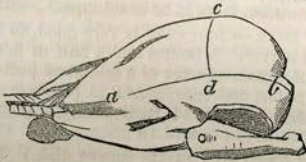


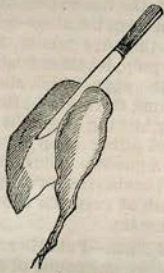
Receipts, &c.

CARVING.

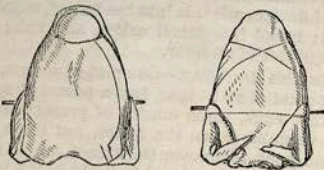
Roast Fowl.—Slip the knife between the leg and body; then with the fork turn the leg back, and the joint will give way if the bird is not old. Take the wing off in the direction of *a* to *b*, only dividing the



joint with your knife. When the four quarters are thus removed, take off the merrythought from *c*, and the neck-bones; these last, by putting in the knife at



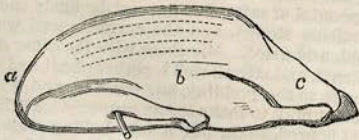
d, and pressing it, will break off from the part that sticks to the breast. The next thing is to divide the breast from the carcase, by cutting through the tender ribs close to the breast, quite down to the tail.



Then lay the back upwards, put your knife into the bone half way from the neck to the rump, and on raising the lower end it will separate readily. Turn the rump from you, take off the two sidesmen, and the whole will be done. To separate the thigh from the drumstick of the leg insert the knife into the joint as above. It requires practice to hit the joint at the first trial. The breast and wings are considered the best parts.

If the bird be a capon, or large, the breast may be cut into slices the same way as a pheasant.

The difference in the carving of boiled and roast fowls consists only in the breast of the former, if not



large, being always served whole, and the thigh-bone being generally preferred to the wing.

Geese.—Cut off the wing-bone and then thin slices, beginning at *a b*. Serve some of the seasoning from the inside by making an incision in the apron at *c*.

MISCELLANEOUS COOKING.

Rabbit Pie.—Skin two rabbits, wash them thoroughly, and cut them into small joints. Have ready some lean bacon and one pound of rump or beef steak; cut both into small pieces, place them all on a large dish, or on a chopping-board, sprinkle them with salt, pepper, chopped parsley and thyme, mix all well together, and put them in the pie-dish, adding force meat balls, or the yolks of hard boiled eggs. Fill the dish with water, cover the whole with a light paste, beat up an egg with a pinch of salt, glaze the pie with it, and bake in a hot oven two hours.

Shoulder of Mutton Boned.—Take a shoulder of mutton not too fat, remove the bone as far as the first joint from the knuckle, sprinkle the incision with pepper and salt. Make a stuffing the same as for veal, with half a pound of bread-crums, four ounces of beef suet chopped fine, a little chopped parsley and thyme, a little onion minced, salt and pepper, also a little grated nutmeg, and one egg; place the stuffing into the above incision, fold over the meat into its former place, and tie it up tightly with string. Shoulder of mutton done in this way may be roasted, but should properly be braised—that is, first fried of a golden color in oil or clarified butter, and then put into a stewpan with a pint and a half of stock, and any trimming of vegetables at hand; four or five cloves, six peppercorns, salt, thyme, parsley, and bay leaf. Leave it to boil gently for two hours, strain off the stock, remove the fat, let it reduce on the fire until it becomes like glaze poured over the mutton, and serve. Another very nice stuffing can be made by putting butter instead of suet; a little onion and garlic may also be used. Another way of doing a shoulder of mutton when boned and stuffed as above is to tie it tightly in a cloth before putting it to braise, care being taken to arrange the shank bone and first joint so as to appear like a duck's head, the shank bone making the beak. This is more appropriate for a cold dish, as it can be very prettily ornamented with white of eggs, beetroot, and parsley. The shoulder should be glazed before being ornamented.

Scrambled Eggs.—Take a piece of butter about the size of a walnut, put it into a saucepan to melt. Take three eggs, break them, and put them into the saucepan with a little salt. Put the saucepan on the fire, stir the eggs quickly till they begin to set, then serve on a piece of dried toast. Take care to stir the eggs quickly, and take them out of the saucepan as soon as they begin to set, or they become hard.

Kidneys.—Take four kidneys, divide them as usual, put them in an enamelled saucepan, with one pint of water and a wineglassful of sherry, stew by the fire for four hours, flavor the gravy with some sauce, and thicken with flour and butter before serving.

Devilled Turkey.—Take a cooked leg of turkey or large fowl, cut it all over to the bone, pepper and salt it well, using black pepper and Cayenne, then get some mixed mustard, mix it with about a third its quantity of flour, and plaster the leg over with this mixture as thick as it will stick, also stuffing the gashes with it. When this is done, put it on a grid-iron on a clear fire; serve hot.

German Mode of Cooking Turnips.—Eight large turnips, three ounces of butter, pepper and salt to taste, rather more than half a pint of weak broth, one table-spoonful of flour. Make the butter hot in a stewpan, lay in the turnips, after having pared and cut them into dice, and season them with pepper and salt. Toss them over the fire for a few minutes, then add the broth, and simmer the whole gently till the turnips are tender. Brown the above proportion of flour with a little butter; add this to the turnips, let

them simmer another five minutes, and serve. Boiled mutton is usually sent to table with this vegetable, and may be cooked with the turnips by placing it in the midst of them; the meat would then be very delicious, as, there being so little liquid with the turnips, it would almost be steamed, and consequently very tender.

Goose.—This requires keeping, the same as fowls, some days before cooking. The goose is best in the autumn and early part of winter—never good in spring. What is called a green goose is four months old. It is insipid after that, although tender. Pick well, and singe the goose, then clean carefully. Put the liver and gizzard on to cook as the turkey's. When the goose is washed and ready for stuffing, have boiled three white potatoes, skin and mash them: chop three onions very fine, throw them into cold water; stir into the potatoes a spoonful of butter, a little salt and black pepper, a tablespoonful of finely-rubbed sage-leaves; drain off the onions, and mix with potato, sage, etc. When well mixed, stuff the goose with the mixture; have ready a coarse needle and thread, and sew up the slit made for cleaning and introducing the stuffing. A full-grown goose requires one hour and three-quarters. Roast it as a turkey, dredging and basting. The gravy is prepared as for poultry, with the liver and gizzard. Apple sauce is indispensable for roast goose.

Consommé.—Take two pounds of beef (lean), cut in small pieces, and a fowl half roasted, and also cut in pieces, bones and all. Put the whole into a saucepan, which you fill up with common stock or broth (cold). Set the saucepan on the fire, and when the contents get hot skim the liquor carefully, then add salt to taste, and the following vegetables cut up in small pieces: two or three carrots, a couple of onions, a head of celery (a pinch of celery-seed will do as well if no celery is procurable), one tomato (fresh or dried), and a handful of parsley. Also add in due proportions, and according to taste, marjoram, thyme, cloves, allspice, whole pepper, mace, and bay leaf. This done, set the saucepan by the side of the fire to simmer very gently for at least four hours; then strain the liquor through a cloth, free it absolutely from fat, clarify it with white of egg or raw meat, and it is ready.

Cottage Pie.—Mince any kind of cold meat together (beef, mutton, veal, pork, or lamb), put it about an inch or an inch and a half deep in a pie dish, and cover it with gravy; don't spare salt and pepper; cover it over with mashed potatoes smooth at the top, and cut it across in diamonds with a knife; bake till it is crisp and brown at the top. A little Worcester sauce may be considered an improvement if onions are not objected to.

Potato Salad.—Ten or twelve cold boiled potatoes, four tablespoonfuls of tarragon or plain vinegar, six tablespoonfuls of salad-oil, pepper and salt to taste, one teaspoonful of minced parsley. Cut the potatoes into slices about half an inch in thickness; put these into a salad-bowl with oil and vinegar in the above proportion; season with pepper, salt, and a teaspoonful of minced parsley; stir the salad well, that all the ingredients may be thoroughly incorporated, and it is ready to serve. This should be made two or three hours before it is wanted for table. Anchovies, olives, or pickles may be added to this salad, as also slices of cold beef, fowl, or turkey.

CAKES, PUDDINGS, ETC.

Shortbread.—Two pounds of flour, one pound of butter, quarter of a pound of pounded loaf-sugar, half an ounce of caraway seeds, one ounce of sweet almonds, a few strips of candied orange-peel. Beat the but-

ter to a cream, gradually dredge in the flour, and add the sugar, caraway seeds, and sweet almonds, which should be blanched and cut into small pieces. Work the paste until it is quite smooth, and divide it into six pieces. Put each cake on a separate piece of paper, roll the paste out square to the thickness of about an inch, and pinch it upon all sides. Prick it well, and ornament with one or two strips of candied orange-peel. Put the cakes into a good oven, and bake them from 25 to 30 minutes.

Cider Cake.—Cider cake is very good, to be baked in small loaves. A pound and a half of flour, half a pound of sugar, quarter of a pound of butter, half a pint of cider, one teaspoonful of pearlsh; spice to your taste. Bake till it turns easily in the pans; we should think about half an hour.

Apple Snow.—(A pretty supper dish.) Ten good-sized apples, the whites of ten eggs, the rind of one lemon, half a pound of pounded sugar. Peel, core, and cut the apples into quarters, and put them into a saucepan with the lemon-peel and sufficient water to prevent them from burning—rather less than half a pint. When they are tender, take out the peel, beat them to a pulp, let them cool, and stir them to the whites of the eggs, which should be previously beaten to a strong froth. Add the sifted sugar, and continue the whisking until the mixture becomes quite stiff; and either heap it on a glass dish, or serve it in small glasses. The dish may be garnished with preserved barberries, or strips of bright-colored jelly; and a dish of custards should be served with it, or a jug of cream.

Gingerbread Nuts.—Put into an earthen vessel one pound of molasses, one pound of coarse brown sugar, and one pound of butter; place the vessel over the fire in a saucepan of boiling water, and let it remain until the butter and sugar are dissolved. In the meantime mix together an ounce and a quarter of allspice pounded fine, two ounces of ginger, and two pounds of flower; stir this into the butter, sugar, and molasses; make into small cakes, and bake them about a quarter of an hour.

West-Indian Pudding.—One pint of cream, quarter of a pound of loaf-sugar, half a pound of sponge-cakes, eight eggs, three ounces of preserved green ginger. Crumble down the cakes, put them into a basin, and pour them over the cream, which should be previously sweetened and brought to the boiling-point; cover the basin, beat well the eggs, and when the cream is soaked up, stir them in. Butter a mould, arrange the ginger around it, pour in the pudding carefully, and tie it down with a cloth; steam or boil it slowly for an hour and a half, and serve with the syrup from the ginger, which should be warmed, and poured over the pudding.

A Plain Christmas Pudding for Children.—One pound of flour, one pound of bread-crums, three-quarters of a pound of stoned raisins, three-quarters of a pound of currants, three-quarters of a pound of suet, three or four eggs, milk, two ounces of candied peel, one teaspoonful of powdered allspice, half a saltspoonful of salt. Let the suet be finely chopped, the raisins stoned, and the currants well washed, picked, and dried. Mix these with the other dry ingredients, and stir all well together; beat and strain the eggs to the pudding, stir these in, and add just sufficient milk to make it mix properly. Tie it up in a well-floured cloth, put it into boiling water, and boil for at least five hours. Serve with a little pounded sugar sprinkled over it.

Currant Fritters.—Half a pint of milk, two tablespoonfuls of flour, four eggs, three tablespoonfuls of boiled rice, three tablespoonfuls of currants, sugar to taste, a very little grated nutmeg, hot lard or clari-

fed dripping. Put the milk into a basin with the flour, which should previously be rubbed to a smooth batter with a little cold milk; stir these ingredients together; add the well-whisked eggs, the rice, currants, sugar, and nutmeg. Beat the mixture for a few minutes, and, if not sufficiently thick, add a little more boiled rice; drop it, in small quantities, into a pan of boiling lard or clarified dripping; fry the fritters a nice brown, and, when done, drain them on a piece of paper, before the fire. Pile them on a white doyley, strew over sifted sugar, and serve them very hot. Send a cut lemon to table with them.

Amber Pudding.—Half a pound of white sugar, half a pound of butter, boiled together for five minutes; when hot, pour it upon the yolks of eight eggs, well beaten; line a dish with puff paste, put some marmalade in the bottom, pour the mixture over it, and bake in a slow oven for half an hour. This pudding is so rich, it is better eaten when cold.

Paste for Patties.—Take one pound of fine flour; pass it through a wire sieve on to a pastry slab; add a pinch of salt and two or three drops of lemon juice; wet it with cold water into a paste about the same consistence as the butter about to be used; flatten the paste with the hands; place on it one pound of butter that has been worked well in a dry cloth; fold up the sides and ends of the paste, and roll it out the length of half a yard; fold it in three, turn it around, and roll it the other way; leave it twenty minutes, then roll it twice more, and so on until it has been rolled six times: this done, roll the paste to the thickness of half an inch; cut it with a plain round cutter dipped in boiling water, turn each patty over, place them on a baking tin, egg the top, and with a small cutter make a deep incision to form the cover. Bake in a quick oven.

Toffee.—Put one pound of powdered loaf-sugar with a teacupful of water into a brass pan. When the sugar is dissolved add a quarter of a pound of butter beaten to a cream; keep stirring the mixture over the fire till it sets, when a little is poured on to a buttered dish; just before the toffee is done add six drops of essence of lemon. Butter a dish or tin, pour on it the mixture, and when cool it will easily separate from the dish.

Jelly of Iceland Moss.—Iceland moss contains a bitter principle, which is useful in some diseases, but from which it should be freed when it is to be employed as diet. This is effected by pounding the dried lichen, and soaking it in tepid water, containing a small quantity of carbonate of soda, for twenty-four hours, and then pressing it forcibly in a coarse cloth; after which, if any bitterness remain, the process must be repeated. The moss thus treated is next put into water, in the proportion of one ounce of moss to one quart of water, then slowly boiled down to one-half, and strained through a sieve. The mucilage may be sweetened and acidulated; or it may be mixed with milk.

A Pound Plum-pudding.—One pound of suet, one pound of currants, one pound of stoned raisins, eight eggs, half of a grated nutmeg, two ounces of sliced candied peel, one teaspoonful of ground ginger, half a pound of bread-crumbs, half a pound of flour, half a pint of milk. Chop the suet finely; mix with it the dry ingredients; stir these well together, and add the well-beaten eggs and milk to moisten with. Beat up the mixture well, and should the above proportion of milk not be found sufficient to make it of the proper consistency, a little more should be added. Press the pudding into a mould, tie it in a floured cloth, and boil for five hours, or rather longer, and serve with brandy-sauce.

Crumpets.—Take three teacups of raised dough, and work into it, with the hand, half a teacup of melted butter, three eggs, and milk to render it a thick batter. Turn it into a buttered bakepan; let it remain fifteen minutes, then put on a bakepan, heated so as to scorch flour. It will bake in half an hour.

CONTRIBUTED.

AUSTIN, TEXAS, 1872.

FRIEND GODEY: Some months ago you asked for a receipt by which to make Okra Gumbo. I now give it to you, with the addition of receipts for several dishes in daily use among our people, and which I think your readers will like:—

Gumbo.—Take a young chicken, or the half of a full grown one, cut it up; mix together flour, pepper, and salt, roll the fowl in it; then drop it into hot lard, and fry it nice and brown. Cut the okra up in rounds until there is over a quart of cut okra. When the chicken is nearly done, add this to it, and fry about ten minutes, stirring all the time; do not allow this to brown. Now pour on two quarts of boiling water, and drop in a slice of ham; boil this down to one and a half quarts. If you desire it, about ten minutes before taking off the fire, add two dozen fresh oysters and their juice. In green corn season, cut corn from the cob and fry it at the same time as the okra; this is a good addition. There must be rice cooked to eat with gumbo. It must be done, and perfectly done, and perfectly dry, so that each grain will stand separate. In serving the gumbo, first place a large spoonful of rice in each plate, and pour the gumbo over it.

Daube Glacke.—Take a round of beef from two to three inches thick, stick holes in it, stuff them with small strips of the fat of fresh pork that have previously been rolled in pulverized sage; black pepper, salt, and a little finely-minced garlic. Boil two feet of a calf or beef until they jelly, set them aside until thoroughly cold, then skim off all the fat, and pick out all the bones. Put half of the jelly in an oven, then place in the beef and cover it with the remainder of the jelly, throw in a few cloves; cut a piece of very thick brown paper, spread its edge with a paste of flour and water, and paste it down tightly over the oven, so no steam will escape; cook for about four hours. Take it off of the fire, put it in a deep dish, pour over it all the melted jelly that remains in the oven, and set it aside in a cold place; do not disturb until it is firmly jellied over. This will keep for many days in a cold place, and is an excellent dish.

Cushaw, or Potato Pumpkin.—Peel and cut up the cushaw, boil it in a little water until soft, take it up and mash it thoroughly, add to it two tablespoonfuls of brown sugar, and two of butter, also a little pulverized allspice; stir up well together, pour into a dish, and bake like a pudding.

Sweet Potato Pone.—To one quart of grated sweet potato, add two large tablespoonfuls of butter well creamed, with three of brown sugar, and one teaspoonful of grated nutmeg or ground allspice; beat light the yolks of four eggs and add to the above; then beat the whites and put them in; beat all well together, and bake in a well-buttered pan. Excellent hot or cold; keeps for days.

Pumpkin.—Make a good syrup of brown sugar and water, strain it, peel and cut in thin slices some pumpkin; put it in the syrup and add grated lemon peel and juice, cook until nearly candied. Some persons use mace or spices instead of lemon; some do not season at all. At dinner, eat this hot with the meats; at supper, it will be found equally nice cold.

CREOLE.

Receipts, &c.

HERBS, THEIR DOMESTIC USES, PROPERTIES, CULTURE.

THE term "herbs," though formerly applied to all the "green herbs" provided "for the service of man," is now commonly restricted to those plants of home growth which are used to give flavor to culinary preparations, or in domestic medicine. "Potherbs," and "sweet herbs," are phrases of loose application, and it would be difficult to class the several kinds under them. The first is generally given to those used in cookery only, and many of those known as sweet herbs are employed as potherbs. Apart from their value in improving flavor, aromatic herbs in cookery have a stimulating action on the system, and, in the quantities in which they are used, are beneficial; although many of them would be absolutely poisonous, if taken in large quantities. Of the medicinal properties of the various plants, which are at the present day too much in danger of being lost sight of, we shall touch while treating of them in detail.

The cultivation of all the more valuable and better known herbs is extremely simple, and they may be grown by those who have gardens too small for the cultivation of vegetables. They are much better gathered fresh for use when required, than when partially faded, as will commonly be the case when purchased.

For winter use, whether home grown or otherwise, they must be dried, and the proper time for gathering them for this purpose is when they are most in season, which is, as a rule, when the color of the blossom first begins to appear. They should be gathered after sunshine, when they are perfectly free from moisture. Most people hang them in bunches, in a shady place, under cover, to be dried by the circulation of air alone; but a quicker method preserves the flavor and aroma more fully. They are better divided into small bunches, and cured in an oven before an ordinary fire; care must, of course, be taken not to burn them—this will not happen so long as they do not change color. When dried, they should not, as is the general practice, be hung up in the bunches, or inclosed in paper bags, since either of these methods involves some loss of their properties; but the leaves should be picked off, reduced to powder, and passed through a hair-sieve. They should then be put in glass-stoppered bottles, and labelled; when stored in this manner, they are ready for immediate use, and will keep uninjured for a great length of time.

To save trouble when required, an excellent herb powder may be prepared by mixing the following—the leaves being dried and powdered, as directed above: parsley, winter savory, sweet marjoram, and lemon thyme, of each two ounces; lemon-peel, cut very thinly and dried, and sweet basil, one ounce each. Dry in a warm, but not hot oven, till they can be finely pounded in a mortar, and rub the powder through a hair-sieve. This, when put in a glass bottle as above, will retain its fragrance for many months, and form a delicious and cheap flavoring.

Thyme.—Of this, two species, common or garden thyme, is a shrubby evergreen of about a foot high; the leaves and young shoots are much used for stuffings, and also for soups and sauces. Lemon thyme has a strong perfume, like the rind of lemon. Thyme grows best on a dry and rather poor soil; it may be propagated from seed sown in early spring, but offsets or layers are the more usual methods. As bor-

ders, it may be grown to advantage—the variegated kind is exceedingly pretty.

Sage.—Its use in cookery is chiefly in stuffings, for correcting the too great lusciousness of certain kinds of meat, such as goose and duck; for this, the common red sage, and the green variety, are most employed. The other kinds—the small-leaved, and the broad-leaved balsamic sage—are more esteemed for medicinal purposes. As a medicinal herb, sage has lost much of its reputation in our own time, and that unjustly, for it possesses considerable aromatic and astringent properties; and sage tea is undoubtedly useful for debility of the stomach, and in nervous cases. For sore throats it makes a grateful and cooling gargle. The Chinese are said to prefer tea made from sage to that of their own country. This plant requires little or no care; it thrives best in a shady border, and may be propagated by slips merely dibbled into the ground in spring and autumn.

Marjoram is of several kinds. Marjoram is used for soups, stuffings, &c., the sweet and winter marjorams, being preferred. These plants grow readily on a light, dry soil, but require frequent change of situation. Winter marjoram is propagated by layers, but sweet marjoram must be sown in April. For seasonings, the leaves are best when dried. Marjoram is heating in its nature.

Savory, being highly acrid, is not much used in cookery, and is preferable when dried. There are two sorts, summer and winter savory. Winter savory is used as a vermifuge.

Mint.—Spearmint, or garden-mint, is the kind most cultivated for cookery. Its use for boiling (to be afterwards withdrawn), with peas and some other dishes, is well known. Pea soup should never be made without it, not only on account of the improved flavor given, but also because it corrects the flatulency to which that dish is apt to give rise; it is also used in spring salads. Few plants bear drying better without loss of properties. Medicinally it is stomachic and antispasmodic. The peculiar flavor and properties of peppermint are chiefly owing to the camphor which it contains, and of which one-fourth of its essential oil is composed. It is not used in cookery; we have tasted it, substituted it for spearmint, with lamb, in mint sauce, by an ignorant cook, and can by no means advise our readers to repeat the experiment. Pennyroyal is still used to flavor certain dishes, as hogs' puddings, but not so much as formerly. All plants of this family delight in low, moist situations. When the leaves become pale or yellow, it indicates that a change of soil is required. They are propagated by dividing the roots in spring.

