

## OUR NEW COOK-BOOK.

*Every receipt in this Cook-Book has been tested by a practical housekeeper.*

## DESSERTS.

**A Simple Bread-Pudding.**—Take the crumbs of a stale roll, pour over it one pint of boiling milk, and set it by to cool. When quite cold, beat it up very fine with two ounces of butter, sifted sugar sufficient to sweeten it; grate in half a nutmeg, and add half a pound of well-washed currants, beat up four eggs, separately, and then mix them up with the rest, adding, if desired, a few strips of candied orange-peel. All the ingredients must be beaten up together for about half an hour, as the lightness of the pudding depends upon that. Tie it up in a cloth, and boil for an hour. When it is dished, pour a little white-wine sauce over the top.

**Crumb-Pudding.**—The yolks and whites of three eggs, beaten separately, one ounce moist sugar, and sufficient bread-crumbs to make it into a thick but not stiff mixture; a little powdered cinnamon. Beat all together for five minutes, and bake in a buttered tin. When baked, turn it out of the tin, pour two glasses of boiling wine over it, and serve. Cherries, either fresh or preserved, are very nice mixed in the pudding.

**Apple-Snow.**—Put twelve good tart apples in cold water, and set them over the fire; when soft, drain the water, strip the skins off the apples, core them, and lay them in a deep dish. Beat the whites of twelve eggs to a stiff froth; put half a pound of finely-powdered white sugar to the apples; beat them to a stiff froth, and add the beaten eggs. Beat the whole to a stiff snow; then turn it into a dessert-dish, and ornament it with myrtle or box.

**A Delicious Dish of Apples.**—Take two pounds of apples, pare and core them, slice them into a pan; add one pound loaf-sugar, the juice of three lemons, and the grated rind of one. Let these boil about two hours. Turn it into a mould, and serve it with thick custard or cream.

**Carrot Marmalade.**—Boil one pound of carrots, and scrape off the outside; make syrup as for other sweetmeats, only adding one ounce of ginger to one pound of sugar; boil it well, and strain till the carrots are quite clear.

**Apple-Pudding.**—Pare and stew three pints of apples; mash them, and add four eggs, a quarter of a pound of butter, sugar and nutmeg, or grated lemon. Bake it on short crust.

## ICE-CREAM.

**Strawberry Ice-Cream.**—Take two pounds of fresh strawberries, carefully picked, and, with a wooden spoon, rub them through a hair-sieve, and about half a pound of powdered sugar, and the juice of one lemon; color with a few drops of prepared cochineal; cream one pint; then freeze. This will make a reputed quart. When fresh strawberries are not in season take strawberry jam, the juice of two lemons, cream, to one quart. Color, strain, and freeze. Milk may be substituted for cream, and makes good ices. If too much sugar is used, the ices will prove watery, or, perhaps not freeze at all.

**Raspberry and Currant Ice-Cream.**—Take one pound of raspberries, half a pound of red currants, three-quarters of a pound of sugar, and one pint of cream. Strain, color, and freeze. One quart.

**Italian Ice-Cream.**—Rasp two lemons on some sugar, which, with their juice, add to one pint of cream, one glass of brandy, half a pound of sugar; freeze. One quart.

**Lemon Ice-Cream.**—Take one pint of cream, rasp two lemons on sugar; squeeze them, and add the juice with half a pound of sugar. Mix; freeze. One quart.

**To Clarify Sugar.**—Take three pounds of sugar, two pints of water, half the white of one egg, well-beaten up; boil ten minutes, and skim. This is used in all water-ices.

**Nesselrode, or Ice-Pudding.**—Prepare a custard of one pint of cream, half a pint of milk, the yolks of six eggs, half a stick of vanilla, one ounce of sweet almonds, pounded, and half a pound of sugar; put them in a stewpan over a slow fire, and stir until of proper consistence, being careful not to let it boil; when cold, add a wineglass of brandy; partially freeze, and add two ounces of raisins and half a pound of preserved fruits, cut small. Mix well, and mould. (Basket shape generally used.)

