



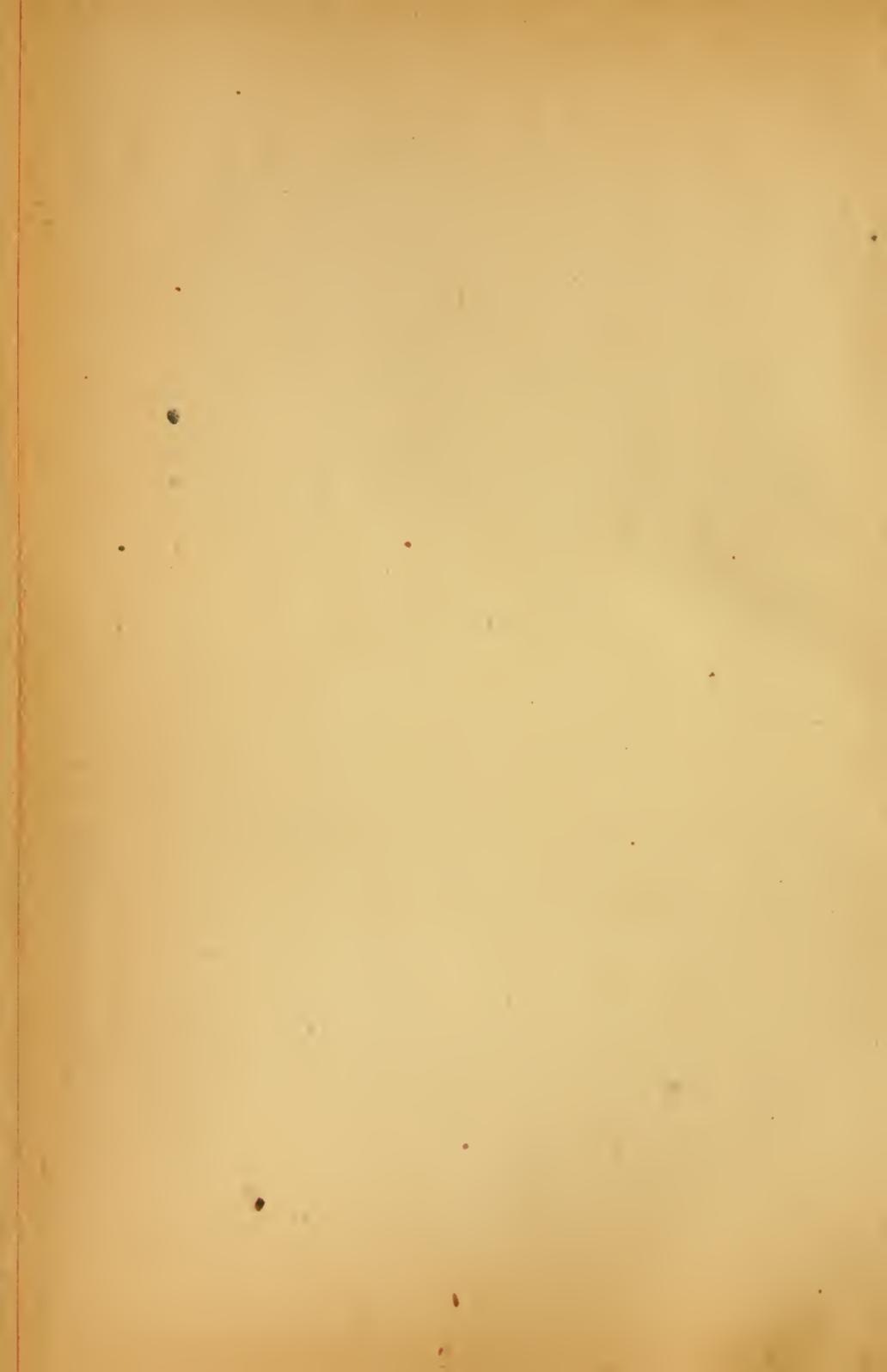
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THE
GOLDEN MEAN
-IN-
COOKERY,

-BY-

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N. C., Klein

Minneapolis, Minn.

AUTHOR OF "PRACTICAL ETIQUETTE."

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INTRODUCTION.

IN the preparation of this work, we have omitted all matter at all foreign to the subject, which, though it might be appropriate, would increase the price of the book and make the cookery department no more acceptable. We have aimed at making this a *complete, comprehensible and economical* Cook Book, one which should be of every-day use, and have tried to bear in mind the beginners, who trip so easily over all obscure recipes, as well as the house-keepers of long standing, who buy a cook book for variety's sake.

“Good bread and good drink, a good fire in the hall;
Brawn, pudding, and sauce, and good mustard withal;
Beef, mutton, and pork, stewed pies of the best;
Pig, veal, goose, and capon, and turkey well drest;
Cheese, apples, and nuts, jolly carols to hear,
As these in the country are counted good cheer.”

—*Tusser.*

CHAPTER I.

BREAD.

YEAST CAKES—SOFT YEAST—HOP RISING—SALT-RISING—GRAHAM—SOUR MILK GRAHAM—BOSTON BROWN—STEAMED CORN—RYE—OAT MEAL.

As no meal, however good in other respects, is perfect without good bread, we will suppose it to be the first wish of the house-keeper's heart to learn how to make it, if she doesn't know how already, and if she does, she may wish to try some different way.

YEAST CAKES.

Twin Bros. Eagle, National and many other yeast cakes are good when fresh, but if you make your own, you are sure of their efficacy. To make them, boil two handfuls of hops in three quarts of water; strain through a sieve, and while boiling hot stir in flour till it is as thick as a thin batter; when cool add yeast, either a cup of soft yeast, a small yeast cake, or a cake of compressed yeast; when very light thicken with cornmeal, and form

into cakes with the hands. The upper shelf in the pantry is a good place for drying them ; turn them often, and be sure that they are *thoroughly* dry ; it is a good plan to tie them up in a bag and hang them behind the stove for a few days when they already seem dry.

SOFT YEAST.

Take six good sized potatoes, wash and pare them and put to boil in two quarts of water, and with them a small handful of hops in a small bag tightly tied. When the potatoes are quite soft take them out and mash them fine, pouring upon them the water in which they were boiled, adding a little water to make up for what may have boiled away ; then stir in while hot four tablespoonfuls of flour and two of sugar ; when cold add yeast. Let the mixture stand until *very* light. The time required for it to rise will be five or six hours in summer and longer in winter ; when it is sufficiently light bottle and put in a cool place, but do not let it freeze in winter. It will keep several weeks.

HOP-RISING BREAD.

One tablespoonful of lard, one heaping teaspoon of sugar, a small one of salt and one cup of flour ; stir into these about a pint of boiling water, beating it thoroughly ; then one pint of cold water ; if sufficiently cool add a cake of hard yeast, or one of com-

pressed, or a cupful of soft yeast, and flour enough to make a thick batter. Put this in a pan with flour sprinkled over the top, and well covered with a clean cloth; in winter the warmer it is kept the better. Let it rise over night; knead it over before breakfast, and when very light knead again for the bread pan. Each time that it is kneaded do it *thoroughly*, but use as little flour as possible. Bake carefully from three-quarters of an hour to an hour. This will make three loaves.

HOP-RISING BREAD (No. 2).

Another nice recipe is one in which four or five mashed potatoes are used instead of the lard and scalded flour, and where scalded milk is used instead of water. Always use the *best* of flour, as it is the cheaper in the end. We prefer the patent or "new process" flour. Do not get too much at a time, and keep it well covered in a box, bin, or tin can made for its use. To cool the bread, place a clean towel on the table and set the bread on its edge upon it. If the crust is too hard, dampen a clean cloth and spread over it with a dry one over all. A large jar is the best thing to keep bread in, as it can be so nicely scalded and aired. So can a tin box made for the purpose. If it is necessary to cut the bread while warm, heat the knife you use. It is easier to replenish the bread plate often than to cut too much

and have such a quantity of stale bread on hand to dispose of, though it can be done without waste if care is taken.

SALT-RISING BREAD.

Take a pint of warm water (*not hot*) in a perfectly sweet dish and stir up a thick batter, adding a teaspoon of salt. Beat it *well* and set the dish into a pan of warm water. It will begin to rise in from two to four hours. When it is nearly light enough, mix a sponge in a pan with a pint of milk and a pint of boiling water. When this is milk-warm, add the "rising." The sponge thus made will be light in from two to four hours.

GRAHAM BREAD.

One pint of light sponge, one-half cup of molasses, one pint of lukewarm water, a little salt, a small teaspoonful of soda dissolved in water, and graham flour stirred in with a spoon till it cleaves from the tin. Let it get very light though it may take a long time.

SOUR MILK GRAHAM BREAD.

One and a half pints sour milk, half cup New Orleans molasses, a little salt, two teaspoons soda dissolved in a little hot water, and as much graham flour as can be stirred in with a spoon; pour in well greased pan, put in oven as soon as mixed, and bake two hours.

BOSTON BROWN BREAD.

One heaping coffee-cup each of corn, rye and graham meal. The rye meal should be as fine as the graham, or rye flour may be used. Sift the three kinds together as closely as possible, and beat together thoroughly with two cups New Orleans or Porto Rico molasses, two cups sweet milk, one cup sour milk, one dessert-spoon soda, one teaspoon salt; pour into a tin pail, place in a kettle of *cold* water, put on and boil four hours. Put on to cook as soon as mixed. It may appear to be too thin, but it is not. Give it room in the pail to swell. Cover it over; when done set it in oven for a few moments; it will then turn out in perfect shape.

STEAMED CORN BREAD.

Two cups each corn-meal, graham flour and sour milk, two thirds cup molasses, one teaspoon soda; steam two hours and a half.

RYE BREAD.

Make sponge as for wheat bread, let rise over night, then mix it up with the rye flour (not so stiff as wheat bread) and bake.

OAT-MEAL BREAD.

Half a cup of oat-meal before cooked for one loaf. Cook it as for the table (by putting on it cold water, and cooking it in a custard kettle or in a tin pail set

in a pan or kettle of boiling water, for two or three hours). Then add two tablespoons of sugar, a little salt and the yeast; set it over night; in the morning stir it stiff with wheat flour; let it rise again; then knead with wheat flour and put it in pans; when light, ake *thoroughly* or it will be sticky.

CHAPTER II.

RAISED BISCUIT—ROLLS—RUSK—SNAILS—BAKING
POWDER BISCUIT—GEMS—MUFFINS—JOHNNY
CAKE—BREAKFAST TOAST—MILK TOAST—WAF-
FLES.

RAISED BISCUIT.

Take a part of the dough at the time of bread-making, a quart basin nearly full of dough when ready for the bread tins will make a large tin of biscuits; knead into this a cupful, more or less, of butter, roll out and cut with cookie-cutter; prick several times with a fork and let rise. It takes all of two hours for them to rise and be baked. If you want biscuit and *not* bread, set the sponge as for bread, over night (but a less quantity) and make the next morning, after having let it rise once again. If you want them for tea and have quick yeast, the sponge need not be set till morning.

ROLLS.

Take a piece of bread dough, enough for a small loaf, and roll out on a bread-board; then spread thickly with butter, knead it in and roll out again, spread with butter a second time and roll up like roll jelly cake, cut off from the ends in pieces about a finger long. When laid in pan, grease the sides with butter or lard that they may not stick together; wet the top with the white of an egg if you wish it to be glazed, let rise and bake.

RUSK.

Two teacups raised dough, one teacup sugar, half cup butter, two well-beaten eggs, flour enough to make a stiff dough; set to rise, and when light mold into high biscuit, and let rise again; sift sugar and cinnamon over the top and place in oven.

RUSK (No. 2.)

One pint milk, three eggs, one teacup each of butter and sugar, and one coffee-cup of soft yeast; thicken with flour and sponge over night; in the morning stir down, let rise and stir down again; when it rises make into a loaf, and let rise again; then roll out like soda biscuit, cut and put in pans, and, when light, bake carefully.

SNAILS.

Roll out dough as for bread rolls, spread thickly

with butter, sugar and cinnamon, roll up and cut off from ends in pieces an inch long; lay them flat in a well greased tin, sprinkle on more sugar and cinnamon; when light, bake twenty minutes or half an hour.

BAKING POWDER BISCUIT.

Two cups of sifted flour, into which work two heaping teaspoons of baking powder, a pinch of salt and two tablespoons of lard and butter (or either one), wet this up with a cup of sweet milk; stir with a spoon; form into biscuit with the hands; leave soft; bake quick and they are delicious.

GEMS.

One cup of sweet milk, one well beaten egg, two tablespoons of melted butter, a little salt, two cups of flour into which you have sifted two heaping teaspoons of baking powder, heat the gem irons and grease before putting in batter.

GRAHAM GEMS.

One well beaten egg, two tablespoons of melted butter, a pinch of salt, one cup sour milk, in which dissolve a *small* teaspoonful of soda, two cups of graham flour. Heat and grease gem irons.

MUFFINS.

Mix one pint milk, two eggs, three tablespoons yeast, and a little salt, with flour enough to make a

stiff batter; let rise four or five hours and bake in muffin-rings in a hot oven, for about ten minutes. This recipe may be made with graham flour, by adding two tablespoons of molasses, and is excellent.

JOHNNY CAKE.

One cup of sour milk, small teaspoon soda, a tablespoon of melted butter, one egg, two tablespoons of sugar, a pinch of salt, three tablespoons of flour and enough cornmeal to make a batter.

BREAKFAST TOAST.

Add to half a pint of sweet milk a little salt and one well-beaten egg. Dip pieces of bread in this (if dry let them soak) and fry in as little grease as possible to brown them nicely.

MILK TOAST.

Thicken a pint or a quart of milk, according to the number of slices of toast, with corn starch or flour blended with water, add a piece of butter the size of an egg; salt and pepper and pour over the toast.

WAFFLES.

One quart of flour, three teaspoons baking powder, a little salt, two tablespoons of melted butter, two well-beaten eggs, and milk enough to make a thick batter; stir well and bake immediately in waffle-irons.

CHAPTER III.

SOUPS.

SOUPS—STEWES—OYSTERS.

The best base for soup is lean uncooked meat, a pound of meat to a quart of water, to which may be added chicken, turkey, beef, or mutton bones well broken up; a mixture of beef, mutton and veal, with a bit of ham bone, all cut fine, makes a higher flavored soup than any single meat; the legs of all meats are rich in gelatine, an important constituent of soup. For white stock use veal or fowls instead of beef.

Soups, which make the principal part of a meal, should be richer than those which simply precede a heavier course of meats, etc.

When remnants of cooked meats are used, chop fine, crush the bones, add a ham bone or a bit of ham or salt pork (two or three cubic inches) and all ends of roasts and fatty parts, and the brown fat of the roast; scraps of underdone beef, mutton and veal.

Let your materials be what they may, they should be put over the fire in cold water, and kept at a low temperature for the first hour, at least. The chief secret in the art of soup-brewing is steady, slow cooking for a long time.