Parsley has been so long cultivated, that the time of its introduction is unknown. The common, plain-leaved variety is now almost superseded by the curly, which equals it in flavor, and is far superior in beauty for garnishing purposes; and is, moreover, less liable to be confounded with fool's parsley, a kind of hemlock and a poison; from this plant being used in mistake, some accidents have arisen. Parsley is a diuretic, and is useful to cleanse and purify the teeth and breath from strong smells. It should be remembered that to parrots it is poison. Celery parsley is a variety between parsley and celery, and is used as the latter. Parsley should be sown in drills on any spare border in March. A good supply of parsley may be insured through the winter by sheltering the rows with some light covering, as brushwood; or it may be dried. It may be remarked, that of celery (a member of this family), the outer stalks, which are usually thrown away, because acrid when green, lose that taste when dried, and become, for soups, equal in flavor with the centre.

MISCELLANEOUS COOKING.

Boiled Bacon.—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it; then pare off the rusty parts, and scrape the under-side and rind as clean as possible. Put it into a saucepan of cold water; let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it. Let it simmer very gently until it is *thoroughly* done; then take it up, strip off the skin, and sprinkle over the bacon a few bread raspings, and garnish with tufts of cauliflower or sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

A la Mode Beef.—Six or seven pounds of the thick flank of beef, a few slices of fat bacon, one teacupful of vinegar, black pepper, allspice, two cloves well mixed and finely pounded, making altogether one heaped teaspoonful; salt to taste, one bunch of savory herbs, including parsley, all finely minced and well mixed; three onions, two large carrots, one turnip, one head of celery, a pint and a half of water, one glass of port wine. Slice and fry the onions of a pale brown, and cut up the other vegetables in small pieces, and prepare the beef for stewing in the following manner: Choose a fine piece of beef, cut the bacon into long slices about an inch in thickness, dip them into vinegar, and then into a little of the above seasoning of spice, etc., mixed with the same quantity of minced herbs. With a sharp knife make holes deep enough to let in the bacon; then rub the beef over with the remainder of the seasoning and herbs, and bind it up in a nice shape with tape. Have ready a well-tinned stewpan (it should not be much larger than the piece of meat you are cooking), into which put the beef with the vegetables, vinegar, and water. Let it simmer *very gently* for five hours, or rather longer, should the meat not be extremely tender, and turn it once or twice. When ready to serve, take out the beef, remove the tape, and put it on a hot dish. Skim off every particle of fat from the gravy, add the port wine, just let it boil, pour it over the beef, and it is ready to serve. Great care must be taken that this does not boil fast, or the meat will be tough and tasteless; it should only just bubble. When convenient, all kinds of stews, etc., should be cooked on a hot plate, as the process is so much more gradual than on an open fire.

Beef Fritters.—The remains of cold roast beef, pepper and salt to taste, three-quarters of a pound of flour, half a pint of water, two ounces of butter, the whites of two eggs. Mix very smoothly, and, by degrees, the flour with the above proportion of water; stir in two ounces of butter, which must be melted but not oiled, and just before it is to be used, add the whites of two well-whisked eggs. Should the batter be too thick, more water must be added. Pare down the cold beef into thin shreds, season with pepper and salt, and mix it with the batter. Drop a small quantity at a time into a pan of boiling lard, and fry from seven to ten minutes, according to the size. When done on one side, turn and brown them on the other. Let them dry for a minute or two before the fire, and serve on a folded napkin. A small quantity of finely-minced onions, mixed with the batter, is an improvement.

Melted Butter.—A quarter of a pound of butter, a dessertspoonful of flour, one wineglassful of water, salt to taste. Cut the butter up into small pieces, put it into a saucepan, dredge over the flour, and add the water and a seasoning of salt; stir it *one way* constantly till the whole of the ingredients are melted and thoroughly blended. Let it just boil,

when it is ready to serve. If the butter is to be melted with cream, use the same quantity as of water, but omit the flour; keep stirring it, but do not allow it to boil.

Stewed Red Cabbage.—One red cabbage, a small slice of ham, half an ounce of fresh butter, one pint of weak stock or broth, one gill of vinegar, salt and pepper to taste, one tablespoonful of pounded sugar. Cut the cabbage into very thin slices, put it into a stewpan, with the ham cut in dice, the butter, half a pint of stock, and the vinegar; cover the pan closely, and let it stew for one hour. When it is very tender, add the remainder of the stock, a seasoning of salt and pepper, and the pounded sugar: mix-all well together, stir over the fire until nearly all the liquor is dried away, and serve. Fried sausages are usually sent to table with this dish; they should be laid around and on the cabbage, as a garnish.

Liver and Parsley Sauce, for Poultry.—The liver of a fowl, one tablespoonful of minced parsley, half a pint of melted butter. Wash and score the liver, boil it for a few minutes, and mince it very fine; blanch or scald a small bunch of parsley, of which there should be sufficient when chopped to fill a tablespoon; add this with the minced liver to half a pint of smoothly-made melted butter; let it just boil, then serve.

Broiled Kidneys (a Breakfast or Supper Dish).—Ascertain that the kidneys are fresh, and cut them open, very evenly, lengthwise, down to the root, for should one half be thicker than the other, one would be underdone whilst the other would be dried, but do not separate them; skin them, and pass a skewer under the white part of each half to keep them flat, and broil over a nice clear fire, placing the inside downwards; turn them when done enough on one side, and cook them on the other. Remove the skewers, place the kidneys on a very hot dish, season with pepper and salt, and put a tiny piece of butter in the middle of each; serve very hot and quickly, and send very hot plates to table.

Carrot Soup.—Two pounds of carrots, three ounces of butter, seasoning to taste of salt and cayenne, two quarts of stock or gravy soup. Scrape and cut out all specks from the carrots, wash, and wipe them dry, and then reduce them into quarter-inch slices. Put the butter into a large stewpan, and when it is melted, add two pounds of the sliced carrots, and let them stew gently for an hour without browning. Add to them the soup, and allow them to simmer till tender—say for nearly an hour. Press them through a strainer with the soup, and add salt and Cayenne if required. Boil the whole gently for five minutes, skim well, and serve as hot as possible.

CAKES, PUDDINGS, ETC.

Steamed Bread and Butter Pudding.—Lay the bread and butter in a basin with apricot and other jam between; add a custard as for a baked pudding, and steam it.

Alderley Pudding.—Two tablespoonfuls of ground rice, the same of arrowroot, the yolks of two eggs, a little grated lemon-peel, sugar to taste, and one pint of milk mixed together. Lay a little orange marmalade or other preserve at the bottom of a dish, pour over it this mixture, and bake.

Ginger Pudding.—One cup not quite full of suet, two cups of bread-crumbs, two teaspoonfuls of powdered ginger; mix with warm molasses, butter a mould or basin, put in the pudding, and bake for two or three hours: or, if preferred, steam it in place of baking.

German Fritters.—Cut some slices of bread half an inch thick, remove the crust, and soak them in milk; beat up two eggs, pour them over the bread, and fry it in butter; strew powdered sugar over the fritters.

Sally Lunn Pudding.—Scoop out a piece from the under side of a Sally Lunn cake in such a way as not to injure the upper crust, and replace it; then put the cake into a basin that just holds it, pour boiling milk over it, and let it soak in the milk for three hours. Mix one egg well beaten, with a glass of white wine, a little spice and sugar, and having taken out the piece previously scooped out, stir in these ingredients, still taking care not to break the top crust. Replace the piece, and the basin having been well buttered, fill it quite up with bread-crumbs, and boil three-quarters of an hour.

Soda Scones.—Put as much flour as required into a basin, and add salt to taste, and rub some butter or lard into it; have some sour buttermilk ready in a jug, as much as will be wanted to blend the flour in the basin; mix a good-sized teaspoonful of carbonate of soda in half a teacupful of cold water, and when well stirred pour it into the buttermilk, which will effervesce, and while it is in this state use it to mix the flour into a soft paste, which must be rolled out into round cakes, then cut into quarters, and baked on both sides on a girdle. The more sour the buttermilk the better; and if this cannot be procured, any sour milk may be substituted for it—indeed, the juice of a lemon is sometimes used instead, and gives a nice flavor. Baking powder will do, but it does not answer so well.

Caramel Custards.—1. Put a handful of loaf-sugar in a saucepan with a little water, and set it on the fire until it becomes a dark brown caramel, when you add more water (boiling) to produce a dark liquor like strong coffee. Beat up the yolks of six eggs with a little milk; strain, add one pint of milk (sugar to taste) and as much caramel liquor (cold) as will give the mixture the desired color. Put the mixture in a water bath, and stir it on the fire, as you would an ordinary custard, until it thickens. Pour into custard glasses, and serve.

2. Having prepared the mixture as above, pour it into a well-buttered mould; put this in cold water; then place the apparatus on a gentle fire, taking care that the water does not boil. Half an hour's steaming will set the custard, which you then turn out and serve.

3. Flavor the milk by boiling a piece of vanilla or a stick of cinnamon in it. Let it get cold, then compound the custard.

By using the white of one or two eggs in addition to the six yolks, the chances of the custard not breaking are made more certain, if it is intended to turn it out instead of serving it in glasses.

Imperial Rice.—Boil three tablespoonfuls of rice picked and washed clean, in a pint of milk, with sugar to taste, and a piece of vanilla; when quite done, put it into a basin to get cold. Make a custard with a gill of milk and the yolks of four eggs; when cold, mix it with the rice. Beat up into a froth a gill of cream with some sugar and a pinch of isinglass dissolved in a little water; mix this very lightly with the rice and custard, fill a mould with the mixture, and set it on ice. When moderately iced, turn it out, and serve with any cold jam sauce or a sweet salad of fruits round it, such as strawberries.

Apple Soufflé.—Boil some apples with very little water, plenty of lump-sugar, and a few cloves or a little cinnamon, until you get a well-reduced marmalade, which you pass through a hair-sieve. Mix a very little potato flour with a gill of milk; stir it over the fire until it thickens; add the yolks of four eggs,

and as much apple marmalade as will give you a mixture of the proper consistency, work it well so as to get it of a uniform smoothness, then add the whites of six eggs in the usual way. A little fresh butter may be added to this form of soufflé, but it is by no means necessary.

Italian Rice Pudding.—A teacup of rice, the yolks of four eggs, the whites of three beaten separately, two ounces of pounded sugar, two ounces of raisins, a quarter pound of suet chopped very fine, flavoring of ratafia or vanilla. Put these ingredients into a mould, and boil an hour and a half. Serve with brandy or sweet sauce.

MISCELLANEOUS.

To Clean Paint.—Provide a plate with some of the best whiting to be had, and have ready some clean warm water and a piece of flannel, which dip into the water and squeeze nearly dry; then take as much whiting as will adhere to it, apply it to the painted surface, when a little rubbing will instantly remove any dirt or grease. After which, wash the part well with clean water, rubbing it dry with a soft wash-leather. Paint thus cleansed looks as well as when first laid on, without any injury to the most delicate colors. It is far better than using soap, and does not require more than half the time and labor.

Pearl Barley. with water, simmered to a jelly, is a valuable food for infants. Strain all seeds, etc., before it gets cold. Mix with a due quantity of milk, or without milk if preferred, and give it warm. This is a happy medium between oatmeal and arrowroot.

Whitening Ivory.—An approved method of whitening ivory that has turned yellow, consists in heating a thin chalk paste in a vessel over a fire, and then immersing the ivory and leaving it until it has reached the proper degree of whiteness. It is then to be taken out, dried and polished off. This method is preferred by a German writer to one that has been a good deal in use, namely, placing the ivory in a saturated solution of alum for an hour, and afterwards rubbing it off with a woollen cloth, and then wrapping it in a linen one, in which it is to be allowed to dry.

Cleaning.—All saucepans, copper or otherwise, and all bright tins, dish covers, etc., ought if possible to be cleaned every week. Spanish whiting and sweet-oil, made into a paste, rubbed on and allowed to stand a little, then wiped off, and the things polished with a leather and dry whiting, will make tins and dish covers look very nice. Copper saucepans should always be put away dry, or they will become covered with verdigris. Decidedly plates on the dresser, whether in use or not, should be taken down and dusted every week, and once a fortnight at least the dresser itself should be scrubbed. Of course the time the cook has for this sort of thing depends on how much cooking she has to do, and whether she has both early and late dinners; but, with management (unless she assists in the housework) she ought to have time for all.

Pudding Cloths, however coarse, ought never to be washed with soap; they should be dried as quickly as possible, and kept dry and free from dust, and in a drawer or cupboard free from smell.

A Good Lip-Salve, useful for chaps, etc., is made of equal parts of almond or olive oil, and the best white wax; melt the latter in a clean gallipot, set at the side of the fire, then add the oil.

All Green Vegetables of the cabbage kind should be chosen with large, close, firm hearts; when fresh the leaves are crisp and brittle; when stale they are lank and drooping.

Receipts, Etc.

GARNISHING.

THE scientific branch of cookery comprises the devising of dishes and sauces. The artistic branch constitutes the art of garnishing, and this plays a most important part in the outcome of the kitchen, as, by means of it, dishes please the eye before they please the palate. First impressions go a great way, and when one sense is captivated by an agreeable and inviting appearance, the dish must be bad indeed which fails to stand the more searching ordeal of taste. Besides, people who suffer from jaded appetites have a better chance of eating their dinner when the dishes which are put before them are pleasant to the sight.

Art, however, is not a thing to be taught. You may show a man how to mix colors, but you cannot teach him how to use them. I will only attempt to explain that what in cookery is meant by garnishing is not the traditional parsley of the cook, and I will describe what cooks properly so called mean by garnishing, of what garnishes are made, and how the different materials are prepared for the purpose.

The combinations of these things are too infinite to allow of more than a very general exposition. They wholly depend upon the talent, skill, and taste of the operator. The one and great thing to avoid, as much as possible, is the using for purposes of garnishing things which are not eatable.

"Garniture," which is rendered into English by "garnish," may be defined as all that is added to the chief material, which constitutes the dish. Thus tomato sauce in a dish of cutlets, or fried potatoes around a steak are garnishes.

These things fall naturally under two great heads. The hot garnishes, which accompany every savory dish, and the cold garnishes, which go with cold meats, salads, mayonnaises, etc.

Vegetables are the chief material of hot garnishes. By judicious combinations they will produce very pretty effects of color. To instance only a few, turnips, potatoes, Jerusalem artichokes, cauliflowers, celery, and vegetable marrows will give whites; carrots, tomatoes, beetroots supply the reds; truffles and mushrooms blacks; and then there are the endless shades of green given by beans, peas, sprouts, cucumbers, asparagus, etc. To be so used, all such vegetables as will admit of it must be cut into uniform shapes by what are called vegetable cutters, the successful use of which requires some practice. They may also be cut with a knife in the shape of a "quarter" of an orange, or again in little oblong slabs a quarter of an inch thick, and one inch by three-quarters with all the edges slightly chamfered. This way is very good for carrots; when the middle part begins to harden, and is not fit to eat. Some vegetables can be sliced, and out of them pieces can then be stamped. Beans should be cut into lozenges, or they may be cut in the shape of peas with a stamp. Cauliflowers should be picked out into little bunches the size of a penny at the top. Vegetables are usually cut before cooking, and each should be cooked separately. Great care is necessary to insure that when sent up to table they are all "*cutts à point*" and hot. Here is a simple example of purely vegetable garnish: Suppose that a piece of beef be stewed according to art, and put upon a dish on a tasteful and velvety gravy. Having all your vegetables ready cooked at hand, you proceed to place four little heaps of cauliflowers at equal distance from each other; then you flank each with carrot

cut in slabs on one side, and beans cut into lozenges on the other; and lastly, you fill in the remaining spaces, *i. e.*, between the beans and the carrots, with potatoes cut the shape and size of Spanish olives, and fried a very light color in butter. We should here observe that once cooked, these things should not be touched with the hand, but put into position by means of a larding needle and a teaspoon, or some other instrument. For purposes of garnishing, potatoes are also mashed, and then shaped into various forms, and they are likewise made into croquets or fried a golden color, in which latter case, eggs and spices should enter into their composition.

Bread sippets, which are used to garnish many dishes, should be invariably fried in butter, and fried a uniform color all over. They ought to be cut out of stale bread, and should be of the same thickness and of a uniform shape, which, with the help of paste cutters, can be varied *ad infinitum*.

Force meat, quenelles, tongue, eggs (hard boiled), olives, etc., are used in garnishing. Parsley should only be used in a fried form; a hot dish garnished with raw sprigs of parsley is ridiculous. The only cold things which may enter into the garnishes of hot dishes are lemons with some fish, water cresses or garden cress with some kinds of game and poultry.

In the matter of the garnishes of cold dishes there is a wider scope for artistic feeling. Cold meats should always be ornamented with jelly, and instead of parsley, with the curled garden cress, which, while it resembles parsley closely, has the advantage of being eatable when raw. But it is in salads, mayonnaises, and the like, that the artistic feeling of a cook can come out. We will describe the materials she has at hand for ornamentation: The white and yolk of hard-boiled eggs, which are both used finely minced, but the former can yield any number of fanciful devices, which are thus arrived at. Several whites of egg are put into a tin previously slightly buttered, and then are made to set in a water bath; when turned out, they will give you a slab of hard-boiled white of egg, out of which you may cut and stamp what you like. Beet-root will furnish similar devices in red, and so will tongue; olives (stoned), truffles, capers, anchovies, gherkins, lobster coral, etc., will give other colors and shapes. It will readily be seen that many very pretty combinations and of many colors can be made with these things. A fair average taste and some patience are the chief requisites.

MISCELLANEOUS COOKING.

Parsley and Butter, to serve with Calf's Head, Boiled Fowls, etc.—Two tablespoonfuls of minced parsley, half a pint of melted butter. Put into a saucepan a small quantity of water, slightly salted, and when it boils, throw in a good bunch of parsley which has been previously washed and tied together in a bunch; let it boil for five minutes, drain it, mince the leaves *very fine*, and put the above quantity in a tureen; pour over it half a pint of smoothly-made melted butter; stir once, that the ingredients may be thoroughly mixed, and serve.

Parsnip Soup.—One pound of sliced parsnips, two ounces of butter, salt and Cayenne to taste, one quart of stock. Put the parsnips into the stewpan with the butter, which has previously melted, and simmer them till quite tender. Then add nearly a pint of stock, and boil together for half an hour. Pass all through a fine strainer, and put to it the remainder of the stock. Season, boil, and serve immediately.

Oyster Force-meat for Roast or Boiled Turkey.—Half a pint of bread-crumbs, one and a half ounce of

chopped suet or butter, one fagot of savory herbs, quarter of a saltspoonful of grated nutmeg, salt and pepper to taste, two eggs, eighteen oysters. Grate the bread very fine, and be careful that no large lumps remain; put it into a basin with the suet, which must be very finely minced, or, when butter is used, that must be cut up into small pieces. Add the herbs, also chopped as small as possible, and seasoning; mix all these well together, until the ingredients are thoroughly mingled. Open and beard the oysters, chop them, but not too small, and add them to the other ingredients. Beat up the eggs, and, with the hand, work altogether, until it is smoothly mixed. The turkey should not be stuffed too full; if there should be too much forcemeat, roll it into balls, fry them, and use them as a garnish.

Roast Loin of Mutton.—Cut and trim off the superfluous fat, and see that the butcher joints the meat properly, as thereby much annoyance is saved to the carver, when it comes to table. Have ready a nice clear fire (it need not be a very wide large one), put down the meat, dredge with flour, and baste well until it is done. Make the gravy as for roast leg of mutton, and serve very hot.

Mutton Collops.—A few slices of cold leg or loin of mutton, salt and pepper to taste, one blade of pounded mace, one small bunch of savory herbs minced very fine, two or three shallots, two or three ounces of butter, one dessertspoonful of flour, half a pint of gravy, one tablespoonful of lemon-juice. Cut some very thin slices from a leg or the chump end of a loin of mutton; sprinkle them with pepper, salt, pounded mace, minced savory herbs, and minced shallot; fry them in butter, stir in a dessertspoonful of flour, add the gravy and lemon-juice, simmer very gently about five or seven minutes, and serve immediately.

Lamb, Shoulder of, Stuffed.—Shoulder of lamb, forcemeat, trimmings of veal or beef, two onions, half a head of celery, one fagot of savory herbs, a few slices of fat bacon, one quart of stock. Take the blade-bone out of a shoulder of lamb, fill up its place with forcemeat, and sew it up with coarse thread. Put it into a stewpan with a few slices of bacon under and over the lamb, and add the remaining ingredients. Stew very gently for rather more than two hours. Reduce the gravy, with which glaze the meat, and serve with peas, stewed cucumbers, or sorrel sauce.

Beef Rolls.—The remains of cold roast or boiled beef, seasoning to taste of salt, pepper, and minced herbs; puff paste. Mince the beef tolerably fine with a small amount of its own fat; add a seasoning of pepper and salt, and chopped herbs; put the whole into a roll of puff paste, and bake for half an hour, or rather longer, should the roll be very large. Beef patties may be made of cold meat, by mincing and seasoning beef as directed above, and baking in a rich puff-paste in patty-tins.

Beef Collops.—Two pounds of rump-steak, quarter of a pound of butter, one pint of gravy (water may be substituted for this), salt and pepper to taste, one shallot, finely minced, one pickled walnut, one teaspoonful of capers. Have the steak cut thin, and divide it in pieces about three inches long; beat these with the blade of a knife, and dredge with flour. Put them in a frying-pan with the butter, and let them fry for about three minutes; then lay them in a small stewpan, and pour over them the gravy. Add a piece of butter kneaded with a little flour, put in the seasoning and all the other ingredients, and let the whole simmer, but not boil, for ten minutes. Serve in a hot covered dish.

Beef Cake.—The remains of cold roast beef; to each pound of cold meat allow a quarter of a pound of bacon or ham; seasoning to taste of pepper and salt, one small bunch of minced savory herbs, one or two eggs. Mince the beef very finely (if underdone, it will be better), add to it the bacon, which must also be chopped very small, and mix well together. Season, stir in the herbs, and bind with an egg, or two should one not be sufficient. Make it into small square cakes, about half an inch thick, fry them in hot dripping, drain them, and serve in a dish with good gravy poured around.

CAKES, PUDDINGS, ETC.