**To Mould Ices.**—Fill your mould as quickly as possible with the frozen cream, wrap it up in paper, and bury it in ice and salt, and let it remain for an hour or more to harden. For dishing, have the dish ready, dip the mould in hot water for an instant, wipe it, take off the top and bottom covers, and turn it into the dish. This must be done expeditiously. In moulding ices, it is advisable not to have the cream too stiffly frozen before putting it into the mould.

**Vanilla Ice-Cream.**—Pound one stick of vanilla, or sufficient to flavor it to palate, in a mortar, with half a pound of sugar; strain through a sieve upon the yolks of two eggs, put it into a stewpan, with half a pint of milk; simmer over a slow fire, stirring all the time, the same as custard; when cool, add one pint of cream and the juice of one lemon; freeze. One quart.

**Lemon Water-Ice.**—Take two lemons and rasp them on sugar, the juice of six lemons, the juice of one orange, one pint of clarified sugar, and half a pint of water. Mix; strain through a hair-sieve; freeze. One quart.

**Cherry Water-Ice.**—One pound of cherries, bruised in a mortar with the stones; add the juice of two lemons, half a pint of water, one pint of clarified sugar, one glass of noyau, and a little color; strain; freeze. One quart.

**Strawberry or Raspberry Water-Ice.**—One pound of scarlet strawberries or raspberries, half a pound of currants, half a pint of water, one pint of clarified sugar, and a little color; strain and freeze. One quart.

**Melon Water-Ice.**—Half a pound of ripe melon pounded in a mortar, two ounces of orange-flower water, the juice of two lemons, half a pint of water, and one pint of clarified sugar; strain; freeze. One quart.

**Pine-Apple Ice-Cream.**—Take one pound of pine-apple, when peeled, bruise it in a marble mortar, pass it through a hair-sieve, add three-quarters of a pound of powdered sugar, and one pint of cream. Freeze.

**Ginger Ice-Cream.**—Bruise six ounces of the best preserved ginger in a mortar; add the juice of one lemon, half a pound of sugar, one pint of cream. Mix well; strain through a hair-sieve; freeze. One quart.

## SANITARY.

**Dr. Liebig's Beef-Tea.**—When one pound of lean beef, free from fat, and separated from the bones, in the finely-chopped state in which it is used for mince-meat, or beef-sausages, is uniformly mixed with its own weight of cold water, slowly heated till boiling, and the liquid, after boiling briskly for a minute or two, is strained through the towel from the coagulated albumen and the fibrine, now become hard and horny, we obtain an equal weight of the most aromatic soup, of such strength as cannot be obtained even by boiling for hours from a piece of flesh. When mixed with salt and the other additions by which soup is usually seasoned, and tinged somewhat darker by means of roasted onions, or burnt bread, it forms the very best soup which can, in any way, be prepared from one pound of flesh.

**For Burns and Scalds.**—Soak a piece of linen rag in linseed oil, suspend it from the tongs over a saucer, and ignite the lower end; the oil which drops from it, whilst consuming, should be applied, when cold, with a feather, to the burn or scald. If kept in a bottle well-corked, it loses none of its efficacy.



*Blackberry Cordial.*—To a gallon of good, ripe blackberries add three pounds of cheap, clean brown sugar, and a quart of rain-water, scalding hot. Suffer the berries thus treated to stand twelve hours in an earthen crock, and then stew twenty minutes in a porcelain-lined kettle. Squeeze out all the liquid through a close cloth strainer; add to it a quart of Jamaica spirits, a quarter of a pound of whole allspice, and one ounce of essence of cloves. Bottle when cold, and use a large tablespoonful of the cordial in an ordinary tumbler of water as a common beverage during all the warm weather. Under such a practice, there will be very few cases of cholera infantum and "summer complaints" among children, or of diarrhoea or dysentery among adults.

*Cholera Mixture.*—This is an excellent preventive medicine and remedy. It was tested in several public institutions, and found very valuable during the prevalence of the epidemic in 1854. One pint of brandy, half an ounce of best ginger, half an ounce of cloves, half an ounce of cinnamon, half an ounce of nutmeg, quarter of an ounce of Cayenne pepper. Pulverize the spice, infuse all in the brandy, and shake the mixture for half an hour. Dose for an adult: One small dessertspoonful, clear, in half a tumbler of hot water, with two or three lumps of sugar.