Seasonings for soups may be varied to suit tastes. The simplest may have only pepper and salt, while the richest may have a little of every savor, so delicately blended that no one is conspicuous. The best seasoning is that which is made up of the smallest quantity from each of many spices. No measure can be given, because the good soup-maker must be a skillful taster. There must be a flavor of salt; that is, the water must not be insipid (less is needed if bits of salt meat are used), there must be a warm tone from the pepper, but not the taste of pepper; in short, the spicing should be delicate rather than profuse. For brown soups the dark spices may be used, for white, mace, aromatic seeds, cream and curry. Many herbs, either fresh or dried, are used as seasoning, and all the choice catsups and sauces.

Rice, sago, pearled barley, vermicelli, macaroni, etc., are desirable additions to meat soups. The first three are used in the proportion of half a teacup to three quarts of soup; wash and soak. Rice requires half to three-quarters of an hour boiling in the soup; sago cooks in fifteen minutes; barley should be soaked over night, or for several hours; boil by itself in a little water till tender; add to the soup just before serving; macaroni should be broken up small and boiled half an hour.

Put no salt or other seasoning in the soup until meat and vegetables have yielded up their goodness.

As a rule, season just before you are ready to remove it from the fire.

A wide-mouthed stone pot with straight sides is best for a stock jar. It should be well glazed on the inside, that it may not absorb fat or liquid. Pour the soup—strained—into it and set by until the morrow, when it must be carefully skimmed. If you have allowed a quart of cold water to each pound of meat, you should now have a rich, gelatinous “stock” above the residuum at the bottom. Strain off from this, day by day, enough to supply soup for your family. If the stock is very strong you can dilute it for daily use. The stock pot must be kept in the cellar or other cold place. Never boil vegetables with stock, as they will cause it to become sour.

Fearing that we may not have made these general remarks sufficiently plain, we will repeat them in a condensed form. For stock, boil meat,—cooked or uncooked,—*slowly* for several hours, skimming frequently. Finally, strain it and set away over night in stock jar. In the morning remove the cake of fat which will rise to the top. In winter this will become a firm jelly, which can be used by simply melting it, thus obtaining a strong, clear broth, or it can be greatly diluted with water; vegetables can be cut fine and boiled in it and the soup strained through colander, or it can be seasoned only and slightly thickened with corn starch.

BEEF SOUP.

Take bones and trimmings from a sirloin steak, put over fire after breakfast in three quarts water, boil steadily until about an hour before dinner, then add two onions, one carrot, three common-sized potatoes, all sliced, some parsley cut fine, a red pepper, and salt to taste. This makes a delicious soup, sufficient for three persons. All soups are more palatable seasoned with onions and red pepper, using the seeds of the latter with care, as they are very strong.

MUTTON SOUP.

Boil a nice leg of mutton, and take the water for the soup; add two onions chopped fine, potato, half a cup of barley, and two large tomatoes; season with pepper and salt; boil one hour; stir often (as barley is apt to burn), and, before taking from the fire, add one tablespoon flour blended with cold water.

OYSTER SOUP WITH MILK.

Pour one quart cold water over one quart oysters if solid; if not solid, use one pint of water; drain through a colander into the soup kettle, and when it boils skim; add pepper, then the oysters; season with butter and salt, then add one quart rich new milk brought to boiling point in a tin pail set in a pot of boiling water, let boil up and serve at once. Or, instead of adding the milk, place it, boiling hot in tureen, pour the soup over it and serve.

PLAIN OYSTER SOUP.

Pour a quart oysters in colander, rinse by pouring over them pint cold water; put this in porcelain kettle, add a pint boiling water, let boil, skim thoroughly, season with pepper and piece of butter size of large egg; then add oysters, having removed all shells, let boil up once; season with salt and serve.

MEATLESS TOMATO SOUP.

One quart tomatoes, one of water; stew till soft; add teaspoon soda, allow to effervesce, and add quart of boiling milk, salt, butter and pepper to taste; boil a few minutes and serve.

VEAL SOUP.

To about three pounds of a well broken joint of veal, add four quarts water, and set it over to boil; prepare one-fourth pound macaroni by boiling it in a dish by itself with enough water to cover it; add a little butter when the macaroni is tender; strain the soup and season to taste with salt and pepper, then add the macaroni with the water in which it was boiled; onions or celery may be added for flavoring.

STEWES.

A vegetable stew is made in the same manner that a vegetable soup is, only that the vegetables are not cut fine, hence they remain in shape better, and the stew is not strained.

PARSNIP STEW.

This is nice when made by boiling a piece of salt pork (about an inch thick and nearly as large as the hand) till tender, and then adding potatoes and parsnips. A little milk improves it, also a little thickening of flour. Add pepper and more salt if desired.

ONION STEW.

The same recipe with two or three *small* onions (sliced thin) substituted for the parsnips is nice, and one or two ripe tomatoes added, improves it.

OYSTERS.

Under "*soups*" we gave the way for stewing oysters.

FRIED OYSTERS.

The larger the oysters are the easier it will be to handle them and the nicer they will be. The "*selects*" are the largest in market. Drain them carefully, remove all bits of shell; sprinkle with salt and pepper, and let them stand a few minutes, then roll in cracker crumbs and fry; salt and pepper a little more. Turn so as to brown on both sides.

FRIED OYSTERS (No. 2.)

Dip the oysters in the yolk of eggs, well seasoned and beaten, then in cornmeal with a little baking powder mixed with it, and fry in hot lard like dough-

nuts; or if you have a frying basket, place them on that and drop it in the hot lard. Test the heat as for doughnuts.

FRIED OYSTERS (No. 3.)

Dip the oysters into batter made of one cup of milk, one egg, a little salt, and enough flour to make a batter. Fry in as little lard as possible. Always have spider *hot* before putting in anything to fry. Season with salt and pepper.

ESCALOPED OYSTERS.

Cover the bottom of a well buttered pudding dish with a layer of bread crumbs, and wet these with cream or milk, one-half cup put on spoon by spoon, salt and pepper, and add bits of butter; add one quart of oysters and liquor, pepper and bits of butter. Then cover thickly with crumbs and on them place more pieces of butter. Place in oven and cover—this is very important, as the flavor is thereby not allowed to escape—and bake till the juice bubbles up, from half to three-quarters of an hour. Remove cover and brown in upper part of oven for a few minutes, not long. Serve in dish in which it was baked.

ESCALOPED OYSTERS (No. 2.)

Use crushed crackers, not too fine; drain liquor from a quart of oysters and carefully remove all bits

of shell, butter a deep dish or pan, cover the bottom with crackers, put in a layer of oysters seasoned with salt and pepper and bits of butter in plenty, then a layer of crackers, then oysters, and so on until the dish is full, finishing with the crackers covered with bits of butter; pour over the whole the oyster liquor added to one pint of milk, place in a hot oven, bake an hour, add one pint of hot water; bake another half hour, and, to prevent browning too much, cover with a tin or sheet-iron lid. Bread crumbs, or a mixture of crackers and bread crumbs may be used when more convenient. As the amount of liquor in oysters varies, and the proportion of crackers or bread crumbs to the oysters also varies, the quantity of water must be increased or diminished according to judgment and taste.

BROILED OYSTERS ON THE HALF SHELL.

Select large shells, clean with a brush, open, saving juice; put oysters in boiling water for a few minutes, remove and place each oyster in a half shell, with juice; place on a gridiron over a brisk fire, and when they begin to boil, season with butter, salt and pepper (some add a drop of lemon juice). Serve on the half-shell.

CURRIED OYSTERS.

Put the liquor drained from a quart of oysters into

a sauce pan, add a half cup of butter, two table-spoons flour, and one of curry powder, well mixed; let boil, add oysters and a little salt; boil up once and serve.

OYSTER PICKLES.

To every quart of liquor add a teaspoon of black pepper, a pod of red pepper broken in bits, two blades of mace, a teaspoon salt, two dozen cloves, and a half pint of best vinegar; add the oysters and simmer gently for a few minutes, take out and put in small jars; then boil the pickle, skim it, and pour over them. Keep them in a dark, cool place, and when a jar is opened, use up its contents as quickly as possible. Oysters pickled thus will keep good four or five weeks.

A PAN ROAST.

Free oysters from shells; have spider *hot* and *dry*, pour oysters and liquor into spider, enough to cover the bottom of it at a time; let it boil up once; turn out into hot dish; add butter, salt and pepper, and set in oven while you cook some more in like manner; when all are cooked serve on toast. This is very nice indeed.

CHAPTER IV.

MEATS.

To make *fresh* meat rich and nutritious it should be placed in a kettle of *boiling* water, skimmed well as soon as it begins to boil again, and placed where it will *slowly* but constantly boil. The meat should be occasionally turned and kept well under the water, and fresh hot water supplied as it evaporates in boiling.

Salt meat should be put on in cold water so that it may freshen in cooking. Allow twenty minutes to the pound for fresh, and thirty-five for salt meats, the time to be modified, of course, by the quality of the meat.

To *roast* in oven, the preparations are very simple. The fire must be bright and the oven hot. If washing is necessary, dash over quickly with cold water and wipe dry. If meat has been kept a little too long, wash in vinegar, wipe dry, and dust with a *very little* flour to absorb the moisture. In the bottom of the pan lay two or three hard wood sticks, which are about an inch thick, and upon these lay the meat, with enough water to cover the sticks; replenishing it as it boils away. When it has been in the oven about twenty minutes sprinkle upper side

with salt and pepper. While the meat is in the oven, keep the fire hot and bright; baste several times, and when about half done turn it, always keeping the thick part of the meat in the hottest part of the oven. In about twenty minutes after it has been turned, sprinkle the second side with salt and pepper. To prepare the gravy, pour off the fat, add water and thicken with flour.

Fifteen minutes to the pound and fifteen minutes longer is the rule for beef and mutton, and twenty minutes to the pound and twenty minutes longer for pork, veal and lamb

Before *broiling* meat, pound the tough parts with a hammer, or chop it slightly with the chopping knife. Lay it on a *hot*, well greased gridiron; do not season the first side until just before turning it, and the second until just before it is removed from the gridiron; serve on a *hot* platter, with pieces of butter laid about on the top of it. To fry meat have the spider hot, and if possible fry it in its own fat; if not add grease a little at a time as it is necessary. The garnishes of meat are parsley, slices of lemon, sliced beets, and currant jelly. One more word before giving some specific rules. Whenever you wish the juice of the meat to be extracted, put it on to cook in *cold* water, and when you wish it to be retained, in *hot* water.

A PLAIN BEEF STEW.

Put on the stove a rather thick piece of beef with little bone and some fat four hours before needed, pour on just *boiling* water enough to cover, cover with a close-fitting lid, boil gently, and as the water boils away add only just enough from time to time to keep from burning, so that when the meat is tender the water may all be boiled away, as the fat will allow the meat to brown without burning; turn occasionally, brown evenly over a slow fire, and make a gravy by stirring flour and water together and adding it to the drippings; season with salt an hour before it is done.

BOILED BEEF TONGUE.

Wash clean, put in the pot with cold water to cover it, a cup of salt, and a small pod of red pepper; if the water boils away, add more so as to keep the tongue nearly covered until done; boil until it can be pierced easily with a fork (about four hours), take out, and if needed for present use take off the skin and set away to cool; if to be kept some days, do not peel until wanted for table. Soak salt tongue over night, and cook in same way, omitting the salt.

FRIED TRIPE.

Dredge with flour, or dip in egg and cracker crumbs, fry in hot butter or other fat, until a delicate brown on both sides, lay it on a dish, add vine-

gar to the gravy, and pour over the tripe (or the vinegar may be omitted and the gravy added, or the tripe may be served without vinegar or gravy). Or make a batter by mixing gradually one cup of flour with one of sweet milk, then add an egg well beaten and a little salt; drain the tripe, dip in batter, and fry in hot drippings or lard. Salt pork and pig's feet may be cooked by the same rule. In buying tripe get the "honey-combed."

MUTTON.

Before cooking mutton in any way, skin it; if you use a sharp knife the waste will be very slight and the meat will not have the strong taste so disagreeable to many.

BOILED MUTTON WITH CAPER SAUCE.

Have ready a pot of boiling water, and throw in a handful of salt; wash a leg of mutton, skin it, and rub salt through it. If it is to be rare, cook about two hours; if well done, three hours or longer, according to size. Boil a pint of milk, thicken with flour well blended, add butter, salt, pepper and two tablespoons of capers, or mint sauce if preferred.

MUTTON CHOPS.

Cook these and *pork tender loins* in the same manner as *veal cutlets*.

BOILED HAM.

Pour boiling water over it and let stand until cool enough to wash, scrape clean (some have a coarse hair-brush on purpose for cleaning hams), put in a thoroughly cleansed boiler with cold water enough to cover; bring to the boiling point and then place on the back part of the stove to *simmer* steadily for six or seven hours, or till tender when pierced with a fork; be careful to keep water at boiling point, and not allow it to go much above it. Turn the ham once or twice in the water; when done take up and put into a baking-pan to skin; dip the hands in cold water, take the skin between the fingers and peel as you would an orange; set in a moderate oven, placing the lean side of the ham downward.

FRIED PORKSTEAKS.

Fry like beefsteaks, with pepper and salt; or sprinkle with dry powdered sage if the sausage flavor is liked.

FRIED SALT PORK.

Cut in rather thin slices, and freshen by letting lie an hour or two in cold water or milk and water, roll in flour and fry till crisp (if in a hurry, pour boiling water on the slices, let stand a few minutes, drain, roll in flour and fry as before); drain off most of the grease from frying-pan, stir in while hot one or two tablespoons of flour, about half a pint new milk, a

little pepper, and salt if not salt enough already from the meat; let boil and pour into gravy dish. This makes a nice white gravy when properly made.

ROAST PORK.

Place in pan *without* water, basting frequently with the grease that fries out of it. Allow twenty minutes to the pound and twenty minutes longer. Rub it thoroughly on both sides with salt and pepper and sprinkle with sage before putting in oven. Pour off fat and add water to make gravy; thicken carefully with flour.

VEAL LOAF.

Take three pounds of leg or loin of veal and three-fourths pound salt pork, chopped finely together; roll one dozen crackers, put half of them in the veal with two eggs, season with pepper and a little salt if needed; mix all together and make into a solid form; then take the crackers that are left and spread smoothly over the outside; bake one hour, and eat cold.

FRIED VEAL CUTLETS.

Roll veal in cracker crumbs, or in a batter made of half a pint of milk, one egg, a little salt and flour. Place in hot spider the bottom of which is covered with lard; season well; cook a *long* time *slowly*.

BAKED STEAK.

Take one or two pounds of round steak. Make a

dressing of cracker or bread crumbs, and one egg, a small piece of butter, salt, pepper and sage; wet up with a little milk or water, spread this thickly over a piece of round steak (a pound or two), roll the steak up and tie it *firmly*. It should be peppered and salted as it lies in the roll; place it in dripping-pan with a thin piece of salt pork (half the size of the hand) on top of it. Add a little hot water and baste frequently. Turn it when the upper side is tender. When cold, slice off from the ends; it is nice for tea.

FRIED LIVER.

Cut in thin slices; pour boiling water over it and right off again; roll in cornmeal and fry in lard. Season well. Cook slowly a long time.

DRIED BEEF.

