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Warner's Safe Cook Book

Warner's Safe Yeast Company

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WARNER'S

SAFE COOK BOOK



Genesee Valley Historical Reprint Series: Warner's Safe Cook Book

Published by the H.H. Warner Company, a noted Rochester-based safe (and later patent medicine) manufacturing company, this large cookbook is teeming with hundreds of recipes for everything ranging from mustard pickles to pepper mangoes and venison pie. Apart from the recipes themselves, the extensive descriptions of culinary technique and numerous illustrations of cooking equipment present a lucid portrait of late 19th century American cookery. The advertisements for patent medicine comprising the final 30 or so pages of this volume are of interest as well.

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Summary by Joseph Easterly



WARNER'S

SAFE COOK BOOK

COMPILED ESPECIALLY FOR

WARNER'S SAFE YEAST COMPANY,

BY

THE BEST AUTHORITY THAT EXPERIENCE CAN COMMAND.

Published 1887,

By H. H. WARNER & CO.,

ROCHESTER, N. Y.

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PREFACE.

FOR this work we make no apology, except for the size of the book, which is twice as large as we originally intended it should be. But the reason for this is, that we have spared no time or pains in the preparation of our recipes, as our main object has been to explain the minutest details so explicitly that the youngest or most inexperienced cook may secure satisfactory results.

Our recipes have been written with the view of economy, not by reducing the quantity or quality of the ingredients, but suggesting many ways in which a considerable saving may be accomplished. This is not only intended for the younger housewives, but for some of the older ones, who leave their kitchens altogether in charge of the cook, and the latter individual, in a majority of cases, is in the habit of throwing to waste everything that is refused the first time at the table. There is a vast difference in the expenses of a kitchen run on this basis, and one overseen by the mistress of the house.

To make a good cook you must have good tools and ingredients to work with. If you are without both these, then you must give up all hope of being successful, even at the plainest kind of cooking. A great deal also lies in the manner in which one goes about to prepare a meal. First find out what you want, then how you want it and how much of it you want. After you have decided this, take your recipe book and follow closely the instructions, and be careful in your preparation that you do not add "a little more of this" or "a little more of that" than is prescribed, believing that it will have as good, if not better, effect. These recipes have all been thoroughly tested and proportioned as completely and economically as possible, and your success depends entirely with yourself.

As will be seen, we have written a descriptive article at the beginning of each department of our work, and for further information on their respective subjects, we refer you to them.

THE AUTHOR.

SOUP

THIS is a branch of the culinary art upon which much has been said and written, and yet the subject does not seem to be very well understood by the majority of housekeepers, though a little attention to the matter will soon convince anyone that it is not a very formidable subject. We shall only attempt in this article to state a few principles, and give some directions which, if carefully followed, can not result in failure.

Nothing furnishes a better basis for soup than a shank of beef; if veal is added the soup will be more delicate.

The bones (broken in small pieces) from any kind of cooked meat furnish a valuable contribution to the soup kettle.

Always put the meat to cook in cold water, for the reason that the juices are required in the soup, when if put into boiling water the pores will be closed at once and the juices retained.

Never allow to boil rapidly, but let the kettle stand on the back of the stove or range and simmer slowly. Remove carefully the scum that will rise as the soup nears the boiling point, add cold water, a little at a time, to keep the liquid from boiling until it has been thoroughly skimmed, as without this precaution the soup will not be clear.

Boil the meat several hours or until it is very tender and falls easily from the bone ; when done pour into an earthen crock and let stand until cool, or over night. In the morning remove every particle of fat from the top of the stock, take out the meat and bones, and return the soup to the kettle ; it is now ready for the vegetables, and they will be sufficiently cooked in an hour. Fifteen minutes before the soup is removed from the fire add the herbs, as if they are boiled too long much of their delicate flavor escapes in the steam. Always strain before serving.

If you wish to clarify your soup, proceed as follows : Beat the white of one egg for every quart of soup, stir the beaten egg into half a pint of cold water, now add a pint of the hot soup, stirring constantly ; remove the kettle from the fire, stir in the mixture and return to the fire. When near boiling the egg will separate and begin to rise ; remove at once from the fire and strain.

The color of soup will depend much upon the quality of meat used. Clear soup should be a rich, dark color, like sherry ; such a soup is both attractive and appetizing.

A nicely roasted (not burned) onion will improve both the flavor and color of soup.

Be chary of salt ; remember it can be added at any time, but once in, it cannot be removed, and if used in excess it will greatly impair the flavor of the more delicate seasoning.

The skillful cook will be careful that no pungent flavor predominates, but that all are so skillfully blended as not to suggest any particular herb or condiment, except in case of such soups as tomato and celery, in which only the flavor of the vegetable is desired.

Once you can accomplish a really good bouillon you have the foundation of all soups, and can proceed with as great a variety as your ingenuity can invent, for there is absolutely no limit. One may have a change of soup every day by using different flavorings, such as celery, asparagus, eggs, potatoes, tapioca, rice, vermicelli, macaroni, onion, green peas, beans, fried bread, lemon, spring vegetables, sweet herbs, sorrel, the different kinds of catchup, etc.

Soup properly prepared is so wholesome and nutritious, and adds so much to the elegance of a dinner, that we could wish all our readers might succeed with at least a few of the more delicious kinds.

STOCK.

The matter of soup-making will be much simplified if you manage to keep on hand a good supply of stock. For some inexplicable reason, many cooks look upon the making of stock as something a little too abstruse for the comprehension of ordinary mortals, whereas nothing can be simpler. The trimmings of fresh meat, the remains of cooked meats and poultry, bones and gravy may all be used, but it will be necessary to clarify such stock and it will not be as strong as that made from fresh, uncooked meat. The following is an excellent recipe for making a rich strong stock: Four pounds of shin of beef, four pounds of knuckle of veal, and any poultry trimmings you may happen to have; two ounces of butter, three onions, three carrots, three turnips (the latter should be omitted in summer lest they ferment), one head of celery, a few chopped mushrooms, one tomato, a bunch of savory herbs, including parsley; one and a half ounces salt,

three lumps of sugar, twelve white pepper corns, six cloves and three small blades of mace. Cut the beef and veal in pieces three inches square, and break the bones in small pieces. Put the butter in a stew-pan, when melted put the meat in the pan and stir constantly until it is equally browned, then put in the bones and poultry trimmings, and pour into the kettle five quarts of cold water. Skim well and occasionally add a little cold water to stop its boiling until it becomes quite clear. Remember, it must only just bubble, as hard boiling will give the stock a cloudy appearance. Add the vegetables and other seasoning, and simmer very slowly for five hours. Strain through a cloth into an earthen jar; when cold, remove the fat from the top, and the stock is ready for use. It will be a stiff jelly, which will be found very useful for soups, sauces and gravies and for boiling many things, as pigeons, chickens, etc. When you wish to prepare soup, you have only to put some of the stock into your soup kettle, and when melted add a pint of hot water for a pint of stock and any thickening or flavoring you may prefer. In cold weather, or if kept on ice, this stock will keep a week. Stock will keep longer in summer if the vegetables are omitted; they can be added when the soup is prepared for the table.

ECONOMICAL STOCK.

The liquor in which a joint of meat has been cooked, say four quarts; trimmings of fresh meat or poultry, shank bone, roast-beef bones, any pieces the larder may furnish; vegetables, spices and seasoning, the same as in the foregoing recipe. Let all the ingredients simmer gently for six hours, adding now and

then a little cold water, and taking care to skim very carefully. Strain and set aside for use.

WHITE STOCK.

TO BE USED IN THE PREPARATION OF WHITE SOUPS.

Four pounds of knuckle of veal, any poultry trimmings that happen to be at hand, or if you please, you may use the whole fowl; it should be cut in pieces as for a fricassée. Cut up the veal into small pieces and put it with the bones and trimmings of poultry into the stew-pan, which has been rubbed with an ounce of butter; add a half a pint of water and simmer till the gravy begins to flow. Then add four quarts of water, three carrots, two onions, one head of celery, twelve white pepper corns, two ounces of salt, one blade of mace, and a bunch of herbs. After skimming carefully set the kettle where it will simmer very slowly for five hours, then strain through a cloth, and the stock will be ready for use.

TO CLARIFY STOCK.

If, as will sometimes happen, your stock is not quite clear, you will proceed as follows: For two quarts of soup or stock take the whites of two eggs, carefully separated from their yolks, whisk them well together with half a pint of water, and (still whisking) add them gradually to the two quarts of stock, which must be just warmed. Place the soup on the fire, and when boiling and well skimmed stir it well, draw it to the side of the fire, and let it settle until the whites of the eggs become separated. Pass through a fine cloth, and the soup should be clear. All clear soups should

be of a light straw-color, and should not savor too strongly of the meat; all white or brown thick soups should have no more consistency than will enable them to adhere slightly to the spoon when hot. All *purées* should be somewhat thicker.

EGG-BALLS FOR SOUPS AND MADE DISHES.

Pound the yolks of six hard-boiled eggs in a mortar, beat the yolks of two uncooked eggs, and add them with a little flour and salt, to those pounded. Mix all well together and roll into balls, the size of a small marble. Boil them ten minutes and they are ready for soup or whatever dish they may be intended for.

FORCEMEAT BALLS FOR FISH SOUPS.

Pick the meat from the shell of a boiled lobster and pound it with the soft parts in a mortar; add one head of boiled celery, the yolk of a hard-boiled egg, half of an anchovy, four tablespoonfuls of bread crumbs, two ounces of butter, two eggs, salt and pepper and mace to taste. Warm the butter and beat the eggs before adding to the other ingredients; work all thoroughly together. Make into balls an inch in diameter, and fry a nice brown. If a less quantity is desired, divide the recipe, using half or a quarter, according to the amount required.

The French are noted for their skill in making forcemeats. One of the principal causes of their superiority in this respect being that they pound all the ingredients so diligently and thoroughly. Any one who aspires to the same degree of success in the matter of forcemeats, must, in this particular, follow the example of our friends across the water.

CROÛTONS FOR SOUP.

Many kinds of soup are improved by the added flavor of fried bread or croûtons. Cut stale bread in little square or dice shaped pieces and fry in drippings until a golden brown, put into the soup tureen and pour the soup over. A medium sized slice of bread will be sufficient for two quarts of soup.

GREEN PEA SOUP.

Put the peas in water enough to cover them, add a little pinch of salt, boil until tender, skim the peas out and pass through a colander, then return to the water in which they were boiled; add a little milk or cream, or some nice broth, and season to taste with butter, pepper and salt. Pour over fried croûtons of bread (bits of bread fried in butter) in a hot soup tureen. A quart of broth to a pint of peas is a good quantity.

CHICKEN SOUP.

Cut up a chicken and break the bones; cook until very tender, in three quarts of water, adding water as it boils away so that when done there will be three quarts of soup. Boil very slowly, and when done remove the meat and bones from the kettle, pour the soup into an earthen dish and let stand until cold, then remove every particle of fat from the stock, pour into a saucepan and set on the stove.

Have ready half a cupful of rice, looked over and washed, which add to the soup.

Fry in a little butter one small onion, two or three stalks of celery, half a small turnip, and one carrot, add to the soup and boil slowly one hour.

Chop the breast of the fowl very fine, add to the soup and rub all through a fine sieve. Put back on the fire, add a pint of rich milk and a tablespoonful of butter, pepper and salt to taste, boil up once and serve. Parsley or thyme may be used to flavor this soup without other vegetables. Or plain chicken soup or broth may be served with only pepper and salt for seasoning.

BEEF SOUP.

Put the meat on the stove in cold water to extract the juices. Three pounds of beef boiled slowly three hours, then add an onion chopped fine, one cupful of pearl barley, previously washed and soaked half an hour, and boil an hour longer.

Add water sufficient to have two quarts of soup when done. Season to taste with pepper and salt.

After removing meat and before taking from the stove, small bits of parsley or curled cress may be added.

BEAN SOUP No. 1.

Put one quart of beans to soak over night in lukewarm water. In the morning, boil up well in water sufficient to cover them; throw water away, and add one gallon of cold water and about a pound of salt pork. Boil slowly about three hours, add a little pepper and salt if needed. Strain and serve with a slice of lemon to each person.

BEAN SOUP No. 2.

White or black beans may be used, but black ones are preferred for flavor and appearance. They should be picked over, washed, and put to soak the day before

they are wanted. A pint of beans will be required for two quarts of soup, and five hours for their cooking. Put over to cook in two quarts of cold water in time to be certain the soup will be in readiness for dinner. A ham bone may be added, also a small onion sliced and fried brown in ham fat or butter; or a raw onion with a few cloves stuck into it, a heaping teaspoonful of salt, a saltspoonful of pepper and mustard, and as much cayenne pepper as can be lifted on the point of a penknife. The soup should boil slowly, and as the water boils away, add a little now and then so as to have two quarts when it is done; then strain through a fine colander or soup-strainer and return the liquid to the kettle; permit it to come to boiling point, then pour into a hot tureen. Have ready the pulverized yolk of one or two hard boiled eggs, and a lemon sliced very thin; sprinkle the yolk on the top of the soup; then drop in the lemon and serve.

TOMATO SOUP No. 1.

To about two quarts of good beef stock (made from three pounds of beef boiled slowly four hours) add one quart of tomatoes and boil about half an hour. Season with pepper and salt, strain and serve.

TOMATO SOUP No. 2.

Slice from remains of previous day's roast chicken or turkey all the meat suitable to serve cold; then put bones and fragments of meat in soup kettle, cover with cold water, allow to simmer for several hours; add one quart of tomatoes and cook an hour longer. Strain, season with pepper and salt to taste, add diced pieces of bread, browned in butter, and serve.

TOMATO SOUP No. 3.

Put three finely chopped tomatoes (or a teacupful of canned tomato) to cook in a quart of cold water; allow to boil until tender, when add a pinch of soda. The acid of the tomatoes coming in contact with the soda will produce a good deal of foam; when this subsides a little, add a quart of sweet milk, and when nearly boiling set on the top of the stove and add a piece of butter about the size of an egg, pepper and salt to taste, and three small crackers rolled fine. Serve very hot.

NOODLE SOUP.

Beat the yolks of two eggs very thoroughly, add sifted flour to make a firm, smooth paste. Roll thin, and cut in narrow slices about an inch long. Put into boiling water for ten minutes, then into cold water for two or three minutes and serve in two quarts of hot soup or consommé.

VERMICELLI SOUP.

The day before the soup is desired take lamb and veal bones (of course there is meat upon them) break them, put in the soup kettle, cover with cold water, and boil three hours, adding hot water as it boils away so as to keep the same quantity of soup, then set away until morning. A little while before the soup will be required, remove fat and bones, place upon the stove, when hot add a small onion, previously sliced and fried to a dark brown, add a tablespoonful of Worcestershire sauce. Season with salt and pepper. Any sweet herb may be added. Strain soup, return to kettle and put in a quarter of a pound of vermicelli, which has been boiled tender. Let it boil well, and serve.

POTATO SOUP No. 1.

Boil half a dozen large potatoes, mash fine, strain through the colander into the soup kettle, and add two or three quarts of sweet milk, a piece of butter the size of an egg, pepper and salt to taste, three or four crackers rolled fine, and two tablespoonfuls chopped parsley. Let come to boil and serve. Chopped celery may be used instead of parsley, a little thyme or summer savory may be added, or an onion fried a nice brown. This is really a very excellent and nutritious soup, but may be improved for some by the addition of a quart of good soup stock.

POTATO SOUP No. 2.

Boil half a dozen potatoes, mash fine, strain through a colander into the soup kettle, add two or three quarts of milk, a piece of butter the size of an egg, pepper and salt to taste, three or four crackers rolled fine, and two tablespoonfuls chopped parsley. Let boil up and serve. Chopped celery stalks may be used in place of parsley in this soup, or a little thyme or summer savory may be added. If convenient add a pint or so of soup stock. This is really a very excellent and nutritious soup.

VEGETABLE SOUP.

Cut in slices the following vegetables: Onions, turnips, carrots and celery, a teacupful of each. Fry in butter until a nice brown, stirring that they may cook evenly. Put into the soup kettle with a quart of good soup stock and a quart of hot water, boil gently

one hour. Fifteen minutes before serving add a tablespoonful of chopped sorrel or a squeeze of lemon juice, and a teacupful of green peas, previously boiled and rubbed through a sieve. Salt and white pepper to taste.

CELERY SOUP.

One quart of veal stock or chicken broth, a pint and a half of milk, three-fourths of a teacupful of rice, and two heads of celery. Look over and wash the rice, put it into the milk, and set on the back of the stove, where it will just simmer. Grate the roots and white part of the celery and add to the milk. Cook until the rice is tender, adding more milk if necessary. When done rub through a sieve and add to the stock, which should have been previously strained. Salt and white pepper to taste. This is a most delicious soup.

OXTAIL SOUP.

Cut one oxtail in small pieces and fry in butter until tender. Remove from the frying pan and add a little more butter, in which fry until a nice brown the following named vegetables: One onion, sliced, one teacupful chopped turnip, three or four outer stalks of celery and a small carrot, sliced thin. Have ready in the soup kettle three quarts beef stock, into which put the fried oxtail and the vegetables, with a small bouquet of herbs, half a dozen pepper corns crushed, a small piece of sweet red pepper, and salt to taste. Boil slowly one hour. Strain and return to the kettle. Cut the meat from the bones and put into the soup, allow to get hot and serve.

LOBSTER SOUP.

Cut the meat of a small lobster very fine and put it into a kettle with three pints of water or soup stock, add a little cayenne, white pepper and salt to taste. Roll three or four crackers very fine, add to the soup and boil twenty minutes. Strain, rubbing the lobster meat through the sieve, return to the fire, add two tablespoonfuls butter and a squeeze of lemon juice, let get very hot and serve. This soup may be varied by omitting the lemon juice and putting in just before serving a pint of milk.

MOCK TURTLE SOUP.

Take half a calf's head and remove the brains and skin, wash thoroughly in several waters, and put to soak for half a day or over night in slightly salted water. When ready to cook put in a saucepan with two quarts of good beef stock and two quarts of water. Let boil slowly for two hours, skimming carefully from the beginning. Take up the head, remove the bones, cut the meat into small pieces and set in a cool place. Fry in a little butter, one good sized onion, to which add, just before it is done, a teaspoonful of sugar, the whole to be nicely browned. Break the bones of the head into inch pieces and return to the soup, put in the fried onion, simmer and skim. Now add to the soup the following: One carrot, one-half of a small turnip, one cupful of cabbage chopped fine, a few sprigs of parsley, half a dozen stalks of celery, a little ground mace, the grated rind of a lemon, a small bunch of sweet herbs, salt to taste, a sprinkling of black pepper, and a quarter of a medium-sized red pepper.

Set on the back part of the stove or range and allow to boil slowly one hour, and then strain through a clean cloth. Dry two slices of stale bread, rub very fine and add to the soup. Add the meat, cut quite fine, and let all simmer ten minutes. Before serving add a sliced lemon, two or three teaspoonfuls of Worcestershire sauce, and a gill or two of port wine. This soup will be better the second and third day.

GREEN TURTLE SOUP.

After cutting off the head, let the turtle hang for four or five hours, with the neck downwards, to bleed; then separate the two shells with a knife, being careful to remove the entrails whole, which throw away. The claws and fleshy parts are served, and any of the turtle meat not required for the soup, save for entrées.

Clean and boil in water enough to cover until the shells of the claws loosen. Remove and place in cold water for two or three minutes, then drain, cut into small pieces and put into about two quarts and a half of soup stock, with a bunch of sweet herbs, a sliced onion, pepper, and salt. Cook slowly about three hours; remove from the fire, and strain; then return to the stove and thicken a little with browned flour and water made into a paste. Simmer for half an hour and add the green fat cut into lumps about three-quarters of an inch square, and a few forcemeat balls, (or, if there are eggs in the turtle, use these, they should be cooked three or four hours by themselves), the juice of a lemon, a glass of sherry, or Madeira wine, and the soup is ready to serve. Use canned turtle if a live one cannot be procured.

CLAM SOUP.

Have about fifty clams opened, saving the liquor. Chop the meats quite fine and put into a kettle with one pint of cold water and the added liquor; boil and skim, then add half a pint of sweet milk, butter the size of an egg, and a small teacupful of crushed crackers, pepper and salt to taste; then boil nearly half a minute. More water may be added if preferred thinner.

OYSTER SOUP.

One quart of oysters, one pint of cold water, butter the size of a small egg. Put oysters into the water and allow to come near boiling. Skim, then add butter, a teacupful of milk, a little pepper and salt, and boil a quarter of a minute. Pour into a warmed soup tureen in which are a couple of crushed crackers. Serve hot. Those who do not like milk may use water in the place of it.

BOUILLON (BEEF).

Put into the soup kettle four pounds of lean beef, two pounds of breast of veal, and a year old chicken, add six quarts of cold water and place on the stove where it will boil very slowly. Remove every particle of scum as it rises. Add, as it boils away, more water, as this quantity of meat should make six quarts of strong bouillon. Boil from three to four hours, or until the meat is very tender; remove from the fire and set in a cool place over night, or until cool. Remove carefully all the fat from the stock, take out the meat, put the kettle on the stove and add the following vegetables: One head of celery, three carrots, a small turnip and one onion previously roasted in the oven or before

the fire until a nice brown. Slice the vegetables quite thin before putting them into the soup. Boil an hour, adding at the last salt and pepper to taste. If a smaller quantity of soup is desired, use less meat. If preparing bouillon for an invalid, it is better to omit all the vegetables except celery.

BOUILLON (FISH).

This bouillon is an excellent foundation for all soups and sauces composed of fish. Put into four quarts of water three pounds of black bass, three pounds of pike and a pound of perch; boil slowly two hours. When the fish has boiled one hour, add an onion, three carrots, half a dozen cloves, two heads of celery, and salt and pepper to taste. Strain and it is ready to serve.

PURÉE OF ASPARAGUS.

Boil in a pint of water until very tender one bunch of asparagus. When tender, rub through a colander, put into the liquor in which it was boiled, add three pints of soup stock, a pint of milk (cream if you have it), two tablespoonfuls butter, a light sprinkling of white pepper, and salt to taste. Boil a few minutes and serve.

MULLAGATAWNY SOUP.

Make a stock of one chicken cut in pieces as for fricassée, and a knuckle of veal; add sufficient water to make when done four quarts of soup. When it comes to the boil, skim thoroughly and add a little chopped onion, parsley, celery, carrot and eight or ten cloves. Remove the chicken from the kettle as soon as tender; the veal will require to simmer gently three

or four hours. When the veal is done remove from the kettle, pour the soup into an earthen dish; when cold remove the fat. An hour before you wish to serve the soup return it to the kettle, and when it begins to simmer add the following: An onion (sliced thin), two carrots, and a bunch of celery fried in butter until a light brown. Half an hour later, add salt, white and cayenne pepper, two tablespoonfuls tomato catchup, the same of boiled rice, a saltspoonful of curry powder and the pieces of chicken neatly trimmed, which serve with the soup.

STALE BREAD SOUP.

One quart of soup stock made from any kind of bones broken fine, gravies, or bits of meat. One onion sliced thin, half of a small turnip chopped fine, one teacupful chopped cabbage, two tablespoonfuls chopped parsley, and a quart of stale bread crumbs. Fry the onion and turnip in melted butter or dripping until a nice brown. Pour three pints of boiling water over the bread crumbs, allow to stand fifteen minutes, add two or three tablespoonfuls of butter and beat thoroughly.

Put the vegetables into the soup an hour before you wish to serve, add the bread three-quarters of an hour later; let simmer very slowly fifteen minutes, remove from the fire and strain, rubbing the bread through the sieve. Return to the fire to get hot, beat two eggs very light, add a little of the hot soup to them before stirring them into the kettle. Remove from the fire immediately, to prevent the eggs from curdling. Salt and cayenne pepper to taste. Serve very hot.

PURÉE OF CARROT.

Peel six bright orange-colored carrots, and boil them until tender in a quart of boiling water slightly salted, mash them and rub through a sieve or colander. Fifteen minutes before you wish to serve the soup, heat three pints of milk to near the boiling point; put three tablespoonfuls of butter in a sauce pan on the stove, when melted stir in the same quantity of flour and cook until smooth, stirring constantly. Now add, a little at a time, the hot milk to the pulp of the carrots, pour very slowly into the saucepan containing the butter and flour, stir all together, add a pint of hot water or soup stock, season with salt and white pepper, let boil a minute, and serve. This soup may be varied indefinitely by adding in their season, a cup of shred lettuce, a few heads of asparagus, some string beans cut in long diagonal strips, or a half a pint of green peas boiled and rubbed through a colander. Lettuce, beans and asparagus should be boiled in salted water until tender, drained and thrown into cold water for ten minutes to set the color, drained again and then added to the soup. A few force-meat balls may be added to the soup, or croûtons may be put in the soup tureen and the soup poured over them.

SOFT SHELL CLAM SOUP.

Delicious soup is made of these clams by following any oyster soup rule, chopping the hard part of the clam and leaving the stomachs whole.

ASPARAGUS SOUP.

Two quarts of good soup stock, thirty large asparagus stalks, two tablespoonfuls of butter, one of flour, pepper and salt to taste. Cut off the heads of the

asparagus and cook until tender in a little salted water; boil the stalks until tender, mash them through a sieve and put into the soup kettle, add the butter and flour, let boil slowly five minutes, pour into the soup tureen, add the asparagus heads and serve.

JULIENNE.

Clean, cut in slices, and fry in butter or drippings, until slightly browned, two or three carrots, a small turnip, three or four celery stalks, and an onion. Have ready three quarts of good stock, skimmed and strained, add the vegetables and simmer an hour; half an hour before it is done, add a quarter of a small head of cabbage finely shred and parboiled, and a teacupful of cooked tomato, or three large ripe ones thinly sliced. Season with pepper and salt and a tablespoonful of lemon juice. Put two dozen croûtons in your soup tureen, pour the soup over them and serve.

SAGO SOUP.

Wash three ounces of sago in boiling water and add it gradually to two quarts of nearly boiling stock, with seasoning to taste. Simmer for half an hour, when it should be well dissolved. Beat up the yolks of three eggs, add them to half a pint of milk or cream, stir quickly into the soup and serve immediately. Do not let the soup boil after the eggs are put in or it will curdle.

EGG SOUP.

Beat a tablespoonful of flour smoothly in a tablespoonful of cold stock, add four well-beaten eggs; stir this into two quarts of hot stock. Simmer fifteen minutes and serve with fried sippets of bread.

F I S H .

IF food be brought to the table improperly prepared or uninviting in appearance, it is not unlikely that the impression made will preclude all inclinations for the article, even well cooked, for a long time to come.

This is especially true in regard to fish and game.

Fish should be perfectly fresh, perfectly cleaned, and so well cooked that the meat will separate easily from the bones.

It impairs the flavor of fresh water fish to allow them to soak, unless frozen, then they should be put into ice-cold water to thaw.

When I think of the many people who partake of unsavory fish, I wish they might have the pleasure of eating a freshly caught black bass, white fish, a deep water or channel perch, brook trout or blue fish, in fact any kind brought directly from the water to the kitchen and properly cooked.

I pity one if they cannot occasionally have this pleasure.

The secret of the enjoyment of a "dinnering out" at the Thousand Islands—where most of the oarsmen are experts at cooking fish—is the perfect freshness of the fish. With what a relish it is eaten! what a zest! One who has once enjoyed it will never forget it. The head, tail and fins should be removed, though many cooks insist upon retaining them.

These parts have a disagreeably, fishy flavor that does not belong to the meat of the fish and is objectionable to people of delicate taste.

Fish should be sent to the table hot, upon a hot dish.

The accessories, sauce and garnishing, can be left to one's taste and convenience.

Our country is favored with so many small, deep lakes and running streams, it seems almost incredible that every table throughout our land cannot have occasionally that inexpensive luxury, a freshly caught and well cooked fish.

TO BOIL FISH.

The fish should be thoroughly cleaned, put in salted hot water and kept boiling gently all the time, to prevent breaking the skin, until the fish shall be thoroughly cooked. In the absence of a fish kettle it is better to boil the fish in a netting—a new mosquito netting will do—as it will greatly assist in its removal from the kettle without breaking and can be well drained in it. If it be a kind of fish without decided flavor, it will be improved by adding half a shallot, or a piece of onion and a few spices, or a little vinegar or lemon, or a cup of wine to the water when boiling—there should be just a suspicion of whichever is used about the fish when done. If the water is thus prepared it is a stock, and if kept in a cool place will be sweet for two or three days, in which other fish may be boiled.

TO FRY FISH.

Clean the fish, wipe dry, rub a little salt inside and sprinkle with a little pepper after putting them in the pan, but never roll them in flour; it is not necessary

and does not improve them. Never allow fish to soak in the fat. The fat should be perfectly hot when the fish is put in and kept at the same temperature throughout the cooking. Fish may be fried in lard, butter, or clarified drippings, but I prefer the latter, or what is better, the fat obtained by frying thin slices of salt pork, the quantity required depending upon the size or number of fish, but a generous quantity is desirable. If a piece of bread dropped into the fat will instantly brown, it will be hot enough to put the fish in. All small fish are better fried.

TO BAKE FISH.

Clean the fish thoroughly, wipe dry, and salt inside, stuff with any kind of dressing preferred, and confine by passing a coarse thread around it a sufficient number of times to hold it firmly. A portion of a large fish may be stuffed and fixed in this way. When ready, place in the roasting pan with a little water, sprinkle with pepper and salt and lay thin slices of salt pork on top to season it. A good steady heat should be kept up, and the fish basted often until nearly done, then stop, to allow the outside to become crisp and a delicate brown. The meat should be moist and delicious, not dry, as fish not basted often enough and carelessly cooked will be.

TO BROIL FISH.

Prepare the fish as for frying. Have the gridiron hot and well buttered. If the fish is large it may be gashed across on both sides at equal distances or split open. Keep a clear, steady fire, that it may cook as

fast as possible without scorching. A large fish must cook more slowly to become well done through. When done place on a hot platter, sprinkle with salt, pepper, bits of butter, a few squeezes of lemon juice if desired, or put two tablespoonfuls of maitre d' hôtel butter on the fish, and set into the oven a sufficient time to melt the butter—a few moments only will be required.

BOILED FRESH COD-FISH.

Select a white, sweet fish, of medium size, and be sure that you get a cod-fish, for not half the fish sold as such have any claim to the name. The tail of a cod-fish ends in two points, as though a wedge-shaped piece had been taken from the middle. The square-tailed fish constantly sold as cod-fish is a species of haddock, and is a very inferior fish as compared with the true cod. Cod-fish properly cooked is a most delicious dish, but carelessly prepared it meets with little favor. I know of no fish that can be prepared in so many different and delicious ways.

Boiling seems to be the better way of cooking fresh cod-fish, and being a large fish it is usually cut in slices. Put in boiling salted water, to which add half a cup of vinegar and a tablespoonful of grated horse-radish. Serve with oyster sauce made as follows: Prepare a cup of drawn butter or white sauce, before removing from the stove add a dozen large oysters, allow to boil up once, remove from the stove, add a squeeze of lemon juice or a few drops of vinegar, and serve. The sauce may be sent to the table in a gravy boat, but it is better to pour it over the fish. These slices may be egged, dipped in cracker dust and fried, broiled on the broiler over a clear fire, or baked.

BOILED COD-FISH (Salt).

Soak over night in plenty of water, with the skin side up, the desired quantity of cod-fish. When ready to cook, place in cold water on the back of the stove, allow to simmer very gently until tender, or until the fish drops easily from the bones, but do not on any account allow to boil hard, as hard boiling hardens the fibre of the fish. Take from the fish kettle (remove skin and bones if you have not done so before boiling) and serve with drawn butter, in which put a spoonful of chopped parsley and a squeeze of lemon juice.

COD-FISH À LA CRÉME.

Flake very fine (but do not cut with a knife) one pound salt cod-fish, the whitest and sweetest you can get. Wash in two waters and squeeze as dry as possible. Put into a sauce pan with a pint and a half sweet cream or the same quantity of sweet milk (if you use milk add a piece of butter the size of an egg). Rub two tablespoonfuls corn starch (or the same of flour) smooth in a little cold milk, add to the fish and allow to come to boil, remove from the fire and stir in quickly one egg, thoroughly beaten. Do not boil after adding the egg, as it will curdle, thus spoiling the appearance of the dish, besides boiling hardens the fibre of the fish and makes it more indigestible.

Have ready as many hard boiled eggs as there are persons to serve, remove the shells, place on a hot platter and pour the fish over them; dust with white pepper and serve.

If preferred, omit the eggs or use only two or three cut in neat slices, and laid over the fish as a garnish. This is a delicious way of preparing salt cod-fish.

BAKED COD-FISH.

Prepare some rather thick pieces of fish ; if salt, soak until fresh ; remove bones and skin, put in buttered baking-pan, set in a quick oven and bake a golden brown. Place on a hot platter, put a bit of butter on each piece, pour over a little sweet cream ; add a dash of cayenne pepper, return to the oven a moment and serve. Garnish with cress.

SHRED COD-FISH.

Flake very fine half a pound of very white, sweet cod-fish. Wash in two waters and squeeze as dry as possible. Put into a sauce pan with a piece of butter as large as an egg, and two heaping tablespoonfuls sifted flour. Mix the butter, flour and fish thoroughly together, add very slowly two or three cupfuls boiling water, let come to boil, and serve. Add if you choose, just before removing from the stove, an egg, well beaten. A garnish of hard boiled eggs is considered an improvement by some.

COD-FISH TOAST.

Flake and wash two teacupfuls salt cod-fish, place in a saucepan with two tablespoonfuls flour and the same of butter ; mix thoroughly, and add gradually two cupfuls boiling water. Have ready several slices of hot buttered toast, pour the fish over, and serve.

COD-FISH BALLS.

Flake very fine one teacupful cold boiled cod-fish. Have ready two teacupfuls mashed potato, mash the fish and potato together with a vegetable masher. Add one egg well beaten, four tablespoonfuls milk or cream,

one tablespoonful butter and a dash of cayenne pepper. Beat all together, roll in small balls, dip in beaten egg, dust with cracker dust and fry in very hot drippings. Three minutes will cook them enough. Garnish with cress.

BROILED MACKEREL (Fresh).

Remove head and the dark skin from inside of the fish, wash thoroughly and wipe dry. Butter the bars of the gridiron and broil the fish over a clear fire, when done dip quickly into hot water, and serve with a dressing made as for broiled salt mackerel.

Slit the fish before broiling, so that when laid flat the backbone will be in the middle.

BAKED MACKEREL (Fresh).

Dress as for broiling; bake in a quick oven, and serve with a sauce made as for broiled salt mackerel. Pour a tablespoonful of vinegar over the fish just as it is put into the oven.

BROILED MACKEREL (Salt).

Select a nice fat mackerel. Remove head and the black skin from the inside of the fish; wash carefully, place in cold water, skin side up, and allow to remain over night. When ready to cook remove from the water, wipe dry, butter the bars of the gridiron, lay the fish on, and broil over a clear fire. When you remove the fish from the gridiron, dip quickly into boiling water, remove instantly, lay upon a hot platter, and send to the table, accompanied by the gravy boat containing a dressing made as follows: Beat together very thoroughly four tablespoonfuls melted butter, three

teaspoonfuls lemon juice (a few drops at a time), a tablespoonful chopped parsley, and a slight sprinkling of white pepper. The sauce should be hot.

BOILED MACKEREL (Salt).

Prepare as for broiling. Put to cook in a generous quantity of boiling water, allow to boil slowly twenty minutes. Remove to hot platter, scatter over a few bits of butter, pour over it a cupful of cream, add a dash of cayenne pepper, put in the oven for five minutes, and serve. If preferred, use dressing prepared as for broiled mackerel. Serve whole boiled potatoes, or baked ones, with mackerel.

BAKED MACKEREL (Salt).

Prepare as for broiling or boiling, place in a baking pan and bake in a hot oven until a nice brown. Use either of the above dressings.

BOILED BLUE FISH.

Sew the fish in coarse netting, if you have no fish kettle. Boil very slowly in three pints salted boiling water, into which you have put a teacupful of vinegar or the same quantity of wine, two or three cloves, half a dozen pepper-corns, a blade of mace, and a very small onion. Half an hour is usually long enough to boil the fish—it is done when the meat separates easily from the backbone. When done, remove the netting, place on a hot platter, put bits of maitre d' hôtel butter over the fish, set in the oven for five minutes, garnish with slices of lemon and serve.

Cream sauce is a very nice accompaniment for blue fish. Put half a pint of milk, cream if you have it, on

the range; while heating, rub two teaspoonfuls corn starch smooth in a little cold milk, add to the cream with a tablespoonful butter, the same of chopped parsley, salt and white pepper to taste; let boil up and remove from the fire; beat in another tablespoonful of butter, and pour over the fish or serve in a gravy boat.

BAKED BLUE FISH.

If the fish is large, score it down the back; place in a baking pan, pour over it half a pint of hot, salted water, in which you have melted two or three tablespoonfuls of butter. Baste often. When done, remove to a hot platter, put two tablespoonfuls maître d'hôtel butter on it, and set in the oven until the butter is melted. Garnish with slices of lemon, and send to the table at once.

BOILED SHAD.

Follow the directions already given for boiling. If it be a roe shad, place the roes in a separate netting to boil. Be sure that it is thoroughly done. One must decide the length of time required by the size of the fish. Garnish with slices of cold boiled eggs, and serve hot with drawn butter, in which has been put a little chopped egg and parsley.

BAKED SHAD.

Follow directions for baking fish, and serve plain with slices of lemon or with a brown gravy, in which put a tablespoonful of catchup and the juice of a lemon or a wine-glass of wine. Garnish with water-cress.

BROILED SHAD.

Do not remove the skin, but scale, draw, cut down the back on the inside on both sides of the bone, which remove, then wash, wipe dry and rub with a little salt on the inside. Place on the hot, well-buttered broiler with the inside down, turning over the broiler to cook the other side. Attend closely to it. The time required for broiling will depend upon the size of the fish. When through broiling, place the fish in a buttered roasting pan in the oven and cover closely to prevent drying. This will allow every portion to become cooked through while preparing the maitre d'hôtel sauce: Two small tablespoonfuls of melted butter, one of chopped parsley, a little pepper, salt, and the juice of a lemon; mix well together and pour over the shad, after removing it to a hot platter. Garnish with parsley. Before broiling the shad, place the roes in a spider of hot fat (or clarified drippings), obtained by frying a few slices of fat salt pork. Season with pepper and salt, and cook well through. They should be crisp and brown on the outside. Serve on the platter with the fish.

FISH FRITTERS.

Take the remains of any fish which has been served the previous day, remove all the bones, make the meat very fine, adding fine bread crumbs and mashed potatoes in equal quantities. Mix together one teaspoonful of cream and two well-beaten eggs; a bit of cayenne pepper and a little anchovy sauce is a nice addition. Beat it all together to a proper consistency, cut into small cakes and fry in hot butter or drippings

HALIBUT.

Boil and bake according to directions for boiling and baking fish. Egg sauce may be served with boiled halibut in a sauce boat, but it is better to pour it over the fish.

With baked halibut, serve a sauce that is made by adding a little water to the gravy in the roasting pan, thicken and add the juice of a lemon, one tablespoonful of tomato catchup, pepper, and salt. Halibut steaks are very nice fried or broiled

HALIBUT STEAK.

Cut the steaks three-quarters of an inch thick, wash and wipe dry, sprinkle with salt and white pepper, and allow to stand an hour before cooking. Beat up two or three eggs, roll some crackers as fine as possible and sift. Dip the steaks into the beaten egg, then into the cracker dust, and fry in hot lard or beef drippings, using enough to float the fish. If preferred, dip the steak in milk and roll in flour before frying.

FLOUNDERS.

Skin the fish, then cut straight down the back, and with the point of a sharp knife carefully push the meat from the bone half way out to the opposite edge; proceed in the same way with the other half, turn the fish over and remove the bone, cut off the fins, wash and wipe dry. Sprinkle the fish with salt, dip in milk, roll in flour, and fry in hot drippings; test the fat with a bit of bread before putting the fish into it; if the bread browns at once, put in the fish. When done and of a beautiful brown, which will be in about ten minutes if the fish is of medium size, remove to

a hot platter, garnish with parsley and bits of lemon, and serve at once. I am aware that the flounder is a very common and cheap fish, but cooked in the manner described it is very delicate and delicious.

TROUT.

Brook trout are considered a great delicacy and should be cooked with care. Follow the directions for frying fish, and send to the table hot, placed in alternate order (each small end by a large one), garnished with water-cress. After wiping the trout dry, many prefer dipping it in beaten egg, then into Indian meal before frying. It is a fancy of some cooks to skewer the head and tail ends of small trout together and fry the rings thus formed, sending to the table without removing skewers; garnish with water-cress.

Sea trout are usually treated in the same way as brook trout, being about the same in looks and size. They are very plentiful in some streams emptying into the Lower St. Lawrence, and are caught when the tide is going out.

The larger trout of our lakes and streams may be boiled, fried or baked.

SALMON.

Salmon may be treated in the variety of ways given for fish, and will be found equally delicious, it being one of our best fish, and admits of different sauces and garnishings. A white, or cream sauce will be found excellent for boiled salmon, and directions for making will be found under sauces, also for other sauces for salmon. With the white sauce garnish with cress and slices of hard boiled yolks of eggs. Do not throw

away even a small quantity of the remains of a salmon. An ingenious and interested cook can devise many ways in which it may all be saved and served in a most appetizing manner.

SALMON SCALLOPS.

These can be prepared from the cold baked, boiled or broiled salmon, or a can of preserved salmon may be used. To four cups of finely chopped fish, add two eggs, well beaten, three tablespoonfuls melted butter, the crumb of a small slice of bread, one tablespoonful chopped parsley, and pepper and salt to taste. Mix thoroughly; fill buttered scallop-shells or "patty pans" with the mixture, sprinkle with finely sifted bread crumbs and bake for a few minutes in a quick oven to brown them lightly. Serve in the shells or "patty pans" in which they were baked.

SALMON CROQUETTES.

Mince fine one pound cold, boiled or baked salmon; work into it one tablespoonful melted butter, the powdered yolks of two hard boiled eggs, one tablespoonful lemon juice, the crumb of half a slice of stale bread, half a tablespoonful anchovy sauce, pepper, salt, and nutmeg to taste. Make into little rolls, dip in beaten egg, roll in fine bread crumbs or cracker dust and fry in hot drippings.

BLACK BASS.

Black bass are a favorite with experienced fresh water fishermen. In the latter part of the season in the St. Lawrence River, they are found coming up to the rocky shoals in schools, and they furnish delightful

sport for the angler. For cooking them, follow the directions given for boiling, baking and frying fish. It is better to fry the small black bass. The large ones are delicious baked.

For cooking white fish, perch, pike or pickerel, and most kinds of fish, the same rules apply. Pickerel that are taken from deep water, are better than those caught along the edge of weed beds.

MUSKALLONGE.

Fewer of these fish are caught in the St. Lawrence, but they are far better than those taken at Rice Lake, where there is less current and the water is dark. In cooking them follow the directions given for boiling, baking and frying fish. It is thought by some that the water, from which fresh water fish are taken, should be pure enough to use for quenching thirst, while fishing, or the fish rejected for sanitary reasons, —but this is a debatable point.

COLD FISH.

Free the fish from the bone and cut into small pieces. Season with pepper, salt, and a little onion and parsley, chopped fine. Beat two or three eggs (according to quantity of fish), with about a tablespoonful of catchup. Mix with the fish and put into a baking dish. Place two or three very thin slices of ham or salt pork on top, and set into the oven. When done serve hot with oyster sauce. Garnish with parsley.

EELS.

Eels may be cooked the same as other fish, except many prefer to parboil them before baking or frying.

FROGS.

The hind legs only of frogs are used, and are not brought to the cook until they are skinned. They should be carefully and thoroughly cooked.

FRIED FROGS, No. 1.

Wash and put the legs into a spider, with water enough to cover them, add a little salt. Allow the water to boil away (being careful not to scorch the meat), then add butter and pepper; fry to a delicate brown. Be sure that they are quite tender when done. Serve hot, garnished with cress or slices of lemon.

FRIED FROGS, No. 2.

Wash, and boil for ten minutes in salted water. Drain, and when cool dip the legs separately into cracker dust, then into beaten egg, again into cracker dust and fry to a nice brown in a kettle of hot lard, clarified drippings or butter. Send to the table hot, garnished with parsley or cress.

FISH CHOWDER.

Fry some thin slices of fat pork in a saucepan until nicely browned; now cut the pork into small pieces and put it, with the drippings in which it was fried, into a kettle; over this put a layer of thinly sliced onions; then a layer of any nice fresh fish cut in pieces two or three inches square, the skin and bones having been previously removed; add white and cayenne pepper and salt to taste, and if you like, minced parsley or curled cress; on this put a layer of split Boston or milk crackers, previously soaked until moist, not ready

to fall to pieces, in hot water or milk. Proceed in the same order with the next layers, omitting the pork; repeat according to quantity required, cover with cold water and let simmer until done, which will require nearly an hour. The last layer should be of crackers. A cup of sweet cream into which you have stirred a scant tablespoonful of flour will improve your chowder. Some prefer to put a layer of sliced raw potatoes between the onions and fish.

SNELL-FISH.

OYSTERS ON THE HALF SHELL.

Wash thoroughly and wipe, or allow to drain, the desired number of oysters, (Blue Points are a favorite for eating raw from the shell). Open, removing half the shell, leaving the oyster with its liquor in the other half. Five oysters should be served to each person, and a good sized bit of lemon should accompany each plate; pepper and salt to be added as desired. Little Neck clams may be served in the same manner.

OYSTERS A LA POULETTE.

Put two dozen nice large oysters to cook in their own liquor, allow to just come to boil, or as soon as the oysters are plump, remove, (having salted them in the liquor.) Skim the liquor thoroughly, add an ounce of butter, half a pint of rich milk, and a tablespoonful flour (first stirred smooth in a little of the milk), and a squeeze of lemon juice, more or less as you like. Let come to boil, and just as you remove from the fire, add two eggs, well beaten, and a little chopped parsley; pour over the oysters and send to the table.

FRIED OYSTERS.

Choose large oysters for frying. Drain them on a cloth. First roll them in cracker dust, then dip in beaten egg, roll again in cracker dust and fry to a nice brown in hot butter, seasoned with pepper and salt.

Three eggs will be required for a quart of oysters. Butter may be added to the pan as needed, but none should be left when through frying. Send to the table hot, garnished with water-cress, curled-cress, or parsley.

STEAMED OYSTERS.

Select large oysters, drain, place on a plate in a steamer, over a kettle of boiling water. About twenty minutes will be required to cook them. Season with pepper and salt. Serve hot, on soft buttered toast.

SCALLOPED OYSTERS, No. 1.

Butter an earthen pudding dish, fill it with alternate layers of crushed crackers and oysters—the first layer should be the crushed crackers—wet them with a mixture of the oyster liquor and milk; then add a layer of oysters, which sprinkle with salt, pepper, and bits of butter, the size of walnuts. Let the top layer be the crushed crackers, over which scatter bits of butter quite thickly. Add a beaten egg to a little milk and pour over it. For a medium sized baking dish about an hour will be required for baking. The layer of cracker crumbs should be thick enough to conceal the oysters. The crackers should be made very fine.

SCALLOPED OYSTERS, No. 2.

In a deep dish put a slight sprinkling of cracker crumbs, made very fine by rolling, next a layer of oysters; sprinkle over salt and pepper, and some generous bits of butter; now a layer of fine cracker crumbs to just nicely conceal the oysters, then another layer of oysters and seasoning. Proceed in this way until the dish is full, or you have the desired quantity; let the

last layer be of cracker crumbs. When ready for the oven, pour over (if your dish holds two quarts) two gills of milk, and the liquor of the oysters, if taken from the shell.

ROAST OYSTERS.

Wash clean and wipe dry, any number of shell oysters; remove half the shell, leaving the oyster in the other half, sprinkle with white pepper and salt, arrange on sheet iron pan and bake in a hot oven. Send to table as soon as done (in the shell), accompanied by dressing, made as follows: Chop fine a small bunch of parsley, and beat in two tablespoonfuls of melted butter; add, if you like, a squeeze of lemon juice.

Oysters may be roasted on the coals or on the top of a hot stove; as soon as the shells open they are done; serve immediately.

Clams may be roasted in the same way, but are apt to be a little tough. Serve baked sweet potatoes with roast clams and oysters.

OYSTER TOAST.

Select fifteen plump oysters, mince and season with minced parsley and a pinch of nutmeg; beat the yolks of four eggs, and mix with half a pint of milk or cream. Put the whole into a sauce-pan and set it over the fire to simmer until thick; stir constantly, and remove from the fire just before it boils, to prevent curdling. Have ready some pieces of hot toast, nicely buttered, pour over and serve.

BROILED OYSTERS.

Drain the desired number of oysters on a napkin for half an hour. Rub the wires of your broiler with a piece of suet, or a little melted butter, arrange the oysters on the broiler and broil over a clear, bright fire, turning the broiler often, to prevent the juices from escaping. Have ready some nicely buttered toast, heap the oysters on it, sprinkle lightly with pepper and salt, and send to the table accompanied by a small dish of melted butter.

OYSTER OMELETTE.

Beat thoroughly the yolks of six eggs, mix with them three gills of sweet cream, or the same quantity of milk, in which you have melted a piece of butter half the size of an egg. Put into a sauce-pan and set on the stove to simmer until thick, but do not allow to boil; stir gently. One minute before removing from the stove add the minced meat of twenty oysters, seasoned with pepper and salt and the least bit of nutmeg. Serve on toast, either moist or dry, as preferred.

GRIDDLED OYSTERS.

Drain on a napkin for half an hour some fresh large oysters. Heat the griddle as for pancakes, only hotter, butter very slightly, put on the oysters and turn almost immediately. Two minutes will cook them sufficiently. Have heated a tureen, in which place the oysters with a generous piece of butter, salt and white pepper to taste, and, if you like, a squeeze of lemon juice. This dish of oysters will be appreciated by those dyspeptics who object to the quantity of liquid incident to stewed oysters.

PANNED OYSTERS.

Choose large fresh oysters, just from the shell if possible. Split and toast Boston crackers, or pieces of stale bread cut round to fit the bottoms of "patty pans." Put the liquor from the oysters in a stew-pan on the stove, boil and skim, season with pepper, salt, and butter. Put the crackers or toasted bread into the "patty pans," moisten with the hot liquor, fill the pans with the oysters, putting on each oyster as it is placed in the pan a bit of butter, a little salt and pepper, and, if you choose, a drop of lemon juice. Bake fifteen minutes in a *very* hot oven; set the "patty pans" on a platter and send to the table at once.

PICKLED OYSTERS.

Drain the oysters, put them into a porcelain kettle with cold water enough to cover them. Salt the water so it will taste, and allow it to come to boiling point, then skim immediately into an earthen dish to cool, then into a jar that can be covered tightly. Take vinegar enough to cover the quantity of oysters used, and scald it in the same kettle, in which put mace, cloves, allspice (not ground) and pepper-corns, to taste. Let it boil up well, and when cold pour over the oysters. Keep in a cool, dark place.

OYSTER PIE.

Make a nice oyster stew, adding just as you remove from the fire, a well beaten egg, a tablespoonful of fine cracker crumbs, and a very little grated nutmeg. Pour the stew into a deep dish and cover with a crust made as for soda and cream of tartar biscuit; set it in a hot

oven and bake until the crust is done. Serve in the dish in which it was baked. A quart of oysters makes a good sized pie.

OYSTERS BAKED.

Cut some very *thin* slices of fat pork into pieces about the size of your oysters; lay them on the bottom of a sheet-iron dripping pan; on each piece of the pork lay an oyster, previously drained; dust with white pepper, cover with a bit of the thin pork, and bake in a *hot* oven until the pork is crisp and of a light brown color; the oysters will then be sufficiently well done. Remove to a hot dish and serve at once. Pass sliced lemon with oysters cooked in this way. The pork is not usually served with the oysters.

OYSTER CROQUETTES.

Scald the hard part of the oysters—the soft part can be reserved for soup or stews—chop fine, and to two teacupfuls of the chopped oyster meats, add a slice of stale bread, which has been moistened in cold water and then squeezed as dry as possible, one cup of mashed potato, one egg, three or four tablespoonfuls of sweet cream, two of butter, mace, thyme, parsley, grated lemon peel, pepper, and salt to taste. Be careful not to season too highly; some put only pepper and salt in oyster croquettes, preferring the flavor of the oysters. Have the mixture as moist as will allow you to make into little rolls; see that there are no cracks to admit the dripping in which they are to be fried. Dip the croquettes in beaten egg, then in cracker dust and fry a golden brown in hot drippings. Drain and serve.

HOW TO DRESS LOBSTER.

Select a lobster that is heavy for its size, if light it will be watery; wash, if necessary, and plunge into boiling water for ten or fifteen minutes or until the shell is red; it is then cooked sufficiently; if boiled too long the fish will be tough and dry. Those found in inland markets have already been subjected to the boiling process, as may be known by their bright red color, the natural color of the lobster being a blackish green with darker spots. When done take the lobster from the kettle and allow it to cool. If you wish to use the shells for decorating the dish you are preparing, rub them over with the thinnest possible coating of olive oil. Separate the body from the tail, break off the claws and crack them at the joints; remove the meat, this is the coral. Lay the body on the back and open it lengthwise. On the inside of the shell, enclosing the soft part of the body, and extending nearly the whole length, will be found some fringed appendages, these are not eaten; pick the meat out of the body daintily with a silver fork, avoiding the stomach or sand bag, which will be found near the head; it is a small, hard sack, said to contain a poisonous substance. Cut the tail shell open on the under side and remove the meat whole; on the upper part of the end of this meat which was attached to the body, is a small bit of flesh which should be raised; there is a piece of meat attached to it which, if turned back to the extreme end of the tail, will uncover a little vein, running the entire length, which must be removed. This is called the intestinal vein; it is sometimes of a dark color and sometimes it is as light as the meat itself. This vein, the stomach, and the

fringed appendages before spoken of, are the only parts not eaten. It is the popular belief that these parts are very poisonous, but it is asserted on reliable authority that this is not true, although for very palpable reasons they should not be eaten. The eggs are of a fine red color, commonly called coral, and are considered a great delicacy.

BROILED LOBSTER.

Remove the meat from the tail and claws, and cut it in two lengthwise; season well with salt and white pepper, dip in butter, and broil over a clear fire until a delicate brown. Arrange on a hot dish, put some bits of butter on the meat, add a few drops of lemon juice, set in the oven a moment, and serve. Or, broiled lobster may be served with Béchamel sauce.

STEWED LOBSTER.

Put three tablespoonfuls of butter into a saucepan on the stove; when melted, stir into it very gradually three tablespoonfuls of flour; when perfectly smooth, add a pint and a half of good stock, stirring all the time. Season to taste with mace, salt, white pepper and cayenne. Cut three pounds of lobster meat into small pieces, add it to the prepared gravy, simmer five minutes and serve.

LOBSTER CROQUETTES.

Chop the meat of a boiled lobster very fine, add pepper, salt, and a little nutmeg or mace. Put some slices of stale bread in the oven, when dry pound them in a mortar, or rub them into very fine crumbs. Mix with the lobster, using one-quarter bread crumbs. Mix

thoroughly, adding two tablespoonfuls melted butter to a pint of the mixture. Bind with a beaten egg, make into round or oval balls, dip in beaten egg, then in cracker dust and fry in hot drippings. Serve dry and very hot, garnish with parsley or cress. A nice dish for luncheon.

SOFT SHELL CLAM CHOWDER.

Thirty or forty large soft-shell clams and one pint of oyster liquor. Slice into a good sized kettle six small potatoes, add a little black pepper and one quart of cold water. Set over to boil. Peel and cut into halves four large onions and put in with the potatoes. Have in a frying pan four or five slices of salt pork; when half a teacupful of fat has tried out, add it to the potatoes and onions. Also add the oyster liquor. Split and soak for ten minutes in cold water, eight Boston crackers and lay them ready on a plate. Try the onions and potatoes, if tender, add the clams and cook only a few minutes. Taste to see if perfectly seasoned. Put in the crackers, which will check the boiling. Add one quart of milk. Do not let it boil again, only get smoking hot; it will then be ready to serve.

CLAM CHOWDER.

Open a peck of clams—more or less, as you choose—scald and skim the liquor, add to it two ounces of butter, a teacupful of cracker crumbs, a little cayenne, salt if necessary, and a quart of boiling water; add the clams coarsely chopped, boil five minutes and serve. Just before serving add three or four broken crackers.

If the chowder seems too thin, add more powdered crackers. Clam chowder may be made after the recipe given for fish chowder.

CLAM STEW.

Open fifty clams, saving the liquor, cut each clam into four or five pieces. Put the liquor on the stove in a saucepan, let come to boil, and skim; now rub a tablespoonful of flour smooth in three ounces of butter, stir gradually into the clam liquor, to prevent lumps, boil two minutes, add half a pint of hot milk or cream, and half a teacupful of crushed cracker; serve at once.

SCALLOPS.

Those in the markets are usually ready for use. Look them over to see if they have been kept clean and perfectly free from specks. If you get them in the shell, boil them and remove the hearts, for the heart is the only part used. For frying, dip them in cracker dust, then in beaten egg, again in cracker dust and fry in hot butter. Season with pepper and salt. Be sure they are well cooked. Manage with them, both for frying and stewing, as you would with oysters except they require much longer time.

TERRAPINS.

There is so little subject matter furnished in regard to terrapins, and often none, that we not infrequently hear questions, from those who have little opportunity to ascertain, as to which are the most desirable species. For the benefit of such, the following is given before giving directions for cooking.

The yellow-bellied terrapin lives in stagnant ponds, and is found from Virginia to Georgia, being replaced south of the latter and north of the former by the red-bellied terrapin. It is seen in abundance in the Charleston markets.

The red-bellied terrapin prefers the rocky bottom in running water; it is found between Delaware river and Chesapeake bay, and about Trenton, N. J. Its flesh is less desirable for food than the other species mentioned.

The Florida terrapin is quite extensively distributed through the Southern states, and its flesh is delicious.

The chicken terrapin is the most esteemed of all, and is found from North Carolina and Georgia to Louisiana not far from the sea-coast.

The salt-water terrapin lives in salt-water and salt-marshes, where it hibernates, and is found along the Gulf of Mexico to South America and West Indies. It is abundant about Charleston. The meat is excellent, and in the Middle States is most esteemed during hibernation.

STEWED TERRAPIN.

Put the live terrapin into boiling water. The time required will depend upon the age and size, but from an hour to two hours and a half. When tender, remove the skin; it can be easily picked off, and throw it away, also the head, heart, sand-bag, intestines, most of the feet, and the gall, which be very particular about taking out, not to cut it (it lies within the liver). Pick the meat from the bones, scrape out all the fat and meat sticking to the shells, and put into a saucepan

with a generous quantity of butter, a large pinch of salt, a little cayenne, and allow to cook slowly. See that it is seasoned sufficiently and the meat tender. Cook up with it a half a teacupful of Madeira or sherry. Some vary the above by adding a portion of the water in which the terrapin has been boiled; or, when the meat is picked off ready for the saucepan, by adding to it the yolks of two hard-boiled eggs rubbed smooth, salt, pepper, a little cayenne to taste, two large spoonfuls of butter, half a cup of sweet cream, and half a cup of Madeira. These should be mixed together well before pouring over the meat; let it come to a boil and serve on bread toasted to a nice brown.

TERRAPIN IN SHELLS.

Boil, and remove the worthless portions from the meat, as directed for stewing terrapins. The shells should be removed carefully; scrape clean, scald and wipe them dry, so that they will be ready to use. Then put all the meat cut fine into a saucepan with butter, pepper, salt, cayenne, a few bread crumbs wet with a little Madeira or sherry, and the yolks of two hard-boiled eggs rubbed smooth; mix together and only just boil up, then fill the shells, set into the oven to brown over. Serve hot.

SOFT SHELL CRABS.

Wash thoroughly (it is better to use a brush) and let dry, then roll in flour, dip in beaten egg to which you have added a tablespoonful of milk and enough pepper and salt to season, roll in cracker dust and fry in hot drippings.

CRABS IN THE SHELL.

Boil the crabs until done, which will be when they assume a bright red color, remove the meat from the shells and cut in small pieces; clean the shells. To six ounces of the meat, mix one ounce of bread crumbs, two hard-boiled eggs chopped, one tablespoonful of lemon juice, cayenne pepper and salt to taste. Stir all together, add enough cream or cream sauce to make very moist. Put the mixture into the shells, smooth, and dust with sifted cracker dust and bake in a quick oven until a light golden brown.

LOBSTER PATTIES.

Put two ounces of butter in a saucepan on the stove; when melted stir into it sufficient flour to thicken it, add a small teacupful of stock or the same quantity of hot water, a little lemon-juice, salt and cayenne, to taste; let simmer a moment and then add the meat of a lobster finely minced. When thoroughly heated fill patty-cases, made as for oyster patties, with the prepared lobster, set in the oven a moment and serve. Be careful not to put too much flour in your patties, the gravy should just mask a spoon slightly.

OYSTER PATTIES.

Beard two dozen oysters, cut each one into three or four pieces and scald them in their own liquor. Put two ounces of butter in a saucepan, dredge in sufficient flour to take up the butter; strain the oyster-liquor and put it into the saucepan with the butter and flour; add a blade of pounded mace, a little lemon-juice, cayenne and salt to taste; let boil up, put in the oysters

and three tablespoonfuls cream, allow to heat but do not boil. Line patty-pans with puff paste, and put into each a small piece of bread; cover with paste, brush over with egg, and bake a light brown. When done remove the lids of the patty-cases, take out the bread, fill with the mixture, replace the covers, set in the oven for a moment and serve.

BREAD DRESSING.

Stale bread should be used for dressing. Many insist upon moistening the crumbs by pouring water or milk upon them until soft enough, adding the seasoning in the same dish. Experience has clearly demonstrated that the lighter, more wholesome dressing can be made by putting the quantity of bread required into a dish of clear cold water until it is perfectly saturated with the water, then, with a cloth or the hands, squeeze out the bread as dry as possible. Do this daintily, quickly, giving quick, hard squeezes, and put it into an earthen dish, with a beaten egg, adding the seasoning preferred, and most of us have very decided taste about the seasoning for a dressing. Use butter, pepper, salt, a little sage, or summer savory, or a bouquet of sweet herbs; also half of a small onion or shallot chopped fine may be added with either. The above is a plain dressing which may be used for fish, fowls, veal or pork. To this dressing add about a pint of oysters for a good sized turkey, if an oyster dressing is desired.

MEAT DRESSING OR FORCE-MEAT.

Soak a cupful of stale bread crumbs in a pint of water or milk until soft, then press out dry, put into a saucepan on the stove and add two tablespoonfuls of

butter, one of onion juice or a little chopped onion or shallot, one teaspoonful of salt, one teaspoonful of pepper, a light sprinkling each of ground cloves, mace, nutmeg, and cinnamon; let it thoroughly warm, not fry, then remove from the fire to cool. Chop fine half a pound each of uncooked veal and boiled ham, a few slices of fat salt pork and four mushrooms, then pound to a powder in a large mortar or in a smooth, round bottomed kettle, after which mix thoroughly with the bread and the yolks of two eggs. This force-meat is put to various uses; for quenelles, for the border of entrées and game pies. For quenelles, form into small balls the size of hickory nuts and fry in hot fat to a nice brown, or poach in boiling water for soups. If used for the border or center of entrées, steam the required quantity of force-meat in a buttered mould in the form desired. If for the border, the salmi or ragout is poured into the center; if for the center, then it is poured around it. Veal force-meat is made and used the same as that already given, except all the meat used should be veal. For chicken force-meat, use breasts of chicken in place of veal, and a little sweet cream is a nice addition. This force-meat is best for the lighter entrées. Fish force-meat is for entrées of fish and is made the same as veal force-meat, using fish instead of veal. Mushrooms may be omitted if preferred or if not procured easily. If wine be used in the baking, a little may be added to the force-meat when the bread and meat are put together.

ILLUSTRATIONS.

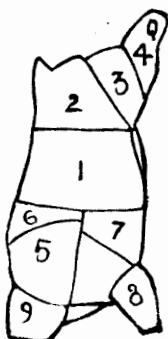


DIAGRAM OF FORE AND HIND QUARTER OF CALF.

HIND QUARTER.

1. Loin.
2. Rump and Hock-bone.
3. Fillet.
4. The Hock or Hind-knuckle.

FORE QUARTER.

5. Shoulder.
- 6 and 9. Neck.
7. Breast.
8. Fore-knuckle.

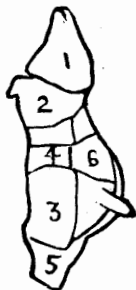


DIAGRAM OF FORE AND HIND QUARTER OF MUTTON.

HIND QUARTER.

1. Leg.
2. Loin—the two when cut in one piece, the saddle.

FORE QUARTER.

3. Shoulder.
- 4 and 5. Neck.
6. Breast.

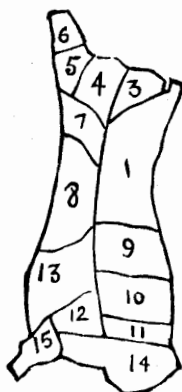


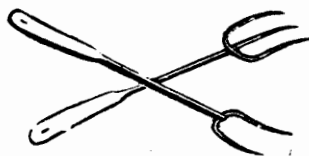
DIAGRAM OF FORE AND HIND QUARTERS OF BEEF.

HIND QUARTER.

1. First cut of ribs.
2. Porter-House steak or sirloin roast.
3. Boiling piece, aitch-bone, end of rump.
4. Prime boiling piece, or round steak.
5. Boiling or stewing.
6. Stew or soup, hock.
7. Primest boiling piece, third flank.
8. Boiling, thin flank.

FORE QUARTER.

9. Five ribs called the fore-rib, best roasting piece.
10. Second cut of ribs.
11. Chuck-ribs.
12. Thick end of brisket.
13. Brisket, suitable for boiling after being salted.
14. Neck.
15. Shin.



MEAT FORKS.



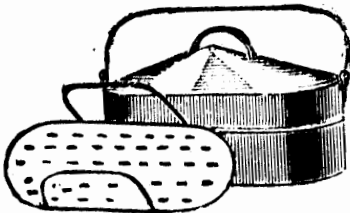
PLAIN MUFFIN PAN.



CAKE PAN.



GEM PAN.



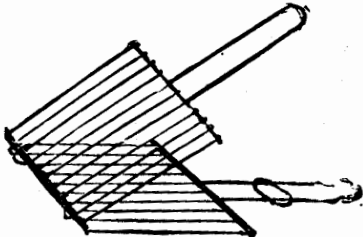
FISH KETTLE.



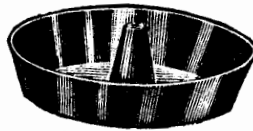
CHAFING DISH.



SARATOGA POTATO FRYER.



WIRE BROILER.



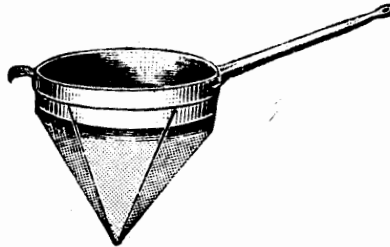
TUBE CAKE PAN.



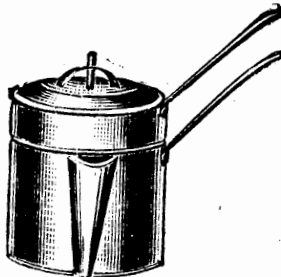
EGG LIFT.



APPLE CORER.



GRAVY STRAINER.



FARINA SAUCEPAN.



ASPARAGUS BOILER.



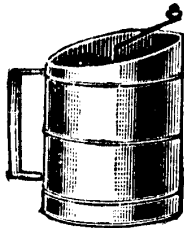
ICE CREAM FREEZER.



ICE PICK.



ICE CHISEL.



FLOUR SIFTER.



OYSTER PATTIE.



DOVER EGG BEATER.



IRON BAKE PANS.



WAFFLE IRON.



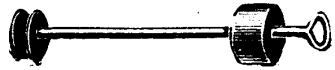
IRON BAKE PANS.



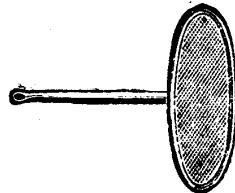
FRENCH ROLL PANS.



LEMON SQUEEZER.



CREAM WHIP.



OMELET PAN.



MILK BOILER.

See additional Illustrations, page 455

SAUCES.

GLAZE.

Either of the recipes given for stock will make excellent glaze if boiled down enough, though it will be necessary to use more meat if any considerable quantity is required.

The following is an excellent recipe for preparing glaze: Eight pounds of knuckle of veal or shin of beef, four slices of ham, four small onions, three or four heads of celery, three carrots, twelve white peppercorns, a blade of mace, a small bunch of herbs and a very little salt. Put four ounces of butter into a large pot, one that will hold at least three gallons; when melted, stir it about in the kettle, that the sides and bottom of the kettle may be well coated with the butter. Cut the meat into small pieces, slice the vegetables, and put both, with the seasoning, into the kettle, adding at the same time a pint of cold water. Set over a good fire and stir constantly until the juices are well extracted from the meat and have formed a thick glaze or gravy, which will partially conceal the bowl of a spoon, if dipped into it. Now add a couple of gallons of cold water, set the kettle back on the stove and allow to simmer slowly four or five hours if veal has been used, seven or eight if the meat is beef. Then strain through a wire sieve, leaving the meat in the kettle, which again fill, or nearly so, with *hot* water; simmer several hours and strain. Put the two stocks together in a large kettle and boil rapidly, leaving the pot uncovered, until the stock is reduced to two quarts; now set the kettle back and simmer very slowly, taking great care that the stock does not burn; remove at once any scum that may arise. It will now be of a rich brownish-yellow color, and a stiff jelly when cold as you will

discover by taking a spoonful from the kettle and allowing it to cool. When reduced to a quart put into small jars, cover closely and set away for use. Glaze will keep almost any length of time, and is a very useful article to have in the larder; a spoonful or two added to half pint of hot water, with a little thickening and flavoring will make a nice gravy, or sauce, or a delicious broth may be made by dissolving a slice of glaze in a cup of hot water. In the preparation of meat-pies, hashes, and ragouts, glaze is almost indispensable, if it so happen that you have no trimmings from which to prepare your gravy. A coating of it will add much to the appearance of a cold boiled ham or tongue. Set your jar of glaze in a saucepan of hot water and when the glaze melts, or softens a little, put a coating of it over the ham or whatever you wish to ornament, using a little brush, which should be kept for the purpose. Pigs shanks are rich in jelly, and will make an excellent glaze, though I do not think the flavor is quite as good as that made from beef or veal. I have more than once seen several quarts of rich jelly, in which pigs feet had been boiled, emptied into the waste-pail by a careless cook who had not the slightest suspicion that it could be utilized.

ROUX.

A FRENCH THICKENING FOR GRAVIES.

Melt six ounces of butter in a stewpan over a slow fire, and dredge in very gradually nine ounces of flour, stir until it is a light-brown color; do this very slowly, otherwise the flour will burn and impart a bitter taste to the sauce it is mixed with. Pour the mixture in a

jar and put it away for use. When wanted you have only to put a tablespoonful of your roux into a pint of hot stock or water, stir until melted, let boil, flavor with anything you choose and serve. To be used only for brown sauces.

BLANC, FOR THICKENING WHITE SAUCES.

Allow the same proportions of butter and flour as for roux, in the preceding recipe, and proceed in the same manner in preparing, taking care not to let it color. This is used for thickening white sauces. Pour into a jar and use as wanted.

WHITE SAUCE.

One tablespoonful of butter, one of flour, a little salt and white pepper, a small quantity of grated nutmeg rubbed smoothly together; add slowly a teacupful of hot water, or what is much better, a teacupful of white soup stock well flavored with vegetables; stir constantly and allow to just boil. Remove from the fire, add a little juice of lemon and a tablespoonful of butter. It should be made so perfectly smooth and well that it will not need straining.

BÉCHAMEL.

Put two pints of white stock into a stewpan with a small bunch of parsley, two cloves, half of a bay-leaf, a small bunch of savory herbs and salt to taste. Chop three or four mushrooms (if you can get them conveniently), add them to the contents of the stewpan, let simmer long enough to extract the flavor of the herbs, then strain, and boil it up quickly again until

nearly half reduced. Now mix one tablespoonful of arrowroot smoothly with a pint of cream, and let it simmer very gently over a slow fire for five minutes; add it to the reduced stock and continue to simmer slowly for ten minutes, if the sauce be thick. If, on the contrary, it is too thin, it must be stirred over a brisk fire until it thickens. This is a French white sauce.

MAÎTRE D'HÔTEL BUTTER.

One-fourth pound of butter, two dessertspoonfuls of minced parsley, and pepper to taste, salt and a scant tablespoonful of lemon-juice. Mix all well together, but do not stir more than is necessary. Pack in tiny jars, leaving half an inch space at the top, which should be filled with clarified butter or dripping; cover close and set away for use.

CREAM SAUCE.

The following is very nice for all kinds of baked fish, but especially for salmon trout. Put two tablespoonfuls of hot water with a teacupful of sweet cream into a sauce pan; stir in one tablespoonful of butter and a little chopped parsley. Set the sauce pan into a kettle of boiling water; add the strained gravy from the dripping pan, stir well together, boil up, take from the fire and add another tablespoonful of butter, then pour around the fish on a hot platter. Garnish daintily with parsley.

CAPER SAUCE.

Rub together one tablespoonful of butter and one of flour. Add slowly a pint of hot meat stock; when it begins to thicken, put in chopped capers, boil

quickly and remove from the fire, then add pepper, salt, a tablespoonful of butter and the beaten yolk of an egg with a small tablespoonful of water. Good with veal, lamb*and fresh pork.

CELERY SAUCE.

Make this the same as caper sauce, using chopped celery instead of capers. Boil a few minutes, strain and serve.

HOLLANDAISE SAUCE.

One tablespoonful of butter, a little salt, a little grated nutmeg, one tablespoonful of flour; rub smoothly together and add slowly one and a half teacupfuls of hot water, stirring constantly. Boil, remove from the fire, add a little mustard, a tablespoonful of vinegar, one of butter and one of sweet oil, the yolks of two eggs, one at a time. Beat slowly and thoroughly together. Add juice of lemon, strain and serve. Nice with boiled salmon trout, other boiled fish, asparagus and cauliflower.

HORSE-RADISH SAUCE. No. 1.

Two tablespoonfuls of grated horse-radish, two tablespoonfuls of cider vinegar, one cupful of cream, yolk of one egg, salt to taste, one tablespoonful of butter. Cover the horse-radish with water; let it boil for half an hour, stirring occasionally. Drain off the water, add the vinegar, butter, half a teaspoonful of sugar, and the salt, mixing quite well together. Beat the egg and cream, and add them just before serving. Very nice with oysters or any cold meat.

HORSE-RADISH SAUCE, No. 2.

To one tablespoonful of grated horse-radish add one teaspoonful of made mustard, one teaspoonful of granulated sugar and four tablespoonfuls of vinegar; beat all thoroughly together. This sauce is especially good with roast pork.

MAYONNAISE, No. 1.

Yolks of two eggs, a little cayenne, the juice of a lemon, half a teaspoonful of dry mustard, two tablespoonfuls of vinegar, one teaspoonful of salt, half a teacupful of olive oil. Stir the yolks, cayenne, salt and mustard well together; add the vinegar, a little at a time, stirring constantly; then add the oil, a few drops at a time until the sauce thickens and the whole quantity of oil is used. A most thorough and constant beating must be kept up throughout.

In the absence of olive oil, melted butter may be used.

MAYONNAISE, No. 2.

The yolks of two eggs, six tablespoonfuls of salad-oil, four tablespoonfuls of vinegar, salt and white pepper to taste, and three tablespoonfuls of sweet cream. Beat the yolks of the eggs thoroughly, season with pepper and salt, then add alternately a few drops at a time the vinegar and oil, beating all the time, as herein consists the secret of having a nice smooth sauce. When the vinegar and oil are well incorporated with the eggs, add the cream, stirring all the time, and it will then be ready for use. For a fish Mayonnaise, this sauce may be colored with lobster eggs, pounded; and for poultry or meat a little parsley-juice will add to its appearance.

BREAD SAUCE.

Rub a teacupful of stale bread crumbs through a sieve, then add a small onion, chopped fine, a little salt and pepper. Put to boil for a few minutes, in a teacupful of good stock; add a little sweet cream or butter and serve. Nice with fish and game.

MINT SAUCE.

Three tablespoonfuls of chopped, fresh mint, a teacupful of vinegar, two teaspoonfuls of sugar in the vinegar. Put into a glass can or bottle. It will keep well and can be used any time. Serve with lamb.

EGG SAUCE.

Make this sauce by adding chopped hard boiled eggs to white sauce.

OYSTER SAUCE.

Put a dozen and a half of oysters into a stew pan, with a teacupful of cold water; boil, skim and add a tablespoonful of butter and one of flour rubbed smoothly together, a little salt and pepper. Remove from the fire and add a little juice of lemon, and another tablespoonful of butter. Serve with boiled codfish, boiled chicken and boiled turkey.

SAUCE FOR HALIBUT.

Add a little water to the gravy in the roasting pan, thicken a very little, add the juice of a lemon, one tablespoonful of tomato catchup or Worcestershire sauce, pepper and salt to taste. Send to the table in a sauce boat.

BROWN MUSHROOM SAUCE.

Prepare a pint of mushrooms by cutting off the stalks, peeling the tops, and cutting in quarters; boil twenty minutes in enough stock to just cover them, then add one-fourth of a teaspoonful of nutmeg, cayenne and salt to taste; thicken with brown flour, boil two or three minutes, beat in a tablespoonful of butter, add a teaspoonful (more if you like) of lemon juice and serve. Hot water may be used in place of the stock, in which case use two tablespoonfuls of butter, putting in one when the mushrooms are nearly done and adding the other after removing from the kettle.

WHITE MUSHROOM SAUCE.

Boil the mushrooms in rich, white stock made of veal or chicken, thicken with flour rubbed smooth in butter, a tablespoonful of each to half a pint of broth, add a few spoonfuls of cream, a little nutmeg, cayenne and salt to taste. Serve very hot. A nice sauce for boiled fowls.

CREAM SALAD DRESSING.

Yolks of two hard boiled eggs, one teaspoonful made mustard, one-half teaspoonful of salt, one-fourth teaspoonful of sugar, one tablespoonful of melted butter, the same of vinegar and a sprinkling of pepper. Rub all smoothly together, and add at the last half a teacupful of sweet cream. Beat thoroughly with an egg-beater.

DRESSING FOR LOBSTER OR CHICKEN SALAD.

One teaspoonful of mustard, a little cayenne pepper, one teaspoonful of salt, one tablespoonful of olive

oil, yolks of two hard boiled eggs rubbed smooth, two raw eggs, half a teacupful of vinegar. Mix thoroughly and pour over the meat and celery.

HOLLANDAISE SAUCE FOR SALADS.

Cream in a bowl with a silver fork half a cupful of butter; add the yolks of four raw eggs, one by one, a little pepper, a saltspoonful of salt and the juice of half a lemon. Set the bowl in a sauce pan of boiling water and beat with an egg whisk until it grows a little thick; then add half a cupful of hot veal stock or of boiling hot water.

ANCHOVY SAUCE FOR FISH.

Take the bones from four anchovies, and pound them in a mortar to a paste with one ounce of butter. Now put on the stove in a saucepan enough butter to make when melted half a pint; when the butter is hot stir into it the pounded anchovies, a sprinkling of cayenne pepper, and a squeeze of lemon juice. Boil the whole one minute and serve hot. An excellent sauce for turbot or soles.

FISH SAUCE, No. 1.

One and a half ounces of cayenne, two tablespoonfuls of walnut catchup, two tablespoonfuls of soy, a few shreds of garlic and shallot, and a quart of good vinegar. Put all the ingredients together in a large bottle and shake well every day for a fortnight; it is now ready for use; put in small bottles and seal. This sauce will keep indefinitely.

FISH SAUCE, No. 2.

One-half pint of walnut pickle, half a pint of port wine, one-half pint of mushroom catchup, one dozen anchovies, one dozen shallots, one-fourth of a pint of soy and half of a teaspoonful of cayenne. Put all the ingredients into a sauce-pan, having previously chopped the shallots and anchovies very small; simmer fifteen minutes, strain, and when cold bottle for use. See that the bottles are air-tight.

ASPIC OR ORNAMENTAL SAVORY JELLY.

Remove the fat from three slices of ham, cut in small pieces and lay in the bottom of a stew-pan; now cut in small pieces four pounds of knuckle of veal and any poultry trimmings you may happen to have, place in the stew-pan on the ham, add two carrots and an onion sliced, a bunch of sweet herbs, three or four cloves, a glass of sherry, salt and white pepper to taste, and three quarts of cold water; let the whole simmer very gently four hours, carefully taking away all scum that may rise to the surface; strain through a fine sieve and pour into an earthen dish to get cold, after which remove the fat should there be any, put into a clean stew-pan, leaving the sediment behind, add the whites of three eggs to clarify, keep stirring over the fire till the whole becomes very white, then draw it to the side and let stand until clear. Strain through a cloth or jelly-bag. Useful for molding fish, oysters, and chickens; it is also a nice basis for salad-dressing.

MANGO CHETNEY SAUCE.

