

## Receipts, &c.

### MODERN COOKERY AND HOUSEHOLD MANAGEMENT.

The average of human felicity may not be much higher now than it has been; the world will most likely deserve its title of a "vale of tears" to the end of time; but one consolation, and that by no means a small one, has become stronger and of more general circulation in the present day—there is the possibility of getting good dinners *often*! Good dinners, excellent dinners, super-excellent dinners, have been cooked and eaten in all ages. "Lord Mayor's Feasts" have never failed. Christmas time, Easter, and even Michaelmas, have secured good cheer for Christendom. Sunday dinners retain a comfortable superiority over the rest of their brethren; but their very association with plenty of good things suggests the "spare fast" of intermediate seasons, when a household was kept on salted meat for months, the frugal housewife being careful to use first the portions which were a "little touched," and going on with the remainder as it stood in the most urgent need of being cooked. Certainly all that has been much changed for the better. Our Lady's Book receipts deal less with grand dishes for high-company occasions, and more with the common dinners of every day. Domestic cookery-books have of late boldly encountered the difficulty of dealing with "that poor creature"—cold mutton. Set dinner-parties are less thought of than the comfort of the family. The idea has been set forth and cherished that the husband and the children are entitled to as much consideration as occasional guests, and that the table ought to be set out as carefully and neatly every day as on special occasions. There is a self-respect in such a fact that goes deeper than the clean tablecloths and dinner-napkins. One of the latest attainments of civilization is—comfort; it is one of the last applications men venture to make of their money, just as, in religion, the practical part of it lags a long way behind the canons of orthodox metaphysics. Men wore fine clothes whilst they walked on rushes, and the beautiful embroidery and picturesque costume of Vandyke's portraits were worn previous to Cromwell's sanitary direction that the dirt should be shovelled from before the doors of houses every day. People are beginning to make themselves comfortable with such things as they have. From the green-hafted scimitar-shaped knives and two-pronged forks which prevailed among decent people within the memory of man to the appointments of the present day there is a great step, and at no more cost. Silver forks are still for those who can obtain them, and silver spoons continue to be the mystic symbol of good luck; but the substitutes for these precious articles improve every day, and the convenience of the originals is afforded to a wider circle. The one point insisted upon in all works on household management is not a love of show or extravagant expenditure, but the necessity of having everything that depends on personal thought or care done as well as possible. The electro-plate or the nickel silver, or even the commonest species of Britannia metal, is to be kept clean and bright, and put neatly on the table; the table linen has no need to be fine, but freshness is indispensable. The dinner may be of scraps, but those scraps must be made savory; and certainly the receipts and directions for turning stale crusts into delicate puddings, morsels of cold, dry meat

into delicious *entrées*, leave cooks and wives without excuse for "banyan days" or hungry dinners. No one can read the Lady's Book receipts without being struck by the good sense which pervades them as a general rule.

Cookery is not merely "the art of providing dainty bits to fatten out the ribs," as the scornful old proverb has it: it is the art of turning every morsel to the best use; it is the exercise of skill, thought, ingenuity, to make every morsel of food yield the utmost nourishment and pleasure of which it is capable. To do this, or to legislate for the doing of it, does not depend on the amount of money spent; the same qualities of character are demanded whether the housekeeping be on a large or a small scale. A woman who is not essentially kind-hearted cannot be a comfortable housekeeper; a woman who has not judgment, firmness, forethought, and general good sense cannot manage her house prudently or comfortably, no matter what amount of money she may have at her command; a woman who has not an eye for detecting and remedying disorderliness and carelessness cannot keep her house fresh and pleasant, no matter how much money she may spend on furniture and upholstery. It is not money, but management, that is the great requisite in procuring comfort in household arrangements. Of course, nobody asks impossibilities; none but the Jews ever yet succeeded in "making bricks without straw," and even they found it difficult, and lamented wearily; but the woman with limited means may make her things as perfect after their kind as the woman with ample means, only she will be obliged to put more of *herself* into the management; and that element of *personality* has a charm which no appointments made through the best staff of servants can possess—it is a luxury that money cannot buy, and generally hinders. The luxury of completeness must always depend on the individual care and skill of the mistress. That a thing should be perfect after its kind is all that can be required. Bacon and venison lie at opposite ends of the economical scale; but if the woman whose means allow her to procure bacon only is careful to have it so dressed and served that it is as good as bacon ought to be, she has attained the only perfection required at her hands; and it is the higher qualities brought to bear on a common action which give to the result a beauty and value not its own. We are all so much creatures of imagination, that we think more of the signified, than of the actual, fact. When a man sees his table nicely set out, he believes in the goodness of his dinner in a way that would be impossible with the self-same dinner on a soiled tablecloth with a slovenly arrangement.

### MISCELLANEOUS COOKING.

**A-ROUND OF SALTED BEEF.**—As this is too large for a moderate family, we shall write directions for the dressing half a round. Get the tongue side; skewer it up tight and round, and tie a fillet of broad tape round it, to keep the skewers in their places. Put it into plenty of cold water, and carefully catch the scum as soon as it rises; let it boil till all the scum is removed, and then put the boiler on one side of the fire, to keep *simmering* slowly till it is done.

Half a round of fifteen pounds will take about three hours; if it weighs more, give it more time. When you take it up, if any stray scum, etc., sticks to it that has escaped the vigilance of your skimmer, wash it off with a paste-brush. Garnish the dishes with carrots and

turnips. Send up carrots, turnips, and parsnips, or greens, etc., on separate dishes.

**N. B.** The outside slices, which are generally too much salted and too much boiled, will make a very good relish as potted beef.

**VEAL.**—Veal requires particular care to roast it a nice brown. Let the fire be the same as for beef; a sound, large fire for a large joint, and a brisker for a smaller; put it at some distance from the fire to soak thoroughly, and then draw it near to finish it brown.

When first laid down it is to be basted; baste it again occasionally. When the veal is on the dish, pour over it half a pint of melted butter; if you have a little brown gravy by you, add that to the butter. With those joints which are not stuffed, send up forcemeat in balls or rolled into sausages as garnish to the dish, or fried pork sausages; greens are also always expected with veal.

**VEAL SWEETBREAD.**—Trim a fine sweetbread (it cannot be too fresh); parboil it for five minutes, and throw it into a basin of cold water. Roast it plain, or beat up the yolk of an egg, and prepare some fine bread-crumbs. When the sweetbread is cold, dry it thoroughly in a cloth; run a lark-spit or a skewer through it, and tie it on the ordinary spit; egg it with a paste-brush, powder it well with bread-crumbs, and roast it. For sauce, fried bread-crumbs round it, and melted butter, with a little mushroom catsup and lemon-juice, or serve them on buttered toast, garnished with egg sauce or with gravy.

A **LEG OF PORK** of eight pounds will require about three hours. Score the skin across in narrow stripes (some score it in diamonds) about a quarter of an inch apart, stuff the knuckle with sage and onion, minced fine, and a little grated bread, seasoned with pepper, salt, and the yolk of an egg. Do not put it too near the fire.

A **CHINE OF PORK.**—If parted down the back bone so as to have but one side, a good fire will roast it in two hours; if not parted, three hours. Chines are generally salted and boiled.

**GOOSE.**—When a goose is well picked, singed, and cleaned, make the stuffing with about two ounces of onion and half as much green sage, chop them very fine, adding four ounces—*i. e.* about a large breakfast-cupful—of stale bread-crumbs, a bit of butter about as big as a walnut, and a very little pepper and salt (to this some cooks add half the liver, parboiling it first), the yolk of an egg or two, and incorporating the whole well together, stuff the goose; do not quite fill it, but leave a little room for the stuffing to swell; spit it, tie it on the spit at both ends, to prevent it swinging round, and to keep the stuffing from coming out. From an hour and a half to an hour and three-quarters will roast a fine full-grown goose. Send up gravy and apple sauce with it.

To **CLARIFY DRIPPINGS.**—Put your dripping into a clean saucepan over a stove or slow fire; when it is just going to boil, skim it well, let it boil, and then let it stand till it is a little cooled; then pour it through a sieve into a pan.

*Obs.*—Well-cleansed drippings and the fat skimmings of the broth-pot, when fresh and sweet, will baste everything as well as butter, except game and poultry, and should supply the place of butter for common fries, etc., for which they are equal to lard, especially if you repeat the clarifying twice over.

**N. B.** If you keep it in a cool place, you may preserve it a fortnight in summer, and longer in winter. When you have done frying, let the dripping stand a few mi-

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nutes to settle, and then pour it through a sieve into a clean basin or stone pan, and it will do a second and a third time as well as it did the first; only the fat you have fried fish in must not be used for any other purpose.

**POTATOES ROASTED UNDER MEAT.**—Half boil large potatoes, drain the water from them, and put them into an earthen dish or small tin pan, under meat that is roasting, and baste them with some of the dripping. When they are browned on one side, turn them and brown the other; send them up round the meat, or in a small dish.

**VEGETABLE SOUP.**—Put a cabbage, turnips, and carrots, cut up, a bit of celery or a little sugar, into two quarts of water; boil one hour; add three onions, sliced, some oatmeal or rice boiled, or crusts of bread, pepper, and salt; give it a boil up for a quarter of an hour.

**CABBAGE JELLY.**—A tasty little dish, and by some persons esteemed more wholesome than cabbage simply boiled. Boil cabbage in the usual way, and squeeze in a colander till perfectly dry. Then chop small; add a little butter, pepper, and salt. Press the whole very closely into an earthenware mould, and bake one hour, either in a side oven or in front of the fire; when done, turn it out.

To **HASH A CALF'S HEAD.**—Clean the head thoroughly, and boil it for a quarter of an hour. When cold, cut the meat into thin, broad slices, and put them into a pan with two quarts of gravy; and, after stewing three-quarters of an hour, add one anchovy, a little mace and Cayenne, one spoonful of lemon pickle, and two of walnut catsup, some sweet herbs, lemon-peel, and a glass of sherry. Mix a quarter of a pound of fresh butter with flour, which add five minutes before the meat is sufficiently cooked. Take the brains and put them into hot water, skin them, and pound them well. Add to them two eggs, one spoonful of flower, a little grated lemon-peel, and finely chopped parsley, thyme, and sage; mix well together with pepper and salt. Form this mixture into small cakes; boil some lard, and fry them in it until they are a light brown color, then lay them on a sieve to drain. Take the hash out of the pan, and lay it neatly on a hot dish, strain the gravy over it, and lay upon it a few mushrooms, forcemeat balls, the yolks of four hard-boiled eggs, and the brain-cakes. Garnish with slices of lemon and pickles.

**SCALLOPED OYSTERS.**—Wash out of the liquor two quarts of oysters, pound very fine eight soft crackers, or grate a stale loaf of bread; butter a deep dish, sprinkle in a layer of crumbs, then a layer of oysters, a little mace, pepper, and bits of butter; another layer of crumbs, another of oysters, then seasoning as before, and so on until the dish is filled; cover the dish over with bread-crumbs, seasoning as before; turn over it a cup of the oyster liquor. Set it into the oven for thirty or forty minutes to brown.

#### CAKES, PUDDINGS, ETC.

In making cakes it is indispensably necessary that all the ingredients should be heated before they are mixed; for this purpose everything should be prepared an hour before the time it is wanted, and placed near the fire or upon a stove—the flour thoroughly dried and warmed; the currants, sugar, caraway seeds, and anything else required heated in the same way; butter and eggs should be beaten in basins fitted into kettles or pans of warm water, which will give them the requisite degree of temperature. Without these precautions cakes will be heavy, and the best materials, with the greatest

pains, will fail to produce the desired results. The following directions should also be strictly attended to: Currants should be very nicely washed, dried in a cloth, and then set before the fire. Before they are used a dust of dry flour should be thrown among them, and a shake given to them, which causes the cakes to be lighter. Eggs should be very long beaten, whites and yolks apart, and always strained. Sugar should be pounded in a mortar or rubbed to a powder on a clean board, and sifted through a very fine hair or lawn sieve. Lemon-peel should be pared very thin, and with a little sugar, beaten in a marble mortar to a paste, and then mixed with a little wine or cream, so as to divide easily among the other ingredients. The pans should be of earthenware; nor should eggs, or butter and sugar be beaten in tins, as the coldness of the metal will prevent them from becoming light. Use no flour but the best superfine, for if the flour be of inferior quality, the cakes will be heavy, ill-colored, and unfit to eat; but if a little potato flour be added, it will improve their lightness. Cakes are frequently rendered hard, heavy, and uneatable by misplaced economy in eggs and butter, or for want of a due seasoning in spices and sugar. After all the articles are put into the pan they should be thoroughly and long beaten, as the lightness of the cake depends much on their being well incorporated. Unless you are provided with proper utensils as well as materials the difficulty of making cakes will be so great as in most instances to be a failure. Accuracy in proportioning the ingredients is also indispensable, and therefore scales, weights, and measures, down to the smallest quantity, are of the utmost importance. When yeast is used, a cake should stand for some time to rise before it is put into the oven. All stiff cakes should be beaten with the hand; but pound and similar cakes should be beaten with a whisk or spoon.

**ROCK CAKES.**—Take a pound of flour, rub into it half a pound of butter, and half a pound of sugar; mix with it a quarter of a pound of lemon-peel and the yolks of six eggs. Roll into balls, and bake on tins.

**ARROWROOT BISCUITS.**—Put together three-quarters of a pound of sugar, and the same weight of butter until they rise; beat three eggs well and mix with it, then stir in two cups of sifted arrowroot, and two of flour; roll them thin, cut them with a biscuit-cutter; place them in buttered tins, and bake in a slow oven.

**LEMON PUDDING.**—Take four ounces of butter, melt and pour it on four ounces of powdered loaf-sugar; add the juice of a large lemon, with the rind grated, and the yolks of six eggs. Line the dish with paste, bake it half an hour.

**APPLE SNOW-BALLS.**—Take half a dozen fresh apples, cut them into quarters and carefully remove the cores from them; then put them together, having introduced into the cavity caused by the removal of the cores, two cloves and a thin slice of lemon-rind into each apple. Have at hand half a dozen damp cloths, upon each dispose of a liberal layer of clean, picked rice; place each apple in an upright position in the middle of the grain, and draw the sides of the cloths containing the rice over the same, tying them at the top only sufficiently tight to admit of its swelling whilst under the operation of boiling—three-quarters of an hour will suffice. When released from the cloths they will resemble snow-balls. Open, add sugar, butter, and nutmeg to the fruit, and serve them up to table. The above will be found very wholesome and satisfactory food for children.

**BATH BUNS.**—Take a pound of flour, the rinds of three lemons, grated fine, half a pound of butter melted in a cup of cream, a teaspoonful of yeast, and three eggs. Mix; add half a pound of finely-powdered white sugar; mix well, let it stand to rise, and it will make thirty-nine-buns.

**AN ORANGE PUDDING.**—Make a light paste, and roll it out to the extent you require it. Take your oranges, slice them with the rinds on, removing carefully the pips or seeds from the pulp. Place a layer of fruit, well-sugared, within one side of the paste and turn it over the fruit, and repeat the same course until the whole of the slices are disposed of. Fold the paste up at each end, so as to secure the syrup. Boil it in a pudding cloth. It constitutes, in some families, a nursery luxury.

**APPLE CREAM.**—Peel and core five large apples, boil in a little water till soft enough to press through a sieve; sweeten, and beat with them the beaten whites of three eggs, serve it with cream poured around it.

**EVE'S PUDDING.**—Grate three-fourths of a pound of stale bread, and mix it with three-fourths of a pound of fine suet, the same quantity of chopped apples and dried currants, five eggs, and the rind of a lemon; put it into a mould, and boil it three hours; serve it with sweet sauce.

**CRANBERRY ROLL.**—Stew a quart of cranberries in just water enough to keep them from burning; make it very sweet, strain it through a colander, and set it away to cool; when quite cold, make a paste as for apple pudding; spread the cranberries about an inch thick; roll it up in a floured cloth, and tie it close at the ends; boil it two hours, and serve it with sweet sauce. Stewed apples, or any other kind of fruit, may be made in the same way.

**AN EXCELLENT PUDDING.**—Take one pint and a half of milk, two eggs, and a small tablespoonful of flour; mix the flour with cold milk to the consistence of thick cream; boil the rest of the milk and pour, boiling hot, upon the flour, stirring all the time; add a salt-spoonful of salt, sugar to your taste, and, when cool, two eggs well beaten; have ready a buttered dish, pour the whole into it, grate lemon-peel or nutmeg over it, and bake thirty-five or forty minutes; it should be out of the oven fifteen minutes before serving. It is delicious to eat cold with jam, tart, or fruit pie.

**APPLE JAM.**—Three pounds of large apples to be put into a jar to stand all night in the oven with half a pint of water, the cores having first been taken out. The next day, add the juice of one lemon, and one pound of lump sugar; boil altogether from two to three hours.

**A SWISS CUSTARD.**—Take one quart of new milk; introduce one half of the measure into a clean saucepan, with the rind of a lemon shred very fine, and let the latter simmer over a gentle fire. Have at hand three tablespoonfuls of ground rice, damp it with cold spring water in a deep dish, and mix with it the milk which was left unused, adding loaf-sugar to your taste. When the milk in the saucepan simmers, let the cold mixture be gradually added to it, carefully stirring it round till it becomes thick and assumes the usual consistency of a custard made with eggs. Grate cinnamon and nutmeg over it, and eat it cold.