Shave it very thin, across the grain; put it (perhaps a cupful of it) into a hot spider, with a piece of butter the size of an egg, a little pepper and about two tablespoons of boiling water. Let it cook *nearly* dry; then add about a pint or perhaps three cups of milk; let it simmer in this milk some time; if it comes to a boil the milk will occasionally separate and curdle. Finally, thicken with cornstarch or flour, well blended, until it is creamy; stir constantly; have it perfectly free from lumps of flour and, if possible, add some cream; a few spoonfuls improves it very much.

POTTED BEEF.

Cook meat (four or five pounds; ragged ends will do, but not too fat) slowly all day, remove the bones when they fall out, season well with salt and pepper, and sage, if desirable; at the last let it simmer on top of stove till all the water is cooked out; then put in basin or pan and press closely with a saucer; leave some weight on it over night; it will then turn out of basin molded and will be nice to slice from for tea.

MEAT CROQUETTES.

Chop meat and bread separately, half as much bread as meat; add to the moistened bread one egg, a little melted butter, some salt and pepper, and the well seasoned meat; mix well and make into patties with the hand; dip in beaten egg and fry.

HASH.

Any kind of cold meat will do, but corned-beef is the best; chop the meat and potatoes (cold, whole ones) separately, allowing one-third of meat to two-thirds of potato; do not chop the latter too fine; salt and pepper the hash thoroughly before putting on the stove. When the spider is hot drop into it a tablespoon of butter, stir it around and add the hash; pour on a little boiling water and cover tightly; when the water boils out add more if it is not thor-

oughly heated yet; be careful about stirring or the potato will mush up and not be so nice. When nearly dry add a little milk (a few tablespoons) if you like. This will leave the hash moist, and the hash will retain its shape. Stir more if you do not like it this way; and if you wish it to be dry and brown, set it back on the stove and it will become so.

MINCED BEEF AND VEAL.

Chop the meat when cold, picking out all bits of gristle. To a pint of meat allow a large cup of boiling water, a tablespoon of butter, and one of flour well blended, a teaspoonful of salt, and some pepper. Cook five minutes and serve on toast.

MEAT PIE.

A nice way to use up the remnants of a roast is to line a baking pan with baking powder biscuit crust, and lay in slices of meat; filling up with gravy and covering with another crust; cut a hole in the center of top crust and bake half or three-quarters of an hour. Serve with gravy.

CHAPTER V.

FISH—POULTRY—GAME.

FISH.

As soon as possible after fish are caught remove the scales by scraping with a knife (these may be loosened by pouring on hot water) and clean thoroughly; then sprinkle with salt and let them lie over night or for a few hours if possible. Salt fish may be soaked over night, or for a few hours in clear, cold water; laying the skin side up will allow the salt to settle to the bottom of the pan more readily.

One of the most essential things in serving fish is to have everything hot.

The blue fish is excellent boiled or baked with a stuffing of bread, butter and onions. Sea-bass are boiled with egg sauce, and garnished with parsley. Salmon are baked or boiled, and smelts are cooked by dropping into boiling fat. The sheep's-head, which requires most cooking of all fish, is always stuffed and baked.

Nearly all the larger fresh fish are boiled, the medium sized are baked or broiled and the small are fried. The very large ones are cut up and sold in pieces of convenient size. The method of cooking which retains most nourishment is broiling, baking is

next best, and boiling poorest of all. Steaming is better than boiling.

In cooking fish care must be taken not to use the same knives or spoons in the preparation of it and other food, or the latter will be tainted with the fishy flavor

In boiling fish allow five to ten minutes to the pound, according to thickness, after putting into the boiling water. To test, pass a knife along a bone, and if done the fish will separate easily.

BAKED FISH.

Clean, rinse, and wipe dry a white fish, or any fish weighing three or four pounds, rub the fish inside and **out** with salt and pepper, fill with a dressing made like that for poultry, but drier; sew it up and put in a hot pan, with some drippings and a lump of butter, dredge with flour, and lay over the fish a few thin slices of salt pork or bits of butter, and bake an hour and a half, basting occasionally.

BOILED CODFISH.

Soak over night, put in a pan of cold water, and simmer two or three hours. Serve with drawn butter, with hard boiled eggs sliced on it. Codfish is also excellent broiled. After soaking sufficiently, grease the bars of the gridiron, broil and serve with bits of butter dropped over it. This is a nice relish for tea.

BOILED FRESH COD.

Put the fish in a kettle in boiling water with some salt, let simmer till done; place a folded napkin on a dish, turn fish upon it, and serve with drawn butter, oyster or egg sauce.

CODFISH GRAVY.

Soak pieces of codfish several hours in cold water, or wash thoroughly, pick fine, and place in spider with cold water; boil a few minutes, pour off water and add fresh, boil again (if not very salt the second boiling is not necessary) and drain off as before; then add plenty of sweet milk, and a little cream if possible, a good sized piece of butter, and a thickening made of a little flour or corn-starch mixed with cold milk until smooth like cream. Just before taking from the fire drop in an egg, stirring very briskly.

FRIED FISH.

Clean thoroughly, cut off the head, and, if large, cut out the backbone, and slice the body cross-wise into five or six pieces; dip in Indian meal or wheat flour, or in a beaten egg, and then in bread crumbs [trout and perch should never be dipped in meal], put into a thick-bottomed spider, skin side uppermost, with hot lard or drippings. If the fat is very hot, the fish will not absorb it, and it will be deli-

cately cooked. When brown on one side, turn and brown on the other. Slices of large fish may be cooked in the same way. Serve with tomato sauce or slices of lemon.

BROILED FISH.

Clean, split down the back, and let stand in salted water for several hours; wipe dry, and place on a well greased gridiron over hot coals, sprinkling with salt and pepper. Put flesh side down at first, and when nicely browned, turn carefully on the other. Cook for twenty or thirty minutes, or until nicely browned on both sides.

CREAMED MACKEREL.

Wash a salt mackerel, and soak it all night in cold water. In the morning dry thoroughly with a clean towel, put into a bread pan of boiling water, and cook steadily half an hour. Drain when done, and transfer to a hot dish. Pour over it a sauce made by stirring into a cupful of boiling water a heaping teaspoonful of cornstarch, two teaspoonfuls of butter, one of vinegar and a little pepper. Instead of the vinegar you can put in a teaspoonful of green pickle minced fine. Stir over the fire until smooth and as thick as custard, when add minced parsley, if convenient. Pour upon the fish; cover, and let it stand five minutes in a warm place.

CANNED SALMON.

The California canned salmon is nice served cold with any of the fish sauces. For a breakfast dish, it may be heated, seasoned with salt and pepper, and served on buttered toast, with thickened milk poured over it.

BROILED MACKEREL.

Wash and soak over night; in the morning dry *thoroughly* with a clean towel; lay on a well greased hot gridiron; put flesh side down at first; when nicely browned, turn carefully and brown on the other side. Lay on hot platter, put plenty of butter and pepper on it and serve at once, while hot.

CODFISH BALLS.

Mix thoroughly one cupful of chopped, cooked fish, and three cupfuls of mashed potatoes; add a little cream or milk and a little butter; roll into flat, small balls about one-half inch thick. Fry a good brown in hot lard.

CREAM-BAKED TROUT.

Clean the trout; put in pepper and salt and close them. Place the fish in pan with fresh cream enough to cover the fins; bake fifteen minutes.

POULTRY.

To dress and cut up a fowl, scald well by dipping in and out of a pail of boiling water; place it on a

board with the head toward you; pull the feathers away from you, which will be in the direction they naturally lie (if pulled in a contrary direction the skin is likely to be torn); be careful to remove all pin-feathers with a knife or pair of tweezers. Singe over burning paper. To draw, cut a slit in the neck, take out the windpipe and crop, cut off the wings and legs at the joint which unites them to the body, separate the first joint of the leg from the second, cut off the oil-bag, make a slit horizontally under the tail, and remove the entrails. Break the joint in the back and cut into two pieces, very carefully remove the gall-bag from the liver, and clean the gizzard by making an incision through the thick part and first lining, peeling off the fleshy part, leaving the inside whole and ball-shaped; open the gizzard, pour out contents, peel off inner lining, and wash thoroughly. After washing in second water, the chicken is ready to be cooked. When young chickens are to be baked, with a sharp knife cut open the back at the side of the back-bone, press apart, and clean as above directed, and place in dripping-pan, skin side up.

ROAST CHICKEN.

Pick, singe and draw as given in the foregoing general remarks, but leave the chicken whole with the exception of the slits made in the neck and the

one made horizontally under the tail. The liver, heart and gizzard can be used for the gravy, or they can be baked in the dripping-pan; wash the fowl thoroughly in cold water twice, drain, and it is ready to be stuffed, skewered, and placed to roast. Stuff the breast first, but not too full or it will burst in cooking; stuff the body rather fuller than the breast, sew up both openings with strong thread, and sew the skin of the neck over upon the back or down upon the breast (these threads must be carefully removed before sending to the table). Lay the points of the wings under the back, and fasten in that position with a skewer run through both wings and held in place with a twine; press the legs as closely towards the breast and side-bones as possible, and fasten with a skewer run through the body and both thighs, push a short skewer through above the tail, and tie the ends of the legs down with a twine close upon the skewer (or if skewers are not used, tie well in shape with twine); rub over thoroughly with salt and pepper. Cover the bottom of the pan with boiling water add a piece of butter and lay in the chicken well seasoned. Baste often. Allow from an hour to an hour and a half for its roasting. If the giblets are used for the gravy, chop them fine after they have been cooked in water. To make the gravy, pour boiling water in dripping-pan when the chicken is done and thicken with flour.

DRESSING FOR POULTRY.

One pint of bread crumbs, into which mix one teaspoonful each of pepper, salt and sage; pour on a very little boiling water; add a large lump of butter and one well-beaten egg.

ROAST TURKEY.

Prepare and stuff the same as you do for roast chicken; lay a thin piece of salt pork across the breast and tie in place with twine; sprinkle with salt and pepper and place in oven not quite as hot as for roasting meats (if the fire is very hot, lay a piece of brown paper, well greased, over the fowl, to prevent scorching); baste often (once in ten minutes) watching the turkey as it begins to brown, very carefully, and turning it occasionally to expose all parts alike to the heat; it should be moist and tender, not in the least scorched, blistered or shriveled, but a golden brown all over. For the first two-thirds of the time required for cooking (the rule is twenty minutes to the pound and twenty minutes longer) the basting should keep the surface moistened so that it will not be crisp at all, meantime the oven should be kept as close as possible. In turning the pan, do it as quickly as possible. In the last third of the time allowed for cooking, withdraw the pan partly from the oven (resting the end on a block of wood or a plain stool of the proper height kept for

the purpose) and dredge the breast, upper portion and sides thoroughly, by sifting flour over the fowl from a fine sifter, return pan to oven, and let remain until the flour is well browned, then baste freely with drippings from the pan, and flour again, repeating the flouring and browning, and allowing the crust to grow crisper each time; there will probably be time to repeat the process three or four times before finishing. Take care not to wash off the flour by basting; give it time to brown on thoroughly, and do not take out of oven until all the flour of last dredging is thoroughly browned. If it is necessary to turn the turkey in the pan, use a towel, and never stick it with a fork, to allow the juice to escape.

OYSTER DRESSING FOR TURKEY.

Take a small loaf of stale bread, cut off crust and soften by placing in a pan, pouring on boiling water, draining off immediately and covering closely; crumble bread fine, add one-fourth cup of butter, and a teaspoon each of salt and pepper, or enough to season rather highly; drain off liquor from a quart of oysters, bring to a boil, skim and pour over the bread-crumbs, adding the soaked crusts and one or two eggs; mix all thoroughly with the hands; lastly, add the oysters, being careful not to break them; or first put in a spoonful of dressing, and then three or four oysters, and so on until the turkey is filled; stuff the breast first.

STEAMED CHICKEN.

• Rub the chicken with pepper and a half teaspoon of salt, place in steamer in a kettle that will keep it as near the water as possible, cover, and steam an hour and a half; when done keep hot while dressing is prepared, then cut them up, arrange on the platter, and serve with the dressing over them. The dressing is made as follows: Boil one pint of gravy from the kettle without the fat, add cayenne pepper and half a teaspoon salt stir six tablespoons of flour into a quarter pint of cream until smooth, and add to the gravy. Cornstarch may be used instead of the flour, and some add nutmeg or celery salt.

PICKLED CHICKEN.

Boil four chickens till tender enough for meat to fall from bones; put meat in a stone jar, and pour over it three pints of cold vinegar, and a pint and a half of the water in which the chickens were boiled; add spices if preferred, and it will be ready for use in two days.

PRESSED CHICKEN.

Take one or two chickens, boil in a small quantity of water with a little salt, and when thoroughly done take all the meat from the bones, removing the skin, and keeping the light meat separate from the dark; chop and season to taste with salt and pepper. If a meat presser is at hand take it, or any other mold,

such as a crock or pan, will do; put in a layer of light and a layer of dark meat till all is used, add the liquor it was boiled in, which should be about one teacupful, and put on a heavy weight; when cold cut in slices. Many chop all the meat together, add one pounded cracker to the liquor it was boiled in, and mix all thoroughly before putting in the mold; either way is nice. Boned turkey can be prepared in the same way, slicing instead of chopping.

FRICASSEED CHICKEN.

Put chicken in sauce-pan with barely enough water to cover, season, and stew gently until tender; have a frying-pan prepared with a few slices of salt pork until it is a fine, rich brown; take chicken and bits of pork from the pan, pour in the broth, thicken with brown flour, mixed smooth with a little water, and season with pepper; now put chicken and pork back into gravy, let simmer a few minutes, and serve very hot.

BROILED CHICKEN.

Cut chicken open on the back, lay on the meat-board and pound until it will lie flat, lay on gridiron, place over a bed of coals, season and broil until a nice brown, but do not burn. It will take twenty or thirty minutes to cook thoroughly, and it will cook much better to cover with a pie-tin held down with a weight so that all parts of the chicken may lie close to the

gridiron. While the chicken is broiling, put the liver, gizzard and heart in a stew-pan and boil in a pint of water until tender, chop fine and add flour, butter, pepper, salt, and stir a cup of sweet cream to the water into which they were boiled; when the chicken is done, dip it in this gravy while hot, lay it back on the gridiron a minute, put it in the gravy and let boil for a half minute, and send to the table hot.

CHICKEN PIE.

Cut up two young chickens, place in hot water enough to cover, (as it boils away add more so as to have enough for the pie and for the gravy to serve with it); boil until tender; line the sides of a four or six quart pan with a rich baking-powder or soda-biscuit dough quarter of an inch thick, put in part of the chicken, season with salt, pepper and butter, lay in a few thin strips or squares of dough, add the rest of chicken and season as before; season liquor in which the chickens were boiled, with butter, salt and pepper; add a part of it to the pie, cover with a crust a quarter of an inch thick, with a hole in the center the size of a tea-cup. Keep adding the chicken-liquor as needed, since the fault of most chicken pies is that they are too dry. There can scarcely be too much gravy. Bake one hour in a moderate oven.