One and a half pounds of sugar, three-fourths of a pound of salt, one-fourth of a pound of garlic, one-fourth of a pound of onions, three-fourths of a pound of powdered ginger, one-fourth of a pound of dried chilies, three-fourths of a pound of mustard-seed, three-fourths of a pound of stoned raisins, two bottles (two pints) of good vinegar, and thirty large sour apples. Make the sugar into a syrup, pound the garlic, onions, and ginger in a mortar, wash the mustard-seed in cold vinegar and dry in the sun; peel, core and slice the apples, and boil them until tender in a pint and a half of the vinegar. When all this is done, and the apples are quite cold, put them into a large dish and gradually mix the whole of the rest of the ingredients, including the remaining half pint of vinegar. Stir until the whole is thoroughly blended, and then put into bottles for use. Fruit jars with tight-fitting covers are preferable. This is a Bengal recipe furnished by a lady who was for a long time a resident of India, and is said to make a chetney very superior to that found in the market.

INDIAN CHETNEY SAUCE.

Half a pound of sharp sour apples, pared and cored, half a pound of tomatoes peeled and the seeds removed, half a pound of salt, half a pound of stoned raisins, a quarter of a pound of cayenne, a quarter of a pound of powdered ginger, two ounces of garlic, two ounces of shallots, three quarts of vinegar and a quart of lemon-juice. Cut the apples and tomatoes in small pieces, mix well with the other ingredients, put in a

warm place and stir every day for a month ; then strain but do not squeeze dry ; store in bottles for use. This liquor will serve as an excellent sauce for fish and meat for those who are fond of chetney. If a milder sauce is preferred use less of the cayenne and ginger.

TOMATO SAUCE.

HOT, TO SERVE WITH CUTLETS, ROAST MEATS, ETC.

Cut six tomatoes in two and squeeze out the juice and seeds. Put the fleshy part of the tomatoes into a stewpan with two shallots, one clove, one blade of mace, one-fourth of a pint of gravy or stock, and salt and cayenne to taste. Let simmer until the tomatoes are tender enough to pulp ; rub the whole through a sieve, boil for a few minutes and serve. The shallots and spices may be omitted if their flavor is objected to.

TO MIX MUSTARD.

Mix mustard with water that has been boiled and allowed to cool ; hot water destroys its essential properties. Put the mustard in a cup, with a small pinch of salt, and mix with it very gradually, sufficient boiled water to make it drop from the spoon without being watery. Stir and rub smooth ; then add to a teacupful of the mustard, two tablespoonfuls of good sharp vinegar, and a scant teaspoonful of sugar. A teaspoonful of horse-radish or tarragon vinegar may be added to the above, if liked, or mustard may be flavored with celery or shallots, though it is not customary in this country to add any flavoring to mustard, the flavor of the mustard itself being considered sufficient.

SOYER'S RECIPE FOR GOOSE STUFFING.

Four apples, peeled and cored, four onions, four leaves of sage, and four leaves of lemon thyme not broken ; boil these in a stewpan with sufficient water to cover them ; when done, pulp them through a sieve, removing the sage and thyme ; then add sufficient pulp of mealy potatoes to make the mixture so dry that it will not stick to the hand ; add pepper and salt and the stuffing is ready for use.

SWEET SAUCE FOR VENISON.

Put a small jar of red-currant jelly, and a glass of port wine into a stewpan and set them over the fire ; when melted, pour into a tureen and serve. It should not be allowed to boil.

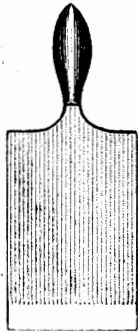
PLAIN SALAD DRESSING.

Beat the yolks of three eggs, add a little salt, a sprinkling of cayenne, and half a saltspoonful of white pepper ; now beat in a few drops at a time, six tablespoonfuls of olive oil, and then just as gradually three teaspoonfuls of vinegar. If there is no celery in your salad put half a teaspoonful of celery essence into the dressing. This is an excellent dressing. The mixture should be as thick as cold cream when ready for the salad.

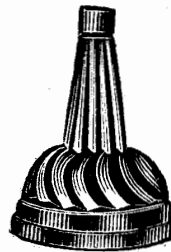
MONTPELLIER BUTTER.

Take a scant quarter of a pound each of parsley, garden cress, chives, tarragon and burnet ; scald one minute, remove from the water, drain and dry ; then pound in a mortar four hard-boiled eggs, two small

pickled cucumbers, a scant tablespoonful of chopped capers, and, if liked, one small shallot; rub through a sieve; now pound the herbs as fine as possible, sift through a fine wire sieve, mix thoroughly with a pound of butter, three tablespoonfuls of olive oil and two of vinegar, add the eggs, cucumbers, capers, etc., mix perfectly, and pack in small jars, taking care to exclude the air with a covering of clarified drippings, before putting on the cover of the jar. This is an excellent dressing for salads, cold meat or fish.



BUTTER FORMER.



ICE CREAM MOLD.

MEATS.

MANY excellent articles have been written upon the subject of choosing and cooking meats and upon their relative value as food ; these are no doubt very helpful, but for most of us, the most successful teacher is that very exacting master known as Experience. And although we may profit largely by the experience of others, it can hardly be made to take the place of personal knowledge ; this is eminently true in the matter of choosing meat. It is always wisdom from every point of view, to buy only the best meat, and usually the best cuts will be found the most economical, as requiring less waste, though the cheaper pieces may often be rendered very acceptable by skillful cookery.

Prime beef is of a bright red color, dry and elastic to the touch, and the fat, which should be abundant, is white and firm. Choose the meat from a rather small boned animal, as it is of finer texture than that of an animal having very large bones.

Prepare all meat for the oven by looking it over carefully to see that there are no hairs clinging to it ; then wash quickly in a pan of cold water and wipe dry with a clean towel, or wipe the meat first with a wet towel and then with a dry one.

The tenderloin and sirloin are the most desirable roasts, and there are degrees of excellence even in these. A rib roast is the most economical for a small family,

the sixth, seventh and eighth ribs being considered the best ; have your butcher remove the bones, which should be sent home with the meat, as you have paid for them and they furnish a valuable contribution to the soup kettle.

The roasting pan should be at least four inches deep and not very much larger than the piece of meat to be roasted, and a roasting rack upon which to set the meat is really quite essential. Have the oven *hot* when the meat is put into it, allow twelve minutes to the pound if the roast is a small one and fifteen if a large one ; put a teacupful of hot water into the baking-pan and baste often until the meat is nearly done, but do not salt or pepper it, as the salt will cause the juices to flow, which should be retained in the meat, and the flavor of pepper is much injured by scorching ; put these condiments into the gravy and use white pepper instead of black, its flavor is much more agreeable. Turn the meat when one side is brown, that the other may brown also ; when done, your roast should be a nice brown and covered with a rich glaze, as it certainly will be if it is put into a hot oven. Very many cooks insist upon dredging the meat with flour before putting it into the oven, the object being to form a crust which shall brown nicely, but this is a shabby makeshift, which will be easily detected by any one who has once seen a piece of meat that has been properly roasted.

When I speak of roast meat, I use the term roast as it is usually understood in our country ; accurately speaking, it is baked meat, roasting before the fire being a process of cooking that is very little practiced in this country. Veal and lamb require very thorough cooking, therefore your oven will not need to be

quite as hot as for beef and pork; baste often as for beef until nearly done, then allow to brown.

When your roast is done, remove from the baking pan, turn off the drippings—carefully save the drippings from beef, lamb and veal, clarify them, and put in small jars that may be closely covered—they are much more wholesome for frying than lard; set the pan on top of the range, add a teacupful of boiling water, pepper and salt to taste, and let stand a few minutes until the glaze is dissolved, then thicken with a roux made by rubbing smooth a tablespoonful of butter and two of browned flour, add to the gravy, let boil a minute, and serve. You can add to this, oysters, mushrooms, chopped pickles or any flavoring you choose.

Most people are well acquainted with the theory that meat should be boiled slowly, but in actual practice the theory seems to be forgotten; now if you can see an occasional bubble rising to the surface, the meat is cooking fast enough, but remember, that although the meat must boil slowly, it must not stop boiling, as steeping would render it tasteless. Boil all fresh meats and all kinds of fish, very slowly; corned meats, such as ham and beef, should not be allowed to more than simmer, and if they are to be served cold, they should be allowed to cool in the liquor in which they were boiled. The sauces for boiled meats should be a little more piquant than those to be served with baked or roasted meats.

Broiling is easily accomplished if you have plenty of bright live coals, have the gridiron well heated and rubbed with a piece of suet before putting on the meat; turn often if it is steak or chops. As birds and

chickens require a much longer time for broiling, it is a good plan to have a close-fitting cover to put over the broiler, as in this way the fire will remain bright much longer.

Frying is one of the most common modes of cooking, and one which is not always attended with success. A frequent cause of failure is in not having the fat or drippings hot enough. Now, you can easily decide whether your drippings are hot enough, if you will take the trouble to drop a bit of bread into the frying-pan. If the bread colors a delicate brown at once, you can put in your fish, chops, fritters, or whatever you wish to fry. Many fried articles, such as fish, oysters, chops and fritters are improved by being first breaded. For this purpose save every crumb of stale bread, dry in the oven until there is no moisture left in it, then pound in a mortar or roll as fine as possible, sift through a rather fine sieve, and put in tightly corked bottles for future use. You will have no trouble in breading if you will insist upon having your crumbs *very* fine and will then take the trouble to sift them; if you use cracker dust for breading let the crackers be first dried a little in the oven if they are at all stale, and then rolled as fine as possible and afterwards *sifted*. Remember that unless your crumbs are *fine* they will be sure to drop off in spots, thus spoiling the appearance of what should be an attractive dish, and food to be appetizing must be pleasing to the eye.

Many kinds of cold meat may be warmed very acceptably by being first dipped in a batter and then fried in drippings. Butter may be used for frying omelets, eggs, and oysters, or anything that does not require long-continued heat. Have, if possible, frying-

pans of different sizes. A veal steak will require rather a large pan, whereas a small omelet would be ruined if spread over too much surface. All vessels used for frying require to be washed with the most scrupulous care; any neglect in this respect being very soon discernible.

LARDING.

Bacon or salt pork for larding should be firm and fat, and is better to be cured without any saltpetre, as this reddens white meats. Lay the bacon or pork on a table, the rind downwards, and cut it into slices of any equal thickness. Place the slices one on the top of another, and cut them evenly into narrow strips, so arranging it that every piece is of the same size.

Bacon or pork for fricandeau (a fancy dish of veal or boned turkey, poultry and game), should be about two inches in length and a little more than one-eighth of an inch in width. If for larding filets of beef or loin of veal, the pieces of bacon or pork (or lardoons, as they are called often,) should be thicker.

A larding-needle is quite essential to lard well, but in the absence of one, little slits may be made with a knife in the meat and the strips of bacon passed through. The following recipe of Soyer is, we think, very explicit; and any cook, by following the directions here given, may be able to lard, if not well, sufficiently for general use:

“Have the fricandeau trimmed, lay it, lengthwise, upon a clean napkin, across your hand, forming a kind of bridge, with your thumb at the part you are about to commence at; then, with the point of the larding-needle, make three distinct lines across, half an inch

apart ; run the needle into the third line, at the farther side of the fricandeau and bring it out at the first, placing one of the lardoons in it ; draw the needle through, leaving out one-quarter of an inch of the bacon at each line ; proceed thus to the end of the row ; then make another line, half an inch distant, stick in another row of lardoons, bringing them out at the second line, leaving the ends of the bacon out all the same length ; make the next row again at the same distance, bringing the ends out between the lardoons of the first row, proceeding in this manner until the whole surface is larded in checkered rows. Everything else is larded in a similar way, and, in case of poultry, hold the breast over a charcoal fire for a minute, or dip it into boiling water, in order to make the flesh firm."

ROAST BEEF.

The process is about the same, whether your roast is a sirloin or a rib roast ; if the latter, have the bones removed and the meat rolled in good shape and held so either by skewers or bands of thin cloth. Wipe the meat first with a wet towel and then with a dry one ; put it into the dripping-pan, add a cup of hot water, and put immediately into a *hot* oven and roast twelve minutes for every pound, if the roast is a small one ; allow fifteen minutes to the pound for a large roast.

Turn the meat that it may brown on all sides. When done remove to a hot platter, pour the drippings off from the gravy, add a cup of hot water, season with pepper and salt, thicken with browned flour, boil up once, and serve. You can add to this, if you choose, oysters, mushrooms, or chopped pickles.

BEEF A LA MODE.

Get six or seven pounds of the thick flank of beef, which prepare for stewing in the following manner: Take black pepper and allspice, a half a teaspoonful of each, two cloves finely pounded, salt to taste, one bunch of savory herbs, including parsley, all finely minced and well mixed. Have ready some long slices of fat pork or bacon suitable for larding; dip them into vinegar and then into the mixture of spices and herbs, and lard the beef thickly; rub the beef over with the seasoning of herbs and bind it in shape with a piece of tape. Now put two ounces of butter in a sauce pan on the stove, in which fry two onions, cut in thin slices, until a pale brown. Put the meat into the kettle with sufficient water to cover it; add two large carrots, a turnip, and a head of celery, all cut in pieces. Simmer very gently for five or six hours, or until the meat is tender. 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 a glass of port wine, just let it boil, pour it over the beef, and it is ready to serve. Great care must be taken that the meat does not boil fast, or it will be tough—the water should only just bubble.

FILLET OF BEEF LARDED.

About four pounds of the inside fillet of the sirloin, one onion, a small bunch of parsley, salt and pepper to taste. Lard the beef and put it into a pan with sufficient vinegar to cover it. Add a sliced onion, parsley and seasoning to taste, and let it remain in this pickle for twelve hours. Roast in a hot oven for an hour and a half; baste often. When done, remove to

a hot platter and glaze. Pour the drippings from the baking pan, set the pan on the stove, put half a pint of boiling water into it, let boil up, season and thicken with browned flour. Add any flavoring you may choose, mushrooms are especially nice with this dish, and send to the table in a gravy tureen.

STEWED BEEF.

A piece of meat that roasted in the ordinary way would be tough and unsatisfactory, will be much tenderer and more juicy if stewed or pot roasted. Put a piece of beef weighing five or six pounds into a kettle and let it cook until nicely browned, turning frequently that it may not burn. The outside will thus be quickly seared and the juices retained. Now add two teacupfuls of hot water and half a cup of vinegar, or, what is much better than vinegar, four tablespoonfuls of tomato catchup or a cup of stewed tomato; pepper and salt to taste. Cook until very tender, remove from the kettle, drain off the drippings, thicken the gravy with browned flour and serve. Water may be added while the meat is cooking, if necessary, or when the meat is removed, if the gravy is too scant. Cover very closely while cooking.

BROILED BEEFSTEAK.

Have choice steaks, porterhouse or tenderloin, cut three-fourths of an inch thick, rub the bars of the broiler with a piece of beef suet, lay the meat on and broil over a clear, bright fire from twelve to fifteen minutes, turning as soon as it browns and often enough to prevent the juices escaping. When done, remove to a hot platter, sprinkle lightly with salt and white

pepper, put some generous bits of butter on it and set in the oven until the butter is melted; serve at once. Maître d' hôtel butter is an excellent dressing for beef-steak; put two tablespoonfuls on two pounds of beef-steak when it comes from the broiler and set in the oven until the dressing is melted. Powdered mushrooms are also a nice dressing for steaks; sprinkle over as soon as the meat is put on the platter, add the butter, pepper and salt, and set in the oven for a moment.

BROILED BEEFSTEAK WITH ONIONS.

Peel and wash four medium-sized onions; slice and put into a spider with cold water enough to cover, and boil until tender; pour off the water, add a little butter and fry to a nice brown, then draw the spider to the side of the stove to keep hot. Broil a large and tender steak, remove the bone and scatter over it bits of butter, salt and pepper, and cover with the onions. Curled cress or water-cress for a relish and to garnish the platter, is a nice addition.

FRIED BEEFSTEAK.

A fried beefsteak is usually a ruined beefsteak, therefore broil if possible, but if for any reason you must fry your steak, proceed as follows: Cut the steak thinner than for broiling, have the frying pan *very* hot, so as to sear the meat over at once, thereby retaining the juices. Rub the frying pan with a piece of beef suet before putting the meat in, to prevent sticking; turn often and be careful that the frying pan does not cool—it must be *hot*. When done remove to a hot platter, season with salt, pepper, and

bits of butter, set in the oven a moment and serve. Or, pour a cup of stock, or in the absence of stock a cup of hot water, into the frying pan, thicken a little with browned flour, add a tablespoonful of butter, let boil up, add a little of any kind of catchup, a few stewed mushrooms, or a dozen oysters previously plumped in their own liquor, pour over the steak and serve.

BEEFSTEAK WITH OYSTER SAUCE.

Have the steaks cut of an equal thickness, broil them over a clear fire, turning often, that the gravy may not escape. Broil from eight to ten minutes, according to thickness. Scald three dozen oysters in their own liquor, remove the oysters, strain the liquor and add sufficient milk to make two-thirds of a pint; thicken with two tablespoonfuls of flour, rubbed smooth in the same quantity of butter; stir constantly until the sauce is thick enough and perfectly smooth. Add the oysters, let them get well heated but do not allow to boil; pour the oysters over the steak and serve.

BEEFSTEAK WITH FRIED POTATOES.

Put four ounces of butter into a frying or *santé* pan, set it over the fire and let it get very hot; peel eight good-sized potatoes and cut them into long thin slices; put them into the hot butter and fry them till of a nice brown color. Now broil the steaks over a clear bright fire, turning them frequently, that every part may be equally done; as they should not be thick, five minutes will broil them. Put some bits of *maitre d'hôtel* butter over the steak, set it in the oven for a moment, put the fried potatoes around the edge of the

dish as a garnish and serve at once. If you would have this dish in perfection, a portion of the fillet of sirloin should be used.

BEEF CROQUETTES, No. 1.

From the remains of the previous day's roast of beef or mutton, very nice croquettes may be made. Two cupfuls of the meat chopped fine, six pickled oysters or one dozen fresh ones, one cupful of bread crumbs soaked in half a cupful of hot milk, until soft, one salt-spoonful each of made mustard, grated nutmeg and pepper; one even teaspoonful of salt, butter the size of an egg, melted in the hot milk, and half a cupful of gravy, that is nearly always left over with the roast. Stir in one beaten egg at the last and make into rolls like large corks; dip them into an egg beaten with one tablespoonful of cold water and roll in fine bread crumbs. Fry in hot drippings or butter.

BEEF CROQUETTES, No. 2.

Fry in a tablespoonful of butter until a nice brown, two small shallots, or one small onion, then add to the frying-pan two teacupfuls of finely chopped beef, one slice of stale bread, which has been soaked in cold water and then squeezed as dry as possible in a napkin, one tablespoonful of chopped parsley, two of sweet milk or cream, a little thyme and nutmeg, a little grated lemon peel, and pepper and salt to taste; stir all together until heated, remove from the stove and stir into the mixture two well beaten eggs, turn on to a plate and when cold make into little rolls two or three inches long and an inch in diameter; handle

very carefully to prevent breaking; they should be very moist and will crumble easily; dip in beaten egg, roll in cracker-dust, and fry a nice brown in hot drippings.

GRILLED MEATS.

Cut some rather thick slices of cold roast beef, hack them crosswise with a sharp knife, then dip them in a dressing made as follows: Beat one egg until light, now beat in, a few drops at a time, one tablespoonful of olive oil or melted butter, and the same quantity of lemon juice or vinegar, alternating the oil and vinegar and beating all until the dressing is thick like cold cream; add a saltspoonful of salt, a little white pepper, half a teaspoonful of mustard, a very little nutmeg, a pinch of thyme, and just a dash of cayenne; dip the meat in the dressing, lay on a plate for an hour, and then broil over a clear fire until it browns a little and is well heated through, remove to a hot platter, put a piece of butter, or a bit of maître d'hôtel butter on each piece, set in the oven a moment and serve.

BEEF HASH.

Corned beef is better for hash than fresh beef, though either may be used; trim the cold meat, removing all bone, skin and gristle; chop rather fine, using a cup and a half of meat and two of potatoes, chopped after they are cold. Put the meat into a frying pan with a scant cup of hot water for three of meat, add two tablespoonfuls of butter and pepper and salt to taste. Let the meat simmer a few minutes, then add the potatoes, stir all thoroughly together, and when well heated it is ready to serve. A mixed hash may be made by adding

any kind of cold vegetables, cold beans being an especially welcome addition. This dish is improved for some tastes by being allowed to brown in the frying pan. Toast is a suitable accompaniment for hash, a spoonful of hash on each half slice, or the toast may be served by itself.

SALMI OF COLD MEAT.

Melt two ounces of butter in a saucepan, in which fry until a nice brown, one small onion, then stir in a generous tablespoonful of browned flour, add a cup of stock from the soup kettle, a glass of red wine, a little thyme or parsley and pepper and salt; let simmer very slowly fifteen minutes and strain; put in the meat, sliced, add a squeeze of lemon juice, and serve as soon as hot. This is a nice way to warm white meats, such as veal and chicken; for these the butter and flour are not allowed to brown, and white wine is used instead of red.

FRIZZLED DRIED BEEF.

Prepare the meat as for the above, pour over it a cup of hot water, let stand five minutes, drain, fry in a little melted butter until the edges of the meat begin to curl. If liked, four or five eggs may be stirred briskly into the frying pan just before serving; serve very hot.

SALMI OF DRIED BEEF.

Remove the skin and every chance bit of fat from the dried beef, shave very thin and put into a saucepan with a teacupful of water for a half pound of beef, let simmer, not boil, a few minutes, then remove the meat and add the following to the water in which the meat

has been simmering: A little salt and white pepper, a tablespoonful of butter and half a tablespoonful of flour rubbed smooth together, let boil a minute, pull to the back of the stove or range, put the meat back into the saucepan, let stand until heated, but do not allow to boil, add another tablespoonful of butter, or two or three tablespoonfuls of cream. Serve on toast or without, as preferred. This dish may be varied by stirring in four or five eggs when the meat is put into the prepared gravy and allowing them to cook just enough to set the yolk.

BEEF'S HEART.

This very cheap dish is remarkably nice if properly cooked and is not so much despised abroad as in our own country. Select a fine large heart, wash clean, cut off the lobes and gristle and soak five or six hours in vinegar and water. Make a force-meat of chopped pork, bread-crumbs, parsley, thyme or whatever seasoning you prefer, fill the heart with the force-meat, sew a piece of netting around it, and simmer very slowly, large end up, three hours, or until tender; then remove from the kettle, take off the cloth, place in a dripping pan, and roast in a hot oven until a nice brown. A weak stock is very nice to boil the heart in, but in the absence of stock use water, putting enough in the kettle to barely cover the heart. Use the broth in which the heart was cooked for gravy, thicken with browned flour. Serve horseradish sauce with beef's heart. A nice way of warming this dish, is to slice the heart very thin, while you are doing this let the gravy, made by thickening the liquor in which the heart was boiled, be put in a saucepan on the stove,

add half a glass of sherry, or a tablespoonful of lemon juice or vinegar, let simmer a few minutes, draw to the back part of the range, add the sliced heart, let stand long enough to get very hot and serve. Veal force-meat may be used in place of the pork if preferred.

BEEF'S TONGUE.

Scrape, wash clean, and soak over night. Put to cook in enough hot water to cover the tongue; add to the water a piece of sweet pepper, two or three cloves, half a dozen pepper corns and a blade of mace. If the tongue is a fresh one, has not been corned, put a tablespoonful of salt into the water in which it is cooked. Boil very slowly, until easily pierced with a fork, remove to an earthen dish, add the water in which the tongue was boiled; when cold, remove the tongue skin, dress with mayonnaise and serve cold. If the tongue is to be served hot, proceed as follows: Take the tongue from the kettle when done, trim the roots and remove the skin; now take from the kettle a cup of the liquor, strain, put on the stove in a sauce pan, thicken with a spoonful of flour rubbed smooth in two of butter, let boil and add a tablespoonful of lemon juice and one of cucumber pickle chopped very fine, pepper and salt to taste. Pour over the tongue and serve. Plain cold boiled tongue requires no dressing.

FRIED LIVER.

Calf's liver is much better than that of beef, and abroad sheep's liver is held in higher esteem than either. Cut the liver in thin slices, pour over it enough boiling water to just cover it, let stand a moment, pour off the water, drain on a napkin, salt lightly, and fry in butter

or drippings until nicely browned and thoroughly done ; then remove to a hot platter, scatter some generous bits of butter over it, dust lightly with white pepper, set in the oven long enough to melt the butter, and serve very hot ; or you can fry a few thin slices of bacon or salt pork, and then fry your liver in the pork drippings ; serve the slices of pork or bacon with the liver, bacon being especially good with liver.

BROILED LIVER.

Prepare as for frying; then broil over bright coals until thoroughly done; remove to a hot platter, strew over it some generous bits of butter, dust with salt and white pepper, put in the oven a moment, and serve.

BOUILLI.

The meat taken from the soup kettle has, of course, been deprived of most of its juices, but it is still very good for some purposes. Freed from bone and grizzle, and chopped fine, it makes a very acceptable hash, especially if seasoned with a tablespoonful of tomato catchup or two or three spoonfuls of cooked tomato ; any, or several kinds of cold vegetables may be added to a hash made of bouilli. It may be browned in the oven, or in the frying pan on the stove, and served with a gravy made by thickening a cup of the soup stock with a tablespoonful of flour and two of butter rubbed smooth together, or it may be served moist on toast ; in either case, use a cup of the soup for moistening your hash. A very good meat pie may be made of the meat from the soup kettle, using a crust made as for soda or baking powder biscuit, or a raised crust, if preferred. Croquettes may be made of bouilli after the recipes

given for those to be made of beef, or you may dispose of your bouilli by cutting in dice and adding sliced cold boiled potatoes, string beans, peas, or lettuce and a good dressing. Such a salad, if carefully made, will be a very welcome addition to the dinner or lunch table. Some people are very fond of the marrow from soup bones; it may be kept in the bones by covering the ends with a paste made of flour and water. When the bones are taken from the soup, remove the paste, spread the marrow on hot crisp toast, sprinkle lightly with salt, and you have a dainty little dish for those who are fond of the delicate flavor of marrow.

BEEF (an Entrée).

Cut a few rather thick slices from a cold roast of beef, hack them crosswise with a sharp knife; dip them in melted butter, a spoonful will be sufficient for several pieces, season with pepper and salt to taste, and broil quickly over a clear fire. Have ready, washed and peeled, four or five good-sized potatoes, now pare them round and round as you would an apple; fry these potato shavings in hot drippings until a light brown (a wire basket is quite essential) pile them on top of the slices of broiled beef, sprinkle very fine salt over them, and serve. Garnish this dish with cress and serve two or three sprigs to each person. Have the drippings heating and the potatoes prepared while you are broiling the meat, as it will not be improved by standing.

BEEF OLIVES.

Cut some slices of underdone roast beef about half an inch thick; dip in melted butter, then in sifted

bread crumbs, sprinkle with pepper, salt and chopped parsley, roll the slices of meat and fasten them with small skewers. Have ready some gravy made from the beef bones, put in the meat, and stew very slowly until tender, which will be in about an hour and a half. Arrange the meat in a dish, remove the skewers, thicken and flavor the gravy, pour it over the meat and serve. Uncooked beef may be made into olives after the above recipe. Cut the beef into rather thin slices, pound it slightly, and simmer slowly for at least two hours.

STEWED KIDNEYS.

Remove the skin from two beef's kidneys; wash them, and cut in slices half an inch thick. Pour over the sliced kidneys sufficient boiling water to cover them, let stand one minute; pour off the water, drain, dip in flour, and fry in melted butter until a nice brown; now add six ripe tomatoes, sliced, a pint of stock or hot water, pepper and salt to taste. Cover closely and simmer two hours. Add thickening to the gravy if necessary, or if too thick, add a little water. Half a can of tomatoes may be used instead of the fresh tomatoes.

SPICED BEEF.

Chop together two pounds raw beef and a piece of suet of the size of an egg. Season with pepper, salt and a little summer savory. Add two eggs, half a pint of bread crumbs, four or five tablespoonfuls cream and a small piece of butter. Mix and work in a roll, with enough flour to keep together and bake in a pan like roast beef. Slice when cold.

TRIBE.

Ascertain that the tripe is quite fresh, and have it cleaned and dressed. Cut away the coarsest fat and boil it in equal proportions of milk and water for three-fourths of an hour. Should the tripe be entirely undressed, more than double that time should be allowed for it. Have ready some onion sauce, dish the tripe and pour the onion sauce over it. Tripe may be dressed in a variety of ways; it may be cut in pieces and fried in batter, stewed in gravy with mushrooms, or cut into collops, sprinkled with minced onion and savory herbs, and fried a nice brown in clarified butter.

CORNED BEEF.

Wash well, or if very salt soak over night, put to cook in enough cold water to cover the meat; five or six cloves and a piece of sweet red pepper may be put into the kettle with the meat. When it comes to the boil, skim, and set the kettle on the back of the range where it will just simmer, as fast boiling hardens the fibre of the meat. Boil thirty minutes for every pound; serve with drawn butter; in preparing the sauce use some of the liquor that the meat was boiled in, the remainder may be utilized for soup by the addition of vegetables and seasoning. If you are cooking corned beef to be served cold, let it stand in the liquor in which it was cooked until cold, or nearly so, then remove, place on a plate, turn another over it, put a few pounds weight on it and let it stand several hours. Mustard, and horseradish sauce are usually liked with corned beef.

TO CURE TONGUES.

For a tongue of seven pounds, one ounce of salt petre, four ounces of sugar, six ounces of salt and a little black pepper. Rub the ingredients well into the tongue, put into a jar with a small weight on it and turn every day. It will be sufficiently cured in eight or ten days. If you wish to keep the tongue longer, add enough brine to cover it. If the tongue is to be smoked, take it from the pickle, drain it, tie it up in brown paper and smoke over sweet corn cobs for five or six days, two hours a day.

TO CURE BEEF.

For one hundred pounds of beef, ten pounds of the best grade of salt, one pound of granulated sugar, and four ounces of saltpetre. Mix the ingredients well together. Cut the meat in convenient pieces; rub each piece all over with the prepared salt, using as much as can be made to adhere to the surface of the meat, and allow to stand twelve hours before packing. Have ready a clean and perfectly sweet cask or barrel; put an inch of salt on the bottom of it, then a layer of beef, packing as closely as possible, add a slight sprinkling of salt and then another layer of beef; proceed in this order until your beef is all in the barrel; let the finishing layer be of salt. Put a cloth on top of the meat, on this a close-fitting board cover, then a heavy weight, and over all the cover of the barrel. Great care must be used in packing, that the meat be crowded into as little space as possible. If any of the prepared salt was left after rubbing the meat, use it in packing, otherwise use only salt. Beef salted in this way will not require to be ~~fr~~eshened before boiling;

neither will it keep for a great length of time, but it will be found much superior in flavor to that cured with more salt. If the meat is to be kept a long time, pour over it, when you have finished packing, enough *strong* brine to cover it.

VEAL.

There seems to be a popular prejudice against veal at the present time, which has not always existed; much of this prejudice, I think, is directly traceable to the uncertainty regarding the age of most of the veal found in our markets; the knowledge that it is possible for them to be imposed upon, being sufficient to deter most people from taking any risk in the matter. If you cannot trust your butcher to send you prime veal, go to the market yourself. A little experience will soon enable you to select with the utmost confidence. The meat from a well-fatted calf, two months old—it should not be younger—is very delicate and if nicely cooked will, I think, be pronounced delicious by most people. Our grandmothers certainly prided themselves on their veal pot-pies, veal roasts and veal steaks, and I know of no other kind of meat that can be served in so many different ways,—roasts, stews, steaks, pies, croquettes, salads, potted, jellied, in entrées innumerable, and all delicious.

ROASTED BREAST OF VEAL.

Loosen (or have the butcher do so) the meat from the ribs, but not entirely separate it, making an opening at one end only. Rub salt inside and out. Fill the opening with the following dressing: A small loaf of stale bread cut in pieces, soak in cold milk or water, squeeze

out as dry as possible and season to taste with pepper, salt, a very little sage, a small shallot or onion chopped fine, one beaten egg and two tablespoonfuls of butter. Sew up the opening. Place the meat in the roasting-pan, in which put a teacupful of hot water, two carrots sliced, and half of a shallot or onion sliced.

Put the pan in a hot oven, and baste the meat frequently until nearly done. When done, and of a nice brown, place on a hot platter. Strain the gravy (which has been replenished with water as it cooked away) and return to the pan; thicken with a little wetted flour, tasting to see if seasoned enough.

Send to the table in a sauce-boat. Serve lettuce with the veal. A fillet of veal is very nice, cooked in this way. Have the butcher put a pocket in for the dressing.

ROAST VEAL.

Prepare the roast by wiping first with a wet cloth and then with a dry one. Put a cup of water and an ounce of butter into the baking-pan to baste with. When half done, add a little salt to the gravy. Bake in a rather hot oven until *thoroughly* done, basting freely, and at the last with butter. Remove to a hot platter, thicken the gravy, and serve.

FRICANDEAU OF VEAL.

A part of a leg of veal is very nice for this dish, but the best end of the neck may be used. Cut off the piece of meat for the fricandeau with a very sharp knife, that the surface may be smooth and even. Lard it thickly with fat pork,—the lean of salt pork is apt to be hard; besides, it would discolor the veal. Slice into a stew-pan two or three carrots and a large onion. On

these put a bunch of savory herbs, a little grated nutmeg, eight or ten whole allspice, and salt and pepper to taste ; now add a layer of very thin slices of fat pork or bacon ; put the fricandeau on this. Add enough stock, which you can make from the bones and trimmings of the veal, to cover the pork, not the veal ; the veal is to be cooked in the steam. Set the sauce-pan on the stove, where it will simmer very slowly until the meat is tender. Three or four hours will be required if the fricandeau is a large one. Baste often with the liquor and see that a sufficient quantity is kept in the sauce-pan, adding a little hot water as it boils away. When thoroughly cooked, remove the fricandeau from the sauce-pan, and place it in a hot oven, long enough to brown, after which you can add a coating of glaze. Strain the liquor in the sauce-pan, thicken with a little browned flour, adding butter, if necessary, and send to the table in a gravy-boat.

VEAL CUTLETS (Fried).

Remove the bones, and trim the same as beefsteak ; pound thoroughly. Beat one egg light, add a pinch of salt ; dip the veal steak into the beaten egg, then into sifted cracker-crumbs, and fry at once in butter or clarified beef drippings. The butter should be quite hot when the veal is put into the frying-pan, but it should be allowed to cook rather slowly, as veal requires very thorough cooking. When nicely browned, turn and cook the other side in the same way, but cook each side sufficiently before turning, as one turn is sufficient ; when done, place on a hot platter, sprinkle lightly with salt and white pepper, add a few bits of butter, set in the oven a moment, and serve. If you have not al-

lowed the butter in the frying-pan to burn, a nice gravy may be made by pouring a cup of hot water into the frying-pan, into which you have previously stirred a tablespoonful of browned flour; let boil up, pour over the veal or serve in a boat.

VEAL CUTLETS (Broiled).

Cut the veal half an inch thick, scrape the end of the bone, if they are rib cutlets, for an inch or so, to make them smooth and white. Trim and pound the cutlets, then broil over a clear fire, turning often, until thoroughly done,—rare veal is detestable; remove to a hot platter, put bits of butter over the cutlets, sprinkle lightly with salt and white pepper, set in the oven a moment, and serve. Or dress with maître d'hôtel butter. Follow the above directions in cooking veal steaks, mutton and lamb chops and cutlets.

VEAL FRICASSEE.

Cut four pounds of veal in small pieces, put in a kettle in cold water to just cover, let come to a boil and skim; set where it will boil slowly until very tender, adding, just before it is done, salt and a slight sprinkling of white pepper. Thicken the gravy by adding the following:—Rub smoothly three tablespoonfuls of butter and the same of flour. Remove from the fire and stir in slowly to prevent lumps; return to the fire, let boil up once and it is ready to serve. Have ready a tin of warm biscuits, break open, lay upon a hot platter, crust down, and pour over the fricassee. A very small onion cooked with the meat is a welcome addition to some, but there should be only a suggestion of the onion. Add a squeeze of lemon juice just before serving.

VEAL POT-PIE.

Cut the meat from a knuckle of veal in pieces about two inches square, put them in a kettle with a few very thin slices of fat salt pork and enough boiling water to just cover them, allow to boil very slowly until well done and very tender,—it will require about two hours; half an hour before the meat is done, add salt and white pepper to taste, and, if liked, a very little nutmeg and just a hint of cayenne; when done, thicken the gravy, by adding two tablespoonfuls of flour and the same quantity of butter, rubbed smoothly together. If the gravy is too thin, add more flour, —it should be of the consistency of cold cream; keep the same quantity of water by adding more as it boils away. Have ready a tin of warm soda and cream of tartar, or baking powder biscuit, break them open and lay them on a hot platter, crusts down; pour over them the meat and gravy, and serve very hot. If preferred, roll the dough about an inch thick, lay in the pot on top of the meat, cover closely, and steam twenty-five minutes; or cut in biscuit form, and steam. In either case thicken the gravy and serve as before. The pork may be omitted, if objectionable, though its flavor is usually liked with veal. A small onion, sliced and put into the kettle with the meat, is an improvement for most tastes.

Any kind of meat suitable for pot-pies may be prepared after the above directions. Cold cooked meats may be converted into pot-pies by using stock, which you can easily prepare from the bones and trimmings, for the gravy in which the meats should be heated, not boiled.

VEAL PIE.

Cut two pounds of knuckle of veal, or whatever piece you choose, into small pieces—two inches square is about the right size—and put them into a stew-pan, with just enough water to cover them; if you like the flavor, add a few slices of nicely cured ham; let come to the boil, skim, and draw to the back of the stove, where it can simmer slowly until tender; just before it is done, add salt to taste, and a sprinkling of cayenne pepper; remove the meat to a baking-dish about four inches deep; thicken the gravy and pour it over the meat. Have ready a crust, baking powder or soda and cream of tartar; roll the size of the top of the baking-pan, and nearly an inch thick; lay it over the meat, brush over with the yolk of an egg, and bake in a rather quick oven from twenty minutes to half an hour. It will add to the appearance of your pie, if the crust is nicely ornamented. A very delicious crust for meat-pies may be made of light bread-dough, as follows:

Take a small bowlful of the bread-dough, when ready for the baking-pans, knead into it two ounces of butter or beef-drippings, let rise very light; then sprinkle flour on your molding-board, roll the dough the size of your baking-dish, and not more than an inch thick; lay the crust over the meat, brush over with the yolk of an egg, and bake in a rather hot oven.

GALANTINES.

Poultry, lamb, veal, young pigs and many kinds of game may be made into galantines. The following directions are for veal or lamb, but any other kind of meat may be used. Have your butcher cut a breast of veal, fourteen or fifteen inches long, and from eight to

ten inches wide. Remove the bones and gristle, and use them for making a stock, in which to boil your galantine. Make a force-meat of a pound of veal, to which add a few slices of cold boiled ham or tongue; chop all together until fine enough for sausage-meat; season with pepper, salt, parsley, a little grated nutmeg and lemon-peel, and one small shallot; add to this half a pound of stale bread, previously soaked in cold water, and then squeezed dry in a napkin; mix all together very thoroughly. Spread a layer of the force-meat on the breast of veal, or whatever meat you are preparing your galantine of, add a layer of very thin slices of fat pork, with now and then a slice of boiled ham or tongue; scatter over this a few blanched pistachio nuts, add another layer of force-meat, roll up the galantine, beginning at one end; confine in place with a cord, and sew a piece of thin muslin around it. Put the galantine into the stock which you have prepared from the trimmings, add sufficient water to cover it, and the following vegetables: Two or three small carrots, one small turnip and half a dozen celery stalks. Boil very slowly four hours and allow to stand in the kettle until nearly cold, then remove; tighten the cloth, put a light weight on it, and set in a cool place. Take the fat from the top of the stock, strain and clarify it; add a glass of sherry, and boil very slowly until a rather stiff jelly. Test, by putting a little on a cold plate. When done, put the galantine in a deep dish and pour the jelly over it. Galantines are very handsome dishes for any occasion. They are to be cut crosswise in thin slices, and are always eaten cold. Garnish with parsley or curled cress. Oysters may be added to the force-meat, or a layer of them may be put between the layers of force-meat.

MOLDED VEAL.

Lay some nice slices of cold roast veal in the bottom of a tin mold, sprinkle with pepper, salt and chopped parsley; add a layer of sliced hard boiled eggs and some thin slices of cold boiled or baked ham; now add more seasoning and another layer of veal. Proceed in this way until your mold is full, or the desired quantity is prepared. Pour over it sufficient good stock to cover the meat, set in the oven and bake from forty to sixty minutes, according to quantity. Let stand in the mold until cold. Cut in thin slices and serve.

VEAL LOAF.

Two pounds of veal and a half pound of salt pork, chopped fine together, half a dozen milk crackers, rolled fine and moistened with half a cupful of sweet milk, two eggs well beaten. Mix all thoroughly together and season with pepper, salt, allspice, grated lemon peel and nutmeg, a little of each. Bake about an hour and a quarter, basting occasionally with a little butter and water until the last fifteen minutes. When done pour out the fat that may have fried out in the pan. Set the loaf away to become perfectly cold, then slice and send to the table as required. The loaf is better to be made the day before it is to be used.

VEAL CROQUETTES.

Put on the stove in a saucepan two ounces of butter, in which fry until slightly colored one small onion or shallot; now add two coffee cupfuls of cold, finely-chopped veal, roast is best, but any other kind will do, a slice of bread, first soaked in cold water and then

squeezed as dry as possible in a napkin, a little thyme, a tablespoonful of chopped parsley, a little grated nutmeg and lemon peel, and salt, white and cayenne pepper to taste; when thoroughly heated remove from the stove and add three tablespoonfuls of cream, or milk, and a well beaten egg; mix all thoroughly together and heap on an earthen dish. When cold add another egg, two if the mixture is at all dry, as it should be as moist as you can work it; make into little rolls two or three inches long and an inch in diameter, handle carefully that they may not break apart, dip in beaten egg, roll in cracker dust and fry in hot drippings until a nice brown; two minutes will be long enough to fry them. A teacupful of boiled rice may be used in place of the bread, and will be found a great addition to the croquettes.

VEAL PATTIES.

Mince a little cold veal and ham, allowing one-third ham to two-thirds veal; add a hard boiled egg chopped, and a seasoning of pounded mace, salt, pepper, and lemon-peel; moisten with a little gravy and cream. Make a good puff paste, roll rather thin, and cut it into round or square pieces; put the mince between two of them, pinch the edges to keep in the gravy, and fry a light brown in beef drippings. They may also be baked in patty pans; in that case they should be brushed over with beaten egg before they are put into the oven. Oysters may be substituted for the ham with good effect.

TO WARM VEAL.

Cut a small onion in thin slices and fry until a nice brown in a little melted butter. Add half a pint of

stock, or hot water, and any cold gravy you may happen to have; season with pepper and salt, cooked tomato or mushrooms, and thicken with browned flour; add, if necessary, a tablespoonful or two of butter. Draw the saucepan to the back of the stove; cut some rather thin slices from a cold roast of veal, put them into the gravy, let them remain until heated, but do not allow to boil. Serve hot, garnish with small bits of toast. Any kind of cold meat may be warmed in this way.

SALMI OF COLD VEAL.

Put two or three ounces of butter on the stove in a saucepan, when it melts stir into it two tablespoonfuls of flour, when this bubbles add slowly a half a pint of good broth, which you can easily prepare from the bones and trimmings of the meat, a minced shallot or a tiny onion chopped very fine, a teaspoonful of chopped parsley, a little thyme, pepper and salt to taste, and a small glass of sherry. Cut some slices from a cold roast of veal, lay them in the prepared gravy, after it has simmered fifteen or twenty minutes, let them get thoroughly heated, but do not allow to boil; add a squeeze of lemon juice and serve on toast, or simply garnish the edges of your dish with diamond-shaped bits of toast. Beef, lamb and poultry make excellent salmis; if beef is used, brown the onion and flour lightly in the butter before adding the broth. If you wish to make your salmi as good as possible, add a glass of sherry to the gravy for white meat, or a glass of port wine for dark meat, let it simmer long enough before adding the meat to destroy the distinct flavor of wine; only the added richness remaining.

SWEET BREADS, No. 1.

Fry in butter, then cook in mushroom sauce about two minutes.

SAUCE: Put butter in a pan or spider with a little fine onion, carrot, whole peppers, cloves, marjoram, thyme, and let it brown. Add one tablespoonful of flour, brown slowly; then put in bouillon, tomato, sherry or Madeira wine and mushroom sauce. This mixture must be cooked slowly one hour. Strain through a sieve. Cut up some mushrooms fine and put in with the bread. Keep hot and serve.

SWEET BREADS, No. 2.

Veal sweet breads are the best, get them fresh, as they spoil very soon; wash them and remove any skin or pipes that may adhere; put to soak for two or three hours in cold, slightly salted water; then parboil twenty minutes, or until tender, throw into cold water for ten minutes, to whiten them, and set in a cool place. When ready to cook them, dip into beaten egg, then into cracker dust, and fry in hot butter or beef drippings. Many cooks lard sweet-breads, but I do not think they are at all improved by it. Half a pint of stewed mushrooms poured over fried sweet-breads is a very great improvement, though the sweet breads are very delicious by themselves.

CALF'S LIVER ROASTED.

Procure a fine liver and lard it according to directions given for larding other meats, and let it stand twenty-four hours in a pickle made as follows: Diluted vinegar enough to cover the liver (if the vinegar is *very* strong, use one-third water, if not strong use less

water), one onion sliced, chopped thyme and parsley, a tablespoonful of each, pepper and salt to taste. Bake in a hot oven ; put a cup of hot water, in which you have put a tablespoonful of butter, into the baking-pan, and baste often. Will require from one to two hours to bake, according to size. Serve with a brown sauce. This may seem like a complicated recipe for such a common-place dish, but I hope you will give it a trial if you eat liver at all.

CALF'S LIVER BROILED.

Calf's liver may be fried and broiled after directions given for beef's liver.

CALF'S BRAIN, Sautéd or Fried.

Take the membrane from the outside of the brain ; soak in cold water two or three hours ; then put into a sauce pan on the stove with a pint of cold water, half a tablespoonful of salt and a tablespoonful of vinegar ; boil five minutes, plunge into cold water for ten minutes, and set in a cool place. When ready to cook, cut in inch pieces, dip in beaten egg, roll in cracker dust, and fry in butter or drippings. Serve with tomato sauce, or you may have brains à la Milanaise, by cooking some macaroni with your tomato-sauce and putting it around the brains.

CALF'S HEAD.

Scald the head until the hair can be easily scraped off ; clean nicely, divide the head and remove the brains ; soak over night in cold salted water, then boil until the bones slip out readily. When you have removed the bones, lay the head on a clean meat board in as

flat a position as possible, add a layer of fresh parsley leaves or sprinkle with powdered parsley, dust with salt and white pepper and grated nutmeg; on this lay some very thin slices of ham, and over this at regular intervals put the yolks of half a dozen hard-boiled eggs; add more seasoning, roll up the head, tie in a cloth, boil three hours, then remove the cloth and brown in the oven. Hold the roll in place with clean twine or tape, Serve cold, it will then cut smooth.

CURRIED VEAL.

Fry six onions in two ounces of butter until slightly browned. Rub two desertspoonfuls of curry-powder over a pound and a half of veal cutlets and fry them in another two ounces of butter; add the fried onions, a pint of milk previously heated, a pinch of salt and two or three ground cloves; stew very gently until the liquor is reduced to one-third of the quantity. Thicken the gravy if necessary with a little flour, and add just before serving the juice of half a lemon.

POTTED VEAL.

Either boiled or baked veal may be used for potting, but the meat should be quite dry, free from gravies, or liquor in which it has been cooked, as these would interfere with its keeping qualities. To every pound of veal allow three or four ounces of lean boiled or baked ham, fried ham can be used, a quarter of a pound of nice butter, salt, cayenne pepper, and mace or nutmeg, to taste. Chop the veal and ham together as fine as possible, then pound them with the butter and seasoning in a mortar until a smooth paste; pack in tiny jars and cover an inch deep with clarified drip-

pings; let the drippings be only just nicely melted when you pour them over the meat. Examine to see that there is no space left at the side, between the drippings and the jar, as the air must be entirely excluded. Almost any kind of cold cooked meats may be potted, chicken and veal being especially nice. Remove all skin, bone, and gristle, use enough cold tongue or ham to flavor, pound and mix thoroughly, and keep in a cool, dark place. In winter potted meats will keep a long time, in summer they must be used sooner. Nice for luncheon and tea.

ROAST LEG OF LAMB.

Cut off the shank-bone, wash, if necessary, and wipe dry; put into a baking-pan, add a cup of hot water, and bake in a *hot* oven, basting constantly. Allow at least twenty minutes to the pound for roasting, as lamb and mutton are much better if thoroughly cooked,—the opinion of many famous cooks to the contrary notwithstanding. When done, remove to a hot platter, drain the drippings from the baking-pan, add a little hot water, season with pepper and salt, thicken with browned flour, and send the gravy to the table in a boat; or serve your leg of lamb with mint-sauce, in which case you can omit the gravy from the baking-pan.

ROAST SADDLE OF LAMB.

This is considered a choice roast. Prepare it for the oven by wiping first with a wet cloth, and then with a dry one. Have the oven *hot*, and baste frequently all the time the meat is baking. The time required for baking will depend upon the size of the roast; three hours will be sufficient for a large saddle of mutton, a

little less time will be required for lamb. Serve with mint-sauce and a fresh salad, and send to the table with it either peas, cauliflower, or spinach.

Loin and ribs of lamb are roasted in the same manner, and served with the same sauce as the above.

BOILED LEG OF MUTTON.

Cut off the shank-bone, trim the knuckle, wash clean and wipe dry; put to cook in enough, slightly salted, boiling water to cover it; remove the scum as it rises; boil very slowly; allow thirty minutes for every pound. Serve with drawn butter, for which use the liquor in which the mutton was boiled; pour over the meat, or send to the table in a gravy-boat. Add two tablespoonfuls of chopped capers to your drawn butter, and you have caper-sauce. Pickled nasturtium pods may be used in place of capers. Proceed in the same way with a leg of lamb, allowing less time for boiling. Utilize the water, in which either are boiled, for soup.

BONED LEG OF MUTTON.

Bone the leg of mutton, keeping it as whole as possible. Remove most of the fat. Fill the cavity, made by removing the bone, with force-meat; sew up the opening, bind the meat as compactly as possible, and bake for three hours in a hot oven; remove the tape, and send to the table with a good gravy. A coating of glaze will add to the appearance of this dish.

FILLET OF MUTTON WITH FRENCH BEANS.

Roll up the mutton in a piece of buttered paper (writing-paper, of course), and bake in a hot oven for

two or three hours, according to size ; then remove the paper, and allow to brown. Have ready some French beans, boiled, and drained on a sieve ; remove the mutton from the oven and glaze it ; heat the beans in the gravy, and lay them on the dish with the meat over them. The remainder of the gravy may be strained and thickened, and then served in a gravy-dish.

STEWED BREAST OF LAMB.

Cut the breast into pieces and season with pepper and salt ; lay these in a stew-pan, pour in sufficient water or soup-stock to cover them, and stew very gently until tender, which will be in about an hour and a half.

Just before serving, thicken the sauce with a little butter and flour ; let it come to a boil, and pour it over the meat, which has been removed to a platter.

Green peas or stewed mushrooms, or a little finely chopped mint may be strewed over it, and will be found a very great improvement. The breast may be cooked whole, which will require about three hours. It may be served the same as when cut into pieces, or put into the oven and browned.

BREAST OF LAMB AND GREEN PEAS.

Remove the skin from a breast of lamb, put it into a sauce-pan of boiling water, and let it simmer five minutes. Take it out and lay it in cold water ; now line the bottom of a stew-pan with a few thin slices of bacon or fat salt pork ; lay the lamb on these ; peel a lemon, cut it into thin slices and lay them on the meat to keep it white and make it tender ; cover with one or two more slices of bacon or pork ; add half a pint of broth or stock—more if necessary—a few slices of onion, and a

small bunch of savory herbs ; set the stew-pan over a slow fire, where the meat will simmer very gently until tender. Have ready some boiled green peas, put these on a dish, and place the lamb on the peas. The appearance of this dish may be much improved by glazing the lamb, and spinach may be substituted for the peas, if desired. Of course, the onion can be omitted from this dish, or any other, if its flavor is objectionable.

SHOULDER OF LAMB STUFFED

Remove the bone from a shoulder of mutton, fill its place with force-meat, and sew it up with coarse thread ; now put the shoulder into a stew-pan, with a few slices of bacon under and over the lamb, a small onion, one head of celery, a bouquet of sweet herbs, and a quart of good stock. Stew very gently for a little more than two hours. Remove the meat from the kettle, boil down the gravy, with which glaze the meat, and serve with peas, stewed cucumber, or sorrel-sauce.

MUTTON OR LAMB CHOPS.

Scrape the end of the bone for an inch or two clean and white, remove most of the fat, dip in melted butter and broil over a clear fire, turning often until done, which will be in about eight minutes. Remove to a hot platter, put a bit of maître d'hôtel butter on each chop, set in the oven a moment, and serve. Or you may serve your chop with only a dressing of pepper, salt and butter. Chops may also be served on a mound of mashed potato.

FRIED MUTTON OR LAMB CHOPS, PLAIN.

Prepare as for broiling ; then put an ounce of butter or drippings into your saucepan on the stove ; when the butter is hot, but not at all scorched, put the chops into the saucepan. Fry a nice brown, turning as soon as sufficiently cooked, that both sides of the meat may be seared before the juices have time to escape. When done remove to a hot platter, sprinkle with pepper, salt and bits of butter, or use a dressing of maître d' hôtel butter. Set in the oven a moment, and serve. A nice gravy may be made by putting a cup of hot water or stock into the saucepan, thickening with browned flour and adding any flavoring you choose.

LAMB CHOPS BREADED.

Prepare as for plain fried chops ; then dip in beaten egg, roll in finely sifted cracker or bread crumbs and fry or sauté in clarified drippings, using enough to float the chops. When a golden brown remove from the kettle, drain, arrange on a hot platter, garnish with parsley or cress, and serve. Remember that the drippings must be hot before you attempt to cook the chops. Test by putting a bit of stale bread into the kettle, if it browns at once put in the chops. Asparagus, spinach, or peas are the favorite accompaniment for lamb chops.

CUTLETS OF COLD MUTTON.

Cut the remains of cold loin or neck of mutton into cutlets, trim them, and take away a portion of the fat, should there be too much ; dip in beaten egg, roll in cracker dust and fry in hot drippings. Serve with tomato sauce.

SHEEP'S KIDNEYS BROILED.

Ascertain that the kidneys are fresh, and cut them open very evenly lengthwise down to the root, but do not separate them, skin them, and pass a skewer under the white part of each half to keep them flat, then broil over a 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 a tiny bit of butter in the middle of each, or put a lump of maître d' hôtel butter on each piece. Serve very hot and send hot plates to the table.

FRIED KIDNEYS.

Prepare as for broiling; put a small piece of butter in the frying-pan, when it is melted lay in the kidneys, the flat side downwards, fry them for seven or eight minutes, turning them when they are half done. Season with pepper and salt, put a piece of butter in each kidney, add a squeeze of lemon juice, lay the kidneys on dry toast, pour the gravy from the pan over them, and serve very hot.

• LAMB SWEETBREADS STEWED.

Soak three sweetbreads in warm water for one hour and then parboil them twenty minutes; throw them into cold water for ten minutes, to whiten them; put them in a stewpan with a pint of good stock and simmer gently for rather more than half an hour. Dish them; thicken the gravy with flour rubbed smooth in butter; let boil, and add one tablespoonful lemon-juice, six tablespoonfuls sweet cream, salt and white pepper to taste; allow the sauce to get quite hot but do not boil; pour it over the sweetbreads and serve.

LAMB'S SWEETBREADS FRIED.

Follow directions given for frying veal sweetbreads.

SHEEP'S LIVER.

Cook the same as beef and calf's liver.

CURRIED MUTTON.

Slice two onions and fry them in two tablespoonfuls of butter until a light brown; now stir in a dessert-spoonful of curry powder, one of flour, and a little salt; mix all well together. Cut some thin slices from a cold roast of mutton and add to the above ingredients; when nicely browned add half a pint of stock, or water, and stew gently half an hour. Serve in a dish with a border of boiled rice.

HODGE-PODGE.

Mince a pound of underdone cold mutton and put it into a stewpan with a teacupful of hot water. Slice five or six small onions and chop two heads of lettuce; put these into the saucepan, season with pepper and salt, and simmer half an hour. Boil a pint of green peas, mix with the mutton, and serve very hot.

TO DRESS A SHEEP'S HEAD.

Clean the head well and let it soak four or five hours in cold, slightly salted, water. Put it into a kettle with sufficient water to cover it. Remove the scum as it rises, and when the water boils add the following vegetables, peeled and sliced: three carrots, one turnip, two or three parsnips, and three onions; add also a small bunch of parsley, one teaspoonful of pepper, and three teaspoonfuls of salt. Put in two-thirds of a teacupful of rice, barley or oatmeal and stew gently two hours.

CORNERD MUTTON.

Wash the mutton, and put to cook immediately in boiling water, a generous quantity ; skim, and set the kettle where it will boil very slowly, until the meat is done ; it will require about twenty minutes to the pound. Serve with drawn butter or mint sauce. Pass currant jelly with lamb or mutton. Corned mutton is very nice cold ; trim off the fat, cut in thin slices, and you have a very acceptable dish for tea. Boiled mutton, either corned or fresh, may be served in a variety of ways, grilled, hashed, made into croquettes, or salmis, and will be found delicious in either way.

PORK.

On account of the possible presence of trichina, pork is entirely banished from the table of many people ; but for the benefit of those who are able to obtain good, healthy pork, and wish to use it, we have given the most approved methods of cooking it, but we wish to say emphatically that pork should never be served at all rare, or underdone. Pork, or rather bacon, is largely used to give an additional flavor to other meats, it being especially nice with veal, liver and poultry ; a few small, thin slices of well broiled bacon are a favorite garnish for the morning beefsteak.

ROAST PORK.

If used fresh almost any part of the animal may be roasted, but the shoulder, loin, fillet, saddle, leg and spare rib are considered the roasting pieces. Remove the skin, dust plentifully with salt, pepper, and powdered sage ; bake in a hot oven, basting frequently ; allow thirty minutes to the pound for roasting. Make

a dressing for spare-rib and other roasts if you choose, seasoning it well with sage and minced shallot. Add a tablespoonful of very finely chopped cucumber pickle to the gravy, which prepare in the baking-pan as for other kinds of roasts.

PORK CUTLETS OR CHOPS, PLAIN.

Cut the cutlets from a delicate loin of pork, bone and trim them neatly, and cut away the greater portion of the fat. Place the gridiron on the fire; when hot lay the chops on and broil them fifteen minutes; turn them three or four times, and be particular that they are *thoroughly* done, but not dry. Dish them, sprinkle over them a little fine salt and white pepper, and serve plain or with tomato sauce, sauce piquante, or pickled cucumbers, a few of which should be laid around the dish as a garnish.

PORK CUTLETS BREADED.

Cut the cutlets from a loin of pork, scrape the top part of the bone, cut away most of the fat and dip them in a dressing made as follows: One egg beaten thoroughly, half a teaspoonful of minced or pounded sage, pepper and salt to taste. Dip the cutlets in the dressing, roll in cracker dust and fry rather slowly until thoroughly done; let them fry a nice brown before turning, as one turn should be sufficient. Serve with mashed potatoes. Tomato sauce is well suited to pork cutlets.

PORK CUTLETS FROM COLD ROAST PORK.

Cut some nice-sized cutlets from a cold roast loin of pork, trim off most of the fat. Put an ounce of butter

into a saucepan, lay in the cutlets and an onion chopped fine, and fry light brown; then add a dessert-spoonful of flour, half a pint of gravy, pepper and salt to taste, and a teaspoonful each of vinegar and made mustard. Simmer gently five or six minutes and serve.

ROAST SPARE RIBS.

This joint frequently comes to the table hard and dry from lack of basting. Put the spare-rib into a hot oven; put a cup of salted hot water into the baking-pan and baste constantly until the meat is done; remove to a hot platter, turn off the drippings, add a cup of hot water to the glaze in the baking-pan, let boil up, thicken with browned flour, season to taste, add a teaspoonful of finely chopped cucumber pickle, and serve. Turn the spare-rib once in baking, that both sides may be browned. Powdered sage may be sprinkled over the spare-rib before it is put into the oven, and is considered an improvement by many. Spare-rib may be baked with a dressing; break the ribs across the middle so that they will fold, lay some force-meat or dressing on one half and fold the other over it. Serve stewed apple with spare-rib.

ROAST LITTLE PIG.

A roasting pig should not be more than four weeks old; put the pig into cold water directly it is killed; let it remain a few minutes, then immerse it in a large pan of boiling water for two minutes. Take it out and pull off the hair as quickly as possible. When the skin looks clean make a slit down the under side of the pig and remove the entrails, well clean the nostrils and ears, wash the pig in cold water, and wipe it thoroughly

dry. Take off the feet at the first joint, and loosen and leave sufficient skin to turn neatly over. After preparing the pig for cooking, stuff it with a dressing made of finely grated bread-crumbs, minced sage, pepper, salt, and a piece of butter the size of an egg, all of which should be well mixed together and put into the body of the pig. Sew up the slit neatly; rub the pig over with a little butter, a very slight coating, or salad oil; put it into a baking-pan and bake in a rather hot oven, basting often with melted butter until there are sufficient drippings from the meat; turn, that it may brown nicely all over. When perfectly done, place the pig on its side on a hot platter, or if the feet were skillfully removed, you can, if you choose, stand him on all fours. Put a small ear of corn in his mouth and he is ready to carve. If your pig is too large to make a nice appearance on the table, let the head be removed. Pour the drippings from the baking pan, set the pan on the top of the stove, add a cup of hot water, season with pepper and salt, thicken with browned flour, add a squeeze of lemon juice and send to the table in a gravy boat. Apple sauce and the old-fashioned currant sauce are not yet quite obsolete as an accompaniment for roast pig.

PORK PIES.

Cut some thin slices of fat pork, if salt, parboil them then put a layer of the pork into a baking-pan and season it with white pepper, mace, or nutmeg, and salt, if necessary; add some slices of apples, cored, peeled, and sprinkled with sugar. Proceed in this order until you have the required quantity; let the last layer be of apples. Cover with puff paste, or a crust made after

the recipe given for soda and cream of tartar biscuit. Just before the pie is done brush over the top with beaten egg or melted butter. Some cooks put a glass of sweet cider into this pie before putting on the cover.

RAISED PORK PIES.

For the crust, allow a little more than a third of a pound of butter to one of flour, and sufficient milk and water, in equal parts, to make it into a stiff dough. For filling the pies, to every pound of rather lean meat allow a desertspoonful of salt, white and cayenne pepper to taste, and two-thirds of a teacupful of water. Rub into the flour half of the butter (or lard); put the remainder, with sufficient milk and water to mix the crust, on the stove, and let it simmer fifteen minutes. Pour it boiling hot on the flour and knead and beat it till perfectly smooth. Now raise the crust in either a round or oval form. You can mold it over your fist if you have no mold, or a small jar may be placed in the middle of the paste and the crust molded on this; but be particular that it is kept warm the whole time; cut up the pork into small pieces, season it in the above proportion, press it compactly into the pie and pour over it a small quantity of water; put on the cover of the crust, cut the edges smoothly round and pinch them together. Bake, if the pies are small, and it is better to make them so, an hour and a half.

PIGS FEET.

Cut off the feet at the first joint, then cut the legs in as many pieces as there are joints, wash and scrape them well, and put to soak for twelve hours in cold, slightly salted water; scrape again, put

into fresh water and soak as before; do this three or four times or until the skin is white and spotless; you cannot be too nice in the matter. Put to boil in sufficient cold water to cover them; skin carefully; boil until very tender and serve either warm or cold with a brown sauce, for which use some of the liquor in which the feet were boiled, and flavor with chopped cucumber pickles or tomato. If the pigs feet are allowed to cool and are then browned in the oven, they will be much nicer than if eaten directly from the kettle in which they were boiled. Pigs feet are very rich in jelly, therefore save every drop of the liquor in which they were boiled. When cold remove the fat, which should be clarified, and boil the liquor down to a glaze; this may be potted and will keep a long time, is useful for gravies and for glazing, or it may be utilized for soups, either before or after boiling down.

PORK CHEESE.

Cut, but do not chop, two pounds of cold roast pork into fine pieces, allowing one-fourth pound of fat to each pound of lean; season with pepper and salt. Pound in a mortar a dessertspoonful of minced parsley, four leaves of sage, a very small bunch of savory herbs, two blades of mace, a little nutmeg and half a teaspoonful minced lemon peel; mix thoroughly with the meat, put into a mold and pour over it enough strong, well-flavored stock to make it very moist; bake an hour and a half, and allow to cool in the mold. When ready to serve cut in rather thin slices and garnish with parsley or cress.

HEAD CHEESE.

Have your butcher split the head in two down the face; remove the skin, ears, eyes, and brains, and cut off the snout; wash thoroughly and put to soak for twelve hours in cold, slightly salted water; change the water and let soak twelve hours longer; then put it on to cook in sufficient cold water to cover it; skim carefully, and when sufficiently boiled to come off the bones easily, remove to a hot pan, take out every bone and bit of gristle, and chop the meat with a sharp knife before the fire; it is necessary to do this as quickly as possible to prevent the fat settling in it. For six pounds of meat allow two tablespoonfuls of salt, one teaspoonful of pepper, a little cayenne, six pounded cloves and two tablespoonfuls of powdered sage. Stir the meat and seasoning well together, put quickly into a perforated mold, or tie up in a coarse cloth, put a heavy weight on it and let stand until cold and firm. The liquor in which the head was boiled may be used for pea soup, and the fat may be clarified, when it will serve the purpose of lard.

SAUSAGES.

Remove the skin, bits of bone and gristle from rather lean fresh pork, the inferior cuts are used for sausages. Chop very fine, or grind in a sausage cutter, and season as follows: For ten pounds of meat allow five tablespoonfuls of salt, four of black pepper, three of powdered sage and half a teaspoonful of cayenne pepper; mix all together thoroughly. Have ready some clean muslin bags, two or three inches in diameter; fill with the sausage meat, tie up the end of the bag and hang in a cold place. When ready to cook cut crosswise in

slices three-fourths of an inch thick, lay them in a frying-pan, and fry until well done, and nicely browned. Stewed or fried apples should accompany fried sausage. If preferred the sausage may be packed in jars, and taken out in slices when required for frying.

TO BOIL A HAM.

In choosing a ham ascertain that it is perfectly sweet by running a knife into it close to the bone; if, when the knife is withdrawn it has an agreeable smell, the ham is good; choose a rather small ham, the meat will be of finer grain. If it is very dry and salt let it remain in soak for twenty-four hours, changing the water two or three times, but the ham should be so fresh and lightly salted as to require no soaking. Wash it thoroughly clean, and trim away from the under side all the rusty and smoked parts that would spoil the appearance. Scrape the skin as clean as possible, and put it to cook in a boiling-pot with sufficient cold water to cover it; bring it gradually to boil and as the scum rises, carefully remove it. Put half a dozen cloves and a piece of sweet red pepper into the water and simmer very gently until tender. Be careful that the pot does not stop boiling, nor boil too quickly. When done, take it out of the pot, remove the skin, brush over with beaten egg, dust with finely sifted cracker crumbs, and put into a hot oven until nicely browned. If to be eaten cold let the ham remain in the water in which it was boiled until nearly cold; by this method the juices are kept in, and a ham so treated will be found infinitely superior to one taken out of the water hot; it should not, however, remain in the kettle all night. If you wish the ham to be particularly nice, glaze it. Garnish with parsley.

BOILED HAM FLAVORED WITH VEGETABLES.

Prepare as in the preceding recipe and let the ham soak for a few hours in vinegar and water. Put on in cold water and when the scum rises, carefully remove it; then add two heads of celery, two turnips, three onions, and a large bunch of savory herbs. A glass of port wine or sherry will also improve the flavor of the ham. Simmer very gently until tender; take it out and remove the skin, or, if to be eaten cold, let it remain in the liquor until nearly cold; then, in either case, glaze the ham or brown it in the oven. Garnish with parsley.

TO BAKE A HAM.

As a ham for baking should be well soaked, let it remain in water for at least twelve hours. Wipe it dry, trim away any rusty places underneath, and scrape and wash the skin until perfectly clean; cover it with a common crust, taking care that this is of sufficient thickness all over to keep the gravy in; place it in a moderately-heated oven and bake four or five hours, if the ham is a small one, longer if it is large. When done, take off the crust and skin, brush over with beaten yolk of egg, dust with finely sifted bread-crumbs or cracker dust; return to the oven and let brown, or glaze the ham when you have removed the crust and skin, in that case you will not return it to the oven. A ham may be baked without a crust, but a crust keeps the juices in, which give it a finer flavor, besides it will keep longer. This method of cooking is considered superior to boiling.

BROILED HAM.

Prepare the ham as for frying, but cut the slices thinner; remove most of the fat; the fire must be beautifully clear or the ham will have a smoky flavor far from agreeable. Serve poached eggs with broiled ham.

FRIED HAM AND EGGS.

Cut the ham in rather thin slices, taking care that they are of the same thickness in every part. Cut off the rind, and if the ham should be too salt, soak it fifteen minutes in hot water and then dry it in a cloth. Put it into a frying-pan, set it over the fire, and fry until thoroughly done and a nice brown; then remove to a hot platter. Break the required number of eggs into a saucer, one at a time, slip them into the ham-drippings, dip the hot gravy over the eggs until a white film covers the top of each, then remove them from the frying-pan, place them on the slices of ham, or serve on a separate platter; sprinkle lightly with salt and send to the table at once. The eggs will be more delicate if poached or fried in butter, but many like the flavor that they acquire by being fried in the ham-drippings, or gravy. After the eggs are removed from the frying-pan, drain off the drippings, and if you want a gravy, pour a little hot water into the frying-pan, let simmer a minute, and pour it over the meat, in which case, you will serve the eggs by themselves.

POTTED HAM.

Cut some slices from the remains of a cold, boiled ham; fried or broiled ham may also be used; mince them small, and to every ~~two~~ pounds of lean meat

allow half a pound of fat. Pound the ham, fat and lean, in a mortar to a fine paste, gradually adding half a teaspoonful of pounded mace, half a teaspoonful of cayenne, a little allspice, and a very small quantity of nutmeg. Be particular that all the ingredients are well mixed and the spices well pounded. Press the mixture into tiny jars, filling them to within an inch of the top; pour over the ham enough clarified butter or drippings to fill the remaining space, and keep in a cool place. Nice for luncheon or tea.

FRIED SALT PORK.

Take very fat side pork cut in thin slices, remove the skin, lay in cold water for half an hour, then set the dish on the stove and let the water become scalding hot, but do not allow to boil, as boiling will shrivel the meat; remove the meat, drain, dip in flour, lay in a frying-pan which has been moderately heated, and fry a nice brown on both sides; your frying-pan must be quite hot, or the pork will not brown. When done, crisp and golden brown, remove to a hot platter, drain every drop of the dripping from the frying-pan, leaving the sediment of slightly browned flour at the bottom; now add a cup of thick sweet cream, let boil up and if your gravy is not thick enough, add a small tablespoonful of flour stirred smooth in a little cold milk, let boil enough to cook the flour, season with pepper and salt and send to the table in a gravy boat. Milk may be used in the absence of cream, in which case you must add a small piece of butter, but it makes a very inferior gravy. Serve with baked potatoes.

SALT PORK FRIED IN BATTER.

Prepare as for plain fried salt pork; fry without dipping in flour and when ready to remove from the frying-pan dip into batter made as follows: One egg beaten light, two tablespoonfuls of milk, and two tablespoonfuls of sifted flour, or enough to make a rather thin batter; stir until smooth; add a little salt, dip the fried pork into the batter, put quickly back into the hot drippings; turn as soon as it browns slightly, and remove from the frying-pan as soon as done; if the drippings are hot, a minute will cook the batter sufficiently. Lay on a hot platter and send to the table. Tomato sauce may be served with this dish of pork. Cold fried pork may be warmed in this batter, but should be heated in hot drippings before it is dipped into the batter.

BAKED PORK AND BEANS.

Pick over, wash, and put to soak over night a quart of dry beans; in the morning put them over to boil in two quarts of cold water; boil slowly half an hour, then drain off the water, and put on more; use hot water this time, the same quantity as before, boil half an hour, and pour off this water; now put enough hot water into the kettle to a good deal more than cover the beans. Put half a pound of pickled pork, which has been well parboiled, into the kettle and boil slowly until the beans are thoroughly cooked, adding water from time to time, if necessary. Remove to a baking-pan, add pepper, salt, if necessary, and, if liked, a tablespoonful of molasses, or the same quantity of sugar; put the pork in the center of the dish with the skin side, scored, up, and bake in a hot oven until both

pork and beans are of a light golden brown. See that there is plenty of moisture in the baking-pan when it is put into the oven, it will require a good deal. When cold, baked beans should cut smooth and solid like cheese, and should be as moist as they can be, and hold together; if they crumble they have been baked too dry. Serve in the dish in which they were baked. It may be made presentable by pinning a folded napkin around it; there should be always at hand a dainty case of some kind for such dishes.

LARD.

Cut the fat in pieces two inches square or any convenient size, put into a kettle with just sufficient water to prevent its burning; allow to cook very slowly until the fat is melted and the scraps are just faintly tinged with yellow, but be careful not to burn. Strain through a cloth into crocks of suitable size. The coarse lard may be "rendered" in the same way, except that it should be first soaked for twenty-four hours in cold, slightly salted water, changing the water once or twice.

TO CURE HAMS.

For a ham weighing sixteen or eighteen pounds, allow half of a pound of sugar, one pound of common salt, and two ounces of saltpetre. Mix these ingredients well together; rub the ham with the mixture every other day, until it has been rubbed four times. Be particular to leave the ham after each rubbing with the skin side down, thus preventing the escape of the juices and also of the salt. Let the ham stand ten

days and then smoke an hour or two a day for seven or eight days. Nice hard wood chips may be used for smoking, but they are not as good as dry and perfectly sweet corn-cobs.

TO CURE PORK.

The "side pork" is usually the only part salted for family use. It is cut into convenient pieces, and packed closely in layers in barrels made for the purpose. A layer of salt three or four inches in depth is first put into the barrel, on this a layer of pork, then an inch of salt until the barrel is full or the pork is all packed—the layers of pork and salt alternating. The top layer should be of salt. Put a wooden cover on the meat, add a heavy weight and pour over it sufficient brine, strong enough to bear an egg, to cover the pork to a depth of two or three inches. Examine frequently to see that the brine covers the meat; if the meat is not under the brine it will soon become rusty. Place a tight fitting cover on the top of the barrel.

HAM SANDWICHES

Cut some thin slices of fresh bread, from which remove the crust. Take the fat from some slices of cold boiled or baked ham and chop them very fine. To every teacupful of the chopped ham add half a teaspoonful of made mustard and if liked the yolk of a hard boiled egg; mix all well together. Butter the slices of bread; spread with the prepared meat, roll up tightly and give each end a little pinch to hold them in place. Or the bread may be cut in any shape preferred—always taking care to cut it very thin—buttered and spread with the meat and then two slices put together. Cold corned beef makes very nice sandwiches prepared in the same way.

TO WARM HAM.

Cut some very thin slices of cold boiled or baked ham; broil them over a clear fire until faintly tinged with brown; lay the slices on a hot platter and put a few drops of lemon juice or vinegar on each piece; dust with white or cayenne pepper and serve. Or, put a bit of maître d' hôtel butter on each piece of ham and set the dish in the oven a moment to melt the butter. Serve at once

OR,

Put an ounce of butter into a saucepan on the stove and when it is melted add a gill of currant wine or three or four tablespoonfuls of current jelly. If wine is used let it simmer a few minutes before adding the meat, which should be cut in very thin slices from a cold boiled or baked ham; let the meat remain in the saucepan long enough to become thoroughly heated, but do not allow to boil. If you use jelly put the meat into the saucepan as soon as the jelly is melted, allow to become thoroughly heated and then serve.

HAM TOAST.

Remove the fat from some slices of cold boiled ham; chop fine. Put two tablespoonfuls of butter into a saucepan on the stove; add the chopped ham and half a teacupful of sweet cream or milk; season with pepper and salt, and, when hot, remove from the stove and stir in quickly three well beaten eggs. Pour the mixture over thin slices of toast and serve at once.

POULTRY.

THE meat of domestic fowls furnishes some of the most wholesome, elegant, and appetizing dishes that appear on our tables. It may be prepared in an endless variety of ways and is a welcome addition to any meal. The Thanksgiving dinner would be a failure without the traditional roast turkey, and Christmas would be lacking in good cheer if poultry were omitted from the bill of fare. Its flavor, like that of other meat, will depend greatly upon the kind of food upon which it has been fed; plenty of grain, some vegetable, and a little animal food, with abundance of pure water and clean yards are essential to the highest possible degree of excellence.

In choosing chickens take those with yellow legs, the meat will be whiter when cooked and the flavor is also considered superior to that of the dark-legged ones; you may determine whether the fowl is young or not by examining the end of the breast bone, it being in young fowls a cartilaginous substance that will bend easily without breaking. If it has become bone the fowl is old. Young geese have yellow feet slightly tinged with pink, which age deepens to a rather bright red. The custom of offering fowls in the market with the crop and intestines in the body is a filthy and dishonest practice which can not be too severely condemned; the most surprising part of the matter, is, that the customer does not himself institute a reform by decidedly refusing to purchase poultry that has not been properly drawn.

All kinds of fowls should be hung neck downward as soon as the head is cut off, that they may bleed. At the end of half an hour scald the fowl, if a chicken—geese and ducks are usually picked dry—and roll it in a dry cloth for a few minutes to drain and dry a little; then pluck, singe and draw as quickly as possible, not forgetting to remove the oil bag; wash thoroughly inside and out, but do not allow to soak.

French cooks do not usually wash poultry, but I have never dressed a fowl the skin of which was not visibly improved by washing and scraping, and if done quickly, I do not think the flavor of the fowl will be at all impaired. Fowls that have attained their full growth are better for fricassée, soups and broths, than younger ones; only *young* chickens are suitable for broiling and frying.

Never buy old geese or ducks, for disappointment will be the certain result of your attempt to cook them. Both of these fowls are delicious when not of too mature age, being considered by many superior to the turkey.

TO TRUSS A FOWL.

Cut off the legs at the first joint if for roasting; for boiling, cut off the claws, dip the legs in boiling water for a few minutes, when the skin can be easily scraped off. Cut off the entire neck, having drawn back the skin an inch or two, so that when brought forward it will cover the end of the bone. Turn the pinions under, run a skewer through them and the middle of the legs, which should be passed through the body to the pinion and leg on the other side, one skewer securing the limbs on both sides. Tie the legs together by passing a trussing-needle, threaded with twine, through the backbone and securing it on the other side.

STUFFING FOR BAKED OR ROASTED FOWLS.

Cut six slices of stale bread, remove the crust, and put it to soak for five minutes in cold water; then squeeze it as dry as possible in a clean napkin. Put three tablespoonfuls of butter in a saucepan on the stove, add a tablespoonful of minced onion, and let it simmer a few minutes, but do not allow to color; now put in the bread, two tablespoonfuls of chopped parsley, three of chopped celery, a little powdered thyme, a very small quantity of grated nutmeg, and pepper and salt to taste. When thoroughly heated, remove from the stove, add three tablespoonfuls of sweet cream, two well-beaten eggs and a pint of select raw oysters. Stir all well together and it is ready for use. If objectionable, the onion can be omitted. The above is a very nice dressing; if a simpler one is desired, the oysters may be omitted, also either or all of the ingredients used for flavoring. A very palatable and wholesome dressing may be prepared of bread and butter and a seasoning of pepper and salt, though I would advise the addition of a little chopped celery, previously fried in butter till slightly tinged with yellow. Chestnuts are a nice addition to a stuffing for turkeys; let them stand a few minutes in hot water, then remove the skins, boil in strongly salted water until tender, chop and add to the dressing. Both Irish and sweet potatoes, boiled, mashed and seasoned, are used for stuffing turkeys.

ROAST TURKEY OR CHICKEN.

Clean, wash, and wipe dry. Rub with salt inside. Fill with dressing made of bread crumbs soaked in

cold water and squeezed out as dry as possible, and seasoned with butter, pepper, salt and sage to taste (or any other dressing preferred), then sew up and truss. Put in the roasting pan with water and a large piece of butter, sprinkle with pepper and salt, a few bits of butter, or what is better, a few very thin slices of fat, salt pork. Baste often until nearly done.

Chop the giblets fine and cook in a small saucepan on the stove until tender; when the fowl is done, add them to the gravy, which thicken with wetted flour. Bake the fowl until tender and a rich brown.

ROAST TURKEY.