*Potato Poultice.*—Where there is the necessity to use a poultice, no person who has once experienced the comfort of a potato poultice will again use bread. It is light, keeps hot a long time, can be reheated, and, more than all, does not moisten the garments or bed-clothes which it comes in contact with. Pare and boil the potatoes, strain, and then mash them with a fork over the fire. Put them into a bag, and apply the poultice as hot as the patient can bear it.

*A Remedy for Burns.*—Gather some large, white lilies, take the white leaves or petals of the flower, and put them in a jar containing olive oil; close it, and keep for use. It is better old, and it will keep for years. When wanted, take a leaf or two, according to the size of the burn, and put it, well covered with the oil, on the burn; renew, at first, often, as the oil is soon absorbed; then at longer intervals till healed.

*Remedy for Bad Breath.*—Take eight drops of muriatic acid, in half a tumbler of spring-water, and add a little lemon-peel or juice to suit the palate. Let this mixture be taken three times a day for some weeks, and, if found beneficial, then use it occasionally.

*Spasms.*—To cure this distressing form of malady, take two pennyworth of camphor, and infuse it in one pint of brandy. Let it stand forty-eight hours, and then it is fit for use. When the attack comes on, take one teaspoonful in a wine-glass of water.

*To Cure a Sprain.*—Make pounded resin into a paste with fresh butter; lay it on the sprained part and bind it up.

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

*To Remove a Wart.*—Rub sal-ammoniac on the wart twice a day until it disappears.

*Simple Remedy for Diarrhoea.*—A strong tea made of the root of the blackberry.

*Horse-Radish,* chewed, is good for hoarseness and affections of the chest.

## TOILET.

*Sunburns.*—The best plan for removing the effects of sunburns is to wash the face at night with either sour milk or buttermilk, and in the morning with weak bran tea and a little eau-de-cologne. This will soften the skin and remove the redness, and will, also, make it less liable to burn again with exposure to the sun. Bathing the face several times in the day with elder-flower water, and a few drops of eau-de-cologne is, also, very efficacious.

*To Make the Teeth White.*—A mixture of honey with the purest charcoal will prove an admirable cleanser.

*Nails.*—The nails should be carefully pointed with sharp scissors at least once a week. They should not at any time be bitten, as it spoils their shape and provokes soreness. The nail-brush should be used at least once a day, and the skin round the nails should be kept down with a soft towel.

*Tooth Powder.*—Powdered chalk, half an ounce, cream of tartar, half an ounce, one drachm of powdered myrrh, the same of orris-root, two drachms of powdered bark. Mix all together. This dentifrice is good for both the teeth and breath.

*Wash to Remove Scurf from the Head.*—Half a pint of rose-water, and one ounce of spirits of wine mixed together. Part the hair as much as possible, and apply the mixture with a piece of flannel.

## WARDROBE.

*Pot Pourri.*—Collect all kinds of scented rose-leaves—the cabbage and moss-rose especially, as their perfume is the most lasting—the leaves of the scented verbena, lavender flowers, clove-flowers, bay-leaves, a little thyme, and marjoram. Spread them on cloths on the floor of a room where the sun penetrates. When sufficiently dried, put layers of the leaves into your jars, sprinkling between each layer pounded bay-salt, pounded cloves, pounded orris-root, the dried, thin rind of oranges and lemons. The proportion is, a quarter of an ounce of cloves, and half an ounce of orris-root to one pound of bay-salt. The bay-salt must be liberally sprinkled over the layers of leaves. When in the jar, you must well stir the ingredients daily for about a week. You may add violets, dried in the spring, and fresh rose-leaves, in ensuing seasons. The mixture will retain its scent for ten years, and even longer.

*Improvement in Starching.*—Take two ounces of white gum-arabic powder, put it into a pitcher, and pour on it a pint or more of boiling water, (according to the degree of strength required,) and then, having covered it, let it stand all night. The next day pour it carefully from the dregs into a clean bottle, cork it, and keep it for use. A table-spoonful of this gum-water, stirred into a pint of starch that has been made in the usual manner, will give lawns (either white, black, or printed,) a look of newness when nothing else can restore them after washing. It is also good, much diluted, for thin white muslin and bobbinet.