**CHEESECAKES.**—Two ounces of sweet almonds, a little better than an ounce of bitter do., the whites of two eggs, a quarter of a pound of lump-sugar pounded very

fine. Pound up the almonds (after blanching them); mix in the whites of the eggs with the sugar, and bake until a light brown in patty pans lined with a paste.

## MISCELLANEOUS.

**TO PRESERVE IRONS FROM RUST.**—Melt fresh mutton suet, smear over the iron with it while hot, then dust it well with unslaked lime, powdered and tied up in muslin. When not used, wrap the irons in baize, and keep them in a dry place. Use no oil for them at any time, except salad oil.

**TO TAKE RUST OUT OF STEEL.**—Rub well with sweet oil, and let the oil remain upon them for forty-eight hours. Then rub with leather sprinkled with unslaked lime, finely powdered, until all the rust disappears.

**TO CLEAN BLACK GRATES, HEARTHES, SIDES, ETC.**—Boil a quarter of a pound of the best black lead in a pint of weak vinegar and water, adding a teaspoonful of brown sugar and a bit of soap about the size of a walnut. When that is melted, first brush off all the dust and soot, and then with a painter's brush wet the grate, etc. As soon as it begins to dry rub to brightness with a stiffish brush, such as shoes are polished with.

**TO MAKE BLACKING.**—One pound of ivory black, two ounces of vitriol, one pound of treacle, two tablespoonfuls of sweet oil, two quarts of vinegar or stale ale. Have ready a large mug, put the ivory-black and oil into it, and mix them well together. Pour the vinegar and oil into a pan, and after making them hot, add them gently by degrees to the ivory black until you have mixed all well together. Let it stand till cold, and then add the vitriol. Bottle it for use. It will keep for years, and can be highly recommended when used for giving boots and shoes a lustrous jet appearance.

**CORKS.**—The common practice of employing inferior corks for the purpose of stopping the mouths of bottles is often productive of considerable loss, from the air being only partially excluded, and the contents suffering in consequence. We once saw a large "bin" of valuable wine become, in less than a year, little better than sour Cape, from the parsimony of its owner on this point, and we have frequently had to regret the loss of valuable chemical preparations, from a similar cause. The best corks are those called "velvet corks," and of these the finest qualities are imported from France.

**FOR CHAPPED HANDS.**—Two ounces of white wax, two ounces of hog's lard rendered, half an ounce of spermaceti, one ounce of oil of sweet almonds. Simmer all these ingredients together for a few minutes, then strain the liquid through muslin, and put it into pots. To be rubbed well over the hands when going to bed, and sleep with gloves on.

**RED INK.**—Take of the raspings of Brazil wood one-quarter of a pound, and infuse them two or three days in vinegar, which should be colorless. Boil the infusion one hour over a gentle fire, and afterwards filter it while hot through paper laid in an earthenware colander. Put it again over the fire, and dissolve in it, first, half an ounce of gum Arabic, and afterwards of alum and white sugar, each half an ounce.

**BLUE INK.**—Chinese blue, three ounces; oxalic acid (pure), three-quarters of an ounce; gum Arabic, powdered, one ounce; distilled water, six pints. Mix.

**BLACK INK.**—Sulphate of iron, calcined, six ounces; powdered nutgalls, two ounces; powdered gum Arabic,

two drachms. Mix a teaspoonful to a pint and a half of cold water.

**TURKEY CARPET, TO CLEAN.**—Beat it well with a stick in the usual manner until all the dust is removed, then take out the stains, if any, with lemon or sorrel-juice. When thoroughly dry, rub it all over with the crumb of a hot wheaten loaf, and if the weather is very fine, let it hang out in the open air for a night or two. This treatment will revive the colors, and make the carpet appear equal to new.

**EXTINGUISHING OF FIRES.**—The safety of the inhabitants being ascertained, the first object at a fire should be the exclusion of all fresh air and the confinement of all burnt air—*suffocate* the flames—remember that burnt air is as great, if not a greater enemy to combustion than even water: the one, till again mixed with oxygen, can never support flame; the other, especially if poured on heated metal, is converted into its elements, the one hydrogen, in itself most inflammable, the other oxygen, the food of fire. For both purposes, of excluding the one air and confining the other, all openings should be kept as carefully closed as possible. An attempt should always be made to stop up the chimney-pots; wet rags, blankets, or an old carpet, will serve this purpose, and thereby confine a considerable quantity of burnt air.

**VITRIOL ACCIDENTS** are not uncommon in kitchens, as when oil of vitriol (improperly used for cleaning copper vessels) is let fall upon the hands, etc. In this case, if a little soda or potash be dissolved in water, or some fresh soap-boilers' lyes, and instantly applied, no injury whatever will occur to the person or clothes.

An easy method of removing wine stains from tablecloths is to hold the stained part in milk while it is boiling on the fire. The stains will soon disappear.

**TOOTH POWDER.**—We know of no better than finely powdered charcoal; it cleans the mouth mechanically and chemically. But as alone it is dusty, and not easily mixed with water, it may for this purpose be mixed with an equal weight of prepared chalk, and, if requisite, scented with a drop or two of oil of cloves.

**TO DESTROY ANTS.**—Ants that frequent houses or gardens may be destroyed by taking flour of brimstone half a pound, and potash four ounces; set them in an iron or earthen pan over the fire till dissolved and united; afterwards beat them to a powder and infuse a little of this powder in water; and wherever you sprinkle it the ants will die or fly the place.

**PORTABLE LEMONADE.**—Take of tartaric acid, half an ounce; loaf sugar, three ounces; essence of lemon, half a drachm. Powder the tartaric acid and the sugar very fine in a marble or Wedgwood mortar; mix them together, and pour the essence of lemon upon them, by a few drops at a time, stirring the mixture after each addition, till the whole is added; then mix them thoroughly, and divide it into twelve equal parts, wrapping each up separately in a piece of white paper. When wanted for use, it is only necessary to dissolve it in a tumbler of cold water, and fine lemonade will be obtained, containing the flavor of the juice and peel of the lemon, and ready sweetened.

**CHEESE SNAPS.**—Take a new loaf, hot from the oven, pull it in halves, dig out pieces about the size of a walnut with a fork, put them on a dish, and set in a quick oven to brown lightly. Stale bread can be used, but does not answer so well. This forms a pretty supper dish, and can be eaten with wine.

## Receipts, &c.

### ECONOMY OF THE TEA-TABLE.

As a test in general to distinguish genuine tea from the sloe-leaf, let it be infused, and some of the largest leaves spread out to dry; when the real tea-leaf will be found narrow in proportion to its length, and deeply notched at the edges with a sharp point, whilst the sloe-leaf is notched very slightly, is darker in color, rounder at the point, and of a coarser texture.

In preparing the tea, a good economist will be careful to have the best water—that is, the softest and freest from foreign mixture. If tea be infused in hard and in soft water, the latter will always yield the greatest quantity of the tanning matter, and will strike the deepest black with the sulphate of iron in solution; consequently, according to the technical term, it will always be found “to draw best.”

In the management of the tea-urn it may be observed that a polished urn may be kept boiling with a much smaller quantity of spirits of wine than when a varnished or bronzed urn is used, so that a silver urn is absolutely an object of economy.

In order to make a good cup of tea M. Soyer recommends that, before pouring in any water, the teapot, with the tea in it, shall be placed in the oven till hot, or heated by means of a spirit-lamp, or in front of the fire (not too close, of course), and the pot then filled with boiling water. The result, he says, will be in about a minute a delicious cup of tea, much superior to that drawn in the ordinary way.

Tastes differ regarding the flavor of teas; some preferring all black, others all green, and many a mixture of both in different quantities, though most persons, when not fearful of their nerves, agree that fine hyson is the best. A good mixture, in point of flavor, we know to be two-fifths black, two-fifths green, and one-fifth gunpowder, all being, of course, of superior quality.

Presuming all ladies to be intimately acquainted with the mode of making tea, yet to some a few hints may be serviceable:—

First, never make tea in any other than a highly-polished teapot; for it is a chemical fact that metal retains the heat longer than earthenware, and the better it is polished the more completely will the liquid be kept hot, and the essence of the tea be extracted.

Secondly, see that the water be really boiling, not simmering, as is too commonly the case when taken from an urn, but kept either on the fire until boiled, or in one of those metal tea-kettles warmed by a spirit-lamp.

Tea retains its fine flavor better if kept in little tin canisters, instead of a caddy. It is impossible to prevent the admission of air into caddies; therefore it is better only to put a small quantity of tea into them at a time.

With regard to *coffee*, the best kind is always the cheapest. Burn it at home in small quantities, taking care, in using a close roaster, never to fill it more than half. Turn the roaster slowly at first, more rapidly as the process advances, and keep up a lively fire by the repeated addition of chips or other inflammable materials in small quantities. Burn it until of a light chestnut color. Keep it in close canisters or bottles. Grind it as wanted. Boil it in a vessel only half full, to prevent boiling over, in the proportion of one ounce and a half to a pint of water. Put in a few hartshorn shavings or

isinglass, if you will; but if the coffee is taken off the fire whilst boiling, and set on again alternately, until nothing remains on the top but a clear bubble, and then some poured out to clear the pipe, and poured back again, it will be as fine as if cleared artificially. Long boiling does not make coffee stronger, but destroys its color, and renders it turbid. In making coffee, the broader the bottom and the smaller the top of the vessel, the better it will prove.

### MISCELLANEOUS COOKING.

**SHOULDER OF VEAL ROASTED.**—It is best to have the knuckle cut off. In the under part will be found a good place to deposit some stuffing. Roast and serve up as the fillet or loin. A shoulder weighing twelve pounds will require full two hours and a half to roast. It is well to have the thick part near the knuckle placed before the fire, so as to get more roasting than the thinner part.

The *breast of veal*, though far from profitable, is very savory. Paper the joint, and roast for about an hour and a half. Serve with gravy and melted butter. The sweetbread may be skewered to the breast, and roasted at the same time.

The *neck of veal* is rather a lean joint for roasting, and requires to be larded with bacon, or well buttered, and frequently basted. The serag end must, of course, be cut away, so that six or seven chops only remain. An ordinary sized neck will take two hours' roasting. The *larding* is done thus: Cut some fat bacon into pieces two inches long and a quarter of an inch square; put the larding-needle through the flesh about an inch and a half, then put one-third of the length of the piece of bacon on it, draw the needle out, and it will leave the bacon in the meat, about a quarter of an inch sticking up outside. Such a joint will require about two hours' roasting.

**OYSTER PIE.**—Take a large dish, butter it, and spread a rich paste over the sides and round the edge, but not at the bottom. The oysters should be fresh, and as large and fine as possible. Drain off part of the liquor from the oysters. Put them into a pan, and season them with pepper, salt, and spice. Stir them well with the seasoning. Have ready the yolks of eggs, chopped fine, and the grated bread. Pour the oysters, with as much of their liquor as you please, into the dish that has the paste in it. Strew over them the chopped egg and grated bread. Roll out the lid of the pie, and put it on, crimping the edges handsomely. Take a small sheet of paste, cut it into a square, and roll it up. Cut it with a sharp knife into the form of a double tulip. Make a slit in the centre of the upper crust, and stick the tulip in it. Cut out eight large leaves of paste, and lay them on the lid. Bake the pie in a quick oven.

**OMELET.**—Twelve eggs beaten as for custard, one cup of thick, sweet cream, and a little salt; have your spider well buttered; pour in your mixture, set it over a slow fire, stir it occasionally until it thickens; pour it immediately into a deep dish. This makes a very nice dish for breakfast.

**BAKED MUTTON CHOPS—A FRENCH RECIPT.**—Put each chop into a piece of paper with pepper and salt, and seasoning of such herbs as are agreeable. Add a little butter; put each into another piece of paper before baking. When done sufficiently, in a quick oven, they are to be served, having the outer paper removed, the first paper being left in order to retain the heat and gravity.

**POTATO PUFFS.**—Take cold roast meat, either beef, mutton, or veal and ham, clear it from gristle, chop small, and season with pepper, salt, and cut pickles. Boil and mash some potatoes, and make them into a paste with one or two eggs, roll it out with a dust of flour, cut it round with a saucer, put some of your seasoned meat on one-half, and fold it over like a puff, prick or nick it neatly round, and fry it a light brown. This is an excellent method of cooking up cold meat.

**FRENCH STEAKS.**—Cut some cold veal into the form of mutton chops; season them well with Cayenne pepper and salt. Put some butter into a pan, and melt it over the fire; dredge in some flour, and add some good gravy. Put in the slices of veal, after having sprinkled them over with egg and bread-crumbs, and stir all well together. When sufficiently cooked, lay them neatly round the dish, and put into the middle of it some kidney beans or mashed potatoes, over which pour a rich white sauce.

**DRIED BEEF.**—Slice dried beef very thin, put it in the spider with water sufficient to cook it tender; add sweet cream (or sweet milk with a little butter will answer); let the milk come to a boil, stir in a little flour, previously wet with cold milk, and let it boil long enough to cook the flour. This is an excellent dish to eat with baked potatoes.

**FRIED POTATOES.**—How few cooks know how to fry potatoes! There is nothing so easy to get, and yet so palatable for breakfast, with a thick tender beefsteak or a mutton-chop sizzling from the gridiron. To fry raw potatoes properly, they should be pared, cut lengthwise into slices, an eighth of an inch in thickness, dropped into a pan over the fire containing hot beef drippings, turned frequently, nicely browned all over, but never burned. The addition of a little salt and pepper while in the pan, and a little flour dredged over them, is an improvement. We have, however, found that a thick slice of good salt pork instead of the beef drippings, answered well. Every one to his taste.

**SALAD DRESSING.**—Rub through a fine sieve a middle-sized mealy potato and the yolk of two hard-boiled eggs, both cold. Put this into a basin, with a dessertspoonful of dry mustard, a saltspoonful of salt, a small quantity of pepper, and a pinch of Cayenne; and mix it well with a wooden spoon. Add to this a fresh egg, well beaten, and a tablespoonful of anchovy sauce, and work the whole together; and then, stirring it with the right hand, with the left pour in oil by degrees until it forms a thick paste; now add two teaspoonfuls of common vinegar by degrees, still keeping it stirred, and continue the addition of oil and vinegar in corresponding quantities till, by continued working it forms a stiffish, but perfectly smooth, cream-like sauce. Add a little more anchovy sauce or seasoning, if required; and, if too thick, dilute it by adding a little milk. This dressing will keep some days if no milk is used; or for a small salad half the above quantities will be sufficient.

**POACHED EGGS.**—Poached eggs make several excellent dishes, but poaching them is rather a delicate operation, as in breaking the egg into the water particular care must be taken to keep the white round the yolk. The best way is to open the small end of the egg with a knife. When the egg is done (it must be very soft), it should be thrown into cold water, where it may be pared, and its appearance improved before it is dished up. Poached eggs are served up upon spinach, or stewed endive, or alone with rich gravy, or with stewed Spanish onions. They may also be fried in oil until

they are brown, when they form a good dish with rich gravy.

#### CAKES, PUDDINGS, ETC.

**A PLAIN CAKE.**—To three or four pounds of the best flour put two teaspoonfuls of yeast, and a tumbler and a half of lukewarm milk. Leave it half an hour to rise; then take six eggs, a little rose-water, and a quarter of a pound of pounded sugar; work it all well together, and beat it *thoroughly* for three quarters of an hour. Butter a mould, put in the dough, let it rise, and then bake it.

*Another.*—One pound of flour, half a pound of currants, half a pound of moist sugar, half a pound of treacle, a quarter of a pound of candied peel, half an ounce of allspice, half a pound of butter, two eggs, a teaspoonful of pearlsh to be dissolved in a teacup of warm milk. The above ingredients make a very excellent and inexpensive luncheon cake—one which keeps well some weeks, and can be highly recommended.

*Another.*—Take one pound of flour, a quarter of a pound of butter, a quarter of a pound of moist sugar, two eggs, a few caraway seeds, one gill of milk, a teaspoonful of baking powder. Bake it in a nice oven, not too quick.

**ALMOND PUDDING.**—Beat in a mortar half a pound of sweet, and a very few bitter, almonds with a spoonful of water; then mix four ounces of butter, four eggs (which should be well beaten), two spoonfuls of cream, and one of brandy; nutmeg and sugar to taste. (The brandy should be warmed with the butter.) Butter some cups well, and fill them half-full with the above mixture. Bake them thoroughly, and serve with butter, wine, and sugar.

**SNOWDON PUDDING.**—Quarter of a pound of bread-crumbs, the same of suet, and also of sugar, four well-beaten eggs, the rind and juice of a lemon, four table-spoonfuls of preserves, two ounces of candied citron or lemon cut into slices. Butter a mould, and stick it over with some of the pieces of candied citron; pour the above mixture into it, and boil it for four hours. Melt a little of the same preserve, and pour it over for sauce.