Cocoa-nut Cakes.—I have tried several ways for making these, but have only succeeded in the following: Rasp a fresh cocoa-nut on a grater, taking care not to let any of the brown rind in (which can be prevented by holding the rind towards you); spread it on a dish or tin, and let it dry gradually for a couple of days; add to it double its weight of fine sifted sugar and the whites of eight eggs beaten to a solid froth, and a teacupful of flour for every pound; put the mixture into small drop tins, and bake them in a very gentle oven about twenty minutes. Move them out of the tins while they are warm, and store them in a canister when cold.

Apple Preserve.—Procure fresh-gathered, ripe apples, of a fine sort; peel them, take out the cores, and cut them in quarters; place them in a preserving-pan with a glass of water, a little lemon or orange-peel, and a pound of sugar to a pound and a half of fruit. Let it boil thoroughly, and then put it out into preserve-pots.

Pressed Apples.—Choose some firm, sound apples, not too ripe (those called stone pippins are the best), put them on a baking-tin in a slack oven, and leave them in all night. In the morning take them out, and pinch them, one at a time, between your finger and thumb, working all round each. Put them into the oven again at night, and pinch them in the morning, and continue doing both until they are soft enough. Then place them between two boards, with a weight upon them, so as to press them flat, but not so heavy as to burst them, and let them dry slowly.

Oatmeal Cake.—Melt half an ounce of salt butter or lard in a pint of boiling water, and having put a pound of oatmeal into a basin, pour the water, quite boiling, upon it. Stir it as quickly as possible into a dough. Turn this out on a baking-plate, and roll it out until it is as thin as it can be to hold together; then cut it out into the shape of small round cakes. Make these firm by placing them over the fire on a griddle (a gridiron of fine wire bars) for a short time, and afterwards toast them on each side alternately before the fire until they become quite crisp.

Matrimony Tart.—Pare and core about a dozen nice-sized apples; put them into a saucepan with a little water to keep them from burning; boil them until you can pulp them (but do not forget to frequently stir them), then add a quarter of a pound of currants, two ounces of candied peel, and enough sugar to sweeten it nicely; if liked, also a little grated nutmeg. Pour this mixture into a large tart-tin or dish that has previously been lined with a thin paste. Then roll out another piece the same size and thickness, which place over the top; press the edges together all round, make a hole in the centre (the same as for mince-pies), and bake. When apples are plentiful this makes a pleasing change from the ordinary routine of pies and puddings.

Orange Cream.—Pare the rind of an orange very thin, and squeeze the juice of four oranges, and put

it, with the peel, into a saucepan with one pint of water, eight ounces of sugar, and the whites of five eggs well beaten. Mix all together, place it over a slow fire, stir it in one direction until it looks thick and white, strain it through a gauze sieve, and stir it till cold. Beat the yolks of five eggs thoroughly, and add them to the contents of the saucepan, with some cream. Stir all together over the fire till ready to boil, pour it into a basin, and again stir it till quite cold before putting it into glasses.

Amber Pudding.—My receipt for this pudding is as follows, and is very good: Put one pound of butter into a saucepan, with three-quarters of a pound of crushed sugar; melt the butter, and mix well; then add the yolks of fifteen eggs, well beaten, and as much candied orange-peel (pounded to a paste) as will give color and flavor. Line a dish with paste, fill with the mixture, lay a crust over, and bake in a slow oven.

TO DYE DRIED FLOWERS.

SOME of the most beautiful ornaments for the interior of our dwellings are those of natural production, such as shells, crystals, corals, minerals, etc. What is more beautiful than a bouquet of flowers? There has ever been a desire to retain flowers during the whole winter; but what Nature withholds, Art in many instances partially supplies. The gathering of grasses, mosses, ferns, and certain flowers called gnaphalium, or everlasting flowers, during the Autumn, is a delightful occupation. Then comes the work of setting them up into various ornamental forms. Most of the grasses and several mosses dry of a sombre hue, though they retain their exquisite form. To whiten, or bleach them, make a cone of paper, in which the flowers are to be placed, over a small piece of burning sulphur.

To dye them—

Red.—Carmine dissolved in a solution of carbonate of potash, or carmine dissolved in ammonia: say, carmine, a quarter of an ounce; liquid ammonia, half an ounce; water, a quarter of a pint.

Blue.—Indigo, dissolved in sulphuric acid, and neutralized with whitening.

Yellow.—A solution of turmeric in spirit of wine.

Violet.—Archil and the above blue.

Lilac.—Archil, in boiling water.

Green.—Dye first light blue by diluting the above by one half with water, and then use the yellow.

All these grasses, etc., are dyed by dipping them into solutions of the above mixtures. The colors may be brightened if the plants be first dipped in water containing cream of tartar, and dried.

CONTRIBUTED.

Ginger Cake.—Take two eggs, one cup of sugar, half a cup of butter, half a cup of buttermilk, three tablespoonfuls of molasses, one tablespoonful of ginger, a teaspoonful of soda, two and a half cups of flour. This is an excellent receipt. F. M. McC.

Sponge Cake.—The yolks of ten good-sized eggs and a pint of powdered sugar, a little salt, and the grated peel of a lemon. Beat this well together with a silver or wooden spoon. Then add the whites, beaten to a stiff froth; then very lightly stir in a pint of sifted flour, and bake at once, either in flat buttered tins, cups, or two round tins about three inches deep. The mixture must not be stirred much after the flour is in. This will make a nice sandwich cake, by baking it thin on round tin pie plates, and putting preserve or marmalade of any kind between each layer; sift white sugar over the top. D. R.

Stewed Fish.—For a rock that weighs five or six pounds, put a pint of water in a stewpan with six

large onions sliced, let it stew about a quarter of an hour, rub your fish well with Cayenne pepper and salt; when half done, add half a pound of butter rubbed with flour, some cloves, mace, sweet marjoram, one pint of Madeira or claret wine, and fifty oysters. HOUSEKEEPER.

Arrowroot Pudding.—Mix four tablespoonfuls of arrowroot to a smooth batter with half a pint of milk; put a pint of milk on the fire with a few lumps of sugar, and when it boils, add the batter, and keep stirring it till sufficiently thick to leave the saucepan. Pour it into a mould previously soaked in cold water, and when cold, it will turn out easily. A tablespoonful of brandy poured in just before the blanc-mange is moulded much improves the flavor. S.

MISCELLANEOUS.

Burns, Scalds, and their Treatment.—Mix common kitchen whitening with sweet oil, or, if sweet oil is not at hand, with water. Plaster the whole of the burn and some inches behind it all around with the above, after mixing it to the consistency of common paste, and lay it on an eighth, or rather more, of an inch in thickness. It acts like a charm; the most agonizing pain is in a few minutes stilled. Take care to keep the mixture moist by the application from time to time of fresh oil or fresh water, and at night wrap the whole part affected in gutta-percha or flannel, to keep the moisture from evaporating. The patient will in all probability, unless the flesh be much injured and the burn a very bad one, sleep soundly.

Tender Feet.—The following is said to be a remedy for tender feet: One tablespoonful of carbonate of soda dissolved in a half pint of cold water. The feet are to be sponged with the solution night and morning.

Potash Water is the quickest cure for wasp stings; a small quantity should be kept in a glass-stoppered bottle. Open the sting with a needle, and put on one drop of the potash water.

Cure for Sore Throat.—Mix a quarter of an ounce of saltpetre, finely pulverized, with three ounces of pure honey. Dilute it with vinegar, and use it as a gargle. Or take a small spoonful of it into the mouth occasionally, and let it dissolve slowly.

Cement for Filling Cracks in Furniture.—Moisten a piece of recently burnt lime with enough water to make it fall into powder; mix one part of the slaked lime with two parts of rye flour, and a sufficient quantity of boiled linseed oil to form it into a thick plastic mass.

Churning.—The night before churning, put the cream in a tin to stand in a furnace of warm water, which should gradually reach boiling heat, until the cream is scalding hot, stirring it occasionally while it is heating. Then take the tin out of the water, pour the cream into another vessel, and let as much as possible of the steam from it escape. Stir it also once or twice while cooling; keep it in a warmer temperature than in the dairy until churned next morning. This removes all disagreeable taste from any kind of food taken by the cows, and was never known to fail in making good butter come in twenty or forty minutes' churning.

A Sure Cure for Colds.—New-laid egg, well-beaten, dessertspoonful of fine oatmeal, dessertspoonful of moist sugar, little powdered ginger, little salt, half an ounce of fresh butter. All mixed well together. Pour on half a pint, or rather more, of boiling water, gently stirring quickly all the time to prevent curdling. To be taken at bedtime until the cold is removed.

Receipts, &c.

DESSERT DISHES.

THE tazza, or dish with stem, is now the favorite shape for dessert-dishes. The fruit can be arranged and shown to better advantage on these tall, high dishes, than on the short, flat ones. All the dishes are now usually placed down the centre of the table, dried and fresh fruit alternately, the former being arranged on small round or oval glass plates, and the latter on the dishes with stems. The fruit should always be gathered on the same day that it is required for table, and should be tastefully arranged on the dishes, with leaves between and around it. By purchasing fruits that are in season, a dessert can be supplied at a very moderate cost. These, with a few fancy biscuits, crystallized fruit, bon-bons, etc., are sufficient for an ordinary dessert. When fresh fruit cannot be obtained, dried and foreign fruits, compotes, baked pears, stewed pippins, etc. etc., must supply its place, with the addition of preserves, bon-bons, cakes, biscuits, etc. A few vases of fresh flowers, tastefully arranged, add very much to the appearance of the dessert; and when these are not obtainable, a few paper ones, mixed with green leaves, answer very well as a substitute. In decorating a table, whether for luncheon, dessert, or supper, a vase or two of flowers should never be forgotten, as they add so much to the elegance of the *tout ensemble*. In summer and autumn, ladies residing in the country can always manage to have a few freshly-gathered flowers on their tables, and should never be without this inexpensive luxury. Ices for dessert are usually moulded; when this is not the case, they are handed around in glasses, with waters to accompany them. Preserved ginger is frequently handed around after ices, to prepare the palate for the delicious dessert wines. A basin or glass of finely-pounded lump sugar must never be omitted at a dessert, as also a glass jug of fresh cold water (iced, if possible), and two goblets by its side. Grape scissors, a melon-knife and fork, and nut-crackers, should always be put on table, if there are dishes of fruit requiring them. The French often serve plain or grated cheese with a dessert of fresh or dried fruits. At some tables finger-glasses are placed at the right of each person, nearly half filled with cold spring water, and in winter with tepid water. These precede the dessert. At other tables a glass or vase is simply handed around, filled with perfumed water, into which each guest dips the corner of his napkin, and, when needful, refreshes his lips and the tips of his fingers. After the dishes are placed, and every one is provided with plates, glasses, spoons, etc., the wine should be put at each end of the table, cooled or otherwise, according to the season. If the party be small, the wine may be placed only at the top of the table, near the host.

RULES OF HEALTH.

DR. VAN OVEN points out the good that may be accomplished by a proper regimen faithfully followed. This consists in certain general rules, which we give in his own words:—

- "1. Do not take food except when the appetite demands it; that is, do not recruit the system but when the system has become exhausted.
- "2. Let the quantity of restorative nourishment be proportioned to the degree of exhaustion which previous labors have induced.
- "3. Select such food and drink as your own experience and the general usages of society point out

as best suited to your habits, and easiest of digestion.

"4. Let the food and drink be varied and mixed; and when in health, do not torment yourself by too close an attention to any dietetic rules.

"5. Take vegetable infusions, as tea, coffee, and fermented liquors, in moderation; but avoid distilled spirits altogether, except under the guidance of the physician.

"6. Avoid active exertion or study immediately after taking food.

"7. Let prudence govern the passions."

To which may be added, that it is essential to the health and strength of all persons to have from six to eight hours of sound sleep. A steady observance of these simple laws will assure the highest health it is possible to attain.

MISCELLANEOUS COOKING.

Boiled Asparagus.—To each half gallon of water allow one heaped tablespoonful of salt; asparagus. Asparagus should be dressed as soon as possible after it is cut, although it may be kept for a day or two by putting the stalks into cold water; yet, to be good, like every other vegetable, it cannot be cooked too fresh. Scrape the white part of the stems, beginning from the head, and throw them into cold water; then tie them into bundles of about twenty each, keeping the heads all one way, and cut the stalks evenly, that they may all be the same length: put them into boiling water, with salt in the above proportion; keep them boiling quickly until tender, with the saucepan uncovered. When the asparagus is done, dish it upon toast, which should be dipped in the water it was cooked in, and leave the white ends outward each way, with the points meeting in the middle. Serve with a tureen of melted butter.

Barley Soup.—Two pounds of shin of beef, quarter of a pound of pearl barley, a large bunch of parsley, four onions, six potatoes, salt and pepper, four quarts of water. Put in all the ingredients, and simmer gently for three hours.

Stewed Brisket of Beef.—Seven pounds of the brisket of beef, vinegar and salt, six carrots, six turnips, six small onions, one blade of pounded mace, two whole allspice pounded, thickening of butter and flour, two tablespoonfuls of ketchup; stock, or water. About an hour before dressing it, rub the meat over with vinegar and salt; put it into a stewpan, with sufficient stock to cover it (when this is not at hand, water may be substituted for it), and be particular that the stewpan is not much larger than the meat. Skim well, and when it has simmered very gently for one hour, put in the vegetables, and continue simmering till the meat is perfectly tender. Draw out the bones, dish the meat, and garnish either with tufts of cauliflower or braised cabbage cut in quarters. Thicken as much gravy as required, with a little butter and flour; add spices and ketchup in the above proportion, give one boil, pour some of it over the meat, and the remainder send in a tureen.

Boiled Cauliflowers.—To each half gallon of water, allow one heaped tablespoonful of salt. Choose cauliflowers that are close and white; trim off the decayed outside leaves, and cut the stock off flat at the bottom. Open the flower a little in places to remove the insects, which are generally found about the stalk, and let the cauliflowers lie in salt and water for an hour previous to dressing them, with their heads downwards; this will effectually draw out all the vermin. Then put them into fast-boiling water, with the addition of salt in the above proportion, and let them boil briskly over a good fire,

keeping the saucepan uncovered, and the water well skimmed. When the cauliflowers are tender, take them up with a slice; let them drain, and, if large enough, place them upright in the dish. Serve with plain melted butter, a little of which may be poured over the flower.

To Dress Beef Kidney.—One kidney, clarified butter, pepper and salt to taste, a small quantity of highly-seasoned gravy, one tablespoonful of lemon-juice, quarter of a teaspoonful of powdered sugar. Cut the kidneys into neat slices, put them into warm water to soak for two hours, and change the water two or three times; then lay them on a clean cloth to dry the water from them, place them in a frying-pan with some clarified butter, and fry them of a nice brown; season each side with pepper and salt, put them around the dish, with the gravy in the middle. Before pouring the gravy in the dish, add the lemon-juice and sugar.

To Dress a Bullock's Heart.—One heart, stuffing of veal forcemeat. Put the heart into warm water to soak for two hours; then wipe it well with a cloth, and, after cutting off the lobes, stuff the inside with a highly-seasoned forcemeat; fasten it in, by means of a needle and coarse thread; tie the heart up in paper, and set it before a good fire, being very particular to keep it well basted, or it will eat dry, there being very little of its own fat. Two or three minutes before dishing, remove the paper, baste well, and serve with good gravy and red currant jelly or melted butter. If the heart is very large, it will require two hours, and, covered with a caul, may be baked as well as roasted.

To Pot Cold Fish.—Almost every kind of cold fish may be made available in this way, but those fish which are the firmest and most free from bones are the best adapted to the purpose. Any parts may be used that are free from bones, and the pickings about the head and fins of a ling or codfish, the skin and sound chopped up small, all come in most advantageously for this purpose. This mode is as simple and easy as it is economical and useful. All you have to do is to pull the solid parts of the fish to pieces with a fork, and to pick out the other parts by the same means; mix up the whole in a basin with a little butter (melted), seasoning with Cayenne, common pepper, salt, and a little bruised mace, and, placing the mixture in pots, pour clarified butter over it. A few minutes are often sufficient to complete the whole process, if made from fish that has been either previously stewed or curried; the gravy that is left should be mixed up with the fish, which will serve still further to enhance the richness of the flavor. When prepared in this way, with a little parsley strewed over the top, it presents a tempting appearance either at a breakfast or a supper table, and is also admirably adapted for luncheon or a picnic.

Veal Outlets.—The Germans are very fond of veal outlets dressed as follows: Remove every bit of skin, sinew, or vein from the veal, and chop it very finely, with salt, pepper, and a very little parsley. The mince should now be made into the shape of outlets, and if you have the proper bones the effect will be so much the better. The outlets must now be egged and bread-crumbed twice, fried in boiling butter, and served with sorrel, spinach, green peas, asparagus, or tomatoes. For the egg and bread-crumbing process, the Germans much prefer pounded biscuit to bread-crumbs. It is certainly preferable for this dish, as it "binds" the outlets better.

Mushroom Sauce.—For one quart. Procure fresh mushrooms and wash them thoroughly free from all grit. Have ready boiling in a small stewpan a quar-

ter of a pint of water, the juice of one lemon, and a small piece of butter; peel the mushrooms thinly, and throw in each one as peeled; boil ten minutes. Take out the mushrooms, skim the butter from the liquor, boil down to one half the quantity, add sufficient brown sauce, throw in the mushrooms, boil for two minutes, and serve.

Mutton Broth.—Take the scrag end of neck of mutton, with any bones there may be in the larder; put into the pot with it turnips, carrots, onions, and parsley, and flour or suet dumplings the size of forcemeat balls, rice or pearl barley; let it simmer all day, and it will be ready for use the next day; pepper and salt to taste.

Hashed Mutton.—Fry an onion, chopped small, with some butter till it is browned, add a tablespoonful of flour, and one and a half or two gills of stock with a few cloves, some whole pepper, salt to taste, a teaspoonful of walnut catsup, half that quantity of Worcester sauce, and a tablespoonful of tomato sauce; stir the whole together, let it boil once or twice, and strain it into a saucepan. When cold, lay the pieces of mutton in it with this sauce, and place the saucepan by the side of the fire, so that the contents are very gradually heated; shake the saucepan occasionally, but never let the hash boil. Serve with sippets of bread fried in butter.

CAKES, PUDDINGS, ETC.

Small Lemon Cakes.—Break up a pound of fine loaf-sugar, and on some of the lumps rub off all the yellow rind of four lemons. Then powder all the sugar. Beat to a stiff froth the whites of three eggs. Mix the sugar gradually, a teaspoonful at a time, with the beaten white of egg, so as to make a paste, stirring it very hard. Spread some white paper (cut exactly to fit) on the bottom of a square, shallow baking pan. Place equal portions of the paste at regular distances on this paper, making them into round heaps, and smoothing their surfaces with the back of a spoon or a broad-bladed knife, dipped frequently in cold water. Put the cakes into a moderate oven and bake them a light brown. When cool take them off the paper. You may make orange cakes in this manner.

Strawberry cakes may be made as above, mixing the juice of ripe strawberries with the sugar. Raspberry cakes also.

Fine Honey Cakes.—Mix a quart of strained honey with half a pound of powdered white sugar, and half a pound of fresh butter, and the juice of two oranges or lemons. Warm these ingredients slightly, just enough to soften the butter. Then stir the mixture very hard, adding a grated nutmeg. Mix in, gradually, two pounds or less of sifted flour. Make it into a dough, just stiff enough to roll out easily. Beat it well all over with a rolling-pin. Then roll it out into a large sheet, half an inch thick; cut it into round cakes with the top of a tumbler, dipped frequently in flour, lay them in shallow tin pans, slightly buttered, and bake them well.

Light Seed Cake.—Sift into a pan a pound and a half of flour; cut up in it a pound of fresh butter, and rub it well into the flour with your hands. Mix in six tablespoonfuls of strong, fresh yeast; add gradually as much warm milk as will make it a soft dough, and knead it well. Cover it with a double cloth and set it in a warm place to rise. When quite light, and cracked all over the surface, mix in, alternately, a quarter of a pound of powdered white sugar, and a quarter of a pound of caraway seeds, a little of each at a time. Knead the dough well a second time, adding a small teaspoonful of soda dissolved in a very little warm water. Cover it and set it to rise again,

It will probably require now but half an hour. Transfer it to a circular tin pan, slightly buttered, and bake it in a loaf. It is best when eaten fresh, but not warm. It may be baked in a square pan, and cut into square pieces when cool.

Wonders.—Cut up half a pound of fresh butter into a pound of sifted flour, and rub them well together with your hands. Mix in three-quarters of a pound of white sugar, and a large teaspoonful of cinnamon. Add a glass of good white wine, and a glass of rose-water. Beat six eggs very light, and mix them gradually with the above ingredients, so as to form a dough. If you find the dough too soft, add by degrees a little more flour. Roll out the dough into a thick sheet, and cut it into long slips with a jagging-iron. Then form each strip into the figure 8. Have ready over the fire a pot of boiling lard. Throw the cakes into it, a few at a time, and let them cook till they are well browned all over. Then take them out, with a perforated skimmer, draining back into the pot the lard that is about them. As you take them out lay them on a flat dish, the bottom of which is strewn with powdered sugar. They will keep a week, but like most other cakes are best the day they are baked.

Gingerbread.—Stir together till quite light, a quarter of a pound of fresh butter, and a quarter of a pound of brown sugar. Then mix in half a pint of West India molasses. Sift rather less than a pint and a half of flour. Beat four eggs till very light, and stir them gradually into the mixture, alternately with the sifted flour. Add a heaping tablespoonful of ginger, and a teaspoonful of powdered cinnamon. Stir all well. Dissolve a level teaspoonful of soda or pearl ash in as much warm water as will melt it; then stir it in at the last. Put the mixture into a buttered tin pan, either square or round, set it *immediately* into the oven, which must be brisk but not too hot; and bake it well. When you think it done, probe it to the bottom with a knife or a broom-twig, stuck down into the centre; and do not take the cake from the oven unless the knife comes out clean and dry. It requires long baking.

Rhubarb Cups.—Take twenty stalks of green rhubarb; cut them, and boil them in a quart of water. When it comes to a hard boil, take it from the fire; strain off the water; drain the rhubarb as dry as possible, and then mash it, and make it very sweet with brown sugar. Have ready half a pint of rice, that has been boiled in a quart of water, till soft and dry. Mix the rhubarb and the rice well together; beating them hard. Then mould it into cups slightly buttered, and set them on ice, or in a very cold place. Just before dinner, turn them out on a large dish. Serve up with them, in a bowl, cream and sugar, into which a nutmeg has been grated; or else a sauce made of equal portions of fresh butter and powdered white sugar, beaten together till very light, and flavored with powdered cinnamon, or nutmeg, and oil of lemon or lemon-juice.