*To Bleach a Straw Bonnet.*—First scrub the bonnet well with yellow soap and a brush dipped in clean water; after this, put into a box a saucer containing burning sulphur; it must remain there a short time, and as soon as it is removed, the bonnet must be placed in the box and well covered up, so that the sulphuric atmosphere may whiten it; next dissolve a little oxalic acid in boiling water. Wash all over the bonnet with a small paint-brush; put it into a pail of cold water, and let it remain half an hour; then hang it out to dry; it must afterward be stiffened with gelatine, dried again, and then pressed into shape.

*Furs.*—Furs may be preserved from moths and insects by placing a little colocynt pulp, (bitter apples,) or spices—as cloves, pimento, etc.—wrapped in muslin among them; or they may be washed in a very weak solution of corrosive sublimate in warm water, ten or fifteen grains to the pint, and afterward carefully dried. Furs, as well as every other species of clothing, should be kept in a clean, dry place.

*To Wash a Muslin Dress.*—Make a good lather, and wash the muslin in cold water—never putting it into warm water, even to rinse it. If the muslin is green, add a wineglassful of vinegar to the water in which it is rinsed; if lilac, the same quantity of ammonia. For black and white muslins, use a small quantity of sugar of lead.

*To Clean Silk (Black or Colored).*—Mix spirits of wine with water, sponge on the right side, and iron on the wrong; it will look new again.



and lay round the edge of the dish, having previously wetted it with a paste-brush dipped in water; then roll out the remainder of the paste to about the size of the dish, damp the band of paste upon the dish, and lay the other piece over, make a hole with a knife at the top, press the edges evenly down with your thumbs, trim the pie round with a knife, egg over the top with a paste-brush, and ornament with the trimmings of the paste, according to fancy; bake it rather better than an hour in a moderate oven, and serve either hot or cold.

## DESSERTS.

*Prince of Wales Pudding.*—Chop four ounces of apple, the same quantity of bread-crumbs, suet, and currants, well washed and pickled; two ounces of candied lemon, orange, and citron, chopped fine; five ounces pounded loaf-sugar; half a nutmeg, grated. Mix all together with four eggs. Butter well and flour a tin, put in the mixture, and place a buttered paper on the top, and a cloth over the paper. If you steam it the paper is sufficient. It will take two hours boiling. When you dish it, stick cut blanched almonds on it, and serve with wine-sauce.

*A Very Cheap Family Pudding.*—A pound of flour, a pound of suet, chopped fine, three-quarters of a pound of molasses or sugar, a pound each of carrots and potatoes, well boiled and mashed together; half a pound of raisins; three-quarters of a pound of soft bread-crumbs; spice flavoring and peel optional. Mix the whole well 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. This is sufficient for twelve persons.

*Frozen Pudding.*—Fill the mould with different kinds of sweetmeats; you can place them to form any figure you please. Whip to a strong froth as much cream, with a little sugar, and flavoring of any kind, as will fill your mould; turn into the mould a teacupful of brandy, fill it with the cream, put it into a cream-freezing tub, with plenty of salt and ice; let it remain six or eight hours. This is also very nice for the supper-table.

*A Pudding.*—A nutritious and favorite pudding is made as follows: Half a pound of finely shred suet, half a pound of flour, two or three ounces of moist sugar or molasses, half a pound of currants or stoned raisins, two or three well-beaten eggs, about a cupful of milk, and a small quantity of salt. Mix all well together, and bake immediately in a pie-dish for about half an hour.

## MISCELLANEOUS TABLE-RECEIPTS.

*Economical White Sauce.*—Cut up fine one carrot and two small onions, and put them into a stewpan with two ounces of butter, and simmer till the butter is nearly absorbed. Then mix a small teacupful of flour in a pint of new milk, boil the whole quietly till it thickens, strain it, season with salt and white pepper or Cayenne, and it is ready to serve. Or mix well two ounces of flour with one ounce of butter, with a little nutmeg, pepper, and salt; add a pint of milk, and throw in a strip of lemon-peel; stir well over the fire till quite thick, and strain.