**MALTESE CREAM.**—Steep a quarter of a pound of macaroons at the bottom of a glass dish, in brandy. Cover them with some choice preserves, such as apricot or pine-apple, pound two ounces of the best sweet almonds, mix them with the yolks of three hard-boiled eggs, butter to the size of a walnut, a little white sugar, and lemon-peel. Rub these through a fine colander, with a wooden spoon, on to the preserves. Surround the whole with a whip of thick cream, white wine, lemon-peel and juice, and loaf-sugar.

**GROUND RICE CAKE.**—Break five eggs into a stew-pan, which place in another containing hot water; whip the eggs ten minutes till very light, then mix in by degrees half a pound of ground rice, six ounces of powdered sugar; beat it well; any flavor may be introduced; pour into the buttered pan, and bake half an hour.

**CURRENT CAKE.**—One cup of butter, three eggs, one cup of water or milk, half a teaspoonful of saleratus, nutmeg, cup of currants.

**LIGHT CAKES.**—Put a small quantity of flour into a mug, mix it with very good milk, with a lump of butter the size of an egg, a little barm, an egg, a teaspoonful of honey, and a little ginger; beat them well, and let them rise before baking.

**PAN CAKES.**—One pint milk, four eggs, half teaspoonful saleratus, a little salt, stiff enough for batter; serve with sauce.

**GRAHAM CAKE.**—Two cups of sour milk, two cups sugar, one nutmeg, two teaspoonfuls saleratus.

**WAFER GINGERBREAD.**—Equal quantities of flour, butter, treacle, and loaf-sugar. The butter, sugar, and treacle to be made warm, then mixed with the flour; add the grated rind of a lemon, ginger to your taste, and some candied citron and lemon cut into small pieces. Butter the tins well, and run this mixture thinly over them. Bake in rather a quick oven. When done, remove the gingerbread with a knife, cut it into square pieces, and roll them over a stick, in imitation of wafer cakes.

**BRANDY CREAM.**—A pint of cream, the juice of two lemons, sugar to your taste, two ounces of isinglass dissolved in a teacupful of water; whisk the cream a little by itself, then whisk in the lemon-juice and sugar, then the brandy (a large wineglassful), then the isinglass, strained and cool. If put in too warm, it will turn the cream. This quantity is sufficient to fill two moulds.

**IRISH CAKES.**—Melt one ounce of butter in one pint of boiling water, and pour it on two and a half pounds of wheat meal; mix it well up, and knead it into a stiff dough; make the cakes an inch thick, any size or shape you please; though the triangular form is best. Bake them on a bakestone, and butter them whilst they are hot, and before sending them to table.

**RAISED CAKE.**—Three cups of dough, three cups of sugar, one cup butter, three eggs, one nutmeg, and raisins, one teaspoonful of soda.

**FRIED WAFERS.**—Two eggs, two large spoonfuls of sugar, one nutmeg, flour enough to knead up hard; roll thin.

#### THE TOILET.

**POMADE DIVINE.**—Take a pound and a half of beef marrow, put it into spring water ten days, changing the water twice each day; then drain it, put it into a pint of rose-water for twenty-four hours, and drain it in a cloth quite dry. Then add storax, benjamin, cyprus, and orris, of each one and a half ounce, half an ounce of cinnamon, two drachms of cloves and nutmeg, all finely powdered and well mixed with the marrow. Then put it into a pewter vessel with a top that screws on, and over that a paste, that nothing may evaporate. Hang the vessel in a copper of boiling water, and let it boil two hours without ceasing; then put it through fine muslin into pots for keeping, and when cold cover it closely. If a pewter vessel is not at hand, a stone jar, with a paste between two bladders, will do.

*Another receipt.*—Take four pounds of mutton suet, one pound of white wax, an ounce and a half each of essence of bergamot and essence of lemon, and half an ounce each of oil of lavender and oil of origanum. Melt the suet, and when nearly cold stir in the other ingredients. The origanum has considerable power in stimulating the growth of the hair.

**HONEY WATER.**—Take a pint of proof spirit, as above, and three drachms of essence of ambergris; shake them well daily.

**HUNGARY WATER.**—To one pint of proof spirits of wine put an ounce of oil of rosemary, and two drachms of essence of ambergris; shake the bottle well several

times, then let the cork remain out twenty-four hours. After a month, during which time shake it daily, put the water into small bottles.

**COLD CREAM.**—Take a quarter of an ounce of white wax, and shred it into a basin with one ounce of almond oil. Place the basin by the fire till the wax is dissolved; then add very slowly one ounce of rose-water, little by little, and during this beat smartly with a fork, to make the water incorporate, and continue beating till it is accomplished; then pour it into jars for use.

*Another receipt.*—Take of best lard one pound, spermaceti four ounces; melt the two together, and add one ounce of rose-water, beating it as above directed.

**RED LIP SALVE.**—Take of white wax, four ounces; olive oil, four ounces; spermaceti, half an ounce; oil of lavender twenty drops; alkanet root, two ounces. Macerate the alkanet for three or four days in the olive oil; then strain and melt in it the wax and spermaceti; when nearly cold, add the oil of lavender, and stir it till quite firmly set.

**LAVENDER WATER.**—Take a pint of proof spirit, as above, essential oil of lavender, one ounce; essence of ambergris, two drachms. Put all into a quart bottle, and shake it extremely well.

#### PRESENCE OF MIND.

(From Hall's Journal of Health.)

1. If a man faints, place him flat on his back, and let him alone.
2. If any poison is swallowed, drink instantly half a glass of cold water with a heaping teaspoonful each of common salt and ground mustard stirred into it; this vomits as soon as it reaches the stomach; but for fear some of the poison may still remain, swallow the white of one or two raw eggs, or drink a cup of strong coffee; these two being antidotes for a greater number of poisons than any dozen other articles known, with the advantage of their being always at hand; if not, a half pint of sweet oil, or lamp oil, or "drippings," or melted butter, or lard are good substitutes, especially if they vomit quickly.
3. The best thing to stop the bleeding of a moderate cut instantly is to cover it profusely with cobweb, or flour and salt, half and half.
4. If the blood comes from a wound by jets or spirits, be spry, or the man will be dead in a few minutes, because an artery is severed; tie a handkerchief loosely around near the part between the wound and the heart; put a stick between the handkerchief and the skin, twist it round until the blood ceases to flow, and keep it there until the doctor comes; if in a position where the handkerchief cannot be used, press the thumb on a spot near the wound, between the wound and the heart; increase the pressure until the bleeding ceases, but do not lessen that pressure for an instant, until the physician arrives so as to glue up the wound by the coagulation or hardening of the cooling blood.
5. If your clothing takes fire, slide the hands down the dress, keeping them as close to the body as possible, at the same time sinking to the floor by bending the knees; this has a smothering effect on the flames; if not extinguished, or a great headway is gotten, lie down on the floor, roll over and over, or better, envelop yourself in a carpet, bedcloth, or any garment you can get hold of, always preferring woollen.
6. If a man asks you to go his security, say "No," and run; otherwise you may be enslaved for life, or your

## Receipts, &c.

### SOUPS.

Soups are easily made, provided the *stock* is always ready, and in good condition, that is, in a *jelly*. In every household, even where there is only one joint of meat in a week, a tureen of soup can always be made. In households where more joints are used, say three, or more, in a week, soup for three or more days ought to be made from the bones, without the addition of other meat.

The stock-pot must be an iron saucepan; must be used for no other purpose, and every day after using must be boiled out with soda and water.

For soups use always *cold* water.

#### TO MAKE STOCK FROM BONES.

Those which are sent from table on the plates must never be put with other bones; it is a dirty custom, and had better at all times be dispensed with. Take the large bone which has been left, say, from a leg of mutton, but from which the meat had not been quite scraped off (*though no particle of fat must be taken*), together with the shank and the gristle bone which is at the knuckle; crack the large bone (take out the marrow, as not being useful in soup), and put the whole of the bones into three quarts of cold water into an *iron* saucepan; let them boil very fast for four hours until the water is reduced to one quart, then throw the liquor and bones into a colander, but over a basin; set the liquor to cool, and let the bones drain. This boiling should always take place in the afternoon or evening, so that the strained liquor can be allowed to remain cooling all night. The next morning on the top of this will be found a cake of cold fat, which must be very carefully removed, as of no use for soup; underneath will be found the *stock*, which should be a jelly, and if it is not, it is because the boiling was not sufficiently attended to over night, and it must therefore be returned with the bones to the saucepan, and boiled again, and undergo the same process of straining, cooling, and removing all fat; so that it is the least trouble and fuss to attend well to the first boiling, to say nothing of the waste of additional fire for the second boiling. Having thus made stock from bones, the latter may be peppered, floured, and put away for boiling up with bones from a joint of the next, or even two days afterwards. Observe to add to the stock-pot all trimmings of fresh meat, such as bits from the trimming of veal cutlets, the lean pieces from the tops of chops, from a loin of mutton, and any small pieces, not of any other use, which are left on the dish in which the meat has been served. *But observe not to use the smallest piece of fat for stock.*

There will now be no difficulty in making stock from meat if it be so desired, as the process is exactly the same, precisely alike in the mode of straining, cooling, and taking off the fat; but if a clear soup be desired, the liquor must, *while hot*, be strained again either through the finest wire strainer, hair sieve, or with old muslin tied, but not *too tight*, over the top of the colander.

The best meat for soup purposes is shin of beef, the meat with the bones, and boiled for six or eight hours always till the liquor is reduced one-half. A pound of fresh meat should make a pint of good soup, but the meat should always be cut up small. Soup made from any other beef but that of the shin will not jelly, but

will taste very like good beef-tea. After the shin comes knuckle of veal. Soup made from this is excellent. The lean end of a neck of mutton is also good; but in making soup from this latter a half pint of water should be put to the meat, be closely covered, and allowed to boil a quarter of an hour, then be poured off, and put away in a basin to cool; then put the necessary water to the meat, and convert it into stock. When the soup made from this is about to be sent to table, take the fat off the small portion that was put away; mix the liquor, *not the fat*, in with the soup, and it will give a delicious fresh flavor of mutton. Stock may be made from any meat, poultry, or game, but must always be put in *cold water*, and be without fat.

It must always be strained, perhaps, more than once, suffered to get entirely cool, the fat be then taken off, and put away before the stock can be converted into soup.

#### TO CLEAR STOCK.

Sometimes when soup is wanted to be very clear, the stock is not so, and, in order to clear it, to every pint of stock required for soup take the white of one egg, beat it up with two tablespoonfuls of cold water; take some stock, which is nearly boiling, mix it with the eggs and water, and beat all together thoroughly; mix this with the stock, which should be boiling on the fire, stirring it well; let the whole nearly boil; then let it stand away from the fire till the eggs separate in a curd from the soup; then strain the latter through fine muslin.

VERMICELLI, OR ITALIAN SOUP.—(Made from stock from boiled bones.) Take a quart of the stock (see directions), add a little salt, a little thickening made thus: take a teaspoonful of flour, roll it in a lump of butter the size of half a walnut, throw it into the cold stock; this will readily dissolve as it boils; then throw in an ounce of vermicelli, or Italian paste, which is cheaper, better, and prettier looking, being vermicelli cut into stars, cubes, and other similar shapes. When this has been boiled ten minutes, have ready a small tablespoonful of minced onion, throw this in, and let the soup boil five minutes; then pour some soup into a basin; burn a little brown sugar in an iron spoon, mix it with the soup in the basin, then *strain* it to the soup. The onion may be omitted if desired. This soup will not take more than twenty minutes from the time it is first put on the fire.

MACCARONI SOUP.—Break a quarter of a pound of macaroni into small pieces; take a quart of boiling stock and an ounce of butter; put in the macaroni with a very little salt, and boil it till tender, which will be in about twenty minutes; thicken with a teaspoonful of flour rubbed smoothly in some water; beat up the yolks and whites of two eggs with two tablespoonfuls of cold water; take a tablespoonful of the boiling soup, and beat up with the eggs; then add two more spoonfuls, and continue till there is a basin full; then throw the whole through a strainer into the boiling soup, and take it instantly away from the fire. Well mix it together, and the soup will be ready to serve.

SPRING SOUP.—Also from stock not made of meat (see directions). Mince into very small pieces, *not too fine*, some (one large or two small) *really-dressed carrots*, six raw turnips, which must be cut in dice-shape, the heart of a stick of celery *minced very fine*, a handful of young spring onions, with the young green of six, also, and some chopped lettuce, if it can be had. Make the stock boil; add a little salt and a piece of butter size of a hazel-



nut; *when it boils fast*, throw in the vegetables; let them boil rapidly for a quarter of an hour; then thicken, if necessary, with a little flour rubbed smoothly in a little cold water and strained to the soup.

**SOUP, JULIENNE.**—Take the same kind of stock as before. Take a quarter of a pound of ready-dressed carrots; a half a pound of raw turnips, peeled and washed; a head of celery; and an old onion. Peel and cut the onion round like a lemon would be cut, only in *thin* rounds; then cut each piece in four; cut the celery across the heart, then each piece again, so as to form long bits; cut the turnips into rounds, the same way also as a lemon; then cut these also into thin strips, the carrot the same; each piece of vegetable must be about an inch long, and about as wide as *one* of the prongs of a carving fork; melt in a saucepan two ounces of butter, with a little salt, and a tablespoonful of mushroom ketchup, and a teaspoonful of brown sugar, well melted together; then put in the vegetables, and let them brown in the saucepan at the side of the fire, perhaps for an hour or less. Make one quart of stock boiling; throw in the vegetables, and let all boil together. *Omit* the thickening.

**TURNIP SOUP, WHITE.**—Wash, pare, and cut six large turnips, the same way as a lemon would be cut, that is, into round slices a quarter of an inch thick, or rather thicker, or with a turnip-scoop form them into the shape of marbles (in the latter mode more turnips must be used); cut these rounds of turnip into squares or triangular pieces. Make a quart of stock from bones boiling hot; throw into it an ounce of vermicelli, or thicken it with flour and water, rubbed smoothly; add a piece of butter the size of a walnut; throw in the turnips while the soup is rapidly boiling; make it boil up again *very quickly*. In a quarter of an hour after it boils the second time, the soup will be ready.

**TURNIP SOUP, BROWN.**—Is made precisely as in the foregoing directions; but the turnips are first browned with two ounces of butter, by letting them rapidly fry in a saucepan over a brisk fire; and leave out the vermicelli.

**ARTICHOKE SOUP.**—Is made exactly as the turnip soup, white, only leaving out the vermicelli, but adding two ounces of butter to the stock, and boiling the artichoke pieces twenty minutes or more.

**CARROT SOUP.**—A quart of stock made from bones; two carrots pared, but not cut. Put them on to cook in plenty of boiling water, with a little salt, *and two ounces of dripping*; let them boil an hour and a half; then drain them, mash them rapidly through a colander, mix them with the soup when boiling, but which has first been thickened with flour, water, and a little butter added.

**GREEN PEA SOUP.**—Take two quarts of stock made from bones; when it boils, throw in half a teaspoonful of sugar, two ounces of butter, half a teaspoonful of salt, and a quart of ready-shelled peas. Let all boil rapidly for twenty minutes, then shred up the hearts of two lettuces, and add a teaspoonful of dried and powdered mint, or a good spray of green mint. Let the soup boil for ten minutes longer; take a teaspoonful of flour, and a little cold water, mix together, strain, and add to the soup, if not sufficiently thick. The spray of mint must be taken out before sending to table.

Green pea soup sent without vegetables to table must be made in the same way, only the peas be mashed, and the whole be strained before coming to table.

## MISCELLANEOUS COOKING.

**TO BOIL A LEG OF LAMB.**—This is considered a delicate joint in the very first families. It should be put into a pot with cold water just enough to cover it, and very carefully skimmed so long as the least appearance of scum rises.

This joint should not be suffered to boil fast, for on its being gently boiled depends all its goodness, and the delicate white appearance it should have when served up. A leg of four or five pounds weight will take about one hour and a half, reckoning from the time it comes to a boil.

A boiled leg of lamb may be served up with either green peas, or cauliflower, or young French beans, asparagus, or spinach, and potatoes, which for lamb should always be of a small size.

Parsley and butter for the joint, and plain melted butter for the vegetables, are the proper sauces for boiled lamb.

**TO ROAST LAMB.**—The hind quarter of lamb usually weighs from seven to ten pounds; this size will take about two hours to roast it. Have a brisk fire. It must be very frequently basted while roasting, and sprinkled with a little salt, and dredged all over with flour, about half an hour before it is done.

**TO BOIL PERCH.**—First wipe or wash off the slime, then scrape off the scales, which adhere rather tenaciously to this fish; empty and clean the insides perfectly, take out the gills, cut off the fins, and lay the perch into equal parts of cold and of boiling water, salted as for mackerel; from eight to ten minutes will boil them unless they are very large. Dish them on a napkin, garnish them with curled parsley, and serve melted butter with them.

**TO FRY PERCH OR TENCH.**—Scale and clean them perfectly; fry them well, flour and fry them in boiling lard. Serve plenty of fried parsley round them.