Select a plump turkey, and when it has been carefully prepared—picked, singed, drawn, washed, wiped and trussed—season the inside with pepper and salt, and stuff with any dressing or forcemeat preferred; sew up the opening with strong, not coarse, thread. Put the fowl into a baking pan with two or three ounces of butter, and roast in a hot oven until well done, basting frequently (I had almost said constantly), first with the butter and then with the drippings. Do not forget that the basting is an important part of the process of baking all kinds of meats, especially that of fowls; if this is neglected the meat will be dry and hard, instead of tender and juicy. Allow at least five hours for baking a large turkey, and keep the oven hot from the moment the fowl is put into it until it comes out brown, tender and toothsome. Boil the giblets and neck in a pint of water until tender; then mash the liver and chop the gizzard as fine as possible

and add them to the gravy, which make as follows: When you take the turkey from the baking-pan, pour off the drippings, set the pan on the top of the stove; add the water in which the giblets were cooked—there should be at least two-thirds of a pint—rub the glaze from the bottom of the pan with the back of a spoon; let boil up and add the prepared giblets; thicken with browned flour; season with pepper and salt, and send to the table in a gravy tureen. Serve cranberry sauce or jelly, currant jelly or spiced currants, with roast or baked turkey.

BOILED TURKEY.

I do not recommend this method of cooking turkeys. Indeed, I consider it a great mistake to boil any fowl that can be baked, but for the benefit of those who do not agree with me, I give the following directions, which I think will prove satisfactory: Prepare as for roasting, with or without dressing, as you prefer; let the fowl be very firmly trussed and tied in position; put it into just sufficient boiling water to cover it, add plenty of pepper and salt and a tablespoonful of lemon juice; boil very slowly until tender, turning once or twice, particularly if the water does not cover the fowl. The length of time required will depend upon the age of the turkey; when the breast and thigh can be easily pierced with a fork it is *nearly* done; but do not remove from the kettle until it is very tender. Serve with oyster, parsley or cauliflower sauce, using some of the liquor in which the turkey was boiled for preparing it. Reserve the giblets and the remainder of the boiling liquor for soup.

TURKEY GALANTINE OR BONED TURKEY.

Dress without cutting the skin on the breast; remove the neck, wings and legs; cut the fowl in two down the back; now begin at the edge and cut the meat from the bones as closely as possible, keeping the skin whole. Cut the breast or fillets from the bone without breaking the skin. When you have removed the bones from both sides of the fowl, spread the skin with what meat adheres to it on a clean meat board. Prepare a forcemeat of two pounds of veal, a quarter of a pound of cooked fat pork or bacon and the meat from the legs of the fowl; chop fine, and season with pepper, salt, nutmeg, grated lemon peel, and chopped parsley. Put a layer of this forcemeat on the inside (which has been placed uppermost) of the turkey skin; on this put a layer of the fillets cut in inch square pieces and seasoned with pepper and salt; now add a layer of dressed oysters—those from which the stomach or dark colored portions have been removed—also season with pepper and salt—then another layer of forcemeat. Roll up the turkey, sew it in shape with a darning needle and strong thread; tie it in a piece of clean netting and put it into a clean saucepan with enough hot water to cover it. Add the turkey bones, broken, a small onion stuck with three or four cloves, two or three carrots, half a dozen celery stalks, and a small piece of red pepper. Remove the scum as it rises; boil very slowly four hours; then remove from the fire and let stand until nearly cold; take from the saucepan, tighten the cloth, and put a light weight on it until cold and solid. Strain the liquor in the saucepan and clarify after directions

given for clarifying stock and soups. Return to the fire, add a glass of sherry or a squeeze of lemon juice; boil, until when cold it will be a stiff jelly; test by cooling a little on the ice or a cold plate. Take the cloth from the galantine, put it into a deep dish, and pour the jelly, while yet warm, over it. Send to the table enveloped in the jelly; slice when serving. Galantines will keep in winter a week or two, and are a very convenient dish for luncheon or tea. They are an elegant form of cold meat often served at parties, the fact that they may be prepared several days before they are wanted, being a not unimportant consideration. Chicken galantines may be prepared in the same way.

ROAST FOWLS.

This will be found a good way to prepare fowls that are known to be too tough for the usual way of baking or roasting. When the fowl is ready for cooking, fasten the legs and wings to the sides with small wooden skewers; put to cook in just enough boiling water to cover it, to which add a tablespoonful of lemon juice, a palatable seasoning of salt, and a small piece of red pepper. Let boil until thoroughly well done; then remove to a baking-pan and place in a hot oven until nicely browned; baste frequently with butter. If desired, the fowl may be stuffed, before browning, with oysters which have been plumped in their own liquor, or with any cooked dressing preferred. While the fowl is cooking, let the giblets be boiled until tender, in just enough water to cover them; then mash the liver and chop the gizzard as fine as possible. When you wish to prepare the ~~gravy~~ gravy, melt two ounces

of butter in a saucepan; add the giblets and a teaspoonful of minced onion which has been parboiled; let these color a little and then stir in two tablespoonfuls of browned flour (or else allow it to brown in the saucepan), add nearly a pint of the liquor in which the fowl was boiled, or that in which the oysters were plumped; let boil two or three minutes; season with white pepper and salt, and serve. I prefer to prepare the gravy in the pan in which the fowl has been baked; although there will be only a very small quantity of dripping, it is the butter with which the fowl has been basted and is an improvement to the gravy.

TURKEY ON TOAST.

Take the remains of yesterday's turkey and remove all the meat from the bones; chop rather fine; put two ounces of butter into a saucepan on the stove, add, if liked, a teaspoonful of minced shallot or onion, and a tablespoonful of chopped parsley; let simmer until the onion is slightly colored, then put half a teacupful of hot water, or better still, cold gravy, into the saucepan; when it is hot add the meat, which season with pepper and salt. Toast five or six small slices of bread, or a piece for each person to be served, remove the crust, arrange on a hot platter, heap the hashed turkey on the toast, and serve.

SCOLLOPED TURKEY.

Cut the meat from the remains of yesterday's boiled or baked turkey; remove the skin and gristle and chop the meat very fine. Butter the bottom and sides of a deep pudding dish; put a layer of cracker crumbs in the bottom of the dish, add some bits of butter and

moisten with hot milk ; on this put a layer of the minced turkey ; season with white pepper, salt, grated lemon peel, and nutmeg ; add some pieces of butter, and, if convenient, a layer of oysters, which season with pepper, salt and butter ; put over this enough cracker crumbs to just conceal the meat and moisten as before with hot milk ; continue in this order until the dish is full or you have the required quantity ; let the last layer be of cracker crumbs. Pour over all a cupful of hot milk and bake in a hot oven, covered, until it begins to bubble on the top, then remove the cover and allow to bake a delicious golden brown. The time required for baking will depend upon the quantity. The remains of any kind of cold fowl, or even veal or lamb, may be prepared in this way and will be found very satisfactory.

RISSOLES.

Chop fine the remains of cold baked or boiled turkey, having first removed the skin and gristle ; put it into a saucepan on the stove with an ounce or two of butter and a half a teacupful of finely-chopped cold boiled ham or tongue for every teacupful of the hashed turkey ; add a slice of bread, soaked in cold water until moist, and then squeezed dry. Season with white pepper, salt, parsley, grated lemon peel and nutmeg. When thoroughly heated remove from the fire and add half a teacupful of sweet cream and two well beaten eggs ; mix thoroughly. Have ready some puff paste—the trimmings from pies and tarts will do—roll thin and cut in circular pieces with a tumbler or tin cutter. Put a tablespoonful of the meat on one half of each piece, fold the other half over, pinch the edges together and fry a nice brown in hot drippings.

GRILLED TURKEY.

The drumsticks of a cold turkey are the parts usually served in this way, but other pieces may be used for the purpose. Score the meat deep and dip it in a dressing prepared as follows: A little more than half a tablespoonful of sharp vinegar, one tablespoonful of any kind of catchup, a small teaspoonful of mustard, a little cayenne and a tablespoonful of salad oil or melted butter. Stir and beat these ingredients thoroughly; dip the meat into the dressing, taking care that it has a good coating of it. Have the gridiron hot, rub it over with a piece of suet; lay the meat on it and broil over a clear fire, turning often, until nicely browned. Remove to a hot platter, put some bits of maître d' hôtel butter on the meat, set in the oven a moment, and serve. The legs of cold boiled or baked chicken, or pieces of rare mutton, or beef, may be served in this way.

RAGOUT OF TURKEY.

Slice the meat from the remains of yesterday's roast turkey. Put an ounce or two of butter into a saucepan on the stove, add a tablespoonful of flour and stir until a pale yellow; now put in a cupful of hot water and the gravy that was left when the fowl was served. Season with pepper, salt, nutmeg, thyme, and two or three ground cloves. Let the gravy boil up and then add a small glass of sherry or Madeira, and two or three teaspoonfuls of currant jelly. Let boil enough to destroy the flavor of the wine, put the sliced turkey into the saucepan and let it get thoroughly heated, but do not allow to boil. Serve in a covered dish.

ROAST GOOSE.

Select a goose with a clean white skin, plump breast and yellow feet; if the feet are red, the bird is old. Pluck, singe, draw, and carefully wash and wipe the goose; cut off the neck close to the back, leaving the skin long enough to turn over; cut off the feet at the first joint, and separate the pinions at the first joint; skewer the wings and legs in the proper position and fill the body with a sage and onion dressing made as follows: Peel four large onions, put them into boiling water; let them simmer ten or fifteen minutes, and, just before they are taken out, put ten sage leaves into the saucepan with the onions and let them simmer a minute or two to take off their rawness; remove from the saucepan, drain, and chop both onions and sage leaves very fine; add a quarter of a pound of bread crumbs, one and a half ounces of butter, pepper and salt to taste, and one egg well beaten. Mix all thoroughly together. When the goose is stuffed sew up the opening with *fine* strong thread; tie the skin over the end of the neck bone, place in a baking-pan with two or three ounces of butter, and if necessary, a cup of hot water, and bake in a *hot* oven, basting frequently. Four or five hours will be required for baking a large goose. When done, take it from the oven, remove the threads and skewers, place on a hot platter and garnish with cress. Cook the neck and giblets in a pint of water: mash the liver and chop the gizzard as fine as possible. Drain off the drippings from the roasting-pan, set the pan on the stove, put the water in which the giblets were cooked into it, add the giblets, thicken with browned flour, season with pepper

and salt, and send to the table in a gravy tureen. Stewed apples are a nice accompaniment for baked goose.

TO COOK A GREEN GOOSE.

Geese are called green until about four months old and should not be stuffed. After they have been properly dressed, truss them after directions given for roast goose, then put into the body a seasoning of pepper and salt and butter enough to moisten the inside. Roast in a *hot* oven, basting constantly until well done and nicely browned. Garnish with water-cresses.

HASHED GOOSE.

Cut up the remains of cold roast goose into pieces of convenient size; the inferior joints and trimmings put into a stewpan to make the gravy. Put two ounces of butter into a saucepan on the stove; slice two small onions and fry them in the butter until a very pale yellow; add these to the trimmings, and pour over them about a pint of boiling water; stew these gently for three-fourths of an hour, then skim and strain the liquor. Thicken with browned flour, add two table-spoonfuls of port wine and the same quantity of any kind of catchup; add a seasoning of pepper and salt and put in the pieces of goose; let these get thoroughly hot but do not allow to boil. Garnish the dish with croûtons.

ROAST DUCK.

Pluck, singe, draw, wash thoroughly, wipe dry, and fill with a dressing of moistened bread crumbs seasoned with butter, pepper, salt, and a little sage (or any other dressing preferred). Sew up the opening and

place the duck on its back in a roasting pan, in which should be a cupful of hot water and a piece of butter the size of a small egg. Cut a few slices of salt pork as thin as possible and place on the breast, to season it, while cooking. Be sure to baste frequently from the butter and water in the pan, for much depends upon this to prevent the meat from being dry. The giblets should be cooked in a saucepan by themselves, then chopped fine and ready to add to the gravy when the duck is done. Thicken the gravy with a little flour and water stirred smooth together, let it boil, and send to the table in a sauce boat. About a cupful of water will be sufficient to add to the pan after the duck is removed to the platter. Have a moderately hot oven. About one hour and a half will be required for the cooking of a duck. Should there be too much fat in the pan after removing the duck, it may be poured off before making the gravy.

FILLETS OF DUCK

Remove the breasts whole; if too thick, cut them in two lengthwise; dip in melted butter and broil over a clear fire, turning often, until well done and nicely browned. When done dust with white pepper and salt, and serve on buttered toast. The remainder of the duck can be stewed or fricasseed.

STEWED DUCK.

Cut the duck into suitable pieces. Put two ounces of butter in a saucepan, in which fry one finely chopped onion and three or four sprigs of parsley; add the duck and allow to brown; then add sufficient hot water

to cover, two cloves, one sage leaf, dried and powdered pepper and salt. Cover closely and allow to simmer until tender; keep the same quantity of water in the saucepan by adding more as it boils away. Thicken the gravy with browned flour, add a squeeze of lemon juice and serve. Garnish with croûtons.

STEWED DUCK AND PEAS.

Put a pint of good gravy on the stove in a saucepan; season with cayenne, salt and a little grated lemon peel; let the gravy get thoroughly heated, but do not allow to boil; now add some nice slices of cold roast duck. Boil a quart of peas in slightly salted water until tender; drain them; then add a teaspoonful of granulated sugar and two tablespoonfuls of butter rolled in flour. Stir until the butter is melted and the flour cooked; pile in the center of a deep dish and pour the stewed duck around.

ROAST CHICKEN.

When the chickens are nicely dressed and trussed, season them inside with pepper and salt and fill them with a dressing made as follows: Cut the crust from three or four slices of stale bread; butter the bread generously and cut it in tiny bits; fill the body of the bowl with the buttered crumbs or any dressing preferred; place in a dripping-pan with an ounce of butter and half a cup of water if you do not use a roasting rack. Baste often; allow an hour for baking if the chickens are young and tender; much more time will be required if they are at all old. Serve with giblet ~~gravy~~ made as for roast turkey. Pass crab apple jelly with roast chicken.

BOILED CHICKEN.

When the fowl is ready for cooking, fasten the legs and wings to the sides of the body with very small wooden skewers; put to cook in just enough boiling water to cover, to which add a tablespoonful of lemon juice, a palatable seasoning of salt, and a small piece of a red pepper pod. Boil until thoroughly well done, then remove to a hot platter. Serve with white or oyster sauce.

FRIED CHICKEN.

Only young, tender chickens can be successfully fried; cut them in pieces as for fricassee; dust with salt and pepper. Put two or three ounces of butter or clarified drippings in a saucepan on the stove; when melted, lay the pieces of chicken in the saucepan; cover closely and set where it will cook very slowly, until well done and nicely browned; then turn, and cook the other side in the same way. When done, remove to a hot platter, put some bits of butter on the chicken, set in the oven a moment, and serve. Garnish with cress or parsley. If you like, prepare a gravy, by putting a coffee-cupful of hot water into the saucepan; let simmer a few minutes, and thicken with browned flour. Send to the table in a gravy boat. Chickens may be cut in pieces and fried in hot drippings, with or without breading as preferred. Let the drippings be deep enough to float the pieces.

BROILED CHICKEN.

Pluck, draw, wash, wipe dry, and split open down the back; dip in melted butter, and place on a buttered gridiron over a clear fire. Watch constantly so it will

not burn, but cook thoroughly. Sprinkle with salt and pepper while cooking, and, after placing it on a hot platter, put a few bits of butter over it, and a few sprigs of water-cress around it. Lettuce salad, dressed with oil (or melted butter), salt, pepper and vinegar, may be served with broiled chicken.

BROWN FRICASSEE.

Cut up the chicken into convenient joints; put three ounces of butter into a saucepan, in which fry the chicken a golden brown; add sufficient hot water to cover the chicken; season with pepper and salt, and allow to simmer until tender. Thicken the gravy with browned flour, and serve.

WHITE FRICASSEE.

Cut the chicken into joints; put into a saucepan with sufficient hot water to cover; remove the scum as it rises; boil very slowly until tender; season with pepper and salt; rub three or four tablespoonfuls of flour smooth in the same quantity of butter, with which thicken the gravy. Have ready a tin of warm soda biscuit, break them open and lay them on a platter, with the crusts down; arrange the chicken on them; pour the gravy over, and serve. A tablespoonful of lemon-juice may be added to either white or brown fricassees, and a small onion, finely minced and cooked with the chicken, is an improvement for most tastes.

BAKED SPRING CHICKENS.

The following is a delicious way of cooking young chickens,—in some respects it is even superior to broil-

ing: when ready for cooking, cut the chicken in two, down the back, and spread it open, as flat as possible flatten the breast bone, by giving it two or three energetic blows with the rolling-pin. Lay the fowl in a dripping-pan, with the skin side down, sprinkle with salt and bits of butter, and bake in a hot oven, basting very frequently with butter. A little water may be added, if necessary, to keep the pan from burning, but only a little will be required. When done, remove to a hot platter, dust with pepper, and lay some generous bits of butter over the chicken; set in the oven long enough to melt the butter, and serve; or, dress with maître d'hôtel butter. Garnish with cress or parsley.

CHICKEN POT-PIE.

Two cupfuls of bread-dough (prepared from Warner's Safe Yeast),—when ready for the tins will be a sufficient quantity. Work into it a piece of butter the size of an egg, and one-quarter of a teaspoonful of soda, dissolved in a very little hot water. Roll, cut into squares, and set aside to rise, to be ready for the chicken, which prepare as for fricasseed chicken, and cook until within twenty minutes of being done; then drop the squares of dough into the kettle, and do not remove the cover until quite sure they must be done, when take out the chicken and crust upon a hot platter. Thicken the liquor, and season with butter, pepper and salt; pour over the chicken and crust, and serve.

FRENCH CHICKEN CUTLETS.

Trim the remains of a cold roast or boiled fowl into nice cutlets. Cut pieces of bread of the same size and shape. Fry the bread to a pale brown in butter, and

put in the warming-closet, or oven, with door open, to keep warm. Dip the cutlets in melted butter, mixed with the beaten yolk of an egg; roll in cracker-dust, season with salt and pepper, and fry for five minutes; put each cutlet on a piece of bread, pile high in the dish, and serve with the following sauce: Put two tablespoonfuls of butter, two of minced onions, one of minced carrot, a few sprigs of parsley and six pepper-corns into a sauce-pan. Fry for five minutes, or until brown, and pour in half a pint of broth, made from the bones. Thicken with a little wetted flour, stew gently for twenty minutes, strain, and serve.

CHICKEN PATTIES.

Remove the skin from the white meat of a cold boiled or roast fowl; chop fine, and to every teacupful of the meat allow a tablespoonful of cold boiled or baked ham, finely minced. Put these into a sauce-pan on the stove, add a gill of cold gravy, if you have it, or the same quantity of hot water, a quarter of a teaspoonful of grated-lemon-peel, a little mace or nutmeg, and salt and white and cayenne pepper to taste. When hot, add a tablespoonful of flour, rubbed smooth in a like quantity of butter; let simmer a few minutes; remove from the fire, and add four tablespoonfuls of sweet cream. Line some patty-pans with puff-paste, rub the edge of the crust with melted butter, to prevent the cover from sticking, put a piece of bread in each patty-pan, put on the top crust—rolled thin,—and bake in a quick oven. When done, remove the tops, take out the bread, fill with the prepared chicken, return to the oven for a moment, and serve.

POTTED CHICKEN.

Cut the meat from the bones of a cold roast fowl; remove the gristle and skin, and to every pound of meat allow one-fourth pound of butter; salt and cayenne to taste, and a very small quantity of grated nutmeg or mace. A little cold boiled ham or tongue will improve the flavor. Cut the meat in small pieces, and pound it in a mortar with the butter until a smooth paste, adding very gradually the seasoning. Pack in small jars to within an inch of the top; fill the remaining space with clarified drippings, taking care that the drippings adhere to the sides of the jar, and thus effectually exclude the air. Nice for luncheon and tea, also excellent for sandwiches. The remains of almost any cold meat, poultry or fish may be potted, if freed from gravies and everything that could interfere with the keeping qualities. In winter, they will keep a long time, but in summer they must be eaten soon.

JELLIED CHICKEN.

By exercising a little forethought when preparing chickens for roasting, you may secure a delicious dish of jellied chicken without at all interfering with your roast. For this purpose save the neck, giblets and feet; if the latter are allowed to stand in scalding water a few minutes the skin can be easily removed; take off also the nails. As the feet are very rich in jelly they are an important factor in the dish we are preparing. Cut the meat from the remains of your roast fowl in neat pieces, removing all skin and gristle. Break the bones and put them in a sauce-pau on the stove with the feet and other giblets; add a quart of water and simmer two hours; ~~skin~~ if necessary. It

should now be boiled down to a pint, remove from the fire and strain; return to the saucepan and clarify; add white pepper and salt to taste, a squeeze of lemon juice, a little tarragon vinegar, or half a glass of sherry simmer a few minutes and remove from the fire. Arrange the pieces of cold chicken in a wetted mold—a bowl will answer every purpose—putting the nicest pieces at the top and next the sides of the mold; put a few very thin slices of lemon on the outside of the meat, and now and then a dainty sprig of parsley. When nearly cool, but before it stiffens at all, pour the jelly over the chicken; set it in a cool place until cold and required for use. The liquor should form a stiff jelly which will completely envelop the meat. When ready to serve hold the mold in hot water an instant, and then invert it over a small platter; the contents will slip out easily. Garnish with cress and slice at the table.

CHICKEN CROQUETTES.

Put on the stove in a saucepan two ounces of butter, in which fry until slightly colored one small onion or shallot; now add two coffee cupfuls of cold, finely-chopped chicken, roast is best, but any other kind will do; a slice of bread, first soaked in cold water, and then squeezed as dry as possible in a napkin; a little thyme, a tablespoonful of chopped parsley, a little grated nutmeg and lemon peel, salt, white and cayenne pepper to taste; when thoroughly heated remove from the stove and add three tablespoonfuls of cream or milk, and a well-beaten egg; mix all thoroughly together and heap on an earthen dish. When cold add another egg, two if the mixture is at all dry, as it

should be as moist as you can work it ; make into little rolls two or three inches long and an inch in diameter ; handle carefully that they may not break apart ; dip in beaten egg, roll in cracker dust and fry in hot drippings until a nice brown ; two minutes will be long enough to fry them. A teacupful of boiled rice may be used in place of the bread, and will be found a great addition to the croquettes.

CURRIED CHICKEN.

Cut in thin slices two large onions ; peel, core and chop one apple ; fry these in two ounces of butter until a nice brown ; then add one dessertspoonful of curry-powder, one teaspoonful of flour, one teaspoonful of sugar, half a pint of gravy, and pepper and salt to taste. Cut the meat from the remains of a cold roast fowl in neat slices ; add to the gravy and allow to simmer fifteen minutes. Add a tablespoonful of lemon juice, and serve with a border of boiled rice.

PRESSED CHICKEN.

Cut the fowl into joints as for fricassee ; put to cook in just sufficient boiling water to cover ; add a tablespoonful of lemon juice, a couple of cloves, salt and a piece of red pepper. Remove the scum as it rises ; allow to boil very slowly until the bones slip easily from the meat ; then remove from the saucepan and take out the bones ; separate the meat into rather small pieces ; add two tablespoonfuls melted butter, a little grated nutmeg, salt and pepper if necessary. Remove the crust from a slice of stale bread, then soak until soft in the liquor in which the chicken was boiled ; put the soaked bread with the chicken meat ;

mix all well together and put into a mold or any convenient dish. Lay a plate or close-fitting cover on top of the meat, add a small weight and let stand until cold ; it is then ready for serving. Cut in thin slices ; arrange neatly on a small platter and garnish with cress. The liquor may be used for soup. Jellied chicken is a more elegant dish.

CHICKEN LIVERS.

Fry a few sprigs of parsley and a tablespoonful of minced onion in an ounce of butter until the onion is slightly colored ; add five or six chicken livers and fry them until done ; then add a tablespoonful of browned flour and enough hot water or stock to cover the livers ; let simmer five minutes and serve on toast.

A NICE BREAKFAST DISH.

Cut slices from the breast of a cold fowl (cold veal or any other white meat may be used). Dip in beaten egg and then in cracker dust, fry to a nice brown in butter or beef dripping. Cut slices of stale bread in quarters, dip quickly in cold water, then in the beaten egg, dust with the cracker and fry the same as the meat. Send to the table on the same or separate dishes, as preferred. Garnish the meats with bits of parsley.

BROILED SQUABS.

Young pigeons are called squabs, and are very properly esteemed a dainty and delicious dish. Broiling and baking are the favorite ways of cooking them, though they are sometimes made into a pie. When the squabs are prepared for broiling—skinned, or

plucked, drawn, washed and wiped—split them down the back and flatten the breast bone by giving it a gentle blow with the cutlet bat; lay them on a buttered gridiron and broil over a clear fire until thoroughly cooked and nicely browned. Remove to a hot platter; dust with white pepper and salt; put a bit of butter on each piece; set in the oven a moment and serve. Or, serve on buttered toast.

BAKED SQUABS.

Prepare as for broiling, then put into a baking-pan with a cup of hot water, an ounce or two of butter, and a little salt; bake in a hot oven, basting often until done. Serve with or without buttered toast. Thicken the gravy in the roasting-pan with a little browned flour, and send to the table in a gravy boat.

PIGEON PIE

Skin, draw and wash inside and out; cut into convenient pieces and put into a saucepan with sufficient hot water to cover; add a tablespoonful of lemon juice, a piece of red pepper, and salt. Cook very slowly until tender, keeping the same quantity of water by replenishing as it boils away. When done, thicken the gravy with two tablespoonfuls of flour rubbed smooth in the same quantity of butter; put the pigeons with the gravy into a deep baking dish and cover with a crust made as for soda biscuit. Brush over with beaten egg and bake until the crust is done. Serve in the baking dish.

GUINEA FOWL ROASTED.

Dress and truss the same as a chicken; lard the breast and stuff with a dressing made from either of

the recipes given for poultry dressing. Put into a baking-pan with a cup of hot water and two ounces of butter; bake in a hot oven, basting very often. Serve with giblet gravy or bread sauce. The flavor and color of the flesh of the guinea fowl bears a close resemblance to that of some kinds of game, for which it is often substituted. It is delicious fried or broiled when young and tender.

ROAST PEACOCK.

Follow directions given for roast turkey; if the fowl is a young one, it may be roasted without a stuffing. Serve with crab-apple jelly.

GAME.

USE fresh game ; avoid stale or ripened game, as dealers call it. I know it is the custom in England to hang poultry, mutton and game for several days before cooking it, and the meat so treated is said to be simply delicious. But our climate seems to be lacking in the preservative qualities which the English atmosphere so largely possesses, for the result of hanging meat for any length of time, in America, is quite the opposite of delicious. Venison can be used within a few hours after being brought in, or as soon as it becomes perfectly cold. Those who have never had the pleasure of eating fresh venison do not know how excellent it really is.

The smaller animals, such as rabbits and squirrels, should be put into slightly salted water for a short time, before cooking.

All game birds should be plucked or skinned, and drawn as soon as possible after being killed, that the meat may not become tainted by the contents of the intestines.

This is as essential with game birds as with domestic fowls. The epicure, who insists that a woodcock shall be served with the trail retained, would lose his appetite very suddenly if his spring chicken, though broiled to a turn, had not been previously drawn.

This is a matter worthy the attention of all who have to do with the cuisine of a household. From a scientific point, there seems to be but one rule to follow, the opinions of a class of epicures and *noted chefs* to the contrary notwithstanding.

The rule is this: The entrails of all game birds should be drawn. There is no nonrishment in the effete matter which they contain, it being that portion of the food which the system has rejected after absorbing all the nutriment during the process of digestion. A bird to be properly plucked, should have *every* pin-feather removed; singe by holding over a blazing paper, over the open stove, or by setting fire to a tablespoonful of alcohol on a plate, and holding the bird over it; then draw, cut off the head and feet, and be sure to cut out the oil bag from the tail, and see that every particle of the wind-pipe is removed. The giblets are the liver, heart and gizzard.

Cut the gall-bag carefully from the liver.

Cut the heart partly open or press it between the thumb and finger, that no blood may remain. Wash all parts carefully in clear, cold water.

Do not parboil game, nor use too many spices in seasoning it—its peculiar flavor should be preserved.

BREAD-SAUCE FOR GAME.

Prepare a pint of sifted bread-crumbs; put two-thirds of a pint of milk in a saucepan on the stove; add a scant teaspoonful of grated onion; season with cayenne pepper, salt, and a little nutmeg or mace; let boil five minutes very slowly, then add half the bread-crumbs. Fry the remainder in an ounce of butter until quite dry and a golden brown. After the game is dished, sift the fried bread-crumbs evenly over it, and pass the white sauce, or put a tablespoonful on each plate.

SADDLE OF VENISON.

This is the cut of venison *par excellence*, and should always be roasted either before the open fire, or in a hot oven. Lard the meat thickly with fat pork or bacon, and sprinkle with salt; place in a baking-pan with a cup of water and two ounces of butter; baste often enough so that the meat shall not once become dry. Bake one hour for every three pounds; prepare the gravy in the roasting-pan, as for other baked and roasted meats; add three or four tablespoonfuls of currant jelly to the gravy, and put a mold of currant jelly on the table, to be served with the venison.

BAKED HAUNCH OF VENISON.

Trim in good shape, and wipe first with a wet cloth and then with a dry one; brush it over with melted butter, and put it into a baking-pan with a teacupful of hot water and two or three ounces of butter; bake in a hot oven, basting continually until done, which will require at least five hours, if the haunch is a large one. Remove to a warm platter; put the baking-pan on the top of the range, add a cup of hot water, a seasoning of cayenne and salt, half a teacupful of currant jelly, a glass of port wine or sherry, and a little grated nutmeg; thicken with browned flour, and serve. A very nice, plain gravy may be made without either wine or jelly. The above is the simplest way of preparing this roast. It will be more savory and juicy if covered, while baking, with a paste, made of flour and water; remove the paste half an hour before the meat is taken from the oven to allow it to brown. Baste with hot water until the crust is removed, then add wine and butter.

SHOULDER OF VENISON.

The shoulder may be baked or roasted, the same as the haunch. Baste often with butter and the drippings, and when nearly done add a glass of wine to the dripping pan, and continue basting. Serve with a gravy, prepared as for roast or baked haunch of venison.

VENISON STEAK.

Cut the steaks three-fourths of an inch thick, and trim them as you would beefsteak; place on a buttered gridiron, and broil over a clear fire, turning often until well done, — they should not be served at all rare. Remove to a hot platter; sprinkle with salt and pepper and bits of butter; set in the oven a moment, and serve. Some cooks put a tablespoonful or two of melted currant jelly on the steaks, but the flavor of broiled venison is so delicious, that I dislike to recommend anything but a dressing of pepper, salt and butter for this delectable dish.

VENISON CHOPS.

Dip the chops in melted butter, and broil over a clear fire, turning the broiler often, so that every portion of the meat may be thoroughly cooked. Season with pepper and salt. Have ready in a saucepan the following: a cupful of hot water, a tablespoonful of currant jelly, half a dozen pepper-corns, two cloves; heat well together until the jelly is dissolved, then place the chops in the saucepan for five minutes, and remove to a hot platter, with the sauce poured around them.

STEWED VENISON.

The neck and shoulder pieces of venison make very savory stews. If a shoulder of venison is to be stewed,

remove the bone through the under side and fill the space with a forcemeat made of bread crumbs seasoned with butter, cayenne, salt, and sherry or port wine; a slice of fat mutton, finely minced, will be an improvement to the dressing. Bind the shoulder in shape with tape or strips of clean white cloth. Put to cook in a stewpan with enough stock—made from the trimmings—or hot water to cover it; add salt and cayenne, and if liked, a glass of wine; allow to simmer until very tender. Remove the bands, and dish; strain the gravy, thicken with browned flour, and add butter if necessary. Send to the table in a gravy tureen. If desired, the shoulder may be browned in the oven after it is removed from the stewpan.

VENISON PIE.

Cut the venison into pieces two inches long, and an inch wide; put into a stewpan with sufficient hot water to cover; add pepper, salt, half a dozen whole allspice, two cloves, and a glass of port wine; remove the scum and allow to boil very slowly until tender; as the water boils away replenish so as to keep the original quantity; thicken the gravy with two or three tablespoonfuls of browned flour rubbed smooth in the same quantity of butter. Put the fricasee into a baking-dish, cover with a puff paste, brush over with beaten egg, and bake. If the crust browns too quickly cover it with a piece of buttered paper.

VENISON HAM.

Dried venison is a rare delicacy; the ham is the part generally used for drying; prepare as follows: Trim the ham in good shape; rub over with a mixture of

sugar and salt in equal parts ; repeat the process every other day for eight or ten days ; then dust over, while moist, with clean, sweet, wheat bran and smoke or dry as preferred. It is more wholesome, and to most tastes more palatable, if dried without the flavor of smoke. Two ounces of saltpeter rolled fine and added to the sugar and salt will improve the color of the venison. Serve raw and in very thin pieces, cut across the grain. Dried venison may be prepared after either of the recipes given for dried beef.

ROAST WILD TURKEY.

Pluck, draw, wash thoroughly ; lay in salted cold water for half an hour ; rinse in cold water, wipe dry, rub inside with salt, fill with a dressing of moistened bread crumbs, seasoned with butter, pepper, salt, and a little sage (or any other dressing preferred), and sew up the opening. Some like the flavor a small onion chopped fine gives to the dressing. Place the turkey on its back in the roasting-pan, with a cupful of hot water and a generous lump of butter. Lay a few slices, cut very thin, of fat salt pork on the breast to season it while cooking. Cut the rind from the pork. Sprinkle the bird with a little salt. Baste frequently from the water in the pan, until nearly done, or the meat will be dry. From an hour and a half to two hours will be required. Cook the giblets in a saucepan, chop fine, and have ready to add to the gravy after the turkey has been taken from the pan. Add more hot water to the pan as it may be needed. When done place the turkey on a hot platter, which garnish with watercresses or parsley. A row of fried oysters may be placed around the platter next to the turkey.

Thicken the gravy with flour and water, season with more butter, taste to see if salt enough and, after adding the chopped giblets, send to the table in a sauce-boat.

ROAST WILD GOOSE.

Remove the feathers dry, singe, draw, wash, lay in salted cold water for half an hour, rinse in cold water, wipe dry, rub inside with salt, and fill with a dressing of moistened bread crumbs, butter, pepper, salt, a small onion and a sour apple, both chopped fine, and a little sage. Sew up the opening, place the goose on its back in the roasting-pan with a cupful of hot water and a piece of butter. Sprinkle with salt and place a few thin slices of fat salt pork on the breast to season it while cooking. Baste from the roasting pan frequently during the first hour, adding water when necessary. By using a fork carefully it can be ascertained when the meat becomes tender. When done place on a hot platter, and garnish with parsley. Drain the fat from the pan, add a cupful of hot water to the glaze, also a bit of butter, pepper and salt. Thicken a little with browned flour, strain, and send to the table in a sauce-boat. Serve the goose with the traditional stewed apple.

ROAST RABBIT.

Dress, removing the head and feet, and lay in salt water about half an hour, then rinse in cold water, wipe dry, rub inside with salt, and fill with a rich bread dressing of moistened bread crumbs, butter, pepper, salt, and a little sage (or any other dressing preferred).. Sew up the opening and place the rabbit

in a roasting-pan, sprinkle with pepper and salt and lay a few slices of fat salt pork along the top; cut the slices as thin as possible. Place in a moderately hot oven and baste frequently. Be sure that it is well cooked; a little over an hour may be required. Baste with the butter and water that should be put into the roasting-pan. Garnish with slices of lemon. Thicken the gravy and send to the table in a sauce boat.

FRIED RABBIT.

Prepare as for rabbit fricassée; after removing from the salt water and rinsing, wipe dry and place on a plate. Obtain a little fat by frying a few slices of salt pork, remove the pork and add a generous piece of butter. Put the pieces of rabbit in the pan, sprinkle with pepper and salt, cook till well done and of a nice color and send to the table hot. Garnish with slices of lemon and cress. If preferred, before frying dip the pieces in beaten egg, then in cracker dust or very fine bread crumbs. For frying, the rabbit should be very tender.

RABBIT FRICASSEE (White).

Skin, removing entrails, feet, head and neck of two rabbits; wash, cut into pieces and lay in salted cold water for half an hour; rinse in cold water, then put into a saucepan, with hot water enough to cover. Put in a pinch of salt. Remove the scum as it rises. Cook until tender, thicken with flour and water, add a squeeze of lemon juice, butter and a little pepper to season it. Serve at once on a hot platter.

RABBIT FRICASSEE (Brown).

Prepare and cook the rabbit as for a white fricassee. When the meat has cooked tender, draw the saucepan to the side of the stove and prepare the following: A few slices of onion, a bunch of sweet herbs, a slice of fat salt pork, an ounce of butter, a half a dozen pepper corns, fried together to a nice brown, being careful not to scorch; then add the liquor from the rabbit, allow it to boil up; strain back into the saucepan, in which the rabbits still remain, and thicken with browned flour, boil, and send to the table on a hot platter with the sauce about the meat.

RABBIT PIE.

Prepare and cook the same as for white or brown fricassee until ready for the table, then put into a baking-dish and cover with a crust made as for biscuit, or use a puff paste. Cut a slit an inch or two long in the center of the crust, for the steam to escape, place in the oven and bake a nice brown and until the crust is done. Send to the table in the same dish in which it is baked.

BROILED SQUIRRELS.

Skin, draw, wash, and lay in salt water ten minutes; rinse in cold water, wipe dry, and broil over a clear, steady fire until done, then sprinkle with salt and a little pepper. Broil carefully until well done. Put on a hot dish and pour over a little melted butter; cover closely and set into the oven for a few minutes. The covering helps the seasoning to penetrate the meat. It is then ready to serve.

RAGOUT OF SQUIRRELS.

Prepare the squirrels as for broiling, then cut up and cook tender in water enough to cover, replenishing if needed. Season with butter, salt, a little pepper, and lemon juice. Thicken with flour and water, allow it to boil up well, and send to the table on a hot platter; or a few slices of onion and a couple of thin slices of salt pork may be fried together and added when the meat has become tender, then proceed as above; or both lemon juice and onion may be omitted, if preferred. Be sure to skim off the scum that will rise when it begins to boil.

SQUIRREL PIE.

Prepare the squirrels as for broiling, then cut up and put into a saucepan with water enough to cover them. As soon as it boils up throw the water away and cover again with hot water and boil until tender, then season with butter, pepper and salt. A little salt may be put in when the second water is put on. Thicken a little with flour and water stirred smoothly together, then draw to the side of the stove, taste to see if sufficiently seasoned, then dip into an earthen baking dish and cover with a crust made as for biscuits, or a puff paste may be used. Make an opening in the center of the crust an inch or two long to allow the steam to escape. Bake in a moderately hot oven until the crust is done and of a rich brown.

ROAST WILD DUCK.

Pluck, singe, draw, wash and lay in salt water for twenty minutes; rinse in cold water; wipe dry, season inside and out with pepper and salt; place in the roasting pan, in which put a little hot water and a

generous lump of butter with which baste frequently. Have the oven hot ; cook about thirty minutes. Do not fail to serve the bird *hot*, or it better not be served at all. Use the above rule in cooking duck for those fond of it served rare, especially hunters, whose daily bill of fare during their hunting excursions includes game.

For a home party, little accustomed to, or not particularly fond of game, use the following rule : Prepare the duck as above, and fill with a dressing of moistened bread crumbs, seasoned with butter, salt, pepper, and sage (or any dressing preferred). Sew up the opening ; place the duck on its back in the roasting pan, in which should be a teacupful of hot water and a large lump of butter. Add water to the pan as required, for the flavor of the duck will be injured if allowed to scorch. Cover the breast of the duck with *thin* slices of fat, salt pork (from which the rind has been removed) to season it, and in cooking it will shrivel and almost disappear. Be sure to baste frequently from the pan, until nearly done. The duck should be of a dark, rich brown color, and very tender, when done. The giblets should be cooked in a saucepan by themselves, chopped fine, and added to the gravy. Add a teacupful of water to the pan after the ducks are removed to the platter. Thicken the gravy with a little flour and send to the table in a sauce-boat. The oven should be hot and the ducks cooked from an hour to an hour and a half. A duck that requires parboiling should never be cooked. The canvas-back, teal, butter ball, wood-duck, black duck, red head, mallard and pintail are the best—the blue bill, broad bill and widgeon would be the next choice. The above named ducks are the only kinds fit to use, although other varieties are often in the market.

RAGOUT OF WILD DUCK

Prepare as for roasting, then cut into pieces, cutting off the neck, wings, legs, which disjoint, making one piece each of the breast and back. Lay in salt water for twenty minutes, then rinse in cold water, and put into a kettle with hot water enough to barely cover. Put in a little salt and cook until tender, replenishing the water as it boils away. When done, season with butter and pepper and thicken with a little flour and water, stirred smoothly together. Allow it to boil up well, remove to a platter, and send to the table hot.

PARTRIDGES, PHEASANTS, OR GROUSE.

By whichever name known in the localities they frequent, these birds are much sought after, and are very nice cooked in any of the ways in which chickens may be used. The older birds are better for roasting and stewing. The younger birds are most delicious broiled, and served on toast.

Also the younger birds may be steamed until nearly done; then remove to a roasting-pan; season with salt and a little pepper, baste with butter and water, brown delicately, and put a little melted butter over them. Serve hot, with or without toast. Partridges are often served roasted with or without dressing, with head and feet retained, but the practice does not meet with general approval.

ROAST PARTRIDGE.

Pluck, draw, wash and wipe dry; rub with salt inside and out, and place in a roasting-pan with a cupful of hot water and two ounces of butter.

Put a thin slice of fat, salt pork on each bird. Be sure to baste often ; have a moderately hot fire. About forty minutes will be required, but it will depend upon the size of the birds. When done, remove to a hot platter, and serve with a plain gravy, as with chicken ; or a cupful of stock and half a cupful of claret may be added to the roasting-pan after removing the birds. Allow the liquor to come to a boil, strain, and send to the table in a sauce-boat. Garnish with cresses or parsley. If preferred, fill the birds with dressing, the same as chicken.

BROILED PARTRIDGE.

Pluck, draw, remove head and feet ; cut in two, wash, wipe dry, dip in melted butter, and broil over a clear fire until well done, and of a nice color. Sprinkle with pepper and salt ; put a teaspoonful of melted butter on each bird.

Garnish with curled cress or water-cresses, or pieces of lemon.

FRIED PARTRIDGE.

Fry partridge the same as chicken.

PARTRIDGE FRICASSEE.

Prepare the same as a chicken ; wash well, put in a saucepan with hot water enough to cover, replenishing if it boils away. Remove the scum as it rises, cook until tender, and thicken the gravy with flour and water. Season with butter, pepper and salt ; put a little salt into the water when first put over to boil.

Have ready hot biseuits, split, and laid on a hot platter. Pour the meat and gravy over them, and send to the table hot.

Mushrooms may be used with partridge, cooked the same as above, omitting the biscuits.

PRAIRIE CHICKEN.

Prairie chickens may be cooked the same as partridge.

ROAST SQUAB.

Pluck, wash, drain, rub each one inside with a little salt, and place in a row in a roasting pan, with a *very thin* slice of fat salt pork, about an inch square on each bird; sprinkle a very little pepper over them. Place the pan in the oven; put a piece of butter and a little hot water into it. Baste frequently. Use only water enough to cover well the bottom of the pan, and, by tipping it a little, there will be enough for basting. When done, if there is not a tablespoonful of liquor for each bird, add a little water.

Place on a hot platter, pour the liquor over them and send to the table garnished with water-cresses.

BROILED SQUABS.

Pluck, remove head and feet, draw, wash, wipe dry, split down the back, and press them open to flatten them. Dip in melted butter, and broil over a clear, steady fire until done, and of a nice delicate color; then sprinkle with a little pepper, salt and bits of butter.

Send to the table on hot buttered toast on a hot platter.

The toast should be made before beginning to broil the birds, and placed together, covered closely, and put into the oven to be ready for use.

SQUAB, OR YOUNG WILD PIGEON-PIE.

Skin, draw, wash, and put into a stew-pan with hot water enough barely to cover them, also a pinch of salt and a tablespoonful of lemon juice. Cook gently until tender, replenishing the water, if it boils away, so as to keep about the same quantity.

When done, add a little pepper and butter, thicken a little with flour and water, smoothly stirred together. Let it boil up; taste, to see if sufficiently seasoned; then draw to the side of the stove, and dip out into a baking dish, which cover with a crust, made as for biscuits, or a puff-paste may be used.

WOODCOCK.

These birds are very delicious eating, and are regarded by hunters and epicures one of the choicest game birds.

Some prefer the English way of retaining the trail, the head and feet, which most Americans will not tolerate and consider most unwholesome.

ROAST WOODCOCK.

Pluck, draw, cut off the head and feet, wash and wipe dry; then rub inside with salt, and fill with a rich bread dressing. Place the birds in a roasting-pan, sprinkle with pepper and salt; put a cupful of hot water into the pan. Baste them frequently until nearly done, then allow to brown.

Some birds will cook sooner than others, but the meat should be tender, and about half an hour will be required after they begin to roast. Send to the table hot, on buttered toast.

If preferred, omit dressing, but cook and serve the same.

Let the oven be hot when the birds are put into it.

BROILED WOODCOCK.

Pluck, draw, cut off the head and feet, split down the back, wash and wipe dry; then put on a hot, buttered broiling-iron, over a clear fire. When done, season with butter, pepper and salt. Send to the table hot, garnished with water-cresses.

SANDPIPERS.

Sandpipers are cooked and served the same as woodcock.

QUAIL ON TOAST.

Pluck, draw, wash and wipe dry, then put on a plate, set into a steamer over a kettle of boiling water; steam until nearly done, then remove to a roasting-pan, sprinkle with pepper and salt and baste with the melted butter in a little water from the pan in which they are cooking. Allow them to become a delicate brown. Serve on round or square pieces of buttered toast, as may be preferred. Use the dripping in the pan to moisten the toast.

BROILED QUAIL.

Quail for broiling should be split down the back, dipped in melted butter, and placed on a buttered broiling iron over a clear, steady fire. About twenty minutes will be required. When done, sprinkle with pepper, salt, and a few bits of butter. Serve hot on buttered toast.

ROAST SNIPE.

Pluck, draw, wash, wipe dry, and place in a row in a roasting-pan. Sprinkle with pepper, salt, and put a

cupful of hot water and a heaping tablespoonful of butter into the pan. Set into the oven and baste frequently. Have a moderately hot fire. When done, remove to a hot platter. Should there not be enough liquor for a tablespoonful for each bird, a little water may be added. Send to the table with or without toast.

BROILED SNIPE.

Prepare as for roasting, then split down the back and press open to flatten them for the broiling iron. Dip in melted butter and broil over a clear, steady fire. When done, sprinkle with pepper and salt, and place on buttered toast on a hot platter, and put a teaspoonful of melted butter on each bird. Water-cresses or curled cress are a nice garnish.

ROAST UPLAND OR GOLDEN PLOVER.

Skin, draw, wash, wipe dry, and place in a row in a roasting-pan. Sprinkle with pepper and salt, and put a little hot water into the pan with some bits of butter; baste frequently. When done, send to the table on hot buttered toast on a hot platter. Prepare the toast while the birds are roasting and set it into the oven closely covered. It is a nice addition to have ready the livers (cooked by themselves in a saucepan) chopped fine, mixed well with a few bread crumbs, a little melted butter, the white of an egg, a little chopped cress and moistened with some of the liquor. Taste to see if sufficiently seasoned, and put on the toast around each bird. If preferred, the above, omitting the egg, may be added to the liquor with water enough for a cupful of gravy, which thicken

a little, if necessary, then send to the table in a sauce-boat. Garnish the platter with water-cresses or curled cress.

BROILED UPLAND or GOLDEN PLOVER.

Skin, draw, split down the back, wash and wipe dry. Press them open to flatten them. Dip in melted butter and broil over a clear fire. When done, sprinkle with pepper and salt, and send to the table hot on buttered toast with a teaspoonful of melted butter put on each bird. Make the toast before broiling the birds. It is nicer to be in round pieces without the crust. Butter, pile on a plate, cover closely and set into the oven to be ready for use.

ROAST WATER-RAIL.

Pluck, draw, wash, and wipe dry, and place in a roasting-pan with a cupful of hot water and bits of butter. Sprinkle with pepper and salt. Baste frequently. When done, send to the table on a hot platter with or without toast, garnished with water-cresses.

BROILED WATER-RAIL.

Prepare as above, and split down the back, dip in melted butter and broil over a clear, steady fire until done and of a nice color. Send to the table hot. Put a teaspoonful of melted butter upon each bird.

REED BIRDS.

Pluck, draw, wash, wipe dry, rub a little salt inside, and put into a saucepan, with butter, pepper and a light sprinkling of salt over them. Watch constantly, turning often, that they may not scorch. A dozen birds

will need a heaping tablespoonful of butter. Have a piece of toast ready for each bird on a hot platter. After placing the birds on the toast, add half a cupful of stock to the pan and a squeeze of lemon juice; when heated, pour a little on each bird, using the whole quantity of liquor. In the absence of stock, hot water may be used, and a little more butter added. Serve with slices of lemon.

BLACKBIRDS.

The wild rice blackbirds, during their migratory flight south, or while they are feeding on wild rice, are esteemed by some nearly equal to the English snipe, though many do not include them in their list of game birds for food, but a closer acquaintance would convince them that they are really very nice broiled or stewed, or cooked in any of the various other ways in which small birds may be used.

BLACKBIRD PIE

For a medium sized baking-dish about "four and twenty blackbirds" will be required, which, I believe, is the traditional number given the little ones by Mother Goose.

Skin, draw, and put the birds into salted cold water for ten minutes; then take from the water and place in a stew-pan, with water enough barely to cover them, also a pinch of salt and a tablespoonful of lemon-juice. Cook gently until tender, replenishing the water, if it boils away, so as to retain about the same quantity

When done, add a little pepper and butter; thicken a little with flour and water, smoothly stirred together. Taste, to see if sufficiently seasoned; then draw to the

side of the stove, and dip out into the baking dish, which cover with a crust, made as for biscuits, or a puffpaste may be used. Make an opening in the centre of the crust, an inch or two long, to allow the steam to escape. Bake in a moderately hot oven until the crust is done, and of a rich brown.

BLACKBIRDS ON TOAST.

Prepare the birds the same as for a pie, but allow the water to boil out, watching that it does not scorch; then season with butter and pepper; fry to a nice brown. The toast should be prepared a few minutes before it will be required; cut in half slices, butter them, crush the crust gently, put the slices together, cover closely, and set into the oven. When the birds are done, have ready a hot platter, upon which spread the slices of toast; place the birds on them, and serve hot. Garnish with water-cresses.

TO COOK SMALL GAME BIRDS.

The small game birds, such as plover, snipe, quail and partridge, if young and fat, should be broiled or baked, but if lean, and perhaps tough, they will be better served in a brown fricassee. Dress them nicely, and cut each bird into at least four pieces; then fry in a saucepan, with plenty of butter or clarified drippings, until a nice brown; add sufficient boiling water to cover; season with pepper and salt, put a tight cover over the saucepan, and allow to simmer until the birds are very tender; then remove to a hot platter, on which are some slices of buttered toast; thicken the gravy with browned flour, pour it over the birds, and serve.

A HINT FOR HUNTERS.

Gentlemen who go out for a day's sport, and dislike a cold lunch, or the incumbrance of one, can prepare a most enjoyable repast for themselves, and find rest and pleasure in doing so.

When starting out, put a piece of bread and a little salt and pepper into the hunting-jacket. At lunch-time, having secured the bird of course, build a fire; while it is burning down to coals prepare the bird, by skinning and drawing it; cut open, down the back, so it can be pressed open wide, and hold it before the coals on a wooden fork, which make of a twig, with two prongs. Turn the bird on the fork, so all parts may be brought towards the coals, and thoroughly cooked. Season with pepper and salt, and eat the minute it is done.

With the appetite sharpened by exercise in the open air, this meal will be the most delightful partaken of for many a day.

An old hunter offering this suggestion, says: "Try it,—I know the verdict."

RAISED GAME PIE.

Make a puff paste after the usual manner, with the addition of the yolks of two eggs; work the crust until very smooth. Line a buttered pie mold with the paste. Bone the bird and lay it, breast down, upon your meat board; season the inside with pepper, salt, and mace or nutmeg; cover with a layer of force-meat; on this put a layer of chopped and seasoned veal, then another layer of force-meat, and roll up. Put a layer of force-meat into the pie mold, add the bird, and put on the top crust, in the centre of which cut a gash two inches long; press the edges together so closely as

possible. Bake four or five hours according to the size of the pie. Make of the bones and trimmings a strong gravy, which, when cold, will jelly, and just before removing the pie from the oven pour the gravy into the opening made in the top crust through a small funnel. Serve cold. This recipe is suitable for all kinds of game and poultry. The number of birds required will depend upon the size of pie you wish to make. Oysters, mushrooms or truffles may be added to raised pies made of poultry, with good effect. Raised pies of pork, game, and poultry are very popular in England, where they are made in perfection.

COLD ROAST BIRDS.

Both game birds and poultry that have been nicely roasted, are much nicer served cold for luncheon or tea, than they are in any of the warmed-over or made dishes, however elaborate the preparation. If the bird has not been carved from, put it on the table whole and garnish the platter with cress or parsley; but if it has been cut from and is, therefore, unsightly, cut the meat from the bones in neat slices, arrange on a platter, and garnish as before. Parts that cannot be cut into presentable pieces, can of course be minced and warmed. Cold roast meats are equally desirable, veal and **lamb** being especially delicious when cold.

SALAD.

TO be able to dress a salad well is a valuable accomplishment—as rare as it is valuable; and although it is a branch of cookery that has engaged the attention of many noted men of letters, to the average cook the dressing of a salad is a mystery which she does not care to unravel. I know a good many well-to-do people—some of whom take pride in their cookery—upon whose tables anything more nearly resembling a salad than a few lettuce leaves dressed with sugar and vinegar, omitting salt and pepper, never appears. The idea seems in some way to have gained credence that a salad is a troublesome and expensive dish not to be thought of as every day fare, but to be reserved for grand occasions; when the truth is, that a simple, wholesome, refreshing salad is within the reach of every one who has at her command a potato, a slice of onion, a little cress, or parsley, a cold boiled egg, and a tablespoonful or two of vinegar and salad oil; nor need you lack for variety, for you may vary the contents of your salad bowl by omitting the potato, or onion, or both, and adding meat, or fish and any vegetable suited to the kind of salad you are preparing. The great secret of success in preparing salads of uncooked vegetables is to have the vegetables fresh, crisp, and tender. Very delicious salads are made of cooked vegetables, several kinds being used in one salad—a point to be remembered for

future use, both as a matter of convenience and economy. In this country a mayonnaise dressing is served with almost all salads, but the simple French dressing of pepper, salt, oil, and vinegar, is preferable for most vegetable salads. Lettuce is the vegetable most commonly used in salads; the coarse outer leaves should be removed—they may be used in soups—and only the tender, delicate, crisp leaves of the heart used in a salad. Look over carefully and wash in cold water all vegetables; see that they are freed from every particle of sand and grit. Never combine the meat, vegetables, and dressing of a salad until the last moment before sending to the table, and then do so as lightly and delicately as possible; do not pack or smooth them down in the dish. Serve as a separate course. The heavy salads, such as chicken and lobster, are more suitable for luncheon and tea than for dinner. Tomato, lettuce and celery salads make a very nice course at dinner. It is an improvement to fish, lobster, and chicken salad, if the fish or meat is allowed to marinate for a few hours in a dressing of one-third olive oil and two-thirds vinegar with a light seasoning of pepper, salt and mustard.

MAYONNAISE SAUCE.

Beat the yolk of an egg thoroughly; add half a teaspoonful of mustard powder, and a teaspoonful of salt, and stir all well together; now beat in very slowly, a few drops at a time, four tablespoonfuls of olive oil; when the sauce begins to be quite stiff alternate a few drops of lemon juice or good vinegar with the oil and continue beating. When the oil and egg have been thoroughly beaten together, add a very little cayenne, and a few drops at a time, two tablespoonfuls of good

vinegar. Be careful not to add the oil to the egg too rapidly lest the mixture curdle, in which case it will be necessary to begin over again with a fresh egg and more oil. If the weather is warm it will facilitate the process to set the bowl in which you are making the mayonnaise on ice or in a pan of ice water.

CREAM MAYONNAISE.

Rub the yolks of three hard boiled eggs smooth; season with white pepper, cayenne, salt, and a scant tablespoonful of pulverized sugar; work these well together; then work in, a little at a time, one teacupful of thick, sweet cream; add half a teaspoonful of made mustard and a teaspoonful fried parsley, chopped fine; now beat in a teacupful of whipped cream, after which add, a few drops at a time, three teaspoonfuls of lemon juice.

FRENCH SALAD DRESSING.

Mix thoroughly three tablespoonfuls of olive oil, a scant teaspoonful of salt, a saltspoonful of pepper, and five or six drops of onion juice; add two tablespoonfuls of vinegar, beat a moment and pour the dressing over the salad.

CREAM SALAD DRESSING.

Put half a teacupful of vinegar in a porcelain-lined saucepan on the stove; add a tablespoonful of butter, one of sugar, and salt, and a small teaspoonful of pepper. Put half a teacupful of good rich milk or cream on the stove in another saucepan and when hot add two well beaten eggs; let cook smooth but do not allow to ~~boil~~ boil or it will curdle. Remove from the stove and when partially

cooled, beat the two sauces together. This is a very nice dressing for cabbage salad and should be poured hot over the shaved cabbage.

LETTUCE DRESSING.

Boil three eggs until hard; take off the shell and remove the yolks; mash them smooth and fine; add one tablespoonful of melted butter, and a little salt and pepper; mix well; add gradually half a teacupful of vinegar; beat and stir thoroughly; then pour the dressing over the lettuce. Cut the whites of the eggs in rings and lay them on the top. Serve as soon as dressed.

CHICKEN SALAD No. 1.

Boil a good sized chicken until tender; remove the meat from the bones, rejecting all skin and gristle; cut in dice, and add to it one-third as much chopped celery as you have chicken meat. Cover with a dressing made of two tablespoonfuls of vinegar and one of olive oil, with a very little mustard, and pepper and salt to taste; stir well together and let stand and marinate for an hour or two; then pour over it a mayonnaise sauce, reserving enough to mask the top, and toss with a silver fork until well mixed; pour the remainder of the dressing over the salad; garnish with blanched celery leaves or the hearts of lettuce heads, and serve at once. Lettuce may be used instead of celery in the salad, but should not be put with the meat until the mayonnaise sauce is added, just before serving.

CHICKEN SALAD No. 2.

Two chickens boiled; when cold chop fine the white and dark meat. Three-fourths of the same quan-

tity of celery will be required. Six tablespoonfuls of melted butter, yolks of three hard boiled eggs, one raw yolk, vinegar to suit the taste, and a *little* of mixed mustard, one teaspoonful of salt and a very little red pepper. Garnish with bits of celery.

LOBSTER SALAD No. 1.

Lobster salad is made in the same way, only use lettuce and sweet oil in place of celery and melted butter.

LOBSTER SALAD No. 2.

Pick the meat from the body and claws of a cold boiled lobster, reserving the coral for the dressing; pour over it a dressing made of a tablespoonful of olive oil and three of vinegar seasoned with pepper and salt. Let stand two or three hours to marinate; then mix the coral with a mayonnaise dressing, to color it, and pour it over the salad, adding at the last moment two heads of crisp lettuce, finely shred. Toss up lightly and serve. Garnish with the blanched, curled leaves of lettuce heads.

FISH SALAD.

Fish salad is prepared the same as above, using fish in the place of the lobster meat.

VEAL SALAD.

A bit of cold roast veal makes a very nice salad prepared after the following manner. Remove bones, fat and gristle; cut crosswise of the grain of the meat in the thinnest shavings possible, an inch long and a half an inch wide. To a pint of the shaved meat add two hard boiled eggs, chopped, three or four crisp, tender

stalks of celery cut in small pieces, two small heads of lettuce finely shred, and pepper and salt to taste. Add a dressing made as follows: Beat the yolks of two eggs very light, add a pinch of salt and a very little cayenne; now beat in, a few drops at a time, four tablespoonfuls of olive oil, then just as gradually add two tablespoonfuls of vinegar. When thick and smooth pour it over the salad, toss up, and serve at once. Lamb may be used in the place of the veal if preferred, or more convenient.

OYSTER SALAD.

Drain the liquor from a quart of fresh oysters; cut each oyster into six pieces; mix with them one bunch of minced celery; pour over the salad a dressing made as follows: Two tablespoonfuls olive oil, one teaspoonful salt, a *little* made mustard, one saltspoonful of white pepper, a pinch of cayenne and half a teaspoonful of pulverized sugar. Beat thoroughly, and then add very gradually two tablespoonfuls of lemon juice or vinegar.

LETTUCE No. 1.

Pull off the leaves with the fingers, looking over carefully, and wash in several waters to remove every particle of grit; then put into cold water for awhile before using. Shake out the water from the leaves; place lightly on a plate, or in a salad dish and send to table for each to prepare as they may prefer. To suit the different tastes vinegar, sugar, pepper, salt and olive oil, or a mayonnaise dressing may be provided for the table. If preferred the lettuce may be cut fine before sending to the table, but it does not look as attractive nor will it be as crisp.

LETTUCE No. 2.

Separate the leaves and carefully wash ; place in a salad dish and put slices, cut half an inch thick, of hard boiled eggs over the top. Serve the lettuce to each person, with a slice of the egg, and allow them to dress as they prefer.

LETTUCE WITH TOMATOES.

For this purpose the heads of lettuce are preferred, as the lighter color of the inner leaves makes a pretty effect. Pull off the leaves of the heads (the coarser, outer leaves may be used for another purpose), look over carefully ; place in cold water ; wash several times ; put into cold water until needed ; then shake the water from the leaves ; arrange a circle of the darker ones on the outside, the stems meeting at the center of the plate ; now put a row of the light, tender leaves on top in the same way and place a peeled raw whole tomato in the center, pouring over the tomato a mayonnaise dressing of the consistency of sweet cream. Send to the table, where each one will cut up the lettuce and tomatoes, mixing with the dressing for themselves. This is a course by itself, and should have bread and butter served with it.

TOMATO SALAD.

Peel medium-sized ripe tomatoes and cut them in slices ; set them in the refrigerator or on ice, where they will get thoroughly cold ; cover with either of the mayonnaise dressings when ready to serve—the cream mayonnaise is very delicious for tomatoes. If preferred, the tomatoes may be served whole with a spoonful of dressing in each ; both tomatoes and dressing should stand on the ice until the moment of serving.

CORN SALAD.

For the quantity of salad required have about two-thirds-corn salad leaves and one-third French sored. Look over the leaves carefully, wash, and place in cold water the same as lettuce. Have ready some mayonnaise dressing. Shake the water from the leaves, place in a salad bowl, pour the dressing over them and toss up with a silver fork until quite well mixed, then send to the table. This is a very nice relish for lunch or served with cold meat for tea, or as a course by itself at dinner. Corn salad leaves may be used the same as lettuce. In the absence of French sored, the common field sored will answer every purpose.

POTATO AND CORN SALAD

Slice thin, eight medium-sized cold boiled potatoes and put them into a salad bowl with a liberal sprinkling of corn salad leaves. Pour over them a mayonnaise dressing; mix gently, so as not to break the potato too much.

POTATO SALAD No. 1.

Cut eight or ten cold boiled potatoes into thin slices; mince two small onions very fine; put a layer of the sliced potato into a salad dish; sprinkle with the minced onion, and chopped parsley, cress, or pepper grass. Repeat until the potatoes are all in the bowl. Cover with a dressing made as follows: Put three tablespoonfuls melted butter in a saucepan on the stove; add four tablespoonfuls of good vinegar, half teaspoonful of made mustard, one of salt, cayenne and white pepper to taste; let come to the boil and just as you remove from the

stove add one egg, well beaten, stirring constantly that it may not curdle; when cold beat in three tablespoonfuls of sweet cream. Pour the dressing over the salad, toss up with a silver fork, and serve. In summer this salad may be varied by adding young beets or string beans—previously boiled in salted water until tender—peas, lettuce or cucumbers. Meat or fish may also be added if desired.

POTATO SALAD No. 2.

Slice thin, eight large cold boiled potatoes and cover with a dressing made as follows: Yolk of one hard boiled egg, mashed fine, one teaspoonful of mixed mustard, four tablespoonfuls of melted butter, four tablespoonfuls of vinegar, one teaspoonful of salt and a little pepper. A finely cut onion gives a pleasant flavor to the salad. Garnish with bits of beets, the white of an egg cut into pretty shapes, lettuce, celery tops, parsley, or cress.

CABBAGE SALAD No. 1.

Half a large cabbage, or one small one, chopped fine. Stir together one cupful of vinegar, one teaspoonful of black pepper, one teaspoonful of salt, one tablespoonful of mustard, three tablespoonfuls of melted butter, three well beaten eggs and six tablespoonfuls of sweet cream. Put this in a dish in a kettle of boiling water and stir until it thickens. Pour it over the cabbage while hot, and mix thoroughly. When cool, a little sweet cream poured over it will improve it. Garnish with parsley or mustard leaves and slices of cold boiled eggs.

CABBAGE SALAD No. 2.

Slice or chop the cabbage very fine. For about a quart of cabbage add the beaten yolks of two eggs, and a little olive oil or melted butter, stirring in a little at a time. Add one teaspoonful of salt, and mix with the cabbage. Beat the whites stiff and stir all together. To be served cold, garnished around the edge of the dish with curled cress.

CABBAGE SALAD No. 3.

Shave very fine the desired quantity of cabbage; put a layer in a salad dish and sprinkle with pepper and salt; add cabbage and seasoning alternately until you have the required quantity. Pass sugar and vinegar when serving.

CABBAGE SALAD No. 4.

One small head of cabbage chopped fine, or cut into shreds; cover with a dressing made as follows: Put a teacupful of milk and three-fourths of a teacupful of vinegar on the stove in separate sauce-pans; to the vinegar, when boiling, add one tablespoonful of butter, one of white sugar, and pepper and salt to taste; add the cabbage, and heat to scalding, but do not allow to boil. Stir one well beaten egg into the hot milk and let cook until smooth, but take care that it does not curdle. Put the hot cabbage into a bowl; pour the custard over it; toss about with a wooden or silver fork until well mixed. Set on ice or in a cold place for several hours before serving. This is a very delicious salad, quite repaying the trouble of cooking the dressing.

CELERY SALAD.

Take the tenderer stalks, separate, clean, and place in cold water for half an hour. Shake off the water and cut in pieces half an inch long. Put into the salad bowl and pour over them a mayonnaise dressing (which should have been placed in the refrigerator for awhile before using); toss up lightly until well mixed, then garnish with blanched celery leaves, and send to the table.

CRESS SALAD.

Look over carefully and wash, removing the greater part of the stems; cut in pieces; pile in a salad bowl and dress with pepper, salt, oil, vinegar, and a very little sugar. Serve immediately.

STRING-BEAN SALAD.

Boil the beans in salted water until tender; when cold cut in slices lengthwise, arrange them in a salad bowl and dress with salt, pepper, oil and vinegar; toss up and serve.

BAKED-BEAN SALAD.

Cold baked or boiled beans make a very nice salad if dressed with pepper, salt, a *little* oil, three table-spoonfuls of good vinegar and one of sugar to a pint of beans.

BEET SALAD.

Boil the beets in salted water until tender; when cold cut in thin slices and dress with white pepper, salt, oil and vinegar, or, pour over them a French dressing; toss with a silver fork until every piece has a coating of the dressing.

VEGETABLE SALAD.

One pint of peas, the same quantity of string-beans, three heads of lettuce, finely shred, a bunch of pepper-grass, parsley, or cress, and one or two small onions chopped very fine. Boil the peas and beans in slightly salted water until tender; drain, cut the beans in three pieces lengthwise; mix all well together and cover with French salad dressing; toss up and serve.

DRESSED CAULIFLOWER.

Cut cold boiled cauliflower into small pieces, and pour over it a sauce made as for cabbage salad, or use the French salad dressing.

CUCUMBER SALAD.

Choose fresh large cucumbers, they may be nearly or quite ripe; pare and slice very thin, then lay in ice-water for an hour or two. Dress with pepper, salt, oil and vinegar, to which add a few drops of onion juice.

CHEESE SALAD.

Arrange some nice, crisp, lettuce leaves in a circle on a plate, the stems pointing toward the centre; on the top leaf of each little pile put a small pat of cottage cheese and a hard boiled egg from which the shell has been removed. In serving, dish an egg, a pat of cheese, and several lettuce leaves to each person, who cuts up, and dresses the salad with the French dressing of vinegar, pepper, salt, and oil, for himself.

EGGS.

TO KEEP EGGS.

Pack the eggs—small ends down—in crocks or casks with layers of coarse salt between them; or pack in stone jars and cover with a pickle, made of half a pound of unslaked lime and a pint and a half of coarse salt for eight quarts of boiling water.

BOILED EGGS.

The time for boiling an egg must be varied to suit the different tastes.

For those who wish to have the white set, but the yolk a perfect liquid, three minutes and a half will be sufficient; for others, who prefer the outer edges of the yolk a little hardened, four minutes will be required. Eggs for garnishing should be boiled about ten minutes, then placed in cold water for a moment that the whites may not become discolored.

The water should be boiling hot when the eggs are put in.

A wire basket is most convenient; the eggs are placed in it, and submerged in the boiling water until cooked, then removed.

In the absence of a wire basket, a perforated skimmer may be used for putting them in and removing them.

FRIED EGGS.

Place a liberal quantity of butter in the spider, and, when hot, put the eggs in, ~~one~~ at a time; sprinkle with a little salt and white pepper.

When the white is set, remove to a warm platter, and serve. A griddle-cake knife is convenient for removing them.

Some prefer to have their eggs turned over while frying—it should be done carefully

Eggs fried in ham gravy are very nice; they should be served with the ham.

POACHED OR DROPPED EGGS.

Put as much boiling water into the pan or spider as you think will cover the eggs well, add a little salt and also some prefer a tablespoonful of vinegar. Break the eggs, one at a time, into a saucer and slip into the hot water. The eggs must be perfectly covered; so add water, if you have not enough.

Allow the water to simmer gently,—from three to four minutes will be required. A perfect casing of the white should envelope each yolk, if skillfully done.

Remove with a skimmer, drain, place on a warm platter, and dust with a little pepper. A few small bits of butter may be put on the dish. Garnish with parsley or cress. An egg poacher is very convenient. The eggs are broken into the cups of the poacher, which then should be submerged in the boiling water until the eggs are done, when they may be removed to the platter and seasoned.

BAKED EGGS.

Butter a shallow baking-dish; break the eggs into it; season with pepper and salt, and put a bit of butter on each, bake until well set; remove to a warm platter, and serve. The eggs will look nicer if baked in buttered “patty-pans.”

SCALLOPED EGGS.

Boil a dozen eggs until hard ; remove the shells and slice the eggs crosswise ; put a layer of grated bread-crumbs on the bottom of a buttered baking-dish ; add a layer of the sliced eggs ; season with pepper, salt and bits of butter ; add another layer of bread-crumbs, then a layer of the sliced eggs until you have the required quantity ; let the last layer be of crumbs. Put half a pint of cream or rich milk on the stove in a saucepan ; add a tablespoonful of cracker-dust, one of chopped parsley, and a little nutmeg or mace ; pour, hot, over the scallop, sprinkle with sifted bread-crumbs, and bake until hot through and delicately browned.

SCRAMBLED EGGS, No. 1.

For one egg allow two tablespoonfuls of boiling water, a little salt, and a piece of butter, not quite as large as a walnut. Stir rapidly from the moment the egg is dropped into the water until the mixture is of the consistency of cold, thick cream ; do not allow to whey. Have ready some slices of moist, buttered toast, put the eggs on the toast, and serve. Make twice rather than have more than six eggs in your frying-pan at once. This will not be found too rich for an invalid's stomach.

SCRAMBLED EGGS, No. 2.

Allow a piece of butter the size of a hickory-nut for each egg. Have ready a hot spider or frying-pan, in which put the butter ; when hot, add the eggs ; season with salt and pepper, stirring gently until the whites are done ; then put quickly on a warm platter and garnish with cress or parsley.

SCRAMBLED EGGS, No. 8.

Put two-thirds of a pint of milk and an ounce of butter into a saucepan on the stove; when near boiling, break eight eggs into it; season with white pepper and salt; stir to break the yolks, but do not beat at all; cook until the whites are set, stirring very gently all the time, but do not allow to curdle. Serve with or without buttered toast, as preferred.

SCALLOP WITH EGGS.

Butter a shallow baking-dish; put a layer of cracker or bread-crumbs in the bottom of it; add a layer of not very finely-chopped cold veal or lamb; season with pepper and salt and bits of butter; moisten with gravy, milk or cream; put a layer of cracker or bread-crumbs on the top, and bake covered until the gravy bubbles up through to the surface. Remove the cover and break into the dish enough eggs to well cover the top; put pepper and salt and a bit of butter on each, and bake until the whites are well set. Serve in the dish in which the scallop was baked. Cold turkey or chicken may be used for the above.

BROILED EGGS.

Toast as many half slices of bread as the number of eggs required; butter the toast; break an egg carefully and put one on each piece. Hold a hot salamander, or hot shovel over each egg until the white is set; also sprinkle each egg with a little salt, white pepper, and a few drops of lemon juice. Serve at once.

EGGS ON TOAST.

Toast half slices of bread, crush the crusts; butter, and put in a pile on a plate; cover closely with a tin dish and set into the oven for twenty minutes; then put on the dish from which they are to be served and place on each piece an egg, poached as in recipe given above.

CREAM AND EGG TOAST.

One cupful of cheese crumbs, half a pint of milk, two eggs, salt, pepper, butter, and toasted bread. Put the cheese crumbs into the milk and boil until melted; beat the eggs well and add, with butter, pepper, and salt to taste; stir rapidly a few minutes and take from the fire. Have ready some bread, well toasted, the slices cut in quarters; pour the cheese on and serve at once very hot. This is a nice relish for tea or lunch.

OMELET, No. 1.

Remove the crust from a slice of stale bread and put it to soak in enough hot milk to cover it. Beat separately the whites and yolks of six eggs; add the soaked bread to the yolks and beat smooth; season with pepper and salt; add the whites; stir well together and pour into a saucepan on the range, in which is a tablespoonful or two of melted butter; cook rather slowly, carefully lifting the edges of the omelet with your spoon, that it may be all equally cooked; as soon as it is well set, fold one half over the other, and serve. It should be a delicate golden brown, light as foam and perfectly tender. If a fruit omelet is desired, spread a layer of any kind of jelly, jam or marmalade over one half of the omelet and fold the other half over it; sprinkle with powdered sugar, and serve.

OMELET, No. 2.

Allow one tablespoonful of milk, a pinch of salt, and a piece of butter the size of a walnut for each egg used. Beat the whites and yolks separately, add the milk and salt (and a little chopped parsley if desired), pour into the hot pan, in which has been put the butter. Cook three or four minutes, fold over, and serve hot.

OMELET, No. 3.

Beat three eggs lightly and not very thoroughly; pour them into a hot spider or omelet pan, in which is a small tablespoonful of melted butter, hot but not browned; rinse the dish in which the eggs were beaten with one tablespoonful of milk and pour over the eggs. Sprinkle with a little pepper, salt, and a teaspoonful of chopped parsley; cook slowly at first, moving the eggs gently with a fork; when nearly done, bring the spider forward to brown the bottom, then fold over, making one half of it cover the other half; do this with a wide bladed knife or pancake turner. Put upon a hot platter and serve immediately, for an omelet is not good when cold.

OMELET WITH HAM.

Take well boiled ham and chop it fine, then put into a frying-pan or spider with a little butter. Sprinkle with pepper and a little salt, if necessary. When hot, pour over it the eggs, which have been prepared as for a plain omelet. When the eggs are set, fold over by passing a wide bladed knife under it at the side nearest the handle of the pan; by raising the pan at the same time, the turning will be greatly facilitated, for it is not an easy matter for an inexperienced person to turn an omelet well. Send to the table at once on a warm platter.

OMELET WITH TONGUE.

Use cold boiled tongue and proceed the same as with the ham in the recipe, "Omelet with Ham."

OMELET WITH OYSTERS.

Drain a dozen oysters (remove the dark portions, if preferred), chop fine. Beat four eggs, the whites and yolks separately as for a plain omelet, to which add the chopped oysters, pepper and salt; then put a heaping tablespoonful of butter into the omelet pan; when hot put into it the eggs and oysters, stirring gently as they are put in, then allow to set, when fold over and serve.

OMELET WITH CAULIFLOWER OR ASPARAGUS.

Boil the vegetable until tender; chop fine or mash smooth; then beat with the eggs and proceed as with plain omelet.

OMELET WITH TOMATO.

Prepare a plain omelet; when ready to fold put a layer of fried ripe tomatoes on one half and fold the other half over it. Serve with or without a tomato gravy, as preferred.

OMELET WITH CHEESE.

Beat six eggs as light as possible; put two ounces of butter into a saucepan on the range; grate three ounces of good cheese—not too new—which add to the beaten egg; season with salt, cayenne, and white pepper, and add to the butter, which should be quite hot; stir constantly until the mixture is of the consistency of cold thick cream; serve at once.

OMELET WITH RUM.

Make a sweet omelet, and when serving pour over it a glass of rum, to which touch a lighted wax taper, and serve, burning.

SWEET OMELET.

Make as for plain omelet, adding a scant tablespoonful of pulverized sugar for every two eggs and omitting of course salt and pepper. When done spread one-half with a few spoonfuls of jam, jelly, marmalade or any kind of preserve; fold over, sprinkle with sugar and serve.

OMELET SOUFFLÉ.

Beat the yolks of two eggs as light as possible; add two tablespoonfuls of powdered sugar and a few drops of flavoring and beat to a cream. Beat four whites until you can turn the plate bottom upward without having them fall off; pour the beaten whites and yolks together and mix thoroughly; pour into a buttered baking dish, dust with powdered sugar and bake in a moderately hot oven until a golden brown; serve at once. If a larger soufflé is required use more eggs, but it is better to make two than to put more than six or seven eggs into one soufflé. A very delicate soufflé is made of the whites of the eggs beaten stiff; add a tablespoonful of pulverized sugar for two whites, and chopped apricots or peaches; or any kind of marmalade may be cut into little pieces and used in place of the apricots or peaches.

FRIZZLED HAM AND EGGS.

A very good dish may be made from the remnants of cold fried ham. Cut the ham into thin narrow

strips and put into the frying-pan with a little butter; when hot pour well beaten eggs over it, stirring constantly until the eggs are set; then serve on a warm platter or on buttered toast.

FRIZZLED DRIED BEEF AND EGGS.

Follow directions for "Frizzled Ham and Eggs," using dried beef, shaved very fine, in place of the ham.

EGG SANDWICHES.

The yolks of two hard boiled eggs pounded in a mortar with a little chopped cress, butter, salt and pepper. When a fine paste, spread on thin slices of buttered bread, which press together with thin slices of chicken between.

EGG A LA MODE.

Soak a pint of bread crumbs in a pint of milk. Beat eight eggs very light; add the soaked bread crumbs and beat for five minutes. Have ready a sauce-pan in which are two tablespoonfuls of butter, hot, but not at all scorched; pour in the mixture, season with pepper and salt; stir briskly for three minutes. Serve on squares of buttered toast

STUFFED EGGS, No 1.

Cut in two, lengthwise, some hard boiled eggs; remove the yolks; mash them smooth and add a quarter of a slice of bread, which has been soaked in milk, for four yolks, season with melted butter, pepper, salt, minced parsley or onion; fill the cavities from which the yolks were taken with the mixture, rounding them

up to look as though each half egg contained a whole yolk ; place on a buttered baking dish and bake until thoroughly heated and slightly colored.

STUFFED EGGS, No. 2.

Cut some hard boiled eggs in two lengthwise ; remove the yolks ; mash them smooth ; add a tablespoonful of cooked chicken, veal, lamb, tongue or ham finely minced ; bind with the yolk of a raw egg ; season with pepper, salt, nutmeg and a very little made mustard, or omit the mustard and add chopped parsley ; fill the cavities ; smooth over ; press the two halves together, dip in beaten egg, then in cracker dust ; place in a wire basket and fry ; garnish with parsley.

CURRIED EGGS.

Prepare a pint of good stock ; add to it two teaspoonfuls of curry powder, first rubbed smooth in a little of the stock ; let it simmer until reduced to half a pint ; thicken with a tablespoonful of flour rubbed smooth in the same quantity of butter ; boil six eggs until hard ; cut them into slices, yolks and whites together ; put them into the prepared gravy ; let them stand to get thoroughly heated and then serve.

SCOTCH EGGS.

Boil six eggs until hard ; remove the shells and cover them with a force-meat ; dip in beaten egg and then in cracker dust and fry in hot dripping until a nice brown ; drain and serve ; garnish with parsley. The flavor of ham should predominate in the force-meat. A half pint of good brown gravy poured over the eggs when ready to serve will be found an improvement.

OMELET EN CAISSE.

Make little boxes of buttered writing paper, fill half full of any kind of omelet or soufflé and bake in a *hot* oven; serve in the cases. Or, break an egg into each little box, sprinkle with salt and pepper and chopped fried parsley. Bake as before and serve in the boxes.

VEGETABLES.

IN the selection of vegetables too great care cannot be taken that only fresh ones be secured, for it is imperative that the health of a family be protected by rejecting all stale ones.

If a desired vegetable cannot be obtained in a fresh state, it will be folly to cheat yourself into the belief that a stale one can be made wholesome and palatable. Those having a home garden are able to have the freshest and best of fruits, vegetables, and relishes, if properly managed.

Be sure that all you require from the garden be picked while the dew is on, and put into a cool place until required for use.