Washington Fritters.—Boil four large potatoes; peel them; and, when cold, grate them as fine as possible. Mix well together two large tablespoonfuls of cream, two tablespoonfuls of sweet white wine, half a grated nutmeg, two tablespoonfuls of powdered sugar, and the juice of a lemon. Beat eight eggs very light, omitting the whites of two, and then mix them gradually with the cream, wine, etc., alternately with the potato, a little at a time of each. Beat the whole together at least a quarter of an hour after all the ingredients are mixed. Have ready, in a frying-pan over the fire, a large quantity of boiling lard; and when the bubbling has subsided, put in spoonfuls of the batter, so

as to make well-formed fritters. Fry them a light brown, and take them up with a perforated skimmer, so as to drain them from the lard. Lay them on a hot dish, and send them immediately to table. Serve up with them, in a boat, a sauce made in the proportion of two glasses of white wine, the juice of two lemons, and a tablespoonful of peach-water, or a glass of rose-water. Make the sauce very sweet with powdered white sugar, and grate nutmeg into it. These fritters may be made with boiled sweet potatoes, grated when cold.

Macaroni Pudding.—Boil a quarter of a pound of macaroni in a pint of rick unskimmed milk, with a handful of blanched bitter almonds or peach-kernels, and two sticks of cinnamon broken into pieces. It must boil till the macaroni is soft, and dissolving. Then remove the bitter almonds and the cinnamon; stir in, while it is hot, a quarter of a pound of fresh butter, a quarter of a pound of powdered sugar, and half a pint of rich cream. Mix all well, and beat it hard. Then beat four eggs till very thick and light, and stir them gradually into the mixture after it has cooled. Add a grated nutmeg, and a tablespoonful of brandy. Butter a deep dish; put in the mixture; set it directly into the oven, and bake it. Vermicelli pudding may be made as above. Also a ground rice pudding.

CONTRIBUTED.

Cushaw, or Potato Pumpkin.—Peel and cut up the cushaw, boil it in a little water until soft, take it up and mash it thoroughly, add to it two tablespoonfuls of brown sugar and two of butter, also a little ground allspice; stir up well together, pour into a dish, and bake like a pudding.

Sweet Potato Pone.—To one grated sweet potato, add two large tablespoonfuls of butter, well creamed, with three of brown sugar, and one teaspoonful of grated nutmeg or ground allspice. Beat light the yolks of four eggs, and add to the above; then beat the whites and put them in; beat all well together, and bake in a well-buttered pan. Excellent, hot or cold; keeps for days.

Pumpkin.—Make a good syrup of brown sugar and water, strain it; peel and cut in thin slices some pumpkin, put it in the syrup and add grated lemon peel and juice, cook until nearly candied. Some persons use mace or spices, instead of lemon; some do not season at all. At dinner, eat this hot with the meats; at supper, it will be found equally nice cold. CREOLE.

Stains Caused by Mildew.—Mildew is removed in several ways from linen. Some dip the article in sour buttermilk, lay it in the sun to whiten, and then wash in clean water. Others apply soap and chalk, or soap and starch, adding half as much salt as there is starch, and the juice of a lemon.

Linen.—Stains in linen can often be removed by rubbing them with soft soap, after which a starch paste is put on, and the articles are dried in the sun. This process may need to be repeated several times. The soap and starch are to be washed off with pure cold water. M. R.

Transparent Pudding.—Warm half a pound of fresh butter, but do not allow it to melt. Mix with it half a pound of powdered loaf-sugar, and stir them together till they are perfectly light. Add a small nutmeg grated, or half a large one. Beat eight eggs as light as possible; and stir them gradually into the butter and sugar. Finish with sufficient extract of roses to give it a fine flavor. Stir the whole very hard; butter a deep dish, put in the mixture, and bake it half an hour. Serve it up cold. You may bake this pudding in puff-paste. S.

Receipts, &c.

INVALID COOKERY.

A FEW RULES TO BE OBSERVED IN COOKING FOR INVALIDS.

LET all the kitchen utensils used in the preparation of invalids' cookery be delicately and *scrupulously clean*; if this is not the case, a disagreeable flavor may be imparted to the preparation, which flavor may disgust, and prevent the patient from partaking of the refreshment when brought to him or her.

For invalids, never make a large quantity of *one thing*, as they seldom require much at a time; and it is desirable that variety be provided for them.

Always have something in readiness—a little beef-tea, nicely made and nicely skimmed, a few spoonfuls of jelly, etc. etc., that it may be administered as soon almost as the invalid wishes for it. If obliged to wait a long time, the patient loses the desire to eat, and often turns against the food when brought to him or her.

In sending dishes or preparations up to invalids, let everything look as tempting as possible. Have a clean tray-cloth laid smoothly over the tray; let the spoons, tumblers, cups and saucers, etc., be very clean and bright. Gruel served in a tumbler is more appetizing than when served in a basin or cup and saucer.

As milk is an important article of food for the sick, in warm weather let it be kept on ice, to prevent its turning sour. Many other delicacies may also be preserved good in the same manner for some little time.

If the patient be allowed to eat vegetables, never send them up undercooked, or half raw; and let a small quantity only be temptingly arranged on a dish. This rule will apply to every preparation, as an invalid is much more likely to enjoy his food if small, delicate pieces are served to him.

Never leave food about a sick-room; if the patient cannot eat it when brought to him, take it away, and bring it to him in an hour or two's time. To leave the patient's untasted food by his side from meal to meal, in hopes that he will eat it in the interval, is simply to prevent him from taking any food at all. We have known patients literally incapacitated from taking one article of food after another by this piece of ignorance. Let the food come at the right time, and be taken away, eaten or uneaten, at the right time, but never let a patient have "something always standing" by him, if you don't wish to disgust him of everything.

Never serve beef-tea or broth with the *smallest particle* of fat or grease on the surface. It is better after making either of these, to allow them to get perfectly cold, when *all the fat* may be easily removed; then warm up as much as may be required. Two or three pieces of clean white-brown paper laid on the broth will absorb any greasy particles that may be floating at the top, as the grease will cling to the paper.

Roast mutton, chickens, rabbits, calves' feet or head, game, fish (simply dressed), and simple puddings, are all light food, and easily digested. Of course, these things are only partaken of supposing the patient is recovering.

A mutton chop, nicely cut, trimmed, and broiled to a turn, is a dish to be recommended for invalids; but it must not be served *with all the fat* at the end, nor must it be too thickly cut. Let it be cooked over a fire free from smoke, and sent up with the

gravy in it, between two very hot plates. Nothing is more disagreeable to an invalid than *smoked* food.

In making toast-and-water, never blacken the bread, but toast it only a nice brown. Never leave toast-and-water to make until the moment it is required, as it cannot then be properly prepared; at least, the patient will be obliged to drink it warm, which is anything but agreeable.

In boiling eggs for invalids, let the white be just set; if boiled hard, they will be likely to disagree with the patient.

In Miss Nightingale's admirable "Notes on Nursing," a book that no mother or nurse should be without, she says: "You cannot be too careful as to quality in sick-diet. A nurse should never put before a patient milk that is sour, meat or soup that is turned, an egg that is bad, or vegetables underdone." Yet often, she says, she has seen these things brought in to the sick, in a state perfectly perceptible to every nose or eye, except the nurse's. It is here that the clever nurse appears—she will not bring in the peccant article; but, not to disappoint the patient, she will whip up something else in a few minutes. Remember that sick-cookery should *half* do the work of your poor patient's weak digestion.

She goes on to caution nurses, by saying: "Take care not to spill into your patient's saucer; in other words, take care that the outside bottom rim of his cup shall be quite dry and clean. If, every time he lifts his cup to his lips, he has to carry the saucer with it, or else to drop the liquid upon and to soil his sheet, or bedgown, or pillow, or, if he is sitting up, his dress, you have no idea what a difference this minute want of care on your part makes to his comfort, and even to his willingness for food."

MEANS OF RESTORING FAMISHED PERSONS.

IN our attempts to recover those who have suffered under the calamities of famine, great circumspection is required. Warmth, cordials, and food, are the means to be employed; but it is evident that these may prove too powerful in their operation, if not administered with caution and judgment. For the body, by long fasting, is reduced to a state of more than infantile debility; the minuter vessels of the brain, and of the other organs, collapse for want of food to distend them; the stomach and intestines shrink in their capacity; and the heart languidly vibrates, having scarcely sufficient energy to propel the scanty current of blood. Under such circumstances a proper application of heat seems an essential measure, and may be effected, by placing on each side, a healthy man in contact with the patient. Pediluvia, or fomentation of the feet, may also be used with advantage.

The temperature of these should be lower than that of the human body, and gradually increased according to the effects of their stimulus. New milk, weak broth, or water-gruel, ought to be employed, both for the one and the other; as nourishment may be conveyed into the system this way, by passages, properly the most pervious in a state of fasting, if not too long protracted.

It appears safer to advise the administration of cordials in very small doses, and, at first, considerably diluted with either wine or spirits; but slender wine they will very well answer this purpose, and afford, at the same time, an easy and pleasant nourishment. When the stomach has been a little strengthened, an egg may be mixed with the whey, or administered under some other agreeable form. The yolk of one was, to Cornaro, sufficient for a meal; and the narrative of that noble Venetian, in whom a fever was excited by the addition of only

two ounces of food to his daily allowance, shows that the return to a full diet should be conducted with great caution, and by very slow gradations.

MISCELLANEOUS COOKING.

Veal Soup.—Take a knuckle of veal, put it in a pot with four quarts of water, and add a teaspoonful of salt to each quart. Pare and slice three onions, four turnips, two carrots, a bunch of sweet herbs, and a small portion of celery. Let the veal boil one hour, then add the above vegetables. When they are tender, strain the soup. Put it in the pot they were boiled in, thicken the soup with some flour mixed smoothly with a little water, and add a little parsley finely chopped. Make some dumplings of a teaspoonful of butter, to two of flour, and milk and water enough to make a very soft dough. Drop them into the boiling soup. They should be about large as a walnut when they are put in. Dish the meat with the vegetable around it. Drawn butter may be served with it, or any other meat sauce.

Pepper Pot.—To four quarts of water put one pound of corned pork, two pounds of neck or scrag of mutton, and a small knuckle of veal. Let this simmer slowly for three hours, skimming all the while, and then take out the mutton (as that will serve for a dish for table, with drawn butter and celery). Into this broth put four sliced white turnips, if in season, six or eight tomatoes, if not, a tablespoonful of tomato ketchup, an onion sliced thinly, a little pepper, and half a teaspoonful of salt. Have ready boiled a quarter of a pound of nice white tripe; cut this into strips one inch in length; add six potatoes thinly sliced, about a dozen whole cloves, and a pint bowl full of nice little light dumplings the size of a walnut; let this simmer slowly for an hour. Serve hot, but take out the pork and veal bone before serving.

Cheese Sandwiches.—Take two-thirds of good cheese, grated, and one-third of butter; add a little cream; pound all together in a mortar; then spread it on slices of brown bread; lay another slice over each; press them gently together, and cut them in small square pieces.

Roast Pigeons.—Wipe them quite dry; truss them, and season them inside with pepper and salt, and put a piece of butter the size of a walnut in each. Put them down to a sharp fire, and baste them all the time they are cooking. They will take about half an hour. Garnish them with fried parsley, and serve with a tureen of bread sauce.

Buttered Eggs.—Take four fresh eggs, beat them well. Put two ounces of butter into another basin; place the basin in boiling water, and stir the butter until it melts. Have ready a lined saucepan. Pour the eggs and butter into it, and as the mixture begins to warm, pour it backwards and forwards from the saucepan to the basin, that the two ingredients may be thoroughly incorporated. Keep stirring the mixture one way until it is hot, but not boiling, and serve on hot buttered toast.

Marrow Dumplings.—Two eggs, two ounces of beef marrow, some crumbs of bread, and a tablespoonful of flour. Beat the marrow to a cream. Whisk the eggs and add them to the marrow. Well soak the crumbs in boiling milk, beat them up, and add to the other ingredients. Stir all well together, then form into small dumplings. Drop them into boiling broth, and let them simmer for half an hour. They may be served in soup, or with roast meat.

Windsor Soup.—Boil two ounces of vermicelli, strain, and well wash it in cold water; add it, with sufficient salt, to three pints of gravy soup. When boiling, add to it a gill of cream, and the yolks of two

eggs well beaten. Remove from the fire instantly, as it must not boil after the eggs are added.

Spinach (French style).—Pick and well wash two pailfuls of spinach. Put it into a large saucepan with about half a pint of water and two tablespoonfuls of salt. When it is sufficiently boiled, strain, and squeeze it perfectly dry. Chop it fine, and put it into a stewpan with two ounces of butter and four tablespoonfuls of good gravy. Dredge in about a teaspoonful of flour; stir it over a sharp fire for two or three minutes. Garnish with four hard-boiled eggs, cut in quarters, and sippets of fried bread.

Tomato Soup.—Boil to shreds two and a half pounds of veal in a gallon of water, until it is reduced to half the quantity; then strain the liquor, put in the tomatoes, stir them well, that they may thoroughly dissolve. Boil for half an hour. Season with parsley, pepper and salt. Strain it again, and stir in a tablespoonful of white sugar. It is then ready to serve.

Stewed Lamb.—Take the best part of a neck of lamb. Put it into a stewpan; fry an onion with a little butter, add it to the lamb, with a dozen chives, chopped parsley, and a handful of mushrooms. Stew gently in any kind of broth for two hours. Take it out, strain the gravy, and serve with the mushrooms only.

Fillets of Mackerel.—Bone a mackerel, cut each fillet in two, dry them, and sprinkle them freely with pepper and salt, and chopped parsley; fry them in butter or lard. For the sauce, boil the bones, strain and thicken the broth, add the juice of a lemon to taste, serve under the fillets. Garnish with sliced gherkins.

CAKES, PUDDINGS, ETC.

Bavarian Rusks.—Four ounces of butter, four eggs, two ounces of sugar, one spoonful of good brewer's yeast, or two teaspoonfuls of baking powder, and two pounds of flour. If yeast is used, it must be mixed with the sugar, and a little warm milk poured into the centre of the flour in a deep pudding-basin, and left to rise for about an hour, when the sponge is sufficiently light. Mix with it and the rest of the flour the remaining milk, the eggs, and a little salt, beating the whole well with a wooden spoon; then put into a buttered tin, set it to rise for another hour, then bake in a moderate oven, and when cold, cut the cake into thin slices, and dry them in a quick oven, having previously thickly sprinkled them with pounded sugar.

A Queen Pudding.—Soak one pint of bread-crumbs in one pint of milk, beat the yolks of eight eggs and whites of four, with one cupful of sugar, flavor with lemon, add one tablespoonful of butter, and bake. Beat the four whites of eggs that were left out, with a cupful of sugar, put it over the pudding as soon as baked, and cook it until the meringue is a light brown.

Soda Cake.—One pound of flour, half a pound of raisins, half a pound of currants, half a pound of raw sugar, quarter of a pound of butter, the rind of a lemon grated off with lump sugar, one small nutmeg, and two ounces of candied peel. Rub all well together, have ready rather more than a gill of hot milk (not boiling), in which two small teaspoonfuls of carbonate of soda have been dissolved; add it to the ingredients, stir all well together, and pour into well-buttered moulds. Bake slowly three hours.

Eve's Pudding.—Six eggs, six apples, six ounces of bread-crumbs, four ounces of sugar, a little salt, six ounces of currants, a nutmeg. Three hours will boil it.

Easy made Pudding.—Take a half pound each of currants, flour, and chopped beef suet, four ounces of treacle, and a breakfast-cupful of milk; add a little spice; mix well together, and boil it in a cloth or basin for four hours.

Naples Cake.—Half a pound of flour, six ounces of butter, two ounces of loaf sugar, two ounces of sweet almonds finely pounded. Rub all well together, and mix it with one egg. Put it in a cool place to harden; then roll it out to a thin paste, and cut it with an oval quart mould; then bake the pieces in an oven. Whilst warm, place layers of different sorts of jam between layers of the paste. Ice it over with white of egg and sugar, and ornament to your taste.

Pancake Pudding.—Make a few thin small pancakes, fry them a light brown, spread them with currant and apricot jam alternately, and roll them. Place them all around a mould, make some custard, and pour into the middle, strewing it with the bits of the pancakes cut off in fitting them around the mould, cover the whole with a small thin pancake, and steam it for two hours.

White Cake.—One pound of flour, one pound of sugar, one pound of butter, one pint of whites of eggs. Flavor with almond.

Wee Pudding.—Quarter of a pound of flour, quarter of a pound of butter, quarter of a pound of sugar, two eggs, rind of a lemon; beat for twenty minutes, half fill teacups, and bake for twenty minutes.

Holiday Cake.—Place one pound of fresh butter in a pan; keep it near the fire till melted; stir into it one pound of powdered loaf-sugar, a good table-spoonful each of beaten allspice and cinnamon; by degrees put in the yolks of ten eggs and their whites, separately, whisked to a froth; add one pound of candied citron-peel, sliced thin, two pounds of currants, cleaned and dried, two ounces of blanched sweet almonds, a pound and a half of flour, and four ounces of brandy; mix all well together, and bake it for three hours.

Senator Cake.—Beat four eggs with half a pound of sifted sugar, till quite smooth. Cut half a pound of almonds in pieces, but do not pound them; mix them with the eggs and sugar, and as much flour as will form a dough. Roll out the dough about the eighth of an inch thick, cut it in cakes, and bake on tins in a moderate oven.

Rhubarb Pudding.—Line your pudding-dish with slices of bread and butter, cover with cut-up rhubarb, strewed with sugar, then slices of bread and butter, and so on alternately until your dish is full, having the rhubarb and sugar on top. Pour in half a teacup of water, cover with a plate, and bake half an hour. Eat it warm, not hot.

FRUIT DAINTIES.—ORANGES.

Orange Pie.—Cover the inside of a pie-dish with paste, and lay in it some oranges cut in slices. Then put over them some sliced apples, from which the cores and rind have been removed. Place more oranges on them, and plenty of loaf-sugar, with enough water to moisten them. Cover the pie with paste, bake it, and sprinkle some crushed lump sugar over the surface.

Orange Sweetmeats.—Put the oranges in salt and water, and simmer them for a short time. Then remove them from the salt water, and boil them in fresh until tender. Beat them into a paste, with an equal weight of loaf-sugar. Then boil the paste until it is ready to candy, pour it into plates, dry it, and cut into suitable shape.

Orange Marmalade.—Peel about two dozen Seville

oranges, cut them in halves, squeeze the juice from them into a basin, and put it in a cool place. Then boil the oranges, remove the pips, and beat them up in a mortar with an equal weight of sugar. Boil them again until they are ready to candy. Then put in with them the juice, and peel cut in pieces, together with their weight of sugar, and boil briskly until reduced to the consistence of jelly.

Orange and Apple Preserve.—Peel some oranges, and simmer them until tender. Then cut them into slices, remove the seeds and put them into jelly-pots. Now prepare some apple jelly, and pour it over them, so as to fill the pots.

Oranges Preserved in Syrup.—Remove the peel and seeds from some oranges, cut them in slices, boil them for a considerable time in strong syrup, and preserve them in pots or glasses.

Orange Brandy.—Put the peel of two dozen oranges into a quart of brandy, and a gallon of sherry wine. Let them macerate for a month, strain and add a pound of loaf-sugar.

Orangeade.—Pour a pint of boiling water over a sliced orange. When cold strain it, and sweeten it to suit the palate.

Another Way to make Orangeade.—Squeeze the juice from six oranges and two lemons into a quart of boiling water, then slice them, and put them in with the juice. Pour the fluid frequently and quickly from one jug to another, and strain it.

Orange Butter.—Beat up two quarts of cream, with a quarter of a pint of orange-flower water, and the same quantity of claret. When the cream is beaten to the thickness of butter, it will have both the color and scent of the orange.

MISCELLANEOUS.

Cleaning Tinware.—The best thing for cleaning tinware is common soda. Damp a cloth and dip in soda, and rub the ware briskly, after which wipe dry. Any blackened or dirty ware can be made to look as well as new.

Cure for the Toothache.—At a meeting of the London Medical Society, Dr. Blake, a distinguished practitioner, said that he was able to cure the most desperate case of toothache, unless the disease was connected with rheumatism, by the application of the following remedy: Alum, reduced to an impalpable powder, two drachms; nitrous spirits of ether, seven drachms. Mix and apply to the tooth.

To Remove Tea Stains.—Mix thoroughly soft soap and salt—say a tablespoonful of salt to a teacupful of soap; rub on the spots, and spread the cloth on the grass where the sun will shine on it. Let it lie two or three days, then wash. If the stains are not all out they will appear in the second washing. If the spots be wetted occasionally while lying on the grass it will hasten the bleaching.

To Stop Bleeding at the Nose.—It is worth while to know how to stop the bleeding from the nose when it becomes excessive. If the finger is pressed firmly upon the little artery which supplies blood to the side of the face affected the result is accomplished. Two small arteries branching up from the main arteries on each side of the neck, and passing over the outside of the jaw-bone, supply the face with blood. If the nose bleeds from the right nostril, for example, pass the finger along the edge of the right jaw till the beating of the artery is felt. Press hard upon it, and the bleeding will cease. Continue the pressure five minutes, until the ruptured vessels in the nose have time to contract.

Inflamed Gums.—A drop or two of camphorated spirits, rubbed on the gums, will allay inflammation.

Receipts, &c.

VARIOUS MODES OF COOKING EGGS.

BEFORE we give some of the various receipts for the above purpose, it may be as well to say something on the property of the egg as an article of animal food. The egg of the domestic hen is that which is most commonly known, and most extensively used as food. The egg consists of three principal parts—the shell, the white, and the yolk. The shell is composed of carbonate of lime or hard chalk, and is intended chiefly as a protection to the inner part. It is penetrated, however, by numerous minute holes or pores, through which the air is capable of passing, and by means of which it is conveyed to the young bird during the process of hatching. Through these pores, also, the air enters by the agency of which eggs, when kept, soon become rotten. If these pores are filled up by rubbing the newly-laid egg over with fat, or in any similar way, it will keep fresh for an indefinite period.

