of butter melted in hot milk. Stir the spice and salt into the squash first, then add the biscuit and sugar; when these are mixed, pour in half the milk, stir well, and add the remainder, and lastly the eggs. Bake in a deep pie-dish, lined with crust.

One of the first things which strikes a stranger on taking his first meal in America is the way in which that meal, be it what it may, is served. He will find, instead of having one plate put to him, he will have at least half a dozen. In place of the table laid and the glass and silver polished, another will hold some salad, another three crackers, another some salad, and, should the meal be breakfast, and our traveller call for some boiled eggs, these will be brought him, and, instead of egg cups, a glass, into which he is to break the eggs and mix them well up before eating them, if this process has not been done for him, which is highly probable. A glass of iced water is a regular accompaniment to every meal.

We must not forget to mention a purely American dish, which is constantly to be met with, called fish-chowder; there is corn-chowder also, chowder being a kind of soup, but fish-chowder is the more popular.

Soup is found in all and a half of any kind of fish, boil the bones for ten minutes in a pint of water, slice and fry a quarter of a pound of iced, and put it into four slices, as if for frying a pint of potatoes; then cook the pork and onion for five minutes, add a tablespoonful of flour, some salt and pepper, and boil for another five minutes, stirring all the time; then add to this the water in which the fish bones were boiled, and strain all on to the potatoes and fish; boil for a quart of an hour, season well, and serve it garnished with hard-boiled eggs. Tomatoes, too, enter largely into American cooking, and, indeed, almost all dishes are improved by a little tomato; there is something selected, or just boiled, or fried, or stewed, and then put into a flat dish and covered with bread-crumbs, and baked for a few minutes in a quick oven.

A delicious dessert, the recipe for which came from America, can be made with tomatoes in the following way:—To a pint of tomatoes, skimmed and pulped, add a quart of macaroni stewed in water, and a pound of cold minced meat, or chicken, or any white meat—game of course is best; season well, and add a tablespoonful of grated cheese, a quarter of a pound of butter, a little mace; place the whole in a pie-dish, cover with bread crumbs, and cook in the oven till well browned; then serve. This is an excellent dish for luncheon, or that most delightful of meals, Clam soup is a common dish in America. Clam is a shell-fish, in shape like our oyster, and tins of clams can now be bought in England. For clam soup take twenty-five chopped clams, as their liquor add two quarts of water, and boil slowly for an hour, and then add a quart of milk; mix five tablespoonfuls of flour, with a good piece of butter, and add it to the soup, let it boil up, then beat up three eggs, and add them carefully or the soup will curdle, for which reason the milk must be warmed separately before it is added to the broth; now strain out the clams to make it clear, and serve it at once. Pepper, salt, and a little chopped parsley should be added before the milk is poured into the broth.

Black beans are often used for soup, but as few English palates are educated up to black beans, we do not give a recipe for it.

There is a plant called okra, which is a good deal in America as well as in the West Indies, where it is indigenous; the fruit is contained in a green pod, and a half a pod which are used for cooking purposes. It is made into pickles, and may be bought in English stores; it is sometimes selected, or just boiled, or fried, or stewed, and is best stewed with tomatoes, taking half the quantity of tomatoes that you have of okra, then pare and slice both; add a little pepper, salt, and butter, and stew gently for half an hour.

Of course okra, green corn, clams, and soup, are far better when they can be had fresh than the canned specimen, this country, so of these purely American dishes it would be unfair to judge unless they were eaten in America.

COURT COOKERY.

BY FANNY L. GREEN.

"Women can spin very well, but they cannot make a good book of cookery," was the somewhat unflattering dictum of Dr. Johnson. The learned doctor was so far right, however, that it was reserved for the beginning of the present century to discover his censure by giving us the famous works of Mrs. Rundell. Till that time Court cookery and the writing of cookery-books had remained almost entirely in the hands of men.

More than three centuries of English Court cookery are preserved for us in the Forme of Cury, compiled by the "chief master-cooks of the last wanters of all Christian kings, Richard II., by assent and argument of masters of physic and philosophy that dwelt in his Court." This fourteenth-century cookery-book contains a chapter with the Court cook's manual of a century later, A Noble Boke of Cookery, gives us a very fair idea of the art at royal and noble tables in medieval England.