How delicious are strawberries and raspberries, sent to the breakfast table wet with the dew! How appetizing the lettuce and cress, picked in the early morning and placed in the refrigerator until needed! So different from the stale articles known by the same name.

The same marked difference is noticeable between freshly-picked green corn, peas, and asparagus, and those that have lain in the sun or have been wilted in the market.

Do not allow vegetables to be spoiled in the cooking; they should be neither underdone nor overdone, but just right.

Pare potatoes thin; the mealiest, flakiest portion lies next the skin.

Old potatoes are improved by soaking in cold water for a little while before paring for use, or over night, if required for breakfast.

A heaping tablespoonful of salt to a gallon of water is a good rule to follow in boiling vegetables. Put new potatoes over to cook in boiling water, old ones into cold; do not allow the latter to soak on the stove, they should boil up immediately. By old potatoes I mean those used after the first of March until the new ones can be had, which will be about the first of July, in our northern climate.

Onions should be boiled in two waters; the first put on cold and allowed to boil fifteen minutes, then drained off, and hot water poured on for the finishing.

For purposes of this kind it is advisable to always have plenty of hot water in the teakettle. In boiling vegetables, should the water boil away, always replenish with hot water, never with cold.

For a general rule this will be a good one to follow: Put all vegetables over to cook in hot water, if they require to have the water drained off when done; but put those into cold, that retain it, and to which the seasoning is added.

While cooking, a good, steady fire must be kept; a poor one would be disastrous.

To become a thrifty house-wife, one must take a little forethought in these matters; they enter too largely into the elements of success in cookery to be disregarded.

Experience can teach us most, but we hope to express ourselves so simply that we may enable the young housekeeper to achieve success with less difficulty.

ASPARAGUS, No. 1.

Look over carefully, and wash ; then tie in bunches, being careful that the stalks are of equal length. Put into slightly salted boiling water and cook until tender, which will require about twenty minutes ; drain, and serve on thin slices of toast ; pour over it a white sauce. Asparagus should be cooked in a porcelain-lined saucepan, or else in a bright, new, tin saucepan.

ASPARAGUS, No. 2.

Wash and cut the tender stalks into inch-long pieces ; put to cook in just enough salted boiling water to cover. When tender, add a cup of cream or milk, and, if you use milk, a good-sized piece of butter, and a little white pepper. Have some slices of buttered toast in a tureen, pour the asparagus over it, and serve in small dishes, giving to each person a piece of the toast, upon which put the sliced asparagus with a spoonful or two of the liquor. If preferred, the toast can be omitted, but it is a decided improvement to the dish.

ASPARAGUS ROLLS.

Cut the tops from ten small stale French rolls ; remove the crumb, and lay the shells with the tops in the oven for fifteen minutes, to get dry and crisp. Put a scant pint of milk in a saucepan on the range ; add two tablespoonfuls of butter and one of flour, rubbed smooth together, pepper and salt to taste ; allow to simmer a few minutes, and then add three eggs, well beaten ; stir until it begins to thicken, then add the tops and tender stalks, chopped fine, of three bunches of boiled asparagus ; simmer until well heated ; fill the shells, put on the tops, and serve very hot. Boiled cauliflower may be substituted for the asparagus.

ASPARAGUS PUDDING.

Boil the green tops of two bunches of asparagus until tender; cut in small pieces. Put an ounce of butter in a saucepan on the stove; when melted, add four eggs, well beaten, pepper and salt to taste, and a cupful of milk; stir, and beat these together, adding very gradually four tablespoonfuls of flour; cook smooth, but do not allow to curdle; add the asparagus, turn into a buttered mould, plunge the mould into a kettle of boiling water, and boil two hours. Serve in a pudding-dish, with a cupful of drawn butter poured around it. An excellent dish; serve with the second course.

FRIED ARTICHOKE À LA GOUFFÉ.

Remove the leaves from six artichokes; cut the artichokes into very thin slices; put them into an earthen bowl with a pint of water and half a gill of vinegar, to whiten; allow to stand an hour or two; drain off the water, and season with pepper and salt. Put three spoonfuls of butter into a saucepan on the range; stir one teaspoonful of flour into the melted butter, and add three well-beaten eggs; stir until smooth, then pour the mixture over the sliced artichokes; see that each piece is well coated with the dressing, then fry in butter until a golden brown. Drain, pile on a napkin, and serve, garnished with fried parsley.

BOILED ARTICHOKE.

Cut the ends of the leaves and also the stems from six artichokes; put them into two quarts of boiling water with a heaped tablespoonful of salt, half a teaspoonful of pepper, one bunch of savory herbs, and two ounces of butter. When the leaves come out easily,

they are cooked enough. Serve with plain melted butter. A piece of cinder, tied in a bit of muslin and boiled with them, will keep them green.

BOILED JERUSALEM ARTICHOKEs.

Wash and peel the artichokes ; put them into a saucepan, with sufficient cold water to cover them, salted in the proportion of a heaping tablespoonful of salt to half a gallon of water ; allow to boil gently until tender ; drain, and serve with melted butter, a little of which may be poured over them.

MASHED JERUSALEM ARTICHOKEs.

Boil as in the above ; press the water out of them, and mash free from lumps ; season with butter, white pepper, and salt. Stir over the fire until quite hot, and serve.

FRIED APPLES.

Wash and wipe six large, fair, juicy apples that are not too tart ; remove cores with a sharp knife or apple-corer ; cut the apple around in slices half an inch thick ; fry in hot butter until the slices are nicely browned on both sides ; sprinkle with powdered sugar after removing to the dish in which they are to be served. A nice accompaniment for roast pork.

STEWED LIMA BEANS.

Put a pint of shelled Lima beans into slightly salted boiling water, with one or two slices of onion. When tender, drain them and remove the onion ; now add two ounces of butter, enough hot water or stock to moisten the beans, and a little white pepper ; allow to simmer ten or fifteen minutes, and serve.

LIMA BEANS WITH CREAM.

Cook the same as "Stewed Lima Beans" until you drain off the water, then add a cupful of hot milk or cream, a small piece of butter, and pepper to taste; let simmer a few minutes, and serve. Ripe Lima beans may be soaked over night and then cooked the same as green beans.

BOSTON BAKED BEANS.

Pick over and wash the beans, and soak them over night; in the morning parboil them, then put them in a bean-pot, or any small-necked earthen jar, with sufficient cold water to cover them, to which add a table-spoonful or two of molasses, and salt and pepper to taste. Have ready half a pound, for a quart of beans, of pickled pork, parboiled and scored; put it in the center of the dish and bake in a moderate oven for twelve hours; add water as often as necessary. If objectionable the pork may be omitted and butter used in its stead; only a little will be required, just enough to season the beans.

BAKED BEANS WITH PORK.

Look over, wash and put to soak over night a quart of dry beans. In the morning put over to boil in two quarts of cold water, boiling slowly half an hour; then drain off the water, putting on the same quantity as before, but it should be hot water; boil half an hour and pour off again; now put on enough hot water to a good deal more than cover the beans. Put half a pound of salt pork, which has been washed and the skin well scraped, into the kettle, and boil slowly until both are thoroughly cooked, adding water from time to time if necessary. Remove to a baking pan,

add pepper, salt if needed, and if liked a tablespoonful of molasses or sugar. Put the pork in the center of the dish with the skin side, scored, up, and bake in a hot oven until both beans and pork are of a golden brown. When cold, baked beans should cut smooth and solid like cheese; if they crumble, they have been baked too dry.

FRENCH OR STRING BEANS.

Break off each end of the beans, allowing the fibrous string to pass from end to end; do this as skillfully as possible, that all of it may be removed, as it is very disagreeable when cooked with the beans. When all have been through this process, cut into pieces an inch long and put into cold water for a short time. The cutting can be greatly facilitated by holding a bunch of beans together instead of one at a time. Use a sharp knife to preserve the edges of the beans smooth. Drain off the cold water and put them to boil in a saucepan in enough well salted boiling water to cover them. Forty-five minutes or over will be required for the cooking; when nearly done add a palatable seasoning of salt. Test them to see if they are very tender. Underdone beans are unsatisfactory, as well as unwholesome. Drain off all the water; return to the range and season with butter, pepper, and milk, or cream, according to the quantity of beans. For three pints, three heaping tablespoonfuls of butter and a cupful of milk will be needed. Allow the beans to come to a boil after adding the seasoning, then serve. In place of the milk a few tablespoonfuls of sweet cream may be put over the beans, or after draining them, season only with butter and pepper; some prefer even to retain the water in which they are boiled and adding the seasoning to it.

BOILED BROCOLI.

Take off the outside leaves and cut the inside ones off level with the flower; look over carefully and cut off the stalk close at the bottom; put into cold salted water, the heads downward, for half an hour. Put into a saucepan with boiling salted water—a heaped tablespoonful of salt to half a gallon of water—and boil quickly over a clear fire. Remove from the kettle the moment it is done; drain, pour over it a little melted butter, and serve.

BOILED BRUSSELS SPROUTS.

Pick over and wash nicely; put to cook in a saucepan of salted boiling water; keep the pan uncovered and boil briskly until tender; drain, pour over them a little melted butter seasoned with pepper, and serve.

BEETS.

Cut off the tops, but do not cut the beets in any part, not even the rootlets, should any be attached, for it would cause them to bleed, thus injuring the color and flavor. Wash well in several waters, then put over to cook in a plenty of boiling water. Boil steadily until done. Quite young beets will require from an hour to an hour and a half, but the older ones from three to four hours; the time they require to boil tender will depend upon their age. Do not fail to have them thoroughly cooked, for they will be very indigestible if underdone. The water should be replenished with more hot water as it boils away. When nearly done, add sufficient salt to season. When done, remove to a pan of cold water, and with the hands remove the skins, cutting a slice from the top and the rootlets off. Cut crosswise in very thin slices and

place in a hot dish ; set into the oven for a few minutes, then pour over them a few tablespoonfuls of vinegar and a piece of butter heated together. Sprinkle with pepper and send to the table.

BEETS PICKLED.

Prepare as in recipe for "Beets" until they are sliced, then place in an earthen dish or jar in clear, cold vinegar with a few pepper corns. The beets may be used the next day and will keep well for a number of days.

BEEF GREENS.

The young tender beets are used for this purpose, both the tops and bottoms, without separating. The beets themselves are scarcely more than rootlets. They should be looked over well to see that no insects or loose particles of dirt are left on the leaves, also reject the poor leaves. Wash carefully in several waters until satisfied that no grit remains, then put into salted boiling water ; cook steadily from three-quarters of an hour to an hour ; drain in a colander, press out all the water possible ; then put into a saucepan with a piece of butter, a little pepper, and salt. Cut into coarse pieces with a sharp knife, and when the greens are heated through with the seasoning, put in a hot dish and send to the table. Serve with vinegar. Some like to boil a small piece of salt pork with the greens for seasoning.

FRIED BEETS.

Boil the beets in salted water until tender ; remove the skins ; cut in thin slices and fry in butter ; dust with pepper and add a squeeze of lemon juice, or a few spoonfuls of vinegar.

BOILED CAULIFLOWER.

Remove the flowers carefully; examine closely to see that there are no insects; wash and allow to stand for a short time in cold water. Put into salted boiling water and cook until tender; drain, and serve hot with a little melted butter or white sauce poured over it. If only melted butter is used for dressing, pass the vinegar cruet when serving.

CAULIFLOWER WITH CHEESE.

Add half a pint of grated cheese to the white sauce prepared for cauliflower and let it stand on the range, stirring constantly until the cheese is melted, then pour it over the cauliflower. Cauliflower is a valuable addition to a vegetable salad.

CABBAGE.

This very common vegetable may be quite spoiled in the cooking; properly cooked it is almost as delicate as its near, but more aristocratic kin, the cauliflower. There are a good many varieties of cabbage, some of which are much more desirable than others. Do not choose a large, overgrown head or one in which the leaf stalks are coarse and fibrous, there will be too much waste and the flavor will not be as pleasant as that of a smaller cabbage. The common practice of boiling cabbage two or three hours has done much to render the dish unpopular; treated thus it comes to the table a yellowish, watery, insipid substance, from which the delicate flavor has long since departed. Put cabbage into plenty of boiling salted water, boil fifteen minutes; pour off the water and again fill the kettle with salted boiling water; thirty minutes is ample time

in which to cook any cabbage tender, and that is all that is required. Keep the kettle closely covered while boiling. To those who have not a similar method I unhesitatingly recommend the following directions for

BOILED CABBAGE.

Select a medium-sized, firm, white, sweet, crisp head of cabbage; remove the outer leaves; cut in quarters and wash, examining carefully to see that there are no insects; let stand half an hour in cold water and put to cook in a kettle of boiling water; when it has boiled fifteen minutes pour off the water and fill the kettle again with salted boiling water; allow to boil thirty minutes from the time it was first put into the kettle. Take the cabbage from the water into a colander; remove the heart and all fibrous portions; press out every drop of water possible; put the cabbage into a saucepan on the range; add salt and white pepper to taste, a teaspoonful of sugar, two tablespoonfuls of butter, and, if you like, half a teacupful of good cider vinegar; allow to get very hot, stirring enough to distribute the seasoning. Serve in a hot dish. Garnish with slices of hard boiled eggs.

FRIED CABBAGE.

Shave very thin or chop fine the desired quantity of cabbage; put it into a saucepan with pepper and salt to taste and a little hot water; be sparing of the water, as more can be added at any time, if necessary. Cook until tender, when, add a generous piece of butter and a little good vinegar, but not enough to make the cabbage very moist, as it should be quite dry when served. Allow to simmer five minutes, and serve. Thin slices

of nicely browned, fried salt pork or bacon should accompany fried cabbage. of you like the flavor of pork in your cabbage, fry it in the drippings obtained by frying the pork.

CABBAGE AND TOMATOES.

Shred a small head of crisp, white cabbage as fine as possible ; peel and slice three or four large, ripe tomatoes ; arrange in a salad dish and add a French dressing. Toss up lightly in the dish. Serve each person a slice or two of the tomato with a spoonful of cabbage.

TO MAKE SAUERKRAUT.

It is necessary to have a perfectly tight barrel or tub. It should be sweet and clean. Select good, firm heads of cabbage. Remove the outside leaves ; cut in halves, take out the heart and shave the cabbage fine with a cabbage-cutter. Sprinkle a tablespoonful of salt over the bottom of the barrel, then a layer of twelve quarts of the cut cabbage and a tablespoonful of salt.

Proceed thus until the barrel is as full as desired. One and a half pints of salt will be required for a barrel. Pound lightly each time after putting in the cabbage. Cover the top layer with a white cloth, then with a round wooden cover that will fit the barrel nearly tight, on which place a weight according to the quantity of cabbage. Forty-five or fifty pounds weight will be required for a barrel of cabbage. In twenty-four hours the juice should be over the cover ; if not, add clear, cold water.

In a week, wash, every other day, the cover, cloth, weight, and the barrel, down to the cabbage; to remove the scum. Do this as long as it seems necessary. If kept in a moderately warm place it may be used in about three weeks. It should then be set in a cool place

SAUERKRAUT.

This may be served raw, boiled or fried.

For boiling, put it into a kettle, with hot water enough to cover it, and a piece of ham or bacon for seasoning. It will require to cook as long as green cabbage.

For frying, put it into a hot spider with butter,—but a piece of bacon is usually preferred. Cook until tender. Serve hot, with or without vinegar.

BOILED GREEN CORN (WHOLE).

Select the ears of sweet corn that are full grown; break through the husks to see they are not hardened but full of milk. Strip the husks from the ears, picking off all the threads of silk, then put over to cook in a kettle of boiling water, in which put a little salt. Be sure there is plenty of water to cover the corn well, that it may not become discolored in the boiling. About thirty minutes will be required for boiling. When done, drain off the water and send the corn to the table hot, covered closely in a napkin. Some prefer to boil the corn with the inner husks on, but I fail to discover any advantage to be derived from that way. If preferred, after boiling on the cob, it may be cut off, placed in saucepan with butter, pepper, salt, and a little cream or milk, heated, and served hot.

BOILED GREEN CORN (Cut).

Strip the husks from the ears and remove the silk; then with the left hand hold the large end of an ear firmly, the small end resting in the dish. With a sharp knife cut from the top downwards, taking nearly half, in depth, of the kernels off. After cutting the whole ear, take the back of the knife and scrape gently downward; this will secure the meat and milk of each kernel, without any of the husky cup which holds it. Proceed in this manner until a sufficient quantity is obtained, then place in a boiler pail with half a cupful of water for each quart of corn. Very tender, but full grown sweet corn should be used, and it will require but ten or fifteen minutes to cook. Allow it to cook gently. When done, season with butter, pepper, salt, and a half a cupful of sweet milk or sweet cream. Allow it to come to a boil, then serve. If you do not have a set of the tin boilers, so much used now, take a tin pail and set it in a kettle of boiling water, or a saucepan will answer the purpose.

ROASTED GREEN CORN.

Strip off the husk and remove all the silk. Hold the ear with a fork or roasting iron over a clear fire, and roast carefully without burning; turning so each row of kernels may be equally well done. Proceed the same with as many ears as are required; place them in a napkin on a plate in the oven; when all are done send to the table that they may be served while hot. It is to be eaten from the cob, each one seasoning it with butter, pepper, and salt, to suit the taste. Roasted corn, seasoned when hot, is a nice accompaniment to a picnic lunch.

GREEN CORN CAKES OR FRITTERS.

One pint of grated sweet corn, one pint of sweet milk, or a part sweet cream would be better, and three well beaten eggs. Stir all together, beating hard. Season with a little white pepper, salt, and two tablespoonfuls of melted butter, stirring it well in and adding a little flour to make the ingredients adhere together, being careful not to have them too thick. Bake one on the griddle first to test the batter, that it may be of the right consistency, and well seasoned before baking to serve. If preferred, fry in hot drippings or lard.

GREEN CORN PUDDING.

Two cupfuls of grated, green, sweet corn, two teacupfuls of sweet milk, and three well beaten eggs. Stir all well together, and season with pepper, salt, and a tablespoonful of melted butter. Put into an earthen baking dish in a moderately hot oven. Bake a golden brown. Send to the table hot, in the dish in which it is baked.

SUCCOTASH.

Cut sweet corn from the cob, but not deep enough to get any of the husky casing; scrape the cob gently to secure all of the sweet, juicy substance of the kernel. For two teacupfuls of the corn, one of Lima beans will be needed. Put both together into a saucepan with cold water enough to cover. Add a little salt and cook gently. When the beans are tender, pour in a teacupful of sweet milk or cream; season with butter and a little pepper and allow to boil up, then send to the table.

BOILED CARROTS.

Carrots should be used in the early part of their season, when they are fresh and firm. Wash thoroughly, scraping the skin all off, and put into boiling hot water, in which there should be a little salt; boil until tender; drain, cut through lengthwise, or slice off in round thin slices; put into a hot dish, and sprinkle with pepper and bits of butter. A little vinegar may be served with them. Instead of being cooked whole, they may be chopped fine before boiling, then served as above. Carrots are also nice boiled with meat with other vegetables, or boiled and served with corned beef.

STEWED CARROTS.

Wash and scrape six large carrots; parboil them and slice them into a stewpan; add a teacupful of broth or stock, pepper and salt to taste, and half a teacupful of cream; simmer until the carrots are tender, but not at all broken. Thicken the gravy with an ounce of flour, let boil up, and serve.

GLAZED CARROTS.

Wash and scrape six large carrots; cut them into rather thick slices and parboil them in salted water; drain them well, and put them into a saucepan with a pint of stock and a large lump of sugar; boil over a brisk fire until reduced to a glaze; add two ounces of butter and a seasoning of salt. Shake the saucepan until the butter is well mixed with the carrots. There should be no sauce in the dish when it comes to the table, it should all adhere to the carrots.

TO DRESS CUCUMBERS, No. 1.

Pare the cucumbers and put them into ice water for an hour to make them firm and crisp. Slice very *thin*; arrange in a salad bowl with lumps of pounded ice. Pass pepper, salt, oil and vinegar when serving. Cucumbers are very unwholesome unless perfectly fresh; if it is necessary to keep them over night, lay them in ice water or keep them in a cool, dark cellar, if you have no refrigerator.

TO DRESS CUCUMBERS, No. 2.

Pare, and lay in cold water—ice water if possible—for an hour; slice very thin; sprinkle a little fine salt over each piece; let stand an hour; shake the dish briskly; drain closely; cover with good sharp vinegar, add a dash of pepper, and serve.

FRIED CUCUMBERS.

Pare two or three large cucumbers and cut them into slices one-fourth of an inch thick. Drain them on a cloth, season with pepper and salt; dredge with flour, and fry in a little hot butter until nicely browned; pile lightly in a dish, and serve. Fried cucumbers are often served as a garnish for beefsteak.

STEWED CUCUMBERS.

Peel three large cucumbers and cut them in two lengthwise; remove the seeds and parboil them in salted water for five minutes; then place them in another stewpan with two-thirds of a pint of good brown gravy, seasoned with pepper and salt and a lump of sugar; boil until the cucumbers are tender. Serve with the gravy in which they were cooked.

CURLED CRESS.

Those having a garden will find a satisfaction in having a small bed of curled cress. It is very nice for a relish at tea, for soups and for garnishing, and may be used in other ways which will suggest themselves to the housewife. For tea, separate the leaves; look over carefully; wash, shake out the water and place on a deep plate with the stems pointing toward the center. Fill the plate quite full and put a little cold water in it; send to the table and eat with salt. This makes an agreeable looking dish, as well as an appetizing one.

CELERY.

Let the roots be scraped; remove all the decayed and outside leaves; wash thoroughly, carefully removing all specks and blemishes. If the stalks are large, divide them lengthwise into two or three pieces and place root downwards in a celery-glass, which should be nearly full of cold water. The top leaves may be curled by shredding them in narrow strips with the point of a clean skewer.

STEWED CELERY, à La Creme.

Boil six heads of celery in salted water until tender. Put half a pint of cream and a blade of mace into a saucepan on the range; shake the saucepan over the fire until the cream thickens; dish the celery, pour the sauce over it, and serve. Stewed celery may also be served with white sauce, or like asparagus, on toast, with melted butter poured over it. It is delicious in either way.

DANDELIONS.

About a peck of dandelion leaves will be required for a pint when cooked. Look each leaf over carefully, and after washing well in several waters, lay them in cold water for twenty minutes. Put over to cook in abundance of boiling water; boil ten minutes; drain off the water and cover again with boiling water; put in a tablespoonful of salt and cook from thirty to forty-five minutes. They will require a longer time if the leaves are not tender. When done put into a colander, drain and press out all the water; return to the stove in a saucepan; season with a little pepper and a tablespoonful of butter. Cut through with a sharp knife and mix thoroughly. Put in a hot dish and garnish, if liked, with slices of cold, hard boiled eggs. Serve with vinegar. Some prefer to boil a small piece of fat, salt pork, well washed, with the dandelions, putting it in when the water is changed. Dandelions make very nice greens and are considered very wholesome, but can rarely be obtained outside the rural districts. They certainly should be as marketable as spinach.

ENDIVE.

This is a beautiful vegetable, in appearance, and makes an excellent addition to winter salads when lettuce can not be easily obtained. Look it over carefully; remove any decayed or dead leaves; wash well in abundance of water and dry it thoroughly by shaking in a soft cloth. Serve in a salad. This vegetable may also be served hot, stewed in cream, brown gravy or butter; season lightly, as too much seasoning will overpower the delicate flavor of the vegetable.

STEWED ENDIVE.

Look over carefully and see that there are no insects. Wash thoroughly in plenty of water ; put into slightly salted boiling water for fifteen minutes ; drain and press the water all out ; chop very fine. Put into a stew-pan with a pint of good stock for every six heads of endive ; boil until perfectly tender. When done, thicken the gravy with two tablespoonfuls of flour rubbed smooth in half as much butter ; add a tablespoonful of lemon juice and a small lump of sugar ; boil up and serve.

EGG-PLANT FRIED.

Cut the plant around in slices half an inch thick ; sprinkle with pepper and salt, and press with a light weight for an hour or two ; drain on a napkin ; dip each slice in beaten egg, then in cracker dust, and fry in butter until a light brown.

EGG-PLANT STEWED.

Pare the egg-plant and put it into cold, slightly salted water ; boil twenty minutes ; pour off the water and add boiling water from the teakettle ; cook until very tender ; remove from the kettle into a colander ; press out every drop of water possible ; mash smooth ; season with butter, pepper and salt, and serve hot.

EGG-PLANT FRITTERS.

Prepare and cook the same as " Egg-Plant Stewed " ; mash fine ; season with pepper and salt to taste ; add three tablespoonfuls of flour rubbed smooth in two tablespoonfuls of butter and a well beaten egg ; mix thoroughly and place in hot butter by the spoonful ; fry on both sides.

A SUBSTITUTE FOR EGG-PLANT.

Cut the end from a summer squash, remove the seeds and cut around in slices half an inch thick, sprinkle lightly with pepper and salt and lay on a plate for an hour. When ready to cook, wipe the slices dry; dip in beaten egg, than in cracker dust, and fry a golden brown in melted butter or beef dripping; serve as soon as done, on a hot platter. If preferred, the egg may be omitted and the vegetable dipped in flour and then fried as before directed.

BOILED HOMINY.

The hominy should be soaked over night, whether the large or small kind be used. Boil in slightly salted water for three hours, allowing a quart of water for a pint of hominy. It is a nice breakfast dish served with sugar and cream. If it is to be served as a vegetable, stir butter, pepper, and a little cream into it while hot, and serve in a warm dish.

FRIED HOMINY.

Butter the bottom and sides of a frying pan generously; press cold boiled hominy into it as evenly as possible; set on the range where it will fry slowly until a delicate yellowish brown; loosen the mass with a cake lifter; invert the frying pan over a circular platter and a nicely browned hominy cake is ready for the table. Or, cut the cold boiled hominy in slices three-fourths of an inch thick, roll in flour and fry in butter, or sauté (immerse) in hot drippings; use a wire basket.

HOMINY CROQUETTES.

Stir into a pint of boiled hominy, while warm, a tablespoonful of melted butter, two of sweet cream, a

well beaten egg, a little nutmeg, and salt, if necessary. When cold, make into nicely shaped croquettes ; roll in flour ; place in a wire frying basket and fry in hot drippings. Cold veal, lamb, or chicken, may be added to these croquettes, if desired.

HASTY PUDDING FRIED.

Cut cold hasty pudding in half inch slices ; roll in flour and fry in melted butter to a beautiful golden brown. A nice breakfast dish in winter. It is also a nice dish to accompany some kinds of roasted small birds, or a dish of fried bacon.

HORSERADISH.

Grated horseradish should be served with roast and corned beef, boiled and baked pork, and ham ; it may also be used for garnishing these dishes. Wash the root and scrape it thoroughly ; grate as fine as possible and dress with vinegar, adding enough to make it quite moist ; or follow directions given for horseradish in the chapter on "Sauces."

KOHL RABI MASHED.

This is much esteemed by those familiar with it and preferred to the turnip, for which it is often substituted, having a more delicate flavor. Pare, cut in slices crosswise, half an inch thick, and wash in cold water. Put over to cook in boiling water. An hour will be required to cook it. When tender, drain, put into cold water for a few minutes, which whitens it and improves the flavor. Drain off the cold water. Put into a saucepan to warm, and mash fine ; season with white pepper, salt, and butter. Send to the table hot and serve the same as turnip.

KOHL RABI WITH WHITE SAUCE.

Prepare and cook the same as "Kohl Rabi Mashed," but instead of mashing, cut into dice-shaped pieces. Put into a saucepan to warm; sprinkle with pepper and salt; cover with a white sauce or drawn butter. Serve hot.

KOHL RABI GLAZED.

Prepare and cook the same as "Kohl Rabi Mashed," but instead of mashing, cut into dice-shaped pieces. Put into a saucepan a tablespoonful of butter and one of sugar; when hot, put in the pieces; sprinkle with pepper and salt. Cook a delicate brown, adding more butter, if required. Send hot to the table.

MACARONI.

Do not wash macaroni, but wipe it well with a clean dry towel; put it to cook in plenty of salted boiling water; the length of time required for cooking it will vary with the age and kind of macaroni, the large tubes will require about twenty-five minutes; when the macaroni is tender enough to break easily, it is done, and should be removed from the saucepan into a large pan containing cold water; stir it about briskly until each little tube is entirely separated from the mass. It can now be heated with butter enough for seasoning, and a dressing of cheese, with onions previously fried in butter till a nice brown, with tomatoes, minced meats, or mushrooms, or a white or brown gravy may be added to it.

MACARONI AND TOMATOES.

Make a puree of tomatoes and a little minced onion; add a little good stock and a pat of butter; heat boiled

macaroni in this, and serve in a deep dish garnished with croûtons. Cold ham, or tongue, minced, may be added.

MACARONI AU GRATIN.

Break the macaroni into pieces of moderate length, about two inches, and cook until tender in salted boiling water; it will require about twenty minutes; season with butter, and add one-fourth as much grated cheese as you have macaroni; put a layer of grated cheese on the top; set in the oven until the cheese is melted, and then serve. Or have ready a white or cream sauce and heat the macaroni in that, adding the grated cheese as before.

STEWED MUSHROOMS.

Peel one pint of button mushrooms and cut off the ends of the stalks; put them into a bowl of water with a little lemon juice, as they are done. When all are prepared, take them carefully from the water; put them into a stew-pan with two ounces of butter, pepper, salt, and the juice of half a lemon; cover closely and let the mushrooms stew gently for twenty-five minutes; thicken the gravy with a teaspoonful of flour and add sufficient milk or cream to make the gravy of the proper consistency; add a little grated nutmeg and allow to simmer five minutes. Serve very hot.

MUSHROOMS STEWED IN GRAVY.

Remove nearly all of the stalks from a pint of button mushrooms; peel the tops; put them into a stew-pan with a pint of good brown gravy. Simmer half an hour; add a seasoning of nutmeg, cayenne and salt; simmer a few minutes, and serve very hot.

FRIED MUSHROOMS.

Peel, and fry in hot butter until tender; season with pepper and salt and put a piece of butter on each mushroom, and a squeeze of lemon juice if liked. Serve on buttered toast.

BROILED MUSHROOMS.

Cleanse the mushrooms by wiping them with a clean flannel cloth and a little salt; cut off a portion of the stalk and peel the tops; broil them over a clear fire, turning once, and arrange them on a hot dish. Put a small piece of butter on each mushroom; season with pepper and salt and squeeze over them a few drops of lemon juice; set in the oven a moment to melt the butter, and serve. Moderate-sized flaps are better suited to this mode of cooking than the button mushrooms.

BAKED MUSHROOMS.

Prepare as for "Broiled Mushrooms"; put into a baking dish with a very small piece of butter on each one; dust with pepper and bake twenty minutes, or longer, if necessary. Pile the mushrooms in the center of a hot dish; pour the gravy over them, and serve.

BOILED ONIONS.

Peel off the outer skins, cutting off the top and bottom; wash, and lay in cold water for fifteen minutes; put over to boil in cold water; boil fifteen minutes, drain, and cover with boiling water; put in a little salt. When tender, drain, put into a hot dish, sprinkle with pepper and bits of butter. Serve hot.

A few tablespoonfuls of sweet cream may be poured over them ; or half a teacupful of sweet milk may be added to them in the **saucepan**, after carefully draining off the water ; add the butter and pepper before putting into the dish, and allow to get thoroughly heated.

FRIED ONIONS.

Peel the onions and cut them in thin slices ; put them into a frying-pan, with sufficient butter to keep them from sticking to the pan ; season with pepper and salt, and fry until well done and nicely browned. Fried onions will be more delicate if they are parboiled in milk and then fried.

BAKED ONIONS.

Boil the onions in milk and water, equal parts, until well done ; drain them, and place in a baking-dish with a piece of butter, salt and white pepper on each ; bake until lightly colored, basting two or three times with the melted butter in the pan.

RAW ONIONS.

Peel off the outside, coarse skin, wash, and lay in cold water for a short time. Some prefer to salt the water a little. Slice very thin into a deep dish, and send to the table, for each to prepare to suit the taste ; or add vinegar, sprinkle with pepper, salt, and a little sugar, before sending to the table.

Young onions, with thimble-sized bottoms, are a nice relish. Take off the outer skin, cut off the tops, but leave about three inches of the green. Wash, and send to the table with the bottoms standing in a glass of cold water.

ONIONS STUFFED WITH KIDNEYS.

Peel six large onions, and cut about an inch off the top of each; scoop out the center, so as to admit a piece of kidney about an inch square; lay the onions in a saucepan; season them with salt and pepper; cover with cold gravy or broth of any kind, and stew them gently for two hours; take them up carefully, without breaking them, and serve them hot. The pieces cut from the onions should be chopped fine, mixed with any bits of kidney remaining from the dish, and double their quantity of cold, chopped potatoes; or with bread, soaked in cold water, and fried. Any kind of kidneys can be used.

OKRA.

Select young, tender pods; boil in a tin or porcelain saucepan, in a little slightly salted water, until tender; drain, season with butter, pepper and salt; stir until well mixed with the seasoning, and thoroughly heated.

OKRA AND TOMATO.

Slice young, tender pods crosswise; peel and slice enough ripe tomatoes to make one third as much by measure as you have of the sliced okra; slice one or two green peppers, and stew with the okra and tomato; when cooked, season with butter and salt, and serve.

BOILED PARSNIPS.

Wash the parsnips and scrape them; boil in slightly salted water until very tender; drain, put two or three ounces of butter into the saucepan, in which fry the parsnips a nice brown; season with pepper; or, when cooked tender, drain, and pour melted butter over them.

FRIED PARSNIPS.

Wash and scrape the parsnips; boil until tender in salted water; cut in two lengthwise; fry a nice brown in melted butter; or, when boiled tender, dip in beaten egg, then in cracker-dust, and fry as before.

PARSNIP FRITTERS.

Boil the parsnips until tender; mash fine; season with butter and pepper, and add a well-beaten egg and two tablespoonfuls of flour for every pint of the mashed parsnips. When cold, make into little cakes, roll in flour, and fry or sauté in melted butter or hot drippings.

PARSNIP STEW.

Cut half a pound of fat, salt pork, from which the rind has been removed, into narrow strips; parboil it for half an hour; put it into a saucepan with ten or twelve good-sized parsnips, cut in small pieces, and sufficient hot water to cover; when half done, add half a dozen potatoes, which have been parboiled and cut in quarters; boil very slowly until the vegetables are done; season with white and cayenne pepper, and salt, if necessary. This is a very old-fashioned dish, but it is very good, and is usually liked by those who are fond of parsnips.

GREEN PEAS.

Shell the peas, look them over carefully, and rinse in cold water; put to cook in enough boiling water to a little more than cover them; when tender, add a heaping tablespoonful of butter, and a little white pepper, and a scant tablespoonful of salt, for a quart of peas; let simmer a few minutes, and then pour in

half a teacupful of thick, sweet cream; heat, but do not allow to boil, after the cream is put in. If cream is an impossibility with you, rub a teaspoonful of flour smooth with the butter with which you season the peas.

Peas that are to be served as a garnish should be dished dry. If the peas are not very sweet of themselves, a teaspoonful of sugar, added when cooking, will improve them.

CANNED PEAS.

Empty the peas from the can into an open dish, an hour before you wish to cook them, that there may be no unpleasant odor about them; put them into a saucepan on the stove, with enough hot water to barely cover them; simmer fifteen minutes, and season the same as fresh, green peas.

PEAS STEWED WITH STRING BEANS.

Half as many string beans, by measure, after they are "strung" and cut in pieces, as you have peas. Boil in slightly-salted water until tender; season with butter, white pepper and cream,—in the absence of cream use milk. A small onion is sometimes sliced and cooked with the peas and beans, if the flavor of that vegetable is agreeable.

PEA-PANCAKES OR FRITTERS.

Boil a pint of green peas until tender; mash them while hot, and rub through a colander; season with pepper and salt and a tablespoonful of butter; when cold, add to the pulp the yolk of two eggs, well-beaten, a cupful of rich milk, one teacupful and a half of flour, and half a teaspoonful of soda and one of cream of tar-

tar, sifted three times with the flour; stir and beat well, and add, just before baking, the whites of the eggs, beaten stiff. Bake the same as pancakes, and serve very hot.

PEAS PUDDING.

Make from directions given for "Asparagus Pudding," substituting a pint of cooked peas for the two bunches of asparagus tops, used in that recipe.

PEAS STEWED WITH MEAT.

Chop rather fine a pound of veal or lamb; put it into a saucepan with a pint of green peas and sufficient water to just cover; cook until well done; season with butter, pepper and salt, and two or three tablespoonfuls of sweet cream. This is a delicious dish; try it.

PEAS PÂTÉS.

Boil the peas until well done; mash as smooth as possible; season with butter, pepper, salt, two eggs well beaten, and half a cupful of cream for a pint of peas. Line some "patty pans" with puff paste; cut a round of bread to fit into each; put on the top crust—having buttered the edges so that it can be easily removed; bake in a quick oven; remove the tops; take out the bread, fill with the purée of peas, set in the oven a moment, and serve.

STUFFED PEPPERS.

Select large green bell peppers, wash clean and wipe dry; remove the stem and with it enough of the pod to admit of taking out the seeds; fill with a force-meat made as follows: cold veal, lamb, or ham, chopped

fine, a cupful of bread-crumbs soaked in milk or cream and one egg well beaten for every half pint of chopped meat; season with butter, pepper, and salt; fill the peppers, place in a baking dish with enough good brown gravy to nearly cover them, and bake.

TO COOK POTATOES.

It would seem to the uninitiated that so simple a thing as the cooking of a potato might be successfully accomplished by any one of even an ordinary degree of intelligence, but the facts in the case do not warrant such a conclusion. I think it is the exception in most families, that this very common vegetable is served perfectly cooked. A hot, white, dry, mealy potato is a very different vegetable from the dark, watery, sodden one sometimes set before us, even at tables where the bread is good, the meats well cooked, and the pastry admirable. This betrays either ignorance or inattention for which there is no excuse.

To begin with, no amount of skill in cooking can make a good potato out of a poor one, therefore get the best.

Medium sized potatoes—and the same is true of all vegetables—are better than over-grown ones, while the very small ones are those that have not matured and are therefore unwholesome. Early potatoes, if not yet ripe, should be scraped before boiling, later they may be boiled with the skins on, but during the winter and spring they will be found more satisfactory if peeled and allowed to stand in cold water a few hours before boiling.

Put to cook in boiling salted water, two tablespoonfuls of salt to a gallon of water, unless old and with-

ered, when put them into cold water and after they have boiled fifteen minutes, drain and put a second time into cold water. It will be found an improvement to boil all potatoes in two waters.

BOILED POTATOES.

Wash potatoes with a brush; if you pare them remember that the driest part of the potato is next the skin. When ready to cook, drop into boiling salted water; the moment they are done pour off the water, every drop, return to the fire for an instant, give the kettle a vigorous shake and set on the back part of the range, where they will keep hot without scorching; cover with a crash towel. Send only enough to the table to serve once and replenish the dish with hot ones as required.

MASHED POTATOES.

Wash and pare the potatoes; boil in salted water; the moment the potatoes are done, drain; then return to the stove and mash, using the potato masher vigorously until not a lump remains. Have heated in a clean bright saucepan half a cupful of cream, or two-thirds of a cupful of sweet milk, two tablespoonfuls of butter, the white of an egg well beaten, and a teaspoonful of salt for a quart of the mashed potatoes; beat this into the mashed potato until they are light as possible. Put into a warm tureen, make into a smooth, symmetrical mound, dust with white pepper, and serve. Or, when you have beaten the potato as light as possible, press it through a heated colander into a warm tureen; heap it up as light as possible and serve at once. These are called potatoes *a la neige*

and should be served very hot. A border of potatoes *a la neige* is often served around a roast of beef or around a baked piece of venison. Mashed potatoes should be served as soon as prepared, from a hot dish and on hot plates.

BAKED POTATOES, No. 1.

Choose potatoes of uniform size and smooth skin, wash well, using a brush, and be sure that they are absolutely clean even to the deepest eye. Wipe dry or drain, put the potatoes into a *hot* oven and do not allow the heat to diminish, but rather increase while they are baking. Serve as soon as done—which will require about an hour if the potatoes are of medium size—in an open dish; if covered the steam will settle upon them, causing them to be soggy. Serve baked potatoes for luncheon and tea.

BAKED POTATOES, No. 2.

Pare medium sized potatoes, wash and place them in the dripping pan in which you are roasting beef; bake until done, basting as often as you baste the meat. Serve as a garnish for the beef.

SARATOGA POTATOES.

Peel three or four large potatoes; rub them over a potato or cabbage cutter to cut them in slices as thin as possible; place in ice water until chilled, then fry in boiling lard or dripping until slightly colored, remove with a perforated skimmer, drain, and sprinkle with salt. Serve hot or cold. Fry only a few slices at a time. Three large potatoes fried will be sufficient for six or eight persons.

FRIED POTATOES, No. 1.

Pare the potatoes and cut them in rather thin slices; fry in butter, turning as soon as nicely browned; season with salt and pepper, and serve the moment they are done.

FRIED POTATOES, No. 2.

Peel the potatoes and put them into ice water for ten minutes; dry them with a clean cloth and peel them into ribbons, cutting round and round. Fry and drain; sprinkle with salt; serve hot as a garnish for beef-steak.

POTATOES FRIED WHOLE.

Select small potatoes and pare them or cut larger ones into the desired shape with a vegetable cutter. Boil until nearly done in salted water, drain, put into a wire frying basket and fry immersed in hot lard or drippings until nicely browned. The potatoes may be breaded before frying if preferred.

POTATOES á L'ITALIENNE.

This way of cooking potatoes requires fully ripe, dry, and mealy potatoes; pare and boil them; when done, instead of mashing, beat as light as possible with a large vegetable fork; for a quart of potatoes beat in a large tablespoonful of butter, a teaspoonful of salt, half a teacupful of cream or milk and the yolks of two eggs well beaten; when these ingredients are thoroughly mixed with the potato add the whites of the eggs beaten stiff. Pile in a warm dish as lightly as possible and serve. I know that potatoes prepared in this way are generally browned in the oven at the finish, but I am also aware that the browning is the ruin of them.

DUCHESSÉ POTATOES.

One quart of mashed potatoes, one heaping table-spoonful of butter, one teaspoonful of salt, half a tea-spoonful of pepper, yolks of two raw eggs.

When the potatoes are hot, mash them through a colander, add the butter, pepper, salt, and a little nutmeg; then the raw yolks of the eggs, mixing all together; now with a knife form them into cakes two inches long and one inch wide, put them on a buttered tin, brush them over the top with the white of an egg and put them into a moderate oven to brown delicately. Serve hot.

LYONNAISE POTATOES.

Put two ounces of butter into a frying pan and when melted add two tablespoonfuls of chopped onion, fry until slightly colored, add a tablespoonful more butter and a quart of cold boiled potatoes, peeled and sliced; sprinkle with pepper and salt and stir gently until thoroughly heated.

STUFFED POTATOES.

Choose large smooth potatoes; bake until done; remove from the oven and cut a round piece off the top of each; take out the inside of the potato, being careful not to break the skin. Set aside the empty skins with the pieces cut from the tops; mash the potato; season with butter, pepper, and salt, and moisten with milk or cream; put into a saucepan on the stove, and when hot, add a well-beaten egg for every six potatoes; stir all together thoroughly, fill the skins, put on the tops and return to the oven for a few minutes. Send to the table hot, covered with a napkin.

BREAKFAST POTATOES.

The following is an excellent way to warm new potatoes, particularly those that are not quite ripe; choose those that are not at all mealy; cut them in thin slices and put them in layers in a saucepan; season each layer with pepper, salt and bits of butter; pour over them a teacupful of sweet cream if you have a quart of the sliced potatoes; let simmer five minutes and remove to a hot tureen, taking care not to break the pieces; or, when thoroughly heated, draw the saucepan to the back of the range and chop quickly with a sharp knife until reduced to very small pieces; stir as little as possible. Serve at once.

TO WARM POTATOES.

Fry to a nice brown in butter or drippings, one small onion. Have ready some cold boiled potatoes, cut in thin slices; put the potatoes into the frying-pan as soon as the onion is done; stir and chop constantly until the potatoes are well heated. Serve at once in a hot dish.

POTATOES À LA MAÎTRE D' HOTEL.

Cut eight cold boiled potatoes into rather thick slices; put a teacupful of cream or milk, an ounce of butter, a tablespoonful of chopped parsley, and pepper and salt, into a saucepan on the stove; add the sliced potatoes; let boil up; remove to a hot dish and squeeze over them the juice of one lemon.

BROILED POTATOES.

Cut cold boiled potatoes in rather thick slices; dip in beaten egg, then in sifted bread or cracker crumbs; place on the buttered bars of a double broiler and broil

over a clear fire until a golden brown. Serve on a warm dish garnished with cress. After the slices of potatoes are breaded, they may be fried in butter if preferred. Or instead of breading them, dip in melted butter and then broil.

POTATO CROQUETTES.

Two cupfuls of mashed potatoes and one-fourth cupful of hot milk beaten together until light, then add one tablespoonful of melted butter, a pinch of mace and the beaten whites of two eggs. Roll in cone-shape, dip in beaten egg, and roll in sifted bread crumbs. Fry in hot drippings or lard, which should be hot enough to brown a bit of bread quickly.

POTATO CAKES.

Add a well beaten egg and a little grated nutmeg to two cups of cold mashed potato; work smooth and form into cakes; brush over with the white of an egg, and brown in a quick oven. A breakfast or luncheon dish.

BERMUDA POTATOES.

Follow directions given for boiling, baking and warming Irish potatoes.

BAKED SWEET POTATOES.

Wash the potatoes, scrubbing them well with a stiff brush and wipe dry; place in a hot oven and bake for one hour if the potatoes are large; small ones will require less time.

SWEET POTATOES BOILED.

Wash thoroughly and cook with the skins on in salted boiling water until easily pierced with a fork; remove the skins; put a piece of butter on each potato, set in the oven a moment, and serve.

SWEET POTATOES FRIED.

Cut cold, boiled, sweet potatoes in slices and fry in hot butter until nicely colored; sprinkle with salt, and serve.

SWEET POTATOES GLAZED.

Cut cold, boiled, sweet potatoes into dice; put them into a saucepan in which is a little melted butter; toss them about until well heated and nicely coated with the hot butter. Season with salt.

RADISHES.

Wash the radishes in plenty of water, being careful to remove every grain of sand, and all specks and blemishes; place in very cold water for an hour, and put cold water in the dish from which they are served. The large varieties of winter radishes are sometimes peeled, sliced, and sprinkled with salt before serving.

BAKED RICE.

Wash thoroughly in several waters, two teacupfuls of rice; put it into a buttered pudding dish; pour over it four teacupfuls of milk; add a spoonful of butter, pepper, grated nutmeg, and a little salt. Bake an hour and a half. Serve as a vegetable.

STEWED RICE.

Put a tablespoonful of butter into a stew-pan ; when it is hot, add a teaspoonful of minced onion and when this is slightly colored stir in two-thirds of a teacupful of washed rice, uncooked. Stir quickly over a brisk fire until the rice assumes a slight tinge of yellow ; add three teacupfuls of good stock ; season with pepper and salt ; allow to simmer slowly until the rice is well cooked ; add two tablespoonfuls of grated cheese ; stir well, and serve as a vegetable with or without a brown gravy, as preferred.

RICE AS A VEGETABLE.

Look over and wash two teacupfuls of rice ; boil until tender ; season with butter, pepper, and salt ; add a teacupful of cold roast lamb, ham or veal, and two tablespoonfuls of grated cheese ; stir until well mixed, and serve, or cover the top of the dish with grated cheese, set in the oven a moment to melt and slightly color the cheese, and then serve.

RICE CROQUETTES.

Boil the rice until tender and soft ; while still warm, measure, and to every teacupful of the boiled rice add an egg, well beaten, a tablespoonful of butter, pepper, and salt, to taste, and half a teacupful of any kind of cold fresh meat, ham or tongue, chopped fine. When cold, with floured hands make into croquettes, cover with beaten egg, roll in cracker dust, place in a wire basket, and fry in hot drippings until nicely browned.

STEWED SALSIFY.

Wash well, scraping off the outside skin ; cut in slices one-fourth of an inch thick, dropping them immedi-

ately into cold water into which you have put a table-spoonful of flour or two tablespoonfuls of vinegar. When all are prepared put to cook in sufficient boiling water to cover them; add a little salt, and boil until tender; then add half a cupful of sweet cream, a tablespoonful of butter, and pepper and salt to taste. Send to the table hot, and serve in small dishes.

STEWED SALSIFY OR VEGETABLE OYSTERS.

Wash and scrape; slice thin and put immediately into cold water, in which there is a tablespoonful or two of vinegar; this will prevent them from turning dark. Put to cook in boiling salted water, allowing a pint of water for a pint of the cut salsify. When tender, add a teacupful of sweet cream, or milk, a tablespoonful of butter—two if you use milk—and a little white pepper. Let simmer two or three minutes. Have ready in a tureen some slices of toasted bread cut in quarters; add the stewed salsify, and serve. It may be necessary to add more water to the salsify before seasoning, as the toast will absorb a good deal of the liquor and it should not be at all dry. The seasoning in this recipe is intended for a quart of the sliced root after it is cooked.

FRIED SALSIFY.

Wash, scrape, cut lengthwise, and throw into floured water (as directed above) until the whole quantity is prepared; then put into boiling water with a little salt and cook until nearly tender. Drain off the water and dip each piece in beaten egg, then in cracker dust, and fry to a delicate brown in hot butter, seasoned with pepper and salt.

SALSIFY FRITTERS.

Boil the salsify very tender and mash smooth; season with pepper, salt, butter, and cream; add a table-spoonful of flour and a well-beaten egg for a pint of mashed salsify. When cold, make into small cakes, roll in flour and fry in hot butter or drippings.

SPINACH.

Look over each leaf carefully, rejecting the wilted or discolored ones. Wash thoroughly, changing the water until satisfied the grit is all removed; then allow it to lie for a while in cold water. Put into salted boiling water and boil from twenty to thirty minutes. Drain, cut into coarse pieces with a sharp knife, put into a hot dish, sprinkle with a little pepper and fine bits of butter. Set in the warming oven a few moments; garnish with slices of hard boiled eggs; serve a piece with the spinach to each, also vinegar should be passed with it. Many like spinach chopped very fine, but I think it is more agreeable both in taste and appearance if cut or chopped coarse.

SPINACH DRESSED WITH CREAM.

Boil two pailfuls of spinach; press out the water; chop fine and put it into a saucepan with two ounces of butter; allow to simmer, stir until the butter is well mixed with the spinach; add half of a teacupful of cream, previously heated, that it may not curdle, a small teacupful of sugar, and a very little grated nutmeg. Serve on a warm dish and garnish with croûtons or slices of hard boiled eggs.

SPINACH ON TOAST.

Boil the spinach, drain, and season the same as the above; arrange some buttered half slices of toast on a platter; put a little mound of the spinach on each piece of toast.

WINTER SQUASH.

Squash is better to be steamed, boiled or baked in the shell, as it will be much dryer.

Wash the squash and wipe dry; cut into pieces, according to size of squash; remove the inside, and cook until tender; then scrape from the shell; mash smooth, and season with butter, a little sugar, pepper and salt to taste. Do this quickly, and over the stove as much as possible, so that it may be served hot.

SUMMER SQUASH.

Many people do not pare summer squash, but it is better to do so, and also to remove the seeds. Put to cook in salted, boiling water. When tender, remove from the saucepan, and press out every drop of water; mash smooth, and season with pepper and salt, and butter. Serve very hot.

BOILED SEA KALE.

Prepare the kale for cooking, by looking over carefully, removing wilted or imperfect leaves, and washing thoroughly in at least two waters; tie in bunches, put it into boiling, salted water, and boil quickly until tender; drain, untie the bunches, and serve with melted butter or white sauce. If dressed with melted butter, a little vinegar or lemon juice may be added.

STEWED SEA KALE.

Prepare as for boiling; parboil it in salted water, and then stew it for half an hour in good brown gravy; pour into a warm vegetable dish, and serve.

MASHED TURNIPS.

Prepare by peeling and washing; cut into slices cross-wise, and lay in fresh, cold water for a few moments. Put into salted, boiling water, and cook steadily until done; then drain, and mash fine with a spoon or potato-masher; season with pepper, salt and butter. It is better to mash on the side of the stove, in the pan or kettle in which they were cooked, that they may be served hot.

Turnips may be served in the slices if preferred, with or without melted butter.

STEWED TURNIPS.

Pare and wash; cut into dice or little balls as preferred; toss about in a little hot butter until nicely colored; add sufficient broth or stock to cover; season with pepper and salt; cook slowly until tender; thicken the gravy with a little browned flour, rubbed smooth in a like quantity of butter.

DRESSED TOMATOES, No. 1.

Select large, smooth, ripe tomatoes; peel and cut in rather thin slices; set on the ice or in a cold place for an hour or two; season with pepper, salt and oil; or, omit the oil, and use sugar instead. Pass vinegar, when serving.

DRESSED TOMATOES, No. 2.

Choose perfectly ripe, smooth tomatoes; peel and cut into rather thick slices; set on the ice or in a cool place for an hour; sprinkle liberally with pepper and salt, and pour over them, just before serving, a glass of claret, or any light wine preferred.

BAKED TOMATOES, No. 1.

Peel some smooth, thoroughly ripe tomatoes, cut them in two; sprinkle with pepper and salt, and put a bit of butter on each half; place on an earthen pie dish and bake in a *hot* oven until done, which will require from thirty to forty minutes. Dust with powdered sugar when serving.

BAKED TOMATOES, No. 2.

Peel eight large, ripe tomatoes, those with thick meat preferred; cut a thick slice off from the top; scrape out the seeds and watery pulp, which put into a saucepan with pepper and salt, a tablespoonful of butter, a teaspoonful of grated onion, half a teacupful of sifted bread crumbs, two tablespoonfuls of cold boiled tongue, minced fine, and a teacupful of cold boiled or baked lamb, chicken or veal, chopped; let get well heated and mix thoroughly; fill the tomatoes with this forcemeat; put on the tops; arrange in a buttered pudding dish and bake in a hot oven for one hour, the first half hour covered.

BOILED TOMATOES.

Select large, smooth tomatoes, as near the same size as possible. Wash them and put over to cook in enough salted boiling water to cover them. When

done they will be soft and wrinkled. Remove from the water with a skimmer, draining each one as it is taken up; place them in a warm dish and send to the table. Let each person remove the skin for himself, seasoning with sugar, vinegar, pepper and salt, as they prefer, the same as for raw tomatoes.

BROILED TOMATOES.

Peel large tomatoes and cut them in two; butter the bars of your broiler and lay the tomatoes on it; broil over a clear fire until done and nicely browned; season with pepper, salt, bits of butter, and sugar; serve at once.

FRIED TOMATOES, No. 1.

Peel some ripe tomatoes and cut them in slices half an inch thick; put two ounces of butter into a frying pan; when hot, put a layer of the slices of tomatoes into the pan and fry a nice brown on both sides; remove to a warm vegetable dish; put half a cupful of stock or hot water into the frying pan; season with salt and pepper and a little sugar, thicken with browned flour, pour the gravy over the fried tomatoes, and serve.

FRIED TOMATOES, No. 2.

Dip the slices of tomatoes into finely-sifted bread crumbs which have been seasoned with pepper, salt, and sugar. Fry in hot butter, and serve hot.

STEWED TOMATOES.

Peel and slice the tomatoes into a porcelain-lined or granite ware stew-pan; set on the back part of the range, where they will boil very slowly for half an

hour; season with salt and pepper, a tablespoonful of butter, two tablespoonfuls of sugar, and half a teacupful of sifted cracker or bread crumbs. This is the right proportion of seasoning for a quart of stewed tomato. Green tomatoes may be stewed in the same way as ripe ones.

TOMATOES AND CORN STEWED.

Pare and slice six large tomatoes; cut the kernels from four ears of sweet corn; put into a saucepan on the stove and boil slowly twenty-five minutes; season with pepper and salt, a tablespoonful of butter, and two of sugar; simmer ten minutes longer; add two tablespoonfuls of cracker dust, and serve.

TOMATO SCALLOP.

Put a layer of sifted bread crumbs in the bottom of a buttered pudding dish; add a layer of sliced tomato; season with pepper, salt, bits of butter, and two tablespoonfuls of sugar; on this put a layer of sifted bread crumbs, then another layer of tomato and seasoning; continue in this order until you have the required quantity; let the last layer be of bread crumbs. Bake, covered, until it bubbles on the top, then remove the cover and allow to brown. Canned tomatoes may be scalloped; the surplus juice may be utilized for soup.

TOMATOES STEWED WITH ONIONS.

Put a tablespoonful of minced onion into the stewpan with the tomatoes; when they have cooked thirty minutes, season with butter, pepper, salt, and sugar; add enough sifted cracker or bread crumbs to slightly thicken the tomatoes.

STEWED GREEN TOMATOES.

Take good-sized green tomatoes before they begin to ripen ; wash, cut in slices half an inch thick, and put into a hot spider in which a generous lump of butter has been melted. Sprinkle with pepper and salt. Cook until tender and serve hot, with sugar and vinegar, or plain, as preferred. I cannot say as I consider this very wholesome, but I know of those who are very fond of tomatoes cooked in this way, when it is still early in the season for them.

GLAZED VEGETABLES.

The carrots and turnips taken from soups may be glazed in the following manner and served as a separate dish. Cut them in small pieces ; put a tablespoonful of butter and one of sugar, into a saucepan together ; when hot, add the vegetables with a light sprinkling of white pepper ; toss about until well glazed.

FRITTERS.

THE ingredients for fritters should be put together as quickly as possible and after all are well mixed the batter should be thoroughly beaten for several minutes; add the whites of the eggs just before frying; it is better to keep the batter in a cool place for an hour or two before using. Clarified beef drippings are better than lard for frying fritters; the temperature of the fat must be just right, which you can ascertain by testing with a bit of bread; if it becomes a golden brown immediately on being put into the fat, you can venture to put in the fritters; remove them the instant they are done; drain them on a cloth or in a colander; dust with powdered sugar, and serve. Fritters will be lighter if no sugar is added to the batter.

PLAIN FRITTERS, No. 1.

Two teacupfuls of milk, one and a half teacupfuls of flour, one tablespoonful of butter, and a scant teacupful of salt. Beat the eggs thoroughly, then add the milk, butter, salt, and flour, stirring very hard at the last. Fry in hot fat; serve warm, sprinkled with powdered sugar.

It must be remembered that the secret of light fritters is in the thorough beating of the batter.

PLAIN FRITTERS, No. 2.

Mix three ounces of flour and half a pint of milk to a smooth batter ; add three well beaten eggs ; beat the whole to a perfectly smooth batter. Drop by the tablespoonful into hot drippings and fry a nice brown, turning when necessary. Drain, and sift powdered sugar over them ; or serve with a sauce made of any kind of fruit juices, or, pass maple syrup with the fritters

BREAD FRITTERS.

One pint of sweet milk, one cupful of fine bread crumbs, two eggs, one tablespoonful of melted butter, a little salt, and soda in quantity the size of a pea, dissolved in a very little hot water.

Heat the milk to boiling, pour it over the bread crumbs and beat them until perfectly smooth ; then add the well beaten yolks, the salt, butter and soda. Beat the whites stiff and add last. Fry in hot fat and sprinkle with powdered sugar.

APPLE FRITTERS, No. 1.

Beat three eggs thoroughly ; add a cupful of sour cream, one heaped tablespoonful of sugar, half a teaspoonful of salt, one teaspoonful of soda dissolved in a little warm water and added, a little at a time, to the cream until it foams, more or less being required according to the acidity of the cream. Add sifted flour to make a slightly stiff batter, beat thoroughly and stir in at the last, six ripe, sour, juicy apples, pared, cored and finely chopped. Fry by dropping a spoonful at a time into hot lard or clarified drippings. Test the lard with

a piece of bread before putting the fritters into it. If the bread assumes a light golden color at once, the temperature is right.

The fritters should be of a golden brown color. Drain, sprinkle with powdered sugar, and send to the table at once.

APPLE FRITTERS, No. 2.

Melt half an ounce of butter to a cream, but not so as to be oily, and add to it the well-beaten yolks of two eggs; beat well and add very gradually half a pound of flour and a palatable seasoning of salt; thin with warm, sweet milk until the batter will drop from the spoon smoothly. Stir until perfectly smooth, then add the beaten whites of two eggs; beat for a few minutes and it is ready for use, but will be better if allowed to stand for a few hours. Pare, core, and cut in quarters some tart, ripe apples; dip them in the batter and fry for five minutes in hot drippings. Drain, dust with powdered sugar, and serve. The fritters will be much improved if the prepared apples are allowed to stand for an hour or two in a syrup made of sugar and flavored with lemon or any flavoring preferred. Peaches, oranges or pineapples may be used instead of apples, and will be found very delicious.

RICE FRITTERS, No. 1.

Three tablespoonfuls of rice, four eggs, one teacupful of English currants, sugar, grated lemon peel, and nutmeg to suit the taste. Flour sufficient to make a thick batter.

Boil the rice gently until it is swelled full. Dredge the currants with flour. Beat the eggs thoroughly. When

all the ingredients are well stirred together and the batter of the right consistency, fry in hot lard or well clarified drippings; then place for a moment on a napkin to drain, when, remove to a plate and send to the table sprinkled with powdered sugar.

RICE FRITTERS, No. 2.

Look over and wash six ounces of rice; pour over it a quart of rich milk and let it simmer over a slow fire until perfectly tender, which will require about an hour. When the rice is done if it has not absorbed all the milk drain it off, and add an ounce of butter, three ounces of sugar, four well-beaten eggs, and a glass of orange marmalade. Stir over the fire until the eggs are set; then spread the mixture on a dish to the depth of an inch. When cold cut in the desired form, dip in a batter made as for apple fritters and fry in hot drippings. Drain, sprinkle with powdered sugar, and serve.

CREAM FRITTERS.

Put a pint of milk on the stove in your double boiler; if you have no double boiler, a basin or small tin pail set in a kettle of boiling water will do. When the milk boils stir into it two generous tablespoonfuls of corn starch and one of flour stirred smooth in a little cold milk, four tablespoonfuls of sugar, a pinch of salt and half an ounce of butter (half a tablespoonful); stir briskly and let cook two minutes; remove from the stove and stir in the yolks of three eggs and white of one well beaten together; put back on the stove, let cook a minute, stirring briskly all the time; remove from the fire, add a teaspoonful extract of vanilla and pour into a buttered tin, which should be large so that

the batter when spread smoothly over it shall not be more than an inch thick. When perfectly cold cut in pieces three inches long and two inches wide ; dip in beaten egg, then roll in cracker dust and fry in drippings the same as doughnuts ; a wire frying basket is necessary to perfect success ; when done the outside should be a light golden brown, the inside soft, creamy and melting. Sift powdered sugar over them, set in the oven a moment, and serve, or, make a sauce as follows and pour it over them : Two-thirds of a cup of sugar slightly browned, one teaspoonful of butter and one of flour ; stir all smoothly together, add a small teacupful of boiling water, let boil up, pour over the fritters and serve. A tablespoonful of any kind of jelly or half a gill of sherry is an improvement to the sauce. These are very delicious fritters.

CORN FRITTERS.

Grate the corn from thirteen ears of sweet corn, add a little pepper, a pinch of salt, one tablespoonful of flour, and two eggs well beaten. Bake on a buttered griddle and serve at once.

BREAD.

THE average quality of bread served upon any table, is a very just criterion from which to form an opinion of the standard of cookery in that household, for if the housewife lack the patience, judgment, and skill, necessary to produce a perfect loaf of bread, their absence will be apparent, not only in other branches of cookery, but also in most domestic arrangements over which she presides.

Of course *perfect* bread can be made only from the best of materials combined with the most scrupulous care and attention throughout the process. There can be no delay about mixing the sponge when light, molding the fermented dough into loaves or placing the loaves in a hot oven when they have attained the requisite degree of lightness, if you are ambitious to see upon your table that proud achievement of the notable housewife, excellent bread.

I would also impress upon the mind of every bread maker the absolute necessity for keeping everything that comes in contact with bread—bread-pan, baking dishes, bread cloths and bread-box—perfectly clean and sweet.

Freshly-ground flour will usually be found to contain too much gluten to make the best of bread and, therefore, requires a little time for curing, or drying before it is ready for use.

Press a little flour in your closed hand, when the pressure is withdrawn, the flour should be light and elastic, and crumble in your hand ; avoid that which retains the impress of your fingers and falls from your hand in a lump or mass, like putty. Choose flour of a yellowish tint rather than that of a bluish white color.

A tin-lined box or bin is unquestionably the best receptacle in which to store flour, and should always be placed in a dry room.

Good yeast is even more essential to success in bread-making than good flour, for while the best of flour will not make good bread if the yeast used be of inferior quality, a very palatable loaf may be made from second grade flour if you have excellent yeast with which to raise it. When we speak of good yeast, we do not mean a yeast that rises in the shortest possible time, or one in which fermentation is assisted by chemicals, to such an extent that real fermentation only partially takes place ; bread made with such yeast, can be neither palatable, wholesome, nor healthful, as will be readily understood by any one acquainted with the process of natural fermentation. We are aware that there are yeasts in the market which will produce what *appears* to be fermentation in two or three hours. This is an unnatural fermentation for bread, and can only be produced by the assistance of chemicals ; indeed, it is not fermentation, but effervescence, which, if it does not destroy the yeast germs, prevents their growth, and thus destroys the life of the bread.

If a cake of the yeast composed of the elements which produce this hasty and unnatural fermentation be forgotten in the store-room, or laid aside for a few days, the odor arising therefrom will speedily convince

the most skeptical, that although such yeast might have been used in the "dark ages," it should not be tolerated in the light of modern science and microscopic discovery.

So many of the too-prevalent stomach disorders of the present day are directly traceable to the use of unwholesome and injurious bread made light by chemicals rather than by true fermentation, that the matter has become one of national importance, and is engaging the attention of all prudent and thoughtful people. We are sometimes confronted by the fact that very many people use baker's bread, and therefore have no control over the matter, but they can at least, in justice to themselves and family, ascertain whether the bread served them owes its lightness to fermentation produced by dry hop vegetable yeast or to the effervescence of injurious chemicals.

The use of leaven is of very remote antiquity. The Egyptians claim that Osiris taught them the use of ferments; the Greeks assign that honor to Bacchus; while the Hebrews claim it for Noah. In the most highly civilized countries, both ancient and modern, the art of bread-making has been justly regarded as of the highest importance to both the nation and individual.

Though ferments have been used since Noah's time and previously, it is only about fifty years since the discovery of the yeast plant. As early as sixteen hundred and eighty, it was known that yeast consists of little globules collected into groups of three or four, but it was not conclusively proven until eighteen hundred and thirty-seven, that the true ferments are living, vegetable organisms. They are, of course, microscopic

plants, and exist in great variety, each special ferment having its own special plant. The name given to the yeast plant, to which we are so largely indebted for light bread, is known to scientific people as *Saccharomyces cerevesia*, a very large name for a very small plant. These little microscopic plants increase during fermentation, six or seven fold, by a system of budding, evolving during the process, carbonic acid gas and hydrogen. When natural fermentation takes place in bread sponge, or dough, these gases, in their efforts to escape through the dough in which they are imprisoned, separate the particles of gluten, and are at the same time retained by them, thus giving lightness to the loaf. The heat of the oven expels these gases from the bread during the process of baking. The natural food of the plant is sugar, the starch of the flour being largely converted into sugar during fermentation.

The knowledge that a temperature of from seventy to eighty-five degrees is most favorable to the growth of the yeast plant, very naturally leads us to conclude that this would be about the right temperature in which to raise bread. As at least several hours are necessary for the propagation and development of the plant, it follows that if your bread sponge is made at night and raised with pure vegetable yeast, your bread should be baked and out of the way early the following morning.

Happily there is now in the market a yeast which is so perfect of its kind, as to leave nothing further to be desired in the way of yeast—I refer to Warner's Safe Yeast, a dry hop vegetable yeast. This yeast is manufactured of the best of materials, with the utmost painstaking and care, and no deleterious substance is introduced to hasten fermentation. Every step in the

process of manufacture is performed by machinery, which for cleanliness, order and system, would delight the heart of the most fastidious housekeeper in the land. It is literally true that these dry yeast cakes do not come in contact with the human hand until, perfectly cured, they are placed in the pasteboard boxes in which they are sent to the consumer. Not a consignment is sent out that has not been tested by a thorough and practical bread-maker, so that if used under proper conditions and according to directions, a failure is impossible.

Make bread sponge at night. We hope we have made the subject of fermentation so plain that every bread maker will see the advisability of setting her sponge at night, if she wishes to have her bread baked in the early part of the day. If the weather is cold, warm the flour slightly for making the sponge, and also that used in mixing the bread.

A few white, mealy potatoes smoothly mashed and added to the sponge, will make the bread sweeter and keep it fresh longer. Make the batter rather stiff; if, after standing awhile, the top is covered with water, more flour is required. Set the sponge in a moderately warm place to rise; the degree of temperature at which the sponge and dough is kept during fermentation, will materially affect the quality of the bread; great care must, therefore, be taken, that it does not at any time become either chilled or overheated, as either condition will be ruinous. Keep bread sponge and dough as nearly as possible, at a temperature of seventy-five degrees. More time will be required for fermentation in cold weather than in warm. It will, therefore, be advisable to make your bread sponge early in the even-

ing in winter, if you are obliged to let it stand in a cold kitchen during the night, for in that case fermentation will get nicely started before the temperature gets very low, and will continue, though more slowly, through the night, so that the sponge will be ready to mix in the morning. It is an excellent plan to cover your bread pan, especially in winter, with a heavy folded, woolen blanket kept for the purpose. Mix the sponge as soon as light; it should be like honey-comb and about twice the bulk that it was when set. Add flour to make a rather soft dough, if too stiff, the bread will be hard and tough; add flour until you can handle the dough without having it adhere to your fingers unpleasantly; it should not be at all sticky or wet, and yet it must be soft. A little experience, however, will enable one to determine when the mass is of the right consistency more surely than the plainest and most accurate rule that can be written.

The kneading is an important part of the process of bread-making; the more thoroughly it is kneaded, the whiter and finer of texture will be your bread. A little shirking in the kneading will declare itself in unmistakable terms. Knead from the sides towards the center of the dough, not daintily with the tips of your fingers, but with your whole hand, using a good degree of strength; it is seldom expended in a better cause. Turn the dough constantly, that every portion may be thoroughly worked; knead until it is light and elastic to the touch and rebounds quickly from a vigorous blow; half an hour should be spent in kneading bread sufficient in quantity for four good-sized loaves. Allow to rise to twice the bulk that it had when you stopped kneading and mold at once into medium sized

loaves. If the dough is allowed to get too light before molding into loaves, the bread will be tasteless, possibly sour, and although the latter condition may be corrected by carefully mixing a little soda, dissolved in warm water, into the dough, the bread will not be as sweet as though too much fermentation had not been allowed to take place.

Bread will be lighter and tenderer if the dough is pushed down in the rising pan and allowed to get light again before being made into loaves; this process should never be neglected with dough intended for rolls, biscuit or any of the delicious fancy breads so convenient for breakfast and tea. When the loaves have risen to twice their original size, bake in a hot oven, and be sure that the oven is hot when the bread is light enough to be put into it; on no account have the bread wait for the oven to be heated. Three-quarters of an hour is sufficient time to allow for baking medium-sized loaves. When done, the outer surface, top, bottom and sides, should have a uniform tint of light-brownish yellow, the crust should be "thin and crisp," the inside white, sweet, tender and evenly and finely porous. When taken from the oven, the loaves should be turned from the baking dish and placed on the side, or in such a position that they may cool without the crust being softened by the steam, and covered with a thin cloth. When cold, roll each loaf in a clean cloth and place in a tin bread box; if a wooden box or cask is used for storing bread, extra care is necessary to keep it sweet and free from mustiness.

**“WARNER’S SAFE YEAST” BREAD
MADE WITH WATER.**

Make a sponge at night as follows: Boil and mash as smooth as possible, four large or six medium-sized potatoes; put the mashed potatoes into the bread-pan; add three pints of warm water (or, if preferred, three pints of milk that has been scalded and cooled until lukewarm), one tablespoonful of salt, one cake of “Warner’s Safe Yeast,” previously softened in a little warm water, and enough sifted flour to make a rather stiff batter; beat and stir the batter briskly and set in a warm place over night. In the morning the sponge should be very light; mix as soon as possible, adding flour until the dough does not stick to the pan; it should, however, be rather soft; knead thoroughly, and then let rise to twice the bulk it had when you stopped kneading; push the dough down in the pan and when it has again become light mold into loaves and place in the baking pans. Let each loaf rise to twice its original size, then bake in a hot oven. This is for four loaves. A little soda may be added when mixing the sponge, or molding into loaves, if necessary, but it will seldom be needed if the mixing and kneading is done as soon as the sponge is light. If the sponge is set at tea-time, it will be light and can be mixed at nine or ten o’clock in the evening. It can then be molded into loaves early in the morning.

**“WARNER’S SAFE YEAST” BREAD
MADE WITH MILK.**

Make a sponge at night as follows: Heat three pints of fresh sweet milk to the boiling point; cool until just lukewarm, then add sifted flour to make a rather

stiff batter ; add a tablespoonful of salt, a saltspoonful of soda and one of " Warner's SAFE Yeast " cakes, previously soaked until soft in a gill of the lukewarm milk. Beat hard for ten minutes and set in a warm place to rise. In the morning it should be light like honey comb ; mix at once, kneading thoroughly, and put back into the rising pan ; when it has risen to twice the bulk that it had when you stopped kneading, mold into loaves ; when these have risen to twice their original size bake in a hot oven. The above recipe is for four loaves.

" WARNER'S SAFE YEAST " BREAD WITHOUT POTATOES.

Follow the directions for " Warner's SAFE Yeast " bread, made with either milk or water, omitting the potatoes. The bread will be just as light without potatoes, but will not remain fresh as long as though they had been used.

FRENCH BREAD FROM " WARNER'S SAFE YEAST."

Put a tablespoonful (not heaped) of hops into a small, clean muslin bag ; place in a quart of cold water on the stove ; when the water has boiled three minutes remove the hops. Have ready eight medium sized potatoes boiled and smoothly mashed ; stir three cupfuls of flour with the mashed potatoes until smooth ; pour the water still boiling, (in which the hops were boiled) gradually over the mixture of flour and potatoes and stir until no lumps remain. Add half a teacupful of sugar, a teaspoonful of salt and half a teaspoonful of

ground ginger. When a little more than lukewarm add one cake of "Warner's SAFE Yeast." Let stand in a warm place over night to rise. In the morning dissolve half a teaspoonful of soda in a tablespoonful of warm water and stir it into the light yeast; add enough flour to make a smooth dough and do not add any more during the kneading; to prevent the dough from sticking to your hands wet them in lukewarm water. When you have kneaded the dough two or three minutes, take hold of the side next to you and pull the dough towards you, stretching it out as long as you can; double it over and throw it forcibly upon the molding board; knead again for a few minutes and be sure that you knead all this time in the same direction, the object being to make the grain of the bread run in one direction; repeat the process of stretching, throwing, and kneading. Continue to work the dough in this way for half an hour when it will be very elastic and full of bubbles; now cover and set in a warm place to rise; when light, sprinkle flour on your moulding board and take enough dough from the rising pan to make a French loaf, about half the quantity you would use for an ordinary loaf of bread; do not knead or mold, but gather as dexterously as possible into a round loaf; press the rolling pin across the center, pushing the dough on each side of the rolling pin; roll each of the puffy sides towards the center; lap carefully; turn the loaf clear over; take hold of the ends, stretch to give the requisite long form to the loaf. Sprinkle flour liberally over flat baking tins, lay the loaves on them; when light bake in a quick oven about thirty minutes. This bread will be elastic and moist.

BROWN BREAD, No. 1.

Three and a half cupfuls of boiling hot water, one teaspoonful of soda dissolved in the water, one cupful of molasses and one scant teaspoonful of salt. Add sufficient Graham flour to make a rather stiff batter. When cool enough not to scald, stir in very thoroughly one pint of light sponge made from "Warner's SAFE Yeast." Put into buttered tins and set in a warm place until light. Bake in a rather quick oven. The ingredients named in the recipe will make two medium-sized loaves.

BROWN BREAD, No. 2.

One quart each of Indian meal, wheat flour and sour milk; a small teaspoonful of salt, one teacupful of molasses, and one even tablepoonful of soda, dissolved in a very little hot water and added to the milk. Beat very hard before putting into the tins, which should be well greased or buttered. Bake about two hours.

BOSTON BROWN BREAD, No. 1.

Take two cups rye meal (not rye flour), four cupfuls of yellow corn meal, and enough warm water to make a batter as stiff as you can stir it; add one gill of molasses, a teaspoonful of salt, half a teaspoonful of soda dissolved in a little boiling water, and a teacupful of yeast. Let the bread rise over night or till very light, then put into deep iron pans and smooth over the top with a knife or the hand dipped in cold water. Let it rise a little longer and then bake for six hours in a slow oven. This recipe was very popular in the days of brick ovens, but it can be very successfully baked in a common stove or range.

BOSTON BROWN BREAD, No. 2.

One and a half cupfuls of rye flour, two cupfuls of Indian meal, half a cupful of molasses, two cupfuls of sour milk, one teaspoonful of soda dissolved in a little hot water and added to the milk, stirring until it foams; half a teaspoonful of salt. Stir all the ingredients well together, and beat quite hard before putting into the well-buttered, round, deep baking tin in which it should be baked.

Steam two and a half hours, then bake fifteen or twenty minutes. It is better eaten warm, but is very nice either warm or cold.

STEAMED INDIAN BREAD.

One pint of sweet milk and one of sour, three pints of Indian meal and one of flour, one cupful of molasses, one teaspoonful of soda, one of salt. Steam one hour, then bake one hour. Eat either warm or cold.

RISEN BISCUITS.

Prepare a sponge as for "Warner's SAFE Yeast Bread," making much or little sponge according to the quantity of biscuits desired. Let rise the same as bread, and when ready to make into biscuits mix into the dough, very thoroughly, three-fourths of a cup of butter or clarified beef drippings, a scant tablespoonful of sugar, and the white of one egg, well beaten, for every pint of wetting used in making the sponge. Make into small biscuits, and place quite near together in buttered tins; let rise very light and bake in a quick oven.

FRENCH BISCUITS.

One pint of milk or water, a piece of butter the size of an English walnut, one tablespoonful of sugar, and one teaspoonful of salt. Stir together and let it boil up, then remove from stove. When lukewarm add half a cake of "Warner's SAFE Yeast," softened in a little tepid water, and set it in a warm place until light. Then take out on the molding board and work in a tiny bit more flour. Put in a pan and let rise again. When light cut in rolls, crease with a knife, put a piece of butter in the middle, fold over and set in pans for two hours, or, until very light. Bake about twenty minutes, or until they are done and a nice brown.

BREAKFAST OR TEA ROLLS.

Soak half a cake of "Warner's SAFE Yeast" in one pint of warm milk or water, (if milk is used it is advisable to scald it and let it cool, till slightly more than lukewarm, before setting the sponge), when soft, add two large potatoes, boiled and smoothly mashed, a scant teaspoonful of salt, and sifted flour to make a rather stiff batter; beat the batter well for five or ten minutes and set in a warm place to rise. When light, mix, adding flour until you have a soft elastic dough, which does not stick to the molding board—take care that you do not add too much flour, as the dough must not be at all hard or stiff; return to the rising pan, let rise to twice the bulk that it had when you stopped kneading, push down and let rise again; repeat the "pushing down" process at least two or three times if you would have perfect rolls, for on the frequent risings depend much of that light, tender condition so

desirable in rolls. When the dough has risen sufficiently, knead into it, very thoroughly, three tablespoonfuls of butter (not melted), one tablespoonful of white sugar, one-fourth teaspoonful of soda dissolved in a little warm water, and the well-beaten white of one egg. Roll half an inch thick; spread with melted butter; cut with medium sized cookey or biscuit cutter; fold over so that the edges will nearly meet; place in buttered tins, let rise very light, and bake in a quick oven. Send to the table in a folded napkin. If the rolls are required for breakfast, make the sponge at noon, mix at tea time, and push down the dough in the rising-pan once or twice during the evening. Make into rolls as soon as the fire is started in the morning.

VIENNA ROLLS.

One tablespoonful of butter, one quart of flour, half a cake of "Warner's SAFE Yeast," one pint of sweet milk scalded, and half a teaspoonful of salt. At night scald the milk, add the butter, and when cool, the yeast (softened in warm water), flour, and salt. Mix well together and beat hard nearly ten minutes, then set in a warm place to rise. In the morning roll out half an inch thick and cut with a large cutter or saucer. Fold each one over to form a half round, wetting a little between the folds to make them stick together. Place on buttered tins so they will not touch each other and set in a warm place until light, which will require from thirty to forty-five minutes. Bake about twenty minutes in a moderately hot oven. Brush the tops with milk to give them a gloss. Send to the table hot, covered with a napkin.

FRENCH ROLLS.

One cake of "Warner's SAFE Yeast" softened in warm water enough to cover it, the beaten white of one egg, two tablespoonfuls of melted butter, two tablespoonfuls of sugar, one and a half pints of warm sweet milk or water, and a little salt. Use flour sufficient to make a sponge as for bread. Do this at night. In the morning knead well and let the dough rise again. When light, roll out about three-fourths of an inch thick; cut out with a large cooky cutter or saucer; butter the edges; roll each side towards and up to the center; put in buttered tins, and when light, bake in a moderately hot oven.