*Pie-Crust for Meat-Pies.*—Take one pound of dried flour and rub it into six ounces of lard, six ounces of butter, a small quantity of salt, and a small half-teaspoonful of baking-powder. Mix all these ingredients well together, and then use as much water as will make them into a nice stiff paste. Roll it out, let it stand for about ten minutes, and then roll it once more before putting it on the meat. The pie should be baked in a moderately quick oven.

*Saveloys* are made of salt pork, of which the fat and lean are mixed together, and chopped with a fourth of their weight in bread. Season with pepper, allspice, and sage-leaves. Put the saveloys in skins in the same way as sausages; boil them slowly for half an hour. They should be eaten cold.

*Cheese-Omelet.*—Mix to a smooth batter three tablespoonfuls of fine flour, with half a pint of milk. Beat up well the yolks and whites of four eggs, a little salt, and a quarter of a pound of grated old English cheese. Add these to the flour and milk, and whisk all the ingredients together for half an hour. Put three ounces of butter into a frying-pan, and when it is boiling pour in the above mixture, fry it for a few minutes, and then turn it carefully; when it is sufficiently cooked on the other side, turn it on to a hot dish and serve.

*Rumbled Eggs.*—This is very convenient for invalids, or a light dish for supper. Beat up three eggs with two ounces of fresh butter, or well-washed salt butter; add a teaspoonful of cream or new milk. Put all in a saucepan and keep stirring it over the fire for nearly five minutes, until it rises up like soufflé, when it should be immediately dished on buttered toast.

## MISCELLANEOUS RECEIPTS.

*How to Prepare Starch for Use.*—Take a quart basin, and put into it a tablespoonful of the best starch, which, with a clean, wooden spoon kept for the purpose, gradually moisten and rub down with a quarter of a pint of cold spring-water, adding only a tablespoonful at a time. When in a perfectly smooth state, and about the consistency of cream, gradually stir into it a pint of boiling water; then pour the mixture into a clean, glazed pipkin, kept for the purpose, and stir it over a gentle fire till it boils, adding a lump of sugar, which prevents the starch from sticking to the hot iron. While in a boiling state, take a piece of wax-candle, and turn it round two or three times; this gives a smooth and glossy surface to the linen after it has been ironed. Then strain the starch thus prepared through a piece of coarse muslin into a basin, cover it over with a plate, to prevent a skin forming on the top, and then, before it is quite cold, it is ready for use.

*Decorations for Fire-Grates.*—The best and cleanest is a mirror, made, with a narrow gilt moulding, to fit in front of the grate so as entirely to fill it, to the inner edge of the marble mantle-piece; the fender and fire-irons to be taken away, and an ornamental stand of flowers placed in front of the glass. If this is considered too expensive, a pretty, light decoration can be made by obtaining some very coarse muslin, either white or colored, cutting it into yard lengths, and carefully raveling it all to pieces. Put loose masses of it into the grate and fender, and place a few pots of plants, such as ferns, musk, or mignonette into the corners, and you will have a pretty cool-looking effect.

*To Remove Rust from Polished Iron.*—The best method of removing rust from a polished grate, is to scrape down to a fine powder some bathbrick, put it into a little oil, and rub the spots well with a piece of flannel dipped in the mixture; after which apply some whiting, also well rubbed in. This process must be repeated daily until all trace of the rust has disappeared. To prevent the grate or fire-irons from becoming spotted with rust, it is a good plan to rub them over with the fat from the inside of a fowl, and finish them off with whiting.

*To Clean Plates.*—An ounce of pounded hartshorn is boiled in a quart of water, and while on the fire the plate is put into it, and allowed to boil a little; it is then drained over the saucepan and dried before the fire. After the plate is finished, some clean linen rags are put into the water until all is soaked up. These, when dry, will be useful for cleaning the silver, and are also useful for brightening brass articles. When quite dry, the plate must be rubbed till bright with leather.

*Carpet Sweeping.*—Cabbage chopped and thrown on carpets before sweeping, answers the same purpose as tea-leaves for laying dust.