**SWEETBREAD CUTLETS.**—Boil the sweetbreads for half an hour in water, or veal broth, and when they are perfectly cold, cut them into slices of equal thickness, brush them with yolks of egg, and dip them into very fine bread-crumbs, seasoned with salt, Cayenne, grated lemon-rind, and mace; fry them in butter of a fine light brown, arrange them in a dish, placing them high in the centre, and pour under them a gravy made in the pan, thickened with mushroom powder, and flavored with lemon-juice; or, in lieu of this, sauce them with some rich brown gravy, to which a glass of sherry or Madeira has been added.

**TO BROIL A SWEETBREAD.**—Parboil it, rub it with butter, and broil it over a slow fire, turn it frequently, and baste it now and then by putting it into a plate kept warm by the fire with butter in it.

**TO DRESS SALT FISH.**—Soak it in cold water, according to its saltness; the only method of ascertaining which is to taste one of the flakes of the fish. That fish which is hard and dry will require twenty-four hours soaking in two or three waters, to the last of which add a wine-glassful of vinegar. But less time will suffice for a barrelled cod, and still less for the split fish. Put the fish on in cold water, and let it simmer, but not actually boil, else it will be tough and thready. Garnish with hard-boiled eggs, the yolks cut in quarters, and serve with egg-sauce, parsnips, or beet-root.

*Or:* Lay the piece you mean to dress all night in water, with a glass of vinegar; boil it enough, then break it into flakes on the dish; warm it up with cream

and a large piece of butter rubbed with a bit of flour, and serve it as above with egg-sauce.

**ROLLED VEAL.**—The breast is the best for this purpose. Bone a piece of the breast, and lay a forcemeat over it of herbs, bread, an anchovy, a spoonful or two of scraped ham, a very little mace, white pepper, and chopped chives; then roll, bind it up tight, and stew it in water or weak broth with the bones, some carrots, onions, turnips, and a bay-leaf. Let the color be preserved, and serve it in veal gravy, or fricassee sauce.

**TO BROIL MACKEREL.**—Clean and split them open; wipe dry; lay them on a clean gridiron, rubbed with suet, over a very clear slow fire; turn; season with pepper, salt, and a little butter; fine minced parsley is also used.

**CHICKEN SALAD.**—Boil a chicken that weighs not more than a pound and a half. When very tender, take it up, cut it in small strips; then take six or seven fine white heads of celery, scrape, and wash it; cut the white part small, in pieces of about three quarters of an inch long, mix it with the meat of the fowl, and just before the salad is sent in, pour a dressing made in the following way over it:—

Boil four eggs hard; rub their yolks to a smooth paste with two tablespoonfuls of olive oil; two teaspoonfuls of made mustard; one teaspoonful of salt, and one teacupful of strong vinegar.

Place the delicate leaves of the celery around the edges of the dish.

White-heart lettuce may be used instead of celery.

Any other salad dressing may be used, if preferred.

#### CAKES, PUDDINGS, ETC.

**CUP CAKE.**—Three eggs, one cup butter, one cup and a half sugar, half cup molasses, one cup milk, four cups flour, one teaspoonful saleratus; spice to taste.

**DELICIOUS APPLE PUDDING.**—Very convenient, as it may be made several hours before it is baked, or when a nice addition is wanted unexpectedly. Pare and chop fine half a dozen or more, according to their size, of the best cooking apples; grease a pudding-dish, cover the bottom and sides half an inch thick with grated bread, and very small lumps of butter; then put a layer of apples with sugar and nutmeg, and repeat the layer, which must be of bread and butter; pour over the whole a teacup of cold water. Put into the oven as soon as the dinner is served, and bake it twenty-five or thirty minutes. It may be baked the day before if it is wanted; when it must be heated thoroughly, turned into a shallow dish, and sprinkled with powdered sugar. It requires no sauce.

**LEMON PIE.**—Take four lemons, grate the rind, squeeze the juice, chop the pulp very fine, four teacups of sugar, the yolks of six eggs, two teacups of milk, four tablespoonfuls of corn-starch; beat well together and bake; beat the white of the eggs with six tablespoonfuls of white sugar to a froth; when the pies are baked, put the froth over them, and set them in the oven for five minutes.

**GERMAN RICE PUDDING.**—Half a pound of rice boiled in a pint and a half of milk. When well boiled, mix with it three eggs, two ounces of butter, and two ounces sugar. Put it into a well buttered mould, and bake it one hour. When it is turned out of the mould put orange marmalade over it. This pudding is also very good cold.

**OPEN GERMAN TART.**—Half a pound of flour, quarter of a pound butter, quarter of a pound sugar, and one egg, to be rolled out and baked on a flat surface, having first covered the top with slices of apples or plums. A round shape looks best, with a little rim of the paste round the edge.

**PLAIN CAKE.**—Four cups flour, two of sugar, two of sour milk, one tablespoonful of butter, one tablespoonful of saleratus, nutmeg, and raisins.

**LEMON DUMPLINGS.**—Add the juice of one lemon to the rind, which must be chopped fine; mix half a pound of suet, also chopped, with half a pound of bread crumbs, one egg, enough milk (or water) to make a stiff paste; add the lemon, sweeten to taste, divide into five or six equal parts, and boil in separate cloths for three-quarters of an hour, and serve up with wine sauce.

**JERSEY PUDDING.**—Take four ounces of grated bread-crumbs, the same of grated apples, loaf sugar, fresh butter, and currants. Beat up well four eggs, add them to the above ingredients with a little salt and lemon-peel. Add a glass of brandy or white wine, butter your mould well, and boil one hour. N. B. Four macaroons can be substituted for the bread, and if preferred, it can be baked.

**DILLINGHAM CAKE.**—One cup butter, one of milk, three cups of sugar, five of flour, four eggs; spice to your taste. Bake in small or large tins.

**DEVONSHIRE CAKE.**—One pound of flour, one pound of currants, three-quarters of a pound sugar, half a pound butter, half the peel of a lemon, half a pound citron; whisk all together, with eight eggs; add a little brandy; bake in a slow oven, two hours and a half.

**PLAIN CHEESECAKES.**—One ounce of butter, one ounce of powdered sugar, one stale sponge-cake, and two drops of essence of lemon, all beaten together; this quantity makes nine cheesecakes; a few currants on the top of each if you like.

#### SIMPLE LIGHT PUDDINGS FOR INVALIDS.

**TAPIOCA BLANCMANGE.**—Half a pound of tapioca soaked for one hour in a pint of new milk, and then boiled until quite tender; sweeten, according to taste, with loaf sugar, and, if preferred, flavor with either lemon, almond, or vanilla. Put the mixture into a mould, when cold turn it out, and serve it with custard or cream, and, if approved, some preserves.

**SCALDED PUDDING.**—Stir three spoonfuls of flour into the smallest quantity of cold milk possible to make it smooth; into this stir a pint of scalding milk, put it upon the fire, but do not let it boil, when cold add nutmeg, ginger, and lemon-peel, and three well beaten eggs; sweeten to taste. Butter a basin, fill it with the above, and let it boil for an hour. When cooked plunge it into a pail of cold water, turn it on a dish, and let it stand a few minutes covered with the same basin before you send it to table.

**BAKED PUDDINGS.**—One pint of milk, quarter of a pound of butter, quarter of a pound of flour, five eggs, leaving out two of the whites, two ounces of lump sugar. Mix all well together, and bake it in cups, which first must be rinsed in cold skim milk. Bake half an hour, and serve with butter or arrowroot sauce.

**A QUAKING PUDDING.**—Boil a pint of the best new milk with two blades of mace, a little grated nutmeg, and a little ginger; when nearly cold, add to it the yolks and whites of five eggs, well beaten, a few almonds,

and sugar to taste; mix all together with two table-spoonfuls of flour. Boil it half an hour.

**MARY'S PUDDING.**—Put not quite half a pound of grated bread-crumbs, and two ounces of butter, into a basin, pour upon them (boiling) one pint of good milk, sweetened with about three ounces of sugar. Cover with a plate or saucer, and set to cool. Beat up three eggs well, and stir them into the crumbs when cool enough, adding any flavor that is liked; it is very good without. Pour into a buttered dish and bake half an hour; or pour into a buttered mould and boil one hour. The following sauce is very nice over the boiled pudding: Add one egg and the yolks of three to half a tumbler of sherry, sweetened. Put in a jug in a pan of hot water, taking care not to let it remain too long on the fire, five minutes 'will be long enough. Whip the whole by rolling the whisk well between the hands till the mixture becomes light and firm.

**A DELICATE PUDDING.**—The yolks of five eggs beat very well, half a pound of pounded sugar, half a pint of milk, a slice of butter warmed in the milk, and a table-spoonful of flour. The sauce should be made of one glass of sherry, a little loaf sugar, and melted butter. Bake the puddings in large teacups, turn them out, and pour the sauce over them.

#### MISCELLANEOUS.

**TO CLEAN CLOTH GARMENTS.**—Rub some soap upon the wristbands and collars, and dip them in boiling hot water or new made suds, and scrub them well with a brush. Then go over the dirty and greasy places in the same way. Get fresh suds and wet and brush the whole garment the right way of the cloth. Stretch the sleeves, pockets, pocket-holes, wristbands, and collars into shape, the same as if ironed and put to dry. They will look as well as new.

**TO MAKE BUTTER COME.**—After churning, if the particles of butter will not unite, as is often the case in very cold or very hot weather, drop into the churn a piece of butter the size of an egg, or larger, giving the whole a few dashes. The particles, true to the laws of attraction, will readily unite with the larger lump, and the work is done.

**PEACH LEAF YEAST.**—Peach leaves used in the same way as hops, make excellent yeast. They may be used fresh from the tree during the summer—but the winter supply should be picked before frost comes and dried.

**SOFT SOAP.**—To one cake of the concentrated lye, add three gallons of soft water. Set it on the fire, put in four pounds of soap fat, and let it boil till quite clear. Empty into a barrel, and add twelve gallons of soft water. When cold, it will be as thick as jelly. The concentrated lye can be had at most any drug store.

**A SIMPLE, SAFE, AND CLEANLY WAY TO DESTROY BLACK BEETLES, ETC.**—Place two or three shallow vessels—the larger kind of flower-pot saucers will do—half filled with water, on the floors where they assemble, with strips of card-board running from the edge of the vessel to the floor, a gentle inclination; these the unwelcome guests will eagerly ascend, and so find a watery grave.

**TO DYE SILK, ETC., CRIMSON.**—Take about a spoonful of cudbear, put it into a small pan, pour boiling water upon it; stir and let it stand a few minutes, then put in the silk, and turn it over in a short time, and when the color is full enough, take it out: but if it should require more violet or crimson, add a spoonful or two of purple

arehil to some warm water; steep, and dry it within doors. To finish it, it must be mangled, and ought to be pressed.

**TO CLEAN KID GLOVES.**—Make a strong lather with curd soap and warm water, in which steep a small piece of new flannel. Place the glove on a flat, clean, and unyielding surface—such as the bottom of a dish, and having thoroughly soaped the flannel (when squeezed from the lather) rub the kid till all dirt be removed, cleaning and re-soaping the flannel from time to time. Care must be taken to omit no part of the glove, by turning the fingers, etc. The gloves must be dried in the sun, or before a moderate fire, and will present the appearance of old parchment. When quite dry, they must be gradually "pulled out," and will look new.

**TO REMOVE INK FROM PAPER.**—Solution of muriate of tin, two drachms; water four drachms. To be applied with a camel's-hair brush. After the writing has disappeared, the paper should be passed through water, and dried.

An excellent cement for mending china articles, when broken, can be made by mixing flour with white of egg to the consistence of a paste. Hot water does not injure but rather hardens this simple cement.

**METALLIC TREES.**—The lead tree is produced as follows: Put into a glass bottle about half an ounce of sugar of lead, and fill up to the neck with distilled or rain water; then fasten to the cork or stopper a piece of zinc wire, so that it may hang in the centre: then place the bottle where it may remain undisturbed. The wire will soon be covered with crystals of lead, precipitated from the solution, and assuming a tree-like form very pleasing to the eye. For the *tin-tree* proceed as before, and put in three drachms of muriate of tin, and about ten drops of nitric acid. The *tin-tree* has a more lustrous appearance than the lead-tree. The *silver-tree* is prepared by a solution of four drachms of nitrate of silver in distilled or rain water as before, to which add out an ounce of quicksilver.

**TO MAKE GOOD COFFEE.**—Have a coffee-pot with a lip, pour into it as many cups of boiling water as you wish to make cups of coffee: let the water boil, then put in as many teaspoonfuls of coffee as there are cups of water, stir it in, let it simmer until the head falls. When the coffee is done, take it off the fire, pour in a cup of cold water, set the coffee on the hearth, and let it stand ten minutes, when it will be fine. For breakfast, put one cupful of this coffee to three or four cups of boiled milk, sweeten to your taste, and you will find it a luxury at a small expense as great as wealth can procure. Coffee should never be made in what are called coffee-pots; if poured from near the bottom it is never clear.—Coffee should always be poured from the top of the vessel.

**VARNISH FOR COARSE WOODWORK.**—Grind any quantity of tar with as much Spanish brown as it will bear without becoming too thick to be used as a paint or varnish; then spread it on the wood with a large brush. It soon hardens by keeping. The work should be kept as free from dust and insects as possible, till the varnish is thoroughly dry. The color may be made a grayish instead of a glossy brown, by mixing a small proportion of white lead, or of whitening and ivory black, with the Spanish brown.

**TO KEEP THE HANDS SOFT.**—Mix honey, almond meal, and olive oil into a paste, use after washing with soap. Castile soap is best for use: it will cure a scratch, or a cut, and prevents any spot.

## Receipts, &c.

### MISCELLANEOUS COOKING.

**THE FILLET OF VEAL ROASTED** is a good and serviceable joint. One weighing from twelve to fourteen pounds is the best. Have a largish knuckle sawn off, and the middle bone taken out; this will make a good place in which to put some *stuffing*. The flap and the udder must then be folded round, and fastened with skewers. If the hole in the centre does not hold quite so much stuffing as you wish, a little more can be placed between the flap and the fillet. Before putting it down to roast, tie some well-buttered writing-paper over the top and bottom. Place the joint rather near to the fire for a few minutes, and when it is warm rub it well over with butter. Then place it at such distance from the fire that it may roast slowly, and yet get a nice yellow-brown color. A fillet of the weight we have named will require nearly three hours' roasting. A few minutes before serving up take off the string and paper, and baste well with *thin* melted butter, with, if approved, two tablespoonfuls of mushroom ketchup. Lay it on the dish with the side uppermost most convenient for cutting, and pour over plenty of thin melted butter. It is usual to have a ham, a piece of bacon, or an ox-tongue, at the opposite end of the table, as an accompaniment.

**THE LOIN OF VEAL** is best with the chump taken off. It should be selected with plenty of fat and a full kidney. Skewer the flap well over, and cover with buttered paper. A loin weighing about twelve pounds will require about two hours and a half roasting. Attend to the directions given about roasting the fillet, and serve up with melted butter poured over.

**CANAPES.**—Cut up an equal quantity of cold roast veal and of sardines in long thin slices, add a fifth of the weight of capers, flavor plentifully with oil, vinegar, and chopped herbs. Serve on pieces of bread about two inches square and half an inch thick, which had been previously fried in butter. Serve cold.

**POTATO BALLS.**—Take four potatoes, boiled the day before, grate (not *rub*) them. Add two tablespoonfuls of flour and two eggs, salt, and a *very* little nutmeg. Make into round balls, put them into boiling water, and boil twenty minutes. Oil some butter and brown some chopped onions in it. When the balls are finished, throw over them raspings of bread, and then pour on the hot oil and onions. N. B. The great point is to serve very hot.

**TO STEW MUSHROOMS.**—Peel and take out the insides of some large mushrooms, and broil them on a gridiron. When the outside is brown, put them into a saucepan with as much water as will cover them. Let them stand ten minutes, then add to them a spoonful of white wine, and the same of browning, and a few drops of vinegar. Thicken with flour and butter; boil up a little, lay sippets round a hot dish, and serve them up.

**HAM TOAST.**—Melt a small piece of butter in a stewpan until it is slightly browned; beat up one egg and add it to it; put in as much finely-minced ham as would cover a round of buttered toast, adding as much gravy as will make it moist when quite hot. When all the ingredients are in, stir them quickly with a fork; pour on to the buttered toast, which cut in pieces afterwards any shape you please. Serve hot.

**A CHEAP GREEN PEA-SOUP.**—Two quarts of green peas, a piece of lean ham, some bones from roast meat; two onions sliced, two lettuces cut fine, a few sprigs of parsley, a bunch of sweet herbs; put them to stew in two quarts of cold water, and let it simmer gently. When quite tender, strain it, and pulp the peas and other vegetable through a sieve. Put it on the fire again, with pepper and salt, and about a pint of milk. Serve with fried bread cut into small dice.

**A SAVORY CHICKEN PIE.**—Choose three spring chickens, taking care that they are tender, and not too large; draw them, and season them with pounded mace, pepper, and salt, and put a large lump of fresh butter into each of them. Lay them in a pie-dish with the breasts upwards, and lay at the top of each two thin slices of bacon; these will give them a pleasant flavor. Boil four eggs hard, cut them into pieces, which lay about and among the chickens; also a few mushrooms. Pour a pint of good gravy into the dish, cover it with a rich puff paste, and bake in a moderate oven.