RUSK.

One cupful of white sugar, one cupful of warm milk or water, a small cupful of butter, two eggs, half a cake of "Warner's SAFE Yeast" softened in a little warm water, and flour enough to make a sponge. Let it rise through the night and knead in the morning. After kneading down twice, mold into biscuit form and brush over the top with the sweetened white of an egg; let them stand until light, then bake. If desired for tea, the sponge should be made in the morning.

CURRANT BUNS.

Three cupfuls of flour, one of sweet milk or water, half a teaspoonful of salt, half a cake of "Warner's SAFE Yeast," four tablespoonfuls of butter, four heaping tablespoonfuls of sugar, half a coffee cupful of English currants. Have the cupful of milk lukewarm, stir in the yeast, softened with a little warm water, the salt, and two and a half cupfuls of flour. Beat hard a few minutes and put in a warm place to rise—it will require about five hours.

When light, work in the butter and sugar, lastly the currants, which should be dredged with flour, using the remaining half cupful of flour for the hands and molding board. Roll out half an inch thick; cut in round cakes, lay in a buttered dripping pan, and let stand until light. Bake in a good oven to a golden brown and brush the tops with the sweetened, beaten white of an egg.

HOT-CROSS BUNS.

Mix two pounds of flour, half a pound of sugar, one pound of English currants, one teaspoonful of mixed spices, and half a teaspoonful of salt well together. Soak half a cake of "Warner's SAFE Yeast" in half a pint of warmed milk; add enough of above mixture to make a thin batter; cover and set in a warm place until light; then add half a pound of melted (not oily) butter, the remainder of the flour, and enough milk to make the whole into a soft paste. Cover and set to rise. When light, shape the dough into buns, lay them apart on buttered tins; let rise until light. Press a cross mold on them (this may be done roughly with the back of a knife), and bake in a quick oven from fifteen to twenty minutes.

ROLL BREAKFAST CAKES.

Two coffee cupfuls of bread dough (made from "Warner's SAFE Yeast), when ready for the bread tins. Four scant tablepoooufuls of butter, two table-spoonfuls of sugar, white of one egg well beaten, one saltspoonful of soda dissolved in a little hot water, and half a tablespoonful of ground Cinnamon. Mix all thoroughly together, using sufficient flour to make

dough stiff enough to roll. Roll one-fourth of an inch thick and spread with a paste made by stirring two-thirds of a cupful of sugar into one well beaten egg. Roll up like jelly cake—cut transversely into pieces an inch thick, and set on the ends close together in shallow tins.

Let stand until very light and bake in a rather quick oven. To be eaten either warm or cold with coffee.

SODA BISCUIT.

Two quarts of sifted flour, a piece of butter the size of an egg, one saltspoonful of salt, one teaspoonful of soda, two teaspoonfuls of cream tartar, and sweet milk (or water) to make a soft dough.

Put the flour, soda, and cream of tartar into a dish and sift three times. Put the butter into the flour, add the salt, and lastly the milk.

Mix as soft as possible. Roll three-fourths of an inch thick, cut with a biscuit cutter and bake in a quick oven.

This is a nice crust for all kinds of meat pies, short-cakes and fruit dumplings.

BAKING POWDER BISCUIT.

Three teaspoonfuls of baking powder, half a teaspoonful of salt, two heaping tablespoonfuls of butter to a quart of flour, if milk is used; but if water is used, four tablespoonfuls will be required. First sift the baking powder well through the flour, add the salt, work the butter in thoroughly, then mix lightly and quickly with the milk or water into a soft dough. Roll out three-quarters of an inch thick, cut with a round cutter and bake in a hot oven.

CREAM BISCUITS.

One pint of sour cream, one teaspoonful of soda, dissolved in a little warm water, and stirred into the cream; the white of one egg, well beaten, and a little salt. When the cream foams nicely, as it will from putting in the soda, stir into it, as quickly as possible, enough sifted flour to make a soft dough. Roll out; cut in biscuit form and bake in a quick oven. The sooner the biscuits are in the oven after the soda is put into the cream, the lighter they will be.

BUTTERMILK BISCUITS.

One pint of buttermilk, into which has been stirred one teaspoonful of soda, previously dissolved in a little warm water, two tablespoonfuls of butter or clarified beef drippings, a little salt, and sifted flour to make a soft dough. Mix quickly, roll, cut with small biscuit cutter, and bake in a quick oven.

MARYLAND BISCUIT.

Ten cups of flour, one cup of lard (butter or drippings may be used), two small teaspoonfuls of salt; mix very stiff with cold water. Knead twenty minutes, then beat hard for half an hour with the rolling pin, which will greatly change the appearance of the dough, making it soft, elastic, and pliable; and indeed, for a gratifying result, much depends upon the severe beating. Pinch off into pieces as large as a small walnut, and work smooth. Slightly flatten on the top and bake in a quick oven. Do not let the biscuits touch each other while baking. About two cupfuls of cold water will be needed, but it should be so skillfully added that the dough will be stiff and no flour required for the moulding board.

WHEAT CRUMPETS.

One pint of sweet milk scalded, a piece of butter the size of an egg, half a cake of "Warner's SAFE Yeast," one tablespoonful of sugar, half a teaspoonful of salt, one egg and flour to make it of the consistency of griddle cake batter. At night scald the milk well, add the butter, and when cool, the yeast (which should have been previously softened in lukewarm water enough to cover it), sugar, salt and flour. Beat the batter very hard for about ten minutes, then set in a warm place to rise. In the morning add the egg, well beaten, and put in buttered gem tins to rise. When light bake in a moderately hot oven. Send to the table hot, in the folds of a napkin. A little soda may be added in the morning, if necessary, but it will not be necessary if properly managed.

GRAHAM CRUMPETS.

One pint of sweet milk scalded, a piece of butter the size of an egg, half a cake of "Warner's SAFE Yeast," one tablespoonful of sugar, half a teaspoonful of salt, one egg and flour to make it of the consistency of griddle cake batter. At night, scald the milk, add the butter, and when cool, the yeast (softened in a little warm water), sugar, salt, and flour. Beat the batter very hard for about ten minutes, then set in a warm place to rise. In the morning, add the egg, well beaten, and put into buttered gem tins to rise. When light, bake in a moderately hot oven. Send to the table hot in the folds of a napkin. A little soda may be added in the morning if necessary, but it will not be necessary if the dough is properly managed.

BREAKFAST GEMS.

One pint of sweet milk, one cupful of wheat flour, one cupful of Graham flour, one egg, half a teaspoonful of salt, and one tablespoonful of sugar. Beat the egg separately and stir all well together.

Butter the tins and have them quite hot when the dough is put into them. Bake in a quick oven.

MUFFINS.

One quart of milk, two eggs, a piece of butter the size of an egg, one tablespoonful of sugar, half a teaspoonful of salt, two heaping teaspoonfuls of baking powder sifted in flour sufficient to make batter the stiffness of sponge cake. Bake in a quick oven in gem tins or muffin rings, which should be buttered and heated.

One teaspoonful of soda and two of cream of tartar may be used in place of the baking powder.

“WARNER’S SAFE YEAST MUFFINS.”

One pint of milk or water, two eggs, one-fourth of a cake of “Warner’s SAFE Yeast,” a pinch of salt, one teaspoonful of white sugar, and flour to make a thick batter. Five or six hours will be required for it to rise, or over night. Bake in muffin rings or gem tins, which should be well buttered and heated when the dough is put in. Send to the table hot, in a napkin.

INDIAN MEAL MUFFINS.

One pint of Indian meal, two tablespoonfuls of butter, one cupful of milk, one-third of a cake of “Warner’s SAFE Yeast,” a little salt, and one egg. Scald the milk, add the butter, and when lukewarm.

the yeast (softened in warm water), the sifted meal, and salt. Stir together, beat well a few minutes, and set in a warm place to rise. Do this at night. In the morning, add the well beaten egg, and put in buttered gem tins, filling them half full. Let rise until light and bake in a good oven. Send to the table hot, in a napkin.

CORN MUFFINS.

One quart of Indian meal sifted, one heaping tablespoonful of butter, one quart of sweet milk, a little salt, one tablespoonful of molasses, a quarter of a cake of "Warner's SAFE Yeast" softened in warm water enough to cover it.

Stir thoroughly and briskly. The batter will require about five hours to rise, or over night, if for breakfast. Bake in buttered muffin rings or patty tins. Send to the table hot, in the folds of a napkin.

WAFFLES.

One pint of milk, two eggs, one and a half tablespoonfuls of butter, a small teaspoonful of salt, two teaspoonfuls of baking powder sifted thoroughly into the flour, and flour enough to make a soft batter. Bake quickly in buttered waffle irons and send to the table hot.

RICE WAFFLES.

One and a half pints of sweet milk scalded, one tablespoonful of butter, one cupful of boiled rice, half a teaspoonful of salt, half a cake of "Warner's SAFE Yeast," three and a half cupfuls of flour and two eggs.

At night, scald the milk, add the butter and rice, and when cool, the yeast (softened in a little warm water), salt, and flour. Beat the batter very hard for about five minutes, then set in a warm place to rise. In the morning add the eggs, well beaten, and bake on a well-buttered waffle iron. Bake one first to test the consistency, before sending to the table. They should be of a golden brown color. Serve hot.

BATTER BREAD.

Put one cupful of white Indian meal to soak over night in boiling water enough to cover it. In the morning, add two thoroughly beaten eggs, one pint of milk, half a teaspoonful of salt, and one tablespoonful of lard or butter. Thin with water if too thick, for the batter should be very thin. Beat hard for ten minutes; bake a nice brown in a hot oven. This recipe may be used for muffins and griddle cakes.

JOHNNY CAKE.

One quart of sour milk, three eggs, three tablespoonfuls of melted butter, one of sugar, a teaspoonful of salt, one teacupful of flour, and enough corn meal to make a rather thin batter, one teaspoonful of soda (dissolved in a little hot water), or enough to make the milk froth. Beat the whites and yolks separately. After the soda is put into the milk, add the sugar, beaten yolks, and melted butter, stirring gently; then add the flour and meal; lastly the beaten whites; a little more meal may be added if the whites have thinned the batter too much. Beat thoroughly. Bake in a long pan or gem tins, in a hot oven.

BREAD CRUMB PANCAKES.

Stale bread makes nice pancakes, and it is sometimes an economical way to use up broken bits of bread if they have been properly cared for when taken from the table. Crumb the bread as fine as possible, and pour over them enough milk to a little more than cover them ; allow to soak several hours, or over night. When ready to use, beat the bread crumbs smooth ; measure, and for two cupfuls of the bread crumbs, add one egg, well beaten, one cupful of flour, a salt-spoonful of salt, and enough milk to make a thin batter. If you use sweet milk, sift a teaspoonful of cream of tartar, and half a one of soda with the flour ; if the milk is sour add half a teaspoonful of soda to the milk, first sifting it and then dissolving it in a small quantity of milk. Corn meal may be used in place of the flour in these cakes, and will be found very nice.

SOUR MILK PANCAKES.

Either buttermilk or sour milk may be used for these cakes ; add enough flour to a quart of either to make a rather stiff batter ; beat thoroughly, much of the lightness of all kinds of batter cakes depends upon this ; add one heaping teaspoonful of soda, two eggs, well beaten, and a little salt.

**“WARNER'S SAFE YEAST” GRIDDLE
CAKES.**

One and a half pints of sweet milk scalded and cooled, a piece of butter the size of an egg, half a cake of “ Warner's SAFE Yeast ” dissolved in warm water enough to cover it, a pinch of salt and flour enough for a batter. Mix all together ; beat very hard for

ten minutes and set in a warm place to rise. In the morning add two well beaten eggs, and soda in quantity as large as a pea, dissolved in a little hot water. Bake one to see if of the right consistency. Bake a griddleful at a time, and send to the table hot.

BREAKFAST GRIDDLE CAKES.

One quart of sour milk, one egg, butter the size of an egg, one teaspoonful of soda dissolved in a little hot water. Add the soda gradually to the sour milk until it becomes frothy in stirring, then add the egg, well beaten, the butter, a little salt, and enough flour to make the batter sufficiently thick. Bake one first to test them. Bake on a griddle and serve hot. Sweet milk may be used in place of sour, and baking powder instead of soda, putting the baking powder into the flour.

INDIAN MEAL GRIDDLE CAKES.

Two cupfuls of Indian meal, one and a half cupfuls of sour milk, one teaspoonful of soda, two eggs, one tablespoonful of flour, a half a teaspoonful of salt, and a tablespoonful of butter. Dissolve soda in a very little hot water and stir into the sour milk until it foams; add the other ingredients, beating the eggs well. Bake on a buttered griddle, and send to the table hot.

MUSH BATTER CAKES.

Two cupfuls of mush, one of flour, two eggs, a pinch of salt. Use sweet milk sufficient to make the batter of the right consistency. Add the eggs, well beaten, last.

GREEN PEA GRIDDLE CAKES.

One pint of green peas, boiled and mashed, a little pepper, a saltspoonful of salt, one tablespoonful of butter, one pint of sweet milk, half a teaspoonful of soda, one teaspoonful of cream of tartar, two eggs, beaten light, about two cupfuls of flour, or enough to make a batter of medium thickness. Mash the peas while hot, add the pepper, salt and butter, then the milk, in which has been put the soda, previously dissolved in a little hot water. Put the cream of tartar into the flour. Stir in the flour, lastly the eggs, adding a little more flour, if the eggs have thinned the batter too much. When all the ingredients have been added, the batter must be well and vigorously beaten before baking. Serve hot.

“WARNER’S SAFE YEAST” PEA GRIDDLE CAKES.

Two cupfuls of sweet milk, scalded, half a cake of “Warner’s SAFE Yeast,” softened in warm water enough to cover it, one and a half teacupfuls of flour, two teacupfuls of mashed, cooked peas, two eggs, one tablespoonful of butter and a scant half teaspoonful of salt. At night scald the milk, add the butter, and when cool, the yeast, salt, and flour. Beat very hard for five minutes, then put in a warm place to rise. In the morning, add the mashed peas, and the eggs well beaten. Bake on a buttered griddle. Send to the table hot, a few at a time.

BUCKWHEAT CAKES, No. 1.

Scald two gills of fine corn meal in one quart of boiling water. Add a scant teaspoonful of salt. When cool, add one teacupful of yeast or half of one of “War-

ner's SAFE Yeast Cakes," previously softened in a little lukewarm water, and enough buckwheat flour to make a rather thin batter. Let rise over night. In the morning add a tablespoonful of molasses, and if necessary, a little soda. Bake a delicious golden brown, on a griddle. Do not omit to beat the batter well when adding the yeast.

BUCKWHEAT CAKES, No. 2.

Two quarts of warm water, one cake of "Warner's SAFE Yeast," softened in a little warm water, a scant teaspoonful of salt, and buckwheat flour enough to make a nice batter, not too thick; stir well; make the batter at night. In the morning thin the batter with a little warm water, if necessary, and add a teaspoonful of molasses to make them brown, or each morning after baking, add to the batter left, a buckwheat cake, thoroughly soaked in a little warm water, so it can be mashed fine; to this add the water for the batter for the following morning. At least a teacupful of the batter should be left after baking if cakes are desired for the following day. If the cakes seem sour a little soda may be dissolved in the warm water added in the morning.

GREEN CORN GRIDDLE CAKES.

To every cupful of grated sweet corn, allow one egg, one tablespoonful each of cream, butter, and flour, and a little salt. Beat the egg well and mix with the other ingredients. Bake on a griddle, first cooking but one, to test the consistency. Thicken with flour or thin with milk as the case may require.

GREEN CORN OYSTERS.

To one pint of grated corn, add two well beaten eggs, half a cupful of sweet cream, half a cupful of flour, in which is well stirred half a teaspoonful of baking powder. Season with pepper and salt, fry in butter, dropping the batter in tablespoonfuls in the hot frying pan. Serve a few at a time, very hot.

CORN MUSH.

Yellow corn meal is preferable for this dish; sift the meal; put the required quantity of fresh cold water—one quart of water to a pint of the meal is about the right proportion—into a kettle on the stove; salt to suit the taste. When the water boils, stir in the meal, allowing it to sift slowly through the fingers to prevent lumps. Make as thick as you can conveniently stir it with one hand. A small wooden paddle, called in the days of our grandmothers “a pudding stick” is convenient for stirring the mush. Boil slowly from one to two hours, stirring often to prevent burning. Corn meal must be well cooked. Serve warm or cold as preferred, with abundance of rich milk. Very nice, fried, when cold.

FRIED MUSH.

Cut cold Indian meal mush in slices three-fourths of an inch thick; roll in flour and fry a golden brown in melted butter or beef drippings. Graham mush may be fried in the same way. Either makes a very nice breakfast dish. Fried Indian meal mush is a nice accompaniment to some kinds of roast small birds.

GRAHAM MUSH.

Proceed the same as for "Corn Mush" or cook in a double boiler, stirring briskly and adding flour to make a rather stiff batter. Cook slowly one hour. Graham mush may also be cooked by steaming three or four hours, the flour being first stirred into boiling water. May be eaten warm or cold with milk, cream and sugar, or butter and sugar or syrup. Nice sliced when cold, and fried the same as corn mush.

OATMEAL MUSH

Oatmeal is much improved by soaking some two hours before using. If desired for breakfast, put to soak at night, allowing three and a half cupfuls of cold water to one cupful of oatmeal. In the morning add a teaspoonful of salt and cook about an hour; avoid stirring. It is essential to success that it be cooked in a tin pail set in a kettle of boiling water, if one has not a set of tin boilers now so much used for the purpose. To be eaten with cream, or cream and sugar, as preferred.

FINE WHITE HOMINY OR GRITS.

Put a cupful of hominy into a quart of cold water, add a palatable seasoning of salt and allow to soak over night; in the morning cook three-fourths of an hour in a double boiler. Serve with cream and sugar. Very nice sliced when cold, rolled in flour and fried a nice brown in melted butter or beef dripping. The large kind of hominy should be soaked over night in cold water and cooked the same as fine hominy.

SAMP.

Take the desired quantity of crushed or coarsely ground Indian meal, called "Samp," and wash it well to remove the bran; this is done by pouring water on the meal, and stirring it with a large spoon so the bran will rise to the top; pour the water off through a sieve into another dish to save the water; repeat the process, using the same water, until all the bran has been separated from the meal. The same water may be used in which to boil it; for a quart of the washed meal about four quarts of water will be required, and one table-spoonful of salt. The water should not be heated, but put on the meal cold when placed on the stove to cook; stir frequently to prevent scorching; five or six hours will be required for the cooking, allowing it to boil slowly. It should seem rather thin when done, for when cold it will be quite firm. In cooking, should more water be needed, be sure that boiling water be used. Serve hot or cold with milk, or milk and sugar, the same as Indian meal mush.

HULLED CORN.

Take good ripe field corn and boil it in lye (lye from wood ashes preferred) sufficiently strong to remove the hulls, which will require about an hour and a half; then test a few kernels by rubbing them; if the hulls loosen take the corn from the fire and wash in several waters to remove the hulls and lye; then return to the fire in a clean kettle with plenty of cold water; season with salt; cook five or six hours until tender. When done skim out the corn. Serve warm or cold with milk or cream the same as mush. Hulled corn may be fried, and sweetened or not, as preferred, served as a vegetable.

OAT CAKE.

One cupful of sour milk, one cupful of cold water, one cupful of fine oatmeal, a tablespoonful of molasses and a small teaspoonful of soda. Roll thin, cut in cakes and bake in a moderate oven.

GERMAN CRACKNELS.

Half a cupful of warm milk, half a cake of "Warner's Safe Yeast," one teaspoonful of caraway seed, three-fourths of a teacupful of white sugar, and flour sufficient for a sponge.

In the morning knead and let rise; after this knead down twice; then roll the dough into little balls the size of walnuts. Let rise and partially bake. When a little more than half done, split and bake again.

RICE PONE.

Two cupfuls of boiled rice, four heaping tablespoonfuls of corn meal, two tablespoonfuls of butter, two teacupfuls of sweet milk, three eggs and a scant teaspoonful of salt.

Add the butter to the milk, which warm enough to melt the butter, then stir in the rice, corn meal, and salt, beating well.

Beat the yolks and whites separately, then add them to the mixture, putting in the whites last.

Bake in a hot oven in a buttered baking tin from thirty to forty minutes.

CORN-MEAL PONE.

To each pint of corn-meal allow one tablespoonful melted lard, a saltspoonful of salt, and cold water enough to make a soft dough or batter.

Beat well together and quickly spread on a well buttered dripping pan and bake in a quick oven.

This is the famous corn-meal pone of the South. It should be sent to the table hot, and broken, not cut.

TOAST.

Bread for toasting should not be too fresh. Cut the slices thin and let them be evenly so; remove the crust (which can be used for breading). Toast over a clear fire, holding the toaster far enough from the coals and turning often enough so that the bread may warm through and dry a little before it begins to toast; then allow to become light golden color on both sides. Serve immediately; do not toast a slice of bread until the moment it is to be eaten.

If moist toast is desired, dip the toast when you take it from the toaster, quickly into boiling hot water in which there is a very little salt, spread with butter, set in a hot oven a moment, and serve.

MILK TOAST.

Put a piece of butter the size of a large egg in a saucepan on the stove. When the butter is melted add a heaping tablespoonful of flour and a little salt. When stirred entirely smooth add a quart of milk or cream and stir until it boils, being very careful not to let it scorch.

Put the saucepan where it will keep hot. Toast some slices of bread nicely—the above quantity of milk is sufficient for ten or twelve slices—dip each quickly into hot water and place in a dish for the table; dip the prepared gravy over each piece as it is placed in the dish. If cream is used less butter will be required.

MILK OR CREAM TOAST.

Bread that has been baked several days is preferable for toasting. Cut as many slices of bread as will be required, and it will be found better to place them in the oven a short time before toasting them (leaving the door open), to warm. Toast a golden brown, and be careful not to scorch them.

Have ready the milk, which has been allowed to heat slowly in a spider or saucepan; season it to the taste with a little salt, add a generous lump of butter, and when it has come to a boil, thicken with a little flour and water stirred smooth together. Draw the spider to the side of the stove; take each slice of toast, dip quickly the edge of crusts in hot water, and pat the slices in the thickened milk; then place in a warmed, deep dish; do this quickly and one at a time. When all have been treated in this way, pour the thickened milk remaining in the spider over the toast and send to the table. About a quart of milk will be required for six slices of bread. Allow the milk to cook very little after adding the thickening, or it will become starchy. Make it quite rich with butter. This will be found very nice in the absence of sweet cream, as a substitute for cream toast. The slices will be more convenient to serve if cut into halves. If cream is used, very little butter will be required. If preferred, omit the thickening, prepare the slices of bread as for the above, place dry in a dish, pour the hot milk over them and serve hot.

CRISPED CRACKERS.

Split Boston crackers, butter well and put into a hot oven for five minutes or until a light brown.

TOASTED CRACKERS.

Split Boston crackers, lay them on a wire broiler and toast a light golden brown, over a clear fire. Toast quickly on both sides that they may not get too hard; remove from the toaster, spread with butter and send to the table at once. If thinner crackers are used, it will not be necessary to split them.

CREAM SCONES.

Cream scones may be made with either white or brown flour. Heat a pint of good cream and when it comes to the boil, dredge in the flour, until you have a thickish paste; stir carefully all the time. Season with a little salt. Turn the paste out on a floured board; roll to the thickness of a quarter of an inch; cut with a round cutter.

The griddle must be heated meanwhile. There must be a good fire. Lay the scones on the griddle, turn when done on one side, and bake the other. Five minutes ought to do each side, as they are to be *limp*, not crisp. Serve in a napkin so folded as to keep in the heat. This will be enough for four persons.

CRISP BROWN SCONES.

Use brown flour for these scones, and make them of cream if possible. If cream cannot be obtained, use milk, and add a little butter to give richness. Season with salt. Warm the cream, and as it warms, dredge in the flour, and stir as if to make porridge. Keep stirring until the mixture is a smooth paste. Roll out on a floured board, cut with a round cutter or tumbler and bake on a griddle. These scones are to be crisp; the color a rich brown, but they must not be allowed to get dark by too great heat.

WATER SCONES.

Water scones should be made with white flour. Allow one tablespoonful of butter to half a pound of flour and rub them well together. Add a little salt. Pour in boiling water enough to make a paste. Turn out on the board; work well with the hand; then roll out a little less than a quarter of an inch thick, cut into round cakes, and bake on a griddle.

PASTRY.

MANY are deterred from eating pastry, simply because they are so unfortunate as to have it poorly prepared for them, or are as incompetent to do it themselves as to instruct assistants.

Use the very best materials always, if possible. Butter is preferable, but if lard is used, let it be the home rendered leaf from corn fed hogs.

Good pastry should be light, crisp, and flaky, whether puff paste, or the simple crust, that may be quickly made and baked immediately.

Use ice-cold water for wetting, and as little as can be used to make a rather stiff dough, though not too stiff to roll out conveniently. The three necessary conditions to light pastry, are good flour, ice-cold water, and the most delicate handling throughout the process of making. A little experience will soon enable one to take about the right quantity of dough for one crust for the size of plate used, as repeated rollings will injure the lightness of the crust; the trimmings can be used for patties, tartlets, or any of the little fancy dishes for which puff paste is desirable. Roll the paste out on a floured board quickly, and lightly; flour the rolling pin with the hand, rolling from you, changing the position of the dough, so it may be rolled out as nearly as possible in the shape of the plate used; when quite thin, flour the plate well (do not butter it), shaking off the loose particles, cover smoothly with the

crust, so no air will be left under it; trim the edge evenly, but not too close, with a sharp knife. Fill the shell or plate thus lined, adding the seasoning required; if a top crust is wanted, roll it out the same as the other, but make a few ornamental or plain, short gashes with a knife at and near the center to allow the steam to escape; wet the edge of the lower crust and lay the upper one neatly over it, pressing the edges firmly together, that the juice may not escape, and trimming off the over-lapping edge of the upper crust. Bake in a moderately hot oven to a light brown, seeing to it that the oven heats properly on the bottom, so that the under crust will be rightly baked.

For pies where no upper crust is used, the edge of the lower crust should be formed with the thumbs and fingers into a little wall or edge at a right angle with the edge of the plate; this will permit of the plate being handled more easily, besides improving the appearance of the pie. In making a pie that will be very juicy, one may escape some annoyance by passing an inch wide strip of white cloth around the edge of the pie when ready for the oven; do not fasten it—it will stay in place and can be removed as soon as the pie is done.

PIE CRUST.

Two cupfuls of flour, one cupful of shortening—lard and butter in equal parts—and a half a teaspoonful of salt mixed thoroughly with the flour. Add just ice-cold water enough to make a stiff dough. Put another cupful of flour on the molding board; put the paste into it and roll it out; then turn the corners over toward the center and roll again, always on the

floured board ; repeat this process half a dozen times ; then set it aside for an hour or two in the refrigerator, or out of doors, if very cold weather. This crust is better if made the day before it is required, but it may be used immediately.

PLAIN PIE CRUST.

A good rule for plain pastry for ordinary family use, is, one-fourth as much shortening as flour, whether it be butter, lard, or clarified drippings. Work the shortening thoroughly into the flour and add a little salt ; wet with ice-cold water, using as little as possible to make the crust roll out conveniently. Mix quickly ; avoid unnecessary handling, and bake as soon as the pie can be prepared.

SOYER'S RECIPE FOR PUFF PASTE.

To every pound of flour, allow the yolk of one egg, the juice of one lemon, half a saltspoonful of salt, and one pound of fresh butter. Enough ice-water or very cold water to mix into a rather stiff paste. Put the flour on to the paste-board ; make a hole in the center, into which put the yolk of the egg, the lemon juice, and salt ; mix the whole with cold water (this should be iced in summer, if possible,) into a soft flexible paste, with the right hand, handling as little as possible ; then squeeze all the buttermilk from the butter, wring it in a cloth, and roll out the paste ; place the butter on this and fold the edges of the paste over, so as to hide it ; roll it out again to the thickness of an inch ; fold over one-third, over which again pass the rolling pin ; then fold over the other third, thus forming a square ; place it with the ends, top, and bottom before you,

shaking a little flour both under and over, and repeat the rolls and turns twice again, as before. Flour a baking-sheet, put the paste on this and let it remain on ice or in some cold place for half an hour; then roll twice more, turning it as before; place it again upon the ice for one-fourth of an hour, give it two more rolls, making seven in all, and it is ready for use when required.

FRENCH PUFF PASTE.

Take equal quantities of flour and butter—say one pound of each; half-a-saltspoonful of salt, the white of one egg, and rather more than one-fourth of a pint of water. Weigh the flour; ascertain that it is perfectly *dry*, and sift it; squeeze all the water from the butter, and wring it in a clean cloth till there is no moisture remaining. Put the flour into a large bowl, and work lightly into it one-quarter of the butter; into this put the white of the egg, well beaten, the salt, and about one-fourth of a pint of ice-cold water (the quantity of water must be regulated by the cook, as it is impossible to give the exact proportion of it); knead up the paste quickly and lightly, and, when smooth, roll it out square to the thickness of about half an inch. Presuming that the butter is perfectly free from moisture, and *as cool* as possible, roll it into a ball, and place this ball on the center of the paste; fold the paste over the butter all around, and secure it by wrapping it well all over. Flatten the paste by rolling it lightly with the rolling-pin until it is quite thin, but not thin enough to allow the butter to break through, and keep the board and paste dredged lightly with flour during the process of

making. This rolling gives it the *first* turn. Now fold the paste in three thicknesses, and roll out again, and, should the weather be very warm, put it in a cool place or on ice to cool between the several turns; for unless kept cold the paste will be spoiled. Roll out the paste *twice*, put it by to cool, then roll it out three times more, which will make seven *turnings* in all. Now fold paste in two, and set in a cold place, or on ice until ready to use. If well made and properly baked, this crust will be delicious, and should rise in the oven very much. The paste should be made *rather* firm in the first instance, as the butter is liable to break through; you must also avoid getting it too soft. Great attention must be paid to keeping the butter cool. When covering baking dishes with puff paste, handle the paste as deftly and lightly as possible, if you would have light crust. Cut the paste from the edge of the baking dish with a *sharp* knife first dipped in hot water or flour.

TO GLAZE PASTRY.

To glaze pastry, which is the usual method adopted for meat or raised pies, break an egg, separate the yolk from the white, and beat the former for a short time. Then, when the pastry is nearly baked, take it out of the oven, brush it over with the beaten yolk of egg, and put it back into the oven to set the glaze.

TO ICE PASTRY.

This is the usual method adopted for pies and tarts; beat the white of an egg to a stiff froth, add a tablespoonful of sifted pulverized sugar and stir smooth. When the pie is done, take it from the oven; spread

the meringue over it and return it to the oven for a few minutes to set the icing. It is advisable to leave the oven door open, and watch carefully, if the oven is very hot, for when done, the meringue should be only nicely set.

APPLE PIE.

Choose ripe, tart and juicy apples. Pare, core, and quarter them, (if too large, cut the quarters in two). Line the pie plate with a crust; fill with the apples; sprinkle liberally with sugar, (half a teacupful or more as the apples may require,) a few bits of butter, and a little cinnamon or nutmeg, as may be preferred. Put in two or three tablespoonfuls of water, cover with upper crust, wetting the edge of the lower so they will stick together, and cutting away portions of the crust not needed. Bake a light brown. Through slits that should be in the center of upper crust, test, daintily, with a fork, the apple, to see if it has become soft as it should be before removing the pie from the oven. Serve cold, with or without white sugar sprinkled over it. Sweet cream is a delicious addition to apple pie; add when serving.

APPLE MÉRINGUE PIE.

Line a pie plate with crust and fill with stewed apple. Bake until crust is done, then cover with a meringue made of the whites of eggs and powdered sugar, using one tablespoonful of sugar to each white; three whites will be required for a large pie. Return to the oven to brown.

APPLE PIE.

Some prefer an apple pie made as follows: Line a pie plate with a nice crust and fill the shell with pared, cored, and quartered tart apples; add a little water and cover with an upper crust, which, when the pie is done and the apple cooked tender, remove, and season the apples with sugar, butter, and a little nutmeg. Replace the crust and eat the pie when it shall become cool.

DRIED APPLE PIE.

Those who are fond of these pies, may have very nice ones by soaking the apples (and they should be good ones) over night with water sufficient to cover them; in the morning stew until soft, and when cold, fill a pie plate lined with crust, with the apples; sprinkle over them a small teacupful of sugar, a few bits of butter, and two or three thin slices of lemon; or the apples may be mashed, then seasoned with the sugar, butter, and nutmeg or cinnamon. Bake with an upper crust or with a lattice work made with thin, narrow strips of paste. A few dried or canned raspberries, blackberries or huckleberries, stewed with the apple, are an excellent addition to dried apple pie or dried apple sauce.

BLACKBERRY PIE.

Line a pie plate with plain or puff paste; carefully look over a pint of ripe blackberries; put them in the pie dish, heaping them a little in the middle of the dish; dust with two level tablespoonfuls of flour and add a cupful of sugar. Make a paste of a teaspoonful of flour and a little water, with which brush over the edge of the under crust, to prevent the juice from

escaping; add the upper crust and trim the superfluous crust from the edge with a sharp knife. Bake in a quick oven. Dust with powdered sugar or cover with a thin meringue made of the white of one egg and a tablespoonful of pulverized sugar, or omit both and eat plain.

CHERRY PIE.

Prepare the requisite quantity of cherries by removing the pits. Line a pie plate with crust; fill with cherries; sprinkle with a few bits of butter, about two tablespoonfuls of flour, and three-fourths of a teacupful of sugar, if white cherries are used, but if the red, sour ones, a whole teacupful of sugar will be required. Cover with an upper crust, making a few short gashes in the center. Bake until the crust is done and of a delicate brown.

COCOA-NUT PIE.

One cupful of grated fresh cocoanut, one and a half cupfuls of sweet milk, the yolks of four eggs, a little salt, one tablespoonful of melted butter, and sugar to taste. Beat the whole about five minutes and put into a shell previously prepared. Set into the oven and bake until the crust and filling are done; then cover with the whites (which have been beaten to a stiff froth), and brown before removing the pie from the oven. If dessicated cocoanut is used, soak it in the milk over night.

CREAM PIE.

Line a pie plate with a nice crust, and bake; while hot fill the shell, with the following, which has been thoroughly stirred together and cooked for five min-

utes : One pint of milk, three tablespoonfuls of sugar, yolks of two eggs, one and a half tablespoonfuls of corn starch, and a piece of butter half the size of a hickory nut ; then cover with a meringue made with the well beaten whites of the two eggs and two tablespoonfuls of powdered sugar, sprinkling the top with coconut. Return to the oven and brown lightly.

CREAM-JELLY PIE.

Three eggs, three tablespoonfuls of sugar, one teacupful of rich cream, three tablespoonfuls of quince or currant jelly, and one tablespoonful of butter. Beat the yolks and whites separately, then stir all the ingredients well together. Bake with an under crust ; then cover with a meringue and return to the oven to brown.

CRANBERRY PIE.

Pick over, and wash the cranberries ; stew them in a porcelain-lined saucepan until well done ; sweeten to taste ; line a pie plate with paste, fill with the stewed cranberries and bake with or without a top crust. (A lattice work of thin strips of paste is often used for these pies). Cover with a meringue when baked, or dust with powdered sugar when serving.

RIPE CURRANT PIE.

Remove a sufficient quantity of currants from their stems. Line a pie plate with crust ; fill with currants ; sprinkle a heaping teacupful of sugar, a little flour, and a few bits of butter over them. Cover with a crust and bake in a hot oven until done and of a delicate color. This will make a very juicy pie, and great care should be taken that the edges are well pressed together.

GREEN CURRANT PIE, No. 1.

One pint of green currants, two tablespoonfuls of currant jelly, six heaping tablespoonfuls of sugar, two of flour, and two of water. Line a pie plate with puff paste; put in the ingredients in layers; cover, and bake twenty minutes, or till done.

GREEN CURRANT PIE, No. 2.

One teacupful each of good sized green currants, sugar, and sweet cream, and one egg. Line a pie plate with a good crust; beat the egg; add the cream and sugar; stir well together; pour into the shell; sprinkle with a few bits of butter, and dust a little flour over the currants and add them; cover with an upper crust, and bake. When cold, dust the top with powdered sugar.

CUSTARD PIE, No. 1.

Line a pie plate with crust and fill with the following: Three eggs, half a cupful of sugar (or more if preferred sweeter), one teaspoonful of flour and a little grated nutmeg; beat all very thoroughly together and add milk enough to fill the plate; then grate a very little nutmeg over the top, and bake until the custard is well set. To be eaten cold.

CUSTARD PIE, No. 2.

Line a deep pie plate with a good paste; beat four good-sized eggs, but not too thoroughly; add four generous tablespoonfuls of granulated sugar and enough rich milk to fill the pie plate. Bake rather slowly, as the custard must not be allowed to boil or it will curdle and the pie will be spoiled. When done, the top should be a uniform tint of delicate straw color

and the custard nicely set; be sure that the crust is thoroughly baked. Custard pies should be eaten the same day they are baked.

FRUIT TURN-OVERS.

Make a crust as for pies and roll one-quarter of an inch thick; cut out with a saucer-sized cutter; put the fruit on half of the circle, folding the other half over it; wet the inside edges so they will stick together. If the fruit used be thinly sliced apples, sprinkle them with a little sugar and cinnamon; add a small piece of butter and a tablespoonful of water before folding over the crust; but if berries are used, flour, sugar and butter should be used. When ready for the oven brush them with the white of an egg. They will require from twenty to thirty minutes to bake. When done, dust with powdered sugar.

GOOSEBERRY PIE.

Remove the tops and stems, and wash the gooseberries; fill the pie plate (which has been lined with crust), and sprinkle over them a heaping teacupful of sugar, if the berries are very sour, a few bits of butter, and a little flour. Cover with an upper crust and bake in a moderately hot oven.

HUCKLEBERRY PIE.

Look the berries over carefully and wash them. Line a pie plate with plain or puff paste, as preferred, and strew over it a pint of huckleberries, heaping them in the middle; there will then be room at the sides for the juices and consequently less likelihood of their escaping between the crusts while baking; sprinkle

with one tablespoonful of flour and a teacupful of sugar; add the top crust, in the center of which cut a gash an inch or two long to allow the steam to escape; trim the edges neatly with a sharp knife. Bake in a quick oven.

JELLY-MÉRINGUE PIE.

Cover the bottom of a pie-plate with pie crust half an inch thick; when done, and cold, split open carefully with a long-bladed, sharp knife. Lay the under crust on a plate and spread with jelly, well beaten; then lay the upper crust top side down on the jelly covered crust and spread that with jelly; then cover with a meringue made with the whites of two eggs and two tablespoonfuls of powdered sugar, well beaten together. This is for a small pie; for a large one, one more white and another spoonful of sugar will be required.

Should one be so unfortunate as to have pie crust left when making pies, it can be used for the above pie—also different kinds of jelly, which have been cut for the table, may be put together, beaten hard, and used for the purpose, just as well as to open fresh molds.

LEMON PIE.

The juice and grated rind of one lemon (being careful not to grate through the yellow into the white lining, as it will make it bitter), one tablespoonful of corn starch, one cupful of sugar, one egg, a piece of butter the size of a small egg, and one cupful of boiling water. Put the water into a small sauce-pan and add the corn starch, stirred smooth in a little cold water; when it boils up after stirring it in, set it off the stove, add the butter and sugar, which have been

previously well stirred together; when cool, add the beaten egg and lemon. Bake with upper and under crust, or with under crust, then cover with a *méringue*, and return to the oven and brown.

LEMON-RAISIN PIE.

One cupful of chopped raisins, seeded; the juice and grated rind of one lemon, one cupful of cold water, one tablespoonful of flour, one cupful of sugar, and two tablespoonfuls of butter. Stir lightly together and bake with upper and under crust.

MINCE-PIE.

The remains of a roast of beef, or of several beef steaks, will be found nice for mince meat. Take the fat and lean portions; chop fine, and to each cupful add two cupfuls of tart, juicy apples, also chopped fine, one cupful of well washed and dried English currants, two tablespoonfuls of boiled cider, and sweet cider enough to make the pies sufficiently moist. Remnants of jelly from the table, canned fruit juice and the liquor from sweet pickles, are all nice to use in mince-pies. If one manages in this way, using really good things that are almost always at hand, not a particle of wine or brandy will be necessary in mince-pies. Use sugar, cinnamon, cloves, nutmeg, and mace to taste, using more of one than another, or omitting one, as may be preferred. Mix the meat, apple, and seasoning thoroughly together and heat through. It may be used when cool, or put into tight glass cans, to be used any time; but when used, after filling the shell or bottom crust, sprinkle over it a few small bits of butter and a few seeded raisins—it will then be ready for the upper crust.

MINCE-MEAT, No. 1.

Four pounds of cold, boiled, lean beef, chopped fine ; ten pounds of apples, chopped fine ; one and a half pounds of suet, chopped ; two pounds of currants, four pounds of raisins, chopped fine ; half a pound of citron, sliced fine ; four pounds of sugar, one quart of the liquor the meat was boiled in, one pint of boiled cider, three pints of best New Orleans molasses, three teaspoonfuls ground cloves, ten of ground cinnamon, three of ground mace, and one of white pepper ; six tablespoonfuls of salt, two nutmegs, and the juice and grated rind of three lemons. Mix well, and add any kind of fruit syrups. This makes a large quantity, which, if prepared in cold weather, may be packed in jars and kept as long as desired. The addition of a few spoonfuls of sweet cream, when filling the baking plates, will be found a great improvement to mince pies.

MINCE-MEAT, No. 2.

Two pounds each of raisins, currants, suet, beef, and sugar ; one pound of candied peel, one tablespoonful each of allspice, cloves, and salt, two tablespoonfuls of grated nutmeg, two dozen apples, half a pint each of wine and brandy. Stone and chop the raisins, wash and dry the currants, look over the suet and chop very fine ; boil the beef and when cold, chop fine. Pare, core, and chop the apples, also chop the candied peel. When all the ingredients are prepared, stir them together (except the wine and brandy) and cook through, well ; put into a stone jar, and when cool, add the wine and brandy, and mix well.

MINCE-MEAT, No. 3.

Two pounds of ripe, tart, and juicy apples, pared, cored, and chopped fine; three-quarters of a pound of beef suet, chopped fine; one pound of raisins, stoned and chopped fine; one pound of currants, washed and dried; juice and grated rind of one lemon, two pounds of sugar, and two teaspoonfuls of salt. Prepare the ingredients; mix well together; put into a stone jar, and in a day or two add half a pint of brandy and a glass of sherry. Cover the jar close.

MINCE-MEAT, No. 4.

One pound of tongue, two pounds of suet, two and a half pounds of currants, half a pound of raisins, one and a half pounds of sugar, six large apples, one and a half ounces of spices, one pint of wine, juice and rind of one lemon, one pound of citron, one gill of brandy, and two spoonfuls of rose water. Boil the tongue; when cold, chop fine; pare, core, and chop the apples fine, also the suet and citron. Wash the currants and dry them. Seed the raisins, then add all together with the spices, the juices, and grated rind of the lemon; stir well together and heat thoroughly; put into a stone jar; add the wine and brandy, mixing it well in, and when cool, cover the jar closely.

ORANGE PIE, No. 1.

Grate the rind, and squeeze the juice from one large orange or two small ones; in either case, the rind of one orange will be sufficient. Cream a heaping tablespoonful of butter, and add by degrees a cupful of sugar, and two tablespoonfuls of corn starch; then add

very slowly a cupful and a half of boiling water ; set the sauce pan in a kettle of boiling water until the corn starch is cooked ; then remove from the fire, and add the yolks of three eggs, well beaten. Line a pie plate with paste ; fill with the orange paste and bake in quick oven ; when done, remove from the oven and cover with a meringue made of the whites of the eggs, beaten stiff, and sufficient powdered sugar to sweeten, usually one tablespoonful for each egg.

ORANGE PIE, No. 2.

The yolks of three eggs, beaten until quite light, five tablespoonfuls of white sugar, the juice of two and the grated rind of one orange, a little salt and one cupful of cream or milk. Mix all well together ; then add the whites, beaten to a stiff froth, and stir lightly. If milk is used instead of cream, put in a small piece of butter. Bake with an under crust.

PEACH PIE.

Pare, halve, and remove the stones from a sufficient number of peaches for the size of plate used ; as soon as each half is ready put into cold water and allow to remain until ready to use, to prevent discoloring. Line a pie plate with crust, pour the water from the peaches and neatly fill the shell with pieces cut into quarters, or once again if the peaches were large ; add a few tablespoonfuls of water (and sweet cream if convenient), sprinkle with a little flour, nearly a cupful of sugar, and a few bits of butter ; cover with upper crust and bake.

PLUM PIE.

Make the same as "Peach Pie" except peeling and putting into water, which will not be necessary.

PEACH MÉRINGUE PIE.

Prepare peaches and proceed as in recipe for "Peach Pie," omitting upper crust. Bake until crust and fruit are done, then cover with a meringue made with whites of three eggs, beaten stiff, and three tablespoonfuls of powdered sugar; have this ready when the crust is done, cover quickly, brown, and remove from the oven.

PUMPKIN PIE, No. 1.

Line a pie plate with puff paste. Filling: Three tablespoonfuls of stewed pumpkin strained through a colander, two eggs, well beaten, two generous tablespoonfuls of sugar, a little salt, and a slight sprinkling of ginger; mix thoroughly, and add sufficient milk (also, if possible, a few spoonfuls of sweet cream), to fill the pie dish. Bake in a quick oven.

PUMPKIN PIE, No. 2.

One cupful of stewed pumpkin, a cupful of sugar, two eggs, and milk enough to fill the plate. First line the pie plate with crust, then beat the eggs and sugar together, adding the pumpkin and milk. Put in a half a teaspoonful of ginger for seasoning, and after stirring, pour into the shell and put in a moderately hot oven. A pumpkin pie should be well baked. Some prefer other seasoning, but the above given will be generally liked.

RHUBARB OR PIE-PLANT PIE.

Use an equal quantity of rhubarb and apple. Wash the rhubarb, strip off the skin, and cut in thin slices. The apples should be pared, cored, and sliced. Line a pie plate with crust and fill with the rhubarb and apple. Sprinkle over it three-fourths of a teacupful of sugar, a few bits of butter, and a tablespoonful of flour. Cover with an upper crust. Wet the edges of the under crust and cut a few small gashes in and near the middle of upper crust, and lay it over the pie; press it gently to the edge of the under crust and cut off the over-lapping portions. Be sure that the edges are well pressed together, so the juice will not escape. The pie may be made entirely of rhubarb, but more sugar will be required

RASPBERRY PIE.

Line a pie dish with good paste; look over carefully one pint of raspberries; spread them over the crust, heaping them in the center; sprinkle over them two tablespoonfuls of sifted flour and a teacupful of sugar; brush over the edge of the crust with a thin paste (made by stirring a teaspoonful of flour into a little water); add the top crust; trim the edges neatly with a sharp knife and bake in a quick oven. Glaze with a thin meringue made of the beaten white of an egg, and a tablespoonful of pulverized sugar, the meringue to be added just before taking the pie from the oven, where it should remain long enough to set the icing.

STRAWBERRY PIE.

Hull the berries, look them over carefully, and avoid washing them if possible, for it injures their flavor. In fact, it would be well if no berries need be used that required washing to remove the grit. Line a pie plate with crust and fill with the berries; sprinkle liberally with sugar, a little flour, and bits of butter; add a few tablespoonfuls of water; then lay over the upper crust, pressing the edges firmly, after wetting the under one, to make them stick together. Bake in a moderately hot oven. When cold, dust with powdered sugar, or not, as preferred.

SQUASH PIE, No. 1.

One cupful of stewed squash (the winter is preferred), a cupful of sugar, two eggs and a sufficient quantity of sweet milk to fill the pie plate. Line the pie plate with crust; then beat the eggs and sugar well together, adding the milk and squash, and half a teaspoonful of ginger; stir all lightly together and pour into the shell. Bake well done.

SQUASH PIE, No. 2.

Pare, take out the seeds, and stew till the squash is very soft and dry. Strain through a colander. Mix rich milk with it till it is a very thin batter, and add sugar to taste, and a little salt. Allow four eggs to a quart of milk, beat the eggs well and add them to the squash. Season with a little ground ginger.

FRUIT TARTS.

The English tart is baked in a deep dish with only an upper crust; our method of making tarts is just the reverse; we use an under crust and the fruit is stewed with sugar before being baked with the crust. Narrow strips of thin paste may be put across the top if desired.

CHERRY TART, No. 1.

Pick the stems from fresh, ripe cherries and stone them. Choose small, deep pie dishes for tarts; place a small cup upside down in the middle of the dish and fill the pie dish with the cherries, adding two heaping tablespoonfuls of sugar and a level tablespoonful of flour. Lay a border of either puff paste or short crust around the edge, put on the top crust and ornament the edges; bake in a brisk oven from thirty to forty minutes. When done take from the oven, cover with a thin meringue made of the whipped white of one egg and a large tablespoonful of pulverized sugar; return to the oven, leaving the door open long enough to set the icing. Or the tart may be served plain, or the crust may be dusted with pulverized sugar before serving. Berries and currants make delicious tarts.

CHERRY TART, No. 2.

Line "patty pans" or pie plates with puff paste. Stew the desired quantity of cherries with a liberal amount of sugar and a little water—add a tablespoonful of flour for a pint of the stewed cherries. fill the shells and bake in a quick oven; when the crust is done remove from the oven. Dust with powdered sugar when serving. Dried cherries make excellent tarts; they require to be soaked for several hours before being heated and must then cook very slowly and for only a short time.

RASPBERRY TART.

Make as "Cherry Tart"—sweetening to taste.

CREAM STRAWBERRY TART.

Make the same as "Cherry Tart, No. 1," taking care to secure a very light and rather thick upper crust; use plenty of berries and sweeten to taste. When baked, pour into the pie, through the opening in the center of the crust, a mixture prepared as follows: Stir half a teaspoonful of corn starch, the whites of two eggs, well beaten, and two tablespoonfuls of white sugar into a little more than half a teacupful of sweet milk; set the sauce-pan containing it in boiling water and cook until smooth, stirring constantly; when cold, add half a teacupful of sweet cream; beat thoroughly; pour the cream into the tart when you take it from the oven.

CREAM RASPBERRY PIE OR TART.

Follow directions given for "Cream Strawberry Tart."

CUSTARD TARTLETS.

Line some round tartlet pans with good puff paste; fill them with a custard made as follows: The yolks of four eggs, well beaten, two ounces of butter (two level tablespoonfuls), creamed, two ounces of sugar, three dessertspoonfuls of flour; mix well, and add three-fourths of a pint of milk; put into a sauce-pan; set the sauce-pan in boiling water; cook the custard until a smooth, thick cream, but do not allow to whey. Fill the tartlet pans with the custard and bake twenty minutes. When done, cover with a meringue made of

the whites of the eggs beaten stiff, and a tablespoonful of powdered sugar to each egg; set in the oven until the meringue is daintily colored. Flavor to suit the taste.

LEMON PASTE (for Tarts or Patties).

Squeeze the juice from four lemons and grate the rind from two; add the yolks of six eggs and the whites of two; add a pound of granulated sugar; place in a sauce-pan in a kettle of boiling water; stir one way until the mixture is a nice thick paste, but do not allow to boil. Line patty pans with puff paste; rather more than half fill them with the lemon paste and bake in a quick oven for one-fourth of an hour. Take from the oven and spread with a thick meringue made from the well-beaten whites of eggs and pulverized sugar—one tablespoonful of pulverized sugar to each egg; return to the oven to set, and daintily color, the meringue. This lemon paste may be kept for several months if placed in small, closely covered glass jars, and will be ready for use at any time.

LEMON TARTS.

Make the same as "Lemon Pie," and bake in small shells or "patty pans." Cover with a meringue.

PUFF-PASTE RINGS.

Roll out some good puff paste to the thickness of one-fourth of an inch, and with a round fluted paste-cutter, or any cutter preferred, stamp out as many pieces as may be required; cut out with a smaller cutter sufficient pieces to correspond with the larger ones; stamp out the center of the smaller rings; brush

over the others with the white of an egg; place a ring of paste on the top of every large circular piece of paste; egg over the tops, and bake from fifteen to twenty minutes. Sift over sugar and put them back in the oven to color them; then fill the rings with preserves, marmalades, or jellies of bright color. Very many pretty dishes of pastry may be made by stamping out puff paste and filling the pieces, when baked, with jelly or preserve. It is a good way to utilize the trimmings of puff paste.

VOL-AU-VENTS (AN ENTRÉE).

The trimmings of puff paste may be used for these little pastry cases; take care that the paste is rolled out evenly and that it is baked in a hot oven; this is necessary to insure lightness, without which your vol-au-vent will be a failure. Roll out the paste to the thickness of about one and a half inches; stamp it out in the desired shape, either round or oval, and, with the point of a small knife, make a slight incision in the paste all around the top, about an inch from the edge, which, when baked, forms the lid. Put the vol-au-vent into a good brisk oven, and keep the door shut for a few minutes after it is put in. When of a nice color without being scorched, withdraw it from the oven, instantly remove the cover where it was marked, and detach all the soft crumb from the center; in doing this, be careful not to break the edges of the vol-au-vent; but should they look thin in places, stop them with small flakes of the inside paste; these can be kept in place by being first dipped in the white of an egg and then placed in the required position. This precaution is necessary to prevent the fricassee or

ragoût from bursting the case and so spoiling the appearance of the dish. Fill the vol-au-vent with a rich mince, or fricassee, of fish, poultry, meat, or oysters, and do not make them very liquid, for fear of the gravy bursting the crust; replace the lid, and serve. To improve the appearance of the crust, brush it over with the yolk of an egg *after* it has risen properly.

VOL-AU-VENT OF OYSTERS.

Make the cases as in the preceding recipe. Fill them with oysters prepared as follows: Beard a pint of oysters; if large cut them in quarters, small ones in halves; put them on the stove in a saucepan with their own liquor; skin, season with pepper, salt, and nutmeg; add half a teacupful of cream and thicken a little with flour rubbed smooth with butter. Fill the cases, and serve.

SWEET VOL-AU-VENT OF ANY KIND OF FRESH FRUIT.

Make the cases the same as in the preceding recipe. Have ready sufficient stewed fruit, the syrup of which must be boiled down until very thick; fill the vol-au-vent with this, and pile it high in the center; powder a little sugar over it, and put it back into the oven to glaze; the vol-au-vent is then ready to serve. They may be made with any fruit that is in season, such as rhubarb, oranges, gooseberries, currants, cherries, apples, peaches, etc.; but care must be taken not to have the syrup too thin, for fear of its breaking through the crust.

VOL-AU-VENT OF FRESH STRAWBER- RIES WITH WHIPPED CREAM.

Make the vol-au vent case the same as in the preceding recipes, rolling the paste thinner. When nearly done, brush over the paste with the white of an egg, sprinkle on it some powdered sugar, and put it back in the oven to set the glaze. Remove the interior, or soft crumb, and at the moment of serving, fill it with strawberries, which should be picked and cut up with sufficient sugar to sweeten them nicely. Place a few spoonfuls of whipped cream on the top, and serve. Or, instead of sprinkling sugar on the top of the vol-au-vents, glaze them with a syrup boiled to a candy; fill them with fresh strawberries and pour over them some of the candy syrup in which a few strawberries have been mashed and cooked; it must be cold and quite stiff.

VOL-AU-VENT OF FRESH RASPBERRIES WITH WHIPPED CREAM.

Make the same as "Vol-au-vent of Fresh Strawberries with Whipped Cream."

SAUCES FOR PUDDINGS.

SAUCE FOR APPLE DUMPLINGS.

One cupful of sugar, half a cupful of butter, two teaspoonfuls of corn starch (or sifted flour), and a little lemon juice or a sprinkling of nutmeg. Rub the butter and sugar to a cream; then add the corn starch; mix thoroughly, and pour in one cupful of water, boiling hot, stirring constantly; add flavoring, and if you like, half a gill of wine.

BRANDY SAUCE.

Take a piece of butter the size of an egg, and two tablespoonfuls of sugar; beat them to a cream; add the well beaten yolk of one egg, and a tablespoonful of corn starch; mix well together. Put a cupful of boiling water on the stove in a saucepan; add to it a little powdered cinnamon, and nutmeg. Let the spices boil a few minutes in the water; then stir in the butter, well mixed with the other ingredients. Stir without ceasing until it is just ready to come to a boil; then remove at once or it will curdle and be spoiled. Flavor with two tablespoonfuls of good brandy.

CHOCOLATE SAUCE.

Grate two tablespoonfuls of chocolate into two teacupfuls of cream or sweet milk; put it into a saucepan and set the saucepan into boiling water; let it come to the boiling point, then add the well-beaten yolks of two

or three eggs. When the sauce thickens a little—do not allow it to whey—take it from the fire, and add to it the whites of the eggs, beaten to a stiff froth, and two heaping tablespoonfuls of powdered sugar. Flavor with vanilla. A good sauce for cottage pudding or corn starch blanc-mange.

FOAM SAUCE.

One cupful of powdered sugar and two eggs. Beat the sugar and yolks together in a bowl; set into boiling water, and stir until hot; then add the whites, beaten stiff. Put a small piece of butter and a tablespoonful of brandy in a dish; pour over them the sugar and eggs just before serving.

FRUIT SAUCES.

Obtain the juices of any ripe berries or larger fruit, by simmering in a saucepan with a very little water, for a little while; then strain through a thin cloth, but do not squeeze; add a teaspoonful of corn starch for a pint of juice; sweeten to taste, and, if liked, flavor with wine or lemon juice. Let boil two or three minutes. The juice of canned fruit may be used, and will not need more sweetening.

GERMAN SAUCE, No. 1.

Boil a teacupful of sugar and half a teacupful of water in a saucepan for ten or fifteen minutes; beat the yolks of two eggs and stir them into the syrup; put the saucepan into another containing boiling water, and beat the mixture well, until it begins to thicken; then add one tablespoonful of butter, and three of brandy; add the whites of the eggs, beaten stiff; stir a moment, and remove from the fire.

GERMAN SAUCE, No. 2.

The yolks of two eggs, a wine glass of sherry, and a tablespoonful of sugar. Put together in a saucepan and stir constantly over the fire until the sauce froths. For a "Christmas Pudding" use three yolks and a wine glass of brandy.

GOLDEN SAUCE.

Make a smooth, boiled custard with the yolks of three eggs, half a cupful of sugar, and a pint of milk. Flavor it to taste.

HARD SAUCE, No. 1.

One cupful of butter, and two cupfuls of powdered sugar. Stir until of the consistency of cream; then add three-fourths of a cupful of white wine and the juice of a lemon. Boil long and hard, until you have a nearly solid mass. Smooth with a knife, and stamp as you would a pat of butter; keep in the refrigerator until required. Brandy may be used instead of white wine. Half the quantity may be made, if desired for a very small pudding.

HARD SAUCE, No. 2.

One teacupful of sugar, and half a teacupful of butter; stir together until light; flavor with wine or lemon extract. Smooth the top with a knife, and grate nutmeg over it.

PUDDING SAUCE.

One cupful of butter and two of sugar, well stirred together; add two well beaten eggs, and beat five minutes; then add a cupful of sherry wine and set in

a kettle of boiling water ; cook ten minutes, stirring it most of the time. It is then ready to serve.

PLUM PUDDING SAUCE.

One glassful each of Madeira and brandy, two table-spoonfuls of butter, and sugar to taste. Put the sugar, butter, and a part of the brandy, into a saucepan ; set on the stove, stirring until the butter and sugar are melted ; then add the Madeira and the remainder of the brandy. Pour over the pudding or serve in a sauce-boat.

STRAWBERRY SAUCE FOR BAKED PUDDINGS.

Half a cupful of butter, one cupful of sugar, the beaten white of an egg, and one cupful of strawberries, mashed and strained. Beat the butter and sugar to a cream ; add the beaten white and strawberries. Set over a kettle of hot water on the back of the stove, just a minute—do not let it get hot—but just lukewarm. Send to the table in a sauce-boat.

SAUCE FOR BAKED PUDDINGS.

One egg and one cupful of sugar beaten very light ; pour on, very slowly, one cupful of boiling water, stirring constantly while doing so. Flavor with grated nutmeg, or any extract.

A GOOD SAUCE FOR VARIOUS BOILED PUDDINGS.

Beat four ounces of butter to a cream ; add one-fourth pound of granulated sugar, and a wineglassful of brandy. Mix thoroughly, and serve. This sauce may either be poured round the pudding, or served in a sauce-boat.

SAUCE FOR STEAMED PUDDINGS, No. 1.

Ten tablespoonfuls of water, six of sugar, four of butter, and one of wine. Stir well, and cook. Send to the table hot, with the pudding.

SAUCE FOR STEAMED PUDDINGS, No. 2.

One cupful of sugar, half a cupful of butter, and two cupfuls of sweet milk, just scalded. Cream the butter and sugar; add the milk; then, just before sending to the table, the well-beaten white of an egg.

SUET PUDDING SAUCE.

One cupful of sugar and half a cupful of butter beaten to a cream; then add one beaten egg, and one teaspoonful of flour; just before sending to the table, add three-fourths of a teacupful of boiling water, and boil a minute, or until clear.

SOYER'S SAUCE FOR PLUM PUDDING.

The yolks of three eggs, one tablespoonful of powdered sugar, one gill of milk, a very little grated lemon rind, and two small wineglassfuls of brandy. Separate the yolks from the whites of the eggs and put the former, beaten, into a saucepan; add the sugar and milk and grated lemon rind; stir over the fire until the mixture thickens, but do not allow to boil. Put in the brandy; pull the saucepan to the back of the range; stir for five minutes. Serve in a boat separately or pour over the pudding.

SWEET SAUCE.

One tablespoonful of flour, four of cold water, one cupful of boiling water, sugar to taste, one tablespoonful of butter, and one of lemon juice. Mix the flour

smooth, with the cold water ; then stir in, gradually, the boiling water, and add the sugar. Allow it to just boil ; remove and add the butter and lemon juice. If preferred, a little nutmeg or ground cinnamon may be used for flavoring, instead of the lemon juice ; or a tablespoonful of raspberry jam, or any fruit juice.

WHIPPED SWEET SAUCE.

The yolks of four eggs, beaten, two tablespoonfuls of powdered sugar, one glass of sherry, the juice of one lemon, and a grain of salt. Use a saucepan, whisk the sauce on the fire until it is a creamy froth, and pour over the pudding or send to the table in a sauce-boat.

WHIPPED CREAM SAUCE.

One teacupful of sweet cream, the whites of three eggs, and three tablespoonfuls of powdered sugar. The cream should be quite ice-cold when ready to whip ; after whipping return to the refrigerator or to a cold place, while preparing the whites of the eggs, which beat to a stiff foam ; add the sugar, then the whipped cream, beating lightly with a silver fork. Use wine or any extract for flavoring. This sauce is very nice to serve in glasses, with cake, or served with fruit pudding, or any of the puddings put in large or cup molds. For the large mold, put the sauce around it, but for the small molds, pile the sauce high in the center with the puddings around it.

WINE SAUCE, No. 1.

One and three-fourths cupfuls of powdered sugar and half a cupful of butter, stirred well together ; then add three-fourths of a cupful of wine (sherry or Madeira

are better) Put the mixture into a tin pail and set into a kettle of boiling water, stirring briskly all the time until hot.

WINE SAUCE, No. 2.

Beat well the yolks of six eggs ; add one tablespoonful of sugar, half a pint of sherry, and the grated yellow part of the rind of a lemon. Warm until the sauce is about the consistency of cream.

If brandy is used instead of wine, it must be diluted with water, and the juice of the lemon added. A little more sugar will be required, if lemon is used.

PUDDINGS.

IN baked puddings the custard separates into curds and whey if the heat of the oven is too great. For this reason, rice, tapioca, and like ingredients, must be cooked as long as each may require, before the eggs are added to them in making puddings which are to be baked.

Butter the dishes or molds in which puddings are to be either baked or boiled. When a cloth is used for boiled puddings, it must be dipped in hot water, wrung dry, and well coated on the inside with flour before the pudding is enveloped in it. A batter pudding should be tied lightly in a cloth, and a bread or plum pudding also requires room to swell. The water should be boiling when the pudding is put in, and it should be kept at the boil during the whole time of cooking.

Care should be taken with pudding cloths, that they be well washed, and scalded, and perfectly dry before they are put away, for it is better to keep cloths and bags for this purpose, both to receive the pudding itself and for tying over the different sized molds used; and on no account should these cloths and bags be washed with other articles, but always by themselves.

APPLE SOUFFLÉ.

Stew three large apples (leaving them in quarters), in only water enough to half cover them; add sugar to make a syrup and flavor with lemon.

Use the yolks of three eggs for a boiled custard, with not quite a pint of milk; sweeten, flavor with lemon, and, when the custard has become thick as cream, pour over the apples (which have been put in a deep dish); then spread with a meringue made with the three whites, beaten stiff with a tablespoonful of sugar; sprinkle the meringue with sugar; then place the soufflé in the oven a moment to become a very delicate brown.

BOILED APPLE DUMPLING.

Make a crust as for biscuit; roll three-fourths of an inch thick; strew over it a layer of good sized quarters of ripe, sour apples (pared and cored); roll up so that there will be alternate layers of apples and crust. Put into a floured pudding cloth, tie loosely, and plunge the pudding into boiling water; boil two hours. Serve with "Sauce for Boiled Apple Dumpling."

BAKED APPLE DUMPLING.

Make a soda and cream of tartar, or baking powder crust as for biscuit; roll thin, and cut in circular form three inches in diameter. Have ready, pared, quartered, and cored (or remove the core and peel, leaving the apple whole) some good tart apples; place on the crust in an upright position four large quarters, or one whole apple; bring the crust together at the top, and pinch together close. Lay the dumplings in buttered baking dishes and bake one hour, or until the apple is tender. Serve with "Sauce for Apple Dumplings."

STEAMED APPLE DUMPLINGS.

Pare, quarter, and core a dozen good sized apples and place in a buttered pudding dish. Make a crust as for "Baked Apple Dumplings"; roll three-fourths of an

inch thick ; put on the top of the apples ; place in a steamer over a kettle of hot water, and steam an hour and a half. Serve with "Sauce for Apple Dump-
lings."

BIRD'S NEST PUDDING.

Fill a pie plate with tart, juicy apples, pared, quartered, and cored ; cover with a baking powder crust (or a soda biscuit crust) ; bake to a nice brown, and until the apple is cooked tender. Serve warm with any sauce preferred.

CABINET PUDDING.

Butter the mold or basin in which the pudding is to be boiled, and strew over the bottom of it one ounce of candied peel, cut in small pieces, and a cupful of large, fine raisins ; on these place a layer of sponge cake, cut in thin slices ; put a few drops of melted butter on each piece of cake, and scatter a layer of English currants over the whole ; then add another layer of sponge cake and more currants ; proceed in this way until the dish is nearly full. Now flavor a pint of milk with some grated lemon peel ; add four eggs, well beaten, and three tablespoonfuls of sugar. Beat the mixture thoroughly ; then strain it into the mold, which should be quite full. Let the pudding stand for two hours ; then tie a cloth over the top, or cover closely, set in boiling water, and let boil for one hour. Let stand a few minutes after taking it up before removing the cover ; then turn quickly out of the mold or basin. Serve with "Fruit Sauce" or "Wine Sauce." This pudding is delicious when iced.

CORN STARCH PUDDING.

One quart of milk, one cupful of sugar, three table-spoonfuls of corn starch, one teaspoonful of lemon or vanilla, and a little salt. Boil the milk and sugar, add the corn starch, stirred smooth in a little cold milk; boil two minutes, add the flavoring, and mold in a large dish or in little cups. To be eaten cold with sweetened cream or milk. Many prefer an egg or two added to the above on account of the richer coloring the egg gives to it.

BAKED CORN STARCH PUDDING.

Four tablespoonfuls of corn starch, a small teaspoonful of butter, one quart of milk, a scant teacupful of sugar, three eggs, and a little jelly or jam. Add the sugar and butter to the milk, and heat to boiling; stir in the corn starch, rubbed smooth in a little cold milk; boil a few minutes, stirring constantly; remove from the stove, and stir in thoroughly the beaten yolks of the eggs; pour into a buttered pudding dish, then place in a moderately hot oven for about fifteen or twenty minutes; take from the oven; spread over it the jelly or jam—four or five tablespoonfuls will be required—cover with a meringue of the whites of the eggs, beaten stiff with three tablespoonfuls of powdered sugar. Return to the oven to become a delicate brown. Eat cold with sweetened cream.

CHOCOLATE PUDDING.

One and a half pints of milk, and three squares of chocolate, grated into the milk. Let it come to a boil; remove from the stove, and when cool, add the beaten yolks of three eggs, three tablespoonfuls of corn starch,

and one cupful of sugar. Put into a pudding dish and set into the oven until well heated through; then spread over the top a meringue made of the whites of three eggs and three tablespoonfuls of powdered sugar. Return to the oven until of a delicate brown.

COCOA-NUT PUDDING.

Half of a grated cocoa-nut, one quart of milk, three eggs, one teacupful of sugar, and any flavoring preferred. Beat the yolks and whites separately. Bake about three-quarters of an hour, or until the custard is well set; then remove from the oven, and cover with a meringue, then return to brown. Serve cold.

CHERRY PUDDING, No. 1.

One teacupful of cream, one of milk, one egg, one teaspoonful of soda, one teacupful of fruit, and flour enough for a thick batter, adding fruit last. Bake in a buttered baking dish and serve with sugar and cream.

CHERRY PUDDING, No. 2.

One cupful of sugar, one tablespoonful of butter, two eggs, one cupful of sweet milk, three of flour, half a teaspoonful of soda, and one of cream of tartar, (or two teaspoonfuls of baking powder); one teaspoonful of salt, and one teacupful of cherries. Dissolve the soda in a little hot water and add it to the milk. Sift the salt and cream of tartar into the flour. Rub the butter and sugar together, add the beaten yolks, the milk, then the well beaten whites alternately with the flour; lastly the cherries dredged with flour. Bake in a buttered mold for about an hour. When done, turn from the mold, and serve in slices with a liquid

sauce. See "Sauce for Baked Puddings." The sour cherry is preferred for this pudding, and canned ones may be used in winter, but first drain the juice from them.

BLANC-MANGE.

A pretty way to arrange blanc-mange is to mold it in small cups, then place a mold of jelly in the center of a platter with the molds of blanc-mange around it. Sweetened cream should be served with it. To half of the blanc-mange, chocolate enough to color and flavor may be added, then every other mold will be brown, making a nice effect.

COCOA-NUT BLANC-MANGE.

For a delicious cocoa-nut blanc-mange, add to the recipe for "Corn Starch Pudding," half of a grated cocoa-nut.

CHOCOLATE BLANC-MANGE.

To the recipe for "Corn Starch Pudding," add grated chocolate to suit the taste, putting the chocolate into the milk.

FARINA BLANC-MANGE.

Use four tablespoonfuls of farina, two eggs, and a little pinch of salt, to a quart of milk. Wet the farina with a little cold milk, add the well beaten eggs, and stir thoroughly into the milk when just at boiling. Flavor, and when boiled enough to thicken, pour into small cups. To be eaten cold with sweetened cream or other sauce.

CHRISTMAS PUDDING.

Two pounds each of raisins, currants, bread crumbs, flour, suet, and sugar; one dozen of eggs, half a pound of candied peel or citron, one teaspoonful each of salt, allspice, and cloves; two nutmegs, grated, four teaspoonfuls of baking powder, and a half a pint of brandy. Stone the raisins, and chop fine; wash, dry, and chop the currants; pick over the suet carefully, so as to get off skin and hard bits, and chop it very fine; beat the eggs thoroughly; grate the nutmegs; chop the candied peel or citron fine and put the baking powder into the flour. Mix the ingredients thoroughly together, and put into a pudding cloth or bag, which has first been dipped in hot water, wrung out, and well floured on the inside. The water should be boiling when the pudding is put over, and it should boil steadily for five hours. Eat warm with sauce.

BREAD AND APPLE PUDDING.

Butter an earthen baking dish; put a layer of chopped apples (juicy, sour ones preferred) at the bottom; sprinkle with sugar, cinnamon, and a few bits of butter; cover with fine bread crumbs. Proceed in this manner until the dish is full, having a layer of bread crumbs on the top. Cover close, and bake about three-fourths of an hour; then remove cover, and allow to become a nice brown. To be eaten warm, with a hard sauce of butter and sugar or a sweet, liquid sauce.

BREAD WITH A COMPOTE.

With a round cutter, cut out pieces of bread the size of a patty tin, and two inches deep; with a smaller

cutter scoop out the center of the bread, so as to make a place for the fruit. Soak the bread in milk and water, but do not let it absorb enough to break it up. Give each piece a coating of beaten egg, and fry a gold color. Prepare a compote of pineapple, peaches, apricots or green gages, and put on each piece a piece of the fruit; arrange neatly on a dish, and pour the syrup around the bread and fruit. Prepare the compote by cooking the fruit until tender, in the syrup, using half its weight in sugar, and hot water enough to dissolve the sugar, which should be boiled and skimmed before putting in the fruit. Canned fruit may be used for this purpose, but be sure the syrup is thick enough, if not, boil it down.

COTTAGE PUDDING.

Three tablespoonfuls of melted butter, one cupful of white sugar, one egg, a light pint of flour with two small teaspoonfuls of cream tartar sifted in; one cupful of sour milk in which dissolve one teaspoonful of soda. Mix butter and sugar well together; add beaten egg and flour, then the milk. For one loaf. Sauce for same: One and three-fourths cupfuls of powdered sugar and half a cupful of butter, stirred well together; then add three-fourths of a cupful of wine (Madeira or sherry are better). Put the mixture into a tin pail and set into a kettle of boiling water, stirring briskly all the time, until hot. For the above pudding, pieces of stale cake may be steamed and used.

COTTAGE PUDDING.

Two tablespoonfuls of melted butter; one cupful of sugar, three cupfuls of flour, one cupful of sweet milk, one egg, and three teaspoonfuls of baking powder

put into the flour. Mix the ingredients well together and bake in a well buttered cake tin. Serve warm with the following sauce: One cupful of powdered sugar and two eggs; beat the yolks and sugar together in a bowl, which set into boiling water and stir until hot; then add the whites beaten stiff. Put a small piece of butter and a tablespoonful of brandy into a dish, pour over them the sugar and eggs just before serving.

COTTAGE FRUIT PUDDING.

Put into any shaped baking dish desired, about an inch in depth of fresh berries (canned berries may be used) of any kind, then pour over them the following ingredients well stirred together: One egg, one cupful of sugar, one cupful of sweet milk, one tablespoonful of butter, three teacupfuls of flour, and two teaspoonfuls of baking powder. Bake until the crust is done; then remove from the oven, turn top side down upon an earthen dish (the berries being on top), and serve warm with "Foam Sauce."

CRACKER PUDDING.

One quart of milk, one and a half cupfuls of sugar, two eggs, six Boston crackers, powdered fine, half a pound of raisins, half a nutmeg, grated, half a teaspoonful of cinnamon, one tablespoonful of butter, and a little salt. Beat the whites and yolks of the eggs separately; stone and flour the raisins; mix all the ingredients together; pour into a buttered pudding dish, and bake slowly two hours. Serve with or without meringue, as preferred.

CUSTARD PUDDING.

There are two kinds of custard pudding, the one made with whites of eggs, the other with yolks. It is desirable to select that kind which utilizes the eggs left by other dishes. The proportion and mode of cooking are the same for both. Six eggs (whites or yolks); if whites, beat to a froth; one cupful of cream, a little sugar, a very little salt, and two tablespoonfuls of sour wine or a flavor of bitter almonds or lemon. Steam slowly in a mold (which should stand in a kettle of hot water), for about twenty minutes. If the water is allowed to boil, the pudding will be tough, instead of elastic and light. Serve with a fruit sauce.

FRUIT ROLLS.

Make a crust as for biscuit; roll it out thin, cut in four-inch size squares, over which spread fresh berries or any thinly-sliced ripe fruit; then form into a roll, and place in a floured dripping pan. Have a moderately hot oven. Bake until the crust is done and of a nice brown. Serve warm, with "Sweet Sauce" or a fruit sauce.

• FRUIT PUFFS.

One pint of flour, two teaspoonfuls of baking powder, or one teaspoonful of soda and two of cream of tartar, and half a teaspoonful of salt; sift all together; then stir in sweet milk until a thick batter is formed. Put a tablespoonful of batter into teacups until half the batter is used; place on it a spoonful of any kind of canned fruit, preserve, or stewed apple, without the juice; put a spoonful of batter on top of the fruit in each cup; set the cups in a steamer and steam twenty minutes. Eat with sugar and cream or prepare a sauce of the fruit juice.

GRAHAM PUDDING.

Two cupfuls of Graham flour, one of molasses, one of milk, one of raisins, seeded and chopped, one egg, well beaten, one teaspoonful of soda, dissolved in a little hot water, half a teaspoonful of ground cloves and cinnamon, a little nutmeg, and a little salt. Put the flour in a pan; add all the other ingredients, flouring the raisins, and mixing thoroughly. Put the mixture in a well buttered pan, or mold, and steam for three hours. Serve warm with the following sauce: One cupful of sugar, half a cupful of butter, and two cupfuls of sweet milk, just scalded. Cream the butter and sugar, add the milk; then, just before sending to the table, the well beaten white of an egg.

HUCKLEBERRY PUDDING.

Three pints of flour, one pint of sweet milk, one pint of berries, one teacupful of sugar, half a teacupful of butter, two teaspoonfuls of cream of tartar, and one teaspoonful of soda. Bake about forty minutes and serve warm with "Sweet Sauce."

INDIAN PUDDING.

Into one quart of boiling milk, stir slowly, seven tablespoonfuls of Indian meal; then remove from the stove and add one egg, beaten, half a teaspoonful of ginger, two-thirds of a cupful of molasses, and a little salt. Bake one hour.

DELICIOUS INDIAN PUDDING, STEAMED.

Put a quart of milk over the fire in a double boiler, and when it boils add to it one teacupful of yellow meal, which has been stirred into a little cold milk.

(This cold milk may be taken from the quart of milk before it is put over the fire). Let the milk and meal boil together well for full an hour. Then take it off the fire and let it get perfectly cold. Now add three or four well-beaten eggs, a half a pound of suet finely chopped, one teaspoonful of powdered cinnamon, a half a cupful of stoned raisins, one teaspoonful of baking powder or a teaspoonful of cream of tartar and half a teaspoonful of soda, and a little salt. Mix, and beat well together. Butter a tin mold, cover tightly and steam in a kettle of boiling water from two to three hours. Serve with any suitable sauce or with sugar and cream.

MINUTE PUDDING.

Butter a saucepan; put one quart of milk into it salted to taste; when it boils, stir into it about a pint of flour, allowing it to sift slowly through your fingers, stirring briskly all the time; add at the last two well-beaten eggs; stir quickly for a moment, and serve. Cream and sugar are the best sauce for this pudding. The pudding is not as apt to be lumpy if the flour is first stirred smooth in a little cold milk, and then added to the boiling milk, but it is not as light as when the flour is stirred, dry, into the boiling milk. If preferred, or more convenient omit the eggs.

ORANGE PUDDING.

Peel eight oranges; cut in very thin slices, removing the seeds; put into a baking dish and cover with one and a half cupfuls of powdered sugar. Place a pint of milk in a saucepan on the stove, and when hot, add a tablespoonful of corn starch mixed smooth with a

little cold milk, and the yolks of three eggs; stir constantly, and pour over the oranges. Beat the whites of the three eggs to a stiff froth, sweeten and pour over the custard. Set into a quick oven until a delicate brown. Serve cold.

PICNIC PUDDING.

Butter six thin slices of bread. Stew together one pint of currants, one pint of raspberries, and one quart of blueberries. Sweeten to taste. Lay two of the buttered slices in a pudding dish; pour on the fruit while boiling hot; then add more bread and fruit, making the fruit the top layer. Put a plate over the whole on which lay a weight. Let it stand until the next day, when, eat cold with sugar and whipped cream. If properly made it will be like jelly, the bread having disappeared. It makes a most delicate contribution to picnic supplies. In winter it may be made of canned currants, with raspberry jam.

ENGLISH PLUM PUDDING.

One pound of suet, one pound of moist sugar, one pound of raisins, one pound of sultana raisins, one pound of mixed candied peel, one-half pound of bread-crumbs, one-half pound of flour, one teaspoonful of salt, one of mixed spices, eight eggs, and a gill of brandy. Chop the suet fine; stone the raisins; thoroughly wash and dry the currants; chop the peel, and sift the bread-crumbs. Mix in the following order: Flour, salt, spices, sugar, raisins, peel, bread-crumbs, sultanas, and currants. Beat the eggs for ten minutes; add the brandy to them, and pour over the other ingredients; stir for twenty-five minutes or until the ingredients

are well mixed. Butter a mold and put the pudding into it ; boil ten hours. It is usually more convenient to make this pudding the day before, or even several days before, it is required. It can be heated by placing the mold in boiling water for an hour before serving. Serve with " Brandy Sauce." This pudding will keep a long time.

ENGLISH PLUM PUDDING.

Chop very fine one pound of beef suet ; mix well with two pounds of flour and two pounds of very fine bread crumbs ; add two pounds of stoned raisins, two pounds of English currants, washed, dried, and chopped fine, half a pound of candied lemon or orange peel, shaved as fine as possible, three teaspoonfuls of baking powder, and a little salt. Put in spices, nutmeg, and ground cloves, or any prepared spices to suit the taste ; add one pint of brandy and a dozen eggs, well beaten. Mix these ingredients very thoroughly. Have a pudding cloth well floured, or a mold buttered, and put the pudding in ; boil constantly ten or twelve hours. This pudding will keep a long time and can be warmed over by steaming.

