeg, grated, and half a tea-spoonful of ground cloves; sift the flour and put it in the oven to brown, as you would coffee; cut the raisins in half and seed them, cut the citron in strips a half inch wide, then slice as thin as possible, and bake in a six-quart basin two hours. Icing for it:—The whites of four eggs, two cups of powdered sugar, two table-spoonfuls of corn-starch, the juice of one lemon, and one ounce of rose-water.

**Rice Pudding with Eggs.**—Boil a coffee-cup of rice in a quart of milk and a little salt, until the milk is entirely absorbed. Then stir in the grated rind and juice of a lemon, four large spoonfuls of

white sugar, two table-spoonfuls of butter, the yolks of four eggs. Bake in a buttered dish three quarters of an hour, then beat the whites of three eggs with twelve dessert-spoonfuls of white sugar to a stiff froth, spread over the top, and bake a light brown.

**Oysters Baked in the Shell.**—Make a thick batter of flour, milk, and butter, cook it well in a saucepan; scald a few small oysters, and wash them afterward in cold water. Drain off the water, and mix the oysters with the batter, season with nutmeg, pepper, and salt, and put in clam-shells. Sprinkle with bread-crumbs, put on them a small piece of butter, and bake until brown.

**President's Pudding.**—Two-thirds of a cup of sugar, two table-spoonfuls butter, the yolks of four eggs well beaten, crumb fine half a loaf of baker's bread; add rind and juice of one large lemon, one tea-spoonful of vanilla; mix all together, then put half in the bottom of a pudding dish; spread on this a very little of preserves or fresh fruit, then put in the remainder of the mixture, bake half an hour. Whip the whites of the four eggs with half a cup of fine sugar and a tea-spoonful of vanilla spread over it.

**Soups.**—All vegetables are available for soup. The favorite vegetable soup made from fresh tomatoes, corn and Lima beans is almost as good when the canned vegetables are employed. For chicken soup with rice and milk, no herbs but parsley should be used. The shin of veal or beef is the legitimate soup-bone; but any other bone may be used. Crack the bones before boiling, for the sake of the marrow, and do not put salt in until the meat has been well boiled—it has a tendency to harden the fibers and prevent the flow of the juices of the meat. You cannot well boil it too long, short of the time when the meat boils into rags and strings. If kept where they will not sour, and heated slowly so as not to scorch, most soups are better the second day than the first.

**Chicken Croquettes.**—Chop roast or boiled chicken as fine as mince meat, pound it with a potato masher; take sauce of milk or cream thickened with flour and butter, half an onion chopped fine; scald a piece of celery in the sauce (and then remove it); season with pepper and salt, mix together very soft, make into the form of sausages; put them on ice for several hours. When wanted for serving, dip them in beaten eggs and bread-crumbs, and fry in lard until brown. A little parsley improves them.

**Fried Chicken.**—Beat two eggs, add a little milk, pepper and salt your chicken, dip in your eggs and milk, then in grated cracker. Fry in butter until brown.

**Roast Duck.**—Take a pair of fine fat ducks, put them for a few minutes into boiling water to loosen the skin, which must be peeled entirely off, in order to be nice and tender. Wash them thoroughly inside, wipe the outside all off with a dry cloth, fill the body and craw with a seasoning of sage and onions, as for a goose. Roast them well, baste them all the time, make a gravy, mixed with what has been made of the neck, liver, heart and gizzard; stew in a small saucepan, with a lump of butter dredged with flour. Skim the fat off, pour over the ducks. The fishy taste of wild ducks is entirely destroyed by an onion dressing.

**Chicken Pie.**—Cut up and parboil a pair of chickens; season with pepper, salt, and nutmeg; prepare your dough same as for pie-crust; line the sides of the dish with the dough, put an inverted teacup in the middle of the dish, fill round it a layer of chicken, one of raw tomatoes cut very thin, with salt and pepper and a few slices of pickled pork. Add as much of the liquor in which the chickens were boiled as will fill the dish. Then cover the whole with a lid paste, make a cross slit in the top to let the steam escape; bake the pie an hour or more.