**TO COOK CODFISH WITH A PIQUANT SAUCE.**—Cut the best part of a codfish in slices, and fry them in butter a light brown color. Take them up out of the pan, and lay them upon a warm dish before the fire. Boil some onions, cut them into slices, and put them into the same pan with the butter, adding a little vinegar, water, and flour, and some finely-chopped rosemary and parsley. Fry the onions and all the ingredients together, and afterwards pour the whole over the fried fish. This dish will be excellent for three days, as it can be warmed easily when wanted.

**A SINEE KABAUB.**—Take a pound weight off a rump of beef, and cut the same into dice-formed pieces, removing all the fat. Have at hand half a dozen races of *green* ginger, a few cloves of fresh garlic, some green shalots, and a small portion of green lemon-peel. Take a long, thin iron skewer, cut the ginger into small separate *thin* pieces, serving the shalots, the garlic, and the lemon-peel after a similar manner. Then strew a small quantity of fine curry-powder over the meat, and reeve the skewer through one piece at a time, intermediately skewering the ginger, shalots, onions, garlic, and lemon-peel after the mode following: Meat, shalot, garlic; meat, ginger, lemon-peel; meat, shalot, garlic; meat, ginger, lemon-peel, and so on till the skewers are fully occupied. Expose the same before a clear, fierce, charcoal fire, basting the whole with a bunch of fowls' feathers, introduced into fresh *ghee* till done brown. Serve the same up with boiled rice.

### GRAVIES AND SAUCES.

**MELTED BUTTER.**—Keep a pint stewpan for this purpose only. Cut two ounces of butter into little bits, that it may melt more easily, and mix more readily; put it into the stewpan with a large teaspoonful of flour, and two tablespoonfuls of milk. When thoroughly mixed, add six tablespoonfuls of water; hold it over the fire, and shake it round every minute (all the while the same way), till it just begins to simmer; then let it stand quietly and boil up. It should be of the thickness of good cream.

**CELERY SAUCE, WHITE.**—Pick and wash two heads of nice white celery; cut it into pieces about an inch long; stew it in a pint of water, and a teaspoonful of salt, till the celery is tender; roll an ounce of butter with a tablespoonful of flour; add this to half a pint of cream, and give it a boil up.

**THICKENING.**—Clarified butter is best for this purpose; but if you have none ready, put some fresh butter into a stewpan over a slow, clear fire; when it is melted, add fine flour sufficient to make it the thickness of paste; stir it well together with a wooden spoon for fifteen or twenty minutes, till it is quite smooth: this must be done very gradually and patiently; if you put it over too fierce a fire to hurry it, it will become bitter and empyreumatic: pour it into an earthen pan, and keep it for use. It will keep good a fortnight in summer, and longer in winter.

A large spoonful will generally be enough to thicken a quart of gravy.

**EGG SAUCE.**—This agreeable accompaniment to roasted poultry, or salted fish, is made by putting three eggs into boiling water, and boiling them for about twelve minutes, when they will be hard; put them into cold water till you want them. This will make the yolks firmer, and prevent their surface turning black, and you can cut them much neater: use only two of the whites; cut the whites into small dice, the yolks into bits about a quarter of an inch square; put them into a sauce-boat; pour to them half a pint of melted butter, and stir them together.

**LEMON SAUCE.**—Pare a lemon, and cut it into slices; divide these into dice, and put them into a quarter of a pint of melted butter. Some cooks mince a bit of the lemon-peel (pared very thin) very fine, and add it to the above.

**MOCK CAPER SAUCE.**—Cut some pickled green peas, French beans, gherkins, or nasturtiums, into bits the size of capers; put them into half a pint of melted butter, with two teaspoonfuls of lemon-juice, or nice vinegar.

**YOUNG ONION SAUCE.**—Peel a pint of button onions, and put them in water till you want to put them on to boil; put them into a stewpan, with a quart of cold water; let them boil till tender; they will take (according to their size and age) from half an hour to an hour.

## POTATOES.

HOW TO CHOOSE POTATOES, AND KEEP THEM FROM BEING WASTED.

That excellent authority, M. Soyer, says: "Observe, in a general rule, that the smaller the eye, the better the potato, as when they are too full in the eye, they are either of an inferior quality, or are running to seed. To ascertain if they are sound, nip a piece from the thickest end with your finger-nail; if good, the inside will either be of a white, yellow, or reddish hue, according to the sort and quality; if, on the contrary, they are spotted, they are bad, or getting so; but though this part may be slightly touched, by cutting a little off the outside they may prove fit for boiling; though they ought to be bought, when in this state, at a cheap rate. Potatoes always get bad in the spring of the year, as then the old ones are going out, and the new ones for some time continue to possess but little flavor, and are watery when boiled. The old ones ought to be peeled, and steamed, and mashed, or baked in an oven under a joint, or fried in fat; for when done whole in their skins at this time of year, the slightest spot spoils their flavor. The new ones are tasteless and watery, and are much better cooked when put in very hot water, but not boiling, than when put in cold."

There are few articles in families more subject to waste, both in paring, boiling, and being actually

thrown away, than potatoes; and there are but few cooks but what boil twice as many potatoes every day as are wanted, and fewer still that do not throw the residue away, as totally unfit in any shape for the next day's meal; yet if they would take the trouble to heat up the despised cold potatoes with an equal quantity of flour, they will find them produce a much lighter dumpling or pudding than they can make with flour alone; and by the aid of a few spoonfuls of good gravy, they would produce an agreeable dish for the dinner-table.

## CAKES, PUDDINGS, ETC.

**BERWICK SPONGE CAKE.**—Beat six eggs two minutes, add three cups sugar, beat five minutes; two cups flour with two very small teaspoonfuls cream tartar, beat one minute; one cup of cold water with a small teaspoonful soda; beat one minute; half the rind and juice of a lemon, two cups flour, a bit of salt. Bake twenty minutes.

**BREAKFAST CAKE.**—One pint milk, two or three eggs, two teaspoonfuls cream tartar, one of soda, flour sufficient to roll out. Roll quite thin, and cut into round, square, or diamond shape, according to fancy. Fry in hot lard like doughnuts. To be eaten with butter.

**MIXTURE FOR THE CREAM CAKES.**—Two cups sugar, one cup flour, four eggs; the eggs, sugar, and flour to be well beaten together; one quart of milk boiled, and while boiling stir in the eggs, sugar and flour. Let it cool, and flavor; open at the side and put the cream in.

**CREAM TARTAR CAKE.**—Half cup butter, two cups sugar, three and a half cups flour, three eggs, two teaspoonfuls cream tartar, one teaspoonful soda, dissolved in one teacup of milk, one tablespoonful flavoring; stir together quickly, and bake in a quick oven.

**PERPETUAL LEMON CHEESECAKE.**—One pound of loaf-sugar, six eggs, leaving out the whites of two, the juice of three fine lemons, and the grated rind of two of them, one quarter pound of fresh butter. Put these ingredients into a pan, boil them gently over a slow fire, until they assume the consistency of honey; pour into small jars, and tie brandied papers over them. A dessertspoonful is sufficient for each cake. This should be made when eggs and lemons are plentiful, as it will keep two years.

**VELVET CREAM.**—Dissolve nearly half an ounce of isinglass in a teacupful of white wine, one pint of cream, the juice of a large lemon. Sweeten the cream to your taste, and when the isinglass is dissolved, put in the juice to the cream, then pour the wine to that. Stir it frequently until it begins to thicken; pour it into a mould.

**VERMICELLI PUDDING.**—Boil four ounces of vermicelli in one pint of new milk with a stick of cinnamon until it is soft. Then add one half pint of thick cream, one quarter pound of butter, one quarter pound of sugar and the yolks of four eggs. Bake in an earthenware dish without paste.

**A COUNTRY PUDDING.**—Mix the yolks of three eggs smoothly with three heaped tablespoonfuls of flour; thin the batter with new milk till it is of the consistency of cream; whisk the whites of the eggs separately, stir them into the batter, and boil the pudding in a floured cloth or basin for an hour. Before it is served, cut the top quickly in cross bars, pour over it a small pot of raspberry or strawberry jelly or jam, and send quickly to table.

**DEVONSHIRE JUNKET.**—Put some new milk into a china basin, or else warm some cold milk to the same heat as new, add to it a little calf's rennet, and some brandy or rum, stir it with a spoon so as to mix the whole perfectly. Place it near the fire or on a warm stove till turned, but it must not be kept too hot, or it will not turn properly. When turned, put sugar, grated nutmeg and ground cinnamon on the top, and clotted cream without breaking the curd, and serve.

**ARROWROOT BLANC MANGE.**—Mix three tablespoonfuls of arrowroot in milk, in the same manner as though you were preparing starch. Add afterwards a quart of cold milk, sugar to your taste, a few chopped almonds and some grated lemon-peel. Put it on the fire, and stir it until it thickens. Pour into a mould and turn it out when cold.

**FOAM SAUCE FOR THE PUDDING.**—One teacup sugar, two-thirds cup butter, one tablespoonful flour, beaten together until smooth. Then place over the fire, and stir in rapidly three gills boiling water; season with nutmeg; soda about the size of a pea.

#### MISCELLANEOUS.

**TO CLEAN SILK STOCKINGS.**—Wash your stockings first in white soap liquor, lukewarm, then rinse them in four waters, and work them well in a fresh soap liquor; then make a third soap liquor, pretty strong, into which put a little *stone blue*, wrapped in a flannel bag, till your liquor is blue enough. Wash your stockings well therein, and take them out and wring them; let them be dried so that they remain a little moist, then stove them with brimstone, after which put upon the wood leg two stockings, one upon the other, observing that the two fronts or outsides are face to face; then polish them with a glass. N. B.—The two first soap liquors must be only lukewarm, the third soap liquor as hot as you can bear your hand in it.

**TO CLEAN PLATE.**—Avoid the use of what are called "plate powders;" most of these contain quicksilver, which is very injurious. Boil one ounce of prepared hartshorn powder in a quart of water: while on the fire put into it as much plate as the vessel will hold; let it boil a short time, then take it out, drain it over the vessel and dry it before the fire. When you have served all your plate thus, put into the water as much clean linen rag as will soak up all the liquid. When dry, they will be of great use for cleaning the plate as well as brass locks and the finger plates of doors. When the plate is quite dry, it must be rubbed bright with leather. The use of gritty substances, however fine, should be avoided.

**TO CLEAN TINS AND PEWTER.**—Wash thoroughly clean with warm water, into which a handful of bran and a few slices of soap have been thrown while hot. Dry, and then with some of the best whiting powdered, and a little sweet oil, rub well and wipe clean; then dust them over with some dry powdered whiting in a muslin bag, and rub dry with soft leather. When tin covers come from the table, they must be wiped very dry before they are hung up, or the steam will rust the inside.

**TO PREVENT HAIR FROM FALLING OFF.**—Cocor-nut oil melted with a little olive oil, and scented as preferred. Sage tea is good for a wash; or warm water. A very good pomade is also made of white wax one-half ounce, spermaceti one-half ounce, olive oil six ounces. Different sorts of hair require different treatment; for what agrees with one, makes the other harsh and dry. Cold

cream is often used: it is made with one-quarter ounce of spermaceti, and one-quarter ounce of white wax; dissolve by putting the basin in which you are going to mix it in hot water; then add one ounce each of oil of almonds, and rose water.

**TO PRESERVE MILK.**—Provide bottles, which must be perfectly clean, sweet and dry; draw the milk from the cow into the bottles, and, as they are filled, immediately cork them well up, and fasten the corks with packthread or wire. Then spread a little straw in the bottom of a boiler, on which place bottles with straw between them, until the boiler contains a sufficient quantity. Fill it up with cold water; heat the water, and as soon as it begins to boil, draw the fire, and let the whole gradually cool. When quite cold, take out the bottles, and pack them in sawdust, in hampers, and stow them in the coolest part of the house. Milk preserved in this manner, and allowed to remain even eighteen months in the bottles, will be as sweet as when first milked from the cow.

**BLUE INK.**—Two drachms oxalic acid, two drachms Prussian blue, to be mixed in half a pint of water, make as good blue ink as we have seen, and is very simple.

**HOW TO MAKE VINEGAR.**—Vinegar is made from sweetened water. That tells the secret. The saccharine principle turns to acid, and we have vinegar. Sweet cider needs but to be put in a warm place—in the sun in summer—with a thin cloth over the bung-hole, to make it the best of vinegar. The mother will soon form a scum on the top, which must be left in. Sour cider needs sweetening when set away for fermentation. That starts it on its way. It is difficult to get vinegar from sour cider alone. In the West, where cider is scarce, sweetened water (it matters not how much or how little sweetened) is the thing. The water must be soft. Rain water is used. A barrel half filled will sour quicker than when full, so said: we have never tested it. Take out the bung. Stretch over the bung-hole a fine sieve or cloth to keep out the flies. When vinegar is formed, cork it up tight, for exposure to the air hurts it.

**TO CLEAN SILKS.**—A quarter of a pound of soft soap, two ounces of honey, and a gill of gin: mix these three things well together, and if too thick add a little more gin. Lay the silk on a board, and with a stiff hat-brush brush it well with the mixture, occasionally dipping the brush in a little cold water to make it froth. Rinse it well in cold water, and hang it to drain (without wringing) for a few minutes; then roll in a towel, each piece singly, and iron it wet.

**CEMENT FOR BROKEN CHINA, GLASS, ALABASTER, OR IVORY ORNAMENTS.**—A quarter of an ounce of the best fine isinglass—not *gelatine*—half an ounce of spirits of wine; put the isinglass into any very small jug with a lip; pour on it a few drops of fast boiling water (this will dissolve the isinglass), then put in the spirits of wine—let it stand ten minutes by the fire, or until the whole is well mixed—pour it into a bottle with a tiny neck; when cold it will be a solid white mass. The articles to be repaired must be dry and *warm*; melt the cement by standing the bottle in hot water, and apply it with a camel's hair brush. After using, observe that the bottle is well corked, or the cement loses its strength by evaporation. This is the cheapest, best, and readiest cement to use for repairing articles not intended to contain hot water, as this would cause the mended fracture to come to pieces.

## Receipts, &c.

### MISCELLANEOUS COOKING.

**BACON AND CABBAGE SOUP.**—Put your piece of bacon on to boil in a pot with two gallons (more or less, according to the number you have to provide for) of water, and when it has boiled up, and has been well skimmed, add the cabbages, kale, greens, or sprouts, whichever may be used, well washed and split down, and also some parsnips and carrots; season with pepper, but *no* salt, as the bacon will season the soup sufficiently: and when the whole has boiled together very gently for about two hours, take up the bacon surrounded with the cabbage, parsnips, and carrots, leaving a small portion of the vegetables in the soup, and pour this into a large bowl containing slices of bread; eat the soup first, and make it a rule that those who eat most soup are entitled to the largest share of bacon.

**STEWED LEG OF BEEF.**—Procure four pounds of leg or shin of beef; cut this into pieces the size of an egg, and fry them of a brown color with a little dripping fat, in a good sized saucepan, then shake in a large handful of flour, add carrots and onions cut up in pieces the same as the meat, season with pepper and salt, moisten with water enough to cover in the whole, stir the stew on the fire till it boils, and then set it on the hob to continue boiling very gently for about an hour and a half, and you will then be able to enjoy an excellent dinner.

**PORK CHOPS, GRILLED OR BOILED.**—Score the rind of each chop by cutting through the rind at distances of half an inch apart; season the chops with pepper and salt, and place them on a clean gridiron over a clear fire to broil; the chops must be turned over every two minutes until they are done; this will take about fifteen minutes. The chops are then to be eaten plain, or, if convenient, with brown gravy.

**POTATO PUDDING.**—Ingredients: three pounds of potatoes, two quarts of milk, two ounces of butter, two ounces of sugar, a bit of lemon-peel, a good pinch of salt, and three eggs. First, bake the potatoes, and if you have no means of baking them, let them be either steamed or boiled, and, when done, scoop out all their floury pulp without waste into a large saucepan, and immediately beat it up vigorously with a large fork or a spoon; then add all the remainder of the above-named ingredients (excepting the eggs), stir the potato batter carefully on the fire till it comes to a boil, then add the beaten eggs; pour the batter into a greased pie-dish, and bake the pudding for an hour in your oven, if you have one; if not, send it to the baker's.

**MEAT PIE.**—Of whatever kind, let the pieces of meat be first fried brown over a quick fire, in a little fat or butter, and seasoned with pepper and salt; put these into a pie-dish with chopped onions, a few slices of half cooked potatoes, and enough water just to cover the meat. Cover the dish with a crust, made with two pounds of flour and six ounces of butter, or lard, or fat dripping, and just enough water to knead it into a stiff kind of dough or paste, and then bake it for about an hour and a half.