PLUM PUDDING.

One pound of raisins, stoned and chopped fine ; one pound of suet, chopped fine ; half a pound of sugar, and a pinch of salt ; one quarter of a pound of mixed peel, chopped fine ; half a pound of bread crumbs. Prepare all these ingredients and mix with six well beaten eggs, and a gill of milk. Butter a mold, fill with the pudding mixture, and tie in a cloth. The pudding is to be put on in boiling water and kept at

the boil for five hours. Turn out on a napkin, and sprinkle the top with white sugar. Serve with "Brandy Sauce" or plain cream.

PLAIN STEAMED PUDDING.

One cupful each of molasses, warm water, and chopped raisins; two and a half cupfuls of flour, one egg, and one teaspoonful of soda. Steam two hours. Sauce for the pudding: Ten tablespoonfuls of water, six of sugar, four of butter, and one of wine or currant jelly. Stir well, and cook. Send to the table hot with the pudding.

POOR MAN'S PUDDING.

One cupful each of New Orleans molasses, sweet milk, chopped suet, and raisins, stoned and chopped fine, three cupfuls of flour, one teaspoonful of salt, and one of soda. Season with cinnamon and cloves to taste. Steam three hours. Serve with any pudding sauce.

PINE APPLE CUSTARD.

One quart of milk, one cupful of sugar, and four eggs. Mix well the sugar and eggs; add the milk and set on the fire to thicken, stirring it constantly; when done set away to cool. The day before you need your custard, pick to pieces with a silver fork a nice ripe pineapple; put plenty of sugar on it and set it in a cool place. Just before serving the custard, stir the pineapple into it; it will have become soft and luscious.

A GOOD PUDDING.

One quart of sweet milk, one pint of bread crumbs, soaked in the milk, one cupful of sugar, two table-

spoonfuls of butter, the beaten yolks of four eggs, and the grated yellow part of the rind of one lemon. Stir all the ingredients well together and put into an earthen pudding dish. Bake about an hour; then cover with a meringue made of the whites of the eggs, four tablespoonfuls of powdered sugar, and the juice of the lemon. Beat the whites very stiff before adding the sugar and lemon. Bake a nice brown, and remove from the oven. Serve either warm or cold.

PUFFS.

One pint of milk, two eggs, three teacupfuls of flour, and a little salt. Bake in a quick oven. This will make six cupfuls. Serve with a sweet sauce, in which put a tablespoonful of currant jelly or wine, or with "Strawberry Sauce."

QUEEN'S PUDDING.

One pint of bread crumbs, and one quart of milk warmed and poured over the crumbs; add the yolks of four eggs well beaten with one cupful of sugar, and one teaspoonful of butter. When baked, spread over the top a layer of jelly or preserves; then spread on this a meringue made of the four whites, beaten stiff with two tablespoonfuls of powdered sugar. Bake a light brown. Serve warm with sauce or cold with sugar and cream.

RICE PUDDING.

Put half a teacupful of rice in three teacupfuls of milk. Let it steam until the rice is soft; then add one pint of milk, half a teacupful of sweet cream (or a little butter), and the yolks of three eggs, well beaten with five tablespoonfuls of sugar. Set on the stove;

stir gently until boiling; then put into an earthen dish and make a meringue of the three whites and five tablespoonfuls of powdered sugar, flavored with one teaspoonful of lemon extract; spread it over the pudding and brown in the oven. To be eaten warm or cold.

BAKED RICE PUDDING.

Soak half a teacupful of rice over night in a pint of milk; in the morning add a pint of milk and set on the stove, allowing it to heat very slowly until scalding hot; remove from the stove; add the yolks of four eggs, well beaten, a teacupful of sugar, one tablespoonful of butter, and a little grated nutmeg; stir the ingredients well together and bake until the pudding is well set, but do not allow to whey; cover with a meringue made of the whites of the eggs. Eat cold or warm as preferred. Raisins may be added to this pudding if desired, but it is more delicate without them.

RICE CUSTARD.

Half a cupful of rice, soaked in one and a half cupfuls of water until fully swelled; add a pint of milk and boil slowly to a jelly; then add the beaten yolks of three eggs and four tablespoonfuls of sugar, to the rice, while boiling; turn into a baking dish; set into the oven for a few minutes; then cover with a meringue made by beating the whites of the three eggs with three tablespoonfuls of powdered sugar; remove from the oven as soon as it becomes a delicate brown. Serve cold.

ROLLY-POLY PUDDING.

Make a dough as for soda and cream of tartar biscuit and roll it about a fourth of an inch thick. Spread over it—leaving an inch uncovered at the edges—almost any kind of fruit, berries, cherries, jam or marmalade. Roll it up quite tight. Sew the pudding in a cloth, leaving room for it to rise. Boil or steam an hour if the pudding is of medium size. Serve with any pudding sauce preferred, or sugar and cream may be passed.

SNOW PUDDING.

Half of a shilling-box of gelatine dissolved in one pint of boiling water. Add two cupfuls of sugar and the juice of two lemons; strain and put into a cool place until it begins to stiffen; then add the whites of two eggs, well beaten. When perfectly mixed, put into a mold; make a soft custard of the yolks of the two eggs, one pint of milk, and sugar and salt to taste; pour around the pudding when served.

SUET PUDDING, No 1.

One cupful each of suet, raisins, molasses, and sweet milk; two and a half cupfuls of flour, and three teaspoonfuls of baking powder. The suet should be chopped fine. The raisins, seeded, and chopped fine. Mix the baking powder thoroughly through the flour. Stir all well together; steam three hours. Sauce for the pudding: One cupful of sugar and half a cupful of butter, beaten to a cream; add one beaten egg, and one teaspoonful of flour. Add three-quarters of a teacupful of boiling water, let boil half a minute, and serve.

SUET PUDDING, No. 2.

One and a half cupfuls of milk, one cupful of chopped suet, one cupful of raisins, two teaspoonfuls of baking powder and flour sufficient to make a stiff batter. Steam three hours, and serve with "Brandy Sauce."

SWEET SOUFFLÉS.

One and a half pints of milk, two tablespoonfuls of corn starch, one tablespoonful of sugar, and a little salt. Flavor with lemon or vanilla, to taste. Stir, and keep on the fire until it is a perfectly smooth paste, and of course in a saucepan that sets in another of hot water; then remove from the stove, and after a few minutes, stir in the beaten yolks of six eggs; then the whites, beaten to a stiff froth; pour the whole into a soufflé case or baking dish; bake in a quick oven for about twenty minutes, or until it has risen; and be sure there is not one minute of delay in the soufflés being taken from the oven to the table and served.

TAPIOCA CREAM, No. 1.

Three tablespoonfuls of tapioca soaked in one teacupful of water over night. In the morning add one quart of milk, stirring gently together, and boil twenty minutes; then add the yolks of three eggs, well beaten with one cupful of sugar, and allow to boil a few minutes longer; flavor with one teaspoonful of vanilla and pour into an earthen dish upon the stiffly beaten whites of the three eggs. Serve cold.

TAPIOCA CREAM, No. 2.

Four even tablespoonfuls of tapioca soaked until soft in a teacupful of water; then add one pint of milk, with a little salt: set in a kettle of hot water until

scalding hot, when add the yolks of three eggs, well beaten with a small cupful of sugar. When done, let it stand until cold; then stir in flavoring preferred, and cover the top with a meringue made of the whites of the eggs, beaten stiff, and four tablespoonfuls of powdered sugar.

TAPIOCA PUDDING.

One cupful of tapioca soaked over night in a pint of water. In the morning add one quart of milk, stirring gently, and boil about twenty minutes; then add the yolks of four eggs, well beaten, two teacupfuls of sugar, and a little butter, and allow to boil a few minutes longer; flavor with a teaspoonful of vanilla and pour into an earthen dish; cover with a meringue made of the whites of the four eggs, beaten stiff, and four tablespoonfuls of powdered sugar. Serve cold.

TRIFLE.

Fill a deep, glass dish nearly full with layers of sponge cake, maccaroons, and some delicately flavored preserves. Pour over it sherry wine sufficient to soak the cake. Make a custard of the yolks of four eggs, one pint of milk, and three tablespoonfuls of sugar. Pour over the cake. Cover with a meringue made of the whites of the eggs and three tablespoonfuls of powdered sugar. Set in the oven to get a faint tinge of yellow.

VICTORIA PUDDING.

Stir the well beaten yolks of five eggs with one pint of apple sauce that has been strained, flavored, and sweetened; then add one spoonful of flour, one of butter, and the grated yellow part of the rind of a lemon

(the white being bitter). Line an earthen pudding dish with a crust, put the pudding into it and bake until the crust is done; then cover with a meringue of the five whites, five tablespoonfuls of powdered sugar, and the juice of half a lemon. Beat the whites very stiff before adding sugar and lemon. Bake a delicate brown, and remove from the oven.

YORKSHIRE PUDDING.

This pudding is to be served with roast beef, and is made as follows: Rub six large tablespoonfuls of flour to a smooth, stiff batter in half a pint of milk; beat thoroughly, and add, very gradually, one pint of milk, and three eggs, well beaten; add a little salt and beat the mixture a few minutes. Pour the batter into a shallow tin baking dish, which has been previously well rubbed with beef dripping. Bake half an hour; cut in squares, and serve with roast beef. If you have a roasting rack upon which to place your beef while baking, the pudding may be baked in the same baking pan with the meat and will be much improved by receiving the drippings from the beef. It should be put into the oven half an hour before the meat is done.

SNOW-BALL PUDDING.

Wash two teacupfuls of rice and boil until tender. Pare and core (leaving apples whole) twelve large, sour apples. Fill the apples with the cooked rice and put it around the outside. Tie each one in a separate cloth and drop into boiling water. Cook until soft, then serve, while hot, with cream and sugar or any sauce desired.

GUSTARDS AND CREAMS.

IN heating milk for custards the saucepan should stand in another saucepan or kettle containing hot water ; if one has a set of the patent boilers so much the better. The milk should come to the boiling point and be kept there long enough to set the custard.

The rule for both boiled and baked custards is five eggs to a quart of milk, and a tablespoonful of sugar for each egg ; creams and custards that are to be frozen require more sugar than those that are not frozen. When mixing eggs and hot milk, stir a small quantity in slowly, at first, so that the eggs may not curdle. A very moderate degree of heat must be employed for all sauces, creams and custards made of the yolks of eggs. Do not set the vessel containing the custard into the water until the latter is at the boiling point, and remove the instant the custard is nicely set. If cream to be whipped is first set on the ice and thoroughly chilled, without being at all frozen, it will greatly lessen the labor of whipping and render the use of gelatine entirely unnecessary ; whipped cream is much more delicate if prepared without gelatine and will retain almost any form if kept on ice until the last moment before serving. It is more elegant to serve whipped cream in little china cream-pots than molded into forms. A cream whipper costs but a few cents and is a great convenience in whipping cream, though a fork may be made to answer the purpose.

ALMOND BAVARIAN CREAM.

Two teacupfuls of thick, sweet cream, half a pound of sweet almonds, one or two drops of essence of almonds, four tablespoonfuls of sugar, three eggs, and one and a half teacupful of milk. Soak the gelatine in the milk. Blanch and pound the almonds, adding a few drops of orange-flower water to keep them from oiling. Beat the eggs; stir in the milk lightly and strain into a deep dish, to which add the sugar and almonds; set into a saucepan of boiling water, and stir until the custard coats the spoon. Melt the gelatine and add it to the custard. Whip the cream to a stiff froth, and drop in the almond essence. When the custard is cool, stir it into the cream, mix well together, and pour into a wet mold.

BOHEMIAN CREAM.

One teacupful of sweet jelly of any kind; one teacupful of thick cream, beaten stiff; mix it with the jelly, which should be melted, but cool. Pour into a wet mold.

BAKED CUSTARD.

One quart of milk, five eggs, half a teacupful of sugar, and flavoring to suit the taste. Stir the sugar and yolks together, add the flavoring, the milk, and lastly the well beaten whites. Pour into a warmed baking pan (or small molds for the purpose), and place in a moderately hot oven. When the custard is well set and of a delicate brown on top, remove from the oven. If a very sweet custard is preferred, add sugar to suit the taste.

BOILED CUSTARD.

One quart of milk, five eggs, half a teacupful of sugar, and flavoring to taste. Put the milk in a pail or pan and set in another of boiling water; stir the sugar into the milk and when at boiling point, add slowly the well beaten eggs and flavoring; when well set, pour into a dish to cool, and from which it will be served. When eggs are not plentiful two may be omitted, and a tablespoonful of corn starch used. A tiny pinch of salt is considered an improvement, by some, to a boiled custard.

CHOCOLATE CREAM.

Scrape fine half a pound of chocolate and add milk enough to dissolve it; cook for ten minutes; remove from the stove and let it cool; then add a pint of cream, and sugar to taste. Beat the yolks of eight eggs and the white of one; add to the chocolate cream; strain, and pour into little china cream-pots or cups, and set them in a shallow dish or pan of hot water until the mixture sets; then put into a cool place until required to serve. This quantity will fill twelve or more cups.

CHARLOTTE-RUSSE, No. 1.

One pint of sweet cream, one gill of milk, one-third of a box of gelatine, whites of two eggs, and half a teacupful of sugar. Have ready uniform sized pieces of cake or lady fingers and line the mold or dish intended for use. Whip the cream; then add the sugar and the stiffly beaten whites of the eggs, stirring lightly. The gelatine should be soaked in half of the milk, heated; then add remainder of milk and when just warm add to the cream. Stir the custard lightly while pouring it over the cake.

CHARLOTTE-RUSSE, No. 2.

To every teacupful of sweet cream, allow the white of one egg, and half a teacupful of powdered sugar. The cream should be perfectly sweet and quite thick ; it should be kept in a cold place for a couple of hours before whipping. The whites of the eggs should be beaten stiff, and it can be better done if they are cold. When the cream and whites are ready, mix with the powdered sugar, daintily and deftly ; flavor with a little vanilla and pour into a mold lined with split lady fingers, or uniform sized pieces of sponge cake. Place the mold in the refrigerator or in a cold place, to set. When ready to serve turn carefully from the mold. If preferred, the charlotte-russe may be served from small cups ; or glacé small fruits may be used with the large molds with pretty effect, by placing a sprinkling of them between the pieces of cake when lining the mold.

COFFEE CREAM.

Soak half an ounce of gelatine in cold water sufficient to cover it, for half an hour ; then place it over boiling water, add one tablespoonful of coffee extract (or half a teacupful of strong coffee), and half a teacupful of sugar ; when the gelatine is dissolved, take from the fire ; stir in one and a half cupful of sweet cream, whipped, strain into a mold wet with cold water, and place in the refrigerator or a cold place until ready to serve.

FLOATING ISLAND.

Put a pint of milk on the stove in your double boiler, or set the saucepan containing the milk in a kettle of boiling water. Beat the whites of four eggs

as stiff as possible, adding a little powdered sugar and any flavoring preferred; take up the beaten whites by spoonfuls (make them as smooth as possible) and put them into the boiling milk; let them stand a moment and then turn them over; two minutes will cook them sufficiently; remove with a perforated skimmer and lay them on a plate to drain. Beat the yolks of the eggs with four tablespoonfuls of sugar; add them to the hot milk; stir until a smooth custard, but do not allow to whey; remove from the fire; add flavoring and pour into the dish from which it is to be served. Lay the poached whites on the top of the custard and set in a cool place or on ice.

ORANGE CREAM.

Soak half an ounce of gelatine in cold water sufficient to cover it, for half an hour; then place it over boiling water; when the gelatine is dissolved, take from the fire; stir in half a teacupful of orange juice, and grated rind of one orange (the grated rind should soak in the juice while the gelatine is dissolving); the beaten yolks of two eggs and three-fourths of cupful of sugar; then add one and a half cupful of sweet cream, whipped; strain into a mold wet with cold water, and place in the refrigerator or a cold place until ready to serve.

PISTACHIO CREAM.

Half a pint of whipped, thick cream, half an ounce of amber gelatine, melted in a little milk; one tablespoonful of sugar, two ounces of pistachio kernels, blanched, and a few drops of vanilla. Pound the pistachios in a mortar; rub them through a sieve; then mix them with the cream. Add a few drops of vanilla,

the sugar, and the gelatine; pour into a wet mold; when set, dip it into hot water for a second or two, and turn carefully on to a glass dish.

STRAWBERRY CREAM.

Remove the stems of a quart of ripe, fresh strawberries; crush them slightly and cover with a teacupful of powdered sugar. Let them stand three or four hours; then rub through a fine sieve. Stir together a pint of milk and a pint of cream, or use all cream. Sweeten slightly and warm. Stir in the strawberry pulp; whisk the mixture; fill small china or glass cups, and serve them on a napkin if the cups do not fit into a dish. Raspberries or other fruit may be treated in the same way. When the fruit is not quite ripe, it should be stewed before mixing with the cream.

VELVET CREAM.

Take a large teacupful of white wine, the juice of a lemon, half an ounce of gelatine, and sugar to taste. Let them simmer together until the gelatine is dissolved; strain the mixture; add one pint of cream, and stir the whole until quite cold. Pour into a mold and let it stand until set.

WHIPPED CREAM.

Put one pint of rich cream on the ice for an hour, or until thoroughly chilled; then whip, skimming off the stiff froth as it rises and laying on a sieve to drain, and returning the cream which drips away to be whipped over again. Add to the whipped cream, one cupful of sugar, and any flavoring preferred. Set on the ice for half an hour before serving.

CAKE.

PASTRY flour is preferable for the more delicate kinds of cake, in any case, the flour must be dry and well sifted. When you set about cake-making it is advisable to get everything in readiness before beginning to put the ingredients together; weigh the flour, measure, and add the soda and cream of tartar and sift together at least three times; weigh the butter and put the exact quantity of milk or cream conveniently near your cake bowl; weigh, or measure the sugar and sift it through a fine sieve; line the baking tins with buttered, white paper and see that the oven is being properly heated.

Raisins must be seeded; currants carefully looked over, thoroughly washed in several waters, using an abundant supply each time, and dried in a warm oven until no moisture remains; cut citron in small pieces; spices must be finely ground. Everything being ready we first cream the butter and sugar together in the cake bowl; add the yolks of the eggs, well beaten, and stir and beat well; then add the milk, the flour, and lastly the whites of the eggs, whipped to a stiff foam; stir in the whites as lightly as possible, add the flavoring, put immediately into the baking tins, and bake at once. All cakes that depend for their lightness on the use of soda and cream of tartar or baking powder, should be put into the oven as soon as possible after these ingredients are stirred into the batter, before the

effervescence has time to subside. If fruit is to be added, let it be thoroughly rubbed with a part of the flour and then add it the last thing before pouring the batter into the baking tins; it is also a good plan to mix the spices with the flour, thus insuring their even distribution. All cakes baked in loaves require a moderate oven for the first fifteen or twenty minutes, after which the heat may be increased; layer cakes require a brisk oven. Ice the cake as soon as it is taken from the oven, using for the purpose, a thin, broad-bladed knife, which dip frequently into cold water.

WHITE FROSTING.

Take five tablespoonfuls of powdered sugar and the white of one egg; whip the white of the egg until stiff, then add the sugar, gradually; beat very hard. Flavor to suit the taste (or cake prepared) and spread smoothly over the cake with a broad-bladed knife, which dip frequently into cold water. A little strawberry, currant or cranberry juice will color the icing a delicate pink; yellow may be obtained by grating the rind of an orange or lemon, mixing it with two tablespoonfuls of the juice, straining through a cloth, and adding to the icing.

BOILED FROSTING.

Put one cupful of sugar and two tablespoonfuls of water in a saucepan on the stove; let it boil until clear but do not stir it; pour upon the stiffly beaten white of one egg, stirring and beating until well blended, then spread over the cake. Any flavoring or coloring that is preferred may be added.

FRENCH ICING.

Put three cupfuls of powdered sugar and one cupful of water on the stove in a saucepan ; let boil ten minutes without stirring, taking care that it does not burn ; have ready a bowl of ice-water, into which drop a little of the syrup ; if it sinks immediately, remove it, and, if you can work it into a soft ball not at all brittle, the syrup has boiled enough ; take it from the fire, let it stand until partially cooled, then beat it hard for fifteen minutes or until it is very white ; pour it over the cake while still warm (the icing) and spread and smooth it with a knife, which hold in hot water until heated. If the icing becomes too stiff, set the bowl containing it in hot water and melt it as often as is necessary. If the syrup, when tested, shows any sign of brittleness, add a little more water and boil again.

CHOCOLATE ICING.

One teacupful of powdered sugar, two tablespoonfuls of hot water, about two tablespoonfuls of chocolate, and one teaspoonful of flavoring, if desired. Add the hot water to the sugar, place in a dish over the boiling tea-kettle, and put in the chocolate and flavoring. Heat, and stir smooth, then spread over the cake.

ALMOND CREAM CAKE.

Two cupfuls of powdered sugar, one of sweet milk, three of flour, one-fourth of a cupful of butter, whites of four eggs, well beaten, two teaspoonfuls of baking powder, and half a teaspoonful of vanilla. Bake in four tins, and put together in layers with cream made as follows : Whip one cupful of sweet cream to a

froth, and stir gradually into it, half a cupful of powdered sugar, a few drops of vanilla, and one pound of almonds, blanched and chopped; spread quite thick between the layers of cake. Frost the top and sides.

ANGEL FOOD.

The whites of eleven eggs, one teacupful of sifted flour, one and a half teacupfuls of sugar, one teaspoonful each of cream of tartar and vanilla. Mix the cream of tartar thoroughly with the flour. Beat the whites to a stiff froth, add the sugar, vanilla, and flour, stirring lightly, but thoroughly. Do not have too much fire; the oven should be a slow one, as this cake should rise gradually. Bake about forty minutes.

BANANA CAKE.

Beat two eggs; put them in a cup, and fill it with cold water and melted butter, using equal quantities of each, one cupful of sugar, one and a half of flour, and three teaspoonfuls of baking powder. Bake in layers. Spread each layer with frosting, and slice the bananas over the frosting; frost the top.

BREAD CAKE, No. 1.

Take two cupfuls of "Warner's SAFE Yeast" bread dough, when ready for the tins and mix thoroughly with the following: Two eggs, well beaten, two cupfuls of brown sugar, three-fourths of a cupful of butter, half a teaspoonful of soda, and a little flour. Spice, and fruit to taste. Put in the baking tin to rise; when light, bake in a moderate oven.

BREAD CAKE, No. 2.

One cupful of sugar, one cupful of bread sponge, made from "Warner's SAFE Yeast," one cupful of flour, half a cupful of butter, and one egg. Spice to taste, and add fruit if desired. Stir the ingredients thoroughly together; put into a cake tin and let it rise until light; then bake in a moderately hot oven.

BRIOCHE

Mix four ounces of flour with sufficient warm water to make a soft paste; add half a cake of "Warner's SAFE Yeast," which has been soaked until soft in a little warm water; put the dough in a warm place to rise. When it has risen to twice the original bulk add to it seven eggs, one at a time, mixing thoroughly, and three-quarters of a pound of flour. Mix very thoroughly, then add, a little at a time, three-quarters of a pound of butter and a teacupful of sugar; when this is *perfectly* blended with the paste set it to rise in a warm place; from six to eight hours will be required; when light, make into rather small balls, let rise a little while, then brush over with beaten egg, and bake in a hot oven.

SPANISH BUN.

One pound of sugar, half a pound of butter, one and a half pound of flour, five eggs, one pint of milk, half a teaspoonful of soda, one teaspoonful of cream of tartar, one teaspoonful of lemon extract, three-fourths of a pound of English currants, and one-fourth of a pound of citron.

CHOCOLATE CAKE.

Three-fourths of a cupful of brown sugar, one tablespoonful of butter, four eggs (the whites of two are kept for the chocolate filling), two tablespoonfuls of water, one coffee-cupful of flour, and two teaspoonfuls of baking powder, which sift well into the flour. Mix the butter and sugar, add the beaten yolks, then the flour and water, and lastly the beaten whites of two eggs. The following is for the filling: Boil one and a half cupful of sugar with three tablespoonfuls of cream and half a cake of chocolate, grated, until it will strand when poured from a spoon; then pour this over the beaten whites of two eggs; add a teaspoonful of vanilla; beat until it thickens; put between the layers, over the top, and on the sides. This makes nice cocoanut cake, by substituting cocoanut for chocolate.

CORN STARCH CAKE.

One cupful each of flour, corn starch, and butter, rubbed to a cream; whites of seven eggs, well beaten, one and a half cupful of sugar, and two teaspoonfuls of baking powder. Stir thoroughly together.

COLD WATER CAKE.

Three cupfuls of sugar, one of butter, five of flour, one and a half of cold water, two tablespoonfuls of molasses, two eggs, one teaspoonful of soda, one of cloves, and two of cinnamon. Fruit may be added, and will improve it.

CUSTARD CAKE •

One coffee-cupful of flour, one of sugar, three eggs, the whites and yolks beaten separately, one teaspoonful

of cream of tartar, half a teaspoonful of soda, and three tablespoonfuls of milk taken from the pint of milk. This is for two loaves. Make a custard for the cake as follows: One pint of milk, boiled, one cupful of sugar beaten with two eggs, and three and a half tablespoonfuls of flour; take enough of the milk, cold, to wet the flour, which stir into the boiling milk, letting it cook thoroughly; take from the stove, and stir in the sugar and eggs. Cut open the cake when almost cold and fill in the custard, when cold. This cake should stand a day before cutting, or be made in the early morning, if required at night.

SPICED COFFEE CAKE.

One and a half cupful of sugar, one-half cupful of butter, three eggs, well-beaten, one cupful of strong-made coffee, three and one-half cupfuls of flour, two teaspoonfuls of cinnamon, one teaspoonful of ginger, one grated nutmeg, two teaspoonfuls of cream of tartar and one of soda. Fruit may be added if desired.

CITRON CAKE.

Add one pound of citron, sliced very thin, to the recipe for "Pound Cake."

COOKIES.

One teacupful of white sugar, half a teacupful of butter, one egg, and two tablespoonfuls of sour milk. Dissolve soda in hot water and add enough to the sour milk to make it foam. Grate in a little nutmeg. Roll thin, and before cutting out, sprinkle over a little coarse sugar, and pass the rolling pin over softly, to prevent the sugar from scattering when the cookies are handled. Cut out and bake.

SUGAR COOKIES.

Three teacupfuls of sugar, one and a half of shortening, half a teacupful of buttermilk or sour milk, four eggs, one teaspoonful of soda, and two of cream of tartar. Beat together quickly, adding one teaspoonful of lemon extract. Mix soft, roll thin, and sprinkle coarse white sugar on the top before baking.

SOUR MILK COOKIES.

One cupful of butter, or shortening, one cupful of sugar, two eggs, two-thirds of a cupful of sour milk, and a teaspoonful of soda. Dissolve the soda in a little hot water, and add part of it at a time to the milk until it will foam as you stir it in, being careful not to get in too much. Mix soft, using flour sufficient to roll the dough out. A teaspoonful of caraway seeds may be sprinkled into the dough.

EGGLESS COOKIES.

Two cupfuls of sugar, one of butter or shortening, one of sweet milk, and one teaspoonful of soda. This recipe will be found convenient when cream and eggs are scarce. They will keep nice and tender for weeks.

GINGER COOKIES, No. 1.

One cupful of sugar, two of molasses, one of butter or shortening, one of boiling water, one tablespoonful of soda, dissolved in the water, one tablespoonful of ginger, and flour enough to mix and roll out soft.

GINGER COOKIES, No. 2.

One teacupful each of butter or shortening, molasses, and sour cream; one and a half teacupful of sugar,

one teaspoonful of ginger, and one tablespoonful of soda. Dissolve the soda in a little hot water, and add it to the cream. Stir all the ingredients well together; mix very soft, and roll thin.

GINGER COOKIES, No. 3.

One and a half cupful of New Orleans molasses, one cupful of brown sugar, one and two-thirds of a cupful of hot water, two teaspoonfuls of soda dissolved in the hot water, and a little salt; season to taste with a little each of nutmeg, cinnamon, cloves, and ginger.

GINGER COOKIES, No. 4.

Three teaspoonfuls of shortening and two of boiling water; put into a cup and fill with molasses. One teaspoonful of ginger to each cupful. Mix soft.

GINGER SNAPS.

One cupful of molasses, one of sugar, one tablespoonful of ginger, six of butter, four of water, two of cinnamon, one of soda, one teaspoonful of salt, and flour to mix hard. Roll thin, and bake in a hot oven.

GINGER WAFERS.

One coffee-cupful New Orleans molasses, one of butter, and one of sugar. Place in a pan on the stove and when it begins to boil nicely, remove, and when cooled a little, add one teaspoonful of soda dissolved in a little warm water and one tablespoonful of ginger. Stir as stiff as you can with a spoon, and when you take the dough out on the molding board knead a little. Roll very thin, and bake in a quick oven.

DANDY CAKE.

Two cupfuls of sugar, not quite two-thirds of a cupful of butter, three cupfuls of flour, one of sweet milk, three eggs, and three teaspoonfuls of baking powder. Stir well together and put two-thirds of the mixture in two tins; to the remaining third add three tablespoonfuls of molasses, one-fourth of a teaspoonful of cloves, half a teaspoonful cinnamon, half a teacupful each of currants and raisins. Bake in one tin. Put the three layers together with frosting, also put frosting on the top.

DELICATE CAKE, No. 1.

Two and a half cupfuls of sugar, one cupful of butter, one cupful of sweet milk, four cupfuls of flour, six eggs, one teaspoonful of soda and two of cream of tartar. Sift the flour, soda, and cream of tartar together at least three times. Put the butter and sugar together in the cake bowl and rub them to a cream; add the milk, then the flour, a little at a time, and beat smooth; now break in the eggs, one at a time, stirring and beating the batter well after each egg. Bake in a moderate oven. This recipe makes very nice layer cake.

DELICATE CAKE, No. 2.

Two cupfuls of powdered sugar, half a cupful of butter, whites of five eggs, one cupful of sweet milk, three cupfuls of flour, two teaspoonfuls of cream of tartar, and one of soda. Three teaspoonfuls of baking powder may be used in place of the cream of tartar and soda.

DOLLY VARDEN CAKE.

Two cupfuls of sugar, two-thirds of a cupful of butter, one cupful of sweet milk, three of flour, three eggs, one teaspoonful of baking powder and a small teaspoonful of lemon extract. Stir the ingredients thoroughly together, and bake one-half of the mixture in two layers; to the remainder, add one teaspoonful of molasses, one cupful of raisins, seeded and chopped, half a cupful of English currants, washed and dried, and a piece of citron (in quantity, the size of a small egg), chopped fine. Mix thoroughly, and bake in two layers, which alternate with the other two layers, with frosting between and on the top. Jelly may be put between the layers and the frosting only on top; also spices may be added to the dark part.

DOUGHNUTS, No. 1.

One large egg, or two small ones, four and one-half tablespoonfuls of melted butter, beef drippings, or lard, one coffee-cupful of sweet milk, one of sugar, one teaspoonful of ginger, two of cream of tartar, and one of soda. Mix the soda and cream of tartar with flour enough to make the dough stiff enough to handle. Fry in hot lard or beef drippings. Dust with powdered sugar, or not as you choose.

DOUGHNUTS, No. 2.

One cupful of sweet milk, one and a half cupful of sugar, two eggs, three small tablespoonfuls of melted butter, two teaspoonfuls of cream of tartar, and one of soda. Flour sufficient to make a soft dough. Use a cutter for the purpose or a biscuit cutter, then a smaller one to remove the center, leaving the dough in circles. Fry in hot lard or clarified drippings.

WARNER'S SAFE YEAST DOUGHNUTS.

Make a sponge of two potatoes, (boiled, mashed, and strained), one pint of warm water, a little salt, and flour to make rather a stiff batter, to which add half a cake of "Warner's SAFE Yeast" which has been softened in a little warm water; let it rise, and when light, mix as for bread; then work into the dough the following: Two cupfuls of sugar, three eggs, two-thirds of a cupful of butter, and a saltspoonful of ground cinnamon. Let it stand until light; then roll out, cut into any form desired, and fry in hot lard or clarified drippings.

GEM FRIED CAKES.

One cupful of sweet milk, one and a half cupful of sugar, two eggs, three small tablespoonfuls of melted butter, two teaspoonfuls of cream of tartar, and one of soda. Flour sufficient to roll out conveniently. Roll out the same thickness as for cookies and cut out the same. Two circles of the dough are required for a cake; put a teaspoonful of jam or jelly in the center of one, and lay the other over it, pressing the edges together; then fry in hot lard or clarified beef drippings, and be sure that they are cooked through.

FRENCH CAKE.

One cupful of sugar, half a cupful of butter, three eggs, two-thirds of a cupful of sweet milk, one and a half cupful of flour, and two teaspoonfuls of baking powder. Spread over a chocolate icing or any other preferred.

FIG CAKE, No. 1.

Two cupfuls of sugar (dark brown), one cupful of butter, one of water, one teaspoonful each of cloves, cinnamon, and nutmeg, four eggs, two cupfuls of chopped raisins, half a glass of wine, one pound of figs, chopped, two cupfuls of English currants, washed and dried, three cupfuls of flour, and two teaspoonfuls of baking powder. Bake in layers, which in putting together, alternate with layers made from the following: Two cupfuls of sugar, three-fourths of a cupful of butter, one cupful of sweet milk, one of corn starch, two of flour, three teaspoonfuls of baking powder, and the whites of six eggs beaten to a stiff froth.

FIG CAKE, No. 2.

One cupful of sugar, two tablespoonfuls of butter, two-thirds of a cupful of sweet milk, two cupfuls of flour, whites of four eggs, and two teaspoonfuls of baking powder. Sift the flour lightly before measuring it. Flavor to suit the taste. This will make three layers. After baking the layers, put between them the following, which has been cooked together ten minutes: Half a pound of figs, chopped fine, one teacupful of water, and half a teacupful of sugar.

FRUIT CAKE, No. 1.

The recipe for "Pound Cake" makes an excellent fruit cake by the addition of the following fruits and spices: One pound each of citron, raisins, and currants, one teaspoonful of cinnamon, half a teaspoonful of ginger, a quarter of a teaspoonful of allspice and half the quantity of cloves, two-thirds of a nutmeg, grated, and one teaspoonful of salt. Wash the currants, drain, and dry

them; cut the citron into small pieces, and seed, and chop the raisins. Mix the prepared fruit and spices thoroughly with one cupful of flour (this is extra) and add after all the other ingredients are well mixed.

FRUIT CAKE, No. 2.

One and half pound of flour, one and three-quarters pound of sugar, three-quarters of a pound of butter, six eggs, half a pint of sweet milk, two teaspoonfuls of soda, one pound of raisins, one of English currants, half a pound of citron, half a gill of brandy, one gill of wine, one teaspoonful of ground cloves, two of cinnamon, and two nutmegs, grated. Cream the butter and sugar, add the milk, first putting in it the soda dissolved in a little hot water; stir in the flour; then add the eggs, the yolks first, well beaten, then the whites beaten stiff; after which, add the remainder of the ingredients. The raisins should be seeded and chopped, the currants washed and dried, and the citron chopped fine; flour all the fruit. For frosting allow five tablespoonfuls of sugar to each white of an egg. Bake in one large pan or several small ones as preferred. This cake is better several weeks or months old.

EGGLESS FRUIT CAKE.

One cupful of sugar, half a cupful of butter, one cupful of sour milk or buttermilk, two of sifted flour, one of raisins (after being seeded and chopped), one teaspoonful of soda, one of cinnamon, half a teaspoonful of cloves, and half a teaspoonful of grated nutmeg. Beat the sugar and butter to a cream, dissolve the soda in a little hot water and stir it into the milk, which add next; then the spices. Flour the raisins and add them

last. Bake in a well buttered tin, on the bottom of which place a clean, white paper, also well buttered.

BLACK FRUIT CAKE.

One pound each of sugar, butter, citron, and currants, two pounds of raisins, one and a half pound of flour, two-thirds of a teacupful of brandy, twelve eggs, one teaspoonful of soda, the same of salt, and one cupful of molasses. Divide the flour into two equal parts; into one part put the following spices: One teaspoonful of cinnamon, one nutmeg, grated, one-quarter teaspoonful of cloves, and two-thirds of a teaspoonful of allspice. Mix the fruit thoroughly with the remaining half of the flour. Cream the butter and sugar in the cake bowl; add the eggs, beaten light; dissolve the soda in a little warm water, stir it into the molasses, and pour into the cake bowl; add the flour and spices; stir smooth, then put in the flour and fruit; stir the batter until thoroughly mixed, then pour into baking tins lined with buttered paper. This will make two very large loaves. Bake in a moderate oven for two hours.

FEATHER CAKE.

One cupful of sugar, one tablespoonful of melted butter, half a cupful of sweet milk, one cupful of flour, one teaspoonful of baking powder, a tiny pinch of salt, and one teaspoonful of lemon extract.

GOLD CAKE.

Half a cupful of butter, one cupful of sugar, the yolks of eight eggs, two-thirds of a cupful of sweet milk, two cupfuls of flour, one teaspoonful of cream of tartar, and half a teaspoonful of soda.

SOFT GINGER CAKE.

Half a cupful of sugar, one cupful each of butter, molasses, and boiling water; two teaspoonfuls of soda, one egg, spice or ginger to taste, and three teacupfuls of sifted flour. Pour the boiling water on the soda. Mix thoroughly, and bake in a moderately hot oven.

OLD-FASHIONED GINGERBREAD.

Two cupfuls best New Orleans molasses, one cupful of hot water, scant half cupful of melted butter, a heaping teaspoonful of soda, half a teaspoonful of ginger, and a little salt. Mix as soft as possible and roll out one and a half inch thick. Bake in a quick oven, and eat, warm or cold, with butter.

JUMBLES, No. 1.

Two cupfuls of sugar, one of butter, one of sweet milk, four of flour, three eggs, and three teaspoonfuls of baking powder. Mix thoroughly, and drop on buttered tins, with a large spoon; sprinkle with sugar before baking.

JUMBLES, NO. 2.

Four eggs, three cupfuls of sugar, two cupfuls of butter, and half a teaspoonful of soda dissolved in three tablespoonfuls of sour milk. Put the above ingredients in a pan (do not beat the eggs) and add sufficient sifted flour to make quite a stiff dough. Roll and cut the same as sugar cookies, though those cutters that take a small circular piece from the center of the cake are preferred for jumbles. Bake in a quick oven. It will add very much to the appearance of these cakes, if the dough, when rolled and ready

for cutting, is dusted with granulated sugar, and the hand passed lightly over it, so as to slightly roughen the surface. The above recipe makes a large quantity of jumbles, but they are very delicious and will keep two months.

LADY FINGERS.

Four tablespoonfuls of powdered sugar, four eggs, three tablespoonfuls of flour, and a little grated lemon peel. Stir the sugar and the yolks of the eggs thoroughly together; add the flour, and the rind of half a lemon, grated fine, being careful not to grate through into the white, bitter part; lastly, add the whites of the eggs, beaten stiff. Bake in lady finger tins, lined with buttered paper. Sprinkle with a little powdered sugar, daintily, just before putting into the oven, which should not be too hot, for the lady fingers should be of a very delicate brown. In the absence of the tins, sheets of white paper may be put in a large tin and the dough given the required shape by squeezing it through a paper funnel.

LAYER CAKE.

One cupful of sugar, one heaping tablespoonful of butter, three-fourths of a cupful of sweet milk, one and a half cupful of flour, one egg, and two teaspoonfuls of baking powder.

LEMON JELLY CAKE.

One cupful of sugar, two tablespoonfuls of butter, two eggs, three-fourths of a cupful of cold water, two cupfuls of flour, and three teaspoonfuls of baking powder. Bake in three tins and put together in layers, with jelly made with three-fourths of a cupful

of sugar, one egg, and the juice and grated rind of a lemon, thoroughly stirred and cooked over steam. A grated sour apple may be added to the above jelly, before it is cooked, then a full teacupful of sugar will be required.

ORANGE JELLY CAKE.

Make the same as "Lemon Jelly Cake," using an orange in the place of the lemon.

MARBLE CAKE.

For the light part: One and a half cupful of sugar, half a cupful of butter, half a cupful of sweet milk, half a teaspoonful of soda, one teaspoonful of cream of tartar, two and a half cupfuls of flour, and the whites of four eggs. For the dark part: One cupful of brown sugar, half a cupful of molasses, half a cupful of butter, half a cupful of sour milk, half a teaspoonful of soda, one teaspoonful of cream of tartar, two and a half cupfuls of flour, yolks of four eggs, and spice to taste.

MINNEHAHA CAKE.

Two cupfuls of sugar, half a cupful of butter, one cupful of milk, the whites of six eggs, three cupfuls of flour, and three teaspoonfuls of baking powder. Bake in layers. Make the frosting as follows:—Two cupfuls of granulated sugar, and the whites of two eggs; pour about five or six teaspoonfuls of boiling water over the sugar and let boil three or four minutes until it strands when poured from a spoon. Pour over the whites, which have been beaten to a stiff froth; pour the sugar on slowly, beating until cool.

Mix with this, one cupful of small raisins, and one cupful of English walnuts, cut to the size of the raisins. Spread between the layers and on the top of the cake.

ORANGE CAKE.

Half a cupful of butter, two cupfuls of sugar, three of flour, one of sweet milk, two eggs, two teaspoonfuls of baking powder, and the juice of one orange. Sift the baking powder well into the flour, cream the butter and sugar, add the milk, the flour, the well beaten egg, and the orange juice. Bake in layers, and put together with icing and very thin slices of oranges, also cover the top with icing.

LEMON CAKE.

Use the recipe for "Orange Cake" with the juice and grated rind of a lemon for flavoring, in place of the orange, and bake in a loaf.

PATTY-PAN CAKE.

One cupful of sugar, one of flour, two tablespoonfuls of butter, four of sweet milk, one teaspoonful of cream of tartar, half a teaspoonful of soda, two eggs, the whites and yolks beaten separately, and half a teaspoonful of lemon extract.

PLAIN CAKE.

Half a cupful of sugar, one-fourth of a cupful of butter, one egg, three-fourths of a cupful of sweet milk, one pint of flour, one teaspoonful of cream of tartar, and half a teaspoonful of soda or one and a half teaspoonful of baking powder. Beat hard, and bake quickly.

POUND CAKE.

Take of butter, sugar, and flour, one pound each; ten eggs and four tablespoonfuls (one wineglassful) of brandy. Beat the butter and sugar to a cream; add the yolks of the eggs, well beaten, and beat ten minutes more; now add the flour and stir until stiff and smooth; add the brandy and the whites of the eggs, beaten stiff; beat all together until a smooth mass, the longer it is beaten the lighter the cake will be—at least thirty minutes steady beating is required. It will be observed that neither soda and cream of tartar, nor baking powder are used in this cake; the lightness depends on the amount of beating, the eggs and the baking. Bake one hour, having the heat of the oven quite moderate the first fifteen minutes, after which time it should be more brisk. Those round baking tins having a tin tube in the center are liked for large loaves of cake.

RAILROAD CAKE.

One teacupful of sugar, two tablespoonfuls of butter, four of sweet milk, two eggs, one and a fourth teacupful of flour, and two teaspoonfuls of baking powder.

RAISED CAKE.

When ready for the tins, take two cupfuls of raised dough, made from "Warner's SAFE Yeast Bread" recipe, and mix thoroughly into it the following ingredients: Two cupfuls of sugar and one cupful of butter beaten together; one cupful of sweet milk, two cupfuls of flour, two eggs, well beaten, one teaspoonful of soda dissolved in a little hot water, and one cupful of fruit (if English currants, they should be

washed and dried, if raisins, they should be seeded and chopped fine, and both floured) ; use ground cinnamon and cloves to suit the taste, though a teaspoonful of cinnamon and a quarter of a teaspoonful of cloves will be found quite right for most people. Let it rise in the baking tin until very light, then bake. When the dough will not adhere to a clean broom splinter, if pierced with it, it is done.

SILVER CAKE. No. 1.

Whites of four eggs, beaten stiff, one cupful of sugar, half a cupful of butter, half a cupful of sweet milk, one cupful of sugar, two-thirds of a cupful of corn-starch, and two teaspoonfuls of baking powder. Beat the butter and sugar to a cream, add the milk, the flour, corn-starch, and baking powder ; after mixing them thoroughly together, add, lastly, the whites of the eggs. Bake in a well buttered cake tin, and put a thin, white paper in the bottom of the tin.

SILVER CAKE, No. 2.

Two-thirds of a cupful of butter, one and a half cupful of sugar, whites of eight eggs, half a cupful of sweet milk, two cupfuls of flour, one teaspoonful of cream of tartar, half a teaspoonful of soda, and a small one of lemon extract.

SPONGE CAKE, No. 1.

Whites of ten eggs, beaten stiff, one and a half tumbler of sugar, one tumbler of flour, one teaspoonful of salt, one small teaspoonful of cream of tartar, and one of flavoring to suit the taste. Bake about half an hour in a quick oven.

SPONGE CAKE, No. 2.

Five eggs, one cupful of sugar, one of flour, one teaspoonful of baking powder, and one tablespoonful of water. Beat the sugar and yolks thoroughly, add the flour, the well beaten whites of the eggs, and one teaspoonful of lemon extract. The baking powder should be sifted thoroughly into the flour.

SPONGE CAKE, No. 3.

Three eggs, beaten three minutes; then add one and a half cupful of sugar and beat five minutes; add one cupful of flour and beat one minute more; then half a cupful of warm water, stirring lightly, and another cupful of flour; stir briskly before putting into the cake tins. Use half a teaspoonful of soda and one of cream of tartar or one and a half of baking powder; if soda, it should be dissolved in the water, and the cream of tartar put into the flour; if baking powder, sift it thoroughly in the flour. It is better to use the long, narrow cake tins.

CREAM SPONGE CAKE.

Two eggs, well beaten; put into a teacup, which fill with sweet cream; pour it into a pan, or cake dish, and add one teacupful of sugar, one and a half teacupful of flour, one teaspoonful of baking powder, and a very small pinch of salt. Stir the ingredients well together, and bake in a moderately hot oven.

WHITE SPONGE CAKE.

One cupful of flour, one cupful of sugar, whites of four eggs, four tablespoonfuls of boiling water, and one and a half teaspoonful of baking powder. Sift

the flour three times before measuring. Pour the boiling water on the sugar, stir it, and while cooking, sift the baking powder through the flour and beat the whites to a stiff froth; then beat all the ingredients together for six minutes. Flavor with any extract preferred.

SURPRISE CAKE.

Half a cupful of butter, one cupful of sugar, one cupful of sweet milk, one egg, one teaspoonful of soda, and two of cream of tartar.

VANITY CAKES.

Two eggs, beaten well, a little pinch of salt, and all the flour that can be worked into the eggs with the hands, and roll out. The dough will be very stiff and difficult to roll. Roll the whole quantity at first thin enough for wafers; then cut out with a small biscuit cutter; take each one and roll as thin as possible, and fry in hot dripping or lard. Test the fat to see if hot enough by putting in a small bit of bread, if it quickly browns, it will be right. These cakes should be a very delicate brown, and crisp, with little "bubbles" all over them; they are worth the trouble and will please the children.

WALNUT CAKE.

One cupful of sugar, four tablespoonfuls of butter, seven of sweet milk, one of corn starch, one and a half cupful of flour, three teaspoonfuls of baking powder, the whites of two eggs, well beaten, and one cupful of walnut meats, chopped. Mix the flour, corn starch, and baking powder thoroughly together. Stir

the sugar and butter well; add the milk; then the flour and the whites of the eggs. Beat thoroughly; then put in the walnut meats, floured. Bake in a quick oven. Madeira nuts may be used for the inside; ice the cake, and place half meats over the cake so that when cut into small squares, for serving, each piece shall have a meat on top.

WEDDING CAKE.

One pound each of powdered sugar, butter, flour, and English currants; half a pound each of seeded raisins, chopped, and citron; twelve eggs, whites and yolks beaten separately; one teaspoonful of cloves, one of cinnamon, and two of grated nutmeg. Cream the butter and sugar together, flour the raisins and currants, and stir all the ingredients well together. Bake in large square tins, lined with buttered paper. This cake will keep for weeks.

WHITE CAKE, No. 1.

One coffee-cupful of sugar, one cupful of sweet milk, half a teaspoonful of soda, two of cream of tartar, two tablespoonfuls of butter, two and a half cupfuls of flour, and the whites of five eggs, beaten stiff, and put in last.

WHITE CAKE, No. 2.

Two cupfuls of sugar, one of butter, three of flour, the whites of six eggs, two teaspoonfuls of cream of tartar, one of soda, and one of sour milk. This recipe will be good for corn starch cake by using one cupful of corn starch in place of one of the cupfuls of flour, and sweet milk in place of sour.

YELLOW CAKE, No. 1.

One cupful of sugar, half a cupful of butter, half a cupful of sweet milk, one and a half cupful of flour, the yolks of six eggs, and three teaspoonfuls of baking powder.

YELLOW CAKE, No. 2.

One cupful of sugar, half a cupful of sweet cream, two tablespoonfuls of butter, the yolks of three eggs, half a cupful of flour, one teaspoonful of cream of tartar, and a half a teaspoonful of soda. Two teaspoonfuls of baking powder may be used in place of the cream of tartar and soda.

ALMOND MACAROONS.

Blanch half a pound of sweet almonds and remove the skins; when they are perfectly dry pound them to a smooth paste in a mortar, adding now and then a few drops of water to prevent the nuts from getting oily; add three-fourths of a pound of powdered sugar and the whites of three eggs, beaten stiff. Beat all together until a smooth paste; line a baking dish with buttered paper and drop bits of the mixture on the paper; they should be two inches apart; put three or four bits of almond, at irregular distances, on the top of each. Bake in a slow oven for ten minutes. If preferred, the almond paste can be bought at the confectioner's and the other ingredients added to it.

MÉRINGUES.

Take one-half pound of fine sugar, sifted, and the whites of four eggs, beaten stiff; stir these quickly together; cover the bottom of your baking tin with buttered paper; put the mixture on the paper, in

small tablespoonfuls, about two inches apart; give the meringues the form of an egg and take care that they are of uniform size; dust with fine, granulated sugar, sifted, and bake in a moderate oven until they are nicely colored; remove from the oven; make a small lengthwise opening in the top of the meringue and remove the soft part. When required for the table fill them with whipped cream, sweetened and flavored; put on the ice to set the cream. Very much depends on the baking of meringues; they should be in the oven from half to three-fourths of an hour and still be only slightly colored, if baked quickly they will not dry through.

GENOESE PASTRY.

Beat the whites and yolks of ten eggs separately; then put them into your cake bowl with a quarter of a pound of sugar; set the bowl into a kettle of boiling water and beat for half an hour taking care that it does not get very hot, to prevent this, lift the bowl from the water occasionally; remove from the kettle, add half a pound of almond paste, which has been chopped as fine as possible; beat ten minutes or until smooth; add six ounces of butter, stir a moment and then add half a pound of flour, which stir in very lightly. Bake in long jelly-cake tins, lined with buttered paper, in a quick oven. When done, cut a thick slice from the ends and sides; split the cake in two; spread one half with jelly, jam, marmalade, lemon or orange paste; lay the other half on the top and ice with French icing. Cut in pieces two inches long and an inch wide. This makes two cakes. The slices cut from the ends and sides may be cut in small pieces and iced all over.

STRAWBERRY SHORT-CAKE.

Into one quart of sifted flour rub thoroughly one teaspoonful of soda, two of cream of tartar, half a teaspoonful of salt, and two tablespoonfuls of butter; add sweet milk to make a rather stiff batter (or make and roll like biscuit dough which will require a little more butter). Bake in two buttered pie tins (if only one cake is desired use half the quantity of each ingredient mentioned in the recipe). When done, split with a sharp knife, butter both halves, cover the lower half with a generous layer of perfectly ripe, fresh strawberries, which should be plentifully sweetened and allowed to stand at least ten minutes before using;—I consider it a decided improvement to crush the berries enough to allow the juices to escape, that they may mingle with the sugar;—place the other half of the short-cake on the top of this, in an inverted position,—crust down—cover with berries, adding a generous sprinkling of sugar at the last. Send around a pitcher of sweetened cream with the short-cake.

PEACH SHORT-CAKE.

Make the crust the same as for strawberry short-cake. Cut ripe, luscious peaches into small pieces; sweeten plentifully with powdered sugar, and put a good layer on each half of the buttered short-cake. Pass cream when serving. Canned peaches make a nice short-cake; if the syrup is rich and thick they will not require more sugar.

RASPBERRY SHORT-CAKE.

Make the same as "Strawberry Short-Cake." Either black, white or red raspberries may be used. The long blackberry makes a delicious short-cake, as do currants, if well mashed and abundantly sweetened, before being spread upon the buttered halves of the short-cake.

Ice-Greams and Water-Ices.

BOTH cream and water ices make delicate and elegant desserts, are easily prepared, need not be very expensive, and are always refreshing; indeed they might with advantage be more often substituted for the rich puddings and pastry which in many families are considered an indispensable dessert, even after a dinner of several courses. Nothing can be more dainty in the way of dessert than a dish of whipped cream, frozen, and, as half a pint of thick cream, makes, when whipped, a pint and a half, it is clear that the expense is very trifling. Have the cream as cold as possible, without being at all frozen, when ready to whip, as it foams sooner and will take almost any form desired; flavor and sweeten with powdered sugar as soon as whipped; put immediately on ice and keep there until ready to serve or put into an ice-cream freezer and freeze the same as ice-cream. If vanilla is liked for flavoring, the powdered vanilla will be found superior for all purposes to the extract. Whipped cream may be decorated with bits of jelly or fresh ripe berries but I do not think such decoration makes it any more attractive. A cream-whipper is a great convenience and can be made at any tin-shop for a few cents, but a fork or egg-beater may be used for the purpose. The most delicious ice-cream is made of cream, sugar, and the whites of eggs, (four for a quart of cream) beaten stiff, with the addition of a little delicate flavoring; no cooking is required. If

cream, in sufficient quantity, is unattainable, make a boiled custard of a quart of good, rich milk and the yolks of four eggs; strain, and add the whites of the eggs, beaten stiff, and, when cold, a pint of cream, whipped. A modern freezer is a great convenience, but a common two, three or four quart tin pail, according to quantity of cream, and a wooden one a few inches larger may be made to do duty in the capacity of ice-cream freezer. Use rock salt in the proportion of one-third salt and two-thirds pounded ice—and pound the ice quite fine. A heavy salt sack is convenient for holding the ice, while pounding it. Do not pack the freezer too full lest in removing the cover of the vessel containing the cream some of the salt be admitted. The cream will not freeze until the ice begins to melt and mingle with the salt—the salt being the medium that lowers the temperature to the freezing point. The cream should be cold when it is put into the freezer. When frozen as stiff as desired the freezer must be re-packed with ice and salt, if it is necessary to keep the cream any length of time before using it. If you wish to mold the cream take it from the freezer and pack it firmly in a mold, the inside of which has been well rubbed with some perfectly sweet olive oil; put on the cover; then pack the mold in ice, taking care that it is covered. Fruit juices can be added to ice-cream before it is frozen or they may be added to a prepared syrup and then frozen, in the latter case they are called water ices. Syrup “point lissé” is used for water ices and is prepared by boiling a pound of sugar and a pint of water until if a drop of the syrup is placed between the thumb and finger, when they are separated the syrup forms a

thread The fruit must be reduced to a pulp, strained through a sieve, and, if deficient in flavor, lemon juice may be added. Fleshy fruits must be boiled to a pulp and then passed through a sieve, but those which easily yield their juices can be bruised or squeezed and then strained, without boiling. Fresh fruits are required for water ices, and are preferred for creams, though canned fruits may be used. If water ices are made too rich with the syrup, they will not freeze readily.

WHIPPED CREAM, FROZEN.

Set the cream on the ice until very cold; then flavor and sweeten, using a third more sugar than if it were not to be frozen. Whip, and freeze the foam.

BANANA ICE-CREAM.

Remove the peel from eight ripe bananas; mash them into a pulp; then beat them thoroughly with one quart of cream. Sweeten and freeze the same as ordinary cream. The bananas may be grated or finely chopped, if preferred.

CHOCOLATE ICE-CREAM.

The yolks of four eggs, one teacupful of sugar, two teacupfuls of milk, four squares of a cake of chocolate, melted, and a tiny portion of hot water poured upon it; stir until smooth. Heat the milk, but do not allow it to boil; add the beaten yolks and sugar; when cool, add a pint of cream, whipped, and freeze. When ready to serve, take the mould, and by a quick movement of the hands immerse it in hot water for an instant, so the cream will turn out easily.

LEMON ICE-CREAM.

Squeeze a dozen lemons; make the juice quite thick with fine, granulated sugar; stir into it very slowly three quarts of cream, and freeze.

Orange ice-cream is prepared in the same way, using less sugar.

COFFEE ICE-CREAM.

Put six ounces of Mocha coffee berries into the oven until nicely browned (until the surface has an oily appearance). Put a quart of milk on the stove, in which put the browned coffee; when scalding hot, remove from the stove and set away to cool, leaving the coffee in the milk until cold; strain, and return to the fire in a custard boiler; add the yolks of three eggs and sugar to taste; stir until a smooth custard but do not allow to curdle; remove from the fire, add the beaten whites of the eggs, and, when cold, a pint of thick, sweet cream that has been sweetened and whipped. Freeze, and mold.

VANILLA CREAM.

Put a quart of milk into your custard boiler; add the yolks of four eggs, well beaten, six tablespoonfuls of sugar (more if desired) and one tablespoonful of powdered vanilla; set the custard boiler into boiling water, and allow to cook until slightly thickened, but do not allow to curdle; remove from the stove; strain, add the whites of the eggs, beaten stiff, and stir and beat briskly for two minutes; set in a cool place and when cold add a pint of cream, whipped and sweetened. Freeze immediately.

PEACH CREAM.

Use good, rich cream for this ice, and ripe, luscious peaches—six for a quart of cream—; remove the skin and stones; mash as smooth as possible, and add to the cream, beating thoroughly when ready to freeze. A little more sugar is required when fruit is added to cream.

STRAWBERRY CREAM.

Make a custard of a quart of milk, four eggs, and sugar to taste; add a pint of whipped cream; mash a pint of strawberries and strain the juice; add to the cream, with more sugar, if needed, when ready to freeze. A few whole berries added just before freezing make a pretty effect.

RASPBERRY CREAM.

Make the same as "Strawberry Cream."

SYRUP FOR WATER ICES.

Put two pounds of loaf sugar into a saucepan with a quart of water; boil until a drop of the syrup may be drawn into threads between the thumb and finger—usually about twenty minutes—clarify with the whites of two eggs, beaten. This syrup may be bottled and kept for use.

LEMON-WATER ICE.

To every pint of syrup allow two-thirds of a tea-cupful of lemon-juice and the rind of four lemons. Rub the sugar used in making the syrup, on the rinds of the lemons to flavor them with the oil; strain the lemon-juice, add it to the other ingredients, stir well, and put the mixture into the freezer. Serve in ice-glasses.

PINE-APPLE-WATER ICE.

One-half pound of fresh pine-apple, the juice of one lemon, half a pint of water, and one pint of clarified syrup. Chop the pine-apple as fine as possible; add the lemon juice, sugar and water. Strain, and freeze.

GRAPE-WATER ICE.

Take the juice of four lemons, the grated peel of one orange, half a pint of water, one pint of clarified syrup, two glassfuls of grape syrup, and one of sherry. Stir the ingredients well together; strain, and freeze.

GINGER-WATER ICE.

Six ounces of preserved ginger and one quart of lemon-water ice, when ready to freeze.

CHERRY-WATER ICE.

One pound of cherries, stoned and mashed, the juice of two lemons, half a pint of water, and a pint of clarified syrup. Strain the other ingredients before adding the syrup. Stir thoroughly, and freeze.

LIST OF CREAM ICES AND THEIR ACCOMPANYING WATER-ICES.

Plain Cream,	-	Apricot Water.
Almond Cream,	-	Orange Water.
Vanilla Cream,	-	Raspberry Water.
Custard Cream,	-	Strawberry or Currant Water.

ICES WHICH SHOULD BE EATEN ALONE.

Chocolate Cream Ice,	Coffee Cream Ice,
Rhubarb Cream Ice,	Gooseberry Cream Ice,
Pine-apple Cream Ice.	

LIST OF FRUITS USED FOR ICES.

Peaches ;	Oranges ;
Pears ;	Lemons ;
Quinces ;	Grapes ;
Apricots ;	Pine-apple ;
Strawberries ;	Cranberries ;
Raspberries and Currants ;	Chestnuts ;
Currants, red or black ;	Gooseberries ;
	Rhubarb.

FRUIT JELLIES.

A LITTLE experience in jelly making will teach one more than anything that may be written, although a few suggestions for the perfectly uninitiated may be of value. Fruits for jellies should be at their prime; if over-ripe, too much boiling will be required. Berries and currants for jellies should never be picked when wet with dew or rain as they will not jelly so quickly. Some fruits yield their juices more easily than others and differ much in character, though a general rule is given: A pound of sugar to a pint of juice, but it can not be the pure juice in every case. When cooking fruit of the nature of quince and crab-apple, to obtain the juice, water sufficient to cover will be required, while some other fruits will require less. Boil the juice fifteen or twenty minutes before adding the sugar; one must judge from its consistency. Currants and juicy berries may be crushed and cooked without adding water; when thoroughly heated, remove from the fire and strain; then return to the kettle (use a porcelain lined one), when very little boiling will be necessary—five minutes perhaps—before adding the sugar; as soon as it is dissolved and allowed to come to a boil, the jelly should be ready to take from the stove and put into the cups or molds that have been waiting in a dish of hot water ready to be wiped dry for use. Of course jelly should be firm enough to remain in shape when turned from the mold—but,

remember, too much boiling is disastrous, making the jelly hard or pasty, thus not only wasting good materials, but depriving us of the gratified feeling attendant upon perfect success. In making a large quantity of jelly, it is better to take a small portion of the juice—say two quarts—at a time, as the necessary evaporation will more quickly take place, and the jelly will be finer, having boiled less time. If of the right consistency, it will adhere to a spoon, or if a little be dropped in a dish of ice-water, it will settle to the bottom at once, or a spoonful may be taken out and cooled.

In obtaining the juice, strain—do not squeeze—first through a thin bag or cloth, like cheese-cloth, then through a white flannel bag. Keep these bags for the purpose; when through with them wash thoroughly and put away for another time. When the jelly has become cold, cover with neatly fitting white papers wet in liquor—brandy or whisky. If the liquor is objected to, put a coating of sugar over the top. Cover the cups with paper tied or pasted over them, if they do not have glass or metal covers. Should the jelly chance to lack firmness when cold, it may stand a day or two before covering, as it will harden in the cups. Keep jelly in a cool, dry, dark place. In using some fruits there will be juice left in the jelly bag that will not drain out; squeeze the bag and make a second grade of jelly, it will taste as good, but will not look as clear as the first.

HOW TO MAKE A JELLY-BAG.

Use very strong white flannel and if not very thick make the bag double. Fourteen inches deep and seven inches across the top, or mouth, are good dimensions.

Cone shape with the apex for the bottom of the bag is the usual form of jelly-bags. Sew the seam twice with a strong thread and a short close stitch ; then turn both edges of the seam the same way and stitch them down securely ; hem the top of the bag and fasten it to a hoop exactly its size ; sew a strong tape at each quarter, by which to hang the bag when in use.

CRAB-APPLE JELLY.

Pick the fruit as soon as it is ripe, if allowed to become over-ripe the jelly will be of inferior quality ; remove the stems, and with a sharp-pointed knife carefully cut out the opposite end of the apple ; wash the apples and put them over to cook in a porcelain lined kettle with sufficient water to barely cover them ; let them cook until tender—no longer ; strain the juice, and add a pound of granulated sugar for every pint of juice ; return to a clean kettle and boil five minutes ; then test the jelly by dropping a little into ice-cold water, if it goes immediately to the bottom it will be sure to jelly ; remove from the fire and fill the molds. When cold, cover the top of the jelly with neatly fitting pieces of white paper which have been thoroughly wetted in brandy or whisky ; or put a thin coating of butter on the side of the paper that comes in contact with the jelly. Cut some pieces of paper a trifle larger than the top of the molds, brush them over with the white of an egg, put them on top of the molds and bring the edges over on to the side of the mold, where, after a moment it will adhere firmly. Put on the covers and set in a cool, dark place.

APPLE JELLY.

Make the same as "Crab-Apple Jelly." If firm, tart, juicy apples are used the jelly is very delicate both in flavor and color; it can be made at any time during the fall and winter months after the hurry and rush of summer canning and preserving are over, and is a welcome addition to the family larder.

CRANBERRY JELLY.

Look over and wash one quart of nice berries; then put them into a saucepan with cold water enough to cover them; let them heat up gradually and cook until tender; strain, and return the juice to the pan, adding sugar in the proportion of one pound to a pint of juice. As soon as the sugar dissolves and boils, remove the scum. It will jelly in five minutes or sooner. This will make a sufficient quantity to serve with a large turkey. Allow the jelly to cool in any shaped dish preferred.

CURRENT JELLY.

Look over the currants and remove them from the stems. Wash and put them in a porcelain-lined kettle; stand it on the side of the stove and crush the currants; then bring forward, and let them boil until they seem quite well cooked. Take from the stove, strain through a thin cheese-cloth bag, then through a flannel bag kept for the purpose. Measure the juice and allow a pound of sugar to a pint of juice. Put the juice in the kettle, boil about fifteen minutes, removing any scum that rises; add the sugar and boil one minute; set off the stove and fill small-sized bowls or cups or any pretty molds kept for the purpose.

When cold, cover with brandied papers, and tie or paste papers over the cups, if they have not glass or metal covers.

CURRENT AND RASPBERRY JELLY.

Make the same as "Currant Jelly," using one pint of currant juice and three pints of raspberry juice, or in that proportion.

BLACK CURRENT JELLY.

Make the same as "Currant Jelly."

BARBERRY JELLY.

Pick the berries from their stems; cook in sufficient water to nearly cover; when done, strain, and proceed according to directions given for "Currant Jelly."

GRAPE JELLY.

If the grapes are not quite ripe enough for eating they will jelly more easily than if riper. Pick the grapes from the stems, and wash them; put them in a porcelain-lined saucepan and add just enough water to keep them from burning; let them cook through thoroughly; then strain, and add a pound of granulated sugar for every pint of juice; put into a clean saucepan and allow to boil for ten minutes; test by putting a little into cold water or cool a little on a plate; if the juice coats the spoon at all, it has boiled long enough; fill the molds; when cold, cover, and set in a cool, dark place.

GOOSEBERRY JELLY.

Make the same as "Currant Jelly."

LEMON JELLY.

Half a box of gelatine put to soak in tepid water sufficient to cover, until soft ; add a scant pint of boiling water, one and a half cupful of sugar, a tiny bit of salt, and the grated rinds and juice of three lemons. Stand on the stove until it boils. Strain into a pretty mold, and set in a cold place.

ORANGE JELLY.

Make the same as "Lemon Jelly," using oranges instead of lemons.

QUINCE JELLY.

Wash and wipe the quinces ; remove imperfect spots—do not pare or core them—cut into small pieces and put into the preserving kettle with cold water enough to cover them. Let them cook until tender, stirring from the bottom quite often. When done remove from the stove, strain through a thin cheese-cloth bag (any kind of thin white cloth), then through a white flannel one kept for jellies ; measure the juice ; put it into the kettle ; let it boil ; put in a pound of sugar to each pint of juice ; boil and skim ; be careful not to boil too long ; take out a spoonful to cool to test its consistency, or a little may be dropped in a glass of ice-water ; if it settles to the bottom, the liquid will jelly, so the kettle should be taken from the range and the jelly cups filled immediately. The color of quince jelly is quickly affected by too much boiling, besides its quality is injured ; be careful to secure if possible, the beautiful, translucent appearance that belongs to jelly and which adds so much to one's table. Quince and crab-apple are more easily affected by too much boiling than

some other kinds of fruit. When the jelly has become cold in the cups, cover with brandied papers, neatly fitted on the top; then cover close and put away in a cool, dark place.

STRAWBERRY JELLY.

It is imperative that the berries for this purpose should be used at the beginning of the season, when the fruit is at its best, or it will not make firm jelly. Hull the berries and avoid washing them if possible. Put in a porcelain kettle on the side of the range or stove and crush until sufficient juice will flow so they can be brought forward to the hot part of the range to cook; when cooked, take from the fire, strain through a thin bag, then through a flannel one. Allow a pound of sugar to a pint of juice, and the juice of a lemon to every three pints of juice. When the juice begins to boil, skim, add the sugar, and skim again; add the lemon juice, test, and when ready, remove the kettle from the fire, and fill the cups. When cold, cover with brandied papers; cover close and set away.

WINE JELLY.

Half a box of gelatine put to soak in a teacupful of tepid water until soft. One pound of sugar, the juice of a lemon, and half of a grated rind, being careful not to grate through the yellow into the white part. Add gelatine, and pour in one pint of boiling water, stirring as you pour it in until the gelatine is dissolved; when add a teacupful of sherry. Strain, and put into a mold. Set in a cold place. It is better to make wine jellies the day before they are required.

CIDER APPLE JELLY.

Select nice, ripe apples ; pare, quarter, and core and put into cold water—to prevent discoloring—until the requisite quantity has been prepared ; then put into the preserving kettle and cover with perfectly sweet cider—just made, if possible. Cook the apples until well done and drain the whole first through a sieve, (do not press it through) then through a flannel bag. Measure the juice, allowing a pound of sugar to a pint of juice. Boil about twenty minutes or until it will adhere to the spoon ; then remove from the stove and put into cups.

Ganning and Preserving.

SELF-SEALING cans are preferable. Select those blown smooth, free from little blisters that will quickly break when they come in contact with heat. Before preparing the fruit, have the cans clean and ready to use. Secure the best fruit for canning, when it is at its prime, if possible, and just before the mellow stage when suitable for eating; most fruits should when picked, go immediately to the preserving kettle if you would have canned fruits in perfection; this is particularly true of the small and more quickly perishable fruits, such as berries and cherries. Fruit that requires paring should be put immediately into cold water as soon as pared, and allowed to remain until a sufficient quantity has been prepared to cook at one time; this will prevent the fruit from becoming discolored. Do not put too much into the preserving kettle at a time; crowding will injure the shape of the fruit and also prevent it from cooking evenly. A porcelain-lined kettle is preferable for preserving purposes. Fruit should be thoroughly cooked. Weigh fruit and sugar. One-fourth of a pound of sugar to a pound of fruit is often given as a rule, but one-half of a pound of sugar will be found the better quantity for most fruits, though the acidity of the fruit should regulate the quantity of sugar to be used; some varieties, as plums, require more than one-

half of a pound of sugar to the pound, while for others, like apricots, less may be used ; use hot water sufficient to dissolve the sugar ; let it come to a boil and skim, and put in the fruit when the syrup is boiling hot ; this will help the fruit the better to retain its shape—a point to be considered as it should be attractive to the eye as well as agreeable to the taste. Just before the cans are needed, fit the rubbers on and place, with the covers, in a pan of hot water ; when needed, a small basin or pan may be placed at the left hand, at the edge of the stove, in which put a towel and a little more hot water than the towel will absorb ; the can may rest on this towel without fear of breaking ; steady it by the left hand and fill (by the right hand) from the preserving kettle, which should be brought to the left, so it will stand by the pan when the fruit is ready to can. Fill the cans with the fruit, giving to each a proportionate quantity of juice. Notice whether the air bubbles are all expelled ; if not, pass the handle of a large spoon, or something of the kind, down into the can, when the bubbles will come to the surface and burst. See that the can is brimful before putting on the cover, which screw down as close as possible ; place the cans on the kitchen table to cool, but not in a cool draught, as it will be liable to break them. The cans contract as they cool, therefore the covers should be screwed down again that they may be as fast as possible. The fruit must be boiling hot when put into the cans, and all air excluded to insure its perfect keeping.

These are the essentials and although the *modus operandi* of different housewives may vary, the one given has been followed with perfect success by the

writer for years. Canned fruits should be kept from the light, and in a cool, dry place; the same is true of jam and preserves of all kinds, and it is much better to put these into self-sealing cans, contrary to the old method, as one is thus relieved of all anxiety for their safe keeping. After the fruit has been used from the cans, they should be washed, dried, and put away, each with its own cover and rubber, ready for future use. Marmalade and jams differ little from each other; they consist of fruits preserved in a half liquid state, made by boiling the pulp of fruit and sometimes part of the rind with sugar. Marmalade is made mostly of the firmer fruits, such as pineapple, oranges, and peaches; jams are made of the more juicy berries, such as strawberries, raspberries, currants, and others. More sugar is required in converting fruit into jams and marmalades than in ordinary canning and great watchfulness is necessary when cooking, to avoid burning.

Vegetables are considered more difficult to can than fruits, but if the two necessary conditions—long-continued cooking and absolute exclusion of air—are insisted upon, failure is impossible. It is not worth one's while to attempt to can any but the freshest vegetables, and then, like fruits, they should be at their prime. Corn, peas, and beans should be canned as soon as they are right for table use. The recipes for canning vegetables have been used for years with perfect success.

CANNED PEACHES.

Prepare the cans and get everything ready according to the directions in "Preserving."

The Crawford variety of peaches is generally preferred for canning. Avoid the clingstones. Select

the peaches when at their best, perfectly ripe, firm, and nearly soft enough to eat. Pare, cut in halves, remove the stones, and put the peaches in cold water; when a sufficient quantity for the size of the preserving-kettle has been prepared, take them from the water; weigh them; return to the water, and weigh out in sugar half the weight of the peaches—that is half a pound of sugar to a pound of fruit. Use hot water enough to dissolve the sugar; boil up, and skim; drain the peaches from the cold water and put them into the syrup when it is boiling hot. Cook the peaches until they are clear; if some pieces cook sooner than others, take them out and put them into the can and keep hot until the can may be filled; fill the cans, managing according to the directions already given in “Preserving.”

CANNED PLUMS.

Follow directions for “Preserving.”

Sweet plums will require about a half a pound of sugar to a pound of fruit, but for the very tart ones, three-fourths of a pound of sugar to a pound of fruit will be required. The skins of the larger varieties may be removed by pouring hot water over them and then peeling them.

CANNED PEARS.

The Bartlett is a superior pear for canning; proceed the same as with peaches, except that the pear requires more cooking. A little green ginger root will be an improvement to the flavor of pears, this fruit being, to some tastes, a little insipid.

CANNED STRAWBERRIES.

Pick the fruit when fully ripe, rejecting all imperfect berries; remove the hulls and wash, if necessary. Make a syrup of sugar, and sufficient water to dissolve, allowing from a quarter to half a pound of sugar to one pound of fruit; let the syrup boil, and remove the scum; then add the berries and allow to boil slowly until cooked through, stirring carefully from the bottom to insure their cooking evenly. As soon as sufficiently cooked put into self-sealing cans; when cold, tighten the covers and set in a cool *dark* place; if allowed to stand in the light the berries will not retain their color. Proceed in the same way with raspberries, gooseberries, cherries, currants, and all small fruits. The last three named, require from half to three-quarters of a pound of sugar to a pound of fruit; currants must not be over-cooked lest the seeds get too hard.

PRESERVED CRAB-APPLE.

Procure the Red Siberian crab-apple if possible; select the perfect ones, wash, leave the stems on, and heat slowly to boiling, in water sufficient to cover them. When the skins break, skim them out, and when cool enough to be handled, remove the skins. Throw the water away in which they were boiled. Weigh the apples. Allow one and one-fourth pound of sugar and a teacupful of water to each pound of fruit. Boil the water and sugar until clear, or the scum ceases to rise. Add the juice of one lemon for every three pounds of fruit. Put ~~in~~ the crab-apples and cook until they seem tender; put into cans while hot. (The fruit rejected when selecting for preserving, may be used for jelly.)

GRAPE PRESERVES.

Take the grapes from their stems and wash them ; put them on the stove in a saucepan with sufficient water to prevent burning ; allow to cook very slowly ; as soon as the skins burst, the seeds will begin to escape from the pulp and rise to the surface ; skim them out as they rise, until none remain ; stir the grapes frequently from the bottom of the saucepan to prevent burning, and also to be sure that the seeds are all removed. I am aware that this is a very tedious process, but it is in the end, very satisfactory. Add pound for pound of sugar and boil ten minutes.

PRESERVED ORANGES.

Weigh the oranges ; then weigh out sugar a little more in weight than the oranges. Slightly grate the oranges, and score them several times around with a knife, but do not cut very deep ; then put them in cold water for three days, changing the water two or three times a day. Tie them in a cloth and boil them until they are soft enough for the head of a pin to penetrate the skin. While the oranges are boiling, measure out a little more than a pint of water to each pound of sugar ; let it boil, and strain it through muslin. Then put the oranges into the syrup until it jellies and is of a yellow color. Test the syrup by cooling a little of it. It must not be too stiff. The syrup must cover the oranges, and they must be turned so that each part may be thoroughly done.

TOMATO PRESERVES.

Scald and peel ripe tomatoes ; sprinkle over them their weight in sugar and let them stand over night.

In the morning pour off the liquid and boil to a thick syrup ; add the tomatoes and boil until they look clear and seem well cooked ; the time required will depend upon their size ; cook with them, sliced thin, a lemon to each pound of the tomatoes. Put in a jar, and, when cold, cover close.

CITRON PRESERVES.

Pare, and cut in circular slices about half an inch thick ; remove seeds and pulp, and cut the circles in pieces two inches in length, (or the citron may be cut in fanciful shapes). Weigh the citron and cook in a preserving kettle in slightly salted water, until the pieces may be pierced with a silver fork. Take from the stove ; rinse in cold water, and drain. Prepare a syrup, using as many pounds of sugar as there are of citron, and a pint of water to every pound and a half of sugar. Boil and skim, and add the citron and a sliced lemon, from which the rind and seeds have been removed, to every pound and a half of fruit. Cook slowly. The citron should be perfectly clear when done ; then put into glass cans or a stone jar, and boil the syrup until quite thick ; pour it over the fruit and cover close. Ripe water-melon rinds may be preserved in the same way.

BRANDIED PEACHES.

Select large yellow peaches ; pare them ; cook them until clear in a syrup made of a pound of loaf sugar for every pound of peaches and water enough to dissolve the sugar ; take the fruit from the syrup and put it into glass cans ; then boil the syrup until quite thick ; add a quart of the best white brandy for eight pounds of peaches ; pour over the peaches, hot ; seal the glass

jars and store in a cool, dark place. Pears and plums may be brandied in the same way. Berries require only half as much sugar and brandy.

PEACH BUTTER.

Pare ripe peaches and put them in a preserving kettle with water sufficient to boil them soft; then put through a colander, removing the stones. To each quart of stewed fruit add one and one-half pound of sugar, and boil very slowly one hour. Stir often, and be careful not to let it burn. Put in stone or glass jars and keep in a cool place.

APPLE BUTTER.

Pare, quarter, and core some good sweet apples; put them into a saucepan with sufficient sweet cider (just from the press) to cover them; cook until clear and soft; then mash smooth with a wooden spoon, and boil until thick like marmalade. Put into small jars and cover closely. This is a homely dish which may be very appropriately served with roast pork, ham or sausage. If properly made it will keep indefinitely.

PIE-PLANT BUTTER.

Make this when the pie-plant is young and tender; remove the peel and cut in small pieces; put into a saucepan with a pound of sugar to a pound of rhubarb; boil until thick. Put into small molds and cover close or seal in glass cans.

RED-CURRENT JAM.

Gather the fruit when dry; weigh it and then remove the stems; put the currants into a saucepan

with three-fourths of a pound of sugar for every pound of the fruit; boil for half an hour, carefully removing the scum as it rises. Put into glass cans and keep in a dark, cool place.

BLACK-CURRANT JAM.

Make the same as "Red-Currant Jam," adding a gill of water for every pound of fruit.

BLACKBERRY JAM.

Weigh the berries; put them in a porcelain-lined kettle and with a wooden pestle mash them as smooth as possible; add three-quarters of a pound of sugar for every pound of the berries; stir well together and let boil twenty minutes after it begins to boil. Put into glass cans.

RASPBERRY JAM.

Follow directions given for "Blackberry Jam." A most delicious jam is made by adding a pint of currant juice to three pounds of raspberries, adding an extra half pound of sugar for the currant juice.

PINEAPPLE JAM.

Pare, remove spots, and cut into very small pieces; weigh; put into a saucepan with water to nearly cover and cook until tender; make a syrup of sugar—adding a little water to dissolve it—allowing three-fourths of a pound for a pound of the fruit; boil, and remove the scum; then add to the pineapple and boil slowly for about ten minutes or until the pineapple looks clear.

PEACH MARMALADE.

Choose ripe luscious fruit; pare and remove the stones; weigh, and put into a saucepan with sufficient water to prevent burning; stir frequently until soft; then mash smooth with a wooden spoon and add three-fourths of a pound of granulated sugar for a pound of fruit; boil slowly fifteen minutes. Put in small molds and cover close. Some cooks add a little lemon juice to peach marmalade.

APRICOT MARMALADE.

Make the same as "Peach Marmalade."

PLUM MARMALADE.

Remove the stems, skin, and stones from the plums. Use three-quarters of a pound of sugar and a teacupful of water to a pound of the fruit. Boil one hour; skim, and stir often to prevent burning.