The egg, as a whole, is richer in fat than fat beef. It is equalled, in this respect, among common kinds of food, only by pork, and by eels. The white of the egg is, however, entirely free from fat; the white is a very constipating variety of animal food, so that it requires much fat to be eaten along with it, in order that this quality may be counteracted. It is, no doubt, because experience has long ago proved this in the stomachs of the people, that eggs and bacon have been a popular dish among Gentile nations from time immemorial.

Thus, we see that eggs contain in a small bulk a great deal of nutritious matter. When soft-boiled, eggs are very easily digested; but when hard-boiled, they form a very indigestible mass, requiring very strong powers of the stomach. If a person in getting is going on a journey where he will be long in health food, one or two hard-boiled eggs, taken before setting out, will keep off the sensation of hunger for a considerable time. If the stomach be out of order, eggs are apt to disagree, and, either alone or in puddings, they should be abstained from. An egg, for a healthy child, is a good article of diet, but in many of the disorders of the stomach and bowels to which children are so liable, eggs and puddings made with eggs are inadmissible; and for children, eggs ought to be soft-boiled, and a due quantity of bread eaten with them.

Choice of Eggs.—The finest-flavored hens' eggs are those with bright orange yolks, such as are laid by the game breed and by speckled varieties. The large eggs of the Polish and Spanish breeds have often pale yolks, and little flavor. In making Christmas plum-puddings, ducks' eggs are more serviceable and more economical than those of fowls, and being larger in size, heavier and far richer, they may be regarded as worthy the attention of the housewife.

To Poach Eggs.—Put a pint of water into a stewpan, with four teaspoonfuls of vinegar, and half a teaspoonful of salt; place it over the fire, and while boiling, break the eggs into it near the surface of the water, and let it boil gently about three minutes. Lay upon a dish a thin piece of toasted bread, take the eggs out carefully with a small slice, and lay the slice with the eggs upon a cloth, for a second, to drain the water from them; then set them carefully upon the toast, and serve very hot. Much depends upon the careful breaking and boiling of the eggs. If the yolk separates from the white, it may be presumed that the egg is not fresh, but it may be eatable, for

the same thing may happen through awkwardness in poaching. Again, the toast upon which the eggs are served may be buttered with plain butter; or two small pats of butter may be melted, without boiling, and poured over. To prevent the unsightly admixture of the yolk with the white, the following simple method is recommended: Use a large stewpan, nearly filled with boiling water; pour two table-spoonfuls of hot water into a saucer, and break the egg carefully in the centre of the saucer, then gently lift it, and place it on the surface of the water in the stewpan; the instant the yolk sets, take out the saucer, and remove the egg with a slice to the dish required.

Poached Eggs in Gravy.—Boil a pint of water, a wineglassful of vinegar, and a teaspoonful of salt, in a stewpan. Skim, and let it cool. Carefully break six new-laid eggs into separate teacups, and pour each, very gently, upon the surface of the water; put the stewpan again upon the fire, and, as the eggs set, take them out with a slice, and immerse them in cold water. When required for table, trim the edges, drain them upon a cloth, and warm them in a rich brown gravy, or strong veal broth.

Eggs in the Shell.—Put them into boiling water; take them off the fire; cover them five minutes to allow them to set; then take them out of the water, and serve in a folded napkin.

Eggs au Miroir.—Spread butter upon a dish that can be set on the fire; break the egg over it, adding salt, pepper, and two spoonfuls of milk; place it on a slow fire, with a red-hot shovel over it, and serve when the eggs are set. Or, cut some asparagus tops into pieces like peas, boil them a quarter of an hour; then take them out, and put them into a stewpan, with a bunch of parsley, chives, and a piece of butter; set them over a slow fire, put in a pinch of flour, add a little water, and let them stew, seasoning with salt and sugar. When done, put them into the dish they are to be served in, and break over them some eggs, seasoned with salt, pepper, and nutmeg. Set them for a short time over the fire, press a red-hot shovel over, and serve the yolks soft.

Fried Eggs.—Break into a pan of boiling fat the eggs, one by one, and fry them, taking care that the yolks do not harden. Serve them with white sauce or gravy, or with a forcemeat of sorrel.

Eggs with Fine Herbs.—Put into a stewpan some parsley, chives, and a shallot finely chopped; and salt and pepper, and a little white wine, and a piece of butter rolled in flour. Boil the whole seven or eight minutes, and pour it over some soft-boiled eggs, with the shells taken off; sprinkle them with fine bread raspings, and serve very hot.

Jumbled Eggs.—Break the eggs into a stewpan, add a little butter, season them, set them over a stove, and continue to stir them, when done, serve immediately.

Forced Eggs.—Boil eight eggs hard; take off the shells, and cut them in half; take out the yolks, which put into a large dish with a quarter of a pound of fresh butter, finely-chopped herbs, a little salt, pepper, and nutmeg, and some bread-crumbs soaked in milk; and beat up the whole together. With this forcemeat fill the hard whites of the eggs, put them into a buttered pie-dish, and upon them a layer of forcemeat. Set them before a clear brisk fire, for a quarter of an hour, and serve.

Eggs in a Case.—Make a small case of strong paper pasted together for each egg, and put into each a piece of butter, the size of a walnut, and some fine herbs, warm them on the gridiron; break into each case an egg, which season and cover with bread-crumbs, or

some grated Parmesan cheese, or a teaspoonful of chopped onion and parsley; let them boil gently, and pass over them a red-hot shovel, or salamander; or the eggs may be baked.

MISCELLANEOUS COOKING.

Roast Lamb.—Take a quarter of lamb—the fore-quarter being the best for the purpose, as it is most delicate—and fasten some slices of bacon by skewers to the outer side. Cover the inner surface with butter, and sprinkle some bread-crumbs over it. Season the meat with pepper, salt, and parsley cut in very small pieces. The meat is then to be wrapped up in a large sheet of paper, to prevent its being scorched by the heat, and put it before the fire to roast. When the meat is three parts done remove it from the fire, and apply more bread-crumbs to the inside of the meat, then put it down again before the fire until brown. The meat should be sent to table moistened with the juice of a lemon squeezed over it.

Mutton Chops Grilled.—Melt a little butter in a pan with some of the herbs usually employed for seasoning, and which have been chopped up as small as possible. Cover the mutton chops with the melted butter, and then sprinkle bread-crumbs over them as quickly as possible. The chops are now to be grilled over a good fire, care being taken that the bread-crumbs do not burn, and that the meat is not too much done. If it should be preferred, oil may be used for this purpose instead of butter. This dish is usually sent to table without sauce.

Brown Butter.—Cut some butter into pieces, put it in a saucepan, and melt it over the fire, until it becomes of a brown color, and then allow the butter to become cold. Then take another stewpan, and put into it some vinegar with pepper, and evaporate it down to two-thirds. When the butter is cold, add it to the vinegar and pepper, stir it up well, and warm it over the fire, care being taken that it is not allowed to boil. If the butter did not become cool before adding it to the vinegar, it is possible that it would spurt over the sides of the vessel. As the usual taste of the butter is entirely destroyed by the heat to which it is subjected, it will be found that an article of the cheapest kind will answer for this purpose as well as the best.

Cabbage with Cream.—Boil the cabbages in salt and water, until sufficiently tender, pour off the water, and compress them between two plates. Then chop them up, and fry them in a pan with butter, to which salt, pepper, and grated nutmeg have been added. Afterwards pour some cream over them, and simmer them in it until ready for use.

Alamode Beef.—Take a piece of rump-steak, pound it well, and having larded it, put it into a stewpan, with some lemon. Put the cover on the stewpan, and allow it to cook slowly. When the meat has given all the gravy it contains, add equal quantities of stock broth and white wine. Continue to boil it slowly, until the broth thickens; and, before serving it up, squeeze the juice of a lemon over it.

Steak, or Fillet of Beef Grilled.—Pound the beef until tender, and season it with salt and pepper; then grill it over a quick fire. It is to be served at table with tomato sauce, and potatoes fried in butter.

Fowl and Rice.—This is a very delicious dish, but requires attention. When the fowl has been properly drawn and singed, rub it over with lemon, cover it all over with thin slices of bacon, tie the same on, and put in a saucepan with a carrot quartered, two onions, and cover the whole with broth; when boiling, let it simmer for one hour. In the mean time wash and rub four ounces of rice, boil in it some of

the broth in which the fowl has been cooked, season with salt. Take care that the rice is not too thick; beat up the yolks of three eggs with a little milk or cream to mix with the rice, and about one ounce of butter divided into nuts; stir around without boiling; put the rice in the dish, and the fowl on top, after having taken off the slices of bacon, and serve.

Roast Mutton Hashed.—Remove all tendons and skin from some cold roast mutton, and cut it up very small, with baked chestnuts or cooked potatoes. Then place a stewpan over a moderate fire, put into it some butter and flour; mix them well, and allow them to become brown. Then put the minced materials into the pan, and fry them all together; afterwards season with salt and pepper, and add some gravy or stock broth, and let them simmer over a gentle fire for one hour. Now add a piece of butter the size of an egg, and serve with poached eggs, garnished with crust of bread cut small.

BREAD MAKING.

BREAD being a subject in which almost everybody is interested, our friends cannot but be pleased to learn of any improvements that are being made in the art of producing a superior article, in the way of nutritiousness, sweetness, and flavor. This has long been a point among housekeepers and bakers. Until recently there was no bread made but what would sour in warm weather, and also lose its moisture. But the firm of John F. Kohler & Co., of 420 Sixth Avenue, New York, have at last succeeded in producing a delicious *Cream Bread*, which embodies all the above requisites. Mr. Harry Chapman, a member of the above firm, was a long time experimenting to discover a method that would eclipse all others, and was at last rewarded. To him, therefore, belongs the credit. The average baking of flour weekly amounts to about 200 barrels. Having had the pleasure of enjoying some of this bread, we can speak truthfully in regard to its excellence.

FANCY BISCUITS.

Queen's Biscuits.—Make a soft paste of the following materials: A pound and a half of flour, the same weight of powdered loaf-sugar, the yolks of eighteen eggs and the whites of twenty-four, and a sufficient quantity of crushed coriander-seeds. A little yeast may also be added, if desired. Make the paste into biscuits, and bake them on paper, at a moderate heat, until they begin to turn brown.

Nuns' Biscuits.—Beat up the whites of a dozen eggs, and add to them sixteen ounces of almonds, blanched and pounded into a paste. Then beat up the yolks of the eggs with two pounds of powdered loaf-sugar, and then mix all together. Add to these half a pound of flour, the peel of four lemons grated, and also some citron-peel sliced small, and make the whole into a paste, which should be put in pattypans previously buttered, and only half filled and then baked in a quick oven. When the biscuits begin to turn brown, turn them in the tins, sprinkle some sugar over them, and again put them in the oven until done.

Lemon-peel Biscuits.—Cut some lemon-peel into thin slices, and mix it with four or five spoonfuls of flour, a quarter of a pound of powdered sugar, and four eggs beaten up. Spread this paste on white paper, cover with powdered sugar, and bake it. When done, remove the paper and cut the paste into pieces of the required shape. These biscuits may also be prepared in another manner. Steep the rind of a lemon in hot water until it becomes soft, and pound in a stone mortar. Then blanch half a pound of

sweet almonds, and beat them up with two eggs and the bruised lemon-peel, and also two ounces of gum tragacanth previously made into mucilage with water, and a pound of loaf-sugar. When these materials are very well mixed, add two pounds more sugar, and roll the paste into little rolls, lay them on white paper, and set them in the oven.

Sherry Biscuits.—Take one pound of lump-sugar, eight eggs, and a sufficient quantity of sherry wine, beat them well together, and then add a pound of flour and half an ounce of coriander-seeds. Pour the paste into buttered tins, and bake them at a gentle heat for half an hour; then turn them, and cover their surfaces with some more eggs and sugar, and replace them in the oven for another quarter of an hour.

Aniseed Biscuits.—Mix together half a peck of flour, half a pint of yeast, an ounce and a half of aniseed, with four eggs and a sufficient quantity of milk. Make these materials into a roll-shaped cake and bake it; then cut it in slices, like toast. Cover them with powdered sugar and dry them in an oven, and while hot, again apply more sugar to the surfaces.

Savoy Biscuits.—Beat up twelve eggs with three spoonfuls of water, adding gradually a pound of finely-powdered loaf-sugar. When the mixture becomes of the consistence of thick cream, mix with it a pound of fine flour previously dried, and mould it into long cakes, which are to be baked in a slow oven. Savoy biscuits may also be prepared in the following way: Take about six eggs and weigh them, and afterwards beat them into froth, and mix with them some fresh-grated lemon-peel, beaten with a little sugar in a mortar into powder. Then beat up with them the same weight of sugar, as of the eggs employed, and also the same quantity of flour. When the materials are made into a paste, mould it into biscuits, sprinkle white sugar on them, and bake them on paper at a moderate heat.

Lisbon Biscuits.—Beat up four eggs with five spoonfuls of flour, and one of powdered white sugar, and pour it over a sheet of white paper, previously sprinkled with powdered sugar; sprinkle more sugar on its surface, and bake it at a moderate heat. When done, cut the biscuit into pieces, and remove the paper.

Chocolate Biscuits.—Mix some chocolate powder with white of eggs, and powdered loaf-sugar, into a paste. Mould this into biscuits, and bake them at a gentle heat on a sheet of white paper.

Jasmine Biscuits.—Beat up some jasmine flowers, freshly gathered, with white of eggs, and loaf-sugar. Make them into small biscuits, lay them on paper covered with sugar, and sprinkle more on their surfaces. These biscuits require to be baked at a moderate heat.

Cracknels.—Beat up eight eggs with the same number of spoonfuls of water, and a grated nutmeg. Pour them on three quarts of flour, and add sufficient water to make the flour into a thick paste. Then mix with it two pounds of butter, roll it into cracknels, and bake them on tin plates.

CONTRIBUTED.

Imperial Custard.—Sixteen eggs, three pints of new milk, two teacups of loaf-sugar, and a heaped teaspoonful of corn-starch.

1st. Have ready a teakettle of boiling water. Break the eggs separately; whisk the whites to a very stiff froth; put them into a tin vessel with a lid, pour boiling water over them; cover close, and leave to steam.

2d. Place the milk in a porcelain kettle over a brisk

fire to boil quick. Add to the yolks the sugar and corn-starch; beat all well together; instantly as the milk boils, pour in the beaten yolks, and let it come to a quick boil. Great care must be taken at this stage; to boil a second too long will curdle the custard; pour up immediately and set to cool; dip the whites out with a colander and set to drip.

3d. When ready to serve, have a large, handsome cut glass bowl or custard stand. Flavor the yellow with wine, or anything preferred; pour into the bowl, then heap up the stiff froth high, in pyramidal form. Send to table with rich cake.

To vary this custard, in fruit season, have a handsome stand of strawberries, raspberries, currants, etc.; place some in the saucers or glasses, and cover with custard. The above dessert, when properly prepared, is more elegant, as delicious, and far more nutritive than ice-cream.

Mrs. S. M. A., *Scuppernon*, N. C.

MISCELLANEOUS.

Hints on Eating.—Never eat in a hurry; masticate your food well; this is of great importance, for many articles of diet, perfectly wholesome when properly masticated, unless mixed well with the saliva, are very indigestible, and greatly derange the process of digestion. Do not eat or drink under excitement of any kind, for food taken when in this state will do you but comparatively little good, and is almost certain to produce injurious effects. The greatest composure of mind and body is important while eating, and for a short time after, until digestion is fairly commenced. Cheerfulness while eating and drinking is excellent; and a chat with a friend after meals will assist digestion extraordinarily.

To Prevent Flies from Soiling Picture-frames.—Paint the frames over with decoction of leeks, prepared by boiling three or four in a pint of water. This will not injure the frames, but it will prevent the flies from resting on them.

To Remove Paint or Tar from the Hands.—Rub the hands with grease or butter, and then wash them with soap and water.

To Prevent Broth from Turning Sour.—Broth may be preserved in a good condition for some days, by taking care when first made to skim it well, and strain it, so as to remove every portion of fat from its surface. The broth should be kept in an uncovered vessel in a cool place. In summer the broth should be strained daily, and poured into a clean vessel.

Vinegar as an Aid to Digestion.—Vinegar, when taken with food in moderate quantities, assists digestion. It is especially useful when taken with raw vegetable food, such as salads and similar articles of diet. It is also of great use in aiding the digestion of those kinds of food, such as salmon, which contain large quantities of rich and oily principles.

To Preserve Milk and Cream for Long Periods.—Add one ounce of sugar to one pint of milk, and boil it down to one-half. Run it into small bottles, and place them in a pan of cold water placed on a good fire. Allow the water to boil for an hour, and then, while still hot, close the mouths of the bottles with very good and tight-fitting corks, and let them become cold. When cold, dip the cork and neck of the vessel in a ladle containing melting sealing-wax or common pitch, so as to render them perfectly airtight. Cream is preserved by evaporating it down to a quarter of its previous bulk, without adding sugar, and then preserving it in bottles as directed for milk. The bottles containing it should, however, only be boiled for three-quarters of an hour.

Receipts, &c.

PRESERVING, ETC.

THERE are no better methods of preserving fruits than those we have furnished the subscribers of the LADY'S BOOK in former years. We therefore reprint them for the benefit of both new and old subscribers, with the addition of some new ones:—

A few General Rules and Directions for Preserving.

1. Let everything used for the purpose be delicately clean and dry; bottles especially so.

2. Never place a preserving-pan flat upon the fire, as this will render the preserve liable to burn to, as it is called; that is to say, to adhere closely to the metal, and then to burn.

3. After the sugar is added to them, stir the preserves gently at first, and more quickly towards the end, without quitting them until they are done; this precaution will always prevent the chance of their being spoiled.

4. All preserves should be perfectly cleared from the scum as it rises.

5. Fruit which is to be preserved in syrup must first be blanched or boiled gently, until it is sufficiently softened to absorb the sugar; and a thin syrup must be poured on it at first, or it will shrivel instead of remaining plump, and becoming clear. Thus, if its weight of sugar is to be allowed, and boiled to a syrup with a pint of water to the pound, only half the weight must be taken at first, and this must not be boiled with the water more than fifteen or twenty minutes at the commencement of the process; a part of the remaining sugar must be added every time the syrup is reboiled, unless it should be otherwise directed in the receipt.

6. To preserve both the true flavor and the color of fruit in jams and jellies, boil them rapidly until they are well reduced, before the sugar is added, and quickly afterwards, but do not allow them to become so much thickened that the sugar will not dissolve in them easily, and throw up its scum. In some seasons, the juice is so much richer than in others, that this effect takes place almost before one is aware of it; but the drop which adheres to the skimmer, when it is held up, will show the state it has reached.

7. Never use tin, iron, or pewter spoons, or skimmers for preserves, as they will convert the color of red fruit into a dingy purple, and impart, besides, a very unpleasant flavor.

8. When cheap jams or jellies are required, make them at once with loaf sugar, but use that which is well refined always, for preserves in general; it is a false economy to purchase an inferior kind, as there is great waste from it in the quantity of scum which it throws up.

9. Enamelled pans are the proper utensils for preserving fruit.

10. After the fruit is placed in the jars, cover it with tissue paper, wet with brandy, and seal tightly with the cork, so as to exclude air.

To Clarify Sugar.—Take the finest kind, break it into large lumps, and put it into a preserving-pan. If for syrup, add a pint of cold water to each pound; if for candying, a couple of wineglassfuls to the pound will be sufficient. Beat the white of an egg, add it to the water, mix it well, and pour it over the sugar; one egg is enough for twelve pounds of sugar, if it is fine, or two if it is coarse. When the sugar is nearly melted, stir it well, and put it over a gentle fire; do not stir it after the scum begins to rise; let it boil five minutes, then take it off the fire, let it stand a minute or two, then take the scum carefully off; put the pan again on the fire, and when the syrup begins to boil throw in a little cold water, which should be kept back for the purpose; boil till the scum rises, draw it off the fire, and skim it as before; repeat this till quite clear; it is then fit for use. It is by long boiling that the different degrees are acquired, which the confectioner requires.

Currants Preserved.—Take ripe currants, free from stems; weigh them, and take the same weight

of sugar; put a teacup of sugar to each pound of it; boil the syrup until it is hot and clear; then turn it over the fruit; let it remain one night; then set it over the fire, and boil gently, until they are cooked and clear; take them into the jars or pots with a skimmer; boil the syrup until rich and thick; then pour it over the fruit. Currants may be preserved with ten pounds of fruit to seven of sugar. Take the stems from seven pounds of the currants, and crush and press the juice from the remaining three pounds; put them into the hot syrup, and boil until thick and rich; put it in pots or jars, and the next day secure as directed.

Currant Jelly.—Pick fine red but long ripe currants from the stems; bruise them, and strain the juice from a quart at a time through a thin muslin; wring it gently, to get all the liquid, put a pound of white sugar to each pound of juice, stir it until it is all dissolved, set it over a gentle fire, let it become hot, and boil for fifteen minutes; then try it by taking a spoonful into a saucer; when cold, if it is not quite firm enough, boil it for a few minutes longer. When the jelly is thick enough, strain it into small white jars or glass tumblers; when cold, cover with tissue paper. Glass should be tempered by keeping it in warm water for a short time before pouring any hot liquid into it, otherwise it will crack.

Gooseberries Preserved.—Take the blossom from the end, and take off the stems; finish as directed for currants.

To Keep Red Gooseberries.—Pick gooseberries when fully ripe, and for each quart take a quarter of a pound of sugar and a gill of water; boil together until quite a syrup; then put in the fruit, and continue to boil gently for fifteen minutes; then put them into small stone jars; when cold, cover them close; keep them for making tarts or pies.

Cherries Preserved.—Take fine large cherries, not very ripe, take off the stems, and take out the stones; save whatever juice runs from them; take an equal weight of white sugar; make the syrup of a teacup of water for each pound; set it over the fire until it is dissolved, and boiling hot; then put in the juice and cherries, boil them gently until clear throughout, take them from the syrup with a skimmer, and spread them on flat dishes to cool; let the syrup boil until it is rich and quite thick, set it to cool and settle, take the fruit into jars or pots, and pour the syrup carefully over; let them remain open until the next day, then cover. Sweet cherries are improved by the addition of a pint of red currant-juice, and half a pound of sugar to it, for four or five pounds of cherries.