**GIBLET SOUP.**—Let the giblets be well cleaned; cut them into small pieces, and wash them well in water. Put them into a saucepan with one quart of good broth, and all sorts of herbs chopped fine. Let these simmer together until the giblets are tender; then thicken with

flour and butter, and season with salt and cayenne according to taste. Asparagus tops, if in season, may be added; these must be boiled first. If you wish the soup to be white, take the yolks of four eggs, beaten up with half a pint of cream, and add them to the soup five minutes before serving, stirring them in gently, but not allowing them to boil. If the soup is required to be brown, put in a little browning and a glassful of sherry wine.

**FRIED STEAKS AND ONIONS.**—Season the steak with pepper and salt, and when done brown on both sides, without being overdone; place them in a dish before the fire while you fry some sliced onions in the fat which remains in the pan; as soon as the onions are done, and laid upon the steaks, shake a spoonful of flour in the pan, add a gill of water and a few drops of vinegar; give this gravy a boil up on the fire, and pour it over the steaks, etc.

**POTATO BALLS.**—Mash some potatoes very well, with butter, pepper, and salt, taking care, as in all mashed potatoes, that no lumps remain; shape them into balls, cover them with egg and bread-crumbs, and fry them a light brown. This is a very nice supper dish, or a pretty garnish for hashes and ragouts.

**ROOT VEGETABLES.**—Turnips should be pared, have two gashes half through cut in each, to hasten the cooking, and put in plenty of water with a little salt. They must be boiled until quite soft (more than half an hour must be allowed), and mashed with butter, pepper, and salt. Carrots and parsnips must be scraped clean, boiled for much longer, and served cut in quarters.

**VEAL CUTLETS WITH TOMATOES.**—Wash two or three pounds of cutlets, and season them with salt and pepper. Have some lard and butter hot in a pan; put them in and fry brown on both sides. When done, take it up on a plate. Have ready a quarter-peck of tomatoes; drain and season them with pepper and salt. Pour the tomatoes into the pan with the gravy, and stir them well together. Pour them over the cutlets, and serve.

**COLLARED BEEF.**—Choose the thick end of a flank of beef, but do not let it be too fat; let it lie in salt or pickle for a week or ten days. The brisket of beef will also serve for this purpose, from which the bones should be taken, and the inside skin removed. When sufficiently salted, prepare the following seasoning: one handful of parsley, chopped fine, some thyme, marjoram, and basil; season the whole with pepper, and mix all well together, and cover the inside of the beef with it. Roll the meat up tight, then roll it in a clean cloth; bind it with strong string or tape, and tie it close at the ends. Boil it gently from three to four hours, and, when cooked, take it up; tie the ends again quite close to the meat, and place it between two dishes, with a heavy weight at the top. When it is cold, remove the cloth.

**CALVES' HEAD CAKE.**—Parboil a calf's head with some sage; then cut off the meat, and return the bones into the broth, and boil them until the latter is greatly reduced. Put the meat which is already cut into pieces into a jar with the tongue, some cloves, mace, nutmeg, and some slices of ham. Cover the jar with a plate, and bake the whole some hours until it is thoroughly well cooked, then add the brains, beaten up with an egg. Some hard-boiled eggs must be placed round a mould, and the meat poured in.

**SHEEP'S HEAD SOUP.**—Cut the liver and lights into pieces, and stew them in four quarts of water, with some onion, carrots, and turnips; half a pound of pearl

barley, pepper and salt, cloves, a little marjoram, parsley, and thyme. Stew all these until nearly sufficiently cooked, then put in the head, and boil it until quite tender. Take it out, and strain everything from the liquor, and let it stand until cold, when remove the fat from the top. Before serving it must be thickened with flour and butter, as though it were mock turtle. A wineglassful of sherry should be put into the tureen before the soup is poured in. The heart cut into small pieces with rump steak makes an excellent *pudding*.

#### CAKES, PUDDINGS, ETC.

**COTTAGE PUDDING.**—Three cups flour, one cup sugar, one cup milk, two tablespoonfuls butter, two teaspoonfuls cream tartar, one egg; beat all together, then add one teaspoonful soda; flavor with lemon. Bake one-half hour; serve with sauce.

**Sauce.**—One cup butter, two cups powdered sugar beaten to a cream, two tablespoonfuls wine, half spoonful vanilla beaten with it, half pint boiling water.

**LIGHT TEA CAKES.**—One pound and a half of fine flour, two ounces fresh lard, one pint of new milk, one large egg, one teaspoonful of salt, ounce and a half fresh yeast. Beat the egg, warm the milk, and mix very well; let it rise as common dough; then put into tins, and let it rise quickly before the fire. It makes nice buns, with spices added after the dough is risen.

**CORN STARCH PUDDING.**—One pint of milk, two eggs, two teaspoonfuls corn starch, four teaspoonfuls sugar in pudding, and same in whites.

**COCOA-NUT CHEESECAKES.**—Take the white part of a cocoa-nut, three ounces of lump sugar, and one-half a gill of water. The sugar must be first dissolved in the water, and the cocoa-nut (grated) to be added to it. Let all boil for a few minutes over a slow fire; let it get cold and then add the yolks of three eggs, and the white of one well beaten up. Put the mixture into small tins with thin paste at the bottom, and bake in a slow oven.

**FRENCH PANCAKES.**—Beat half a pint of cream to a froth, lay it on a sieve; beat the whites and yolks (separately) of three eggs, add one tablespoonful of flour, and the same quantity of white sugar: mix all lightly, and bake in three saucers for twenty minutes. Dish them up with raspberry or any other preserve, between.

**APPLE CREAM.**—Boil twelve apples in water until they are soft; take off the peel and press the pulp through a hair sieve upon a half pound of powdered sugar; whip the whites of two eggs, add them to the apples, and beat altogether until it becomes quite stiff, and looks white. Serve it heaped upon a dish, with some fresh cream around it.

**ALMOND CHEESE CAKES.**—The yolks of three well-beaten eggs, one-quarter pound of bitter almonds, three-quarters pound of sweet almonds, one-quarter pound of sifted sugar. Pound the almonds, but not too fine. The eggs must be beaten to a cream. Mix the sugar with them, then add the almonds.

**POUND CAKE.**—One pound of sugar, one of butter, one of flour, and the whites of twelve eggs, beaten to a froth; flavor with the essence of lemon. Bake in a quick oven. This quantity will make two good-sized cakes, baked in six-quat pans.

**INDIAN PUDDING.**—Two quarts of boiling milk, with Indian meal enough to make a thin batter: stir in while boiling hot. Add sugar, allspice, to your taste; also a teacup of cold milk. Bake five hours in a moderate oven.

**TO MAKE CREAM PANCAKES.**—Take the yolks of two eggs, mix them with half a pint of good cream and two-ounces of sugar, heat the pan over a clear fire and rub it with lard, and fry the batter as thin as possible. Grate loaf sugar over them and serve them up hot.

**PUFF PUDDING.**—One pint of milk, three eggs, six spoonfuls of flour, a little salt. Beat the yolks, then add the milk and flour; pour in a buttered dish, then add the beaten whites, but don't stir in thoroughly—one and a half hours.

**A QUICK MADE PUDDING.**—One pound flour, one pound suet, four eggs, one fourth pint new milk, little mace and nutmeg, half pound raisins, quarter pound currants; mix well, and boil three-quarters of an hour.

**AN ITALIAN PUDDING.**—Take two eggs and their weight in butter and loaf sugar, melt the butter a little, and beat up all well together. Line the dish with a puff paste, and lay some apricot or other good preserve upon it. Pour the mixture of butter, eggs and sugar over it, and bake for twenty minutes.

**A SWEET OMELET.**—Mix a tablespoonful of fine flour in one pint of new milk, whisk together the yolks and whites of four eggs, and add them to the milk. Put enough fresh butter as will fry the omelet into the frying pan, make it hot over a clear fire, and pour in half the mixture. When this is a little set, put four teaspoonfuls of current jelly, or any other preserve, in the centre, and the remainder of the mixture over the top. As soon as the upper portion is fixed send it to table; or the omelet being fried, spread the preserve on it and roll it.

#### THE TOILET.

**HOW TO PREVENT THE HAIR FROM FALLING OFF.**—The following lotion and pomatums have sometimes proved successful in restoring the growth of the hair. The lotion is the receipt of Dr. Erasmus Wilson's.

**The Lotion.**—Two ounces of eau de Cologne, two drachms of tincture of cantharides, ten drops of oil of lavender, and ten drops of oil of rosemary. This lotion should be used once or twice a day for a considerable time.

**The Pomatum.**—Take the marrow out of two beef bones, put it into cold water, and let it remain until it is quite clean and white. Before this is effected the water must be changed several times. Dissolve and strain the marrow; then add four ounces of the best castor oil. Beat both well together until cold, then add, before the pomatum becomes firm, half an ounce of strong scent. This pomatum should be well rubbed into the skin of the head every night, and the hair should be well brushed both night and morning.

**POMADE FOR CHAPPED ARMS AND HANDS.**—Spermaceti, two drachms; white wax, one and a half drachm; sweet oil of almonds, half an ounce; Florence oil of olives, half an ounce; oil of poppies, half an ounce; melt all together gently, and beat into it four drops of the liquid balsam of Peru.

**HAIR POMATUM.**—To a flask of the finest Lucca oil add an ounce and a half of spermaceti, half an ounce of white wax, and scent of any kind. Cut up the wax and spermaceti, and put it in the oven to melt with a little of the oil. When well mixed, pour in the remainder of the oil, and stir until cold: add the scent when the mixture is cool. If the hair is inclining to gray, add, by drops, a teaspoonful of balsam of Peru, taking care to stir it well in.



## Receipts, &c.

### MISCELLANEOUS COOKING.

**VEAL CUTLETS AND BACON.**—Purchase a few trimmings or cuttings of veal, or a small piece from the chump end of the loin, which you can cut up in thin slices, and after seasoning them with pepper and salt, and rolling them in flour, they are to be fried in the fat that remains from some slices of bacon which you shall have previously fried; and, after placing the fried veal and bacon in its dish, shake a tablespoonful of flour in the frying-pan; add a few drops of ketchup or vinegar, and a gill of water; stir all together on the fire to boil for five minutes, and pour this sauce over the cutlets. A dish of cutlets of any kind of meat may be prepared as above.

**BOILED SHOULDER OF MUTTON WITH ONIONS.**—Put the shoulder of mutton to boil in your two gallon pot, with a handful of salt and plenty of water, allow it to boil gently for about two hours, and when done, and placed on its dish, smother it over with the following sauce: Chop six or eight large onions, and boil them with a pint of water for twenty minutes, by which time the water must be reduced to half a pint; then add two ounces of butter, a pint of milk, four ounces of flour, pepper, and salt, and stir the sauce whilst boiling for ten minutes. A shoulder of mutton for boiling is all the better for its being salted for two or three days previous to its being cooked.

**STEWED STEAKS.**—Fry the steaks brown over a very brisk fire, without allowing them to be hardly half done, and place them in a saucepan with onions, carrots, turnips, and celery, all cut in pieces about the size of a pigeon's egg; season with thyme, pepper, and salt, and two ounces of flour; moisten with a quart of water, and stir the stew on the fire till it boils, and then set it, by the side of the fire on the hob, to simmer very gently for an hour and a half. It will then be ready for dinner.

**BEEFSTEAKS, PLAIN.**—When you happen to have a clear fire, the steaks may be cooked on a gridiron over the fire; the steaks must be turned on the gridiron every two or three minutes. This precaution assists very much in rendering the meat more palatable and tender, as it is by this frequent turning over of the meat while broiling, that the juices are not allowed to run off in waste, but are reabsorbed by the meat. When the steaks are cooked, rub them over with a small bit of butter, season with pepper and salt. A little chopped shallot, sprinkled over steaks, imparts an extra relish.

**VEGETABLE PORRIDGE.**—Scrape and peel the following vegetables: Six carrots, six turnips, six onions, three heads of celery, and three parsnips; slice up all these very thinly, and put them into a two gallon pot, with four ounces of butter, a handful of parsley, and a good sprig of thyme, and fill up with water, or pot liquor—if you happen to have any; season with pepper and salt, and put the whole to boil very gently on the fire for two hours; at the end of this time the vegetables will be done to a pulp, and the whole must be rubbed through a colander with a wooden spoon, and afterwards put back into the pot and stirred over the fire, to make it hot for dinner.

**TO BOIL FISH.**—Put the fish on in sufficient water to cover it, add a small handful of salt, and, providing that the fish is not larger than mackerel, soles, or whiting, it will be cooked by the time that the water boils. Yet it

is always best to try whether it requires to boil a little longer, as underdone fish is unwholesome. Boiled fish requires some kind of sauce. Try the following, viz. —

**Parsley Sauce.**—Chop a handful of parsley and mix it in a stew pan with two ounces of butter, two ounces of flour, pepper and salt; moisten with half a pint of water and a tablespoonful of vinegar. Stir the parsley sauce on the fire till it boils, and then pour it over the fish, drained free from water, on its dish.

**SHARP SAUCE FOR BROILED MEATS.**—Chop fine an onion and a small quantity of mixed pickles; put these into a saucepan with half a gill of vinegar, a teaspoonful of mustard, a small bit of butter, a large tablespoonful of bread-crumbs, and pepper and salt to season; boil all together on the fire for at least six minutes; then add a gill of water, and allow the sauce to boil again for ten minutes longer. This sauce will give an appetizing flip to the coarsest meats or fish when broiled or fried, and also when you are intending to make any cold meat into a hash or stew. In the latter case, the quantity of water and crumbs must be doubled.

**TO STEW CELERY.**—Take off the outside, and remove the green ends from the celery; stew in milk and water until they are very tender. Put in a slice of lemon, a little beaten mace, and thicken with a good lump of butter and flour; boil it a little, and then add the yolks of two well-beaten eggs mixed with a teacupful of good cream. Shake the saucepan over the fire until the gravy thickens, but do not let it boil. Serve it hot.

**POTATOES.**—Many good cooks are bad managers of potatoes, and this esculent, which in most houses is served every day, and which is so popular in many families as to be often the only vegetable at table, requires much care in the cooking. The great fault in cooking potatoes, whether they are steamed or boiled, is allowing them, when they are cooked, to sadden in the moisture still hanging about the vessel in which they have been cooked, or in the steam which they give out. If they are boiled, as soon as they are cooked enough they should be taken out of the saucepan (an iron pot is best for the purpose), which should be emptied and *wiped out dry*; the potatoes being then returned to it will dry and become mealy. If they are steamed, take the steamer of the kettle as soon as the potatoes are cooked enough, and place it on a hot plate, in a side oven, or anywhere else where they will keep very hot, and where they will dry. The grand items with potatoes are, develop their mealiness by allowing the moisture to evaporate, serve them very hot, and serve but a few at a time, so that relays of hot dishes of them may be ready to go in with every fresh course with which they are at all likely to be required.

### SOUPS.

**LETTUCE SOUP.**—Cut up the white parts of two or four lettuces as needed, a quart of stock, free from fat, and boiling; into this throw the lettuces and a small onion, chopped very fine, and a teaspoonful of salt: let it boil twenty minutes; thicken with two tablespoonfuls of flour, first rubbed smoothly in cold water, and a little soup added to it, then strained before putting it to the soup, then throw in a small bit of butter not larger than a walnut; let the whole boil up once, and serve.

**RICE SOUP.**—Wash two tablespoonfuls of rice in *warm water*, take a quart of boiling stock, throw the rice into this, with a little salt and four allspice corns, and simmer half an hour.

**SOUP FOR INVALIDS.**—Two pounds of beef from the shin cut into very small pieces, and without a particle of fat, and the half of an old fowl, two large carrots, and four white portions of leeks, a bunch of winter savory, and a little salt; to these ingredients put two quarts of cold water, and let it simmer four hours; then strain it, and when cold take off the fat. Warm it for serving, by putting the soup in a cup with a cover, and standing it in a saucepan of boiling water sufficient to reach nearly the edge of the cup.

**ONION SOUP.**—Peel and wash a pint of very small silver onions; take a quart of milk and a pint of strong beef stock; let both boil, then throw in a teaspoonful of salt and the onions; the soup must not be allowed to stop boiling, and must be kept very fast boiling. In a quarter of an hour the onions will be done. Take two tablespoonfuls of arrowroot, mix smoothly with a little cold water, then add some of the boiling soup, stirring the arrowroot all the time, then throw the latter into the remainder of the soup, and serve with small squares or dice of toasted bread.

This soup is mild and exceedingly restorative.

**TOMATO SOUP.**—Cook eight or ten tomatoes in boiling water with a little salt; peel, mash, and strain them, add a little pepper, butter, and a little flour; mince a few shreds of shallot very fine, throw this with the tomatoes into a quart of boiling stock; let it boil ten minutes, and serve without straining.

#### CAKES, PUDDINGS, ETC.

**SPONGE-CAKE.**—Take six eggs and divide the yolks from the whites, and beat each separately for three-quarters of an hour; grate the yellow rind off a lemon, and mix well with ten ounces of sifted loaf-sugar. Now add this to the yolks of the eggs, and mix well together; then add the whites, and mix; then dust in six ounces of flour which has been well dried before the fire. Now only just mix all together without beating, as, if beaten, it makes the cake heavy. Bake in a well-buttered tin and quick oven for an hour, but put it in the oven the instant it is made; and, when baked, turn it upside down, half in and half out of the tin (or it will be heavy), and let it stand an hour in a warm place.