QUINCE MARMALADE.

Wash the quinces; peel and remove all discolored spots; boil the peel in just sufficient water to cover, until the flavor is extracted; strain through a thick cloth and when this juice is nearly cold add the quinces, cut in quarters and cored, and enough more water to cook them; as soon as they are soft mash them as smooth as possible with a wooden spoon; weigh, and add three-quarters of a pound of sugar for a pound of the fruit. Boil fifteen minutes; then put, while hot, into small molds or cans. The juice of three oranges for every three pounds of the marmalade is a nice addition.

QUINCE CHEESE.

Make the same as "Quince Marmalade" and boil until quite thick so that when cold it will retain the form of the mold; it must be quite stiff.

ORANGE MARMALADE.

Remove the yellow rind from three lemons and twelve oranges, being careful not to take any of the white, bitter part; cut the peel into shreds; soak over night in slightly salted water. In the morning put into a saucepan with fresh water to more than cover; boil until tender, changing the water three or four times; when the last water is drained off, add the pulp of the oranges and lemons to the peel, rejecting the seeds and white rind; add a pint of water and a pound and a quarter of sugar for a pound of the fruit; cook slowly until clear, usually a little more than an hour. Put, while hot, into small cans or molds.

BAKED SWEET APPLES.

Very perfect apples are required for baking. Wash them, but do not pare or core them; put them into a baking pan with a little water in it. Bake in a hot oven. When taking them from the baking pan see that each apple gets a coating of the juice in the bottom of the pan. Or dip each apple in the beaten white of an egg then in powdered sugar, and allow to stand in a cool oven until the icing is set. Baked apples, pears or quinces are delicious, besides being very ornamental, when treated in this way.

BAKED QUINCES.

Wash, wipe the quinces, and remove cores with corer or a narrow bladed knife; put them in a baking tin

with a little water. Fill the center of each with sugar; cook until tender and serve warm. Sweet cream is nice with baked quinces and may be passed when serving them.

BAKED PEARS.

The larger varieties of pears are very delicious baked. Wash, wipe, and bake in a tin, in which put a very little water.

COMPOTES.

These consist of fresh fruits stewed until soft and clear—but still retaining the form whether whole or in pieces—in syrup; as compotes are for immediate use, the syrup need not be at all rich, only enough sugar is required to sweeten the fruit palatably; it must, however, be boiled till almost a jelly. Apple, peach, and pear are the most common kinds of compotes; peaches and pears that are not edible in a fresh state may be very acceptably served in this way, but fine pears and luscious peaches should never be converted into compotes. Plain or whipped cream may be served with compotes, and is a delicious addition.

AN ENGLISH COMPOTE OF CURRANTS AND GOOSEBERRIES.

Add five pounds of loaf sugar to one quart of red currant juice. Set it on the fire, and when the sugar is dissolved put in eight pounds of red, rough, ripe gooseberries; let them boil half an hour; then put into an earthen pan and leave them to stand for two days; boil them again until they look clear, and let them stand a week to dry a little at the top, then cover with paper wet in liquor.

APPLES SMOTHERED IN JELLY.

Select tart, juicy apples; pare and remove core with a corer or narrow bladed knife. Place in a saucepan with boiling water, half enough to cover them, putting a tablespoonful of white sugar into each apple. Cook until they are well done but retain their form; then remove to the dish from which they will be served; to the juice add sugar in proportion of half a cupful of sugar to half a pint of juice to make a jelly, which pour over the apples. If a few pieces of the apple peel be stewed in the juice, then removed before putting in the sugar, it will give a nice color to the jelly.

STEWED APPLE.

This when properly prepared is an acceptable dish at any meal. Select ripe, tart apples; pare, quarter, and core them; put them into a saucepan with enough water to nearly cover them; put immediately over the fire and cook until soft; remove from the fire, add a piece of butter of the size of a walnut for a quart of the stewed apple, and sugar to taste; a little nutmeg or mace may be added if liked.

BOILED CIDER.

One so often finds it convenient to have a little boiled cider for sauces and mince pies that it is well to prepare it one's self. Secure sweet cider the same or the next day after it is made. Fill the preserving kettle conveniently full for boiling; as the cider boils away add more until three times the first quantity has been used; then allow it to boil to a thick syrup, being careful not to scorch it. Put into glass cans or jars. This will be found an all day's task, but will amply repay the trouble.

BOILED CIDER APPLE SAUCE.

Sweet apples are preferred for this sauce. Allow about three quarts of the apples, after they are pared, quartered and cored, to a teacupful of boiled cider. Add sufficient water to cook them, and sweeten them to taste. Sweet cider apple sauce may be made by simply cooking the apples in enough sweet cider to cover them.

DRIED FRUITS.

IN these days of canning factories and patent evaporators the good old-fashioned practice of drying fruit at home has fallen into disrepute. This is to be regretted as drying is a more successful way of preserving the natural flavor of some fruits than either canning or preserving. Plums, berries, and cherries are especially nice when dried, and a jar of nicely-dried peaches is a treasure to the appreciative house-wife. One cannot be too particular in the care of fruit while drying; the warming closet or a moderately warm oven are the safest places in which to dry it; of course only a small quantity can be accommodated at one time.

Plums must be cut in two lengthwise and the stones removed; then lay them on earthen plates, skins down; sprinkle with sugar or not as you choose: put them in a moderately warm oven, leaving the doors open. Turn the plums two or three times a day and take care that they do not burn; they will shrink very much in drying, so that a quantity that at first required half a dozen plates, may soon be accommodated on two or three. When dry (do not let them get hard) pack them in jars and cover closely. When required for use put the desired quantity in a saucepan, add sufficient warm water to cover and set on the back of the range for several hours, or until soft; then sweeten to

taste, and allow to boil for a few minutes. Pare peaches, cut them in two, and take out the stones. Cherries and berries should be scalded ; put them into the preserving kettle with a pound of sugar for four pounds of fruit and allow them to cook up nicely ; then skim the fruit out and spread on plates ; boil the juice down to a rich syrup and pour it over the fruit ; stir and turn the fruit often and take care that the edges do not dry too fast. Prepare for the table after directions given for dried plums. Ripe tomatoes may be cooked until soft, spread on plates, and then dried, thus forming a kind of paste which will be found very nice for soups and gravies.

CANNED CORN.

Pick the corn as soon as it is right for table use, do not allow any delay in the matter. Husk, and remove every particle of the silk ; then cut the corn from the cob with a sharp knife, taking care not to cut too near the cob ; scrape out the milk ; pack the corn in glass cans, pressing it in as firmly as possible with a wooden pestle—do this very thoroughly—; fill the cans full to the brim, and screw on the covers as tight as you can. Put a thin layer of hay or straw into a large kettle or boiler ; lay the cans on it, in any position ; over these put a layer of the straw ; fill the vessel in this order ; cover with cold water ; put on the range and boil for three hours. Let the cans remain in the water until cold ; then remove them ; tighten the covers, and set in a cool dry place. Two or three thicknesses of cloth may be put under and between the cans, if preferred, but they must not be allowed to touch each other while boiling, for fear of breaking them.

CANNED PEAS.

Fill the cans brimful, shaking them well to force the peas down as compactly as possible. Fill to overflowing with clear cold water; screw on the covers, and proceed as in "Canned Corn."

CANNED STRING BEANS.

Use the wax or butter bean; remove the strings; cut in small pieces, and can the same as peas. Green Lima beans or any good table beans may be canned the same as peas. Both green peas and green beans may be dried and will be found very delicious.

CANNED PUMPKIN.

Stew the pumpkin as for pies; pack, while boiling hot, in glass cans; screw on the covers and store the same as fruit.

CANNED TOMATOES.

Select, ripe, meaty tomatoes; peel, cut in thick slices, and remove as many of the seeds as convenient. Put in a porcelain kettle and cook nearly enough for the table; put in glass cans while hot, and screw the covers on tight. Every housekeeper should have a good supply of canned tomatoes in her store-room as they are indispensable for making soups and gravies.

PICKLING.

Almost every housekeeper thinks it desirable to have, at least, a few jars of home-made pickles in her store-room. Use the best cider vinegar for all kinds of pickles; heat it in a porcelain-lined kettle and store your pickles in either earthen

crocks or glass cans — the latter are preferable. Some cooks put a few cabbage leaves into the vinegar when scalding it for cucumber pickles; others put three or four layers of grape leaves between the layers of cucumbers when putting them down in brine, for winter use; this is thought to improve the color; I do not recommend these methods, having never used them; they could certainly do no harm, which cannot be said of all the methods resorted to for making cucumber pickles green. I think, however, that the color will be quite good enough if the cucumbers are pickled, as soon as possible after they are picked, in good cider vinegar, put up in self-sealing cans, and stored in a dark closet.

PICKLED APPLES.

Pare a peck of sweet apples and leave them whole (the core may be removed with a corer); put into cold water to prevent discoloring. Take three pounds of sugar and one quart of vinegar; boil, skim, and add a tablespoonful each of cinnamon and cloves, crushed, and tied in a thin bag. Boil part of the apples at a time in the liquor, until tender, but not broken. The apples are drained, of course, as they are taken from the cold water, in which they are placed when pared. As they are cooked, place in a jar; when ready, pour over the syrup and cover the jar when the apples have become perfectly cold. If preferred the apples may be cut in convenient size to put into cans.

PICKLED CHERRIES.

Select nice cherries, the red, sour ones are preferred; leave the stems on, and proceed the same as

with "Pickled Plums," except do not prick them with a fork or stick them with cloves.

PICKLED PEARS.

In pickling pears, manage the same as with peaches. Large pears should be pared, small ones may be used with the skins on. In putting them in jars be sure to have a good thick syrup, and it may be found necessary (if the pears are put into a jar), to insure good keeping, to boil up the syrup in a day or two; this will be the case with Seckel or other juicy pears; examine; if the juice is thin, drain off and boil down, pouring it back on the fruit, hot. Do not take the trouble to stick the pears with cloves, or prick them, if using the small ones.

PICKLED PEACHES.

Have ready a large pan of cold water; pare the peaches and put them into it, that they may not become discolored; let them remain covered with the water until ready to cook them. Weigh the peaches after they are pared. To every ten pounds of fruit, use four pounds of sugar, one quart of vinegar, and a tablespoonful each of whole cinnamon, mace, and cloves, when crushed. Put the sugar into the preserving kettle with a teacupful of hot water; boil up and skim; add the vinegar, and the spices, tied in tiny cheese cloth bags (one for each can). Drain the peaches well, put them in the liquor, and when they can be easily pierced with a splint (from a new broom) fill the cans quite full with the peaches and syrup. Screw down the covers tight, while hot. Pickled peaches may be put in a stone jar, if preferred; in that case put the spices in

one bag, and add a little more sugar. As soon as the peaches become tender put them one at a time into a jar; when all are out, if the syrup seems thin, boil it until thick enough to insure its keeping well. Pour over the peaches, and when cool place a plate on the fruit to keep them under the liquor; put a cloth over the jar, and put on cover.

PICKLED PLUMS.

Good sized plums like the Purple Gages are best for pickling. For ten pounds of fruit, use five pounds of sugar, one quart of vinegar, two ounces of stick cinnamon, and a few whole cloves. Stick two or three cloves in the plums, and prick the skins with a fork so they will not burst. Heat the sugar and vinegar; skim, put in the spices and plums; cook until tender—but do not allow them to break; can quickly, while hot.

SPICED GRAPES.

Seven pounds of ripe grapes, freed from the stems and washed, five pounds of sugar, three teaspoonfuls each of cinnamon and allspice, half a teaspoonful of cloves and a pint of good vinegar. Squeeze the pulp from the skins and rub through a sieve to free it from the seeds. Cook the skins until tender, in barely water enough to cover; then add the strained pulp, sugar, vinegar, and spices. Boil for half an hour or until thick and clear.

SPICED CURRANTS.

Remove the stems from seven pounds of ripe, red or white currants; scald them in a syrup made of four

pounds of sugar to a pint of vinegar, season with two teaspoonfuls each of cinnamon and allspice, one of nutmeg and a saltspoonful of cloves; add a handful of raisins. Boil until thick, it will require at least half an hour.

SPICED BLACKBERRIES.

Make after recipe given for "Spiced Currants," omitting raisins.

SPICED GOOSEBERRIES.

Make the same as "Spiced Currants" adding an extra pound of sugar. Boil almost as thick as marmalade.

PICKLED BEANS.

Choose the wax or butter beans. Remove the strings and boil until tender in slightly salted water; take from the kettle, put into a jar and cover with cold vinegar. If the beans are put into glass cans covered with hot vinegar (having the cans full and screwing the cover tight) they will keep all winter.

SWEET PICKLED BEETS.

Wash and be careful not to break the skin. Put into slightly salted hot water and boil until they can be easily pierced with a silver fork; remove to a pan of cold water; rub off the skin and cut off a slice from top and bottom; then cut in any desired shape or in one-fourth of an inch thick slices; put into a jar and pour over them boiling vinegar, which has been seasoned to taste with sugar; add six cloves and twelve pepper-corns to each quart of vinegar; when cold, cover close.

CUCUMBER PICKLES.

To half a bushel of cucumbers, three gallons of water and one teacupful of salt. Add the salt to the water, heat boiling hot, and pour over the cucumbers in a stone jar. Do this for four successive mornings, using the same brine. On the fifth morning, throw the brine away and rinse the cucumbers in clear water, and put into a clean stone jar; pour over them one gallon of boiling hot vinegar, in which is dissolved a piece of alum half the size of a butternut. When cold, put in a few pieces of horse-radish root, cover with a cloth and plate, and put on a weight to keep them under the vinegar. A few pepper-corns may be added to the vinegar, if liked, also a small red pepper. The small cucumbers, from two to three inches in length is the size most generally liked. These pickles will keep good the year round, but toward spring, it would be well to put on fresh vinegar. It is often more convenient to put pickles in a large jar, but the writer prefers the glass cans, the same as for preserves.

RIPE CUCUMBER PICKLE.

Peel large, ripe cucumbers; cut them in quarters lengthwise; remove the seeds and juicy pulp; let them stand over night in a weak brine; in the morning drain the cucumbers and scald them slightly in clear water; then cook them until clear, in a syrup made as for "Pickled Peaches." Put into glass cans. Water-melons may be cut into convenient pieces and pickled in the same way.

TO PRESERVE CUCUMBERS IN LARGE QUANTITIES.

Cucumbers for pickling should not exceed three inches in length—they will look better if even smaller. Pick and wash the cucumbers, pack them in an earthen crock or wooden cask, and cover with brine strong enough to float an egg. Spread a white cotton cloth over the cucumbers, and on this put a nicely-fitting wooden cover; add a stone of sufficient weight to keep the cucumbers under the brine; rinse the cloth every other day in clear water, to remove the scum which will rise and settle on it; do this until the scum ceases to rise. When wanted for use, freshen the cucumbers by soaking them in tepid water, and then proceed according to directions given for "Cucumber Pickles" omitting salting process.

MARTYNIAS.

Pick the small, tender martynias before they have become woody; in our northern climate those of about two inches in length are used.

MARTYNIAS, (A SOUR PICKLE).

Wash and brush the martynias carefully. "Soak them four or five days in a strong brine, and then soak in changes of fresh water until they are almost free of the salty taste. Next heat vinegar boiling hot and scald the martynias in it for several minutes. To obtain high seasoning, add spices, and a little green pepper, with a slight flavor of onions, and you have a splendid pickle."

MARTYNIAS, (A SWEET PICKLE).

Wash the martynias carefully, to remove particles of grit that may cling to them, and rub each one with a flannel cloth, until quite smooth, and free from the fuzz; do this gently so as not to break them; when all have passed through this process, put them in a brine for twenty-four hours; then drain off and rinse the martynias in clear water. Prepare as follows a sufficient quantity of syrup to cover the martynias: To each quart of vinegar, use three pounds of sugar, half a teaspoonful each of cloves, allspice, and mace, and one teaspoonful of cinnamon. Use ground spices. Heat the vinegar and sugar; boil and skim; add the spices, tied in tiny bags (one for each can); put in the martynias to scald for a few minutes; then put in glass cans; fill with the syrup and screw on the tops tight.

FRENCH TOMATO PICKLE.

Slice one peck of green tomatoes and six good sized white onions; put them in a stone jar, sprinkling salt between the layers, using one teacupful of salt for the peck of tomatoes; let them stand over night; in the morning drain off the liquor; boil for ten minutes in a porcelain kettle, in two quarts of water and one quart of vinegar; then skim out the tomatoes and onions; throw away the liquor; put into the kettle three quarts of vinegar and two pounds of brown sugar; let it come to a boil and skim; then add one-fourth of a pound of mustard seed, two table-spoonfuls each of ground cloves, cinnamon, allspice, nutmeg, and ginger, and one red pepper cut fine, with seeds removed; put in the tomatoes and cook all ten minutes; then put in a stone jar or in cans, as preferred.

SPANISH PICKLE.

Two gallons of green tomatoes, sliced without peeling. Two quarts of vinegar, one of sugar, two tablespoonfuls each of salt, ground mustard, and black pepper, and one each of allspice and cloves. Mix, and stew all together until tender, stirring often to prevent scorching. Put in small glass jars, if convenient. This is a pleasant sauce for all kinds of meat and fish.

GREEN TOMATO SOY, No. 1.

One peck of green tomatoes, two large green peppers, four large onions, scant cupful of grated horseradish, one ounce each of allspice, cinnamon, and white pepper, ground, and one teacupful of brown sugar. Cut the tomatoes in thick slices, lay in an earthen crock; sprinkle each layer lightly with salt and allow to stand over night. In the morning drain off the liquor; chop the onions, tomatoes, and peppers; mix with the other ingredients; put into a porcelain kettle, cover with cider vinegar and stew gently until tender. Put into an earthen crock or seal in glass jars.

GREEN TOMATO SOY, No. 2.

One peck of green tomatoes, and a dozen large onions. Wash, and slice the tomatoes. Remove the outside skin of the onions; wash and slice them. Mix both together and put in a jar, sprinkling salt between the layers, and over them; a teacupful will be required. Let them stand twenty-four hours; then drain, and add one fourth of a pound of mustard seed; three dessert spoonfuls of sweet oil, ~~one~~ tablespoonful each of allspice, cloves, ground mustard, and ground ginger, two of black pepper, two teaspoonfuls of celery

seed and one teacupful of brown sugar. Put all the ingredients in a porcelain kettle with vinegar sufficient to cover, and boil two hours. Put in a jar and cover close, when cold.

CHOW CHOW.

Two quarts of small onions, four of small cucumbers and three cauliflowers. Peel and wash the onions; wash the cucumbers; remove the leaves and separate the cauliflowers; cut the cucumbers and cauliflowers in small pieces and put all in strong salt water for overnight; in the morning rinse and boil in vinegar until tender. Mix one pound of best ground mustard, and two ounces of best salad oil with enough vinegar to make it smooth; stir in with the cut vegetables while they are boiling hot. Just before taking from the fire add three ounces of fine, red pepper. Put in bottles or cans.

CHILI SAUCE.

Twenty-five large, ripe tomatoes, five medium-sized onions, three cupfuls of vinegar, one of sugar, two small green peppers, and two tablespoonfuls of salt. Peel tomatoes and slice them; peel the onions and chop fine; remove the stems and seeds from the peppers and chop them fine. Put all the ingredients into a porcelain kettle and cook one and a half hour, then can.

PICKLED CAULIFLOWER.

Separate the flowers, pick off the leaves, and put into cold water, then into slightly salted boiling water; cook until tender, but do not allow to break; remove from

the kettle; throw the water away and put in the kettle a sufficient quantity of vinegar to cover the cauliflower. Heat it to boiling; put in a tablespoonful of sugar; skim if necessary, and add six pepper-corns and a few whole allspice for each pint of vinegar; then put in the cauliflower; let them come to a boil; put in cans and cover while hot.

HIGDOM.

Three quarts of green tomatoes, one quart of onions, one quart of chopped cabbage, three large spoonfuls of salt, two tablespoonfuls of white mustard seed, one small green pepper and a little black pepper. Select well grown green tomatoes, wash and slice them; peel and slice the onions; put the tomatoes, onions, and pepper into a chopping bowl together and chop quite fine; then put them into a preserving kettle, add the salt and equal quantities of cold water and vinegar, sufficient to cover; let it come to a boil and cook about ten minutes; take from the kettle and hang in a cloth to drain for a couple of hours; then put into a stone jar with the chopped cabbage and cover with boiling hot vinegar in which scald the mustard seed and a sprinkling of black pepper. Stir the higdom after pouring on the hot vinegar. When cold, cover close.

INDIAN PICKLE.

To each gallon of vinegar, allow six cloves of garlic, twelve shallots, two sticks of horse-radish, sliced, one-fourth of a pound of bruised ginger, two ounces of whole black peppers, one ounce of long peppers, one of allspice, twelve cloves, one-fourth of an ounce of cayenne, two ounces of mustard seed, one-quarter of a

pound of mustard, one ounce of turmeric, a white cabbage, and a few each of cauliflower, radish pods, French beans, gherkins, small round pickling onions, nasturtiums, capsicums, or chillies.

MANGOES.

Take small, green muskmelons or the Mango muskmelon grown for the purpose. Cut out a small section from each melon, and scrape out the soft pulp; fill with very small cucumbers, onions, and string beans, a little cabbage, cut as for cold slaw, whole mustard seeds, nasturtiums, a little scraped horse-radish, bits of cauliflower, a few whole pepper-corns, and two or three cloves; replace the portion cut out and fasten in place by passing twine several times around the melon. Put the melons in brine (strong enough to hold up an egg) for three days; then throw the brine away and put the mangoes in cold vinegar on the stove; let them boil up; then set away for two days, when they may be drained and put in stone jars; cover with cold vinegar and add a few small red peppers. See that the whole are under vinegar. Cover the jar and set away for three months. they should then be ripe and ready to use.

PEPPER MANGOES.

Make a slit in each pepper and remove neatly a lengthwise portion. The green bell peppers are preferred. Take out the seeds and put the peppers in a strong brine for nine days; then wash and fill with coarsely chopped cabbage seasoned to taste with sugar and spices. Put in the pieces removed, sew up, and put in a jar covered with cold vinegar.

MUSTARD PICKLES, No. 1.

One quart each of green tomatoes, green peppers, white onions, cauliflower, and celery. Cut all fine, and measure. Pour on them scalding hot brine, made with a small teacupful of salt, and water enough to cover them. Let them stand twenty-four hours; then drain, and pour over the following, boiling hot: Heat three quarts of cider vinegar, one cupful of sugar, and two tablespoonfuls of butter, to boiling; then stirring constantly, (for fear of burning) add one cupful of flour, six tablespoonfuls of ground mustard, and half an ounce of turmeric powder, wet in cold vinegar.

MUSTARD PICKLES, No. 2.

One quart of cucumbers cut in small pieces; one pint of onions, two green peppers, and one quart of green tomatoes, sliced; soak in salted water over night; drain, put into a jar and pour on hot vinegar sufficient to cover them. Let them stand three days; then take half a pound of mustard, half a cupful of sugar, half a cupful of flour, and one quart of vinegar, mixing the flour and mustard together with some of the cold vinegar; put in the sugar and scald all together; pour over the pickles while boiling hot. Stir well. When cold cover close.

MUSTARD PICKLES, No. 3.

Take equal quantities of small cucumbers, green tomatoes, cauliflower, and the small button onions. Slice the green tomatoes and the larger cucumbers; separate the cauliflower, pick out the leaves and peel the onions. Cover with strongly salted water for twenty-four hours; then scald the brine and dissolve in it a bit of alum the

size of a nutmeg. Pour the boiling brine over the pickles. When cold, drain thoroughly and prepare as much vinegar as there were quarts of brine. To each quart of vinegar, use one cupful of brown sugar, half a cupful of flour, and one-fourth of a pound of ground mustard. Boil the sugar and vinegar; mix the flour and mustard, and stir it into the boiling vinegar; when smooth pour it over the pickles.

MUSTARD PICKLES, No. 4.

Two gallons of vinegar, two large cupfuls of mustard, two tablespoonfuls of salad oil, a little salt, and a tablespoonful of turmeric powder. Mix together and let it stand a week; then take three hundred small cucumbers, six cauliflowers, three quarts of little onions, one quart of nasturtium seeds, six heads of celery, and soak them over-night in strong brine. Steam all but the cucumbers until tender; cook those in a little vinegar until tender. Put all in the mustard and let it stand one week; then put into the preserving kettle, add two cupfuls of brown sugar, and half a cupful of corn starch. Boil well; skim out the ingredients; add a little red pepper; let the vinegar boil a short time, then pour over the ingredients in cans or jars.

PICKLED CABBAGE.

Shave or chop the cabbage as fine as possible; pack in an earthen crock, adding a sprinkling of salt to each layer; cover with weak vinegar and allow to stand over night; drain, and then cover with strong vinegar which has been scalded and allowed to cool. Put a few pepper-corns and some whole allspice into the vinegar when scalding.

ONION PICKLES.

Select small, white onions, and one large one. Remove the outside skin, and wash them. Put in a jar and pour over them hot brine sufficient to cover them. Make the brine strong enough to bear up an egg. Let them stand three days. Throw the brine away and wash the onions. Boil the onions five minutes in vinegar and water, using half of each. Take from the range and let them stand until next day; drain, and stick the large onion full of cloves and cover the whole with cold vinegar, allowing twelve peppercorns to each quart of vinegar.

PICKLED WALNUTS.

One hundred walnuts, salt and water. To each quart of vinegar allow two ounces of whole black pepper, one ounce of allspice, and one ounce of bruised ginger. Procure the walnuts while young, be careful they are not woody; prick them with a fork; prepare a strong brine of salt and water (four pounds of salt to each gallon of water), into which put the walnuts, letting them remain nine days, and changing the brine every third day; drain them off, put them on a dish, place it in the sun until they become perfectly black, which will be in two or three days; have ready dry jars, in which place the walnuts, but do not quite fill the jars. Boil sufficient vinegar to cover them, for ten minutes, with spices in the above proportion, and pour it hot over the walnuts, which must be quite covered with the pickle; seal in cans and put in a dry place. They will be fit for use in a month and will keep good for years.

CURRANT CATCHUP.

Three pounds of sugar, five pounds of currants, one tablespoonful each of cinnamon, cloves, and allspice; one teaspoonful each of black pepper and salt, and half a pint of vinegar. Crush the currants, heat, and strain them; then boil all together fifteen minutes. Grapes and raspberries may be made into catchup in this way.

GRAPE CATCHUP.

Nine pounds of grapes and five of sugar, one quart of vinegar, three tablespoonfuls of cinnamon, one and a half each of allspice and cloves. Remove the grapes from the stems; weigh, wash, and put into a porcelain kettle; scald, and put through a colander; add the sugar and spices, and boil fifteen minutes; then add the vinegar, cold; do not let it boil up but bottle immediately before the catchup cools.

TOMATO CATCHUP, No. 1.

Two gallons of cooked tomatoes, three tablespoonfuls of salt, one each of ground black pepper, mustard, and cinnamon; half a tablespoonful each of allspice and cloves; half of a red pepper, sliced after removing the ends; one small quart of vinegar. Choose large, smooth, meaty tomatoes; peel and cut in two once; remove as many of the seeds as you can conveniently; cook thoroughly; put through a sieve; return to the kettle and cook about two hours; add the vinegar and spices, and cook about an hour longer; then seal in bottles or put in cans. It is better to make catchup in a porcelain-lined kettle. This catchup will be found pleasant and not too strong of the condiments.

TOMATO CATCHUP, No. 2.

One gallon of tomatoes (measured after they have been cooked), two tablespoonfuls each of salt and black pepper, one of mustard, half a tablespoonful each of allspice, cloves, and cinnamon; two small, red peppers, sliced and seeds removed, and one pint of good vinegar. Proceed with this catchup as with "No. 1," from which it differs only in quantity of spices used.

WALNUT CATCHUP.

One hundred walnuts, a handful of salt, one quart of vinegar, one-fourth of an ounce each of mace, nutmeg, cloves, ginger, and whole black pepper; a small piece of horse-radish, twenty shallots, one-fourth of a pound of anchovies, and one pint of port wine. Procure the walnuts at the time when you can run a pin through them, slightly bruise, and put them into a jar with the salt and vinegar; let them stand eight days, stirring every day; then drain the liquor from them and boil it, with the above ingredients, for about half an hour. It may be strained or not, as preferred, and, if required, a little more vinegar or wine can be added according to taste. Put in self-sealing cans the same as fruit. Make this catchup from the beginning to the middle of July, when walnuts are in perfection for pickling purposes.

Butternut catchup can be made in this way.

CUCUMBER CATCHUP.

Pare good-sized green cucumbers and remove the seeds; grate them fine; to a dozen large cucumbers add two medium-sized onions, two tablespoonfuls of grated horseradish, half a teaspoonful of cayenne, a

teaspoonful of sugar and salt and black or white pepper to taste. Cover with cold vinegar (do not cook) and put into self-sealing glass cans.

TABLE MUSTARD.

Mix two tablespoonfuls of English mustard smooth with a *little* water ; then add one even teaspoonful of butter, one tablespoonful of sugar, a *small* pinch of salt, a sprinkling of pepper, and one tablespoonful of vinegar; boil enough to cook through or until smooth, stirring constantly,—it will require but a moment—remove from the range and when just warm, stir in a well-beaten egg.

CURRY POWDER.

One-fourth of a pound each of coriander seed and turmeric, two ounces of cinnamon seed, half an ounce of cayenne, one ounce of mustard, one ounce of ground ginger, and half an ounce of allspice. Put all the ingredients in a cool oven for one night ; then pound them in a mortar, rub them through a sieve, and mix thoroughly together ; keep the powder in a bottle, from which the air is perfectly excluded.

HORSE-RADISH VINEGAR.

Take three ounces of horse-radish, nicely grated, half a teaspoonful of cayenne pepper, one ounce of shallots, chopped or minced very fine, and add them to a quart of good vinegar.

GARLIC VINEGAR.

Put two ounces of minced garlic into a quart of vinegar, wine vinegar is preferable.

SHALLOT VINEGAR.

Make the same as garlic vinegar.

CHILLI OR CAYENNE VINEGAR.

Put a dozen small cayenne peppers, chopped, into a pint of the finest vinegar.

CRESS VINEGAR.

Put half an ounce of crushed cress seed into a quart of vinegar. Celery vinegar is made in the same way substituting celery seed for cress.

BLACK CURRANT VINEGAR.

To four pounds of the ripe fruit use three pints of vinegar; let it stand three days, stirring occasionally; then squeeze, and strain the fruit. Boil ten minutes, and to every pint of juice add one pound of lump sugar. Boil twenty minutes.

RASPBERRY VINEGAR.

Take three quarts of red raspberries and pour over them a pint of vinegar; let it stand twenty-four hours; then strain, and add one pound of sugar to one pint of juice. Scald twenty minutes and bottle tight.

TARRAGON VINEGAR.

Pick the tarragon leaves before the plant begins to blossom; put them into a stone jar; pour over them the best cider vinegar; cover the jar, and set in a warm place until the vinegar shall become flavored with the leaves; then put into a porcelain kettle; steep gently; strain, and bottle closely. Two quarts of vinegar will be required for about five handfuls of leaves.

POTTED GAME.

ALL kinds of meat may be potted and will keep a long time; even very small quantities can be preserved in this way, and what delightful relishes are thus secured for luncheon and tea! Potting is an economical way of using the remains of all kinds of cold meat. In some parts of our country game is very plentiful, in its season, and therefore cheap. A little time spent in potting choice portions of it will put an enviable array of rare delicacies in the store-room: Venison, game birds, fish, and shell-fish may be included in the list. The meat must be fresh, well dressed, and thoroughly cooked, by baking or pot-roasting, as it must be perfectly free from water. All skin, bone, and gristle must be removed and the meat pounded in a mortar (an iron one of convenient size can be bought for seventy-five cents), until a *smooth* paste — there must be no unbroken fibers remaining. Add, when pounding, enough butter to prevent the meat from being dry; season to taste with salt, pepper, cayenne, and a little nutmeg or mace, if liked; beware, however, of too many spices, as they disguise the flavor of the meat. When ready, pack the meat as firmly as possible in small jars, *very small* ones (even cups and small bowls) may be used for the purpose; fill to within a quarter of an inch of the top; see that the meat adheres closely to the sides of the jars, as the air *must* be excluded; cover with clarified beef dripping, which pour on in a melted state; if, when cold, there

is any space between the dripping and the side of the jar, pour on more of the dripping. Cover closely and keep in a cool place. When required for the table, cut in thin slices and arrange on a platter or carve when serving. Recipes were given in the chapter on "Meats" for potting ham and poultry.

POTTED VENISON.

Put the venison into a baking-dish and spread over it a liberal quantity of butter; cover with a crust made of flour and water; bake until thoroughly done; remove from the oven, and when cold, pound the meat in a mortar until a smooth paste, adding the butter with which it was baked and more if required to make it sufficiently moist; season to taste with salt, pepper, cayenne, and nutmeg. Pack very firmly, in tiny jars; set in the oven for fifteen minutes; remove, and when cold, cover well with clarified drippings. Paste paper over the tops of the jars. If properly done potted meats will keep for months.

POTTED BIRDS OF ALL KINDS.

The birds must be perfectly fresh; clean them and season with pepper, salt, mace or allspice; put them in a baking-dish; spread over them some good butter and cover with a paste, made of flour and water. Bake until well done; when cold, remove the skin and bone, cut in small pieces, and pound in a mortar to a smooth paste. Pack in tiny jars and cover with clarified beef drippings. Paste papers over the tops of the jars.

POTTED WILD DUCK.

The breast is the part generally used for potting. Proceed after the directions given for "Potted Birds."

POTTED LOBSTER.

Boil the fish in salt and water ; then remove all the meat ; put into a stewpan with a little butter and let it simmer until done ; add a cup of cream, the well-beaten yolks of three eggs, and a little finely chopped parsley for three lobsters ; stew all these together for a little while, until quite a stiff paste. Press into pots and cover with clarified beef drippings. A few mushrooms or truffles are an improvement to potted lobster. Stew them with the fish.

POTTED FISH.

The remains of any kind of cooked fish may be potted ; free it from skin and bones and put it into the oven with butter enough to moisten it ; let it cook slowly for a short time ; when cold, pound it to a smooth paste in a mortar, there must be no water, adding the butter in which it was heated ; season with cayenne ; pack in tiny jars and cover with clarified drippings. Paste paper over the top of the jar.

SERVING FRESH FRUITS.

IN families, especially where there are children, the dessert should oftener consist of fruits than of pastry or pudding; it is more healthful and cheaper too, all points considered, if economy must be practiced. There are so many ways too, to serve fruit daintily and attractively that will suggest themselves as occasion offers, if one's taste is a little encouraged. Secure the fruits own foliage, if possible, for decorating, if green is desired. All fruit should be kept in a cool place for a short time before serving.

APPLES.

Too little attention is given to the appearance of this really beautiful fruit. Prepare for the table by washing and energetically polishing with a clean towel. In serving more than one kind of apples, arrange them in a dish so they will look their best.

APPLES AND CREAM.

Peel, quarter, and core eight or ten juicy sour apples; chop them coarsely; sweeten with powdered sugar and squeeze the juice of an orange over them; add half a teacupful of pounded ice; mix thoroughly; serve with whipped cream. Ripe peaches, pears, and quinces may be served in this way, they should, however, be sliced instead of chopped and the orange may be omitted.

PEARS.

Wash and wipe thoroughly to serve whole. Some varieties, when perfectly ripe and juicy, are very delicious, pared, sliced, and served with sugar and cream the same as peaches.

PEACHES.

Peaches served with cream are delicious; take ripe, luscious ones; pare and slice by cutting from the surface to the stone; put into a glass dish (if convenient) and send to the table; do this just before serving as they will become discolored by standing. Pass powdered sugar, and cream with them.

If peaches are to be served whole, be sure to wipe all the down from them. They are very attractive arranged in a dish with sprays of their own leaves drooping over them. Frozen peaches are also a delicious dish; pare, slice, and sprinkle liberally with sugar; put them into the freezer, and partially freeze them—it will require about an hour. Add a little more sugar when serving.

PEACH MÉRINGUE.

This dish requires very ripe, luscious peaches. Peel them, cut in halves, and remove the stones. Put a layer of the peaches in your fruit dish; sprinkle with powdered sugar and cover with whipped cream, sweetened and flavored; continue in this order until you have the required quantity. On the top put the whites of two or three eggs beaten stiff and slightly sweetened. Hold a hot shovel or salamander over it until slightly colored; set in the refrigerator for an hour or two, before serving.

BERRIES.

Avoid washing berries, if possible, as it destroys much of their luscious flavor; secure fresh ones too, all others are unwholesome.

BLACKBERRIES.

Select a quart of large, ripe, luscious berries; wash and drain; sprinkle well with powdered sugar; set in the refrigerator for an hour. Put a tablespoonful of whipped cream on the top of each dish of fruit when serving. Raspberries may be treated in the same way.

FRESH FRUIT WITH WHIPPED CREAM.

Mash as fine as possible any kind of ripe, fresh berries or other fruit; sweeten to taste and add the whites of two eggs, beaten stiff, for every quart of the fruit. Set on the ice or in a cool place for an hour before serving. Put a spoonful of whipped cream, sweetened and flavored, on each dish when serving.

ORANGES.

Arrange whole or, with a sharp knife cut through the skin from one end down, in quarters, nearly to the other; then daintily separate the points of the quarters from the orange, and disclose the orange by pressing down the skin, but do not sever it from the opposite end; the white and yellow of the orange are very effective in decorating. Oranges are much nicer served whole, each can cut his orange in two, half way between the ends, and eat with a teaspoon, making a cup of each half when done.

STRAWBERRIES.

Those who have gardens of their own or can procure ripe, luscious fruit, with the hulls and short stems on, will find that strawberries are very delicious brought fresh to the table, with the dew on if possible. Serve in sauce dishes at each plate; also have beside each a cup plate, or small dish, upon which put a tablespoonful of powdered sugar. The strawberries may be taken by the stems daintily, dipped into the sugar, and eaten with a relish that only their perfect freshness can impart.

WATER-MELONS.

Be sure the melon is brought direct from the ice-chest or a cool place. Serve in slices, or portions may be cut from the outside of the melon so the red part may be brought to the table in as nearly a square as possible. A melon may be cut so each half will present attractive saw-teeth points when served. Cut a slice from each end so each half will stand; then, beginning in the middle, cut from the outside to the center, and up and down so that a row of points will be made around the melon. If skillfully done, you can, when you have cut around the melon, take one half from the other.

PINE-APPLE.

Pare carefully and cut in thin slices, which shred, with a silver fork, into the dish from which it will be served. The pieces should be fine. Sprinkle liberally with sugar and allow to stand in a cool place about an hour before serving.

BANANAS.

Bananas are served whole, or peeled, cut in thin slices, and served with powdered sugar and cream, the same as peaches.

BANANAS SERVED WITH WHIPPED CREAM.

Use one banana for each person to be served; remove the peel and cut in thin slices; sprinkle with sugar and put a few drops of orange juice on each piece; set in the refrigerator for a short time before serving. Add a tablespoonful of whipped cream to each dish when serving.

FROSTED FRUITS.

Secure large berries with the stems on, if possible; dip in cold water and put on a sieve to dry; beat slightly the whites of several eggs (or the number required); dip the berries, one at a time, into the egg, then into the powdered sugar, putting them so they may not touch each other, on plates to dry. Proceed the same with currants, plums, and clusters of grapes. Oranges pared and divided into sections, and treated in this way will make an attractive dish. Peaches, sliced, are also nice frosted.

BUTTER AND GNEESE.

TO SERVE BUTTER.

Nothing adds more to the appearance of the table than the golden ball of perfectly sweet butter. With prime, or gilt-edged butter, perfect bread or rolls, and delicious coffee the most fastidious epicure may breakfast royally. If you buy your butter packed in jars or tubs, cut it out neatly in three inch squares, for the table. Butter moulds for moulding butter into various fanciful forms for the table are much used ; they are made of wood and before using require to be wetted first in hot water and then in ice cold ; they must be kept scrupulously clean ; the tiny ones, those that make a pat for the individual butter dish are the most desirable. It is probably unnecessary to say that none but perfectly sweet butter should ever appear on our tables or be served in our food.

ANCHOVY BUTTER.

Wash, remove the bones, and pound six anchovies well, in a mortar ; scald a small bunch of parsley ; chop it fine and then rub it through a sieve ; add the parsley and a pound of butter to the pounded anchovies ; mix all well together and make into pats or mold in any form preferred. To be used for sandwiches or for seasoning.

BONNY-CLABBER.

The milk should sour and thicken quickly for this dish. Pour the sour milk, before it thickens, into a glass dish. When thick set on ice. Serve cold with sugar and cream. It is a nice addition to a luncheon or supper table.

DEVONSHIRE CREAM.

The milk should stand twenty-four hours in cold weather but twelve hours will be sufficient in warm weather; set the pan of new milk over a kettle of hot water until quite hot—the more slowly it heats the better; when it is done, small rings will begin to appear on the surface; set it in the milk-room until the next day, then remove the cream. Devonshire cream is very delicious eaten with fresh fruits.

COTTAGE CHEESE.

Set a pan of sour or loppered milk over a kettle of hot water, and heat slowly until the curd and whey separate. (Do not let the water get boiling hot as the milk will heat too quickly and it will make the curd tough). Then drain well in a cloth; turn out the curd in an earthen dish; season to taste with a little salt and butter; a little milk or sweet cream may be added until moist enough. If the draining bag is not likely to allow the cheese to become dry enough to require the cream, give it a few *light* squeezes, as the milk or cream is a great improvement. Stir the seasoning in well and form into small balls with the hands, or serve in one mould. Put in a cool place. This is very delicious for the tea or lunch table, and is best when first made.

SERVING CHEESE.

The usual way of serving cheese is to cut the required quantity into small square pieces, and to put them into a cheese-dish and hand them round. If the cheese crumbles very much, this cannot, of course, be neatly done, and the following method is preferable: cut the rind from a piece of cheese of the required size and lay it on a neatly folded doyley on a cheese-plate; put a small silver knife on the plate.

CHEESE SANDWICHES.

Cut some nice slices of brown bread; spread a little butter over them and lay on the top of half the slices a piece of cheese a quarter of an inch thick; put them on a baking-dish in a hot oven until the cheese is melted; put a slice of the bread (which is also to be put into the oven) on the top of each slice of cheese, and serve at once.

RICH CREAM CHEESE.

Put two quarts of thick cream into a clean wet cloth; tie it up and hang it in a cool place for eight days. Take it from the cloth and put it into another and then into a mold with a weight upon it for two days longer. Turn it twice a day, when it will be fit for use.

BRILLAT SAVARIN'S FONDU.

Take as many eggs as there are persons to be served; weigh the eggs in their shells, allow a third of their weight in Gruyère cheese, and a piece of butter one-sixth the weight of the cheese. Break the eggs into a basin, and beat them well; add the cheese, which

should be grated, and the butter, which should be broken into small pieces. Stir these ingredients together with a wooden spoon; put the mixture into a lined saucepan, place it over the fire, and stir until the substance is thick and soft. Put in a little salt, according to the age of the cheese, and a good sprinkling of pepper; serve the fondu on a very hot silver plate. Do not allow the fondu to remain on the fire too long after it sets, as, if it boils it will be entirely spoiled. We have given this recipe exactly as the author recommends it to be made; but it has been tried with other kinds of cheese with perfect success.

CHEESE FONDU.

One tablespoonful each of butter and flour, three of grated cheese, half a teacupful of milk, three eggs, a little salt and just a light sprinkle of white pepper and cayenne. Melt the butter in a small pan and stir the flour with it until smooth; add the milk and cook it well; add the seasoning and the beaten yolks of two of the eggs, stir it well and mix in the grated cheese, then stir in lightly the beaten whites of the three eggs. Put in a buttered tin and bake nearly half an hour in a moderately hot oven. A buttered paper may be put over the top if likely to brown too much. The fondu should be firm in the middle when done. Send to the table in the tin, with a napkin folded around it, to improve its appearance.

CHEESE RAMEQUINS.

Prepare as for "Cheese Fondu," but partly fill little ramequin cases with it, and bake in a quick oven for a few minutes.

CHEESE SOUFFLÉ.

One-fourth of a pound of mild cheese, half a teacupful of cream, and a very little salt and pepper. Cut the cheese in very small pieces and let it melt in the cream in a pan over the fire; then stir in the beaten yolk of one egg and add the seasoning. Serve on toast cut in squares or circles, or in the smallest sized cups with a bit of toast at the bottom.

POUNDED CHEESE.

This is an excellent way of using cheese that has become dry, and therefore crumbles. Pound it in a mortar with an ounce of butter for one-third of a pound of cheese; press it into tiny jars and cover with clarified butter; it will keep for two or three weeks. A teaspoonful of made mustard (for every pound of cheese) or cayenne, or pounded mace will increase the flavor of the cheese. Curry powder may also be mixed with it.

CHEESE STRAWS.

Mix the following ingredients into a paste: Two ounces of butter, two of flour, two of bread-crumbs, two of grated cheese, and half of a small spoonful of mixed salt and cayenne. Roll the paste one-fourth of an inch thick; cut into narrow strips; lay them on a sheet of buttered paper and bake for ten minutes. Serve cold.

WELSH RARE-BIT.

One teacupful of grated cheese, three eggs, one tablespoonful of butter, three tablespoonfuls of sweet cream, half a teaspoonful of made mustard, half a tea-

spoonful of salt, and just a suspicion of cayenne. Put the cheese, butter, and cream into a saucepan and set it over a kettle of hot water; when the cheese is melted, stir in the eggs, slightly beaten, add the seasoning and pour over slices of hot, crisp, buttered toast. Serve at once on hot plates; if allowed to cool at all this dish will be ruined. If preferred, or more convenient the eggs may be omitted.

TOASTED CHEESE.

Toast slices of dry cheese and serve very hot with toasted bread or crackers. Or let pieces of cheese melt in a little heated milk, and add a little butter, seasoning to taste, and a beaten egg. Spread on hot toast and brown. Serve very hot.

TO KEEP CHEESE MOIST.

Take a linen cloth, dip it in white wine, squeeze it out so it will not drip, and wrap the cheese in it. This will not only keep it moist, but its flavor will be improved.

Tea, Coffee, and Other Drinks.

TEA.

Black tea is a more healthful drink than the green (which is dried upon copper plates), and the flavor of the best Oolong and English Breakfast are more agreeable to the majority of tea drinkers. Serve tea as soon as made, and if made at the table by pouring boiling water upon it in the tea-pot (previously heated by allowing hot water to stand in it before bringing it to the table) it will be found much better than tea injured by steeping. The tea-pot, which should be earthen or china, should be covered with a large napkin or tea cosy to prevent the aroma from escaping. If the tea is ground before using it is thought by some to yield nearly double the amount of exhilarating qualities and to infuse in half the time. A teaspoonful of tea for each person and one for the tea-pot is the rule usually followed in making tea; but some kinds of tea will require less. Tea made at the table may be poured after infusing about five minutes.

ICED TEA.

Prepare the tea in the usual way; put it on the ice or in a cold place until required to serve. Serve clear, with bits of ice and a slice of lemon for each glass. Pass the sugar with it.

TO MAKE COFFEE.

Use two-thirds Java and one-third Mocha ; if you wish to be sure of the best result, have the coffee browned and ground in your own kitchen. Wash the coffee quickly in tepid water before browning, you will be surprised to see how dirty the water will be. Brown only a small quantity at a time as the sooner it is used after it is browned the more of its delicious aroma will be retained. When properly browned, the berry should be of a rich dark brown color, and the surface should present an oily appearance. Grind the coffee quite fine. A tablespoonful of ground coffee for each person to be served and an extra one for the coffee-pot, is a very common rule, but it must be varied to suit different tastes—the quantity of coffee to be used will depend upon the degree of strength required, two tablespoonfuls of ground coffee to a pint of water suits most tastes. Mix thoroughly with every cupful of ground coffee, one-third of a well-beaten egg ; put it into the coffee-pot, add *boiling* water and let boil four minutes ; add more water if necessary, and *serve at once*. If you use an ordinary tin coffee-pot, put a nicely fitting cork into the spout, while boiling, to prevent the escape of the steam which will contain the aroma. Put the sugar and cream into the cup and pour the coffee upon it. If milk is used it must be heated, as so much more of it is required than of cream that it will cool the coffee too much. If a well-beaten egg is added to the milk when it is removed from the stove it will make a very good substitute for cream. After-dinner coffee is made very strong and is usually taken clear, though sugar and cream should be passed with it.

VIENNA COFFEE.

To make this or any other coffee in perfection, the berry should be browned and ground the day it is to be used. Make after directions given for "Making Coffee." When serving, fill the cup a quarter full of milk or cream, add a tablespoonful of whipped cream and fill the cup with the hot coffee.

CHOCOLATE.

Heat together a pint of milk and a pint of water, until boiling hot. Scrape an ounce of chocolate; add a few spoonfuls of the hot milk to it and stir until it is dissolved; then stir it quickly into the hot milk and allow it to boil two minutes. Put a teaspoonful of whipped cream, previously sweetened and flavored, on the top of the chocolate in each cup, when serving. Chocolate may be cut in pieces and then melted, taking care not to burn it, without the trouble of grating.

COCOA NIBS.

Put two ounces of cocoa nibs into a quart of boiling water, cook slowly one hour; strain and add a quart of boiling hot milk; take from the fire and serve.

PREPARED COCOA.

Use equal parts of boiling water and hot milk—say one quart of each, and two ounces of the prepared cocoa; put the cocoa into the water and boil three-quarters of an hour before adding the milk; sweeten to taste, and heat *almost* to the boiling point.

CRUST COFFEE.

Toast until quite brown, some slices of stale bread; be careful not to burn them; put them in an earthen dish with sufficient hot water to cover, and put a plate over the dish; this is a grateful drink for the sick.

LEMONADE.

For a quart of *good* lemonade, use four large, juicy lemons, and sweeten to taste. The lemons should be rolled on a hard surface, so the juice can be easily squeezed out. If preferred, after rolling the lemons, peel and slice them. Mix the sugar thoroughly with the lemon before adding the water, which should be ice-cold. Hot lemonade is excellent for a cold.

ORANGEADE.

Use sour oranges and make the same as "Lemonade."

GINGER POP.

One quart of cold water, one teaspoonful of ginger, two large spoonfuls of sugar, half a teacupful of vinegar and a little grated nutmeg.

THE DINING ROOM.

THE dining room should be light, not overheated, and well ventilated. Good air aids more in successful dinner giving than many may suppose—it is almost impossible to maintain an animated conversation in a dining room full of vitiated air. It is a good plan to throw open the windows a few minutes before announcing dinner. Flowers are always a delightful accessory for the room and table. The waiting should be done quietly and deftly. The table linen must be immaculately clean, smooth, and glossy. A covering of white cotton felt or canton flannel (not to be removed until soiled) for the table under the table cloth, will improve the looks of any cloth, and facilitate noiseless serving. Tastefully place napkins and silver. Avoid anything that would remind one of a public table. *Menu* cards, if used, may be written or printed, and many of them are exquisite little works of art, being often preserved as souvenirs; place one for each guest. The plates should be hot, not hot enough to injure the china or burn the fingers, but more than warm, for reasons too obvious to require mentioning. Give attention that each course is ready in time, not before. Fish should be served as soon as done—waiting injures both taste and appearance; the same is true of meats. Vegetables are spoiled by dishing too soon—they become sodden

and lukewarm. The finger bowls or glasses may be plain or ornamented, but uncolored glass is preferable. Place one for each person at the last course. Lovely, tiny, square doyleys are now made for the bowls, (but not for the fingers,) place them on small plates, fill the bowls nearly half full of water and set them on the doyleys and pass. A geranium leaf or a slice of lemon, put in each bowl is agreeable.

In many homes there is too great a difference made between the home and guest table. Do not lavish upon the guest if one's own must be denied. Consistency is a jewel, is an adage the truth of which is nowhere more apparent than here. One's income should be assured before giving a large, elegant dinner. Serve the every-day family dinner with care and taste. The only way to attain to perfection in dinner giving, is to let the ordinary, family arrangements differ as little as possible from those of the guest table. It is delightful to gather our friends about us, and a courtesy to them and justice to ourselves that we entertain at our best, but always within our means. Remember, if the simplest meal is well cooked and well served, it will reflect creditably upon us and we need not fear that the hospitality and good cheer extended will not be appreciated and enjoyed.

GANDIES.

CREAM CANDY.

Three cupfuls of sugar, one and a half cupful of water, half a teaspoonful of cream of tartar, and butter the size of a small walnut. Flavor with vanilla. Do not stir while it is boiling; when it will drop to the bottom of a dish of cold water, and is not brittle it has cooked enough; if brittle it will have to be returned to the stove and a little more water added. Stir briskly while cooling; then make into balls or any shape preferred; the meats from any kind of nuts may be chopped and stirred into the candy while it is warm; press it into little paper cases, well buttered; when cold take it from the cases and cut into the desired shape; or, dip the meats, whole, into the candy, when just warm enough to coat them nicely, and put on to buttered paper to drain.

CREAM CANDY.

One pound of granulated sugar, one teaspoonful of cream of tartar, one of soda, half a tumbler of cold water, one tablespoonful of vinegar, and vanilla or any other flavoring. Boil twenty-five or thirty minutes, or until it will thread or be somewhat brittle when dropped into cold water; pour it out on a buttered platter; when cool enough work it like molasses candy and cut before it is cold.

MOLASSES CANDY.

One quart of molasses, half a cupful of vinegar, one cupful of sugar, two tablespoonfuls of butter, and

one teaspoonful of soda. Dissolve the sugar in the vinegar, mix with the molasses, and boil, stirring frequently, until it hardens when a little, to test it, is dropped into cold water; then stir in the butter and soda (dissolved in a little hot water); give one hard, final stir, and pour on buttered dishes. Work with the buttered hands and pull in long sticks; put on dishes; when cold it may be easily cut.

SUGAR CANDY.

Six cupfuls of sugar, one each of vinegar and water, one tablespoonful of butter put in at the last with one teaspoonful of soda dissolved in a little hot water. Boil without stirring for half an hour, or until it crisps if dropped in cold water.

CHOCOLATE CARAMELS.

Two cupfuls of brown sugar, one of molasses, three tablespoonfuls of flour, and one heaping tablespoonful of butter. Boil twenty-five minutes and add half a pound of grated chocolate wet in one cupful of milk; boil until it hardens on the spoon, with which you must stir it frequently. Flavor with a teaspoonful of vanilla.

CHOCOLATE CARAMELS.

One cupful of shaved chocolate, two cupfuls of loaf sugar, one and a half cupful of molasses, one cupful of milk and a piece of butter the size of an egg. Boil until the syrup hardens when dropped into cold water, when add a teaspoonful of vanilla. Pour into shallow, buttered tins, mark off into little squares while hot, and cut when perfectly cold.

A few Simple Dishes for the Sick Room.

AS the recovery of the patient depends not a little upon his diet, the subject of cookery for the sick-room becomes a matter of vital importance to us all. Every girl should be taught as early as possible how to properly prepare and daintily serve at least a few of the more simple dishes. Let all the kitchen utensils used in preparing the invalid's meals be delicately and scrupulously clean, that no disagreeable flavor be imparted to the food. Only a small quantity should be prepared at one time; study to vary the bill of fare as much as possible, and whether broth, gruel, a bit of toast, or a broiled bird is to be served, it should be hot, as should also the dish in which it is served. Make both the food and the accessories as inviting as possible. Put a clean, fine, white linen cover on the tray, use the daintiest china that the house affords, and add, if possible, a spray of fresh flowers. Remember that the doctor's visit and the serving of the meals are about the only breaks in the, to the invalid, monotonous day; try then to make the latter, cheerful little episodes to which he shall look forward with pleasant anticipation. Never go to the sick room, and with arms a-kimbo and long-drawn sigh inquire *what* the patient will have to eat; but entice the appetite by the pleasant surprise of your perfectly cooked, and daintily served little dishes.

As soon as the meal is finished, remove the tray, never allow any kind of food to stand in the sick room.

There will be found scattered through this book many dainty dishes, suitable for the sick room: Jellied chicken, blanc mange, custard, jellies, etc.

BEEF TEA.

Take a pound of lean beef, chopped fine, with all the gristle and fat removed; put it in a bright, clean saucepan (with a pint of cold water); let it soak on the side of the stove for an hour, (but not cook); then bring it forward and cook for twenty minutes; strain, and put in a little salt to suit the taste. Beef tea made in this way is very nice for invalids and young children.

MUTTON BROTH.

Make the same as "Beef Tea."

PLAIN MUTTON BROTH.

Chop fine one pound of lean mutton, from which all fat and gristle has been removed, and put it into a stewpan with a quart of cold water; let it simmer gently one hour; remove from the fire and strain; when cold, skim off every particle of fat. Heat the broth when required and add pepper and salt. Rice or pearl barley may be added to the broth when cooking, in which case do not strain.

CHICKEN BROTH.

A year old fowl will make better broth than a younger one; if a whole fowl is to be used, cut it into joints and put it into a saucepan with two quarts of water and let it simmer slowly for three hours and a

half, removing all scum that may rise. Strain, and when cold, remove the fat from the top of the broth; heat as required, adding salt and pepper; it is, however, better to add a little salt when cooking. Two or three stalks of celery or a few celery seeds cooked with the chicken give a delicious flavor to the broth. A much stronger chicken flavor is obtained by roasting the fowl in a hot oven for twenty minutes before it is put into the saucepan. Chicken broth should be kept on ice or in a very cold place.

ARROWROOT GRUEL.

Rub one teaspoonful of arrowroot smooth in a tablespoonful of cold water, then pour on it a pint of *boiling* water *stirring* all the time; set the saucepan in hot water for a few minutes to be sure that the arrowroot is thoroughly cooked. Put the gruel into a small china bowl or tumbler, sweeten with lump sugar, flavor with nutmeg, cinnamon, lemon-peel, or, when allowed, two tablespoonfuls of sherry. This gruel may be made of milk instead of water in which case no wine should be added.

BARLEY GRUEL.

Wash two ounces of pearl barley and put it to boil in half a pint of water for fifteen minutes; pour off this water and add a quart of fresh boiling water; let boil until reduced one-half; strain, and add a few spoonfuls of port wine, the rind of a lemon, and sugar to taste.

MILK PORRIDGE.

Rub one tablespoonful of fine, white flour smooth in ~~two~~ two tablespoonfuls of cold milk; add to it, gradually, one pint of boiling milk and let boil three minutes.

stirring all the time; add salt to taste; a crisp, toasted cracker seems appropriate with this dish. A handful of raisins cooked with the milk give a nice flavor, they may be removed when serving. It is better to use a double boiler or custard kettle for making all kinds of gruels, or, in the absence of these, set the saucepan into hot water.

CORN STARCH GRUEL.

Make the same as "Milk Porridge" using corn starch in place of flour.

INDIAN MEAL GRUEL.

Stir four tablespoonfuls of Indian meal thoroughly into a quart of boiling water; sprinkle the meal in, a little at a time; add a little salt; let it cook slowly about half an hour, stirring occasionally.

OATMEAL GRUEL.

Half a teacupful of oatmeal to two teacupfuls of hot water; cook slowly about twenty minutes, then strain through a fine wire strainer; return to the stove, add a *little* salt and boil about ten minutes. This will make a large teacupful of very nice gruel.

ARROWROOT JELLY.

Rub two teaspoonfuls of arrowroot smooth in one tablespoonful of cold water and add to it one teacupful of boiling water, stirring all the time; allow to cook for two or three minutes; sweeten to taste, and add a little lemon juice for flavoring. This jelly may be made with milk, when two tablespoonfuls of sherry may be added for flavoring. Turn into dainty molds. Serve with cream and sugar.

TOAST JELLY.

Soften a little toast in hot water, and put it through a sieve ; add a teaspoonful or a tablespoonful of brandy and the yolk of an egg beaten with a little hot water.

WHITE WINE WHEY.

Mix a teacupful of sherry with a teacupful of sweet milk ; heat to the point as for cheese—below the boiling point ; as soon as the milk is turned, strain.

TOAST.

See directions on page 278.

BROWN BREAD TOAST.

Cut a slice of brown bread rather thin ; put it into the toaster over a clear fire ; hold the toaster far enough from the fire to allow the bread to heat through and dry somewhat ; then brown quickly, a delicious, golden brown ; serve at once, with or without butter. If brown bread can be eaten at all, this toast, with a cup of tea or hot milk, will be found very acceptable.

EGG WINE.

Beat a fresh egg as light as possible ; add half a glassful of cold water, a glass of sherry, and sugar and nutmeg to taste.

RICE-MILK.

Wash and drain three tablespoonfuls of rice ; put it into a saucepan with a quart of milk and simmer until the rice is tender ; strain through a coarse sieve, rubbing the rice through ; add salt to taste, and sugar and nutmeg if liked. Eat warm or cold as preferred. Tapioca, vermicelli, and macaroni may all be cooked in the same manner.

TO SERVE A RAW EGG.

Beat a perfectly fresh egg as light as possible; put it into a pretty glass; add a tablespoonful of brandy or whisky and two pieces of loaf sugar; fill the glass with rich milk. This is a very nourishing dish and may be taken in small quantities by the most delicate invalid. It is especially nice for aged or delicate people and may be taken at any hour of the day or night.

TO COOK AN EGG.

Put two tablespoonfuls of boiling water into a small saucepan on the stove; break a fresh egg into it and stir briskly until the egg is slightly set—it must not be at all stiff—season with salt and a little white pepper; serve at once on a thin bit of *hot*, buttered toast.

BOILED EGGS.

The eggs must be perfectly fresh; choose those having clear white shells, the flavor being more delicate than that of the yellow, or buff-colored ones. Put into boiling water and boil three minutes, or until the white is set. Have the egg cup hot and serve at once or, put a tasteful little doyley around the egg, remove the shell from one end, when the patient can take the egg in his hand (still wrapped in the doyley) and eat the contents with a teaspoon.

CODFISH GRUEL.

Wash one heaping tablespoonful of finely shred codfish (do not make it too fresh); mix with it one teaspoonful of sifted flour, taking care that there are no lumps; then add a cupful of *boiling* water, and allow

to simmer a moment to thoroughly cook the flour ; a small bit of butter may be added if the stomach will bear it. Eat with a hot, crisp, toasted cracker.

Dried beef may be shaved very thin and prepared in the same way. Neither of these dishes are to be thought of in cases of severe illness, both salt fish and dried beef being rather indigestible.

OYSTERS.

Oysters are almost universally liked, are easily digested, and may be served in so many different ways, that they may appear often on the invalid's bill of fare. They should be fresh from the shell and whether served raw or cooked, the dark part, or intestines should be removed ; this should be done daintily that the oyster may be served as whole as possible. Well people may consider us unnecessarily fastidious, but the oyster is really much more delicate in flavor "when dressed," as well as more attractive to the eye. If the oysters are to be served raw, have them perfectly cold or serve them on a little block of ice, which should be as clear as crystal. A piece of freshly cut lemon (a few drops of which are to be squeezed on each oyster) and a tiny salt-cellar the contents of which must be *fine* and perfectly dry should accompany the oysters.

OYSTER STEW.

Cook the oysters in their own liquor until plump and tender—about two minutes ; remove scum ; season palatably with salt, a little butter, and the merest suggestion of white pepper. Serve with fresh, crisp crackers. A spoonful of sweet cream will make the stew much more delicious.

BROILED OYSTERS.

Choose large plump oysters ; drain them on a napkin ; place the gridiron over clear, bright coals ; rub the bars with a bit of beef suet and when hot, place the oysters on them ; turn as soon as one side is done ; watch closely, and remove to a hot dish as soon as done ; sprinkle with salt and if allowable add a few bits of butter, though they are very nice with only the salt for seasoning. Serve with toasted crackers.

OYSTER TOAST.

Having removed the dark part (intestines) from the required number of fresh oysters, chop them fine ; put them into a little saucepan with two or three spoonfuls of their own liquor or the same quantity of hot water ; let them come to the boil ; season with salt and pepper, add a spoonful of cream, and, when hot, pour the contents of the saucepan over a thin slice of freshly made toast, moist or dry, as preferred.

BEEF SANDWICH.

Scrape fine some lean, tender, juicy uncooked beef ; season lightly with pepper and salt ; cut some slices of stale bread very thin ; put a very little butter on them, and then spread with the beef ; cut in small squares and serve at once. Or make the scraped beef into little pats, broil slightly over a clear fire and place between two slices of thin crisp buttered toast.

TO COOK A BIRD.

Small birds, such as quail, woodcock, and pigeons, when nicely cooked furnish a tempting dish for the invalid who is convalescent enough to take anything

more hearty than broths and gruels. Clean the bird nicely, taking care that it is perfectly fresh. Soak in salt and water for a short time, remove, and wipe dry. Bake in a quick oven until nearly done, basting often, then broil over a clear fire. Serve on toast.

MUTTON CHOP.

Have the chop cut as thin as possible; remove the fat, pound, scrape the end of the bone clean and white for a little way, then broil over a clear fire; put on a warm plate; sprinkle with salt, add a bit of butter, and set in the oven until it melts; put two or three leaves of curled parsley or a slice of freshly-cut lemon on the plate, and serve at once with a baked potato which should be *just done* and white, dry, and mealy.

FRUIT.

In some diseases fruits may be used with very great benefit, oranges, lemons, and grapes being especially grateful to most invalids. Dried fruits, such as peaches and prunes are usually allowable.

MISCELLANEOUS.

A USEFUL TABLE FOR COOKS.

1 egg,	- - - - -	about 2 ounces.
10 eggs,	- - - - -	1 pound.
2 even tablespoonfuls of granulated sugar,	- - - - -	1 ounce.
1 teacupful of granulated sugar,	- - - - -	8 ounces.
2 teacupfuls of granulated sugar,	- - - - -	1 pound.
1 teacupful of brown sugar,	- - - - -	6 ounces.
1 teacupful of powdered sugar,	- - - - -	8 ounces.
1 teacupful of sifted flour,	- - - - -	4 ounces.
4 teacupfuls of sifted flour,	- - - - -	1 pound.
3 teacupfuls of sifted flour,	- - - - -	1 quart.
1 teacupful of Indian meal,	- - - - -	4 ounces.
4 teacupfuls of Indian meal,	- - - - -	1 pound.
2 teacupfuls of Indian meal,	- - - - -	1 pint.
1 teacupful of soft butter,	- - - - -	8 ounces.
2 teacupfuls of soft butter,	- - - - -	1 pound.
1 tablespoonful of soft butter,	- - - - -	1 ounce.
6 tablespoonfuls of liquid,	- - - - -	1 gill.
4 gills,	- - - - -	1 pint.
2 pints,	- - - - -	1 quart.
4 quarts,	- - - - -	1 gallon.
16 drams,	- - - - -	1 ounce.
16 ounces,	- - - - -	1 pound.
25 pounds,	- - - - -	1 quarter.
4 quarters,	- - - - -	1 hundred weight.

TO BEAT THE WHITES OF EGGS QUICKLY.

Put in a pinch of salt, and the cooler the eggs, the quicker they will froth. Salt cools and also freshens them. In boiling eggs hard put them in boiling water, to prevent yolks from coloring black.

TO OBTAIN THE JUICE OF AN ONION.

Grate an onion on a coarse grater and squeeze in a coarse cloth.

TO MAKE A BOUQUET OF HERBS.

Two sprigs of fresh parsley, two of thyme, two of summer savory, two bay leaves, two sage leaves, and two tarragon leaves ; tie together with a bit of white thread. The bouquet of sweet herbs is used in seasoning game, meat jellies, soups, and stews.

TO CUT LEMONS FOR GARNISHING.

Divide slices of lemons into four parts, which will make the points used in garnishing salads and other dishes.

IRONING HOLDERS.

Old canton flannel makes good ironing holders. Next to the top layer put a piece of morocco or other thin leather and one of paper, this will prevent the hand from becoming heated. Sew the holder through and through to hold the folds in place ; it is a good idea to keep several of these holders on hand.

TO MAKE FLAT IRONS SMOOTH.

Rub them on fine salt ; also keep a little beeswax in a cloth in the ironing blanket, for the same purpose.

CRACKERS.

Thirteen spoonfuls of buttermilk, eight of butter, and four eggs ; knead hard and pound the dough until like honey comb

TO REMOVE IRON RUST.

Mix salt with a little lemon juice and a little water and put on the spots and lay the article in the sun.

TO REMOVE MILDEW.

Dip the mildewed portion in buttermilk and lay the article in the sun.

TO TAKE OUT NEW PAINT.

Hot water will take out new paint.

NEW FRUIT STAINS.

Pour boiling water on new fruit stains and they will come out instantly. Be sure that the fruit stains on tablecloths and napkins are attended to before they are taken to the laundry and much annoyance will be avoided.

OLD FRUIT STAINS.

Old fruit stains are removed by bleaching on the grass when fruit trees are in bloom.

WATER BUGS AND ROACHES.

These pests are driven away by sprinkling, freely, powdered borax in the places they frequent; if in the kitchen and adjoining cupboards, sprinkle the borax at night, and brush it up in the morning the first thing. In most cases, three or four times will be sufficient.

MOTHS.

Saturate moth-infested furniture with naphtha or benzine; it will not injure the color or fabric.

SPOTS ON FURNITURE.

Ammonia will remove white spots from furniture.

TO CLEAN CLOTHING.

Dissolve borax in soft water, and apply with flannel cloth or sponge to soiled spots on coats, vests or any woolen clothing—it will not injure it.

FOR SEVERE SPRAINS.

The white of an egg, a tablespoonful of vinegar and a tablespoonful of spirits of turpentine. Mix in a bottle, shake thoroughly, and bathe the sprain as soon as possible after the accident.

TO KEEP FLANNEL.

Wash clean, tie in a cotton bag, and put in a dark chest or closet.

BED BUGS.

These offensive bugs and nits may be exterminated by the free use of alcohol.

TO BLANCH ALMONDS.

Put them into cold water and allow it to come to a boiling point, then remove their skins and throw into cold water for a few minutes to preserve their color.

CRUMBS OF CHEESE.

These may be grated and used for Welsh rare-bit, cheese sandwiches, pâtes, etc.

TO RID PLANT JARS OF WORMS.

Take a dozen horse chestnuts and pound them fine; pour over them about two quarts of cold water and let them stand over night. This liquid poured on the dirt in jars troubled with worms will rid the dirt of them in a few hours.

WHAT TO DO WITH TOUGH CELERY.

Celery that is too tough for the table in a fresh state, need not be thrown away, but may be chopped and put into jars containing cucumber or tomato pickles to which they will give an excellent flavor.

RELISHES FOR MEATS.

Serve cranberry sauce or currant jelly with fowls, veal, ham, and game. Mint sauce with roast lamb. Capers and nasturtiums with mutton. Pickles with fish.

BLACKBERRY CORDIAL.

Secure ripe berries and crush them; to each gallon of juice add one quart of boiling water, and let it stand twenty-four hours, stirring it a few times; strain and add two pounds of sugar to each gallon of liquid; put in jugs and cork tight. It may be used in two months, is excellent for summer complaint, and can be taken by the most delicate invalid.

FURNITURE POLISH.

Half a pint of alcohol, half an ounce of resin, half an ounce of gum shellac, a few drops of analine brown; let it stand over night and add three-fourths pint of raw linseed oil and half a pint of spirits of turpentine.

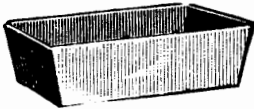
Shake well before using. Apply with cotton flannel and rub dry with another cloth, then rub with a piece of chamois.

TO KEEP FURS.

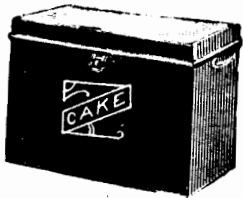
Instead of sending to the furrier, many take care of their own furs. Camphor is much used in putting away furs, but the writer knows by personal experience that it will injure the color of some fine fur. Many different things are used to keep out the moths, but the secret of keeping out the moths is to see that they, or all eggs, are out when the articles are put away. The shaking or beating of furs must be thorough when they are put away, and positively no preventive for moths is necessary but to put them in heavy, cotton bags and be sure to tie them tight. Make the bags for seal skin cloaks a little longer than the cloaks. Hang the bags in a dark closet. Inspect once or twice during the summer, for fear a moth miller may have stung the fur before putting it away, and the egg was not removed in the shaking given when put away.



PUDDING MOLD.



BREAD PAN.



BREAD OR CAKE BOX.



LADY FINGER PAN.



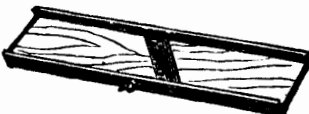
PUDDING MOLD.



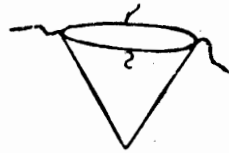
OYSTER KNIFE.



CLAM KNIFE.



VEGETABLE SLICER.



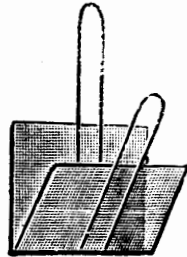
JELLY BAG.



LARDING NEEDLE AND LARDOONS.



SAUCEPAN.



OYSTER BROILER.



OVAL MOLD FOR ICE CREAM.



FRYING BASKET.

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TO OUR FRIENDS AND PATRONS.

In the next few pages following will be found some very useful information, setting forth the general working of the human system and pointing out the dangers into which one is likely to plunge at any moment. We would be neglecting our duty if we should fail to warn you at every opportunity of the terrible ravages of disease, with which we are so familiar, and with which you are no doubt afflicted. It is a duty we owe you, and do so, believing you will appreciate our motive. We are in a position to prove any assertion we make, and give here, in addition to the testimonials, a number of extracts from letters received from those who have received free treatment from our Medical Department.

Within the past few years, the success of "**Warner's SAFE Cure**" has prompted other parties to enter the arena, with a so-called "**Kidney Remedy**," which they recommend for all diseases. **Beware of what you take**, as the **kidneys are delicate organs**, and **will not allow being trifled with, even for an experiment**. We have proven to you what "**Warner's SAFE Remedies**" are, and thousands of people all over the world are telling you the same thing. **It is our duty to warn you**, and **we do so for your own good**, believing that all sensible people will appreciate it.

Years of experience have taught us what is best for diseases pertaining to the human body, and we are following this teaching to the letter, by preparing our Remedies in the **manner best suited to bring about a careful and permanent cure**. "**Warner's SAFE Remedies**" are the only proprietary remedies which have been recognized, endorsed and recommended by scientific men, and the medical profession, and this fact alone should convince you that the **popularity of our remedies is due to the real merit which they possess**.

As we have warned you before, so we warn you now. **Be shy of all substitutions offered you**, when "Warner's SAFE Cure" is asked for. **There are still unscrupulous people who would sell you poison, or anything else, for the sake of making more money than they do by the sale of the genuine "Warner's SAFE Cure."** Be sure that our **trade mark** of an **iron safe** is plainly printed upon the label and outside package of each bottle, and **see that the mouth of each bottle is protected by one of our Promissory Note stamps**, which should always be in a perfect condition, and show no signs of having been tampered with.

A few unscrupulous dealers, here and there, claim to have our formula, and are making medicine they call ours, and selling it by pints, quarts and gallons.

They are playing upon your credulity. No man knows our formula, and if he did **he could not make the medicine**, because he could not get the raw materials in their purity, and if he could he could not manufacture them into the medicine, because the requisite facilities and skill and experience of years cannot be at his command.

Shun them and their injurious and fraudulent decoction, and kindly notify us of any impositions. Take no "Warner Medicine" offered you by the pint, quart or gallon, and refuse any bottled preparation called "Warner's" unless it has a **perfect private stamp over the Cork, and our SAFE trade mark blown in the back of the bottle, and imprinted on the label.**

Please report to us any attempt to defraud or palm off other remedies in the place of ours and we will take care that you are protected.

ROCHESTER, N.Y., U.S. A., LONDON, ENG.

TORONTO, CAN., MELBOURNE, AUS.,

FRANKFORT, GERMANY.

7676 Warner Co

☞ "Warner's SAFE Remedies" Perfectly Safe to Use.

UNIVERSITY OF ROCHESTER, Chemical Laboratory.

Mr. H. H. Warner has placed in my possession the formulae of the several Medicines manufactured and sold under the general designation of "Warner's SAFE Remedies." I have investigated the processes of manufacture, which are conducted with extreme care and according to the best methods. I have taken from the Laboratory samples of all the articles used in the preparation of these Medicines, as well as the several Medicines into which they enter. I have also purchased from different Druggists in this City, "Warner's SAFE Remedies," and upon critical examination I FIND THEM ALL ENTIRELY FREE FROM MERCURY and FROM POISONOUS AND DELETERIOUS SUBSTANCES.

Rochester, N. Y., July 1, 1883. *S. A. Lattimore* Ph. D., LL. D.
Analyst of Foods and Medicines New York State Board of Health. Professor of Chemistry,
University of Rochester.

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☞ FIVE THOUSAND DOLLARS REWARD! ☞

To any person who will Prove, by an Impartial Referee, that any Testimonial used by us, is not, so far as we know, *bona fide*, we will give Five Thousand Dollars (\$5,000).

Rochester, N. Y., March 1, 1887.

☞ The above Reward has been standing for years, and no one has yet put in a Successful Claim for it.

FEMALE WEAKNESS.

THIS is a general term for all the ailments to which women are liable, from the Years of Puberty until after the "Change of Life" is Passed, Painful, Irregular and Profuse Menstruation, Leucorrhœa, Congestion, Displacement or Ulceration of the Womb, Irritation of the Ovaries, all of which and many more are comprehended under the above title, with a thousand and one often indefinable ailments, which Arise From the Local Trouble, and Break Down Previous Robust Health, and Make Life Wretched. Particularly does Pain at the Top and Back of the Head, Dragging Sensations in the Abdomen, Constant and Tearing Backache, Cold Hands and Feet, Flabby and Weak Muscles, Pale Features, an Easily Tired Condition, indicate derangement of the uterine organs, and Should be Attended to at Once. Space and delicacy does not allow us to describe these ailments more particularly, and indeed there would be little use in it, for every woman knows her condition better than she can be told. "Warner's SAFE Cure" is a Positive Blessing and Health Restorer to Womankind. It has been to thousands of wrecked and shattered wives, mothers and daughters, the means of restoration to perfect health. It is Particularly Adapted to their Delicate Organizations, and Should be

Taken by the Young Girl When Reaching Womanhood, the Wife During Pregnancy, to prevent the dangers which surround the lying-in chamber, and at the Critical Period of Her Life, when the menstrual function is leaving, and to prevent tumors, cancers and other dangers, to Which She is so Liable, at that time, and it should be used by every woman, just previous to and during the monthly period. By its soothing, yet powerful influence, it Prevents Stagnation of the Blood, in the Pelvic Organs, Relieves the Engorgements, Strengthens the Uterine Supports, Doing Away with the Use of Instruments, Purifying the Blood, Restoring Muscular Strength, and Regulating the Entire System. It should be taken in tablespoonful doses every three hours, with "Warner's SAFE Pills" to regulate the bowels, as constipation is one of the greatest evils which afflict women.

"Warner's SAFE Nervine" should also be used to allay all nervousness, and Produce the Healthful and Refreshing Sleep Which is so Needed. All of our "Warner's SAFE Remedies" are Harmless, at all times and under all circumstances. Read what a few of our women say :

CLARKSVILLE, Ark., June, 1885.
—I have used "Warner's TIPECANOE, the BEST," and have improved considerable and gained a good deal of strength.

MRS. K. C. LEE.

The First Dose Relieved Her.

WADDILL, Newton Co., Mo., April 18, 1886.—Four years ago I was taken ill and I cannot express my feelings and how wretched my life was. **I had Spells of Flooding, and then My Nose Would Bleed, and then I would get so weak I could not sit up all day, and finally I was confined to my bed.**

After ten days suffering, my husband called in a doctor who said my Lungs were affected, and the next day he said it was my Kidneys. In a few days I **Commenced to have Convulsions, and Finally Gave up to Die.** My brother went to Ozark, some 26 miles, and got the best physician of that place, and he relieved me of the convulsions. I took what medicine he left and my brother went back with him to get some more. He got me one bottle of "Warner's SAFE Cure," and one bottle of "Warner's SAFE Pills." I commenced to take the medicine and **Began to Get Better,** but could not walk on my right foot. While reading one of Warner's Pamphlets I found that "Warner's SAFE *Nervine*" was the **Very Thing I Needed to Quiet my Nerves,** and I sent for one bottle which was worth \$10.00 to me.

I got better from the first dose, and have taken in all nine bottles of "Warner's SAFE Cure," one of "Warner's SAFE *Rheumatic Cure*," one of "Warner's SAFE *Nervine*," and three of "Warner's SAFE *Pills*," and am well. I consider them valuable medicines, and can highly recommend them.

Mrs Mary E. Waned

Write to any address, enclosing Stamp for reply, and secure a recommendation from their own pen.

A Catarrh Sufferer Relieved.