Plums.—There are several varieties of plums. The richest purple plum for preserving is the damson; there are of these large and small; the large are called sweet damsons, the small ones are very rich flavored. The great difficulty in preserving plums is that the skins crack and the fruit comes to pieces; the rule here laid down for preserving them obviates that difficulty. Purple gages, unless properly preserved, will turn to juite and skins; and the large horse plum (as it is generally known) comes completely to pieces in ordinary modes of preserving; the one recommended below will keep them whole, full, and rich.

To Preserve Purple Plums.—Make a syrup of clean brown sugar; clarify it as directed in these receipts; when perfectly clear and boiling hot, pour it over the plums, having picked out all unsound ones and stems, let them remain in the syrup two days, then drain it off; make it boiling hot, skim it, and pour it over again; let them remain another day or two, then put

them in a preserving kettle over the fire and simmer gently until the syrup is reduced, and thick or rich. One pound of sugar for each pound of plums. Small damsons are very fine preserved as cherries or any other ripe fruit. Clarify the syrup, and when boiling hot put in the plums; let them boil very gently until they are cooked and the syrup rich. Put them in pots or jars.

To Preserve Plums without the Skins.—Pour boiling water over large egg or magnum bonum plums; cover them until it is cold, then pull off the skins. Make a syrup of a pound of sugar and a teacup of water for each kind of fruit; make it boiling hot and pour it over; let them remain for a day or two, then drain it off and boil again; skim it clear and pour it hot over the plums; let them remain until the next day, then put them over the fire in the syrup; boil them very gently until clear: take them from the syrup with a skimmer into the pots or jars; boil the syrup until rich and thick; take off any scum which may arise, then let it cool and settle, and pour it over the plums. If brown sugar is used, which is quite as good except for green gages, clarify it.

To Dry Plums.—Split ripe plums, take the stones from them, and lay them on plates or sieves to dry in a warm oven or hot sun; take them in at sunset, and do not put them out again until the sun will be upon them; turn them that they may be done evenly; when perfectly dry, pack them in jars or boxes lined with paper, or keep them in bags; hang them in an airy place.

To Keep Damsons.—Put them in small stone jars, or wide-mouth glass bottles, and set them up to their necks in a kettle of cold water; set it over the fire to become boiling hot, then take it off and let the bottles remain until the water is cold; the next day fill the bottles with cold water, and cork and seal them. These may be used the same as fresh fruit. Green gages may be done in this way.

To Preserve Damsons a Second Way.—Put a quart of damsons into a jar with a pound of sugar strewed between them; set the jar in a warm oven, or put it into a kettle of cold water and set it over the fire for an hour, then take it out, set to become cold, drain the juice off, boil it until it is thick, then pour it over the plums; when cold, cover as directed.

Plum Marmalade.—Simmer the plums in water until they become soft, and then strain them and pass the pulp through a sieve. Put in a pan over a slow fire, together with an equal quantity of powdered loaf-sugar; mix the whole well together, and let it simmer for some time until it becomes of the proper consistence. Then pour it into jelly-pots, and cover the surface with powdered loaf-sugar.

Plum Paste Sweetmeats.—Simmer the plums in a pan over a moderate fire, strain the juice from them, and dry the pulp. Then mix it with strong syrup, and simmer the whole together. Make the paste into different shapes by hand or in tin moulds, and dry them on plates in a slow oven.

To Preserve Green Gages.—The following receipt appears to be a good one: Pick and prick all the plums, put them into a preserving-pan with cold water enough to cover them; let them remain on the fire until the water simmers well, then take off, and allow them to stand until half cold, putting the plums to drain. To every pound of plums, allow one pound of sugar, which must be boiled in the water from which the plums have been taken; let it boil very fast until the syrup drops short from the spoon, skimming carefully all the time. When the sugar is sufficiently boiled, put in the plums, and allow them to boil until the sugar covers the pan with large bubbles; then pour the whole into a pan, and let them remain until the following day; drain the syrup

from the plums as dry as possible, boil it up quickly, and pour it over the plums, then set them by; do this a third and a fourth time. On the fifth day, when the syrup is boiled, put the plums into it, and let them boil for a few minutes, then put them into jars. Should the green gages be over ripe, it will be better to make jam of them, using three-fourths of a pound of sugar to one pound of fruit. Warm the jars before putting the sweetmeats in, and be careful not to boil the sugar to a candy.

Jam of Green Gages.—Put ripe green gages into a kettle with very little water, and let them stew until soft, then rub them through a sieve or colander, and to every pint of pulp put a pound of white sugar powdered fine; then put it in a preserving kettle over the fire, stir it until the whole is of the consistence of jelly, then take it off; put the marmalade in small jars or tumblers, and cover. Any sort of plums may be done in this manner.

Very Fine Preserved Peaches.—Take fine ripe free-stone peaches; pare them, cut them in half and remove the stones. Have ready a sufficiency of the best double-refined loaf-sugar, finely powdered. Weigh the sugar and the peaches together, putting the sugar into one scale and the peaches into the other, and balancing them evenly. Put the peaches into a large pan or tureen, and strew among them one-half of the sugar. Cover them, and let them stand in a cool place till next morning. Then take all the juice from them, and put it into a porcelain preserving-kettle with the remainder of the sugar. Set it over a moderate fire, and boil and skim it. When it is boiling well, and the scum has ceased to rise, put in the peaches and boil them till they are perfectly clear, but not till they break; carefully skimming them. Boil with them a handful of fresh clean peach-leaves tied in a bunch. When quite clear take the peaches out of the syrup, and put them on a flat sloping dish to drain into a deep dish placed below it. Take this syrup that has drained from the peaches, put it to the syrup in the kettle, and give it one more boil up. Then throw away the leaves. Lay the peaches flat in small glass jars. Pour an equal portion of the hot syrup into each jar, and put on the top a tablespoonful of the best white brandy. Cork the jars, and paste down paper closely over the mouth of each.

Common Peach Jam.—Take good ripe free-stone peaches, pare them, and cut them into small pieces, seeing that none are blemished in the least. Cover the bottom of a stone jar with a thick layer of powdered sugar (very good brown sugar will do when strict economy is expedient), then put in a layer of the cut peaches (without any cooking); then another of sugar; then one of peaches, and so on till the jar is filled; packing the contents down as closely as possible. The top layer must be of sugar, spread on thickly. Cover the jar immediately, and paste paper down closely over the cover. This jam will be found very good for children; and for family use when fresh peaches are not to be had. It may be put into plain pies, or spread over the paste of a rolled-up pudding. If the peaches are free from decay-spots, and the sugar in sufficient abundance, the jam will keep many months; always excluding the air from the jar.

Currant Jam.—Pick the currants free from stems; weigh three-quarters of a pound of sugar for each pound of fruit; strain the juice from half of them; then crush the remainder and the sugar together, and put them with the juice into a bright brass or porcelain kettle, and boil until it is a smooth jellied mass; have a moderate fire, that it may not burn the preserve.

To Preserve Apples.—Pare and core, and cut them

in halves or quarters, take as many pounds of the best brown sugar, put a teacup of water to each pound. When it is dissolved, set it over the fire, and when boiling hot, put in the fruit, and let it boil gently until it is clear, and the syrup thick; take the fruit with a skimmer on to flat dishes, spread it to cool, then put it in pots or jars, and pour the jelly over. Lemons boiled tender in water, and sliced thin, may be boiled with the apples.

To Preserve Pippins in Slices.—Take the fairest pippins, pare them, and cut them in slices a quarter of an inch thick, without taking out the cores; boil two or three lemons, and slice them with the apples, take the same weight of white sugar (or clarified brown sugar), put half a gill of water for each pound of sugar, dissolve it, and set it over the fire; when it is boiling hot, put in the slices, let them boil very gently until they are clear, then take them with a skimmer and spread them on flat dishes to cool; boil the syrup until it is quite thick, put the slices on flat dishes, and pour the syrup over. These may be done a day before they are wanted; two hours will be sufficient to make a fine dish for dessert or supper.

To Preserve Crab-Apples.—Take off the stem, and core them with a penknife, without cutting them open; weigh a pound of white sugar for each pound of prepared fruit; put a teacup of water to each pound of sugar; put it over a moderate fire. When the sugar is all dissolved and hot, put the apples in, let them boil gently until they are clear, then skim them out, and spread them on flat dishes. Boil the syrup until it is thick, put the syrup in whatever they are to be kept, and when the syrup is cooled and settled, pour it carefully over the fruit. Slices of lemon boiled with the fruit may be considered an improvement; one lemon is enough for several pounds of fruit. Crab-apples may be preserved whole, with only half an inch of the stem on; three-quarters of a pound of sugar for each pound of fruit.

To Preserve Pears.—Take small, rich, fair fruit, as soon as the pips are black; set them over the fire in a kettle, with water to cover them, let them simmer until they will yield to the pressure of the finger, then with a skimmer take them into cold water; pare them neatly, leaving on a little of the stem and the blossom end, pierce them at the blossom end to the core, then make a syrup of a pound of sugar for each pound of fruit; when it is boiling hot, pour it over the pears, and let it stand until the next day, when drain it off, make it boiling hot, and again pour it over; after a day or two, put the fruit in the syrup over the fire, and boil gently until it is clear; then take it into the jars or spread it on dishes, boil the syrup thick, then put it and the fruit in jars.

Raspberry Vinegar may be made by steeping fresh gathered fruit in vinegar—three quarts of fruit to one of vinegar; after steeping three days, strain and simmer gently with one pound of loaf-sugar to every pint of juice and vinegar. When cold, bottle and cork very securely; or, to a pint of fresh raspberry juice allow one pound of loaf-sugar powdered boil together three-quarters of an hour after actual boiling. Then pour off and mix with an equal quantity of distilled vinegar, and bottle. A large tablespoonful of this in a glass of water is a most refreshing drink in fevers, and is particularly useful in complaints of the chest; a substitute may be made by dissolving raspberry jam, straining the juice, and mixing with it an equal quantity of the best vinegar.

Blackberries.—Preserve these as strawberries or currants, either liquid or jam, or jelly. Blackberry jelly or jam is an excellent medicine in summer complaints or dysentery; to make it, crush a quart of fully ripe blackberries with a pound of the best

loaf-sugar, put it over a gentle fire and cook it until thick, then put to it a gill of the best fourth-proof brandy, stir it awhile over the fire, then put it in pots, and cover as directed.

Blackberry Syrup.—Make a simple syrup of a pound of sugar to each pint of water, boil it until it is rich and thick, then add to it as many pints of the expressed juice of ripe blackberries as there are pounds of sugar; put half a nutmeg grated to each quart of the syrup; let it boil fifteen or twenty minutes, then add to it half a gill of fourth-proof brandy for each quart of syrup; set it by to become cold, then bottle it for use. A tablespoonful for a child or a wineglass for an adult is a dose.

Pine-Apple Jelly.—Take a perfectly ripe and sound pine-apple, cut off the outside, cut it in small pieces; bruise them, and to each pound put a teacup of water; put it in a preserving-kettle over the fire, cover the kettle, and let them boil for twenty minutes; then strain it, and squeeze through a bit of muslin. For each pound of fruit take a pound of sugar, put a teacup of water to each pound, set it over the fire until it is dissolved, then add the pine-apple juice. For each quart of the syrup, clarify an ounce of the best isinglass, and stir it in; let it boil until, by taking some on a plate to cool, you find it a stiff jelly. Secure it as directed.

Tomato Preserves.—Take the round yellow variety as soon as ripe, scald and peel; then to seven pounds of tomatoes add seven pounds of white sugar, and let them stand over night. Take the tomatoes out of the sugar, and boil the syrup, removing the scum. Put in the tomatoes, and boil gently fifteen or twenty minutes; remove the fruit again and boil until the syrup thickens. On cooling, put the fruit into jars and pour the syrup over it, and add a few slices of lemon to each jar, and you will have something to please the taste of the most fastidious.

To Candy Fruit.—After peaches, plums, citrons, or quinces have been preserved, take the fruit from the syrup; drain it on a sieve; to a pound of loaf-sugar put half a teacup of water; when it is dissolved, set it over a moderate fire; when boiling hot, put in the fruit; stir it continually until the sugar is candied about it; then take it upon a sieve, and dry it in a warm oven or before a fire; repeat this two or three times if you wish.

To Dry Cherries.—Having stoned the desired quantity of good cherries, put a pound and a quarter of fine sugar to every pound; beat and sift it over the cherries, and let them stand all night. Take them out of the sugar, and to every pound of sugar put two spoonfuls of water. Boil and skim it well, and then put in the cherries; boil the sugar over them, and next morning strain them, and to every pound of syrup put half a pound more sugar; boil it till it is a little thicker, then put in the cherries, and let them boil gently. The next day strain them, put them in a stove, and turn them every day till they are dry.

Pears in Brandy.—Take fine, rich, juicy, but not very ripe pears; put them into a saucepan with cold water to cover them; set them over a gentle fire and simmer them until they will yield to the pressure of your finger, then put them into cold water; pare them with the greatest care, so that not a single defect may remain; make a syrup of three-quarters of a pound of white sugar for each pound of fruit, and a cup of water to each pound of sugar; when the syrup is clear, and boiling hot, put in the pears, boil them gently until they are done through and clear, and the syrup is rich; now take them with a skimmer into glass jars; boil the syrup thick, then mix with it a gill of white brandy to each pint, pour it over the fruit, and, when cold, cover over closely.

Receipts, Etc.

MISCELLANEOUS COOKING.

Mock Turtle Soup.—Boil half a calf's head with the skin on for three-quarters of an hour. Remove eye, ear, and brains, cut the meat into squares an inch and a half, put it into a large stewpan, add to it two ounces of butter, a pint of old Madeira, a gill of veal broth, a small bundle of sweet herbs, a little sage, a small onion chopped very fine with one teaspoonful of white pepper, a little salt, a little Cayenne, also a little allspice if liked. Stew gently till the meat is tender, keeping it well covered; then add two quarts of good veal stock, make some thickening with cold veal broth, flour, and herbs; boil, strain, and add to the soup. Take out the meat, boil the soup about ten minutes, strain it over the meat, add lemon-juice and some forcemeat and egg-balls. This is the simplest to have it good, but it may be made far richer.

Mashed Potatoes.—Peel and either boil or steam two pounds of potatoes till they fall to pieces; if boiled, drain the water from them, and let them stand by the side of the fire with the lid off for five minutes, to let the steam evaporate; add a lump of butter about the size of a small egg, or more if wished, and when this has melted break up the potatoes as small as possible with a fork, and then mash with a wooden spoon, adding milk by degrees till they are the proper consistency. Turn into the dish, and smooth them with a spoon. If liked, they may be put in the oven for a few minutes to brown. Salt will of course have been put in while they were boiling. Pepper is sometimes added, but this is a matter of taste.

Minced Collops.—Mince some raw beef very finely, put the mince into a saucepan with a bit of butter to prevent it sticking to the pan. When they are hot add a teaspoonful of flour and a little gravy or water. They should be stirred often, to prevent their getting lumpy; they take about twenty minutes to cook. Onions minced may be added, or a little hot pickle.

Spiced Beef.—Half a pound of common salt, one ounce of saltpetre, two ounces of bay salt, three ounces of moist sugar, quarter of an ounce of whole pepper, quarter of an ounce of long pepper, two blades of mace, quarter of an ounce of whole allspice, two bay leaves, five or six sprigs of thyme, ditto marjoram, two stalks of basil, four or five of white savory. The whole to be boiled in three pints of water for half an hour, the saltpetre and bay salt to be pounded. The beef to be rubbed all over with a little salt previous to its being put in the pickle, when that is cold. Fourteen or fifteen days to remain in pickle, turned often. This quantity of pickle is for a piece or hand of beef of eight pounds.

Sweetbreads (Stewed).—Take a pair of calves' sweetbreads quite fresh, wash them, and put them in a large stewpan full of cold water, with a little salt; let them boil ten minutes, remove them with a slice into a large basin of cold water; when quite cold put them on a cloth to dry, and lard them neatly with finely-cut bacon. Place them in a stewpan with carrots, onions, thyme, parsley, and a bay leaf, a little salt and pepper, and cloves; half a pint of stock. Put them to stew gently for one hour and a half, basting them with broth occasionally to prevent their getting dry. Place them on a dish, strain the gravy into a small basin, remove the fat, pour around the sweetbread, and serve.

Macaroni au Gratin.—Throw into boiling water some common pipe macaroni or some flat macaroni,

with salt according to the quantity used. Let it boil a quarter of an hour, when it will be a little more than half cooked. Drain off the water thoroughly, and place the macaroni in a saucepan with enough milk to cover it, let it boil till perfectly done, then take out the macaroni and lay it in a silver dish with a plentiful allowance of grated Parmesan cheese, to which a judicious quantity of white pepper should be added; pour over it plenty of liquified butter, sprinkle the top with more grated Parmesan, and over that some very fine baked bread-crumbs. Put the dish in the oven just long enough to make the contents very hot, brown the top with a red hot salamander, and serve.

Cauliflowers with Stuffing.—Blanch the cauliflowers in salt and water, dip them in cold water, and drain them. Place them in a stewpan on some slices of bacon, the head of the cauliflower being placed underneath; at the same time taking care to employ a stewpan the exact size of the dish you intend to prepare. Fill up all the vacant spaces left between the cauliflowers with a stuffing composed of fillet of veal, beef suet, parsley, chives, and mushrooms, all chopped up together, with salt, pepper, and nutmeg, and three raw eggs beaten up. Pour some stock broth over them, and let simmer at a gentle heat until done. Then empty the contents of the stewpan on a dish, and serve it up covered with some tomato sauce.

Stock Broth Prepared from Poultry.—This light and nourishing broth is made by stewing two well-fed fowls, previously roasted and cut in pieces, in two quarts of water. The broth is then to be skimmed, and the following vegetables added: one carrot, a turnip, an onion, a lettuce, two leeks, and half a head of celery. These vegetables must be cut into slices, and fried in butter, previously to introducing them into the broth. A clove or two and some salt are also required to be added. The contents of the vessel are then to be simmered for nearly three hours, the fat on its surface removed, and strained through a fine sieve. This stock broth is chiefly used for making other varieties of soup.

Calves' Brains Cooked with Wine.—After cleaning some calves' brains, blanch them in boiling water, mixed with vinegar. Then put at the bottom of the stewpan some slices of bacon, together with two carrots cut in slices, the same quantity of onions, two cloves, salt, pepper, bay-leaves, parsley, and thyme, and a glass of white wine. Place the brains in the pan, and dress at a gentle heat. These brains may be served in any way that may be preferred.

HOW TO DRESS LOBSTER.

Lobster Salad.—Boil four eggs hard; when quite cold, carefully open and take out the yolks; mash them with a fork, then add two teaspoonfuls of mustard and the same quantity of salt, some white pepper and a little Cayenne, mixed well together, add four dessertspoonfuls of vinegar and one of lemon pickle. To this mixture, when quite smooth, add the spawn of the lobster and half a pint of cream. Having boiled the lobster, cut the meat into bits, and stir it in the sauce, with a white onion nicely minced. Cut your lettuce, with small salad or any other kind, and place it upon the lobster, garnishing with the whites of the eggs sliced.

Outlets.—Take out all the meat of a large boiled lobster, mince it, and add to it two ounces of butter which has been browned with two spoonfuls of flour, seasoned with a little pepper, salt, and Cayenne. Add about half a pint of strong stock, stir it over the fire until quite hot; put it in separate tablespoonfuls on a large dish. When cold, make these into the

shape of outlets, brush them over with the beaten yolk of an egg, dip them into grated bread-crumbs, and fry them of a light brown color in clarified beef dripping, and dish them with a little fried parsley in the centre.

Stewed Lobster.—Pick the lobster from the shell when boiled, and put the spawn into a dish with a spirit lamp under it, and rub it down with a piece of butter, two spoonfuls of good gravy of any sort, one of walnut catsup, a small quantity of salt and Cayenne, and a spoonful of port wine. Stew the lobster, and cut into bits, in the gravy.

Another kind.—Put the lobster into a stewpan, with vinegar, claret, butter, suet, and nutmeg; stew it rather dry, then take it up and place it in a dish, pour butter over it, and garnish with slices of lemon.

Lobster Cake.—Pound the meat of two boiled lobsters with some lean of raw ham, some beef marrow, the yolks of four eggs, a bit of bread soaked in cream, a little mace pounded, Cayenne pepper and salt. Color the whole with lobster spawn, then line a mould with thin slices of fat bacon, press down the mixture into it, cover it with thin fat bacon, and put on the cover of the mould and let it bake an hour and a half, and then stand till cold; turn it out of the mould, take away the fat, and serve up with a garnish of parsley and savory jelly around it.

Broiled Lobsters.—When the lobsters are boiled, split their tails and chins, crack the claws, pepper and salt them; take out their bodies, put them again into the shell, and then on the gridiron over a clear fire, also the tails and claws; baste them with butter, and serve with melted butter for sauce.

Lobster Curry.—Take them from their shells, divide into neat portions, and lay them in a pan; make a liquor for them in the following manner: Slice two large onions, and lightly fry them, add about four teaspoonfuls of curry powder, some flour and butter for thickening, and a pint of good gravy, with part of the bodies of the lobsters pounded. Boil for half an hour, skim, and pass through a fine sieve over the lobsters in the pan, and add lemon juice and salt. Simmer half an hour, and just before serving add two spoonfuls of cream, then serve quite hot with plain boiled rice.

Roasted Lobster.—More than half boil it, take it out of the water; while hot, rub it well with butter, put it in an oven, baste it well till nicely frothed, and serve with melted butter.

CAKES, PUDDINGS, ETC.

Gingerbread Cake.—Six ounces of butter, half a pound of brown sugar, four eggs, one pound of treacle, a pound and a quarter of flour, half an ounce of carbonate of soda, an ounce and a half of ground ginger, an ounce of ground cinnamon. Mix these all well together, and bake in a shallow tin in a moderate oven.

Nellie Pudding.—Half a pound of flour, half a pound of treacle, half a pound of suet, the rind and juice of one large lemon, a little citron finely minced, two eggs, with sufficient milk to mix thoroughly; boil four hours.

Lemon Cake.—Ten eggs, three tablespoonfuls of orange-flower water, three-quarters of a pound of pounded loaf sugar, one lemon, three-quarters of a pound of flour. Separate the whites from the yolks of the eggs, whisk the former to a stiff froth, add the orange-flower, the sugar, grated lemon rind, and mix these ingredients well together. Then beat the yolks of the eggs, and add them, with the lemon juice, to the whites, etc.; dredge in the flour gradually, keep beating the mixture well, put it into a buttered mould, and bake the cake about an hour, or

rather longer. The addition of a little butter, beaten to a cream, we think, would improve this cake.