To make a gravy, add to the liquor left in pot (if not enough add hot water) a tablespoon of butter

mixed to a paste with flour, and seasoned with pepper and salt. This should be stirred, a little at a time, into the liquor; let boil up once and serve.

FRIED SPRING CHICKEN.

Put spider on the stove with about half table-spoon each of lard and butter; when hot lay in chicken and sprinkle over with flour, salt and pepper, place lid on spider, and cook over a moderate fire; when a light brown, turn the chicken and sprinkle flour, salt and pepper over the top as at first; if necessary add more lard and butter, and cook slowly until done; make gravy just the same as for baked chicken. As a general rule half an hour is long enough to fry spring chicken. To make rich and nice gravy without cream, take the yelk of an egg, beat up light, strain and stir slowly into the gravy after the flour and milk have been stirred in and thoroughly cooked; as soon as it boils up, the gravy is done and should be removed from the stove.

STEWED CHICKEN WITH BISCUIT.

Prepare according to general directions as given under "Poultry," and boil till tender. While it is cooking, season with salt and pepper; bake baking-powder biscuit as given in the second chapter; when slightly cool, break them open and lay on a platter; then take up the chicken and place it on them, and when the gravy is thickened, pour it over all.

GAME.

White-meated game should be cooked to well-done; dark-meated game rare. The decided flavor of wild animals recommends them to invalids or others who are satiated with ordinary food. Keeping game renders it more tender, and brings out the flavor. When birds have become tainted, pick clean as soon as possible and immerse in new milk for twenty-four hours, when they will be quite sweet and fit for cooking.

Birds should be *carefully* dry-picked (removing all feathers that come off easily), plunged in a pan of boiling water and skinned, drawn, wiped clean, and *all shot removed*. Game should not be washed, unless absolutely necessary for cleanliness. With care in dressing, wiping will render them perfectly clean. If necessary to wash, do it quickly and use as little water as possible. The more plainly all kinds of game are cooked, the better they retain their fine flavor. They require a brisker fire than poultry, but take less time to cook. Their color, when done, should be a fine yellowish brown. Serve on toast.

Broiling is a favorite method of cooking game, and all birds are exceedingly nice roasted. To broil, split down the back, open and flatten the breast by covering with a cloth and pounding, season with pepper, and lay the inside first upon the gridiron; turn as browned, and when almost done take off,

place on a platter, sprinkle with salt and return to the gridiron. When done, place in a hot dish, butter both sides well, and serve at once. The time required is usually about twenty minutes.

To roast, season with salt and pepper, place a lump of butter inside, truss, skewer, and place in oven. The flavor is best preserved without stuffing, but a plain bread-dressing, with a piece of salt pork or ham skewered on the breast, is very nice. A delicate way of dressing is to place an oyster dipped in the well-beaten yolk of an egg or in melted butter, and then rolled in bread crumbs, inside each bird. Allow thirty minutes to roast or longer if stuffed. Wild ducks, pheasants and grouse are always best roasted. To lard game, tie a thin slice of salt pork on the breast.

Pigeons should be cooked a long time, as they are usually quite lean and tough, and they are better to lie in salt water half an hour, or to be parboiled in it for a few minutes. They are nice roasted or made into a pie.

If the "wild flavor" of the larger birds, such as pheasants, prairie chickens, etc., is disliked, they may be soaked over night in salt water; or two or three hours in soda and water, or parboiled with an onion or two in the water, and then cooked as desired; or pare a fresh lemon without breaking the thin, white inside skin, put inside the game for a day or

two, renewing the lemon every twelve hours. This will absorb unpleasant flavors from almost all meat and game. Some lay slices of onion over game while cooking, and remove before serving. In preparing fat wild ducks for invalids, it is a good plan to remove the skin, and keep a day or two before cooking. Squirrels should be carefully skinned and laid in salt water a short time before cooking; if old, parboil. They are delicious broiled, and are excellent cooked in any way with thin slices of bacon. Venison, is considered a "savory dish." The haunch, neck, shoulder and saddle should be roasted; roast or broil the breast, and fry or broil the steaks with slices of salt pork. Venison requires more time for cooking than beefsteak. The hams are excellent pickled, smoked and dried, but they will not keep so long as other smoked meats.

The garnishes for game are fresh or preserved barberries, currant jelly, sliced oranges, and apple sauce.

FRIED WOODCOCK.

Dress, wipe clean, tie the legs, skin the head and neck, turn the beak under the wing and tie it; tie a piece of bacon over it, and immerse in *hot fat* for two or three minutes. Serve on toast.

Another favorite way is to split them through the back and broil, basting with butter, and serving on toast. They may also be roasted whole before the fire for fifteen or twenty minutes.

ROAST DUCK.

Ducks are dressed and stuffed in the same manner as other fowls. Young ducks should roast from twenty-five to thirty minutes; full-grown, for an hour or more with frequent basting. Some prefer them underdone, served very hot, but thorough cooking will prove more generally palatable. Serve with currant jelly, apple sauce, and green peas. If old, parboil before roasting.

Place the remains of a cold roast duck in a stew-pan with a pint of gravy and a little sage, cover closely, and let it simmer for half an hour; add a pint of boiled green peas, stew a few minutes, remove to a dish, and pour over it the gravy and peas.

RABBITS.

Rabbits, which are in the best condition in mid-winter, may be fricasseed like chicken in white or brown sauce. To make a pie, first stew till tender, and make like chicken-pie. To roast, stuff with a dressing made of bread-crumbs, chopped salt pork, thyme, onion, and pepper and salt, sew up, rub over with a little butter, or pin on it a few slices of salt pork, add a little water in the pan, and baste often. Serve with currant jelly. They are also nice stewed.

SNIPE.

Snipe are best roasted with a piece of pork tied to the breast, or they may be stuffed and baked.

PRAIRIE CHICKENS.

Wash thoroughly, using some soda in the water, rinse and dry, fill with dressing, sew up with cotton thread, and tie down the legs and wings; place in a steamer over hot water till done, remove to dripping-pan, cover with butter, sprinkle with salt and pepper, dredge with flour, place in the oven and baste with the melted butter until a nice brown; serve with either apple-sauce, cranberries, or currant jelly.

BROILED QUAIL.

Split through the back and broil over a hot fire, basting frequently with butter. When done place a piece of butter on each piece, and set in oven a few moments to brown. Serve on pieces of toast with currant jelly. Plovers are cooked in the same way. Pigeons should be first parboiled and then broiled.

ROAST GOOSE.

The goose should not be more than eight months old, and the fatter the more tender and juicy the meat. A "green" goose (four months old) is the choicest. Kill at least twenty-four hours before cooking; cut the neck close to the back, beat the breast-bone flat with a rolling-pin, tie the wings and legs securely, and stuff with the following mixture: three pints bread crumbs, six ounces butter or part butter and part salt pork, two chopped onions, one teaspoon each of sage, black pepper and salt. Do

not stuff very full, and stitch openings firmly together to keep flavor in and fat out. If the goose is not fat, lard it with salt pork, or tie a slice on the breast. Place in a baking-pan with a little water, and baste frequently with salt and water (some add onion and some vinegar), turning often so that the sides and back may all be nicely browned. When nearly done baste with butter and a little flour. Bake two hours, or more if old; when done take from the pan, pour off the fat, and to the brown gravy left add the chopped giblets which have previously been stewed till tender, together with the water they were boiled in; thicken with a little flour and butter rubbed together, bring to a boil, and serve with currant jelly. Apple sauce and onion sauce are proper accompaniments to roast goose.

CHAPTER VI.

CATSUPS—SAUCES FOR MEATS AND SALADS.

TOMATO CATSUP.

Slice one-half bushel of ripe tomatoes, adding one-half pint of salt as you put them in the cooking kettle (a porcelain kettle is preferable), cook till tender, then strain through a sieve and boil slowly till the

bulk is reduced half. Add spices the last thing; one ounce of black pepper, one of cloves, and a little red pepper. To one quart of catsup, when done, add two tablespoons of vinegar. Bottle and seal by pouring hot sealing wax over the cork. The wax acts better if a small lump of butter or lard is added to it while it is melting.

CUCUMBER CATSUP.

Three dozen cucumbers and eighteen onions peeled and chopped very fine; sprinkle over them three-fourths pint table salt, put the whole in a sieve, and let drain well over night; add a teacup mustard seed, half teacup ground black pepper; mix well, and cover with good cider vinegar.

CURRENT CATSUP.

Four pounds nice fully-ripe currants, and one and a half pounds sugar, tablespoon ground cinnamon, a teaspoon each of salt, ground cloves and pepper, pint vinegar; stew currants and sugar until quite thick, add other ingredients, and bottle for use.

CHILI SAUCE.

Eighteen ripe tomatoes, two and one-half cups of vinegar, ten onions, three green peppers, two teaspoons each of salt, cinnamon, cloves and allspice, and one cup of sugar; cook as thick as for tomato catsup and do not strain.

MUSTARD SAUCE.

One tablespoon of ground mustard, five of vinegar, one well-beaten egg, pepper and salt and butter the size of a small hen's egg; cook in little tin pail; set in pan of boiling water till it thickens; stir often.

ONION SAUCE.

Boil three or four white onions till tender; mince fine; boil half pint of milk, add butter half the size of an egg, salt and pepper to taste, and stir in minced onion and a tablespoon of flour which has been moistened with milk.

MINT SAUCE

Take fresh, young mint, strip leaves from stems, wash, drain on a sieve, or dry them on a cloth; chop very fine, put in a sauce-tureen, and to three heaped tablespoons mint add two of pounded sugar; let remain a few minutes well mixed together, and pour over it gradually six tablespoons of good vinegar. If members of the family like the flavor, but not the substance of the mint, the sauce may be strained after it has stood for two or three hours, pressing it well to extract all the flavor. It is better to make the sauce an hour or two before dinner, so that the vinegar may be impregnated with the mint. The addition of three or four tablespoons of the liquor from the boiling lamb is an improvement.

LEMON SAUCE.

Cut three slices of lemon into very small dice, and put them into drawn butter; let it come just to boiling point, and pour over boiled fowls.

CAPER BUTTER.

Chop one tablespoon of capers very fine, rub through a sieve with a wooden spoon, and mix them with a salt-spoon of salt, quarter of a salt-spoon of pepper, and one ounce of cold butter. Put a layer of this butter on a dish, and serve fish on it.

CREAM SAUCE.

Heat one tablespoon butter in a spider, add a tea-spoon flour, and stir until perfectly smooth, then add gradually one cup of cold milk, let boil up once, season to taste with salt and pepper, and serve. This is very nice for vegetables, omelets, fish, or sweet breads.

CAPER SAUCE.

To a pint of drawn butter add three tablespoons of capers. Serve with boiled or roast mutton.

BREAD SAUCE.

Place a sliced onion and six pepper-corns in half a pint of milk over boiling water, until the onion is perfectly soft; pour it on half a pint of bread crumbs without crust, and leave it covered for an hour; beat it smooth, add a pinch of salt, and two tablespoons of

butter rubbed in a little flour; add enough sweet cream or milk to make it the proper consistency, and boil a few minutes. It must be thin enough to pour.

CURRY POWDER.

An ounce of ginger, one of mustard, one of pepper, three of coriander seed, three of turmeric, one-half ounce cardamon, quarter ounce cayenne pepper, quarter ounce cumin seed; pound all fine, sift and cork tight. One teaspoon of powder is sufficient to season anything. This is nice for boiled meats and stews.

CRANBERRY SAUCE.

Wash, and remove all defective berries; to every pound of fruit add three-quarters of a pound of sugar and a half a pint of boiling water; cook slowly till the berries are tender and the juice is like jelly. For strained sauce, stew one and a half pounds of fruit in one pint of water till tender, then strain through a sieve and add three-quarters of a pound of sugar. Serve with roast turkey or game.

DRAWN BUTTER.

Rub a small cup of butter into half a tablespoon flour, beating it to a cream, adding, if needed, a little salt; pour on it half a pint boiling water, stirring it fast, and taking care not to let it *quite* boil, as boiling makes it *oily* and unfit for use. The boiling may be prevented by placing the sauce-pan contain-

ing it in a larger one of boiling water, covering and shaking frequently until it reaches the boiling point. A great variety of sauces which are excellent to eat with fish, poultry, or boiled meats, can be made by adding different herbs, such as parsley, mint, or sweet marjoram, to drawn butter. First throw them into boiling water, cut fine, and they are ready to be added, when serve immediately, with two hard-boiled eggs chopped fine. This makes a nice sauce to serve with baked fish. The chopped inside of a lemon with the seeds out, to which the chicken liver has been added, makes a good sauce for boiled chicken.

CHICKEN SALAD.

Chop fine one chicken cooked tender, one head cabbage, and five cold hard-boiled eggs; season with salt, pepper and mustard to taste; warm one pint vinegar, add half a teacup butter, stir until melted, pour hot over the mixture, stir thoroughly, and set away to cool.

PLAIN COLD SLAW.

Slice cabbage very fine, season with salt, pepper, and a little sugar; pour over vinegar and mix thoroughly.

COLD SLAW.

A white, hard head of cabbage cut in halves and laid in water, then cut very fine. Boil from half to a pint of vinegar, stir into it the yelk of one well beaten egg, and a piece of butter the size of a hen's

egg; pepper and salt. Pour this hot over the cabbage a short time before you wish to serve it.

TOMATO SALAD.

Pare and slice the tomatoes, and put into a salad-bowl. Make a dressing of one saltspoonful each of salt, pepper, sugar, and made mustard, worked into a paste, with two tablespoonfuls of oil; then beat into it gradually four tablespoonfuls of vinegar. Add the beaten yolk of one raw egg, and pour over the tomatoes. Set on ice until wanted.

BEEF SALAD.

Boil half a dozen sweet beets until tender; scrape off the skins, and slice round. While still warm, pour over them a dressing made of one tablespoonful of oil, two of vinegar, a teaspoonful of sugar, half a teaspoonful each of mustard, pepper, and salt. Work the oil well into these, beat light, and add the vinegar gradually. Cover the beets, and set away where the salad will get cold quickly. You can keep it two or three days.

CELERY SALAD.

Pick out the crisp stalks, wash and scrape, lay in very cold water until you are ready to send it to the table, then cut into short pieces, arrange in a bowl, and pour over it a seasoning made in the same proportions as that for beet salad.

LETTUCE SALAD.

Take the yolks of three hard-boiled eggs, add salt and mustard to taste; mash it fine; make a paste by adding a dessert-spoon of olive oil or melted butter (use butter always when it is difficult to get *fresh* oil); mix thoroughly, and then dilute by adding *gradually* a teacup of vinegar, and pour over the lettuce. Garnish by slicing another egg and laying over the lettuce. This is sufficient for a moderate sized dish of lettuce.

LOBSTER SALAD.

Put a large lobster over the fire in boiling water slightly salted; boil rapidly for about twenty minutes; when done it will be of a bright red color, and should be removed, as, if boiled too long, it will be tough; when cold, crack the claws, after first dis-jointing, twist off the head (which is used in garnish-ing) split the body in two lengthwise, pick out the meat in bits not too fine, saving the coral separate; cut up a large head of lettuce slightly, and place on a dish over which lay the lobster, putting the coral around the outside. For dressing, take the yolks of three eggs, beat well, add four tablespoons salad oil, dropping it in very slowly, beating all the time; then add a little salt, cayenne pepper, half a teaspoon mixed mustard, and two tablespoons vinegar. Pour this over the lobster, just before sending to table.