PEARSALL, Tex., Sept. 13, 1886.—I have been using "Warner's SAFE Cure" for two months for Catarrh, and have been growing better gradually. Am an old lady of 57, and have suffered with Catarrh for 20 years. Two years ago, **I Began Bleeding at the Nose, and Lost Blood Freely.** There would not be six weeks from one hemorrhage to another. At the same time, **Great Spots Resembling Bruises Broke Out All Over My Body.** I was a perfect fright. **Lost Flesh to an Alarming Extent.** The hemorrhages kept growing worse and no physician could give me permanent relief. At one time **Had to Have My Nostril Plugged From the Back to Keep from Bleeding to Death.** As soon as the plug was removed my nose began bleeding again. I lost five gallons of blood in two weeks. As soon as the bleeding was stopped **I Lost My Mind,** and the local doctor **Thought it Would Never be Restored.** I overcame that only to relapse into **a Hemorrhage Fever** (the doctor pronounced it) which could not be broken. **Was thrown into Convulsions** by the administering of too much quinine. **All Despaired of My Life,** since we had the best doctors in this and adjoining states. A friend came and **Had Me Up in Two Weeks** by using "Warner's SAFE Remedies," that is, "Warner's SAFE Cure," "Warner's SAFE *Pills*" and

"Warner's SAFE *Nervine*." I am using them regularly now, and have had but one hemorrhage since the commencement. I consider that my life was saved by "Warner's SAFE Cure," and these words express a world to me and mine.

Mrs. A. Heaton

Mother and Daughter Relieved.

LONGWOODS, Md., July 28, 1886.
—My mother was very much troubled with pain in the Small of the Back, over the kidneys, so much so that **She Could Scarcely Walk**, and when she came down stairs **She Had to Come on Hands and Knees**. Then she had the Gravel so bad she thought it would kill her at times. We did not know what it was, but we received one of Warner's pamphlets by mail, telling of the wonderful cures of "Warner's SAFE Cure," and **Just in Time**, for until that time we had never heard of it. **The First Three Doses Gave Her Relief**. She would not be without it. I have been taking it, and am still doing so now, for it has done me **More Good** than any medicine I have ever taken. This spring I was so broken down in health that I thought I was going into a decline. I could not eat anything for it always made me sick, but thanks to "Warner's SAFE Cure," **I Can Now Eat Anything**, and as much as any one, and am feeling better now than I have felt for two years. I never expect to

take any remedies except Warner's, for it is good for all evils of the blood.

Amelia A. Harty

A Back Like a Rusty Hinge.

DETROIT, Mich., Nov. 6, 1885.
—Through having scarlet fever some years since, my brother, sister and myself had a predisposition to disease of the Kidneys. When my first baby was born I was taken with **Severe Pain in the Head Followed by Convulsions** of so severe a character that my life was despaired of. I finally recovered and was advised by the doctor that if I had another child I would surely die of Bright's Disease. Before the birth of my second child, who is now three months old, I was again troubled with the pain in top of my head and so much pain in the kidneys that I could hardly get up and down. **My Back was Like a Rusty Old Hinge**. I went to taking "Warner's SAFE Cure" and "Warner's SAFE Pills," which **Soon Relieved Me of These Symptoms**, and I continued it until confined, with the result that **I had as Easy a Confinement as a Woman can have**, and the doctor pronounced my water **Perfectly Healthy**. I recovered rapidly and am entirely healthy to-day.

Mrs. Lizzie Smith

76 Piquette Ave.

Like Old Wine—Good to Take.

CHICAGO, Ill., Nov., 1885.—Some few months ago my wife, contrary to my wishes, as I had no faith in so called patent medicines, commenced taking "Warner's SAFE Cure," but **I Have had a Change of Heart.** She has taken about four bottles of "Warner's SAFE Cure" up to this time, and **I Must Confess that Her Health is Better** at the present time than it has been for the last ten years. The change is so great that all of her friends speak of it and wish to know the cause. I almost wish I could get just a little sick so as to have an excuse for taking it also, for I understand it's like old wine, **"Good to Take."**

W. Robinson,

Editor *Railway Advance.*

FREE TREATMENT BY MAIL.—

In order to give patients by mail the most intelligent treatment, we have prepared a blank List of Questions for patients desiring treatment by mail, to fill out. Send for the "Treatment Blank," and your case will be diagnosed and treatment given without charge. Address,

7676 Warner St.

Medical Department. Rochester, N. Y.

SHERMAN, Tex.—My health is good, and my appearance of good health is remarked by every one. "Warner's SAFE Cure" keeps me in good health.

WM. L. AYERS.

Those Light Pains Will Tell.

TOLEDO, O., 309 Summit St., Nov. 2, 1885.—For four or five years I was troubled off and on with a Pain in my Back, which went into my hip and became so bad that I was **Confined to my Bed for Three Weeks.** The doctors I employed could only give me temporary relief, and **at Last Said They Could Help me No More.** Mrs. Brooker, formerly of this city, urged me to take "Warner's SAFE Cure," which I did, and after I had taken between two and three bottles, I was **Effectually Relieved** and have had no trouble since.

Rosa Tess

SILVERTON, N. J., July 21, 1885.

—"Warner's SAFE Cure" has given my wife much relief. She was a sufferer from disease of the kidneys and liver a long time, and never found anything that would benefit her as much as "Warner's SAFE Cure."

REV. F. A. HOWELL.

CHICAGO, Nov. 23, 1885.—I was troubled with liver and kidney complaint for a number of years. "Warner's SAFE Cure" was recommended to me by friends. I decided to try it. I began using it about two years ago and have been greatly benefitted by its use, and do cheerfully advise all others suffering as I was to give it a fair trial.

A. D. WILLIAMS,

131 South Canal St.

Prop. Cosmopolitan Hotel.

OH! THOSE KIDNEYS.

THE Kidneys are bean-shaped organs, situated in the small of the back, one on each side of the back bone, and are the only organs in the body that purify the blood, **Every Drop of Which Passes Through Them Many Times in a Day**, just as through the heart, and for the express purpose of being cleansed of all waste and foul matter, urea and uric acid, **Which are Deadly Poisons, and if Retained in the Body, will Cause Fatal Results.** These organs purify about 65 gallons of blood an hour, in the average man, and to do this work properly, **You Must See Plainly That They Must be in Perfect Health.** In the majority of cases, there are very few indications of the Kidneys being diseased, for the reason that they are so poorly supplied with nerves of sensation, and can sound no alarm. For that reason alone, it behooves us to be very watchful, and, by the use of "Warner's SAFE CURE," keep them in health. In the last six years, **We Have Proved Conclusively that the Maximum per cent. of Diseases Which Afflict Humanity Arise From Impaired and Over-Worked Kidneys**, and that all of the diseases to which they are subject **Can be Prevented in 99 Cases out of 100.** Whenever you have any of the following symptoms, **You may Know that the Organs are Deranged, and Must be Relieved, Before Serious**

Constitutional Disease is Caused, and your case is hopeless:

SYMPTOMS: Back-ache.... *Unusual Desire to Urinate*.... Fluttering *s' d* Pain in the Heart.... Tired Feelings... *Foamy Froth in Water*.... Irritated, Hot and Dry Skin.... Fickle Appetite.... Scalding Sensations.... Bitter Taste, with Furred Tongue in the Morning... Headache and Neuralgia. Abundance of *Pale, or Scanty Flow of Dark-Colored Water*.... Sour Stomach. Heart-burn.... Dyspepsia.... Pain in the Small of the Back.... *Deposit of Mucous After Urination*.... Loss of Memory. Rheumatism, Chills and Fever, Pneumonia.... Dropsical Swellings... Red or White Brick Dust, *Albumen and Tube Casts in the Water*.... Constipation, Alternating with Looseness... Short Breath, Pleurisy and Bronchial Affections, Congestion in Back and Hips, with Burning Sensations under the Skin.

Neglect These and You Will Soon Have Bright's Disease, which is consumption of the kidney substance, slowly developing, with no evidence of its presence, until you may be beyond help. In fact, the **Tendency of All Kidney Diseases, no Matter what They May be Called, is Towards Bright's Disease, and You Cannot, for a Moment, Take any Chances.** Apoplexy, Paralysis, Heart Disease, and all of these shocks to the nervous system, which **Produce Sudden Death**, are invariably due to the long-continued presence in the system of matter which nature has tried to get rid of, but by reason of impaired kidneys, it has accumulated slowly until the vital powers have been overcome. **Stop and Think of This for a Moment, and Realize how**

Necessary it is for You to Keep These Organs in Health. Be on the safe side.

TREATMENT: The world never had a true specific for all kidney troubles until the discovery of "Warner's SAFE Cure," which has **Repeatedly Shown Its Power to Prevent and Cure, Even Well-Advanced Bright's Disease.** It must be taken the moment any change from the standard of health is noticed, **no Matter Where the Affection Seems to be Situated,** strict attention paid to the diet as given on the bottle, and **Continued Until Every Particle of Impurity is Removed From the Blood,** and the kidneys are in healthy condition. "Warner's SAFE Pills" are very necessary to use with "Warner's SAFE Cure," as by their peculiarly mild but efficient action upon the bowels and glandular system, they assist in the cleansing process. **Don't Trifle with Your Health.** Don't neglect the first symptoms, but treat yourself now. **Cold and Wet Weather, Particularly, is Apt to Cause Kidney Disease,** and therefore take a few bottles of "Warner's SAFE Cure," every month, during fall and winter, to keep them in health.

"IT MAKES ME SICK."—The fact of the Nausea indicates that the Medicine has Struck a Hard, and IF NEGLECTED, a Fatal Case! Modify the Dose as directed, and take on an Empty Stomach, but under no circumstances give up the treatment.

15 Fifteen Top Covers of "Warner's SAFE Yeast" box, with original labels thereon, will secure you a copy of "Warner's SAFE Cook-Book."

"Must Have Help or Quit."

What a Severe Cold Did For a Man, and the Relief That Followed.

EARLVILLE, N.Y., June 6, 1886. In the year 1875 I engaged as traveling wholesale agent, and worked for two years, until my health failed me. I then quit and went to doctoring with my family physician. But after six months and no help I doctored with several other physicians for a year and a half, **But Continued to Grow Worse All the Time.** Still the doctors said I was **Run Down From Overwork,** but could help me. I became so bad I **Could Not go up stairs without Stopping to Rest.** I could not Lift a pail of water. My **Ears Turned a Livid Color,** and no amount of rubbing or heat could change the color.

I then became satisfied I was suffering with that **Death-Dealing Monster, Bright's Disease,** and seeing one of Warner's Pamphlets and reading the symptoms of the disease, I **Concluded I had but a Short Time to Stay.** But saw a chance to get better. I commenced with "Warner's SAFE Cure," took one and one-half bottles, and thought I was not feeling as well and quit taking it, but **After a Few Days I Felt So Much Worse** that I started with it again, and continued till I took thirty-five bottles, and **Improved Every Day** until I concluded I **Was a Well Man Once More.** When I commenced taking "Warner's SAFE Cure" it was current talk with my friends that I could not live six months, but happily for me I **Got Hold of the Right Medicine and at the Right Time.**

After I became all right, nearly a year after I had taken any medicine of any kind, I was caught out in a shower, with-

out coat or vest on, and Caught Cold. I was taken about four o'clock in the morning, after getting up out of bed, with a **Very Uneasy Feeling**. I went to stool and voided about **One-Half** the usual amount of urine, and it **Then Stopped**. I grew to **Feeling Very Bad**, but could not void a drop of urine. I dressed myself and went and called up as good a doctor as our section affords. I told him how I felt and my trouble. He said, "I'll give you something that will start the water soon." **I Grew Worse Rapidly**. He called at nine o'clock, and said I must take to bed and lie perfectly still, and **thought** I would be better soon. He gave me the regular medicine for my trouble, and left. I sent for him again that night. He did all he could **but I Continued to Grow Worse**. He attended me four days, and **God Only Knows what I Suffered. I Did Not Pass a Teaspoonful of Water in Four Days**. I got so bad I had **Spasms of one Hour in Duration**. They used hot flannels, wrung out of nearly boiling water, laid on the parts affected, until I could not stand on my feet to get on the stool. My wife became frightened and told the doctor I must have help soon or die. He said, "If he is not better in the morning I will telegraph another physician, and we must operate on him." About 11 o'clock the fourth night I was taken with a **Bad Spell**. I cannot tell how I suffered for two long hours. **I Passed about a Teaspoonful of Fresh Blood**, and it seemed about all I could do to retain my reason.

Sometime during that struggle it flashed across my mind to try "Warner's SAFE Cure." I told my wife to get me a bottle, as **I Must Have Help Soon or Quit**. She got a bottle, opened it, I took the bottle and **Took a Drink, Not a Dose**, but nearly one-fourth of the bottle without stopping.* This was about half past six. About half-past seven I took another dose, but not so large. Between seven

and eight o'clock I **Passed Nearly a Half Teacupful of Blood, Matter and Blood Combined**. Within the next half hour I **Passed Double the Amount of Very Dark Colored Water**. In three days after I took the medicine I walked across the room, and gained rapidly and am now a well man.

J. B. Kimey

Prop. Welden House.

* Patients would better follow the directions as to dose, taking it more frequently if they need it. It can harm no one, however large the dose may be.

Even Old Age Succumbs. A Fall.

CLEVELAND, O., Oct. 28, 1885.
—Three years ago I fell down some icy steps, injuring my side and the small of my back so severely that I was **Confined to My Bed Six Weeks**. My kidneys were badly affected by the fall, and **My Water was at Times Bloody**, with a frequency of desire to pass it that was very wearying, **Depriving me of Natural Sleep**. I suffered intensely with my affection until I had taken half a dozen bottles of "Warner's SAFE Cure," **Which Restored My Kidneys to their Normal Condition**, relieving me speedily of all trouble with the water. Am certain that I could not have lived had it not been for "Warner's SAFE Cure." I am now 80 years of age, smart and active.

M. R. Brown

2621 Woodward Avenue.

He Felt Like a Fighting Cock.

ST. LOUIS, Mo., Dec. 1, 1885.—I have been afflicted with severe headaches for several years, and last summer I discovered that **My Kidneys were Out of Order. They Refused to do Their Work.** I began feeling tired—thought it was laziness—and experienced a dizziness, which feeling was accompanied with **Terrible Pains Across my Back Over my Kidneys.** They gave me a great deal of trouble, and alarmed me to no little extent. My feelings were such that death would would have been welcome. **Would Often Lose my Appetite.** I notified my family physician of my condition, and he treated me, saying my kidneys were affected. He gave me **No Relief** and I tried **Another** with the **Same Result.** My face showed I was not well, being of a **Sallow, Pale, Care-worn Condition all the time.** I bought six bottles of "Warner's SAFE Cure," and began taking it according to directions. To tell you the truth, before I had taken half a bottle I **Noticed a Great Change,** and by the time I had taken two bottles I **Felt Like a Fighting Cock.** Took what I bought and have never been troubled with anything of the description since. **The Headaches have Never Returned,**

Amayer.

1020 North Twelfth St.

A New Man From Old Material.

248 RAYMOND ST., BROOKLYN, L. I., May 5, 1885.—About ten years since I was taken very sick, and the doctors said I had *Bright's Disease*, and **Could Not Last Very Long.** Certainly the symptoms all pointed that way. I suffered severely and for quite a long time. I then appeared to improve some and got around, but soon **Relapsed into the Same Condition as Before,** and so it went on for a long time, **Always Suffering, Never Well; Miserable and Despondent.** At last a friend, member of the same lodge, F. & A. M., persuaded me to try "Warner's SAFE Cure," which I did, and **Very Soon Experienced Relief.** I continued steadily with it for some months, much to the disgust of my physician, an old school allopath, and now after having discontinued its use for more than a year, **Feel Better Than for Years Past.** In fact, I have no symptoms of anything being wrong with my kidneys, no pain, the water flowing freely without pain, of a good, clear color, free from sediment and normal in quantity. Furthermore, **I am Now Free from those Distressing Pains in the Loins,** which at one time were ever present, no matter what position I might be in, sitting or standing, in bed or the easy chair. In fact I feel to-day that "Warner's SAFE Cure" has cured me of a very serious complaint, not only for the time being **But Perma-**

nently. It is now more than a year since I took the last bottle of "Warner's SAFE Cure," and since that time I have not attempted any kind of diet, but have eaten and drank tea, coffee, or anything else I might desire, and **to-day am Feeling Better, Weigh More, have a Better Appetite,** and am altogether a **Different Man** to what I was ten years ago.

Thos R. L. Mills

It Was Fast Laying Him Out.

TOLEDO, Ohio, Nov. 2, 1885.—Some two years ago I was suffering from enlargement of the liver, with **Congestion of the Kidneys of a Severe Type**, accompanied by pains in the joints, and was so bad at one time, **I Could Not Get My Coat on or off Without Help.** My water was high colored and had a brick dust sediment in it. I was strongly recommended to take "Warner's SAFE Cure," and did so, **Receiving Benefit Almost at Once,** and after I had taken eight bottles I was **Fully Restored to Health.** My wife has also taken it for trouble with the kidneys with benefit.

John Wilson

Prop. Green House, 707 Superior St.

ET "Warner's SAFE Yeast" is put up in two sized packages, large and small, and retails at price of ordinary Dry Hop Yeast.

A Bad Combination.

Uric Acid Tries to Run a Man's System and Nearly Kills Him.

TORONTO TOWNSHIP, CREDIT, Canada, Sept. 16, 1886.—I have been for many years a **Nervous and Bilious Subject.** About three years ago by overtax in business and from other causes, I was confined to my bed for six months. I believe I had a **Combination of Diseases, Derangement of the Liver, Stomach, Bowels, and Kidneys.** Was attended by ten or twelve physicians; **was Blistered, Dosed, and Tortured,** and only for having naturally a wiry constitution, my terrestrial existence must have ceased.

There Seemed to be No Hope of my Recovery. My family and friends were told I had **Cancer in My Stomach, Tumor, Blood Poison, etc.** All **Experiments Having Failed,** I was given morphia **That I Might Die Easy.** Some simple remedies were given me by a friend, a homeopathic physician, aided by nature, and I recovered sufficiently to be removed to a change of residence. **This Did Not Benefit Me,** and in the summer of 1885 I was again brought to my bed with the **Same Troubles, Suffering all but Death for Several Months,** being perfectly helpless. **Medical Skill Could do Nothing for me.** I partially recovered again, but still to suffer, being **Very Weak, Nervous, Diseased Liver, Feverish Mouth and Stomach, Swelling of my Limbs, Irregular Pulse,** running from 120 to 130. After much persuasion I consented to try "Warner's SAFE Cure," "Warner's SAFE Nervine," and "Warner's SAFE Pills," but without faith in them.

I feel it my duty now to say, **I Have Only Been Taking Them**

a Few Weeks, and my Stomach is Much Stronger, gives me but little trouble. I have a Good Appetite, Heart Acts Better, Dropsical Symptoms Nearly Gone. Nerves and general health greatly improved. I can conscientiously recommend "Warner's SAFE Remedies" to all who are afflicted as I have been.

Ch. H. Johnston

CHICAGO, Ill., Nov. 25, 1885.-- My wife was afflicted with Kidney and Liver complaint for some time, and she became so weak as to suffer frequently from fainting spells and general weakness, that I despaired of her life. I was advised by friends to have her try "Warner's SAFE Cure." I did so and after using five bottles, I am happy to say that I honestly believe the remedy saved her life, and I honestly recommend it to all who are so afflicted.

JOHN H. JOHNSTON.
2132 Dearborn St.

URINARY ANALYSIS: It is of great importance that the urine should be examined microscopically and chemically in every case, and in order to bring it within reach of the poor as well as rich, we have reduced the price to \$1.00. Send us 6 oz. of that first passed on rising, in a clean bottle by express, charges prepaid, (with the fee as above), carefully packed in sawdust. Give your name and address and the quantity passed in twenty-four hours and the date of passage. It will then be at once attended to and a copy of the analysis returned.

The Life of a Child Saved.

LEAVENWORTH, Kan., Feb. 1, 1886. About four years ago our little boy Edwin, who was then two years old, was taken sick with what the doctor (a prominent and skillful physician) **Pronounced a Very Aggravated Case of Bright's Disease.** He grew worse rapidly, until the doctor gave up all hope of his recovery, and **Said he Could Live but a Few Days.**

The day after this announcement my wife's sister called at the doctor's office for some medicine, when the doctor's wife, who was in the office at the time, advised a trial of "Warner's SAFE Cure," adding that several acquaintances who had been similarly afflicted had **Derived Great Benefit from the Use of it. With the First Bottle the Little Fellow's Condition began to Improve, and after taking seven bottles he was Perfectly Well, and has had No Relapse Since.**

And now that we are satisfied as to the permanence of the cure, I make this statement, hoping that through it, others similarly afflicted may be induced to *Ch. H. Allen* give it a trial.

BE THOROUGH.— Whatever is worth doing is worth doing well, and the saying applies with peculiar force to **Anything That Concerns our Health.** Therefore we urge upon our patients the **Necessity of Thoroughness of Treatment,** that they take "Warner's SAFE Cure" for a considerable time, after all evidence of disease has vanished, and thus **Prevent Any Relapse,** which is more obstinate to cure than the first attack.

THAT LIVER COMPLAINT.

LIVER complaint is known by any of the following characteristic

SYMPTOMS: *Headache..... Sallow complexion..... Gradually Increasing Constipation..... Disinclination to Exertion..... Vertigo..... Dizziness..... Highly colored urine..... A "splendid" feeling to-day, and a depressed one to-morrow. Pain under either Shoulder, and under Ribs on the Right side..... Neuralgic pain of Chest..... Heartburn..... Indigestion..... Enlargement of Side below the ribs..... Dropsy of the Abdomen. Dry Mouth..... Brown, fubby Tongue. Occasional Chills..... Hot flashes..... Moth patches on the face..... Yellowish eyeballs..... Sick headache..... Frequent vomiting of Bitter matter..... Piles (always caused by Congestion of the Liver). Severe Spasmodic pain in Upper part of Abdomen, relieved by Pressure..... Hiccough..... Jaundice..... Clay-colored stools..... Sour Stomach..... Variable appetite..... Irritability of Temper..... Diarrhoea..... Dysentery..... Burning palms and feet.*

If you have any of the above symptoms, it is positive that your Liver is affected, and will, if neglected, result in some of the following diseases: Jaundice, Obstruction, Gall Stones, Enlarged Liver, Contracted Liver, Inflammation, Congestion, Abscess, Tumors, Hydatids, Catarrh of the Bile ducts, Fatty Degeneration, Cancer, "Malaria."

An Intimate Relation Exists Between the Liver and Kidneys, and when one is affected, the other soon becomes enfeebled, for, **Contrary to General Belief, the Liver is not a Blood Purifying Organ, but its Purpose is only for Nutrition and Digestion,** and it secretes, daily, many pounds of Bile, a portion of which is used for digestion and

nutrition, and the balance is emptied into the bowels, and is nature's Cathartic. The most common disease of the liver with which people are afflicted, is caused by the congestion of the organ, and is commonly known as Biliousness, causing Dullness, Lethargy, Well To-day and Half Sick To-morrow, the Bile being thrown into the blood and carried to the skin, causing a Dirty, Muddy Complexion. **You Cannot Cure Diseases of the Liver by Drastic Cathartics,** because it is a sluggish, lethargic organ, and is **Only to be Acted Upon by Medicine Which Produces Quiet, Steady, but Permanent Effects, Assisting but not Goad-ing its Normal Action.**

TREATMENT: "Warner's SAFE Cure" and "Warner's SAFE Pills" Restore the Lost Power of the Liver to Separate Albuminous Elements, converting them into urea, discharging the overloaded ducts, neutralizing the lithic acid, preventing its further formation, thinning the thickened bile, and passing it out through its natural channel, the bowels. This treatment, if faithfully followed, **Will Result in Permanent Relief,** hundreds of thousands of testimonials confirming this fact.

MT. PLEASANT MILLS, Penn.,
Aug. 17, 1885.—I am now using the second bottle of "Warner's SAFE Cure," and I am improving fast.
J. W. HAAS.

A Captain's Medicine Chest.

919 Spruce St., PHILADELPHIA, Pa., June 9, 1886.—For a number of years I have been engaged in the fruit trade in the United States of Colombia, and have been obliged to visit that section two or three times each year. Some three years ago while in Central America, I was suddenly taken ill with what is called there **Chagres Fever**, a disease similar to our **Bilious Remittent**, but of a **More Malignant Character**, and is caused by Congestion of the Kidneys and Liver.

We were en route to Aspinwall, and got as far as the Island of St. Andrew, where we put in, and I was carried from the ship to a house on shore and **Left to Die**. I had all the medical attendance that it was possible to procure, but **Received no Benefit**. My back, across my kidneys, ached intensely, and **Seemed as Though it was Broken**. I had great head-ache, and a **Portion of the Time was Delirious**. My skin and eyeballs were intensely jaundiced, and the **Physicians said my Liver was Enlarged at Least One-third**. To complicate matters, my stomach was also affected so badly that the slightest and mildest food, or **Even Water would be Immediately Rejected**. A friend of mine, who happened to put into port, learning of my condition, came at once to see me, and urged me to begin the use of "Warner's **SAFE Cure**." I did so, without faith in its virtues or hope that it or anything else could relieve me, I was so low. I took it in small doses at first, on account of weak stomach, also taking "Warner's **SAFE Pills**" each night on retiring. **The Very First Teaspoonful seemed to help me, and Stopped the Vomiting**. To make a long story short, **I Began to Improve**. The first indication I experienced of the beneficial effects of the medicine was the relief to my back,

and **My Water Cleared up Before One Bottle was Consumed**. I took seven bottles in all and **Was Completely Cured**.

It certainly acted in a miraculous manner, and I cannot say too much in its favor, for **It Saved my Life**. It is my ship's medicine chest at all times and seasons, and never have I enjoyed such good health as since I began its use.

Capt. Geo. B. Willard

The Liver Running Him Down.

TOLEDO, O., Nov. 2, 1885.—Some four years ago I was **Completely Run Down from Long Standing Trouble with the Liver**. I had no appetite, lost my flesh, was weak, my food did not digest and I would go to sleep frequently while sitting down in my chair at the store. I was persuaded to try "Warner's **SAFE Cure**," being recommended to do so by a friend of mine who was cured of rheumatism, after having used crutches a long time. I took a dozen bottles and **Experienced Benefit Almost at Once**. My indigestion was cured, I was **Wonderfully Improved, and All my Unpleasant Symptoms were Removed**. For troubles of the liver and kidneys I can most thoroughly recommend it.

W. H. Richards

183 Elm St., Retail Shoe Dealer.

We guarantee every Testimonial we publish. Write to Testators, enclosing Stamp for reply.

“WHAT MISFORTUNE!”

BLADDER DISEASE.

THE most common of all bladder affections is inflammation, either **Acute or Chronic**. If not cured at once, it will involve the tissue of the urethra and kidneys, and cause Catarrh, Ulceration, Abscess, and Bright's Disease. It is produced by cold, exposure, improper use of medicine, acid urine, retention of water, which becomes decomposed, suppression of skin eruptions, the use of stimulants, etc.

SYMPTOMS: *Dull, Aching Pain in the Lower Part of Body, front or back. Frequent Desire to Pass Water, which is of variable color, scalding. . . . Discharge of Mucus and Pus, furred tongue, Bad Taste in the Morning, Chilly Sensations, Feverishness, Headache and Thirst, Followed by and by by Cold Extremities, Intense Pain, Distention of the Bladder, Retching and Great Prostration; Passage of Thick, Tenaceous Matter.*

Then you have that horrible disease known as **Catarrh of the Bladder**, and which has always been regarded as incurable by the regular profession. “Warner's SAFE Cure” soothes the irritated membranes of the genito-urinary tract, frees it from the abnormal products, reduces inflammation, removes all the acids, and the affection speedily succumbs to its wondrous effects.

TREATMENT: The Only **Positive Remedy** for all bladder troubles is found in “Warner's SAFE Cure.” They are extremely obstinate disorders. The bladder

is liable to become affected very easily, and at any time, but if “Warner's SAFE Cure” be used on the first appearance of any of the above symptoms, the **Ravages of the Disease will be Checked** and cure will result. Never neglect, for a moment, the first indication of trouble, but use at once “Warner's SAFE Cure,” together with “Warner's SAFE Pills,” to unload the bowels. - Where the disease has progressed until the nervous system is involved, “Warner's SAFE Nerve” should be used, to allay nervous irritation and promote healthful rest.

ENLARGED PROSTATE.

This is peculiar to men only, of the ages of fifty or upwards, and particularly to those of sedentary habits. The disease is of two kinds: one the true growth of the gland, **Which is Very Rare**, and for which no cure has yet been found; the other, an enlargement, **the Usual Kind**, produced by congestion and inflammation, **And is Curable**. Like Catarrh of the Bladder, it is very gradual and silent in its approach, and pressing on the urinary canal, gradually closes up the channel, causing much misery. The treatment is the same as for bladder disease, which see.

DANVILLE, Va., Aug. 16, 1885.
—I have taken “Warner's SAFE Cure,” and feel like a new man. Have a good appetite and food agrees with me. Am strong and in an elegant frame of mind.

P. H. BOISSEAU.

An M. D. Recognizes Its Power.

HUDSONVILLE, Mich., Aug. 8, 1886.—My case was of long standing, caused by a Fall from my horse. The best medical advice in New York, Boston, Philadelphia, Chicago, St. Louis, and London, Eng., was consulted, and hundreds of dollars spent, but **I Only Grew Worse.** As a "drowning man grasps a straw" I began taking "Warner's SAFE Cure," without one grain of faith in it. When I began **I Voided Urine and Blood Constantly,** and with the **Most Excruciating Pain.** Analysis showed the urine to be upwards of 66 $\frac{2}{3}$ per cent. albumen. My weight was 93 lbs., and I was bed fast. I have just finished my thirty-second bottle of "Warner's SAFE Cure," and **Can do as Hard a Day's Work as any One.** Walk readily twenty to thirty miles, and weigh 157 pounds.

W. H. Corey M.D.

Patience Has Its Reward.

ELKINSVILLE, N. C., May 26, 1886.—I have been a **Sufferer from Gravel for the Last Ten Years,** and during that time have passed off a large quantity of gravel, **Sometimes as Large as a Pea.** Generally it would attack me about every six months, and would give me a great deal of trouble and pain. I had a severe attack last December and passed

a large stone, after which **Diabetes Set in. I Suffered Greatly from Loss of Appetite,** and my friends thought I was going to die. I lost about 45 lbs. in about three weeks, and all **my Strength was Nearly Gone.** I was persuaded to try "Warner's SAFE Cure." I did so and **Have Been Relieved.** I now have my usual strength, and am as well as I ever was. I have taken 14 bottles of "Warner's SAFE Cure," with "Warner's SAFE Pills," as directed.

J. L. E. R. 1712

Sweet Relief at Last Obtained.

PHOENIX, N. Y., May 28, 1886.—Last August I was taken with **Inflammation of the Bladder,** or something bordering on Bright's Disease. Suffering greatly, I got prescriptions from four eminent physicians in Syracuse, but found no relief. At last made up my mind to try "Warner's SAFE Cure," as the last resort. **With Good Results** I took two or more cases of it, and **Now Am Entirely Cured.**

A. R. Smith

590 Dorchester Ave., BOSTON, Mass.—Four or five years ago my husband took "Warner's SAFE Remedies" for Gravel, with great success. **MRS. G. BROWN.**

Do not stop on one bottle. The Kidneys are delicate, and require gradual and complete treatment.

"WHAT TORTURE!"

Stone in the Bladder

STONE in the bladder is formed from the gradual deposit of impurities, which are washed out from the blood and deposited in the bladder, and accumulate in successive layers. **They are Chemical Formations and Invariably Arise from an Excess of Acid, Uric Acid Being the Most Common.** They invariably take their origin in the kidneys, and are **Due to Defective Assimilation and Elaboration of the Fluids**, which undergo change, and develop in crystalline form. **This Formation Begins in the Kidneys** as fine sand, and is **The Most Fearful Disease Which Afflicts Humanity.** It was always regarded as incurable, except by a surgical operation, until "Warner's SAFE Cure" was introduced. It has repeatedly demonstrated its power to dissolve and wash out all the uric acid, which is the cause. The formation of this stone may take place in the body of the kidney, and not be noticed for a long time, for the reason that the **Interior of the Kidney is not Supplied with Nerves of Sensation.** It is only when it passes out down the ureter, that it causes that fearful pain, "Kidney Colic," that cannot be described.

SYMPTOMS: Frequency of urination. *Brick dust or "red pepper"* deposits in the vessel. The water is Cloudy at times. *Pain in the Urethra*, more severe *During and After passing water.* . . *Strain-*

ing after urination. . . . Pain in the Back and at times in the Hip, and running to the Groin ("renal colic.") . . . *Sudden Stoppage while passing water.* . . . Mucus, Pus and Blood in water. . . . Occasional passage of Small Gravel. . . . Sense of Weight in the Bladder.

TREATMENT: "Warner's SAFE Cure" should be taken in doses as directed on the bottle, and will, if **Pursued Faithfully**, dissolve this sand and wash it out, and by its well-known action on the liver and kidneys, will restore them to their healthful function, and prevent the first formation of the sand. "Warner's SAFE Pills" should also be used in quantities sufficient to cause a daily movement of the bowels. This treatment has effected **Permanent Relief** in many cases, and hundreds of thousands can testify to this fact.

Almost a Fall to the Grave.

HYANNIS, Mass., June 17, 1886.
—I Fell from a step-ladder backwards in my stable on to the floor, about six feet. The shock was dreadful, which **Caused Me to Have the Doctor to Draw my Water.** He had great difficulty because of the **Clots of Blood that Kept Filling his Instrument**, which he inserted six or seven times before he could relieve me from pain, which was very severe. A lady 81 years of age, who had taken only one bottle, which relieved her immediately, wished me to try "Warner's SAFE Cure." I took about two doses, and **Never Have Had Any**

Trouble Since. I wish to say furthermore, that I belong to a Family that Have Always Been Subject to Gravel, etc.

(Capt.) *Robt. Baxter*

Cape Cod, Hyannis, Mass.

IMPOTENCY or general Loss of Power before Old Age, is generally caused by Mental and Physical Overwork, and is especially hastened by Bladder diseases, Catarrh, Congestion, Abscesses, Venereal diseases, etc. Kidney diseases produce unhealthy water, which irritates the bladder, destroying in a large measure virile power. Many of those who have passed the prime of life, report what they regard as wonderful results from the use of “Warner’s SAFE Cure” and “Warner’s SAFE Pills” for this condition. Try it to-day!

KINGSTON, N.Y., June 10, 1885.—My son was taken with Lumbago and he doctored with three doctors, with no success. He took two bottles of “Warner’s SAFE Cure,” and got well. Another son sent for me to come to New York. He spent \$75.00 and was getting worse when I got there. I said, “Go and get ‘Warner’s SAFE Cure.’” He did so and I staid there three days, and he got better at once. He had not taken it five times before he felt better. My married daughter had doctored for years. I then made her a present of six bottles of “Warner’s SAFE Cure,” and it cured her.

MRS. E. WELLS.



WARNER'S SAFE PILLS.—With all of “Warner’s SAFE Remedies” use enough of “Warner’s SAFE Pills” to ensure one or two bowel movements daily, otherwise but partial results will be obtained, unless “Warner’s SAFE Cure” has a cathartic effect. They are sugar coated, purely Vegetable, do not gripe, and are Gentle and Effective in action. They are compounded on the formula of a successful British army surgeon in India, and are the Best and Safest Pills in the market. No other Pills can be safely substituted for them.

HAYWARD, Wis.—I am happy to say after taking seven bottles of “Warner’s SAFE Cure,” that I see a decided change for the better. Thanks be to God that I have struck the right remedy at last in “Warner’s SAFE Cure.” It is impossible for me to tell the amount of suffering I have endured within the last twelve months, and I have taken gallons of medicine for it without any benefit whatever, from the physicians. W. A. JONES.

SEE HERE.—Are you out of sorts? Are you feeling miserable? Are you yet able to do your daily work, though having to force yourself to it? Do you feel miserably, generally? **If so Be Warned in Time. Disease is Lurking About You.** You are in danger. Take your case in hand at once. **Treat Yourself Now, and Prevent Sickness that may be fatal.** Restore all the organs to perfect health, and purify the blood, and this you can do surely and safely with “Warner’s SAFE Cure” and “Warner’s SAFE Pills.” Try them to-day.

ABOUT "WARNER'S SAFE YEAST."

Since the introduction of "Warner's SAFE Yeast" about one year ago, it has found its way to every part of the United States, and is fast becoming a household word. The success thus far attained is due to the promise we made at the start, viz: "*Warner's SAFE Yeast*" shall be the purest, best, and most wholesome Yeast ever put on the market. Its value and worth has readily "caught on," and the ladies say they will not be without it. This is very encouraging, and we shall continue at the same point of excellence, and not make a good grade of yeast in order to introduce it, and then drop to an inferior quality, as some disreputable houses have done, as you all well know.

We have made the greatest boom in the Yeast Business that was ever known, and we are obliged to be continually increasing our facilities, in order to supply the demand, which is forcing itself upon us.

The quality of "Warner's SAFE Yeast" is pronounced the very best, and all because we use the very best material for its manufacture that money can buy. By pursuing this course, we propose to succeed, and the many high recommendations, which we are daily receiving, convince us that the people are with us.

Of course, it takes time to reach every little town in the country—which we intend to do—and if you should be unable to secure a supply from your grocer, kindly notify us and we will see that you are at once supplied.

"Warner's SAFE Yeast" is put up in round pasteboard boxes, ten cakes in each box, and retails at price of ordinary yeast. It is for sale by all responsible grocers, and is guaranteed to give satisfaction if properly kept, and used according to directions.

For the purpose of supplying our patrons with a recipe book, we have gone to a great expense and trouble in preparing "Warner's SAFE Cook Book," a book of over 400 pages, of the finest and most valuable recipes ever published, which we propose to give away to every person sending us 15 top covers of our "Warner's SAFE Yeast" box, with original labels thereon, and 8 two-cent postage stamps to pay postage. This offer is a rare one, and every good housewife should have a copy. The selling price of this book is \$2.00; the supply limited, and you cannot afford to waste time.

Rochester, N. Y.

Warner's Safe Yeast Co.

NEWARK, N. J., June 2, 1886.—My wife has used "Warner's SAFE Yeast" with much success. Bread made from this yeast reminds me of bread made by my mother a long time ago. It is excellent.

W. S. MEEKER.

CHICAGO, Ill., July 22, 1886.—I have used "Warner's SAFE Yeast" and like it very much. My friends wonder how I can make such good bread, and are satisfied when I tell them by using "Warner's SAFE Yeast." MRS. A. SCHEELS.

WASHINGTON, D. C., July 17, 1886.—I have used "Warner's SAFE Yeast" and am very much pleased with it.

MRS. O. D. CONGER,
Wife of Senator Conger, of Michigan.

ENFIELD, N. C., Oct. 11, 1886.—I have taken time to give "Warner's SAFE Yeast" a full and fair trial, and must say I have never found anything equal to it, and I heartily recommend it to all.

MRS. JANE E. O'HARA,
Wife of Congressman O'Hara.

INDIANAPOLIS, Ind., Sept. 23, 1886.—My wife has used "Warner's SAFE Yeast" and thinks she can't make bread good enough to eat without it. H. J. EVERETT.

ALTOONA, Pa., May 26, 1886.—I have tried "Warner's SAFE Yeast" for some time and it proved to be entirely satisfactory, indeed, the best I have ever used.

ANNA HALLEIN,
416 Eleventh Street.

LYNN, Mass., June 23, 1886.—My wife has used "Warner's SAFE Yeast" and claims that it made such splendid bread, that we can never do without it.

A. H. HADLEY.

MOSELEY, Buck Co., Va., June 9, 1886.—I am delighted with "Warner's SAFE Yeast." Have never seen anything to equal it. I find that one-quarter of a cake will make two excellent loaves of bread. It makes two of the lightest loaves of bread I ever saw.

LAVINIA B. MOSELEY.

ST. LOUIS, Mo., June 26, 1886.—I have used "Warner's SAFE Yeast" and am very much pleased with it; so much so that I shall buy no other yeast.

MRS. D. SCHMITT.

BANGOR, Me., June 25, 1886.—I have given "Warner's SAFE Yeast" a good trial, and know its worth, and intend using it hereafter. It makes very delicious bread, light and sweet.

MRS. MARY STEPHENS.

LOVELAND, O., June 29, 1886.—I have used "Warner's SAFE Yeast," and made six large loaves of elegant light bread from two cakes. Am very much pleased with it. C. S. SHATTLER.

MINERAL WELLS, Wood Co., W. Va.—We have used "Warner's SAFE Yeast," and cannot do without it, it makes such excellent bread. S. F. BERRY, P. M.

WATERTOWN, N. Y., June 2, 1886.—I have used "Warner's SAFE Yeast" and find it excellent, and the more I use it the better I like it.

MRS. H. WILKIE.

ROCHESTER, N. Y., June 24, 1886.—I have found "Warner's SAFE Yeast" the best I have ever used, and intend to continue using it. It makes such delicious bread.

J. M. WHITE.

St. Cecilia's Academy, NASHVILLE, Tenn., July 5, 1886.—I have used "Warner's SAFE Yeast" and am much pleased with it.

MOTHER URSULA.

"THE BLUES."

MANY people think there is no such thing as "having the blues," yet it is a well known fact, and **they ought to be Cured at Once**, for it is liable to develop into a chronic disease. "The Blues" always arises from some diseased condition of the kidneys and liver or a derangement of the digestive organs. How often such remarks as "He is cranky," or "She has got the blues," are heard.

The happiness of many, many homes is destroyed every year by this dread disease. Gloominess, moroseness, discontent, loss of confidence, crankiness, lack of energy, and a clouded mind are caused by bad blood, which is always accompanied by disordered kidneys. Keep the kidneys and liver in perfect health by "Warner's SAFE Cure," then all these symptoms will disappear.

ELGIN, Ill., Nov. 23, 1885.—About one year ago I was troubled with my Kidneys and inflammation of the Bladder resulting from cold. I took one bottle of "Warner's SAFE Cure," and was effectually relieved and cured.

MRS. G. H. SHERMAN.

MORGANFIELD, Ky., June 24, 1885.—My wife is still gaining from the use of "Warner's SAFE Cure." She has gained strength faster than at any time before.

W. H. BRUCE.

TO THE LADIES.—We guarantee "Warner's SAFE Yeast" if used according to directions.

WHAT TO TAKE.

TAKE "WARNER'S SAFE Cure" FOR Bright's Disease, Jaundice, Gravel, Stone and Catarrh of the Bladder, Lame Back, Dropsy, Impotency, Inflammation of the Kidneys, Liver and Urinary Organs, Tumor, Abscesses, Convulsions, Irregular Periods, Indigestion, Female Complaints, Change of Life, Debility, Malaria, Heart, Blood, Skin and other Diseases, caused by Deranged Kidneys and Liver.

TAKE "WARNER'S SAFE RHEUMATIC CURE" FOR Lumbago, Sciatica, Gout, Neuralgia, and all Rheumatic affections.

TAKE "WARNER'S SAFE NERVINE" FOR Dizziness, Headache, Neuralgia and Vertigo, Nervous Prostration brought on from excessive drink, Mental Shocks, from work or other causes, Nervous Spasms, Rush of Blood to the Head, and Apoplectic Tendencies.

TAKE "WARNER'S SAFE DIABETES CURE," the only Specific for Diabetes.

TAKE "WARNER'S SAFE ASTHMA CURE" FOR Asthma and all Asthmatic affections. (This is to be burned and inhaled.)

TAKE "WARNER'S SAFE PILLS" FOR Indigestion, Constipation, Diarrhœa, Biliousness, etc. (The best after dinner pill.)

TAKE TIPPECANOE, "THE BEST," FOR Dyspepsia, Mal-Assimilation of Food, Stomach Disorders, General Functional Derangements, Constipation, Tired Feelings, Malaria, Blood Disorders, Skin Eruptions, Loss of Energy, Feeble Appetite, Bilious Headache, etc.

USE "WARNER'S SAFE YEAST" and no other, to make light, sweet and delicious Bread. It is unsurpassed by any Yeast on the market.

We guarantee every testimonial we publish: see p. 3. Write to the testators and enclose stamp for reply and if not overrun with letters, they will reply briefly.

"WHAT AGONY!"**Rheumatism.**

THE first attack of Rheumatism alarms one who knows how dangerous it is and how much it indicates a bad condition of the system.

It is a constitutional disease, due to the presence of lactic and uric acids in the blood, and is of two kinds, Acute and Chronic. It is an affliction with which a large majority of people are at some time of life visited and is produced by exposure to cold, wet, and congestion of the liver and kidneys, **the Latter Organs Being the Only ones that Separate and Pass Out these Acids**, the retention of which is the cause of the disease.

SYMPTOMS OF ACUTE RHEUMATISM: Pain... Heat... Redness... Swelling in the Joints, either Knees, Ankle, Shoulder or Elbow... Fever, Quick Pulse. Hot, Dry Skin... Coated Tongue... Deranged Stomach... Dark Colored Urine and Always Preceded and Accompanied by Brick-Dust in the Water.

TREATMENT: Cover the affected joints with flannel wrung out in hot water, and take "Warner's SAFE Rheumatic Cure," as directed on the bottle, at once, for the **Disease is Liable to Attack the Heart, any Moment, and Prove Fatal.** In many cases of Acute Rheumatism the stomach is disordered, and it is then necessary to begin the use of the medicine in small doses, gradually increasing it until the full dose can be taken. **This Wonderful Specific is a Positive Solvent of These**

Acids, and if taken on the first approach of the disease, **Will Always Check it.** Pain will be relieved, swelling and fever will go down, and the patient will soon be on the high road to recovery. After which, never neglect to follow the treatment with a few bottles of "Warner's SAFE Cure," to perfectly restore the liver and kidneys to health, **drive out all the Poison from the Blood**, and prevent any future attack, to which you are extremely liable. The bowels **must** be kept open with "Warner's SAFE Pills," as required.

Chronic Rheumatism is distinguished by pain, soreness, stiffness of the muscles, and absence of fever. **It Comes on Gradually, and Affects Old People, Particularly.** If not stopped in its progress, the joints will soon become enlarged from chalky deposits, which the kidneys are unable to properly separate from the blood and pass out, by reason of weakness. Chronic Rheumatism is more often caused by **Uric Acid Alone**, and its approach may be known by the presence of brick dust in the urine. This is always a **Sure Indication** that you are threatened with rheumatism.

TREATMENT: No matter whether in the muscles, joints or bones, **This Disease Must be Treated by "Warner's SAFE Cure,"** and "Warner's SAFE Rheumatic Cure," in doses as directed on the bottle of each, on alternate weeks (that is, "Warner's SAFE Cure" one week, and "Warner's SAFE Rheumatic Cure" the week

following), and will require more faithful treatment than the acute form. "Warner's SAFE Pills" must be used, as by their alterative and laxative action, the liver is stimulated to increase the flow of bile, thus **Assisting to Carry off all Impurities of the Blood.**

Badly in Need of Help.

WEST SULLIVAN, Me., Aug. 15, 1886.—About four years ago I was taken with Rheumatic Fever, which **Settled in Every Joint and Muscle in My Body.** For fourteen months I was in **Constant Pain**, and was not able to get up or sit down without help. **I Wished for Death to Free from Pain.** I tried a number of doctors and all kinds of medicine. **I Kept Growing Worse** and was **Given up to Die**, when a friend procured me a bottle of "Warner's SAFE Cure." I commenced taking it without any faith. After taking the first bottle I felt a little stronger, and after taking 9 bottles of "Warner's SAFE Cure" and 3 bottles of "Warner's SAFE Pills," I am happy to say I was able to go to work, and **Felt as We I as Ever**, and have not felt anything of rheumatism since. **It Saved my Life** and I cannot speak too highly of it.

E. D. Partidge

To the Ladies: We guarantee satisfaction if you use "Warner's SAFE Yeast" as directed.

Tried to Sweat His Life Out.

NORTH BERGEN, Genesee Co., N. Y., Sept. 21, 1886.—Several years ago my uncle, Rev. S. Carver, was taken with what the doctors said was **Rheumatism.** They tried every expedient known to them, **Stuffing him Full of Quinine**, and tried to **Sweat the Life Out of Him in Order to Capture the Disease**, but after having exhausted every expedient, they **Gave the Matter Up as a Bad Job.**

Of course, a man over 70 years of age, if rheumatism or any serious disease attack him, would not respond as readily to the remedies of the physician as a younger man would, and on this account the credit that "Warner's SAFE Cure" is entitled to is all the more marked. He **Tried Every Expedient** known to his friends hereabouts, and, finally, after having been practically given up by the physicians, he made up his mind to use "Warner's SAFE Cure." He has had **No Rheumatism for Six Years**, after having been as sick a man as one would wish to see. His restoration to health is **Due Wholly to the Faithful Use** of "Warner's SAFE Cure."

On two different occasions he was **Prostrated by this Bane of Old Age**, and I am confident, as he is, that he would have been dead to-day, had it not been for "Warner's SAFE Cure." He is now about 76 years of age, and is in **Possession of all his Mental and Physical Faculties**, and when I left him yesterday he was busily engaged on the farm superintending the erection of a stone wall.

J. H. Warner

"WHAT MISERY?"

Dyspepsia, Indigestion and Mal-Assimilation.

THE stomach is the most abused organ in the body. It is slow to revolt, but after once it has departed from its healthful routine, it is difficult to coax it back. Its diseases are brought about by **Excessive or Rapid Eating, Insufficient Mastication, Bolt-ing the Food as Many do, Irregular Meals, Abuse of Tea, Coffee, Ice-water and Alcohol; Hard Work, Mental and Physical, Nervous Ex-haustion, Excesses of Any Kind.** The symptoms are as fol-lows:

SYMPTOMS: Feeling of Weight in the Stomach; *Bloated condition after eat-ing*..... Belching of Wind..... Nausea. *Vomiting of Food*... Waterbrash... Pain in the Stomach..... *Heartburn*..... *Bad Taste in the Mouth in the morning.* *Palpitation of the Heart, due to Dis-tension of Stomach*.... Cankered Mouth. *Gas in the Bowels*... Loss of flesh... Fickle Appetite..... *Depressed, Irritable Con-dition of the Mind*.... Lack of Buoyancy and Energy..... *Vertigo*..... Dizziness. Headache.... Constipation or Diarrhœa.

If any of the above symptoms are neglected they are liable to become chronic, and **Result in Inflammation, Ulceration, or Catarrh of the Stomach**, any one of which is a very dangerous disease, or in various forms of In-sanity!

TREATMENT: Must be local and constitutional. **Dys-pepsia Cannot be Cured While any Other Organ in the Body Remains Affected.** It can be

relieved, but will invariably return, until the delicate mucous coating becomes destroyed, and help is impossible. "Warner's **TIPPE-CANOE, the Best,**" must be taken, in from a teaspoonful to two table-spoonfuls, according to age and condition, before each meal; the kidneys, liver and bowels must be unloaded, and restored to health, and the blood thoroughly cleansed by the use of "Warner's **SAFE Cure**" and "Warner's **SAFE Pills.**" "War-ner's **TIPPECANOE, the Best,**" is **Purely Vegetable;** increases the secretion of gastric juice, prevents fermentation, restores the tone of the stomach, and increases diges-tive power.

MAL-ASSIMILATION OF FOOD. The food may be digested by the Stomach and pancreatic juice, but from some impaired action of the absorbent ducts of the bowels, it is not taken into the blood, but passes out of the body, the patient receiving no nourishment from it, but gradually losing flesh. This affec-tion is caused by impaired nervous action, more often as a result of irregular action of the bowels.

The treatment is the same as for dys-pepsia and indigestion, as above de-scribed.

To Those Who Have Been Cured.

Thousands of persons, male and fe-male, old and young, have been cured by "Warner's **SAFE Remedies.**" Our interest in the restoration of the sick is always active; and while ready and desirous to advise the afflicted, we are anxious to hear from any and all who have been cured by any of our "War-ner's **SAFE Remedies.**" Don't forget that no one is more interested in the recital of the facts of your ailments and cure than we, and none are more entitled to know the same.

TERRIBLE DIABETES.

DIABETES is of two kinds, **Insidip and Sugar.** The first is an unnatural condition of the system, in which there is an excessive and persistent discharge of pale urine of low gravity, sometimes almost pure water, and containing neither sugar nor albumen.

This disease is twice as frequent in men as women, more prevalent in the young, and rare after middle age.

TREATMENT: Use "Warner's SAFE *Diabetes Cure*," regularly as directed on the bottle. Diet should be liberal. Three good meals a day, thirst relieved at pleasure; in cold weather the drink should be warmed, and it should be thickened with a handful of oatmeal to a quart of boiling water with part of a lemon sliced in it. Drink no ice water. The clothing should be warm and baths frequent. Avoid alcohol and coffee.

SUGAR DIABETES is caused by the formation of sugar in the **Liver**, which is discharged through the Kidneys, and the following are the prominent

SYMPTOMS: *Great Weakness.. Thirst. Excessive Quantity of Water Passed. Emaciation..... Urine changed in color from an amber to greenish yellow and deep red..... Specific Gravity high. Bilious Attacks... Cramps..... Neuralgic Pains..... Sudden Sweats..... Failure of Vision..... Catarrh..... Loss of Sexual Power..... Mouth Dry* and breath the odor of decayed apples. *Tongue coated. Gums sore and bleed easily..... Appetite Variable..... Flatulence..... Constipation or Diarrhœa..... Skin Dry and Yellowish..... Boils..... Carbuncles..... Eczema*

and Itching *Swelling of Lower Extremities.... Loss of Flesh.*

TREATMENT: Immediately upon the slightest indication of any of the above symptoms, begin the use of "Warner's SAFE *Diabetes Cure*" in tablespoonful doses every three hours, with "Warner's SAFE *Pills*" to regulate the bowels. To relieve the nervous symptoms rely on "Warner's SAFE *Nervine*." Send to us for our Special Diet circular for this disease, and follow its directions rigidly.

Praises From the South.

ELLAVILLE, Fla., Jan. 24, 1886.
My wife was suffering with Diabetes, and I don't believe that she could have lived but a short time but for the relief she received from "Warner's SAFE *Diabetes Cure*." I had two physicians to attend her, but they did her no good, and **Through the Advice of Another Physician, I Gave Her "Warner's SAFE *Diabetes Cure*,"** and to-day she is in good health. I never get tired of singing the praises of "Warner's SAFE *Diabetes Cure*."

T. J. Worrell

[Mr. Worrell himself, on advice of ex-Governor Drew, used "Warner's SAFE Cure," and was fully cured of a dangerous Kidney disorder.]

Write to our Medical Department for treatment blank. We will treat you free of charge.

DISTRESSING ASTHMA.

ASTHMA is a distressing complaint which **Occurs at all Times of Life**; is often inherited and is of **Two Kinds, Bronchial and Renal**, which latter is always due to some disease of the kidneys, and the attacks then come on more gradually, and **Always at Night**, and is **Often the Only Indication of Bright's Disease**, and it is a warning that should not be neglected. "Warner's *SAFE Asthma Cure*" is as near a specific as can possibly be made, not only quickly giving relief, during the attack, but in many instances **Making a Complete Cure**. It should be *burned* as directed on the box, and, in order to eliminate all poisonous matter from the blood, restore the kidneys to health, and unload the liver, which, from engorgement and pressure upon the neighboring organs, is often the cause of the difficulty, **Thorough Constitutional Treatment Should be Given**, by the use of "Warner's *SAFE Cure*" and "Warner's *SAFE Pills*."

CHICAGO, Ill., Nov. 21, 1885.—Having suffered for many years with Kidney and liver diseases, and having tried many different prescriptions without any relief, until advised by Dr. Camp to try "Warner's *SAFE Cure*," I am happy to state that after using six bottles I was completely cured and have since had no relapse.

JOHN HOVEY,
194 Clark St.

Sufferer From Asthma Relieved

RYE, N. H., Jan. 14, 1886.—I have always been a great sufferer from Asthma, and could not get any relief until I had a pamphlet of "Warner's *SAFE Asthma Cure*" sent me. **It Has Given Me Great Relief**, and I have given it to a great many others, and all that have used it have been greatly benefitted by it.

Mrs. Harriet E. Odine

YEMASSEE, S. C., Oct. 1, 1885.—I have tried several remedies for Asthma, but find more relief from "Warner's *SAFE Asthma Cure*" than from any other.

F. S. PATTERSON.

ST. ELMO, Miss., July 16, 1885.—Some years ago my wife was troubled with Kidney, liver and urinary complaint. She doctored with "Warner's *SAFE Cure*," and it has cured her.

H. NELSON, JR.

WRIGHT CITY, Mo., June 4, 1886.—I have taken one bottle of "Warner's *SAFE Rheumatic Cure*," and it stopped the Rheumatism, and I have not had an attack since. Think it is the best thing for rheumatism I ever tried.

D. E. BAST, JR.

FAYETTEVILLE, Ala., June 24, 1886.—My daughter has been taking "Warner's *SAFE Cure*," and has improved greatly.

MRS. M. F. BREWER.

"MALARIA."

MALARIAL poison emanates from the soil, and is due to decomposition of vegetable matter. **It is Very Prevalent in New or Swampy Sections Where There is Much Moisture.** By the action of the sun, the poison is set free, floats in the air, and enters the system through the lungs, **Producing its Poisonous Effects Upon the Liver, Spleen and Kidneys,** and when virulent is the cause of fevers and serious diseases of the organs named, or if moderate in its action its presence is soon known by **General Debility, Prostration, Furred Tongue, Headache, Nervous Difficulties, Particularly Neuralgia.** It is one of the most difficult diseases that the profession have to deal with, and is **Purely a Blood Poison.** Quinine and arsenic, which are used by physicians in treating it, have never been successful in thoroughly removing it from the system. Although this treatment will sometimes improve the patient, and often he will apparently recover, yet **Only to Have Depressed Feelings, be Half Sick and Half Well in the Spring and Fall,** unfitting him for either business or pleasure, and making him prematurely old. In the Southern States, it is sometimes malignant, and is then known as Swamp Fever. **The Only Known Way of Getting Rid of Malarial Poisoning** and the diseases which result from it, is by

taking "Warner's SAFE Cure" and "Warner's SAFE Pills," giving yourself thorough treatment, **Unloading the Liver, Toning Up the Kidneys, and Purifying the Blood.** Particularly should this be done in the fall and spring, otherwise serious complications are liable to result.

"GENERAL DEBILITY."

WHAT is called "General Debility," is a general breakdown of the system, caused in every case by impaired action of the Kidneys and Liver. Correct this by using "Warner's SAFE Cure" and "Warner's SAFE Pills," and health will be restored.

PRICES OF WARNER'S "SAFE" REMEDIES.

"Warner's SAFE Cure," \$1.25; "Warner's SAFE Rheumatic Cure," \$1.25; "Warner's SAFE Diabetes Cure," \$1.25; "Warner's SAFE Nervine," \$1.00 and 50c.; "Warner's TIPPECANOE, The Best," and "TIPPECANOE, XXX," \$1.00; "Warner's SAFE Asthma Cure" (formerly SAFE Throatine), 75c.; "Warner's SAFE Cure for Animals," \$1.25; "Warner's SAFE Yeast," Large Size, 10c. a Package. Small Size (six cakes), 5c. a Package. **ACCEPT OF NO SUBSTITUTES.**

Do Not Stop with One Bottle. Give the Remedies a Fair Trial.

AWFUL BLOOD TAINT.

THIS is a specific disease, which is known under different names, according to its stage.

It is an Affliction that is Visited upon the Innocent as well as the Guilty, and Poisons the Blood for Untold Generations, and Produces, as a Result, Scrofula, Catarrh, Cancer, and All Other Humors of the System. It makes itself known in the puny, sickly infant, by the sore eyes and glandular swellings. It attacks not only the soft structures of the body, but **Fastens its Grip Upon the Very Bone Itself, and Causes Sloughing, Lameness, etc.,** and if latent in the system, it is liable, at any time, to break out in the form of some disease of the nerves, brain, spinal cord, muscles, bones, or kidneys. **There is No Disease that is so Little Understood, Apparently, by the Medical Profession,** who treat it to-day, as they did 100 years ago, with rank mineral poisons. The victim, whether innocent or guilty, of this terrible disorder, seeks in vain for a cure that shall eradicate every particle of the poison from his blood, and he cannot obtain it by the old practice. And why? **For the Simple Reason that the Purification of the Blood is Not Attended to,** the blood courses in its channels, holding this specific poison in its circulation, passing from head to foot, **Poisoning Every Part of the Body.**

Mercury was the first, and is to-day, the standard, treatment by the

regular profession, and the remedy, as every sufferer knows who has been through a full course of it, **is Fully as Bad as the Disease,** for it not only attacks the bones, but who is there who has not suffered from or heard of mercurial rheumatism, making its victims a barometer, full of pains and aches at every change of weather? **"Warner's SAFE Cure" is the Only True Blood Purifier that is Known** that works upon true scientific principles, acting directly upon all the glandular and secreting organs, **Particularly the Kidneys,** driving before it all kinds of impurities.

If any person suffering from blood taint in any of its forms or stages, **or With Any of the Diseases Arising From It,** will take a thorough course of "Warner's SAFE Cure" and "Warner's SAFE Pills," not only will this disease be radically cured, but if there should be mercury or calomel in the system, this too will be eradicated, for, by its powerful action upon the kidneys and liver, removing this poison, as well as all the other impurities of the blood, which are continually accumulating, putting them in a healthy condition, **Disease Cannot Remain nor Find Lodgment.**

No. 4 West Street, WEST HOBOKEN, N. J.—I am glad to be able to state that after using ✓ "Warner's SAFE Cure," I am much better this spring than since I was taken sick two years ago.

GEO. W. CROWARD.

“NERVOUSNESS.”

ANY of the following symptoms indicate that the **Nervous System is Weakened**, and, if allowed to continue, will **Surely Lead** to organic disease of the Heart, Kidneys, Lungs or Brain.

SYMPTOMS: *Irritable temper. Sleepless nights. Languor. Feeling of Heaviness. Headache, and Malaise. Ringing in the ears. Specks and webs before the eyes. A marked symptom of nervous disorder is that the patient feels Worse in the Morning, getting Better as Night Approaches. Fluids are Changed in Character. The Blood circulates improperly, and the Face is Easily Flushed. The Heart acts Irregularly. Kidney Action is Impaired.*

Nervousness is more frequently found in women than in men, and is a **Potent Factor in Producing much of the Ill-health and Hysterical Attacks** to which they are subject. Lowered nervous tone is caused by the presence of **Kidney Acid in the Blood**, and is very often the only indication denoting **Serious Disease of the Kidneys**, and should be looked after **immediately**. “Warner’s *SAFE Nervine*” is a scientific compound that does not contain a particle of morphine, opium, laudanum, or any deleterious drug. It has a **Direct Action upon the Nerve Centers**, allays all irritability, and restores waste in nervous exhaustion; producing healthful and refreshing sleep, and **Leaves no Unpleasant Symptoms Behind. It is the only Nervine in the World that will do this.** It has absolutely no depressing influence, but exerts its peculiar and beneficial action on the entire nervous system, increasing the flow and power of the nervous fluid. It should be taken in from a teaspoon to two tablespoonful doses, according to age and condition.

It is particularly applicable to those cases of **Epilepsy** or “**Falling Sickness**” which have resisted all other methods of treatment, and can be used in connection with any of “Warner’s

SAFE Remedies,” Particularly is its **Action Increased** when taken in connection with “*Warner’s SAFE Cure*.”

CONSTIPATION and PILES.

REGULARITY in the movements of the bowels is the **Foundation of Health**. Constipation is one of the most frequent troubles with which the American people are afflicted. Particularly are women prone to it, and it is a great factor in causing their ill-health. It is caused, in many instances, by a **Lowered Tone of the Nervous System**, by Neglect, Carelessness, **But Particularly, by an Unhealthy and Torpid Condition of the Liver**, which excretes bile, a portion of which is thrown into the bowels, and is a natural laxative. When constipation has existed for any considerable length of time, the absorbing glands take up a portion of the foul and waste matter and carry it into the circulation, **Producing Blood Poisoning**, and causing disease of many organs. In fact, it is considered by eminent authorities, that constipation, in seven cases out of ten, is the **Original Cause of Consumption**, the lung cells being irritated and inflamed by this matter, which should have been passed out. **Never Neglect the Calls of Nature**, for a moment, and if you are suffering from this disease, by all means at once begin the use of “*Warner’s SAFE Cure*” and “*Warner’s SAFE Pills*,” which will unload the liver and correct its torpidity, stimulating the action of the bowels, which causes them to “move,” and by supplying the proper amount of bile, will soon remedy the diseased condition.

Piles, Fistula, Ulceration and Fissures. All Result from Constipation, and cannot possibly be cured, until the bowels are regulated. “*Warner’s SAFE Cure*” and “*Warner’s SAFE Pills*” must not only be taken until the bowels are in a healthy condition, **But until the Blood is Purified**, and this waste matter, which has been collecting, is removed.

Write to our Medical Department for Free Treatment Blank.

DISEASES OF THE SKIN.

THEY are of various kinds, but all known by the general name of Eczema. They are not only distressing, when severe, but when mild, and appearing in the form of **Liver Spots, Eruptions, Pimples, etc.**, are very annoying and disfiguring. **They are Due to the Presence of Kidney Acid in the Blood**, which is carried to the skin, in nature's efforts to get rid of it, and causes irritation of the pores, and **Often Develops as Erysipelas.** The proper treatment is to cleanse the skin by frequent bathing, and the use of "Warner's SAFE Cure" and "Warner's SAFE Pills," thoroughly, and a **Permanent Cure is Sure to Follow.**

The consensus of opinion is that over nine-tenths of our population are afflicted with some form of skin disease. In a conversation with a prominent druggist on this subject, our attention was called to the large number of preparations on the market for the cure of skin diseases. These have increased more than tenfold during the last two years, ointments, plasters, cerates, soaps, cosmetics, powders and washes crowding their respective claims upon the public, and demanding recognition. Now the effects of all these cures is to dry up and obliterate the eruptions and blotches which have been caused by the efforts nature has been putting forth to rid the blood of poisonous and effete matters. This necessarily drives these poisons back into the circulation, there to be taken up and carried to all parts of the system, there to exercise deleterious influence over the various functions of life. Whenever there is disorder in one organ, the other organs endeavor to perform the work that properly belongs to the diseased organ. This is nature's provision, and is for the purpose of keeping all parts in equilibrium. The natural channel for the escape of the effete matters and waste products is through the

kidneys, from which organs these products escape in the form of the urinary salts, viz: urea and uric acid. Hence, when the skin becomes diseased and eruptions appear, kidney cells or tubules will always be found diseased, and the urine deficient in the amount of uric acid it contains. These kidney cells, when at all diseased, cannot separate the urinary salts, urea and uric acid, from the blood. This fact is sustained by an eminent physician, Dr. Morris Longstreet, of Philadelphia, Pa. In a recent lecture at the Pennsylvania hospital he makes this remark: "If there be great change in the renal tubules, they cannot separate these salts. It is impossible for badly diseased kidneys to perform this part of their work."

"The use of applications to a diseased skin should then be discouraged?"
 "Yes; it only cures one trouble by giving rise to a greater. The kidneys must receive the first attention, by bringing them into a healthy action; poisonous products and effete materials will soon be cleared from the blood, and health again be restored. This can only be accomplished by 'Warner's SAFE Cure,' which is a true specific for all diseased conditions of these organs."

SICK HEAD-ACHE.

THIS disease is of a **Purely Nervous Origin**, and is caused by **Congestion of the Kidneys and Liver, the Acids Being Retained in the Blood, are Carried to the Brain, Producing Irritation of the Nerve Centers.** "Warner's SAFE Cure" should be taken in tablespoonful doses every three or four hours, keeping the bowels open with "Warner's SAFE Pills," in order to tone up the secretions, stimulate the kidneys and liver, and get rid of all the acids which are present in the blood. Just prior to and during the attacks, "Warner's SAFE Nervine" should be taken in tablespoonful doses every two hours, to allay the nervous irritability, relieve the congestion of the brain, which, if neglected, may cause Brain Fever.

BACKACHE, LAME BACK.

MALE and female, old and young alike, at times chant the familiar, "Oh! My Back!" Outside of organic diseases of the Kidneys and of neighboring organs, there is **Derangement of the Kidneys** called Passive Congestion, which is brought on by constant use of the muscular tissues of that part of the body.

CAUSE: The small of the back is extremely well supplied with blood and nerve tissue, and anything like constant bending of the body produces a strain on the muscles of the back, dilates the small blood vessels, allows more than the proper quantity of blood to enter, the circulation is impeded, **the Kidneys Become Overloaded with Blood** that refuses to "move on;" the nerves begin to feel that pressure and undertake to force the action of the Kidneys, giving rise to that uniform dull aching in the loins, sometimes extending to the shoulders, and eased only by lying down. **Lame Back Usually Means Kidney Disease.**

Deep Seated Pain is Present on Pressure, the spinal membranes share in the congestion, constipation generally exists, and the urine is of a high color, pungent odor, and contains a cloudy sediment. **This is one Way in Which Bright's Disease Begins.**

TREATMENT: "Warner's SAFE Cure" and "Warner's SAFE Pills" effect a positive cure and prevent a return by giving extra strength to the urinary apparatus and the muscular tissue. Don't postpone treatment until it is too late. **Ask your Friends and Neighbors about what "Warner's SAFE Cure" Does for Lame Back and Kidney Troubles.**

GEORGETOWN, N. Y., July 31, 1885.—I began taking "Warner's SAFE Cure," continuing it for some time, and experienced great benefit from its use.

REV. G. F. HUTCHINGS.

THE ROLLER RINK CRAZE.

THIS national fever has come and gone, but it has left in its trail more physical infirmities than any other "sport" that was ever favored by the American people. Physicians have everywhere condemned it and the excessive method followed by its devotees as pernicious to the last degree, working physical ills from which many will never recover, from which others will suffer for years. Its effect is particularly bad in the kidneys and liver and lower abdominal organs, laying the foundation for countless Female Complaints, etc., because the strain of long-continued "practice" produces congestion of the limbs, hips, and organs in the abdomen, and this congestion has in many cases been followed by acute or chronic diseases which do not readily yield to treatment. We cordially recommend that all persons who have been victims of this senseless craze shall give themselves at once thorough treatment with "Warner's SAFE Cure," which is a specific for a congested condition of the system, for the kidneys and liver and for the organs dependent upon them for life and health. Do not neglect the matter for another day lest your condition become chronic and much harder to treat.

Use only "Warner's SAFE Yeast." Satisfaction is guaranteed, if used according to directions.

CONSUMPTION, PNEUMONIA, Etc.

IN a great many cases Consumption is only the effect of a diseased condition of the system, and not an original disease; if the kidneys are inactive, and there is any natural weakness in the lungs, the **Kidney Poison attacks their substance and eventually they waste away** and are destroyed. Dip your finger in acid and it is burned. Wash the finger every day in acid and it soon becomes a festering sore and is eventually destroyed. The kidney poison acid in the blood has the same destructive effect upon the lungs; for this reason a person whose kidneys are ailing will have grave attacks of **Pneumonia** in the Spring of the year,—Lung Fevers, Coughs, Colds, Bronchitis, Pleurisy, etc., at all seasons of the year.

Dr. C. Theo. Williams, the great London specialist in Consumption, says: "Post mortem records of Brompton Hospital for Consumptives, show that 52 per cent. of the victims have diseased kidneys."

We have for many years insisted that the **Majority of Ailments** to which humanity is subjected, arise from a **Diseased Condition of the Kidneys**. The vile kidney poison, instead of being passed off through the proper water channels, is **absorbed by the Blood**, and when this poisonous element is in the blood, it has free access to every organ in the human body, and **always Attacks the Weakest**. In some persons it **Attacks the Lungs**, causing an irritating cough, or, in the spring of the year, on taking cold or being exposed to sudden and unfavorable changes of weather, **Pneumonia is Developed** in the lungs, and is encouraged and **made Fatal by**

the presence of this **Kidney Poison in the Blood**. The best medical authorities hold that if the **Blood is free from Kidney Poison**, there will be few **Fatal Results of Lung Disorders**.

Kidney poison is called **Uric Acid**, of which there is formed in the body every day enough to **Kill Two Men** if taken in a single dose. A tenderness develops, either because of hereditary lung weakness, or because of the taking of a violent cold. The kidney acid immediately **attacks this, the weakest point in the system**, and it soon becomes inflamed and the **person worries** just a little about it. After awhile he **goes to his Doctor**, who puts him on Cod Liver Oil to **keep up his strength**, which night sweats and constantly increasing cough has impaired. But the kidney poison is **doing its work every minute, every hour, every day and night**, and by and by one lung is either **solid with pus**, or has been entirely **coughed out**. Then comes another of many hemorrhages, and soon our friend is very pale, breathes very short, gives forth a glassy stare from the eye, and, protesting every day that he "feels stronger and will soon be out again"; he suddenly **Loses Breath and is Gone**.

What is the conclusion? **No Person** who has reason to fear Consumption, either by inheritance or acquirement, **Should Hesitate for a Single Hour as to His Course of Action**. It is **impossible to Effect a Cure of Consumption, or any Well-Seated Lung Disease, if the Blood is Corrupted with the Kidney Poison, or Uric Acid**. It is however possible, and has been done in thousands of cases, to prevent and cure fatal Lung Troubles, Coughs, Fevers, Pneumonia and Consumption, by **Ridding the Blood of All Its Kidney Poison or Uric Acid**. It is this **Wonderful and Exclusive Power** of "Warner's SAFE Cure" that has given **New Hope and New Life** to so many, many thousands who had **readily been Selected to Fill a Consumptive's Grave**, and would have been there to-day but for the victory they won over their disease—not by their doctor's Cod Liver Oil doses, but by that wonderful remedy, "Warner's SAFE Cure."

BISMARCK'S FLESH.

PRINCE BISMARCK has been burdened with too much flesh for years. This discomfort has passed away under the skillful treatment of Dr. Schweniger, of Berlin. A prominent New York physician last summer went to Germany to study the system, and he reports it a great success. He tells the *New York Sun* that there is no dieting, in the sense in which the word is employed in other systems. The application of his treatment varies according to the conditions of each individual case. The great primary thing that must determine the method of treatment in each case **is the Condition of the Patient's Kidneys and Heart.** By the healthfulness or debility of those organs, the whole treatment must be regulated.

This only emphasizes the position we have taken for years that **The Condition of the Kidneys is the Key to the Health of the Body.** If the kidneys are diseased, the heart (so the best medical authorities say) is **Sympathetically Affected**, and excess of flesh is always an indication of **The Failure of These Vital Organs to Perform all their Natural Work.**

If one will **Avoid All Liquids**, as much as possible, **Never Drinking With Meals**, use only the **Plainest Food**, and give themselves **Thorough Treatment** with a dozen or two bottles of "Warner's SAFE Cure" and "Warner's SAFE Pills" all excess of fat, if caused by irregular action of the kidneys, will disappear, much to the relief of the overburdened patient.

PNEUMONIA.

PNEUMONIA, sometimes called lung fever or inflammation of the lungs, is a very fatal disease, and it is caused in nearly every instance by the **Secreting Tubes of the Kidneys Becoming Blocked**, and unable to excrete the large amount of kidney acid and poisonous matter from the blood, which they are constantly doing in health. The result is that this poisonous material is retained in the circulation, carried to the lungs, causing irritation of the delicate membranes of the air cells, **Resulting in Pneumonia**, or, in other words, **Inflammation.**

It is more prevalent in cold and early spring weather, and can be prevented in nearly every instance by the use of "Warner's SAFE Cure" and "Warner's SAFE Pills," which will free the kidneys from obstruction, and strengthen their excreting power, and purify the blood.

LIVER SPOTS.

THESE are very disfiguring and annoying to a lady and can readily be got rid of if the treatment given below is followed. **Liver Spots are those Brown Patches that come out on the Face, Neck, Back or Chest, and are Always Caused by Congestion of the Womb and Liver.** They are very apt to make their appearance at change of life. "Warner's SAFE Cure" should be taken in tablespoonful doses every three hours, during the day, and "Warner's SAFE Pills" to cause a daily movement of the bowels, until the Liver is regulated, and the local congestion of the pelvic organs removed.

CAUTION.—Don't, we beg of you, Reader, postpone treating your case Promptly. If you feel out of sorts, don't let disease get a grip on your Constitution. Take your case in hand at Once. The doctors cannot cure you—this they Admit. Treat Yourself with "Warner's SAFE Cure," and Live!

EVILS OF BICYCLING.

WHAT we have said elsewhere about roller skate practice applies with equal force to bicycle and tricycle riding. Sitting for so many hours astride so narrow and ill shaped a seat as a bicycle has, the delicate structure of the neck of the bladder is injured, stricture takes place, or long-continued congestion in the region of the hips involves the abdominal organs in disease. Congestion is followed by retention of urine, then bladder disease; the whole urinary tract becomes involved after awhile, and then the kidneys break down. Speaking of this subject, the *Family Doctor*, London, England, says:

By the well-known law of extension, this inflammation must soon reach the kidneys, and their delicate structure suffers, for, the moment these organs are attacked, degeneration takes place, and, if neglected, Bright's disease and death is the end. Now that this is the true condition of affairs, the number of bicyclists suffering from ill-defined kidney complaints readily proves, yet the majority of the victims, being in their physical prime, their constitution resists any rapid inroads of disease, and the changes go on slowly but surely, Nature only giving voice to the disturbed state of things by occasional difficulties that are experienced in urinating, scalding of the water, flying pains in the back, heavy pains in the region of the bladder, constipation, loss of sexual power, and so forth, so that no real alarm is created until too late.

Bicycle riders cannot find a better remedy than—nay none so good as—"Warner's SAFE Cure" to overcome these ill effects of the delightful recreation.

SCARLET FEVER.

SCARLET fever is a disease which affects children particularly, though **Grown People are Subject to it.** It is a disease that rarely occurs twice in the same individual, and **Ofttimes Prevails as an Epidemic** and in a malignant form, being **then Very Fatal.** The great danger to be feared in this disease is that the eruption will not come out properly, for then it seems to expend its force upon the kidneys, **Producing Catarrhal Inflammation of those Organs and Dropsy**, which, if neglected, will result in Bright's Disease and death. The kidneys should always be kept in order, that all kidney acids and the peculiar poisoning, which is always present in scarlet fever, may be carried out. The patient should be kept in a warm room, and "Warner's SAFE Cure" should be given in doses according to age through the entire course of the disease, and several weeks after convalescence is established, in **Order to insure the Perfect Return to Health, and prevent any relapse.**

BED WETTING.

THIS is a disease which affects children, and, if **Neglected, Becomes Chronic**, and continues to trouble after they have reached mature years, and then it is very difficult to cure. **It Should Be Attended to Early**, before the bladder becomes so weakened as to lose its contractile power. The following treatment we have prescribed in thousands of cases, and have never yet failed to effect a permanent cure: "Warner's SAFE *Diabetes Cure*," in from 1 to 3 tablespoonfuls, every three hours during the day, with from a teaspoonful to a tablespoonful of "Warner's SAFE *Nervine*," **According to Their Age, on Going to Bed at Night.** Keep the bowels open with "Warner's SAFE *Pills*." **Sponge the Spine its Full Length Daily**, with cool water, to increase the nervous tone. Let them retire early and get up once in the night to urinate, and they will soon be cured.

DROPSY.

DROPSY is never a disease, but a symptom of one, and **Always Caused** by some affection of the Kidneys, Liver or Heart. It originates with the kidneys in 83 per cent. of the cases, and **Denotes a Serious Condition of Those Organs**, which, if neglected, will terminate in Bright's Disease. It gradually, and in some cases rapidly, progresses, until the water presses on the lungs so greatly as to cause death.

TREATMENT: Do not neglect the first appearance of dropsy, particularly of the face or ankles. **Be Warned Before your Condition Becomes Serious**, and know that there is hidden kidney disease, which will be fatal if allowed to continue. Take "Warner's SAFE Cure" and "Warner's SAFE Pills," faithfully and persistently, until the water and poisonous acids are all carried off, and the kidneys and secreting organs restored to perfect health.

S. E. Cor. Third and Walnut Sts., PHILADELPHIA, Pa.—Am now using the third bottle of "Warner's SAFE Diabetes Cure," and find that it gives me a great deal of relief. JOHN JOHNSON,

Att'y & Couns'lr at Law.

COULTEVILLE, Cal.—I have been taking "Warner's SAFE Remedies" constantly for more than a year, with the firm belief that if I had not done so I could not have lived. MRS. M. L. PRAY.

NEW YORK CITY, 102 Charlton St., June 6, 1885.—My mother has been an invalid for five years. About four months ago, she commenced using "Warner's SAFE Cure," and her improvement has been wonderful.

E. HENDRICKS.

BOILS.

BOILS are caused by **Impure Blood**, nature seeking in this manner to get rid of the poisonous matters which are contained in the circulation. **They are Always an Indication and an Expression of the Bad Condition of the System, and Should be Attended to.** The same may be said, to a degree, of pimples, and eruptions generally, **Particularly Those That Affect Young People's Faces.** "Warner's SAFE Cure" should be taken at once, together with "Warner's SAFE Pills," to give the system a **Thorough Cleansing**, to stimulate the liver and wash out all foul matter from the blood, and which has blocked up the small secreting tubes of the kidneys, threatening their destruction and laying a foundation for fatal results.

YOUNG MEN suffering from errors of youth: Special treatment given by our Medical Department. This we do simply as humanitarians, and for the purpose of preventing Young Men falling into the hands of advertising swindlers who only want their money. State your case and we will forward you our circular giving full information how to proceed.

We refrain from giving testimonials on this subject, as all communications are strictly confidential, and secrecy may be relied upon.

WINSTON, N. C., Aug. 19, 1886.—It is now my pleasure to state that after using "Warner's SAFE Diabetes Cure" in connection with the diet list received from H. H. Warner & Co., which I have followed to the letter, I feel as well as ever. W. M. MOSELEY.