

**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, cyress, 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

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.

## 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.

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.