CREAM DRESSING FOR COLD SLAW.

Two tablespoons whipped sweet cream, two of sugar, and four of vinegar; beat well and pour over cabbage, previously cut very fine and seasoned with salt.

CHAPTER VII.

VEGETABLES AND VEGETABLE DRESSINGS—BEANS—
EGGS.

VEGETABLES.

The proportion of salt in cooking vegetables is a heaping tablespoon of salt to every gallon of water. When water boils, put in your vegetables, and press them down with a wooden spoon. Take out when tender, as vegetables are spoiled by being either under or overdone.

ASPARAGUS.

Wash clean; cut off the white part, as it will not cook tender, put into slightly salted, boiling water; boil five minutes; pour off water and add more boiling water; boil till tender; season with butter, salt and pepper. When tender add a cup of milk and thicken slightly with flour or cornstarch. Pour over toast, or not, as you like.

BEETS WITH A DRESSING.

Get the *red* blood beets, wash carefully and boil till tender in salted water; it will require from two to five hours; when done, strip off the skin, slice up and pour over them a dressing made of one cup of boiling water, one of vinegar, a cupful—more or less—of sugar, a piece of butter the size of a large hen's egg, and a little salt; thicken with cornstarch until it is as thick as gravy; move the slices of beets about till the red juice escapes and colors the dressing.

PLAIN BEETS.

Cook as above, but slice and season highly with butter, salt and pepper, and vinegar or not, as you prefer.

Those slices that are left over are nicely pickled by pouring hot water over them.

BUTTER BEANS.

With a knife cut off the ends of pods and strings from both sides, being very careful to remove every shred; cut every bean lengthwise, in two or three strips, and leave them for half an hour in cold water. Much more than cover them with boiling water; boil till perfectly tender. It is well to allow three hours for boiling. When tender add milk, a large piece of butter, some salt and pepper, and thicken *slightly* with flour. So many make hard

work of blending flour and water that we will explain how we do it easily: Take but little water at first; stir it smooth and then add sufficient water to thin it; have it perfectly free from lumps, and stir whatever you are thickening while pouring it in.

BEET GREENS.

Wash young beets very clean, cut off tips of leaves, looking over carefully to see that no bugs or worms remain, but do not separate roots from leaves, fill dinner-pot half full of salted boiling water, add beets, boil from half to three-quarters of an hour; take out and drain in colander, pressing down with a large spoon, so as to get out all the water. Dish and dress with butter, pepper, and salt if needed. Serve hot with vinegar.

BOILED CORN.

Put the well cleaned ears in salted boiling water, boil an hour, or boil in the husk for the same time, remove husks and serve immediately. Corn thoroughly cooked is a wholesome dish.

STEWED CORN.

Shave corn off the ear, being careful not to cut into the cob; to three pints corn add three table-spoons butter, pepper and salt, and just enough water to cover; place in a spider, cover and cook rather

slowly with not too hot a fire, from half to three-quarters of an hour; stir with a spoon often, and if necessary add more water, for the corn must not brown; if desired, a few moments before it is done, add half cup sweet cream thickened with a little flour in water.

CAULIFLOWER.

Break into small pieces; wash well and boil till tender; then add milk, butter, salt and pepper and thicken slightly.

CREAMED CABBAGE.

Chop as for cold slaw and stew in a covered sauce-pan till tender; drain it, return to sauce-pan, add a gill or more of rich cream, a large piece of butter, pepper and salt to taste; let simmer two or three minutes, then serve. Milk may be used by adding a little more butter; or have a deep spider hot, put in sliced cabbage, pour quickly over it a pint of boiling water, cover close and cook for ten minutes, then pour off water and add a half pint of rich milk. When the milk boils, stir in a teaspoon of flour moistened with a little milk, season, cook a moment, serve.

EGG PLANT.

Peel and cut in slices the purple kind, sprinkle with salt and pepper, and let drain on a tipped plate for three-quarters of an hour; make a light batter

with one egg, flour and a little water, dip the slices into it and fry in butter or lard. Eggs and cracker may be used instead of the batter.

DANDELIONS.

They are fit for use until they blossom. Cut off the leaves, pick over carefully, wash in several waters, put into boiling water, boil one hour, drain well; add salted boiling water, and boil two hours; when done, turn into a colander and drain, season with butter, and more salt if needed, and cut with a knife; or boil with a piece of salt pork, omitting the butter in dressing.

ONIONS WITH DRESSING.

Wash and peel, boil ten minutes, pour off the water and again add boiling water, add salt and boil till tender (about an hour, two if they are old). Make a dressing by taking a pint of milk, adding a large piece of butter, some salt and pepper and thickening; pour it over the onions and serve at once.

MASHED POTATOES.

Pare and boil till done, drain, and mash in the kettle until perfectly smooth; add milk or cream, and butter and salt; beat like cake with a large spoon; the more they are beaten the nicer they become. Put in a dish, smooth, place a lump of butter in the center and sprinkle with pepper.

FRIED RAW POTATOES.

Wash, peel, and slice in cold water, drain in a colander, and drop in a spider prepared with two tablespoons melted butter or beef-drippings, or one-half of each; keep closely covered for ten minutes, only removing to stir with a knife from the bottom to prevent burning; cook another ten minutes, stirring frequently until done and lightly browned.

NEW POTATOES.

Wash, scrape, boil ten minutes, turn off water, and add enough more, boiling hot, to cover, also add a little salt; cook a few moments, drain, and set again on stove; add butter, salt, and pepper and a little thickening made of two tablespoons flour in about a pint of milk, put on the cover, and, when the milk has boiled, serve.

POTATOES IN KENTUCKY STYLE.

Slice thin, lay in cold water half an hour, put into pudding dish with salt, pepper, and about half a pint of milk; bake in oven for an hour; add a piece of butter half the size of a hen's egg, scattered in pieces over the top.

POTATOES IN SEVEN WAYS.

First.—Peel, steam, mash, add milk, butter and salt, and then beat like cake-batter, *the longer the*

better, till they are nice and light. This steaming and beating will be found a great improvement.

Second.—Baked potatoes in their jackets; if any are left they may be warmed over, peeling when cold, and then slicing.

Third.—Peel and bake with roast of beef.

Fourth.—Prepare in Kentucky style.

Fifth.—Peel, steam, and serve whole.

Sixth.—Potatoes "*a la pancake*," peel, cut in thin slices lengthwise, sprinkle with pepper and salt, and fry in butter or beef drippings, turning like griddle-cakes.

Seventh.—Potatoes boiled in their jackets.

SWEET POTATOES.

Bake in a hot oven one hour. Or boil them and when cold, cut in slices and fry in spider till nicely browned; salt and pepper while frying.

PARSNIPS.

Wash and boil till tender, pull off the skins and cut lengthwise; lay on a platter and put slices of butter over them; sprinkle with salt and pepper. Or boil, and when cold, slice off and fry.

GREEN PEAS.

Wash lightly two quarts shelled peas, put into boiling water enough to cover, boil twenty minutes, add pepper, salt, and some milk and two tablespoons

butter rubbed into two of flour; stir well, and boil five minutes.

SALSIFY, OR VEGETABLE OYSTERS.

Parboil after scraping off the outside, cut in slices, dip it into a beaten egg and fine bread-crumbs, and fry in lard. Or, slice cross-wise five or six good-sized plants, cook till tender in water enough to cover, then add a pint or more of rich milk mixed with one tablespoon flour, season with butter, pepper and salt, let boil up and pour over slices of toasted bread; or add three pints milk, or half milk and water, season and serve with crackers like oyster soup.

CYMLINGS, OR SUMMER SQUASH.

These are better when young and tender, which may be known by pressing the nail through the skin; do not peel or take out seeds, but boil whole, or cut across in thick slices; boil in as little water as possible for one-half or three-quarters of an hour, drain well, mash and set on back of stove or range to dry out for ten or fifteen minutes, stirring occasionally; then season with butter, pepper, salt and a little cream.

WINTER SQUASH.

Cut up, take out inside, pare the pieces and stew in as little water as possible, cook an hour, mash in kettle, and if watery, let stand on the fire a few mo-

ments, stirring until dry; season with a tablespoon of sugar, butter, salt and pepper; be careful that it does not burn. Winter squashes are also cooked by cutting in pieces without paring, baking, and serving like potatoes; or they may be cooked in a steamer, and served either in the shell, or scraped out, put in pan, mashed, and seasoned with butter, sugar, salt and pepper, and then made hot and served.

SUCCOTASH.

Wash one pint dried lima beans and one and a half pints dried corn; put beans in kettle and cover with cold water; cover corn with cold water in a tin pan, set on top of kettle of beans so that while the latter are boiling the corn may be heating and swelling; boil beans fifteen minutes, drain off, cover with boiling water, and when tender (half an hour) add corn, cooking both together for fifteen minutes; five minutes before serving, add salt, pepper and a dressing of butter and flour rubbed together, or one-half teacup cream or milk thickened with one tablespoon flour.

SPINACH.

Look over the spinach, wash in four waters and take off stalks, boil for thirty minutes, covering closely, drain in a colander and cut with a knife while draining; season with pepper, salt and a little

butter, boil two eggs hard and slice over the top; serve hot. Or it may, when boiled soft, be rubbed through the colander, then put in frying-pan, with a lump of butter, seasoned with pepper and salt. When hot, beat in two or three tablespoons rich cream. Put thin slices of buttered toast (one for each person) on dish and on each piece put a cupful of spinach neatly smoothed in shape, with the half of a hard-boiled egg on the top, cut part uppermost.

STEWED TOMATOES.

Let them stand in hot water a few moments and the skins will slip off easily; slice, and put on to cook, after seasoning well with butter, salt and pepper; when nearly done add a few bread-crumbs.

BAKED TOMATOES.

Cut a thin slice from the blossom side of the tomatoes; remove the pulp; chop some bread fine and mix with the pulp; season with butter, salt and pepper and fill the tomatoes with it; put the slice you removed back in place; bake half an hour in a pan with a little water to keep them from burning.

TOMATO SOUP.

We gave under "soups" in the third chapter.

TURNIPS.

Wash, peel, cut in thin slices across the grain, and

place in kettle in as little water as possible; boil from half to three-quarters of an hour or until you can easily pierce them with a fork; drain well, season with salt, pepper and butter, mash fine and place on stove, stirring frequently until water is all dried out. Do not boil too long, as they are much sweeter when cooked quickly. Turnips may be steamed and finished as above, and are better than when boiled. They may also be sliced and baked.

BAKED BEANS.

Soak one quart of beans over night in cold water. Throw this away in the morning, and cover well with water a little more than lukewarm. Soak two hours, drain, and put on in a pot well covered with cold water; boil gently until soft, but not broken. Meanwhile, boil for ten minutes a square half pound of pork; take it up, score the top in lines the width of a slice apart; drain the beans, put them into a bake-dish, season with molasses and mustard, and bury the pork up to the rind in the middle. Cover with boiling water, fit on a tin lid, or a stout plate, to keep in the steam. Cook in a moderate oven three hours, then uncover and brown lightly.

BEAN PORRIDGE.

Soak one cup of beans over night in cold water. In the morning put on to cook in cold water; add to it as it boils away; cook for about three hours, until

the beans have partially cooked to pieces. When the water first begins to boil add a small piece of salt pork (the size of your hand); season with pepper and more salt if the pork has not salted it sufficiently.

EGGS.

The fresher they are the better and more wholesome, though new laid eggs require to be cooked longer than others. Eggs over a week old will do to fry, but not to boil. In boiling they are less likely to crack if dropped in water not quite to the boiling point. Eggs will cook soft in three minutes, hard in five, *very hard* (to serve with salads, or to slice thin—seasoned well with pepper and salt—and put between thin slices of bread and butter) in ten to fifteen minutes.

BOILED EGGS.

An egg boiled four minutes (well covered with the boiling water) will suit the generality of people.

Another way is to put them on in cold water, and when it boils, the eggs will be done, the whites being soft and more digestible than they are when put on in boiling water.

SCRAMBLED EGGS.

In a deep earthen pie-plate, warm sweet milk, allowing two tablespoons to each egg (or less, with a large number of eggs) add a bit of butter the size of a walnut, and a little salt and pepper. When nearly

to boiling point drop in the eggs, broken one at a time in a saucer; with a spoon or thin-bladed knife gently cut the eggs, and scrape the mixture up from the bottom of the platè as it cooks. If it begins to cook dry and fast at the bottom, move the dish back instantly, for success depends wholly on cooking gently and evenly, proportions being of secondary importance. Take from stove before it has quite all thickened, and continue turning it up from the bottom of dish a moment longer.

POACHED EGGS.

Break and drop them, one at a time, into salted water. Boil three or four minutes. Serve on buttered toast; lay butter on the top of eggs and sprinkle with salt and pepper.

FRIED EGGS.

Break them into a spider with hot lard or ham grease; dip the grease over them with a spoon until done. If the former is used they must be salted and peppered, if the latter, pepper alone will be sufficient.

OMELETTE.

One cup of sweet milk, a small piece of butter, salt and pepper. Beat the yelks and whites of five eggs separately; stir in the yelks thoroughly and then the whites partially. Bake in pudding-dish fifteen minutes. Serve hot in same dish.

CHAPTER VIII.

GRIDDLE CAKES—COOKIES—DOUGHNUTS—GINGER
BREAD.

BUCKWHEAT GRIDDLE CAKES.

To make batter, warm one pint sweet milk and one pint water; put half this mixture in a stone crock, add five teacups buckwheat flour, beat well until smooth, add the rest of the milk and water, and last a teacup of yeast. Or, the same ingredients and proportions may be used except adding two tablespoons of molasses or sugar, and using one quart of water instead of one pint each of milk and water; a little salt. Set over night; each morning before using (*i. e.*, after it has been re-set several times) add a little soda dissolved in water. Each night add more water and buckwheat flour.

HORSFORD BUCKWHEAT CAKES.

Mix "over night," with warm water, a little salt, and a tablespoon molasses, one pint buckwheat flour, to the usual consistency of griddle cakes. When ready to bake for breakfast, add one measure each of acid and soda (or two heaping teaspoons acid and one moderately heaping teaspoon soda) of Horsford's Bread Preparation—thinning the batter if necessary

—and bake immediately on a hot griddle. Stir up no more than will be used at each time.

BATTER CAKES.

One pint of sour milk; in which dissolve one level teaspoon of soda, one or two well beaten eggs (as you like) a little salt, a tablespoon of butter; mix thoroughly with flour to the consistency of a batter. It must be thicker than for buckwheat cakes. Sweet milk and baking powder can be used.

RICE CAKES.

Make batter like the above, but to the milk, egg, &c., add one-fourth cup of rice that you have previously cooked and enough flour to make a batter. Oatmeal cakes can be made by substituting oatmeal for rice.

CORN CAKES.

