



Ice-Water and Ice-Creams.—There are doubtless several reasons why Americans have become a "nation of dyspeptics," but one of them is not far to seek—it is the frequent and profuse use of ice-water at meals and ice-creams afterward. Food in this country is very good and plentiful; it is produced in great variety and almost infinite abundance. Nowhere else in the world is meat eaten three times in the day, and sometimes *with*, not instead of, fish, and poultry, as well as fruits, vegetables, and different kinds of bread. The appetite is thus cultivated up to its limit—not suppressed or restrained—and those who work least are usually able to indulge it most, and educate it up to its most strained and artificial conditions.

The constant absorption of such an amount of stimulating food creates a demand for an equal supply of liquids to put them in solution, and this is met by violent and opposing draughts of hot tea and coffee or ice-water. Warm or cool drinks in moderate quantity and at reasonable intervals do not, it has been demonstrated, retard digestion. But it does not take a scientist to discover the effect of suddenly reducing the temperature of the stomach—engaged in the laborious process of transferring its various quantities of solid food and transmuting them into blood—and thus not only weakening its forces, but vastly increasing the amount of work to be performed. This is done, every day, and day after day, by thousands of people, many of whom add insult and injury to a good dinner by first drenching it with ice-water and further disabling by burying it under a mound of ice-cream.

Sugar, eggs, cream, and the starch which is sometimes added, make heavy demands upon the digestive powers, but when frozen and in this petrified condition taken into the stomach to further overweigh its already burdened condition, it is easy to see that it will not for very long be able to perform this doubled and trebled duty. There are times when ices and ice-creams, well made and of pure materials, are not only not hurtful, but positively beneficial; but this is in low, depressed states of the blood and general nervous system, when the appetite is gone and needs stimulating, and the stomach must be braced up to perform its work. Ice is also of the greatest value in fevers, cases of diphtheria, sore throat, and the like; but ice-water is never so good as good, pure water would be without the ice, for it is not only made too cold for the human stomach, but it not unfrequently conveys into it the impurities which lie congealed in the frozen water.

Pine-apple with Jelly.—Slice a pine-apple and plentifully sprinkle with sifted sugar, then pour over a glass of red currant or raspberry jelly; whip a breakfast-cupful of plain cream, and pile lightly just before serving the fruit.

Peach Compote.—Prepare a thin syrup with half a pint of water, six ounces of sugar, lemon-juice and blanched peach-stone kernels; stew twelve peaches for twenty minutes, lay them in a dish, boil up the syrup until it is thick, then pour it and the kernels over the peaches, and serve cold.

Bananas a la Reine.—Skin and stew a dozen bananas gently in a syrup of red currant juice for twenty minutes; remove the bananas, cut them lengthwise, and lay them in a glass dish; then boil up the syrup until it thickens and pour it over the bananas.

Potato Salad.—Rub a dish with a shallot; arrange upon it some cold boiled potatoes cut in slices; beat together three parts of oil and one part, more or less according to the strength of it, of tarragon vinegar, with pepper and salt to taste. Pour this over the potatoes, and strew over all a small quantity of any of the following: Powdered sweet herbs, parsley, chervil, Spanish onions, boiled beet, capers, or a combination of them all, finely chopped.

Steak a la Venison.—Take a piece of rump-steak three-quarters of an inch thick; trim it neatly, and beat it with the cutlet bat; sprinkle it with pepper, dip it in oil, and broil it over a clear fire. Turn it after it has been on the fire a minute or two, and keep

turning it often till done. Eight or ten minutes will do it. Sprinkle with salt, and serve with a piece of *maitre d'hôtel* butter placed over or under it, and fried potatoes round it.

Hashed Mutton.—Mince an onion and fry it in butter to a brown color, add a tablespoonful of flour, stir well, pour in enough stock or broth to make the sauce, with a dash of vinegar, pepper, salt, and spices to taste. Let the sauce give a boil, then strain it, and when cold put in the slices of meat, well trimmed of any outside parts, and a good allowance of pickled gherkins cut in slices. Let the whole get warm by a gentle simmering, and keep it hot till wanted for table. Serve.

