



CONDUCTED BY LAURA WILLIS LATHROP.

### BREAKFAST PARTIES.

**B**REAKFAST PARTIES continue to gain in popularity, becoming more common every year. Being far less expensive than dinners, they form a convenient and delightful form of entertainment for people of large social natures, but with limited incomes. The guests are frequently confined to one's particular friends. Literary people are especially inclined to favor breakfast parties, as they usually devote the early part of the day to exercise or simple recreation.

Breakfast invitations are usually sent in friendly notes, by a messenger; or the lady's visiting card, having the single word "Breakfast," with the hour and the day written below, may be used. If a large and very formal entertainment is given, regularly engraved cards of invitation should be issued several days before, as for all large parties. In either case a courteous recognition is required, and in the latter case the after-call demanded by social etiquette, should be duly paid, but otherwise is not required.

Costly repasts are not in good form — the requirements for an elegant breakfast being simply a few well-chosen dishes, daintily cooked and properly served. Hot meats and other hot dishes should be sent to the table "piping hot." Hot rolls, muffins, etc., should come to the table wrapped in heated napkins. This precaution should be observed throughout — the criterion of perfection consisting in the quality of the dishes rather than in their multiplicity; and the hostess who provides an elaborate spread as for dinner, is guilty of as great a breach of etiquette as her guests would be were they to appear in full dress, instead of the walking suits adopted by the gentlemen, and the elegant but plain street costumes in vogue for ladies. The hours are from nine to twelve, and as few people are impervious to the social *stimulus* of these charming repasts, it is better to appoint an early hour or the guests will be languid from hunger, or they

will have resorted to the practice of our German friends and others "across the water," of taking a light first breakfast of chocolate or coffee and rolls. In the latter case they will fail to appreciate the choicest provision made by their hostess for their especial delectation — a result decidedly unsatisfactory to all parties. For while South assures us that "Fasting is the diet of angels, the food and refection of souls," man being "a little lower than the angels," and at the same time of a more substantial organization, naturally looks forward with a goodly degree of anticipation to the respite implied in the term breakfast.

The utmost simplicity is observed in the arrangement of the table. White napery has the preference, though that with a colored border harmonizing with the prevailing color of the dining-room, or of the flowers used, is admirable, and really considered good form. General directions as to fruits and flowers, given in December number of our Magazine should be observed, while the most charming informality prevails in the serving. The hostess dispenses the coffee and chocolate from the head of the table, while the substantial are placed before the host, who serves the plates, handing them to the waiter to pass in turn to the guests. Vegetables and other dishes may be served from a side table. The bill of fare varies with the season or the taste of the hostess. The following affords ample variety, is seasonable at present issue, and not at all difficult to prepare and serve with the assistance of one servant:

#### BREAKFAST.

- Baked Sweet Apples with Cream.*  
*Fried Smelts or Perch, Tartar Sauce.*  
*Thin Slices Graham Bread.*  
*Breaded Veal Cutlets, Mushroom Sauce.*  
*Potato Tablets. Delicate Corn Muffins.*  
*Oyster Omelet. Rolls.*  
*Buckwheat Cakes with Maple Syrup.*  
*Chocolate. Coffee.*



Receipts for a number of the dishes in this menu having been given in previous numbers of the Magazine, only those will be appended which have never before appeared.

**TARTAR SAUCE.** — Beat to a cream one-half cup of butter. Put the raw yolks of two eggs into another bowl with a generous teaspoonful of mustard, a teaspoonful of salt, a teaspoonful of sugar and a very slight pinch of cayenne pepper. Beat rapidly for five minutes, then add the creamed butter, a teaspoonful at a time, beating for two or three minutes after each addition. Next add (a little at a time) three tablespoonfuls of vinegar and one of lemon juice, beating in thoroughly each time. When the mixture is thick and smooth add a tablespoonful each of chopped capers and cucumber pickles. This is especially fine with fried fish.

**BREADED VEAL CUTLETS.** — Have ready in one dish several raw eggs slightly beaten. About three eggs are required for every two pounds of meat. In another, have ready a sufficient quantity of rolled cracker crumbs or fine bread crumbs. Dip the cutlets first into the beaten egg, coating them well, then into the crumbs. Season well with salt and pepper, and fry a beautiful golden brown in equal parts of butter and nice sweet lard. After one side is richly browned, turn carefully with a cake turner, cover tightly and finish slowly on the back of the stove, as veal requires thorough cooking. Serve very hot.

**MUSHROOM SAUCE.** — Put three tablespoonfuls of butter into the frying-pan, and place on the back part of the stove. When it is melted, add two generous tablespoonfuls of flour and stir in thoroughly. Next pour in slowly a pint of white stock, stirring constantly. Draw the pan forward and stir until the sauce begins to boil, when a level teaspoonful of salt, a generous pinch of pepper, with a pint of finely chopped fresh mushrooms, or a can of mushrooms should be added whole. Simmer five minutes.

**POTATO TABLETS.** — Boil fine mealy potatoes the day before they are needed. Mash perfectly smooth and season well with butter, pepper, salt, and a little hot sweet milk. Spread on large platters in a layer three-quarters of an inch thick, having the layer perfectly solid throughout. Next morning cut into tablets two inches long and one inch wide. Lift carefully with a knife, and

dip into a dish of melted butter. Lay them in a buttered tin pan and cook in a brisk oven for fifteen minutes. Serve very hot. Three tablespoonfuls of butter will answer for a quart of potatoes.