One pint corn meal, one of sour milk or buttermilk, one egg, one teaspoon soda, one of salt. A tablespoon of flour or corn starch may be used in place of the egg; bake on a griddle.

BREAD CAKES.

Take stale bread and soak over night in sour milk; in the morning rub through a colander, and to one quart add the yolks of two eggs, one teaspoon salt, one teaspoon soda, two tablespoons sugar, and flour

enough to make a batter a little thicker than for buckwheat cakes; add last the well beaten whites of the eggs, and bake.

COOKIES.

In making cookies there are a few general rules to be followed as in making cake. They are these: To cream the butter and sugar with a spoon or the hand; beat the eggs thoroughly; and add the baking powder to the sifted flour.

SUGAR COOKIES.

Two cups of sugar creamed with one of butter, two well beaten eggs, one cup of sweet milk, three teaspoons of baking powder, one teaspoon of lemon, vanilla or bitter almond. Use as little flour as possible; roll thin; sift sugar over the top and roll the rolling pin over it once gently. Bake quick and slightly brown.

EGGLESS COOKIES.

Two cups sugar, one of butter, half teaspoon nutmeg, three teaspoons baking powder, flour to make thick enough to roll.

CREAM COOKIES.

Two cups sugar, one of butter, one of sour cream or milk, three eggs, one teaspoon soda; mix soft, roll thin, sift granulated sugar over them, and gently roll it in.

COCOANUT JUMBLES.

Two cups sugar, one cup butter, two eggs, half a grated cocoanut; make just stiff enough to roll out; roll thin.

GINGER COOKIES.

One well beaten egg; one cup of sugar, one cup of N. O. molasses, one half cup of lard, one tablespoon and a half of soda; one teaspoon each of cinnamon and ginger, three tablespoons of boiling water on the soda. Use as little flour as possible.

GINGER SNAPS.

One cup of lard, one of N. O. molasses, one of sugar and one tablespoon of soda in one cup of hot water, two teaspoons of ginger. Mix soft with flour, roll thin and bake quick.

DOUGHNUTS.

To cook these properly the fat should be of the right heat. When hot enough it will cease to bubble and be perfectly still; try with a bit of the dough, and if the heat is right it will rise in a few seconds to the top and occasion a bubbling in the fat, the cake will swell, and the under side quickly become brown. Clarified drippings of roast meat are more wholesome than lard. Make the dough *as soft as it can be handled*; if cut about half an inch thick, five to eight minutes will cook them, but it is better to break one open as a test. When done,

drain well in a skimmer, and place in a colander. The use of eggs prevents the dough from absorbing the fat. Doughnuts should be watched closely while frying, and the fire must be regulated very carefully. When you have finished frying, cut a potato in slices and put in the fat to clarify it; place the kettle away until the fat "settles," strain into an earthen pot kept for this purpose, and set in a cool place.

PLAIN DOUGHNUTS.

One cup of sugar, one tablespoon of melted butter, one cup sweet milk, two eggs, one teaspoon of baking powder; flavor with nutmeg. Add flour; mix soft.

RICH DOUGHNUTS.

One cup of sugar, two well beaten eggs, one-half teaspoon of soda in one cup of sour milk, three tablespoons butter and three of lard (warm) one nutmeg.

GINGER BREAD.

One cup New Orleans molasses, one-half cup butter, one-half cup sour milk, one egg, one teaspoon of soda in sour milk, one of ginger, a little salt and one pint flour.

CHEAP GINGER BREAD.

One cup New Orleans molasses, and in it one teaspoon of soda, one cup of sour milk, three tablespoons of butter and lard mixed, one teaspoon of

ginger and one of cinnamon, make about as stiff with flour as for loaf cake, or as a stiff batter.

GINGER BREAD (NO. 3).

One cup New Orleans molasses, one-half cup sugar, one cup of sour milk, three eggs, one cup butter and lard, mixed, one teaspoon soda in the sour milk, one tablespoon of ginger, and three cups of flour.

CHAPTER IX.

CAKE—FROSTING—ICING—CRYSTALLIZATION.

CAKE BAKING.

Before making your cake provide everything that will be needed till the cake is baked; sift your flour; grease the cake pans with lard and if for a loaf cake, grease a piece of blank paper and put it in the bottom of the tin that the cake may not bake too hard on the bottom; make a cap of brown paper to cover the top with, and put it over the cake when it is first put in the oven. Make the cap by taking a square of brown paper large enough to cover well the cake pan, cut off the corners, and lay a plait on four sides, fastening each with a pin so that it will fit nicely over the pan. This will throw

it up in the center, so that it will not touch the cake. Preserve the cap for repeated use.

Having thus gathered the material, cut butter (in cold weather) in small pieces, and warm, *not melt*; beat the butter and sugar to a cream, add the milk in small quantities, next the yolks of the eggs, then a part of the flour, with the baking powder in it, then a part of the whites, and so on until the whole is used; lastly, add the flavoring. In using milk note this: that sour milk makes a spongy, light cake; sweet milk, one that cuts like pound cake; remembering that with sour milk soda alone is used, while with sweet milk baking powder or soda and cream of tartar are to be added.

Too much care cannot be used in the preparation of the oven for baking. Many test their ovens in this way: if the hand can be held in it from twenty to thirty-five seconds, or while counting twenty or thirty-five, it is a "quick" oven, from thirty to forty-five seconds is "moderate," and from forty to sixty seconds is "slow." Sixty seconds is a good oven to begin with for large fruit cakes.

Larger cakes require a quick oven, and loaf cakes a slow or moderate oven.

Do not open the oven door until the cake has had time to form, and do not open it oftener than necessary; then be careful to close it quickly and gently, so as not to jar the cake. Be sure the outside door

of the kitchen is closed so that no cold air may strike it. If the oven bakes too hard on the bottom, place the grate under the pan; if too hot on top, set a pie-pan of water on the top grate. If one side bakes faster than the other, turn *very* gently. Be careful not to remove from the oven until done; test *thoroughly* before removing, for if the cooler air strikes it before it is done, it is certain to fall. Allow about thirty minutes for each inch of thickness in a quick oven, and more time in a slow one. Test with a broom-splint or knitting-needle, and if the dough does not adhere, it is done.

NUT CAKE.

One and one-half cups of sugar, and one and one-half cups of butter (creamed), three-fourths cup sweet milk, the well beaten whites of four eggs, two cups of flour, three teaspoons of baking powder and one cup of chipped hickory nuts, butter-nuts, or of blanched almonds pounded. To blanch almonds, pour boiling water over them, let stand a moment, drain and throw them into cold water; then slip off the skins.

BREAD CAKE.

One pint of dough when ready to go in bread pans, three-fourths of a cup of butter, one egg, and heaping cup of sugar, one cup of chopped raisins, dredged with flour and added the last thing, one tea-

spoon each of cinnamon, allspice and cloves, one teaspoon of soda dissolved in a little warm water, mix *thoroughly* with the hands and let rise.

WHITE CAKE.

One and one-half cups of sugar, one-half cup of butter, the whites of four eggs beaten to a froth, one-half cup of sweet milk, two cups of flour, three teaspoons of baking powder; flavor with one teaspoon of lemon, vanilla, or butter almond.

CREAM FRUIT CAKE.

Three cups of sugar and one-half cup of butter and two well beaten eggs, one cup of sour milk and cream, mixed, one teaspoon of soda in sour milk, one teaspoon each of ground cloves, cinnamon, and nutmeg; flour enough to stir stiff. One cup of raisins (chopped and dredged with flour).

FRUIT CAKE (No. 2).

One cup butter and one of brown sugar (creamed) half pint molasses, two eggs, cup sour milk, teaspoon soda, pound of flour, one of currants, one and a half pounds raisins. Flavor to taste.

FRUIT CAKE (No. 3).

One and a half cups brown sugar, two of flour, one each of butter and chopped raisins, three eggs, three tablespoons sour milk, half teaspoon soda, half cup blackberry jam.

FRUIT CAKE (No. 4).

This recipe will make a loaf large enough to bake in a small milk pan, and improves with age. One and one-half pounds of butter, one and one-half pounds of sugar (creamed) eight well beaten eggs, one cup of molasses, one wine glass of jelly (grape is the best) two and one-half pounds of raisins (seeded, chopped and dredged with flour) two and one-half pounds of currants, six ounces of sliced citron, one tablespoonful each of nutmeg and mace, one teaspoon allspice, one of cinnamon, and one of cloves, one and one-half pounds of flour, two teaspoons of soda and four of cream of tartar; dissolve the soda in a tablespoonful of warm water; put cream of tartar in flour.

WHITE FRUIT CAKE.

Two cups of sugar, one cup of butter, four well beaten eggs, one cup of sour and sweet milk mixed, three cups of flour, one-half teaspoon of soda in milk, three cups of English currants, washed and dredged with flour. This will make two loaves.

CORN STARCH CAKE.

Two cups of sugar, creamed thoroughly with one small cup of butter, the whites of seven eggs, whipped to a froth, one cup of sweet milk, one cup of corn starch, two full cups of flour, three teaspoons of baking powder in sifted flour; flavor with one tea-

spoon of any extract you prefer; bitter almond is very nice.

CORN STARCH CAKE (No. 2).

One small half cup of butter creamed with one and one-half cups of sugar, the well beaten whites of two eggs, one-half cup of sweet milk, one full cup of flour, one-half cup corn starch, two teaspoons of powder. Flavor.

MOLASSES CAKE.

One-half cup of sugar, five tablespoons of melted butter, one cup of molasses, one well beaten egg, one-half cup of milk, one teaspoon of cinnamon, about one and one-half cups of flour, two teaspoons of baking powder and one-half cup of raisins chopped and dredged with flour.

SPONGE CAKE.

Three well beaten eggs, one cup of sugar, one cup of flour, two teaspoons of baking powder; the last thing pour on one-third of a cup of hot water; beat up; flavor and put in hot oven and it will bake in about fifteen minutes.

COFFEE CAKE.

One cup brown sugar, cup molasses, half cup butter, cup strong coffee, one egg or yolks of two, four even cups flour, heaping teaspoon soda in the flour, tablespoon cinnamon, teaspoon cloves, two pounds

raisins, fourth pound citron. Soften the butter, beat with the sugar, add the egg, spices, molasses, and coffee, then the flour, and lastly the fruit, chopped and dredged with a little flour. Bake one hour in moderate oven, or make in two small loaves which will bake in a short time.

DELICATE CAKE.

Three cups flour, two of sugar, three-fourths cup sweet milk, whites of six eggs, half cup butter, teaspoon cream of tartar, half teaspoon of soda. Flavor with lemon. Good and easily made.

COCOANUT CAKE.

One cup butter and three of sugar (creamed) one of sweet milk, four and a half of flour, four eggs with whites beaten to a stiff froth, a teaspoon soda, two of cream tartar, one grated cocoanut.

YELLOW CAKE.

One cup of sugar and one-half cup butter, creamed, the well beaten yolks of four eggs, one-half cup of sweet milk, one and one-half cups of flour and two teaspoons of baking powder (in flour). Flavor.

MARBLE CAKE.

Take any cake recipe, divide it when mixed, and to one-half of it add grated chocolate and spices till it is dark enough to suit you; then put into the pan

two tablespoonfuls of the white followed by two of the dark and so on, till it is all used.

SNOW CAKE.

Whites of ten eggs beaten to a stiff froth, sift lightly on this one and a half cups fine white or pulverized sugar, stir well, and add cup flour mixed with two teaspoons baking powder; flavor with lemon or vanilla. This is very nice to serve with ice cream.

CREAM PUFFS.

One-half cup of butter and one cup of boiling water; into these stir one cup of flour; when cool, add three well beaten eggs, and one-fourth teaspoon of soda dissolved in a little warm water. Bake in gem irons (when heated and greased); it will make twelve cakes.

FILLING FOR CREAM PUFFS.

After the puffs are baked, set them aside till cool, then take off carefully a slice from the top and fill the cavity with a sauce made of one-half cup of sugar, one well beaten egg, and one cup of milk; boil and thicken with flour or corn starch; flavor with lemon or vanilla. When filled replace the slice you removed.

ONE-EGG CAKE.

One cup of sugar creamed with nearly one-half cup of butter, one well beaten egg, one cup of sweet

milk, two cups of flour, two heaping teaspoons of baking powder in flour; flavor. This recipe can be used in endless variety, as a loaf cake or layer cake. Add spices for spice cake; fruit for white fruit cake; make a marble cake of it by adding spices and grated chocolate to one-half of it. It will also make good cookies by adding more flour.

ROLL JELLY CAKE.

Use the recipe for *sponge cake*; bake it in long cookie pan. When done spread with jelly, roll up and cut from the ends.

LAYER CAKES.

Use the recipe for sponge cake, if you like sponge layer cake, or use the recipe for *one-egg cake*; bake in four round pie pans.

LEMON LAYER CAKE.

For cake see the remarks above on *layer cakes*; for filling, use the grated peel and the juice of one lemon, one well beaten egg, one cup of sugar, one tablespoon of flour blended with a little water and one cup of hot water; boil till it thickens.

WHITE STARCH SPONGE CAKE.

One and one-half cups of sugar creamed with one-half cup of butter, the well beaten whites of six eggs, one and one-half cups of flour, one-half cup of

corn starch, one-half cup of sweet milk, two teaspoons of baking powder in flour. Flavor.

SOUR CREAM CAKE.

Break two eggs in a cup and fill up with sour cream, one cup of sugar, one teaspoon of soda in cream, two cups of flour. Flavor. Sweet cream and baking powder can be used.

CHOCOLATE LAYER CAKE.

For cake, see "Layer Cakes," for the filling, one cup of grated chocolate (bakers' unsweetened), three-fourths of a cup of sugar, two cups of milk; boil till it thickens; when cool, add one well beaten egg. Another way to prepare chocolate for layer cakes is to grate it with frosting made of the well beaten whites of two eggs, and twenty teaspoons of pulverized sugar. Spread it on the layers while hot in order to dissolve the chocolate.

COCOANUT LAYER CAKE.

To the well-beaten yolks of six eggs, add two cups powdered white sugar, three-fourths cup butter, one of sweet milk, three and a half cups of flour, whites of four eggs well beaten, two teaspoons of baking powder in flour; bake in jelly cake pans. For icing, grate one cocoanut, beat whites of two eggs, and add one teacup powdered sugar; mix thor-

oughly with the grated cocoanut, and spread evenly on the layers of cake when they are cold.

ICE CREAM LAYER CAKE.

Make good sponge cake, bake half an inch thick in jelly pans, and let them get perfectly cold; take a pint thick sweet cream, beat until it looks like ice cream, make very sweet, and flavor with vanilla; blanch and chop a pound of almonds, stir into cream, and put very thick between each layer.

HICKORY NUT LAYER CAKE.

For cake, see "Layer Cakes." For custard, place one pint milk in a tin pail and set in boiling water; add a tablespoon of corn starch blended with a little milk, two eggs, one-half cup sugar, two cups chopped hickory nut meats, well mixed with the boiling milk; stir, and put between the layers of the cake, while both cake and custard are warm. The custard without the nuts is nice for a layer cake.

ORANGE LAYER CAKE.