A Luncheon Dish.—Take four eggs, boil them hard, when cold, shell them, and cut them in half lengthwise, take out the yolks, beat into a smooth paste. To each egg allow a good slice of butter, half a teaspoonful of anchovy sauce, and cayenne pepper to taste. This should all be thoroughly mixed with the yolks; then fill the white halves with this paste. Serve on a napkin, and garnish with parsley.

Marrons au Chocolat.—Melt a cake of the best French chocolate in a saucepan with a little water; beat up the white of three eggs with the mixture, and add one pound of chestnuts (boiled and pulped). Mix well together, and when cold shape into bonbons; bake lightly, and serve.

Marrons a la Princesse.—Boil some chestnuts, and when quite soft pulp them and add lemon-juice and sugar. Line the inside of a thickly-buttered cake mould with this, and then add a layer of pulped apples, delicately seasoned with quince; over this spread another layer of chestnut paste, and again an apple layer. Squeeze over more lemon-juice, and bake in a quick oven. Turn out and cut in diamond shapes. Glaze with white of egg and powder with white sugar.

Rice Cake.—Take a cup of cold boiled rice, and mix with it very smoothly a cup of prepared flour. Add the beaten yolk of an egg, a little salt, a tablespoonful of melted butter, and milk or cream enough to soften into a thick batter. Let it stand an hour, then add half a teaspoonful of carbonate of soda—put in dry—and well mixed with the mass. Beat thoroughly and bake on a hot griddle.

Stewed Potatoes.—Take cold boiled potatoes, slice them thin. Boil together half a pint of milk, a teaspoonful of butter, one egg well beaten, and a little salt. When boiled add the potatoes, and serve at once.

Milk Toast.—Take half a pint of milk, two teaspoonfuls of butter, and a little salt. Put to heat over the fire; toast slices of bread; lay each slice, as soon as toasted, in a deep dish, and pour the heated milk over it, placing the next slice upon it, with more of the milk. When the dish is filled pour over the remainder of the milk, cover it, and serve hot.

Breakfast Kidneys.—They should be first skinned and cut open lengthwise down to the root, but without quite separating them. Then season them with pepper and salt, and fry them in butter for about eight minutes, turning them when they are half done. Serve them very hot, each one on a small round piece of buttered toast, a tiny piece of butter being put upon each kidney. Some prefer the kidneys broiled instead of fried, but they are served in exactly the same way.

Boiled Hominy.—Wash the grain in two waters, pour boiling water on it, cover it, and let it soak all night, or for several hours. Then put into an earthen pot or saucepan, allow two quarts of water to each quart of hominy, and boil till perfectly soft. Then drain, put into a deep dish, and send to table hot and *uncovered*, to eat with milk, cream, or sugar and butter. When cold, may be made into thick cakes and fried in butter.

Young Corn Omelet.—Strip or scrape the corn from six young full ears, pound in a yellow bowl, and mix with five eggs after they have been beaten light. Add a small saltspoon of salt and a very little pepper. Put into a hot frying-pan equal quantities of lard and fresh butter, and stir them well together over the fire. When they boil put in the mixture thick, and fry it, turning with care. Transfer it, when done, to a heated dish, but do not cover it over.

Rice Griddle-Cakes.—Blend one cup of well boiled rice with a cup of flour, add a small dessert-spoonful of Royal baking powder, three eggs, salt, and tablespoonful of melted butter. Reduce with one cup of rich milk, and bake on a hot, buttered griddle.

Corn Bread.—Take a large tablespoonful of butter, one small teacupful of brown sugar, one teacupful of flour, three teacupfuls of cornmeal, a small teaspoonful of salt, a small teaspoonful of soda, two full teaspoonfuls of cream of tartar, and one egg. Melt the butter, add the sugar and salt, beat well together; break the egg into it, beat until well mixed; put in the cream of tartar, add the flour and cornmeal, with sufficient milk to make a thin batter; mix steadily for about ten minutes, add the soda, still mixing. Bake in a hot oven in cake tins till well browned. Eaten warm, with butter.