We are apt to think that in those days of hard fighting kings and potentates sat down to their suppers, one iced-picked soup to one of venison, and bars of beef, but this was far from being the case. In an age when forks were undreamt of, cutlery was content to dine off soups and chunk-entrees.

Medieval potagers were mostly of a vegetable character, sometimes enriched with minced meats of various kinds, or with the gravy drawn from stews. Fish soups were also in much request, and a favourite dish at the royal table was a potage of small birds boiled in almond-broth, enriched with cordial, and flavoured with pellitory, onions, and salt. These fish soups were eaten with bread. Thicker soups, or "brewets," were thickened with flour, frumenty, rice, oatmeal, or pre pared barley.

The medieval Court cook, in place of joints, relied on "mortrews," or made dishes, poulter with pestle and mortar to a pulp in a mortar, and these were served in beef or soup larger than a man's thumb. The peacock, the heron, swan, and crane were occasionally sent whole to table—a fine exercise for the carver's skill—but it was far more usual for the seemingly whole bird to be in reality in pieces ready for serving. The royal fish, theurgeon, was "shorn in pieces, and steeped over-night and seethed, then eaten in vinegar." It must not be supposed, though, that the courtiers always ate in this way. With-fowl and the smaller ground-game were generally put on the table whole, and he was expected to peice each portion dexterously on his knife, placing it on a plate without touching it with his fingers. When he had venison or other meat to carve, he pared away the gristle, then slit it up into four strips holding together at the end, which served as a handle to the forkless courtyer. The carver, too, had his own proper terminology. He broke a deer, reed a goose, sauced a capon, unlaced a rabbit, spoiled a hen, displayed a crane, diseased a peacock, winged a partridge or quail, thighed "all manner of small birds," and bordered a pasty-terms that persisted in English cookery down to Stuart times.

For sweets, up to Restoration times, the Court cook had tarts and tartlets, panakes and fritters, "blank mang" and custard, "stewed apples and "subtlettes" in pastry and sugar. Richard's master-cooks made their apple-tarts of "good apples, good spice, and figs and raisins, and peels, well brazed or pounder in a mortar, and coloured with saffron." The mixture was then placed in a "coffein," or dish covered with a lid of paste. The inside was "shorn" and contained shredded fish among the sweet ingredients.

The blance-manes and custards of modern cooks differ greatly from the preparations of the times before the Reformation, but under these names. The medieval blance-mane was composed of pounded chicken or fish, mixed with rice and simmered in milk. For a custard, which was chopped into small pieces and boiled in a pot. Pepper, cloves, mace, and saffron were boiled in wine,
and added to the mixture, with chopped sage and bay leaves. The custard was then thickened with a little of the addition of cream. Catherine of France had her meat baked in a "coffin." The "little ladies," as they were called at the royal banquets, would serve the guests, each a piece of meat. Catherine of France had her meat baked in a "coffin." The "little ladies," as they were called at the royal banquets, would serve the guests, each a piece of meat.

Sir Walter Scott, novelist, and Sir Walter Scott, poet, were both present at the banquet. Sir Walter Scott, novelist, and Sir Walter Scott, poet, were both present at the banquet.

The following are given as two of the most elegant and delicious dishes of the day:

**1. Stewed apples in brandy sauce**

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and a piece of bacon, and give them a brown in the frying-pan with good butter, then lay them upon your bread steeping in good strong broth, and well-seasoned; garnish the dish with green sparrow-grass and lemon over it." Notwithstanding French influence, over-splinting and the injudicious mixing of incongruous flavours continued to be the bane of English cookery. Charles II. delighted in a paste of Westphalian garammon in which the meat was boiled, minced, sugared, larded, and seasoned with pepper, cinnamon and citron before it was covered with paste. This billious dainty was served hot, after being soaked with lemon-juice and covered with sugar.

After forks found their way to Court, the table-napkin came to be regarded as an ornamental part of the table service. Giles Rose gives instructions for folding napkins in bands, in the form of a cockle-shell, a melon, cock, hen, hen and chickens, two pears, a pigeon upon her nest in a basket, a partridge, a pleasant, two capons in a pie, a hare, two rabbits, a sucking-pig, a dog with a collar about his neck, a pig, a carp, a turkey, a tortoise, a cross "like the Order of the Holy Ghost," and the "cross of Lorraine."