One cup butter, two of sugar, one of water, four of flour, three eggs, three teaspoons baking powder; bake in layers. Take the juice of two large or three small oranges, coffee cup pulverized sugar, one egg; mix yolk of egg, sugar, and juice together; beat whites to a stiff froth, stir it and spread between the layers.

PEACH LAYER CAKE.

Bake three sheets of sponge cake as for jelly cake; cut peaches in thin slices, prepare cream by whipping, sweetening, and add flavor of vanilla if desired, put layers of peaches between the sheets of cake, pour cream over each layer and over the top. This may also be made with ripe strawberries.

RIBBON CAKE.

Two and a half cups sugar, one of butter, one of sweet milk, four cups flour, two teaspoons of baking powder, four eggs; reserve a third of this mixture, and bake the rest in two tins of the same size. Add to third reserved, one cup raisins, fourth pound citron, a cup of currants, two tablespoons molasses, teaspoon each of all kinds of spice; bake in a pan the same size as other two; put the three cakes together with a little icing or currant jelly, placing the fruit cake in the middle; frost the top and sides.

FIG LAYER CAKE.

For cake, see "Layer Cake," &c., for filling, boil a cupful of figs, with sugar to taste, till like jelly. Spread on the layers.

RAISIN LAYER CAKE.

For cake, take any layer cake; then seed and chop enough raisins to fill two cups; spread them on the layers and cover with a frosting made of the well beaten whites of two eggs (the yolks can be used for

the cake; two yolks counting as one egg) and twenty teaspoons of pulverized sugar.

FROSTING.

Have the frosting ready when the cake is baked; beat the white of one egg to a stiff froth, then stir in ten heaping teaspoons pulverized sugar (well heaped, but not all that you can lift on the spoon) and one of corn starch; be sure that it is thoroughly beaten before taking the cake from the oven. Or, break the white of an egg into a plate and at once begin adding powdered and sifted sugar, keep adding gradually, beating well all the while until the icing is perfectly smooth; lastly, add flavoring (rose, pineapple or almond for white or delicate cake, and lemon or vanilla for dark or fruit cake). As eggs vary in size, some common sense must be used in the quantity of the sugar. Practice only will teach how stiff icing ought to be. In preparing for a large party when it is inconvenient to frost each cake as it is taken from the oven, and a number have become cold, place them in the oven to heat before frosting. If the cake is rough or brown when baked, dust with a little flour, rub off all loose particles with a cloth, put on frosting, pouring it around the center of the cake, and smooth off as quickly as possible with a knife. If the frosting is rather stiff, dip the knife in cold water.

BOILED FROSTING.

Whites of three eggs beaten to a stiff froth, one large cup granulated sugar moistened with four tablespoons hot water; boil sugar briskly for five minutes or until it "ropes" or threads when dropped from the end of the spoon. Then, with left hand, pour the boiling syrup upon the beaten eggs in a small stream, while beating hard with right hand. If preferred, add half a pound sweet almonds blanched and pounded to a paste, or a cup of hickory-nut meats chopped fine. This amount will frost the top of two large cakes.

ALMOND FROSTING.

Blanch half pint sweet almonds by putting them in boiling water, stripping off the skins, and spreading upon a dry cloth until cold; pound a few of them at a time in a mortar till well pulverized; mix carefully whites of three eggs and three-quarters pint powdered sugar, add almonds, flavor with a teaspoon vanilla or lemon, and dry in a cool oven or in the open air when weather is pleasant.

CHOCOLATE FROSTING.

Six rounded tablespoons grated chocolate, one and a half cups powdered sugar, whites of three eggs; beat the whites but very little (they must not become white) add the chocolate, stir it in; then pour in the sugar gradually, beating to mix it well.

FROSTING (WHITE AND COLORED).

Beat whites of two eggs to a stiff froth, add gradually twenty teaspoons pulverized sugar, beat well for at least half an hour, and flavor with lemon juice. To color a delicate pink, use strawberry, currant or cranberry juice; or the grated peeling of an orange or lemon moistened with the juice and squeezed through a thin cloth, will color a handsome yellow. This amount will frost one large cake or two small ones.

FROSTING WITH GELATINE.

Dissolve large pinch gelatine in six tablespoons boiling water; strain and thicken with sugar and flavor with lemon. This is enough to frost two cakes.

YELLOW FROSTING.

The yelk of one egg to ten heaping teaspoons pulverized sugar, and flavor with vanilla. Use the same day it is made.

COCOANUT FROSTING.

To the white frosting (made in the proportion of ten teaspoons of pulverized sugar to the white of one egg) add as much or as little of either desiccated cocoanut or a fresh grated cocoanut, which is nicer. Then spread the cake with the frosting and sprinkle on more cocoanut.

ICING.

Ornamental icing consists in working two or more

colors of icing on one surface,—such, for instance, as pink and white, sometimes with, sometimes without, the addition of crystallizing. To ice a cake white and pipe or ornament it with pink pipery, or ice it with pink or chocolate icing and pipe it with white icing, would constitute ornamental icing. But there is another method called “inlaid,” which consists of having different colored icing on the same surface, not simply a different colored piping on the icing. To do it take a cone, cut a fine point off, fill it, draw fine lines first straight down one inch apart, then across at the same distance at right angles; you have then formed squares one inch across. Now fill these in alternately with either white or pink and white, and then chocolate icing or pink and chocolate. You then have the squares in two colors, the same as they would appear on a chess or checker-board. The only point to be here observed is to have your icing soft enough to run smooth; the lines will prevent it from running together. You can work any pattern you choose in this manner by simply running a line of piping to form the design, then filling in as before described. You can also further vary this by marking out any design, and with a small paint brush washing it over with the white of an egg or gum-water, then covering it with granulated sugar either plain white or colored; or you can cover it with powdered chocolate or rolled rock candy, either pink or

white; shake off what will not stick, and you will find the design covered with the sugar; now pipe round the edge of the design with a fine cone of icing sugar, and it is complete.

TO MAKE WATER ICING.

Take any quantity of powdered sugar you require, add cold water enough to form a thick paste (remembering it will not take much); beat well, and if too thin so that it runs too much, add a little more sugar. To every pound of sugar add a level teaspoonful of cream of tartar; when this icing is prepared, spread it with a knife over the cake, and allow it to dry; you can then ornament or decorate it with icing sugar.

This water icing may also be colored a light shade of pink with "cochineal," or a light cream color with saffron. For a mauve color, add a drop of indigo blue to the pink color; but remember none of these colors must be heavy, as they are objectionable and in bad taste. Water icing is used for tops of pound, sponge, and other cakes, also for tops of layer cakes.

CHOCOLATE ICING.

Ask any confectionery for a piece of "Baker's eagle cocoa;" and if you cannot procure that, ask any grocer for pure cocoa in block, or what is called "Baker's premium cocoa." Place what you need of it in a basin, and stand the basin in boiling water

until the cocoa is dissolved, then add powdered sugar to taste, and beat it well in; add also the whites of two eggs (whisked up a little) to every pound of cocoa used (this gives a gloss); beat the sugar in well and the whites of eggs; now with a knife spread the cocoa (or rather the chocolate now that it has the sugar in it, for chocolate is simply cocoa sweetened) evenly on the cake; be as quick as possible with it, for as soon as it cools it gets hard. If you wish simple cocoa icing, use the cocoa and whites of egg only; but if you wish sweet or chocolate icing, add the sugar. To help you a little in the first attempt, add one tablespoonful of hot water to a pound of cocoa; this will keep it moist and liquid a little longer, but it will take a little longer to harden.

Cocoa may also be mixed with sugar icing; add little or much cocoa as desired, and either ice a cake with this chocolate icing or use it for piping or ornamenting in the same manner as icing sugar is used.

CREAM CHOCOLATE ICING.

What is known as cream chocolate icing is done in the same manner, using half cocoa and half pure cream, and sweetening it to taste. In this case use no whites of eggs, but simply dissolve the cocoa as before described, then add the sugar, and afterwards gradually add and well stir in the cream. It is then ready for use.

CRYSTALLIZATION.

Crystallization consists in simply covering the cake while the icing is wet with granulated sugar, plain or pink. For coloring sugar pink you can use pink or white sugar or rock candy crushed. If you wish to crystallize only a portion of the icing, and that in any particular design, first allow the icing to dry, then wash the part you wish crystallized with white of egg or gum-water, and cover it with the sugar; then shake off what will not remain on.

CHAPTER X.

PUDDINGS—PUDDING SAUCES—PASTRY.

PUDDINGS.

In making puddings, always beat the eggs well. If boiled milk is used, let it cool somewhat before adding the eggs; when fruit is added, stir it in at the last. Puddings are either baked, boiled or steamed; rice, bread, custard, and fruit puddings require a moderate heat; batter and corn starch, a rather quick oven. Always bake them as soon as mixed. Add a pinch of salt to any pudding.

APPLE ROLEY POLEY.

Peel, quarter and core sour apples, make baking powder biscuit dough, roll to half an inch thick, slice the quarters, and lay on the prepared paste or crust, roll up, tuck ends in, prick deeply with a fork, lay in a greased pan and bake. Or, wrap in a cloth, tie up the ends and baste up sides, put in a kettle of boiling water, and boil an hour and a half or more, keeping the water boiling constantly. Cut across, and eat with sweetened cream or butter and sugar. Cherries, dried fruit, or any kind of berries, can be used in the same way.

BOILED APPLE DUMPLINGS.

Add to two cups sour milk one teaspoon soda, and a little salt, half cup of butter or lard, flour enough to make dough a little stiffer than for biscuit; or make a good baking powder crust; peel and core apples, roll out crust, place apples on dough, fill cavity of each with sugar, encase each apple in coating of the crust, press edges tight together (it is nice to tie a cloth around each one), put into kettle of boiling water slightly salted, boil half an hour, taking care that the water covers the dumplings. They are also very nice steamed. To bake, make in same way, using a soft dough, place in a shallow pan, bake in a hot oven, and serve with cream and sugar, or place in a pan which is four or five inches

deep (do not have the dumplings touch each other); then pour in hot water, just leaving top of dumplings uncovered, and bake.

WHITE CORN STARCH PUDDING.

One pint sweet milk, whites of three eggs, two tablespoons corn starch, three of sugar, and a little salt. Put the milk in a pan or small pail, set in a kettle of hot water on the stove, and when it reaches the boiling point add the sugar, then the starch dissolved in a little cold milk, and lastly the whites of eggs whipped to a stiff froth; beat it, and let it cook a few minutes, then pour into teacups, filling about half full, and set in cool place. For sauce, make a boiled custard as follows: Bring to boiling point one pint of milk, add three tablespoons sugar, then the beaten yolks thinned by adding one tablespoon milk, stirring all the time till it thickens; flavor with two teaspoons lemon or two of vanilla, and set to cool. In serving, put one of the molds in a sauce dish for each person, and pour over it some of the boiled custard. Or the pudding may be made in one large mold.

CHOCOLATE PUDDING.

To make a chocolate pudding, flavor the above pudding with vanilla, remove two-thirds of it, and add half a cake of chocolate softened, mashed, and dissolved in a little milk. Put a layer of half the

white pudding into the mold, then the chocolate, the rest of the white; or two layers of chocolate may be used with a white between; or the center may be cocoa (made by adding half a cocoanut grated fine) and the outside chocolate; or pine apple chopped fine (if first cooked in a little water, the latter makes a nice dressing) or strawberries may be used.

SIMPLE FRUIT PUDDINGS.

Stew currants, or any small fruits, fresh or dried, with sugar to taste, and pour hot over thin slices of baker's bread with crust cut off, making alternate layers of fruit and bread, and leaving a thick layer of fruit for the last. Put a plate on top, and when cool set on ice; serve with sifted sugar, or cream and sugar.

This pudding is delicious made with Boston or milk crackers, split open, and stewed apricots or peaches, with plenty of juice, arranged as above. Or another way is to toast and butter slices of bread, pour over it hot stewed fruit in alternate layers, and serve warm with rich hot sauce, which we will give later in this same chapter.

STEAMED PUDDING.

Two cups of sweet milk and one of sour, two cups of corn meal and one of flour, one egg, a pinch of salt, three tablespoons of melted butter, small teaspoon of soda dissolved in the sour milk. Steam two

hours. Put on over cold water and do not remove the cover while steaming. Serve with sweetened cream.

PEACH ROLLS.

Use fresh fruit or stew dried fruit, sweeten, and flavor to taste; make a good baking powder crust, roll very thin, spread fruit on, putting thin slices of butter on the fruit, roll crust up, place in a pan four or five inches deep, to three or four rolls add one cup sugar, and a half cup butter; pour in hot water enough to cover them. Bake half an hour.

PINE-APPLE PUDDING.

Butter a pudding dish, and line the bottom and sides with slices of stale cake (sponge cake is best); pare and slice thin a large pine-apple, place in the dish first a layer of pine-apple, then strew with sugar, then more pine-apple, and so on until all is used, pour over a small teacup water, and cover with slices of cake which have been dipped in cold water; cover the whole with a buttered plate, and bake slowly.

SUET PUDDING.

One cup molasses, one of sweet milk, one of suet chopped fine, or half a cup melted butter, one of raisins, half cup currants, two and a half cups flour, half teaspoon soda; mix well, salt and spice to taste, and steam two hours.

APPLE TAPIOCA PUDDING.

To half teacup of tapioca, add three cups of cold water, let it stand on the fire till cooked clear, stirring to prevent burning, remove, sweeten and flavor with nutmeg; pour the tapioca into a deep dish into which have been placed six or eight pared and cored apples, bake until apples are done, and serve cold with cream.

RICE PUDDING.

To a cup of rice boiled in a custard kettle in a pint of water (seasoned with salt) until dry, add a pint of milk, the yolks of two eggs beaten with half a cup of sugar, stir well together, and lastly add the juice and grated rind of one lemon and a piece of butter. Place in a dish, and bake slowly in the oven; when done, spread over the top the whites beaten with two tablespoons sugar, and brown in oven. A cup of raisins may be added just before baking.

TAPIOCA PUDDING.

Soak one cup of tapioca over night in cold water; in the morning pour off all the water that has not been absorbed, and add to it one quart of milk and one cup of sugar; cook in custard kettle, or in a covered pail set in a pan of boiling water. When done add the well beaten yolks of three eggs; flavor, and put in a pudding dish; then cover the top with a

meringue made of the whites of the three eggs (well beaten) and two tablespoons of sugar; put it in the oven a minute and let it brown. Sago and rice can be cooked in a similar manner.

RICH BREAD PUDDING.

Cream one-half cup of butter and one cup of sugar; to this add one quart of milk, the well beaten yolks of four eggs, the juice of one lemon, two cups of bread crumbs, and a little salt. Bake till firm; then cover the top with a meringue made of the whites of the four eggs, and two tablespoons of sugar; brown slightly in the oven. Half of this is enough for a small family.

PLAIN BREAD PUDDING.

One cup of bread crumbs (cake or cookies may be substituted when less sugar is required), a small piece of butter, a well beaten egg, a pint of sweet milk, a little salt, and half a cup of sugar. Hard sauce is nice eaten on it, or cream.

GELATINE PUDDING.