**APPLE CAKE,** with custard sufficient to fill twelve custard-glasses, or a good sized dish.—Pare, slice, and core a sufficient number of apples which, when prepared, shall weigh three pounds; add to these a pint of cold water, and boil till to a pulp; then take three-quarters of a pound of loaf-sugar, well crushed, all but eight lumps; on these lumps rub off the yellow rind of a lemon. Now these lumps may be broken; strain the juice of the lemon, add to the sugar, and throw all into the apple pulp, and boil all together on a tolerably quick fire for an hour, stirring it all the time. With the purest salad oil, oil a mould before a fire thoroughly; then turn the apple into a mould, and, when cold, turn it from thence into a glass dish.

**FOR THE CUSTARD,** which will fill a large dish, or fill twelve custard-glasses.—Four eggs, whites and yolks; an ounce and a half of loaf-sugar; a pint and a half of milk; a small stick of cinnamon, and a quarter of the very thin yellow rind of a lemon, and six drops of almond flavoring. Put in a saucepan a pint of the milk, the cinnamon, lemon-peel, and sugar; let it boil till of a good flavor. Break the eggs into a jug, add the remainder of the milk, and beat well to a froth; take the hot milk and pour to the eggs, beating the latter all the

time. In another jug drop the flavoring; now strain the milk and eggs back into the saucepan; let it slowly thicken over the fire, stirring the whole time; the instant it thickens sufficiently, lift it off the fire, for here the danger of curdling begins; and should such arise, it can be remedied by instantly pouring it through the fine tin strainer into the jug with the flavoring, and then instantly through the strainer again into another jug, thus pouring it from jug to jug till the custard is cold. This process must be observed in every case, only that if not curdled, it need not be poured through the strainer after the first time of pouring off after it is boiled. Now pour the custard around the apple cake—*not on it*.

**SMALL TEA CAKE.**—Seven ounces of flour, four and a half ounces of butter, three ounces of white sifted sugar, the peel of one lemon, the yolks of three eggs, worked well together, rolled into small rolls, and pressed on one side with a knife, and then baked.

**PLAIN POUND CAKE.**—Stir one pound of melted butter and one pound of sugar well together till it is quite light and white; then add ten eggs, one pound and a quarter of flour, a handful of currants, and the same of raisins, a little citron and orange-peel. Bake in a tin form lined with paper, and bake for two hours.

**AN APPLE ISLAND.**—Make some good apple-sauce, which has been flavored with lemon and clove; beat it up very fine with loaf-sugar enough to taste sweet; add two glasses of sherry; then beat the whites of four eggs separately till they are of a light froth; strain them into a large basin; beat them up again; now add two tablespoonfuls of cream, or a little milk, and a quarter of an ounce of isinglass dissolved in a little water, and add to the milk and egg froth; beat it well up; take off the froth with a spoon, and lay it on an inverted sieve over a dish; when sufficient froth is made, beat the remainder up with the apples till the whole is very light and frothy; place the apples piled high in a glass dish; pour some cold custard round out on it; then take off the froth, and put on the top of the apples.

**MADERIA CREAM.**—Take seven or more sponge-cakes, split them in halves, line a glass dish with the pieces; mix together two wineglassfuls of Madeira wine or sherry, and one wineglassful of brandy; with a teaspoon pour a little of this mixture over the layer of pieces; on this again put a layer of raspberry jelly, which can readily be made by putting a pot of raspberry jam in the oven; in a few minutes it will be warm, when the liquid, which is the jelly, can be strained from it, and poured over the pieces. Now put the other layer of pieces, soak this with wine as before, but omit the raspberry. Make a custard as directed for boiled custard; when cold, and just as the dish is going to table, pour the cold custard over, and sprinkle some ratafia on the top.

#### MISCELLANEOUS.

**TO CLEAN AND POLISH TABLES.**—Wash the dirt and stains from the mahogany with vinegar. Then use the following furniture oil: Let one ounce of alkanet root and one ounce of rosepink be well pounded together, and mixed with one quart of cold-drawn linseed oil. Rub on the oil, wipe it off immediately with a fine linen cloth, and polish the table, or whatever it may be. When the tables are in good order, the oil need not be used often.

**TO PRESERVE FLOWERS IN WATER.**—Mix a little carbonate of soda in the water, and it will keep the flowers a fortnight.

**TWO WAYS OF WASHING BLACK LACE.**—Carefully sponge the lace with gin, or, if preferred, with green tea, and wind it round and round a bottle to dry, as if touched with an iron it would become glossy and have a flattened appearance. Some persons fill the bottle with warm water, which causes the lace to dry more quickly. It must on no account be placed near the fire, as it would lose its color, and have a rusty appearance.

*Or* :—Scald some bran with boiling water, and dip the lace up and down in the bran and water when warm, and when clean, squeeze the water out, and shake the bran off. Lay it out, and pull out the edges, etc. Iron it between linen on a blanket, so that the iron does not glaze it. Or if lace is dipped in cold milk, and ironed in the same way, it will be found to clean it equally as well.

**TO RESTORE A CRUMPLED BLACK SILK DRESS.**—Sponge the silk with spirits of wine, diluted with a little water. Then iron it on the wrong side, keeping a piece of muslin between the surface of the silk and the hot iron. This will succeed perfectly with a black silk.

**COLOR FOR WICKER BASKETS, OR ANY SMALL ARTICLES OF THE KIND.**—Dissolve one stick of black sealing-wax and one stick of red in two ounces of spirits of wine. Lay it on with a small brush.

**STAINING WOOD.**—To stain wood to imitate dark mahogany, make a decoction with a quarter of a pound of madder, one ounce of logwood, and two quarts of water. Wash the wood over with the decoction several times, allowing it to dry thoroughly each time. Then slightly brush it over with water, in which pearlsh is dissolved, in the proportion of a quarter of an ounce to a quart. For the color of light mahogany, make the decoction in the same manner, but using, instead of the logwood, two ounces of fustic, or half an ounce of yellow berries, and brush on the liquid while boiling hot. The tint may be varied by varying the proportion of these ingredients. For wood which is already rather brown a good staining liquid may be made with dragon's blood and turmeric in spirits of wine.

**TO IMITATE GROUND GLASS.**—If one ounce of powdered gum tragacanth, in the white of six eggs, well beaten, be applied to a window, it will prevent the rays of the sun from penetrating.

**APPLE WINE.**—Pure cider made from sound, dry apples, as it runs from the press. Put sixty pounds of common brown sugar into fifteen gallons of the cider, and let it dissolve, then put the mixture into a clean barrel, and fill the barrel up to within two gallons of being full with clean cider; put the cask in a cool place, leaving the bung out forty-eight hours, then put in the bung with a small vent until fermentation wholly ceases, and bung up tight, and in one year the wine will be fit for use. This wine requires no racking; the longer it stands upon the lees the better.

**CRYSTALLINE POMADE.**—Mix four ounces of oil of almonds, four ounces of best olive oil, one ounce of spermaceti, two ounces of castor oil. Melt these in a covered jar by the side of the fire; then stir in seventy drops of the following perfume, which should have been previously kept in a stopped phial. Then pour it into your cream jars, cover, and let it stand till cold. A cheaper perfume than the following, such as bergamot or almond flavor, which some people like, may well be used; but the subjoined is the best: Mix together, and shake well in a stopped phial, eight drops of oil of cloves,

twenty-five drops of English oil of lavender, one drachm each of essence of bergamot and essence of lemon, and ten drops each of the oil of cassia and otto of roses.

#### CONTRIBUTED RECEIPTS.

In answer to a request, a correspondent has kindly sent us the following receipt for "Old-fashioned Wedding-Cake, raised with yeast."

Take two pounds of best wheat flour, and make dough as for bread or biscuit, with rich milk, and yeast sufficient to raise it. If it is made like biscuit, there will be a little shortening; if like bread, it will be without. It is of little consequence. Whilst the dough is rising, prepare a pound and a half of currants, nicely washed and dried, also a pound and a half of raisins, the seeds to be taken out. Two pounds of best sugar, pulverized and sifted, and one and a half of butter that is not too salt. The butter and sugar should be rubbed or worked together when the dough is very light; the butter and sugar should be mixed with the dough, and also the yolks of twelve eggs well beaten. This now should be worked together, with one or both hands, from three to six hours—the longer the better. This should now be set away to rise again, generally through the night; when it is again very light, you add spices to your taste. The old spices were cinnamon, nutmeg, and mace, freely; and cloves and allspice, sparingly. Sometimes rose-water, orange-water, or grated orange-peel, or fresh orange-peel chopped very fine, or a preparation of peach-stones, in any way. A few pits of meat of peach-stones, pounded and sifted, are an improvement, if very nicely put in, and in very small quantity; but, as too much is very objectionable, it had better be left out altogether, except in very skillful hands. These spices are now to be added, and one gill of best French brandy, or a glass of brandy, and a glass and a half of wine. This now goes through another process of working, as long as before—as long as you have time or strength. During this working process, you will add the whites of the twelve eggs, beaten as light as it is possible to make them. Work these a long time, and before you have done working, put in a teaspoonful of saleratus, dissolved in vinegar; work it in rapidly whilst it is effervescing, and beat it all thoroughly together. Now, if it is very light, put the dough into pans, which should be hot and nicely buttered, and set them where they will rise again. Your fruit should in the mean time have been prepared: the citron, by cutting in small pieces; the raisins and currants should have been swelled in a small quantity of warm or hot milk, and dried on a sieve. When your oven is ready, and the cake ready to go into it, put the fruit on the top of each cake (it is better to mix the raisins and currants before), and if they do not sink, press them gently with a spoon just below the surface, and put them immediately into the oven. I will not add to the length of this by giving directions about baking, but I should be glad at this point to put it into the hands of my old servant, who will make a good thing of anything she bakes; for it is not too late now to spoil it by baking it badly; but I have learned by experience that, if a woman does not know how to bake, it is of little use to give her instructions. I will, therefore, close, after I have added that this is a richer cake than is often made in this way, and that one-half or three-quarters the quantity mentioned here, to the full amount of flour, viz., two pounds makes an excellent cake, and is far less injurious to digestion.

## Receipts, &c.

### MISCELLANEOUS COOKING.

#### A CHAPTER OF FRENCH COOKERY.

**BOUEILLI.**—The rump of beef is the best piece to be employed for this dish. Tie it round, put it in a stewpan, with water or stock, and let it stew gently for three hours. The dish may be varied by serving it variously garnished. It may be covered with sprigs of parsley, or it may be surrounded with small onions and other vegetables, or with fried onions, or laid in a bed of water-cress, which looks exceedingly pretty.

**A FRENCH MAIGRE SOUP.**—Take a large lump of butter and a tablespoonful of flour; brown them in the saucepan in which the soup is to be made; then chop up finely some carrots, onions, celery, sorrel, and potatoes, and mix them together; put them into the saucepan, with pepper and salt, pour boiling water over them, and let them stew over the fire for three or four hours—they can hardly simmer too long. A little thyme, parsley, cress, and mint are a great improvement added to the other ingredients.

**ENTREES TO BE MADE OF BEEF WHICH HAS BEEN COOKED TO MAKE SOUP:—**

**Beuf au Gratin.**—Most readers know—but there may be one here and there who may like to be reminded—that *au gratin* is a mode of cookery in which the fire is applied above as well as below, the lid of the vessel being formed to hold hot charcoal. Melt some butter at the bottom of the stewpan, add to it fine bread-crumbs or raspings, and place in a circle thin slices of the beef. Place over them some little pieces of butter, parsley chopped fine, a sprinkle of salt, and a little broth. Let it cook gently, with the fire above and below.

**Beuf en Mireton.**—Cut some onions in slices, and partly fry them in butter, add a sprinkle of flour, and turn them about until they are brown. Moisten them with equal parts of broth and white wine, season with salt, pepper, and a little nutmeg, add the beef, cut in thin slices, and let it all stew together for a quarter of an hour. At the moment of serving, add a little mustard to the gravy.

**Beuf en Vinaigrette.**—Cut some slices of the beef when cold, and place them in a salad-bowl. Cover them with fillets of anchovy, or of very good red herrings; garnish them with chives, chervil, and other fine herbs, chopped very fine, and pickles sliced. Season with pepper, add oil and vinegar, and serve without stirring the mixture.

**Beuf à la Ménaigère.**—Take about twenty rather small onions, brown them in a frying-pan with a little butter, and when they have taken a bright color, sprinkle over them a little flour or some bread-crumbs. Remove the onions to a stewpan, taking care not to break them. Add a teacup of broth, the piece of beef whole, a sufficient seasoning of salt, pepper, and nutmeg, and a bouquet of sweet herbs. Let the whole simmer over a slow fire for about two hours. Serve the beef on a dish, and arrange the onions round it.

**BARLEY CREAM.**—Take two pounds of perfectly lean veal; chop it well. Wash thoroughly half a pound of pearl barley; put it into a saucepan with two quarts of water and some salt. Let all simmer gently together until reduced to one quart. Take out the bones, and rub the remainder through a fine hair sieve with a

wooden spoon. It should be of the same consistency as good cream; add a little more salt, if requisite, and a little mace if approved of. This makes light and nourishing food for invalids.

**FRIED POTATOES.**—Peel the potatoes, cut them into very thin slices, and fry them with a little butter, lard, or dripping. They will eat crisp, and form a nice accompaniment to cold meat. Another way is, when they are peeled, to cut them round and round, as in peeling an apple, until they are quite cut up, then fry them brown and crisp in a pan nearly full of melted lard or oil. Spread them on a dish before the fire to dry, and season them with pepper and salt.

**TO COOK A FRESH BEEF TONGUE.**—Choose a moderate sized beef tongue, boil it gently in water until it is sufficiently tender for the skin to be stripped from it. Trim it neatly round the root. Put into a saucepan a quarter pound of butter, one tablespoonful of flour, half an onion cut up into small slices, salt and pepper to taste. Let these dissolve gently at the side of the fire until the butter boils. Place the tongue into these ingredients, and let it remain until it is browned. When this is the case take it out, place it on a hot dish by the side of the fire, and add to the gravy two wineglassfuls of red wine (either port or claret), a large teaspoonful of made mustard, and one of walnut ketchup. When these are well mixed, return the tongue into the gravy, and simmer gently for ten minutes, taking care that the saucepan is closely covered to keep in the aroma. When served, the tongue should be cut into thick slices, and handed.

**MELTED BUTTER.**—Mix a tablespoonful of flour quite smoothly with a little cold water. Add to this half a pint of water in a clean saucepan, stir in two ounces of butter, and stir the mixture over the fire until it is sufficiently cooked, and looks thick and rich. The thickening properties of flour vary very much; if, therefore, the melted butter does not thicken with the tablespoonful of flour named, a little more may be dusted in from the dredger as it cooks. Cooks consider it imperative to stir it only one way all the time.

**TO STEW OYSTERS.**—Take three dozen oysters, open them, and put their liquor into a saucepan, with a little beaten mace and cayenne pepper; thicken with flour and butter, and boil for five minutes. Toast a slice of bread and cut it into sippets, which lay round the dish. Add half a teacupful of cream to the liquor in the saucepan; put in the oysters, and stir them round continuously. They should not boil; if they are allowed to do so, they shrink and become hard. Serve them up hot.

**FRIED HAM AND EGGS.**—The slices of ham should first be boiled a trifle. Put a bit of lard in the frying-pan. After the slices have been dipped in flour, place them in the hot fat. Sprinkle pepper. When both sides are finely browned, dish with sufficient gravy. Slip the eggs into the fat, avoiding to break the yolk. Cook slowly, and separate each egg with a knife. When done, place them in a chain around the meat.

**HAMBURG PICKLE FOR SALTING BEEF.**—To four gallons of water add sufficient common salt, which, when dissolved in the water, will be strong enough to bear an egg, put in four ounces of saltpetre, and half a pound of very brown sugar. Boil all well together, and skim it clean; strain it off, and when cold put in the beef. Let the pickle cover the meat, and in ten days it will be fit for use, or you may keep the meat in for two months, turning it daily, and at the end of six weeks boiling up the pickle and skimming it afresh.

## CAKES, PUDDINGS, ETC.

**CORN CAKE FOR BREAKFAST.**—Mix at night one quart of corn meal with hot water enough to make a thin batter, adding a tablespoonful of yeast, and salt to suit the taste. In the morning stir in two eggs and a small teaspoonful of soda, and with a spoon beat it long and hard. Butter a tin pan, pour the mixture into it, and bake immediately about half an hour in a moderately heated oven.

**TRANSPARENT PUDDING.**—Six eggs, half a pound of sugar, half a pound of butter; melt the butter and sugar together; beat the eggs well, and stir them in it while warm; grate in some nutmeg; bake on pastry.

**RICE MERINGUE.**—Swell gently four ounces of rice in a pint of milk, let it cool a little, and stir an ounce and a half of fresh butter, three ounces of pounded white sugar, the rind of a lemon, and the yolks of five eggs. Pour the mixture into a well-buttered dish, and lay lightly and evenly over the top the whites of four eggs beaten to snow. Bake the pudding for ten minutes in a gentle oven.