For the fare of the later Stuarts, our chief authority is Patrick Lamb, who was master-cook to Charles II., James II., William III., and Mary, and Queen Anne. In his Complete Court Cook, 1710, he gives the menus of a dinner served to William III. on May 20, 1700, and the menus of dinners served to Anne in 1704 and 1705, respectively. Amongst his foreign recipes are two for cooking pig and haddock after the Dutch way. Doubtless these were favourite dishes at the table of William of Orange.

Queen Anne, to judge from The Receipts of Mrs. Mary Eales, the Queen's Confectioner, had a sweet tooth. In this old-fashioned receipt-book are to be found directions for making all manner of "clear fruit cakes"—gooseberry, currant, raspberries, "apricot," plum, orange, lemon, and pomegranate—and "fruit pastes"—gooseberry, cherry, currant, rasberry, "apricock," plum, quince, and orange. To make red-plum clear cakes, we are bidden to "Take Flum, half white and half black, or if you have no black, one third of Damsons, and as much water as will cover 'em; boil 'em very well; to a quart of the Plums put a quart of Apple-Jelly; boil 'em very well together; run it through a Jelly-Bag; to a Pint of the Jelly put a Pound and a Half of Sugar; let the Jelly boil, then stir it in the Sugar, let it scald, not boil; put it through a thin Strainer in a broad Pan to take off the Scum, and put it in Pots in a stoved. When it is cool, d'y the top turn it out on a Glass; and if your Pots are too big, cut it; and when it is very dry, turn it again, and let it dry on the other side; twice turning is enough. If any of the Lakes stick to the Glass, hold 'em over a little Fire and they will come off. Take care the Jelly does not boil after the Sugar is in: You may make it paler or redder, as you best like, with more or less Black Plums."

The orange paste of the Queen's confectioner seems to have been very similar in its composition to her orange-drops. For the latter, oranges were sweetened and pulped through a hair-sieve. Enough juice was then added to make them firm enough to drop on a glass dish, when they were set on the stove to dry. To make Orange-Paste we are told to "Press the Oranges, cut 'em, and pick out all the Meat and all the Seeds from the Meat; boil the white Rinds very tender, drain 'em well, and beat 'em fine: to a Pint and a Half of the Meat put a Pound of the best Rind, mix it well, make it scalding hot, then put in three Pounds of fine Sugar sifted through an Hair Sieve; stir it well in and scold it till the Sugar is well melted, then put in the Juice of three large Lemons; put the Paste in flat Earthen Pans or deep Plates, set it in the stove till it is candied, then drop it on Glass. Let it cool too thin to drop stand till 'tis candied again. Once turning will candy it. Seville Oranges make the best." A modern cook would like to know how many oranges should be pulped for this dish.

Other sweetmeats served to Queen Anne were fruit-biscuits made of pulped fruit mixed with fine sugar and white of egg, dropped on papers and put in a cool oven, chocolate almonds, iced almond-cakes, almond-paste, "ratates-puffs," and "spunge biscuits." Isaiglass blancmange, instead of being placed in a mould by the Court confectioner, was first put in "a broad Earthen Pan or China Dish." The next day it was cut with a "Jagging-Iron in long Slips and laid in Knots" on the dish it was served up in. Another favourite dainty of the Queen was seed-biscuit.

Some German dishes, as we should expect, found their way into the Court cook's art on the accession of the House of Hanover. The favourite dish of George II. was Rhenish soup, "Wester," he said on one occasion, "shall be my first cook, because he makes excellent Rhenish soup." George III. was homely in his table, as in all his tastes, but his eldest son was one of the greatest epicures in Europe. For a time he induced the great French chef, Carême, to brave the climate of pernicious Albion; but, though he offered him a pension for life equal to his salary, the artist of the kitchen insisted on returning to his beloved Paris. "My dear Carême," the Regent said one occasion, "your dinner yesterday was superb. Everything you gave me was delicious. You will make me die of indigestion." "Mon Prince," Carême replied with a low bow, "your duty is to flatter your appetite, not to control it."

Of medieval dishes the boar's head and the breast of beef are served to the Queen at Christmas. A rarer and more curious dish is placed before the Sovereign only at coronations. As lord of the manor of Addington, the Archbishop of Canterbury has the duty of presenting a dish de la groute to his Sovereign. This plum-porridge, or water-gruel, with plums in it, is of very ancient origin. William the Conqueror is reported to have given his chief cook the manor of Addington "to be held by the service of making one mess, in an earthen pot in the kitchen of our Lord the King on the day of his Coronation, called de la groute."