**BUCKWHEAT CAKES.** — Put into a deep pail the following proportions of ingredients: Two and a half cups of warm water, two cups of buckwheat, one-half cupful of white Indian meal, one-half cup of Graham flour, one teaspoonful of salt and half a cup of liquid yeast, or half of a yeast cake dissolved in half a cup of warm water. Beat the mixture well, cover tightly and set in a warm place to rise. It should rise and fall before morning. If the pail is first enveloped in a newspaper and then placed on a folded cloth or clean old blanket kept for the purpose, this folded completely over the pail when first mixed and still warm, there will be no danger of its becoming chilled. In the morning add one-half teaspoonful of soda dissolved in a little water, and after stirring well add a heaping teaspoonful of sugar. The batter should be as soft as it can be to permit turning on the griddle. This should be kept as hot as possible without burning the cakes. Serve hot and crisp from the griddle. A generous cupful of the batter may be reserved, well covered, in a cool place, to use each time instead of yeast. A teaspoonful of soda will be required in this case. The quality of flour varies, and if the batter thickens more than we have specified, it may be thinned in the morning with a little warm water. We have been thus explicit because so many fail in presenting cakes light, sweet, and temptingly crisp, when really there is no good excuse for failure.

#### Soup Stock — Savory and Seasonable.

THE directions for compounding meat and fish sauces has naturally suggested the very important subject above. No good housekeeper should fail to set up a "stock-pot," if she has not already done so. It makes the preparation of soups such a simple matter, and affords at any moment the basis for the most delicious gravies and sauces. To the various salmi and ragouts it adds so much of savor and substantiality, that the economical and variety-seeking housewife cannot fail to recognize its merits. Even Byron who sang



of loftiest themes, recognizes their worth and assures us in his Don Juan that they met, "Nearer as they came, a genial savor of certain stews and roast meats, and pilau, things which in hungry mortals' eyes find favor."

Now, as to the foundation of this element of savor and of song, a shin of beef is the most economical piece for the purpose, being rich in gelatine, and yielding a strong, substantial "stock." It should be broken into eight or ten pieces, and carefully washed in cold water, giving careful attention to the part separated from the hoof. Remove the tendons, which sometimes contain a trifle of taint, and throw away. Part of the neck of beef may be added, and if you wish a desirable smoothness, add a pound or two of the neck of veal, or the shin or head. They contain most gelatine and are better utilized for this purpose than any other. Allow a quart of cold water for every pound of bone and meat. Put all into a large pot, cover closely and set on one side of the stove where it will not become really hot under a couple of hours. Then move it where it will heat slowly to the boiling point. Skim carefully during first half hour as often as scum collects. Boil very gently for five hours, then add a small onion finely chopped, three or four stalks of celery, half a dozen cloves, a tablespoonful of pepper corns, two tablespoonfuls of salt, a very small piece of ham, it should impart so slight a flavor as hardly to be detected; a sprig each of a few choice herbs may be added if liked, but in such minute quantity as to render no flavor distinct, but to impart a blended and indescribably delicious whole. Boil an hour longer, strain, and when the meat is cool enough to handle, wring it in a strong coarse cloth (previously wrung out of hot water) until every drop of nutriment has been extracted. Add this to the remainder. Have your stock pot (a large stone jar) well scalded before pouring in the stock, cover tightly, and set away in a cold place. Trimmings and bones from roasts of meats or poultry may be utilized for this purpose, but should always be used while perfectly sweet and fresh, instead of waiting for more to collect. This is imperative, as the smallest remnant, if too old, will impart a peculiarly unpleasant flavor to the whole. Warm stock should not be added to that which is cold, without re-

heating the latter to the boiling point after the addition is made.

#### Daily Care of Lamps.

BRIGHT Burners—Brilliant Beams. "Let your light so shine," etc., yet how is it possible while charred wicks with gummy and blackened burners are the order of the day. Deliver us from a smoking, flickering, odoriferous flame, when with a little daily care a soft, steady glow is so easily attainable. A good style of "student's lamp" with a heavy shade is far better for the eyes than the glare of either gas or electric lights. To insure against breakage of chimneys, procure those of flint glass, and temper them by putting into the reservoir of your cook stove when filled with cold water, allowing to remain all day when there is a hot fire, and until the water is cold next morning. To clean a chimney hold it over the steam of boiling water and rub briskly, afterward with a soft dry cloth. If accidentally smoked, remove the smut with a dry cloth before steaming. Keep a pint tin pail, with closely fitting cover, half-filled with kerosene. Into this drop your burners nearly every morning while you polish your chimneys. Then polish well with soft woolen rag. If old and neglected they may need first a thorough scouring. Fill lamps every morning. Trim wicks by turning them up above the burner and removing the charred portion with the thumb and finger, and using a cloth for protection. Empty lamps once a fortnight, wash thoroughly in soap suds, using a swab with pliable handle, dry well and re-fill. This course involves some time and trouble, but we have found that the end secured warrants the means employed.

#### To Clean Waste Pipes.

A RETIRED plumber thus gives a point for the gratuitous relief of householders: "Just before retiring at night pour into the clogged pipe enough liquid soda lye to fill the 'trap' or bent part of the pipe. Be sure that no water runs into it until the next morning. During the night the lye will convert all the offal into soft soap, and the first current of water in the morning will wash it away and clear the pipe clean as new."

— *Sanitary Era.*