**TO MAKE BATTER PANCAKES.**—Beat up three eggs with four large tablespoonfuls of flour; add to these half a pint of milk, or as much as will make the batter the consistency of cream, and a little salt. Fry them in lard or butter. Grate sugar over the top of each of them, and serve directly they are cooked. The juice of a lemon is generally added when eaten. A small frying-pan is the best for the purpose.

**TO MAKE WAFER PANCAKES.**—Beat up well four eggs; add two spoonfuls of fine flour, and two of cream; one ounce of finely-sifted sugar, and, if approved of, part of a grated nutmeg. Rub the frying pan well with a little cold butter. Pour the batter in as thin as a wafer; fry it only on one side. Put them on a dish, and throw sifted sugar over each pancake, and serve them hot to table.

**HARRISON CAKE.**—Two cups of molasses, one cup of butter, one cup sugar, one cup sour cream, one teaspoonful cloves, one of saleratus, two teacups currants. Butter melted with molasses and poured into three or four cups of flour; then add sugar and half the cream; put in the rest of the cream when you have dissolved the saleratus in it. Then take enough more flour to make it about as thick as cup cakes; stir it ten or fifteen minutes, add the currants, and bake it in pans like cup cake.

**LECHE CREAM.**—Beat up the yolks of three eggs, and the white of one; add to them a quarter of a pound of powdered sugar; mix gradually three ounces of arrow-root and two ounces of flour, and then a pint and a half of milk; boil it up gently, stirring continually until thick; take it off the fire and continue to stir until it is a little cooled. Place sponge-cake at the bottom of a buttered dish, and pour the leche cream over them. A flavoring of either lemon-peel, vanilla, or cinnamon is an improvement.

**CREAM CAKES.**—Half pound butter, three-quarters of a pound of flour, one pint water; boil your butter and water together, and while boiling stir in the flour; then let it cool, and add ten eggs—the whites beaten separately; half teaspoonful of soda; grease your pans well, drop a large spoonful, leaving space enough for them to rise. Bake about forty-five minutes in a moderate oven.

**CHEAP CAKE.**—Two cups white sugar, three of flour, a piece of butter size of an egg, two eggs, one cup of

milk, one teaspoonful cream tartar, one of saleratus, both thrown on the butter, sugar, and eggs; then add the milk, then the flour, stir quickly, spice to taste. Sift a little sugar on the cake, and bake immediately.

**RICE PUDDING.**—One quart milk, one cup rice, four eggs—yolks beaten as custards—baked. The whites as frosting.

**SPONGE PUDDING.**—One pound sugar, one pound flour, one dozen eggs well beaten. Steam two hours.

**VERY LIGHT BUNNS.**—One pound and a quarter of fine flour, six ounces fresh butter, eight ounces lump sugar bruised, two ounces candied lemon, twelve ounces currants, three teaspoonfuls of baking powder, five eggs or a little cream, or six eggs. Beat the eggs well, and mix all together; bake in small tart, or queen-cake tins, in a quick oven.

**BAKED APPLE PUDDING.**—Twelve ounces of fine flour, four ounces suet chopped fine, one teaspoonful of baking powder, and a little salt. Mix with cold water to a paste; have ready a well-buttered basin or mould that will hold a quart; roll out the paste and line the basin, leaving a little for the top; fill it with apples pared and cored; add golden syrup and sugar; roll out the paste for the cover, moistening the edges to make it stick; fresh suet from a loin of mutton is the best. Thirty-five to forty minutes will bake it, turn out upon a dish, and serve.

## THE TOILET.

**TO MAKE SOFT POMATUM.**—Beat half a pound of unsalted fresh lard in common water; then soak and beat it in two rose-waters, drain it, and beat it with two spoonfuls of brandy; let it drain from this; add to it some essence of lemon, and keep it in small pots.

*Or:* Soak half a pound of clear beef-marrow and one pound of unsalted fresh lard in water two or three days, changing and beating it every day. Put it into a sieve, and, when dry, into a jar, and the jar into a saucepan of water. When melted, pour it into a basin, and beat it with two spoonfuls of brandy; drain off the brandy, and then add essence of lemon, bergamot, or any other scent that is liked.

**HARD POMATUM.**—Prepare equal quantities of beef-marrow and mutton suet as before, using the brandy to preserve it, and adding the scent; then pour it into moulds, or if you have none, into phials of the size you choose the rolls to be. When cold, break the bottles, clear away the glass carefully, and put paper around the rolls.

*Or:* Take equal quantities of marrow, melted and strained, lard, and castor oil; warm all together; add any scent you please; stir until cold, and put into pots.

**PASTE FOR CHAPPED HANDS.**—Mix a quarter pound of unsalted hog's lard, which has been washed in soft water, and then rose-water, with the yolks of two new-laid eggs, and a large spoonful of honey. Add as much fine oatmeal or almond-paste as will work into a paste.

*Or:* Blanch one pound of bitter almonds, pound them smooth in a marble mortar; add half an ounce of camphor, one ounce of honey, a quarter pound of spermaceti, all pounded, and mixed with the almonds, till it becomes a smooth paste. Put it into jars or china boxes, and tie it down till wanted.

**A VERY FINE SCENT.**—Take six drachms of oil of lavender, three of the essence of bergamot, sixty drops of ambergris, and two grains of musk. Mix these into a pint of the best rectified spirits of wine.

## Receipts, &c.

### MISCELLANEOUS COOKING.

**VEAL BROTH.**—Stew a knuckle of veal of four or five pounds in three quarts of water, with two blades of mace, an onion, a head of celery, and a little parsley, pepper, and salt; let the whole simmer very gently until the liquor is reduced to two quarts; then take out the meat, when the mucilaginous parts are done, and serve it up with parsley and butter. Add to the broth either two ounces of rice separately boiled, or of vermicelli, put in only long enough to be stewed tender.

**FRICASSE OF COLD ROAST BEEF.**—Cut *very thin slices* of underdone beef; chop a handful of parsley very small, put it with an onion into a stewpan, with a piece of butter and a spoonful of flour; let it fry; then add some strong broth; season with salt and pepper, and simmer very gently a quarter of an hour; then mix into it the yolks of two eggs, a glass of port wine, and a spoonful of vinegar; stir it quickly over the fire a minute or two; put in the beef, make it hot, but do not let it boil; rub the dish with shalot, and turn the fricasse into it.

**WINTER SOUP.**—Take carrots, turnips, and the heart of a head of celery, cut into dice, with a dozen button onions; half boil them in salt and water, with a little sugar in it; then throw them into the broth; and, when tender, serve up the soup: or use rice, dried peas, and lentils, and pulp them into the soup to thicken it.

With many of these soups, small suet dumplings, very lightly made, and not larger than an egg, are boiled either in broth or water and put into the tureen just before serving, and are by most persons thought an improvement, but are more usually put in plain gravy-soup than any other, and should be made light enough to swim in it.

**SHOULDER OF MUTTON.**—May be dressed in various ways, but the most usual is to roast it nicely, and send it up with onion sauce. It is an unsightly joint; but the appearance may be improved by cutting off the knuckle, when it may be called a shield; it has more different sorts of meat in the various cuts than the leg. The bone may also be taken out, and the mutton stuffed; it is very good baked, and is frequently served upon a pudding.

**TURNIPS** should always be boiled whole, and put in much after either carrots or parsnips, as they require less boiling. When used in stews, they are cut into small pieces the size of dice, or made into shapes with a little instrument to be found at all cutlery shops.

They may be *mashed* in the same manner as parsnips; but some persons add the yolk of a raw egg or two. They are also frequently made into a *purée* to thicken mutton broth.

**LEG OF MUTTON BOILED.**—To prepare a leg of mutton for boiling, trim it as for roasting; soak it for a couple of hours in cold water; then put only water enough to cover it, and let it boil gently for three hours, or according to its weight. Some cooks boil it in a cloth; but if the water be afterwards wanted for soup, that should not be done; some salt and an onion put into the water are far better. When nearly ready, take it from the fire, and, keeping the pot well covered, let it remain in the water for ten or fifteen minutes.

**BREAST OF VEAL.**—Cover it with the caul, and, if you retain the sweet-bread, skewer it to the back, but take off the caul when the meat is nearly done; it will take two and a half to three hours' roasting; serve with melted butter and gravy.

**SAUCE FOR ROAST BEEF OR MUTTON.**—Grate horse-radish on a bread-grater into a basin; then add two tablespoonfuls of cream, with a little mustard and salt; mix them well together; then add four tablespoonfuls of the best vinegar, and mix the whole thoroughly. The vinegar and cream are both to be cold; add a little powdered white sugar. This is a very fine sauce; it may be served in a small tureen.

**TO STEW ONIONS.**—Peel, flour, and fry them gently of a fine brown, but do not blacken them; then put them into a small stewpan, with a little gravy, pepper, and salt; cover and stew gently for two hours.

**BEEF COLLOPS.**—Cut the inside of a sirloin, or any other convenient piece, into small circular shapes, flour and fry them; sprinkle with pepper, salt, chopped parsley, and shalot; make a little gravy in the pan; send to table with gherkin or tomato sauce.

**Or:** Cut thin slices of beef from the rump, or any other tender part, and divide them into pieces three inches long; beat them with the blade of a knife, and flour them. Fry the collops in butter two minutes; then lay them into a small stewpan, and cover them with a pint of gravy; add a bit of butter rubbed in flour.

**BEEFSTEAK PIE.**—Take rump-steaks that have been well hung, cut in small scallops; beat them gently with a rolling-pin; season with pepper, salt, and a little shalot minced very fine; put in a layer of sliced potatoes, place the slices in layers with a good piece of fat and a sliced mutton kidney; fill the dish; put some crust on the edge, and about an inch below it, and a cup of water or broth in the dish. Cover with rather a thick crust, and set in a moderate oven.

**VEAL AND OYSTER PIE.**—Make a seasoning of pepper, salt, and a small quantity of grated lemon-peel. Cut some veal cutlets, and beat them until they are tender; spread over them a layer of pounded ham, and roll them round; then cover them with oysters, and put another layer of the veal fillets, and oysters on the top. Make a gravy of the bones and trimmings, or with a lump of butter, onion, a little flour, and water; stew the oyster liquor, and put to it, and fill up the dish, reserving a portion to put into the pie when it comes from the oven.

**BUTTERED EGGS.**—Take three eggs, beat them up well, then add to them a gill of sweet milk. Place some butter (about the size of a large walnut) at the bottom of a pan, pour the mixture into it, and boil until quite thick. Pour it upon buttered toast, and grate some ham or beef over it.

### CAKES, PUDDINGS, ETC.

**ALMOND CHEESECAKES.**—Blanch and pound four ounces of almonds, and a few bitter, with a spoonful of water; then add four ounces of sugar pounded, a spoonful of cream, and the whites of two eggs well beaten; mix all as quick as possible; put into very small patty-pans, and bake in a rather warm oven under twenty minutes.

**SPONGE PUDDING.**—Butter a mould thickly, and fill it three parts full with small sponge-cakes, soaked through with wine; fill up the mould with a rich cold custard.

Butter a paper, and put over the mould; then tie a floured cloth over it quite close, and boil it an hour. Turn out the pudding carefully, and pour some cold custard over it.

*Or*: Bake it; and serve with wine-sauce instead of custard.

**SOUFFLEE PUDDING.**—Take two ounces of sugar, four ounces of flour, two ounces of fresh butter melted, the yolks of three eggs well beaten, the whites also, but beaten separately, a tablespoonful of orange juice. Beat the whole together, strain it into a pie-dish, which must be filled only half full, and bake for half an hour in a very quick, sharp oven.

**SPANISH BUNNS.**—Take one pound of fine flour, rub into it half a pound of butter; add half a pound of sugar, the same of currants, a little nutmeg, mace, and cinnamon; mix it with five eggs well beaten; make this up into small bunnns, and bake them on tins twenty minutes; when half done, brush them over with a little hot milk.

**LEMON CREAM.**—Two ounces of loaf-sugar, in lumps; with these rub off the yellow portion of a large lemon, and dissolve the sugar in two tablespoonfuls of boiling water; stir it till it is cool; then squeeze the juice of the lemon and strain it to the sugar; stir these well together. Beat the whites only of six large eggs till to a froth, then strain these beaten whites to the mixture of lemon-juice, sugar, and water; beat it well together, and simmer over a very slow fire for three minutes; then beat up a glass of sherry with it, simmer again till it is slightly firm, then put it into jelly-glasses.

**ORANGE MARMALADE PUDDING.**—A quarter of a pound of marmalade, chopped fine; two ounces of butter, melted or creamed; two ounces of white sugar, sifted; two eggs (the yolks and whites), well beaten and strained; one pint of milk. Beat all these ingredients together with the milk, then crumble three spongecakes into it; line a dish at the edge only with puff paste, and bake an hour.

**KRINKLES.**—Beat well the yolks of eight and the whites of two eggs, and mix with four ounces of butter just warmed, and with this knead one pound of flour and four ounces of sugar to a paste. Roll into thick biscuits; prick them, and bake on tin plates.

**BROWN CHARLOTTE PUDDING.**—Butter a pudding mould well, and line it with thin slices of bread and butter. These slices must be cut neatly, and the crust at the edges removed. Take some good baking apples, and cut them as for dumplings, fill the mould with them, putting in between the quarters some slices of candied lemon-peel, a little grated nutmeg, and some sugar. Cover it with bread on which there is plenty of butter, put a small plate on the top of the mould, and bake it for three hours.

**A CHEAP SEED-CAKE.**—Mix a quarter-peck of flour with half a pound of sugar, a quarter of an ounce of allspice, and a little ginger; melt three-quarters of a pound of butter with half a pint of milk; when just warm, put to it a quarter of a pint of yeast, and work up to a good dough. Let it stand before the fire a few minutes before it goes to the oven; add seeds or currants; bake an hour and a half.

**ARROWROOT PUDDING.**—Take two tablespoonfuls of arrowroot, and two quarts of fresh milk, mix the arrowroot with a small portion of the milk, and when the remaining part of the milk has boiled, add it to the former; when nearly cold, add the yolks of three eggs well beaten, three ounces of sugar, two ounces of butter, and

a little grated nutmeg; stir the ingredients well together, turn them into a buttered dish, and bake for a quarter of an hour.

**A WELSH PUDDING.**—Let half a pound of fine butter melt gently; beat with it the yolks of eight and whites of four eggs; mix in six ounces of loaf-sugar, and the rind of a lemon grated. Put a paste into a dish for turning out, and pour the above in, and nicely bake it.

#### THE TOILET.

**HUNGARY WATER.**—To one pint of highly rectified spirits of wine put one ounce of oil of rosemary and two drachms of essence of ambergris; shake the bottle well several times, then let the cork remain out twenty-four hours. After a month, during which time shake it daily, put the water into small bottles.

**BANDOLINE FOR THE HAIR.**—Crush the pips of the ripe quince between two pieces of paper; then put them into a tumbler of cold water to stand all night, when the water will have become glutinous and fit for use; drop into it a small quantity of spirits of wine, and a few drops of essence of rose, jasmine, or any other perfume.

*Or*: Take half an ounce dried quince pips, pour on them one pint of boiling water, and strain when cold. Should it not be sufficiently glutinous, boil it again, and pour over the pips a second time. Scent with rose, bergamot, or any other scent.

**OIL OF ROSES FOR THE HAIR.**—Olive oil, one quart; otto of roses, one drachm; oil of rosemary, one drachm. Mix. It may be colored by steeping a little alkanet root in the oil (with heat) before scenting it. It strengthens and beautifies the hair.

**POT POURRI.**—To make "a perfume of sweet-scented leaves, etc., for fancy jars." Mix half a pound of common salt with a quarter of a pound of saltpetre, a quarter of an ounce of storax, half a dozen cloves, a handful of dried bay leaves, and another handful of dried lavender flowers. This basis of the Pot Pourri will last for years, and you may add to it annually petals of roses and of other fragrant flowers gathered on dry days, as fancy may dictate. By the same rule you may add, if approved, of powdered benzoin, chips of sandal wood, cinnamon, orris root, and musk. A very excellent Pot Pourri may be made in winter with a pound of dried rose petals, bought at a chemist's, mixed with four ounces of salt and two of saltpetre, on which were put eight drops of essence of ambergris, six drops of essence of lemon, four drops of oil of cloves, four drops of oil of lavender, and two drops of essence of bergamot.

#### MISCELLANEOUS.

**GOOD WRITING INK.**—Gall-nuts, pulverized, twelve ounces; logwood, four ounces; sulphate of iron, four ounces; gum arabic, four ounces; vinegar, two quarts; water, three quarts. Mix well for a week, and then strain. Five drops of creasote added to a pint of ordinary ink will effectually prevent its becoming mouldy.

**MAKING LARD.**—Cut the fat up into pieces about two inches square; fill a vessel holding about three gallons with the pieces; put in a pint of boiled lye, made from oak and hickory ashes, and strained before using; boil gently over a slow fire, until the cracklings have turned brown; strain and set aside to cool. By the above process you will get more lard, a better article, and whiter than by any other process.