Lemon Creams, or Custards.—Five ounces of loaf sugar, two pints of boiling water, the rind of one lemon and the juice of three, the yolks of eight eggs. Make a quart of lemonade in the following manner: Dissolve the sugar in the boiling water, having previously, with part of the sugar, rubbed off the lemon rind, and add the strained juice. Strain the lemonade into a saucepan, and add the yolks of the eggs, which should be well beaten; stir this *one way* over the fire until the mixture thickens, but do not allow it to boil, and serve in custard glasses, or on a glass dish. After the boiling water is poured on the sugar and lemon, it should stand covered for about half an hour before the eggs are added to it, that the flavor of the rind may be extracted.

Apple Trifle (a Supper Dish).—Ten good-sized apples, the rind of half a lemon, six ounces of pounded sugar, half a pint of milk, half a pint of cream, two eggs, whipped cream. Peel, core, and cut the apples into thin slices, and put them into a saucepan with two tablespoonfuls of water, the sugar, and minced lemon rind. Boil all together until quite tender, and pulp the apples through a sieve; if they should not be quite sweet enough, add a little more sugar, and put them at the bottom of the dish to form a thick layer. Stir together the milk, cream, and eggs, with a little sugar, over the fire, and let the mixture thicken, but do not allow it to reach the boiling-point. When thick, take it off the fire; let it cool a little, then pour it over the apples. Whip some cream with sugar, lemon peel, etc., the same as for other trifles; heap it high over the custard, and the dish is ready for table. It may be garnished as fancy dictates, with strips of bright apple jelly, slices of citron, etc.

Almond Cake.—Half a pound of sweet almonds, one ounce of bitter almonds, six eggs, eight tablespoonfuls of sifted sugar, five tablespoonfuls of fine flour, the grated rind of a lemon, three ounces of butter. Blanch and pound the almonds to a paste, separate the whites from the yolks of the eggs, beat the latter, and add them to the almonds. Stir in the sugar, flour, and lemon rind; add the butter, which should be beaten to a cream; and when all these ingredients are well mixed, put in the whites of the eggs, which should be whisked to a stiff froth. Butter a cake-mould, put in the mixture, and bake in a good oven from an hour and a quarter to an hour and three-quarters.

Queen's Drops.—Take a quarter of a pound of butter, a quarter of a pound of sifted sugar, two or three eggs, according to their size, six ounces of flour, and a quarter of a pound of currants. Proceed as for pound cakes; drop them out on paper placed on a baking sheet a little larger than nutmegs, and bake in a hot oven.

Madeira Buns.—The same as for Queen drops, omitting the currants; drop them out about the size of walnuts, and about two inches apart.

Canary Pudding.—The weight of three eggs in sugar and butter, the weight of two in flour, the rind of one lemon, and three eggs.

Apple Pudding.—Boil two teacupfuls of rice in milk till three parts done, strain it, pare and core a few apples without dividing them, put a little sugar and a clove in each apple, put the rice around them, tie each separately in a cloth, and boil about half an hour, or till the apples are tender.

Ground Rice Cake.—Half a pound of ground rice, four eggs, and enough loaf sugar to sweeten; beat the whole together for twenty minutes, bake in a slow oven.

Puddings for Invalids.—The four following receipts are very simple and suitable for invalids. They are a change from the usual rice and tapioca form:—

Custard Fritters.—Boil half a pint of milk with cinnamon, lemon, and bay leaves; add two ounces of sugar, one ounce of flour, a little salt, and three eggs; beat all together, and steam this custard in a plain mould or basin, previously spread inside with butter; when done firm and quite cold, cut into square pieces and dip in frying batter; drop separately in boiling fat, fry a light brown color, and dish them up on a napkin.

Eve Pudding.—Six ounces of finely-grated bread, six ounces of currants, six ounces of sugar, six eggs, six apples, some lemon peel and nutmeg; let it boil three hours.

Lemon Pudding.—Weight of two eggs in butter, which beat to a cream, same weight of flour, same of pounded white sugar, the grated rind and juice of two lemons; bake half an hour in a small flat pie-dish, with a rim of paste around the edge; serve with sifted sugar on the top, and send up very hot.

Aunt Nellie's Pudding.—Half a pound of best beef suet, half a pound of grated bread-crumbs, half a pound of beaten white sugar, three eggs, well beaten and strained; the grated rind and juice of a large lemon, stick a mould with raisins, pour in the mixture, boil two hours.

A Nice Useful Cake.—A quarter of a pound of butter, six ounces of currants, a quarter of a pound of sugar, one pound of dried flour, two teaspoonfuls of baking-powder, three eggs, one teacupful of milk, two ounces of sweet almonds, one ounce of candied peel. Beat the butter to a cream; wash, pick, and dry the currants; whisk the eggs; blanch and chop the almonds, and cut the peel into neat slices. When all these are ready, mix the dry ingredients together; then add the butter, milk, and eggs, and beat the mixture well for a few minutes. Put the cake into a buttered mould or tin, and bake it for rather more than an hour and a half. The currants and candied peel may be omitted, and a little lemon or almond flavoring substituted for them; made in this manner, the cake will be found very good.

Golden Pudding.—Six ounces of bread-crumbs, two ounces of flour, a quarter of a pound of suet, a quarter of a pound of marmalade (or any kind of preserve would do) a quarter of a pound of sugar, three eggs, with sufficient milk to mix; boil for two hours.

SWEETMEATS.

Acid Drops.—You must, in the first place, boil one pound of lump-sugar with one cupful of water and one spoonful of vinegar, until the sugar becomes thick and glossy, and brittle to the touch. Then pour it upon a stone, and add to it a quarter of an ounce of tartaric acid, and two drops of essence of lemon. After well mixing, cut into the drop-like form, and round them with the thumb and finger.

Everton Toffee.—Get one pound of treacle, the same quantity of moist sugar, and half a pound of butter. Put them in a saucepan, large enough to allow of fast boiling over a clear fire. Put in the butter first, and rub it well over the bottom of the saucepan, and add the treacle and sugar, stirring together gently with a knife. After it has boiled for about ten minutes, ascertain if it is done, in the following way: Have ready a basin of cold water, and drop a little of the mixture into it from the point of a knife. If it is sufficiently done, when you take it from the water it will be quite crisp. Now prepare a large shallow tin pan, or dish, rubbed all over with butter, to prevent its adhering, and into this pour the toffee from the

saucepan to get cold, when it can be easily removed. To keep it good, it should be excluded from the air.

Elecampane or Candy Cake.—Take clarified loaf-sugar and boil to candy height; rub it a little about the sides of the pan, till it begins to grain or turn white; then throw it out upon a warm slab, and divide it into squares. The sugar may be colored with cochineal by adding some to the syrup while boiling, sufficient to give it the desired tint. This used to be made from the decoction of the roots of elecampane, whence it derives its name.

Peppermint Drops.—Mix half a pound of sifted sugar into sufficient lemon-juce to make it a proper thickness. Dry it over a fire, gently stirring in, at the same time, one hundred and twenty drops of the oil of peppermint; after which, drop the mixture upon white paper well greased.

MISCELLANEOUS.

To Remove a Speck or an Eyelash from the Eye.—This, we all know, requires the aid of a looking-glass, or the kindly hand of a friend, whether in or out of the house; but there are times when neither of these helps are near; so Nature has provided that, if we will use her appliances, she will assist us; and with a little practice, it will be found the best and quickest in the end. The upper and lower eyelashes are given us as a protection to the eyes; but they also serve as little brushes when an accident happens. By taking the upper eyelashes between the thumb and finger, and drawing the lid completely over the under eyelashes, and gently moving it backwards and forwards, any specks in the eye fasten on to the lower fringe, and remain there after having let go the upper. This is a sure plan, and can be adopted anywhere; but it requires some perseverance to acquire it, and should not be given up if the first attempts are unsuccessful. Any disagreeable feeling about it is not half so painful or dangerous as is occasioned by the smallest speck.

Cleaning Sponge.—Immerse the sponge in cold butter-milk; let it soak for a few hours, and then wash it out in clean water.

Cementing Ivory.—For the purpose of cementing ivory use the clearest parchment glue, or any of the transparent cements sold by chemists.

Washing Woolen Shavels, Rugs, etc.—Put half an ox-gall into two gallons of water, warm but not hot; wash the shawl in it with soap and water. Have another tub ready with tepid water and the other half of the ox-gall; rinse the shawl in it well, shake it out, open it wide, and let it hang to dry in a hot room, but not in the sun. Carpet rugs washed thus look as fresh as new, scoured with a soft brush.

Preserving Eggs.—The most certain and most lasting mode of preservation consists in covering them in a jar filled with lime-water, recently prepared, and keeping them in a cool place. The lime-water is prepared from quicklime, or that which has been slaked but lately, by placing it in a quantity of water greater than would cover the eggs. The milk of lime which is thus formed is allowed to stand several hours. The clear liquid that separates itself from the excess of lime used is the lime-water, which is poured off for use. Lime-water not only prevents the evaporation, since the eggs are plunged in the liquid, but the alkali which it holds in solution closes the pores of the shell and prevents all fermentation, either of the eggs or of the organic matter which the water might contain. Eggs kept in this way are good for pastry, etc., twelve or fourteen months after they are laid.

Receipts, &c.

TO CLEAN SILK, MERINO, ETC.

To Clean Black Silk, with very little Trouble and Expense.—Take entirely to pieces the dress, jacket, etc., and well shake each piece; then spread over a deal table a newspaper, or sheet of clean paper, and on it lay a breadth of the silk. Brush it well both sides with a fine soft brush—a hat-brush would very well answer the purpose. Shake it again; fold together in half, and place it on one side of the table. In the same manner shake, brush, and shake again each piece of the silk. Remove the paper, and place on the table a clean newspaper, or sheet of paper. Newspapers answer best; they are large and smooth, and probably at hand. On the paper again place a breadth of the silk, and into a clean quart basin pour a half-pint of cold water, adding half-a-pint of good *sweetened gin*, which is better for the purpose than *unsweetened*, as the sugar stiffens the silk. These are the proportions for any quantity required. Have ready a piece of black crape, or black merino, about half a yard square; dip it well into the liquid, and thoroughly wash over the *best* side of the silk. Be careful that it is well cleaned, and, if possible, wash it from edge to edge, and wet it well all over. Then fold over the silk in half; then again, till the folds are the width of those of new silk. Place it in a clean towel, and clean each piece of the silk in the same manner, laying one piece on the other; and remembering by a mark which is the last piece done, as that must be the last ironed. Let the silk lie folded in the towel until a large iron is well heated; but be careful that it is not *too hot*; try it first on paper, or a piece of old damped silk. Use two irons. Open the towel when the iron is ready, and place the piece of silk that was *first* cleaned on an old table-cloth or sheet folded thick; iron the *wrong side* quickly, from edge to edge, until dry. Fold the silk over lightly to the width of new silk, and place it on one end of the table until all is done. This simple process stiffens, cleans, and makes the silk look new.

To Clean Black Merino, or any Woolen Stuff, Black Cloth Jackets, Cloaks, or Gentlemen's Clothes, etc.—Purchase a small quantity of carbonate of ammonia. Place it in a clean quart basin, and pour upon it a pint of boiling water; cover it over with a clean plate, and let it stand to get cold. Having taken entirely to pieces the dress, jacket, or cloak, shake each piece well; then spread a large newspaper over a deal table, place one breadth of the material upon it, and brush it well on both sides with a *fine hard* brush; shake it again, and place it on one side of the table, folded in half. Brush and shake in the same manner each piece, folding and placing one piece on the other at the end of the table. When all are brushed, remove the paper and replace it with a fresh one, upon which place another, if thin. Lay upon the paper one breadth of the stuff, quite smooth and flat, the wrong side next the paper; then take a piece of black merino, about half a yard square; dip it in the carbonate of ammonia and water (cold), well wet it, and wash over the stuff or cloth. If cloth, care must be taken to wash it the *right way*, so as to keep it *smooth*; when well washed over, fold the material in half, and place it in a clean towel, laying one piece over the other, until all are done. Mark the last, as that will be the last to be ironed. Let the merino, or cloth, rest in the towel for about an hour; then iron the *wrong side*, after placing a folded blanket, or sheet, with a thin sheet of paper, old glazed lining out of the dress, or piece of linen, over

the blanket or sheet. Iron each piece on the wrong side until quite dry, and have two heavy irons, one heating while the other is in use. Fold over the pieces, the width of new merino, but be careful not to fold it so as to mark it sharply, especially cloth. Gentlemen's clothes can be thus cleaned without taking to pieces, or ironing, unless quite convenient. Vests and coat collars are thus easily renovated, the color is revived, grease spots and white seams removed.

To Renovate Crape.—Brush the crape well with a soft brush, and over a *wide-mouthed* jug of *boiling* water hold tightly the crape, gradually stretching it over the jug of boiling water. If a strip of crape, it is very easily held tightly over the water, letting the piece done fall over the jug until all is completed. The crape will become firm and fit for use, every mark and fold being removed. White or colored crape may be washed and pinned over a newspaper, or towel, on the outside of a bed, until dry. Crape that has been exposed to rain or damp—veils especially—may be saved from spoiling by being stretched tightly on the outside of the bed with pins, until dry; and no crape should be left to dry without having been pulled into proper form. If black crape, lace, or net is faded or turned brown, it may be dipped into water, colored with the blue-bag, adding a lump of loaf-sugar to stiffen, and pinned on to a newspaper on a bed.

MISCELLANEOUS COOKING.

Fried Mutton Broth.—Fry five or six onions to a good brown color in beef dripping, set them in a sieve to let the fat drain off them; cut six turnips and three or four carrots into pieces, add a bundle of sweet herbs, and a teaspoonful of salt. When these are all ready, take a large scrag, or two small ones, of neck of mutton, cut off the best pieces to fry, and make stock of the bones. Take the vegetables (fried), put them at the bottom of your pan, then add a layer of mutton, then vegetables, then mutton, till all is in; then put your stewpan shut close over a moderate fire, and let it stew three-quarters of an hour, shaking it often to keep it from burning; then pour in two quarts of stock, and let it stew as slowly as possible—scarcely to seem to stew. Put in the best pieces of the meat and vegetables into the tureen, and then pour all the rest upon them through the sieve, so as to have a *purée* with the pieces floating in it.

White Vegetable Soup.—Two carrots, two turnips, two onions, three heads of celery, three potatoes; add half a pint of split peas, boiled and rubbed through a sieve, or else remains of pea soup, if you have it; pass the vegetables through the sieve, add one quart of good white stock, and half a pint of cream or good milk; season to taste.

Potato Soup.—Peel eight or ten large potatoes, three onions, two heads of celery, one turnip, one carrot, a slice of ham or lean bacon, cut all in small squares, and boil them with some broth; when done, rub all through the sieve, and season with pepper and salt.

A Nice White Soup.—Break up a shin of veal; let it soak in cold water about two hours; then put it to boil in four quarts of water, with an onion, a little mace, pepper, and salt; let it simmer about five hours. Strain it through a sieve, and set away to cool until the next day. Then take off all the fat, wiping it with a cloth; put it to boil. When quite hot, if not well seasoned, add whatever may be required; mix two spoonfuls of ground rice with water; stir it until it boils, then add a pint of good sweet milk, and give it one boil.

Scotch Broth.—Put a pint of Scotch (not pearl) barley into a gallon of cold water, with a large carrot cut into dice, three onions, and three pounds scrag end of a neck of mutton; after a time, add three or four turnips, also cut into dice, and keep it stewing—not boiling—for six hours, skimming it frequently. Should water require to be added, let it be boiling. This is for a small quantity of broth. Before serving, add some parsley, chopped fine.

Boned Ham.—Soak a nicely-cured ham in tepid water, the night before you wish to cook it. Next day place it in a large boiler of water of the same temperature, and boil it slowly eight or ten hours. Take it up in a wooden tray, let it cool, and carefully take out the bone; cut it clear at the hock, and loosen it around the bone on the thick part with a thin, sharp knife, and slowly pull it out. Then press the ham in shape, and return it to the boiling liquor. Take the pot off the fire, and let the ham remain in it until cold.

Boiled Leg of Mutton.—A leg of mutton for boiling should hang two days before cooking. Cut off the shank-bone, trim the knuckle, wash and wipe the leg very clean; plunge it into sufficient boiling water to cover it; let it boil up once; draw the pot to the side of the fire, and let it cool till nearly lukewarm; draw it forward again and simmer gently two hours and a half, never letting the water boil; put a tablespoonful of salt in the water, skim while cooking. Take a pint of the water and boil it in a saucepan till reduced one-half; add two ounces of butter, and a tablespoonful of flour, well mixed together, salt and pepper; stir all well together, and boil up once; pour over the mutton when dished. Capersauce should be served with boiled mutton.

Jellied Veal.—Take a knuckle of veal, wash it, put it in a pot with water enough to cover it, boil it slowly for two or three hours; take out all the bones—be sure to pick out all little ones—cut the meat into little pieces, put it back in the liquor, season to your taste with pepper, salt, and sage; let it stew away until pretty dry; turn it in an oblong dish, or one that will mould it well to cut in slices. This is a relish for breakfast.

Calf's Liver Larded and Roasted.—A calf's liver, vinegar, one onion, three or four sprigs of parsley and thyme, salt and pepper to taste, one bay-leaf, brown gravy. Take a fine white liver, and lard it; put it into vinegar with an onion cut in slices; parsley, thyme, bay-leaf, and seasoning in the above proportion. Let it remain in this pickle for twenty-four hours, then roast and baste it frequently with the vinegar, etc.; glaze it, serve under it a good brown gravy, or sauce piquante, and send it to table very hot.

Steak Pie.—Cut up a pound and a half of fillet steak or rump steak, with two kidneys, previously boiled, two eggs boiled hard and cut lengthwise in four pieces, pepper and salt lightly, flour the steak and kidneys, place some of the meat and some of the egg in the dish, and a piece of butter the size of a walnut; add a teacupful of good gravy, seasoned with a teaspoonful of Worcester sauce; fill the dish with the remaining portions of meat and eggs. Cover with the paste, and bake slowly for two hours and a half.

Rump Steak and Kidney Pie.—Ingredients: Two pounds of rump steak, two kidneys, seasoning of salt, black pepper, and Cayenne pepper. Cut the steak into pieces about three inches long and two wide, and cut each kidney into six or eight pieces. Arrange them in layers, and between each layer sprinkle the seasoning. Fill the dish sufficiently to have a raised appearance. Pour in sufficient water

to half fill the dish, border it with paste, brush it over with water, and cover it. Ornament the top with leaves, make a hole in the centre, and bake in a moderate oven for two hours.

Mutton Cutlets and Tomatoes.—Trim from the cutlets all superfluous fat, dip them in an egg beaten up, and some pepper and salt; then roll them in bread-crumbs, and let them rest for a couple of hours. Peel some good-sized tomatoes; make an incision around the stalk end, and remove all the pips, taking great care in doing so to preserve the tomatoes whole. Lay them in a stewpan with a small quantity of good stock, a pod of garlic, some parsley and basil, mixed fine, and pepper and salt to taste; let them stew very gently till done. Fry the cutlets a nice color in plenty of butter; arrange them in a circle on a dish, and put the tomatoes in the centre, with as much of their gravy as is necessary.

A Good Mince for Patties.—Two ounces of ham, four ounces of chicken or veal, one egg boiled hard, three cloves, a blade of mace, pepper and salt, in fine powder. Just before serving, warm the ingredients with four spoonfuls of rich gravy, the same of cream, and one ounce of butter.

Beef Patties.—Cut up cold beef and season it with salt, pepper, a little mace, and any sweet herb you like, and cold gravy if you have it; if not, pieces of butter, and a little water with a teaspoonful of flour stirred in it. Make a nice plain paste, not very rich, roll it out the size of your pie-dish, and line your plate with it. Put the beef with some of the gravy in the centre of the plate, and fold the paste from each side to meet in the middle; pinch it together, prick the top with a fork, and bake it a light brown. Cheap and very nice.

CAKES, PUDDINGS, ETC.

Bohemian Cream.—Take four ounces of any fruit you choose, which has been stoned and sweetened. Pass the fruit through a sieve, and add one and a half ounce of melted or dissolved isinglass to a half pint of fruit; mix it well together; then whip a pint of rich cream, and add the fruit and isinglass gradually to it. Then pour it all into a mould; set it on ice or in a cool place, and when hardened or set, dip the mould a moment in warm water, and turn it out ready for the table.

Easy-made Pudding.—Take half a pound each of currants, flour, and chopped beef suet, four ounces of treacle, and a breakfastcupful of milk; add a little spice, mix well together, and boil it in a cloth or basin for four hours.

Teacakes.—Put two pounds of flour into a basin, with a teaspoonful of salt. Rub in a quarter of a pound of butter. Beat an egg, and in it crumble a piece of German yeast the size of a walnut; add these to the flour with enough warm milk to make the whole into a smooth paste, and knead it well. Put it near the fire to rise, and when well risen, form it into cakes. Place them on tins, let them stand near the fire for a few minutes; put them into a moderate oven, and bake them for half an hour. They should be buttered and eaten hot.

Seed Cake.—Three-quarters of a pound of butter, three eggs, one pound of flour, three-quarters of an ounce of caraway seeds, three-quarters of a pound of sugar. Beat the butter to a cream. Add the caraway seeds and sugar and mix them well together, stirring in gradually a teacupful of milk. Whisk the eggs, add them to the other ingredients, and beat again for five minutes. Mix a teaspoonful of baking-powder with the flour and add it by degrees, beating the cake well until all the ingredients are thoroughly incorporated. Put it into a tin lined with

buttered paper, and bake it in a moderate oven for two hours.

Queen Cake.—Wash one pound of butter in a little orange-flower water, and beat it to a cream with a wooden spoon; add to it one pound of finely-powdered loaf-sugar, and mix in by degrees eight eggs, well beaten. One pound of flour dried and sifted, three-quarters of a pound of currants, a little nutmeg, and two ounces of bitter almonds, pounded, must then be stirred in, adding, last of all, a wine-glassful of brandy. Beat the whole well together for an hour, and bake in small buttered tins in a brick oven.

Cream Muffins.—One quart of rich milk, or, if you can get it, half cream and half milk; a quart of flour; six eggs; one tablespoonful of butter; one of lard, softened together. Beat whites and yolks, separately, very light; then add flour and shortening, and a teaspoonful of salt, and stir in the flour the last thing, lightly as possible, and have the batter free from lumps. Half fill well-buttered muffin-rings, and bake immediately in a hot oven, or the muffins will not be good. Send to table the moment they are done.

Bird's Nest Pudding.—Take eight or ten good-flavored apples, pare and core, leaving them whole; place in a pudding-dish; fill the core with sugar and a little grated nutmeg. Then make a custard, allowing five eggs to a quart of milk, and sweetened to taste. Pour this over the apples, and bake about half an hour.

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 on 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.

Yorkshire Cakes.—Take two pounds of flour, and mix with it four ounces of butter melted in a pint of good milk, three spoonfuls of yeast, and two eggs; beat all well together, and let it rise, then knead it and make it into cakes. Let them rise on tins before you bake them, which do in a slow oven.

Spanish Puffs.—Put into a saucepan a teaspoonful of water, one tablespoonful of powdered sugar, half a teaspoonful of salt, and two ounces of butter. While it is boiling add sufficient flour for it to leave the saucepan; stir in, one by one, the yolks of four eggs, drop a teaspoonful at a time into boiling lard, and fry a light brown.

Boiled Oatmeal Pudding.—Pour a quart of boiling milk over a pint of the best fine oatmeal, let it soak all night, in a cool place, else the milk might turn; next day beat an egg in and mix a little salt with it; butter a basin that will just hold it, cover it tight with a floured cloth, and boil an hour and a half. Eat it with sugar; or oiled butter and salt. When cold, slice and toast it, and eat it as oatmeal cake buttered.

HINTS ON VARNISHING.

BEFORE beginning to varnish, it is necessary that the surface to which it is to be applied should be perfectly free from all grease and smoke-stains, for it will be found that if this is not attended to, the varnish will not dry hard. If the varnish is to be applied to old articles, it is necessary to wash them very carefully with soap and water before applying it. When it is wished that the varnish should dry quickly and hard, it is necessary to be careful that the varnish should always be kept as long a time as

possible before being used; and also that too high a temperature has not been used in manufacturing the varnish employed. It is likewise customary, when it can be done, to expose the article to the atmosphere of a heated room. This is called stoving it, and is found to greatly improve the appearance of the work, as well as to cause the varnish to dry quickly. After the surface is varnished, to remove all the marks left by the brush, it is usually carefully polished with finely-powdered pumice-stone and water. Afterwards, to give the surface the greatest polish it is capable of receiving, it is rubbed over with a clean soft rag, on the surface of which a mixture of very finely-powdered tripoli and oil has been applied. The surface is afterwards cleaned with a soft rag and powdered starch, and the last polish is given with the palm of the hand. This method is, however, only employed when those varnishes are used which, when dry, become sufficiently hard to admit of it. When it is wished to varnish drawings, engravings, or other paper articles, it is usual to previously paint them over with a clear solution of gelatine. This is usually prepared from parchment cuttings.

MISCELLANEOUS.

Rings that have stones in them should always be taken off the finger when the hands are washed, else they become discolored.

Oil paintings hung over the mantle-piece are liable to wrinkle with the heat.

To Clean Vegetables of Insects.—Make a strong brine of one pound and a half of salt to one gallon of water, into this place the vegetables with the stalk ends uppermost, for two or three hours; this will destroy all the insects which cluster in the leaves, and they will fall out and sink to the bottom of the water.

Salt.—To every person whose diet consists largely of bread or its equivalents, common salt is a positive necessity. It is a universal constituent of animal bodies, so universal that unless an animal can acquire it in one way or another that animal cannot live. Widely diffused all over the world, it is taken up, too, by the roots of vegetables, and may also be found in their ashes. Dietically regarded, salt is by no means in the same category with mustard, pepper, vinegar, and other condiments. These are not to be found in blood or muscle. Salt is. In one way or another, it is, in fact, the very essence of existence.

To Revive Withered Flowers.—Plunge the stems into boiling water, and by the time the water is cold, the flowers will revive. The ends of the stalks should then be cut off; and the flowers should be put to stand in cold water, and they will keep fresh for several days.

Breathing through the Nostrils.—An excellent suggestion is, that, when breathing air that is dusty, or bad smelling, or otherwise impure, one should draw the breath slowly through the nostrils. In this way the dust and other impurities are in part arrested in the moist and narrow nasal passages, and are prevented from being thrown upon the lungs. When we breathe through the mouth they are carried more directly thither. Many would lengthen their lives by resolutely breathing through the nostrils.

Paste for Scrap-Books.—Corn-flour makes the best paste for scrap-books. Dissolve a small quantity in cold water, then cook it thoroughly. Be careful not to get it too thick. When cold, it should be thin enough to apply with a brush. It will not mould or stain the paper. It is the kind used by the daguerreotypists on "geni" pictures.

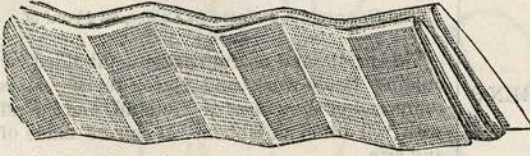
Receipts, Etc.

DINNER SERVIETTES.

DIRECTIONS FOR FOLDING SERVIETTES.

THE best size for a serviette is a twenty-six inch square of damask. Should the napkin not be square, adopt the following plan to make it so. Lay it open

Fig. 1.



with the shortest side toward you; draw the right-hand top corner down toward the left-hand bottom

Fig. 2.

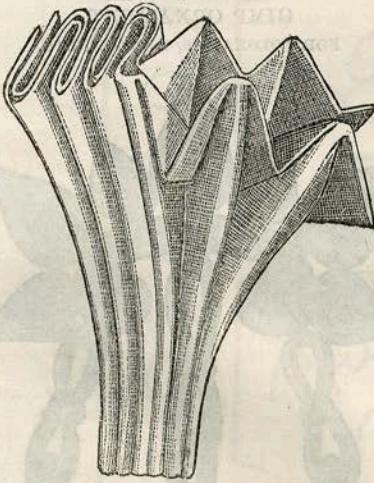
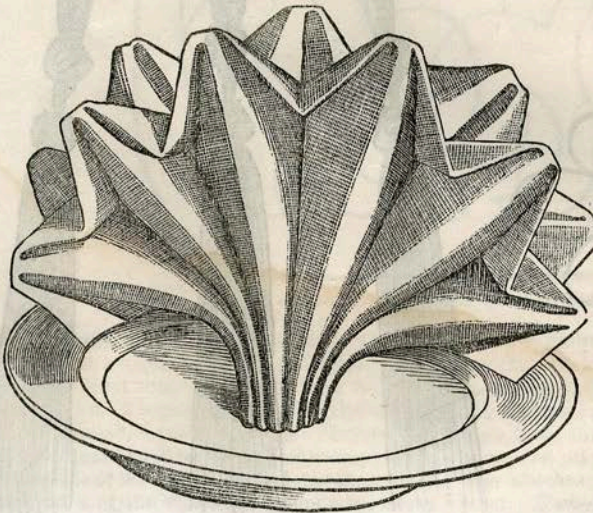


Fig. 3.



corner until the edges on the right-hand side of the damask are even. Then fold in the surplus piece. The laundress should use very little, if any, starch in getting up the serviettes, as it renders the linen harsh and unpleasant. Each napkin should be returned from the wash folded in nine square folds instead of sixteen, as is usually the case. Great care should be taken to iron table napkins evenly, so as not to draw them out of the square. Before commencing to fold, the square should be placed flat in front of the folder, and the success of the fold depends on the evenness and accuracy with which the creases are made.

THE FAN SERVIETTE.

Fold the serviette in four; the manner of doing this is illustrated at the right end of Fig. 1. Fold backwards and forwards, so as to make six folds—it is now like a closed fan; press these folds firmly together; hold the end where the selvages are in the left hand, and with the right crease down the points at the tip, as partially illustrated in Fig. 2. Reverse the serviette, and crease down the points on the other side. To make it stand well, either slip its base into a napkin ring or into a wine-glass.

MISCELLANEOUS COOKING.

Beef Cake.—The remains of cold roast beef; to each pound of cold meat allow one-quarter pound of bacon or ham; seasoning to taste of pepper and salt, one small bunch of minced savory herbs, one or two eggs. Mince the beef very finely (if underdone it will be better), add to it the bacon, which must also be chopped very small, and mix well together. Season, stir in the herbs, and bind with an egg, or two should one not be sufficient. Make it into small square cakes, about half inch thick, fry them in hot dripping, and serve in a dish with good gravy poured around them.

Broiled Beef and Mushroom Sauce.—Two or three dozen small button mushrooms, one ounce of butter, salt and Cayenne to taste, one tablespoonful of mushroom ketchup, mashed potatoes, slices of cold roast beef. Wipe the mushrooms free from grit with a piece of flannel, and salt; put them in a stewpan with the butter, seasoning, and ketchup; stir over the fire until the mushrooms are quite done, when pour it in the middle of mashed potatoes, browned. Then place around the potatoes slices of cold roast beef, nicely broiled, over a clear fire. In making the mushroom sauce, the ketchup may be dispensed with, if there is sufficient gravy.

Broiled Beef and Oyster Sauce.—Two dozen oysters, three cloves, one blade of mace, two ounces of butter, half teaspoonful of flour, Cayenne and salt to taste, mashed potatoes, a few slices of cold roast beef. Put the oysters in a stewpan, with their liquor strained; add the cloves, mace, butter, flour, and seasoning, and let them simmer gently for five minutes. Have ready in the centre of a dish round walls of mashed potatoes, browned; into the middle pour the oyster sauce, quite hot, and around the potatoes place, in layers, slices of the beef, which should be previously broiled over a nice clear fire.

Collared Beef.—Seven pounds of the thin end of the flank of beef,

two ounces of coarse sugar, six ounces of salt, one ounce of saltpetre, one large handful of parsley minced, one desertspoonful of minced sage, a bunch of savory herbs, half teaspoonful of pounded allspice; salt and pepper to taste. Choose fine tender beef, but not too fat; lay it in a dish; rub in the sugar, salt, and saltpetre, and let it remain in the pickle for a week or ten days, turning and rubbing it every day. Then bone it, remove all the gristle and the coarse skin of the inside part, and sprinkle it thickly with parsley, herbs, spice, and seasoning in the above proportion, taking care that the former are finely minced, and the latter well pounded. Roll the meat up in a cloth as tightly as possible; bind it firmly with broad tape, and boil it gently for six hours. Immediately on taking it out of the pot, put it under a good weight, without undoing it, and let it remain until cold. This dish is a very nice addition to the breakfast-table. During the time the beef is in pickle, it should be kept cool, and regularly rubbed and turned every day.

A Good Sauce for Steaks.—One ounce of whole black pepper, half ounce of allspice, one ounce of salt, half ounce of grated horseradish, half ounce of pickled shalots, one pint of mushroom ketchup or walnut pickle. Pound all the ingredients finely in a mortar, and put them into the ketchup or walnut liquor. Let them stand for a fortnight, when strain off the liquor and bottle for use. Either pour a little of the sauce over the steaks or mix it in the gravy.

White Sauce for a Pair of Fowls.—One and a half pints of milk, one and a half ounce of rice, one strip of lemon-peel, one small blade of pounded mace, salt and Cayenne to taste. Boil the milk with the lemon-peel and rice until the latter is perfectly tender, then take out the lemon-peel and pound the milk and rice together; put it back into the stewpan to warm, add the mace and seasoning, give it one boil, and serve. This sauce should be of the consistency of thick cream. A simple and inexpensive method.

Mutton Pie.—Two pounds of the neck or loin of mutton, weighed after being boned; two kidneys, pepper and salt to taste, two teacupfuls of gravy or water, two tablespoonfuls of minced parsley; when liked, a little minced onion; puff crust. Bone the mutton, and cut the meat into steaks all of the same thickness, and leave but very little fat. Cut up the kidneys, and arrange these with the meat neatly in a pie-dish; sprinkle over them the minced parsley and a seasoning of pepper and salt; pour in the gravy, and cover with a tolerably good puff crust. Bake for one and a half hour, or rather longer, should the pie be very large, and let the oven be rather brisk. A well-made suet crust may be used instead of puff crust, and will be found exceedingly good.

Boiled Bacon.—As bacon is frequently excessively salt, let it be soaked in warm water for an hour or two previous to dressing it; then pare off the rusty parts, and scrape the under-side and rind as clean as possible. Put it into a sauce-pan of cold water, let it come gradually to a boil, and as fast as the scum rises to the surface of the water, remove it. Let it simmer very gently until it is thoroughly done; then take it up, strip off the skin, and sprinkle over the bacon a few bread raspings, and garnish with tufts of cauliflower or Brussels sprouts. When served alone, young and tender broad beans or green peas are the usual accompaniments.

Roast Loin of Pork.—Score the skin in strips rather more than quarter of an inch apart, and place the joint at a good distance from the fire, on account of the crackling, which would harden before the meat

would be heated through, were it placed too near. If very lean, it should be rubbed over with a little salad oil, and kept well basted all the time it is at the fire. Pork should be very thoroughly cooked, but not dry; and be careful never to send it to table the least underdone, as nothing is more unwholesome and disagreeable than underdressed white meats. Serve with apple sauce, and a little gravy made in the dripping-pan. A stuffing of sage and onion may be made separately, and baked in a flat dish: this method is better than putting it in the meat, as many persons have so great an objection to the flavor.

FORCEMEATS.

THE points which cooks should in this branch of cookery more particularly observe, are the thorough chopping of the suet, the complete mincing of the herbs, the careful grating of the bread-crums, and the perfect mixing of the whole. These are the three principal ingredients of forcemeats, and they can scarcely be cut too small, as nothing like a lump or fibre should be anywhere perceptible. To conclude, the flavor of no one spice or herb should be permitted to predominate.

Forcemeat Balls, for Fish Soups.—One middling-sized lobster, half an anchovy, one head of boiled celery, the yolk of a hard-boiled egg; salt, Cayenne, and mace to taste; four tablespoonfuls of bread-crums, two ounces of butter, two eggs. Pick the meat from the shell of the lobster, and pound it, with the soft parts, in a mortar; add the celery, the yolk of the hard-boiled egg, seasoning, and bread-crums. Continue pounding till the whole is nicely amalgamated. Warm the butter till it is in a liquid state; well whisk the eggs, and work these up with the pounded lobster-meat. Make the balls of about an inch in diameter, and fry of a nice pale brown. Eighteen to twenty balls for one tureen of soup.

Forcemeat, for Cold Savory Pies.—One pound of veal, one pound of fat bacon; salt, Cayenne, pepper, and pounded mace to taste; a very little nutmeg, the same of chopped lemon-peel, half a teaspoonful of chopped parsley, half a teaspoonful of minced savory herbs, one or two eggs. Chop the veal and bacon together, and put them into a mortar with the other ingredients mentioned above. Pound well, and bind with one or two eggs which have been previously beaten and strained. Work the whole well together, and the forcemeat will be ready for use. If the pie is not to be eaten immediately, omit the herbs and parsley, as these will prevent it from keeping. Mushrooms or truffles may be added. Sufficient for two small pies.

Forcemeat, for Various Kinds of Fish.—One ounce of fresh butter, one ounce of suet, one ounce of fat bacon, one small teaspoonful of minced savory herbs, including parsley; a little onion, when liked, shredded very fine; salt, nutmeg, and Cayenne to taste; four ounces of bread-crums, one egg. Mix all the ingredients well together, carefully mincing them very finely; beat up the egg, moisten with it, and work the whole very smoothly together. Oysters or anchovies may be added to this forcemeat, and will be found a great improvement.

Forcemeat, or Quenelles, for Turtle Soup. (*Soyer's Receipt.*)—Take a pound and a half of lean veal from the fillet, and cut it in long thin slices; scrape with a knife till nothing but the fibre remains; put it into a mortar, pound it ten minutes, or until in a *purée*; pass it through a wire sieve (use the remainder in stock); then take one pound of good fresh beef suet, which skin, shred, and chop very fine; put it into a mortar and pound it; then add six ounces of panada (that is, bread soaked in milk and boiled till nearly

dry) with the suet; pound them well together, and add the veal; season with a teaspoonful of salt, a quarter one of pepper, half that of nutmeg; work all well together; then add four eggs by degrees, continually pounding the contents of the mortar. When well mixed, take a small piece in a spoon, and poach it in some boiling water; and if it is delicate, firm, and of a good flavor, it is ready for use.

Force meat for Veal, Turkeys, Fowls, etc.—Two ounces of ham or lean bacon, quarter of a pound of suet, the rind of half a lemon, one teaspoonful of minced parsley, one of minced sweet herbs; salt, Cayenne, and pounded mace to taste; six ounces of bread-crums, two eggs. Shred the ham or bacon, chop the suet, lemon-peel, and herbs, taking particular care that all be very finely minced; add a seasoning to taste of salt, Cayenne, and mace, and blend all thoroughly together with the bread-crums, before wetting. Now beat and strain the eggs; work these up with the other ingredients, and the forcemeat will be ready for use. When it is made into balls, fry of a nice brown, in boiling lard, or put them on a tin and bake for half an hour in a moderate oven. As we have stated before, no one flavor should predominate greatly, and the forcemeat should be of sufficient body to cut with a knife, and yet not dry and heavy. For very delicate forcemeat, it is advisable to pound the ingredients together before binding with the eggs; but for ordinary cooking, mincing very finely answers the purpose. Sufficient for a turkey, or a moderate-sized fillet of veal.

CAKES, PUDDINGS, ETC.

Wafer Gingerbread.—Half a pound of flour, half a pound of the coarsest brown sugar, one-quarter of a pound of butter, one dessertspoonful of allspice, two of ground ginger, the peel of half a lemon grated, and the whole of the juice; mix all these ingredients together, adding about half a pound of treacle, so as to make a paste sufficiently thin to spread upon sheet tins; beat it well, butter the tins, and spread the paste very thinly over them. Bake it in rather a slow oven, and watch it till it is done. Withdraw the tins, cut it in squares with the knife the usual size of wafer biscuits, and roll each around the fingers as it is raised from the tin.

Quaking Plum-Pudding.—Take slices of light bread, spread thinly with butter, and lay in a pudding-dish layers of this bread and raisins, till within an inch of the top. Add five eggs, well beaten, and a quart of milk, and pour over the pudding; salt and spice to taste. Bake it twenty or twenty-five minutes, and eat with wine sauce. Before using the raisins, boil them in a little water, and put it all in.

A Cheap Family Pudding.—One pound of flour, one pound of suet, chopped fine, three-quarters of a pound of treacle or sugar, one pound of carrots and potatoes, well boiled and mashed together, half a pound of raisins, three-quarters of a pound of bread-crums; spice flavoring, and peel optional. Mix the whole together with a little water; it must not be too stiff, and certainly not too moist. Rub a basin well with dripping, and boil for eight hours.

Flummery.—Half a pint of milk, two ounces of corn-flour, two ounces of sugar; boil together till moderately thickened; add a few drops of essence of vanilla or lemon, and mix with the whites of four eggs, beaten to a light snow; turn the whole into a wet jelly-mould, set to get firm in a cool place, and serve with any fruit syrup or boiled custard-sauce.

A Delicious Dessert Dish.—Take sound medium-size pears; remove nearly all the stem; put them in water just enough to cover them, and boil them till they are soft; take each out carefully, and lay on a

sieve to drain; put equal weight of sugar, the juice and rind of lemons; make a syrup of half a pint of water to one pound of sugar and boil (with ginger, in a muslin bag) till clear. If the syrup is not thick, boil it longer.

Bannock or Indian Meal Cakes.—Stir to a cream a pound and a quarter of brown sugar, a pound of butter; beat six eggs, and mix them with the sugar and butter, add a teaspoonful of cinnamon, stir in a pound and three-quarters of white Indian meal, and a quarter of a pound of wheat flour (the meal should be sifted). Bake it in small cups, and let it remain in them till cold.

Biscuits.—A pound and a half of flour made wet with equal quantities of milk and water, moderately warm, made stiff, and rolled out very thin; cut them to any size you please, prick them, and bake them in a moderate oven on a tin. No flour to be put on the tins or biscuits.

Muffins.—Mix a quart of wheat flour smoothly with a pint and a half of lukewarm milk, half a teacup of yeast, a couple of beaten eggs, a heaping teaspoonful of salt, and a couple of tablespoonfuls of lukewarm melted butter. Set the batter in a warm place to rise. When light butter your muffin-cups, turn in the mixture, and bake the muffins till a light brown.

Cider Cake.—Cider cake is very good, to be baked in small loaves. One pound and a half of flour, half a pound of sugar, quarter of a pound of butter, half a pint of cider, one teaspoonful of pearlsh; spice to your taste. Bake till it turns easily in the pans.

CONTRIBUTED.

RESPECTED FRIEND: Being a subscriber to the *LADY'S BOOK* for very many years and loving it, I send thee the following receipt for keeping eggs for winter use. One can commence packing them now while eggs are low. It is called *Brooke's receipt*. One pint of alum, one pint of unslacked lime, to a bucket of water; allowing it to remain all night, stirring it well. In the morning, look your eggs over carefully, seeing that they are all fresh and sound; place them in a large jar, pouring the mixture over them. Then cover them over with a number of newspapers, then a muslin cloth.

I have seen sixty dozen put up this way, and they kept elegantly. If thee thinks it is worthy of a place in thy invaluable book, I shall be pleased to see it among the receipts.

Respectfully, MARY.

The *LADY'S BOOK* has been in our family between thirty and forty years.

MR. GODEY: I send for the benefit of some of your subscribers, a receipt of an excellent dish for an *Economical Breakfast*:—

"If you have a few bits of meat, or two or three cold potatoes left, put some dripping into a saucepan; slice the potatoes thin, cut up the meat fine, and add salt and pepper to taste; then beat two or three eggs, according to the size of the dish to be prepared; stir them to a cup of cream or milk, and pour over the meat and potatoes. If eggs are not plentiful, use fewer eggs and more milk or cream. If milk, add half a tablespoonful of butter. Keep it over the fire, stirring constantly, till the eggs are cooked. It takes but a few minutes to prepare this, but do not leave it an instant till done, or the eggs will burn and ruin the whole."

JANE.

A good Drink for the Sick-room.—Pour one quart of boiling water upon one quarter ounce of cream of tartar, a few lemon and orange chips, and half an ounce of sugar candy. Pour off the clear fluid when cold, and use for common drink when feverish.

MARGIE.