One-half package of gelatine soaked in one cup of water; then add one cup of boiling water; stir well, and add one cup of sugar and the juice of two lemons. When done put on ice to cool. Serve with egg sauce.

COTTAGE PUDDING.

One cup of sugar, creamed with three and a half tablespoons of butter, one well beaten egg, one cup of sweet milk, two cups of flour, two heaping teaspoons of baking powder, and a little nutmeg. Bake half an hour. Serve with hot liquid sauce.

SNOW PUDDING.

Dissolve three tablespoons of corn starch in a little cold water; pour one pint of boiling water over it; add a third of a cup of sugar, a little salt, and the last thing stir in thoroughly the well beaten whites of three eggs, remove from stove and flavor slightly; put in pudding dish and steam fifteen minutes. Set away to cool. Serve with a sauce made of the yolks of the three eggs, one cup of milk, half a cup of sugar, small piece of butter, and a teaspoon of corn starch blended with cold water; boil till it thickens. Serve cold; flavor sauce with lemon or vanilla.

DELMONICO PUDDING.

Boil one quart of milk, the well beaten yolks of three eggs, one-third cup of sugar, and three tablespoons of corn starch blended with water, till it thickens, stirring constantly; flavor; put in a pudding dish and on the top of it place three or four tablespoons of jelly, with one-third cup of sugar sprinkled over it; then cover with a meringue made of the

whites of three eggs and two spoonfuls of sugar; place in oven and slightly brown. Half of this is sufficient for a small family.

PLAIN OATMEAL.

Oatmeal, cracked wheat, rice, tapioca, sago, etc.,—all ought to be cooked either in a custard kettle or in a covered tin pail set in a pan or kettle of boiling water. Oatmeal and cracked wheat should be cooked two or three hours. To a cup of either add one quart of cold water and a little salt. When it first begins to swell, stir it once, but not again till it is done, or it will become starchy.

RICE BALLS.

One pint of cooked rice, add some salt, one well beaten egg, and flour enough on the hands to make the rice adhere; form it into perfectly round balls and fry in lard or beef drippings like doughnuts. Serve hot with maple syrup.

BAKER'S CAKE TRANSFORMED.

When you have not time to make cake, buy a sponge or plain cup cake, slice horizontally into three or four divisions, spread with fruit jelly custard, or with apple filling. Stir up the whites of two eggs with one heaping cup of powdered sugar, then whip stiff, add the juice of a lemon or of a sour

orange, and cover the cake, top and sides. Dry in an open oven, or in the sunshine and air, and you have a nice dessert.

A LAYER BATTER CAKE.

This makes a good plain dessert. For the batter, look at "Batter Cakes," in Chap. VIII. Bake four cakes the size of a breakfast plate; as soon as one is done lay it on plate; butter it and spread on sugar (maple is nice); then put it in the oven covered over with a tin to keep the sugar from drying up; as soon as another cake is baked, place it on top of the other; butter and sugar as before. In addition to the butter and sugar on the last cake, put some whipped cream, or the beaten white of an egg over all. Serve at once.

KISSES.

Beat the whites of four or five eggs thoroughly; stiffen with pulverized sugar, flavor and drop a spoonful at a time on a greased paper, to bake.

PUDDING SAUCES.

There are three principal sauces, one of which can be used on all ordinary occasions. They are "hot liquid sauce," "egg sauce" and "hard sauce."

HOT LIQUID SAUCE.

Cream one cup of sugar with one-fourth cup of

butter; add one and one-half tablespoons of corn starch blended with water, and pour onto these enough boiling water to thicken it, slightly stirring the meanwhile; flavor.

EGG SAUCE.

One cup of sweet milk; into this when hot, stir two well beaten eggs, one cup of sugar, and one teaspoon of corn starch blended with a little water. Cook till it thickens slightly. Flavor and serve hot.

HARD SAUCE.

Stir to a cream one cup of sugar and one-third cup of butter; flavor. Place it in spoonfuls on the dessert.

LEMON SAUCE.

Make it like Hard Sauce, but instead of other flavoring, use the juice of a lemon.

FOAMING SAUCE.

Beat the whites of three eggs to a stiff froth; dissolve a teacup of sugar in a little water, let it boil, stir in a wine glass of some fruit juice (canned or fresh) and then the whites of the eggs; serve at once.

CREAM SAUCE.

One teacup powdered white sugar, scant half teacup butter, half teacup rich cream; beat butter and

sugar thoroughly, add cream, stir the whole into half teacup boiling water, place on stove for a few moments, stirring it constantly, take off and add flavoring.

WHIPPED CREAM SAUCE.

Whip a pint of thick cream, add the beaten whites of two eggs, sweeten to taste; place pudding in center of dish, and surround with the sauce.

PASTRY.

Bake pies in a moderate oven, having a better heat at the bottom than at the top of the oven, or the lower crust will be clammy and raw. When done, the crust will separate from the pan, so that the pie may be easily removed. Remove at once from the tins, or the crust will become "soggy." Butter or lard for pastry should be sweet, fresh and cold. The water used should also be fresh and cold.

CRUST FOR ONE PIE.

Into a cup and a half of flour and a little salt, work two *heaping* tablespoons of cold lard; rub it into the flour till fine; then wet up with cold water until soft enough to roll out easily, handling it as little as possible. Roll out thin, and to prevent the juice of pie from soaking into the under crust, beat an egg well and with a bit of a cloth dipped into it, wet the under crust. Before covering the pie, wet

the edges of the under crust with cold water and when the upper crust is placed upon it, dip the thumb and fore-finger in flour, and with them press the edges of the two crusts firmly together all around, to prevent the juice from boiling out. Cut an opening in the center of the upper crust before placing it. Use plenty of flour on the board and on the rolling-pin and the crust will not stick.

LEMON PIE.

Use the grated peel and the pulp and juice of one lemon, one well beaten egg, one cup of sugar and one cup of cold water; in a little of this water blend thoroughly one heaping tablespoon of flour; mix all together well. Bake with two crusts.

ONE-CRUST LEMON PIE.

Use the grated peel and the juice of one lemon; (after grating off peel, with a sharp knife remove the white tough covering beneath it, then rub the lemon on the grater until all the juice is pressed out). To this add one cup of hot water, one tablespoon of corn starch blended with a little water, one cup of sugar, and boil till it thickens; when cool, add the well beaten yolks of two eggs. Bake crust separately (prick it in several places with a fork that it may not blister) when done, fill with the lemon jelly and cover with a meringue made of the well beaten whites of the two eggs, and two tablespoons of sugar. Brown in the oven.

BLUEBERRY PIE.

Wash and pick over a pint of berries; then cook till tender, adding two-thirds of a cup of sugar, a tablespoonful of vinegar and a tablespoonful of corn starch blended with a little water. Fill pie with this, cover with crust and bake. Elderberries and blackberries are nice cooked in the same way.

STACK PIE.

Make nearly enough crust for two pies; line four pie pans with crust; prick with a fork and bake separately. Then cover each one with sauce or fruit of some kind and sweetened to taste, and stack them; on the top crust, over the sauce, spread meringue made of the well beaten white of an egg and a tablespoon of sugar; brown in oven.

LAZY PIE.

Cover a well greased pie pan with sliced apples; add two-thirds of a cup of sugar and a little butter and cinnamon. Cover with a batter composed of one cup of sour milk, one-half teaspoon of soda, one egg, a little salt, one tablespoon melted butter, and about a cup and a half of flour. When baked, turn the pie bottom side up on a plate and cover the then top (or fruit side) with a meringue made of the well beaten white of an egg and a tablespoonful of sugar. Brown in oven.

CORN STARCH PIE.

One quart milk, yolks of two eggs, two tablespoons corn starch, three cups sugar; blend starch with a little milk, boil the rest of the milk, beat the yolks and add starch, stir in the boiling milk and add sugar; bake with an under crust, beat whites with two tablespoons sugar, put on top, and return to oven and brown. This will make two pies.

CREAM PIE.

Pour a pint of cream upon a cup and a half powdered sugar; let stand until the whites of three eggs have been beaten to a stiff froth; add this to the cream, and beat up thoroughly; grate a little nutmeg over the mixture, and bake in two pies without upper crusts.

CUSTARD PIE.

For a large pie, take three eggs, one pint of milk, half cup sugar, and flavor. The crust for custard pies may be baked before putting in the custard.

MINCE MEAT.

Two bowls chopped apples, one of chopped meat, with one-fourth pound suet, grated rind and juice of one lemon, two teacups molasses, one large teaspoon each of cinnamon and cloves, one nutmeg, one pound raisins, half pound currants, one-fourth pound citron cut fine, one quart cider, and sugar and salt to taste.

PIE-PLANT PIE.

Mix half a teacup white sugar and one heaping teaspoon flour together, sprinkle over the bottom crust, then add the pie-plant cut up fine; sprinkle over this another half teacup sugar and heaping teaspoon flour; bake fully three-quarters of an hour in a slow oven. Or, stew the pie-plant, sweeten, add grated rind and juice of a lemon and yolks of two eggs, and bake and frost like lemon pie. Grated orange peel is a nice flavoring.

PUMPKIN PIE.

Stew pumpkin, cut into small pieces, in a little water, and, when soft, mash with potato masher very fine; let the water dry away, watching closely to prevent burning or scorching; for each pie take two well beaten eggs, two-thirds cup sugar, two tablespoons pumpkin, half pint rich milk (a little cream will improve it), a little butter and salt; stir well together, and season with cinnamon or nutmeg; bake with under crust in a hot oven. Some steam pumpkin instead of stewing it.

PEACH PIE.

Bake in two separate tins an under and upper crust in a quick oven fifteen minutes; when done place in the lower crust one quart peaches prepared by slicing, and adding three tablespoons each of sugar and cream, cover with the top crust, and place in oven for five minutes.

COCOANUT PIE.

One cup of sugar, the well beaten whites of three eggs, half a grated cocoanut. Bake one crust; when done fill with the above; slightly brown in oven.

SHORT-CAKE.

One-half cup of butter worked into one quart of flour, three heaping teaspoons of baking powder, the well beaten yelk of an egg, a little salt, and enough milk to make a thick batter. Bake quick; split in two with a warm knife; cover with butter and then fruit of any kind, sweetened (canned fruit is nice). Turn the piece that was the top, the top side down, and cover with fruit the same as the other piece. Over all spread whipped cream or a meringue made of the well beaten white of an egg and a table-spoonful of sugar. Brown slightly in oven.

 CHAPTER XI.

JELLIES—JAMS—PRESERVES—PICKLES.

JELLIES.

Always make jellies in a porcelain kettle if possible, but brass may be used if scoured very bright (or new tin) if the fruit is removed immediately on tak-

ing from the fire. Use the best refined or granulated sugar, and do not have the fruit, especially currants and grapes, overripe.

To extract the juice, place fruit in kettle with just enough water to keep from burning, stir often, and let remain on the fire until thoroughly scalded; then strain a small quantity at a time through a strong coarse flannel or cotton bag wrung out of hot water, after which let it drain, and squeeze it with the hands as it cools, emptying the bag and rinsing it off each time it is used. The larger fruits, such as apples and quinces, should be cut in pieces, cores removed if at all defective, enough water added to cover them, boiled gently until tender, turned into a bag and placed to drain for three or four hours or over night. As a general rule allow equal measures juice and sugar. Boil juice rapidly fifteen minutes from the first moment of boiling, skim, add sugar, and boil five minutes longer. Before covering jelly dishes, when jelly is cold, cover with letter-paper cut to fit dish and wet in brandy. Paste paper over bowls and uncovered dishes; keep in dark, cool, dry place.

CURRENT JELLY.

Do not pick from the stem, but carefully remove all leaves and imperfect fruit, and follow general directions; red raspberries and currants mixed make a nice jelly.

CRANBERRY JELLY.

Prepare juice as in general directions, add one pound sugar to every pint, boil and skim; test by dropping a little into cold water (when it does not mingle with the water it is done); rinse glasses in cold water before pouring in the jelly to prevent sticking.

GRAPE JELLY.

Prepare fruit; scald; strain through a cloth; boil slowly twenty minutes, skimming often, then add sugar (a quart for a quart) and boil five minutes.

QUINCE JELLY.

Rub the quinces with a cloth until perfectly smooth, cut in small pieces, pack tight in a kettle, pour on cold water until level with the fruit, boil until very soft; make a three-cornered flannel bag, pour in fruit and hang up to drain. To a pint of juice add a pint of sugar and boil fifteen minutes, or until it is jelly; pour into tumblers, or bowls, and finish according to general directions. If quinces are scarce, the parings and cores of quinces with good tart apples, boiled and strained as above make excellent jelly.

CRAB APPLE JELLY.

Wash and quarter Siberian crabs, but do not core, cover to the depth of an inch or two with cold water, and cook to a mush; pour into a coarse cotton bag or

strainer, and when cool enough, press or squeeze hard, to extract all the juice. Allow the strained juice of four lemons to a peck of apples, and three quarters of a pound of sugar to each pint of juice. Boil the juice from ten to twenty minutes; while boiling sift in the sugar slowly, stirring constantly, and boil five minutes longer.

PIE-PLANT JELLY.

Scald till tender in a little water; strain; add the juice of lemons in the proportion of one lemon to one quart of pie plant juice; boil forty minutes, skimming often, add sugar, measure for measure; boil five minutes and put in jelly dishes.

PEACH JELLY.

Pare, stone and slice the peaches; heat in a pot of boiling water, stirring occasionally until the fruit is well broken. Strain, and to every pint of peach juice add the juice of a lemon. Measure again, and to every pint of peach juice add a pound of sugar. Heat the sugar very hot, and add when the juice has boiled twenty minutes. Let it come to a boil and take instantly from the fire.

RIBBON JELLY.

Soak one package of Coxe's gelatine in one cup of cold water three hours. Add a cup and a half of sugar to two-thirds of it and a pinch of cinnamon;

pour on it four cups of boiling water, when perfectly dissolved; strain it; color half of it with a little pulverized cochineal rubbed up in a tablespoonful of water and then strained (a teaspoonful of this dye will color a cup of jelly). Wet a mold with cold water, and pour in a little of the plain jelly; set it on the ice. (Wine glasses or egg cups are pretty molds to use.) While this is cooling, make jelly of the reserved third of the soaked gelatine by heating a cup of milk, putting in half a cup of sugar, then the gelatine; stir until melted and strain. When the jelly on the ice is firm enough to bear another layer on top of it, pour on a little of the red jelly and set on ice; when cool add a layer of the white; when perfectly solid it will turn out nicely and be yellow, red and white alternately.

JAMS.

In making jams the fruit should be carefully cleaned and *thoroughly* bruised. Boil fifteen or twenty minutes before adding the sugar, as the flavor of the fruit is thus better preserved (usually allowing three-quarters of a pound of sugar to a pound of fruit) and then boil half an hour longer. Jams require almost constant stirring. To tell when any jam is sufficiently cooked, take out some of it on a plate and let it cool. If no juice or moisture gathers about it, and it looks dry and glistening, it is done thoroughly.

GRAPE JAM.

Press out the pulp and preserve the skins; scald the pulp, then press it through the colander to remove the seeds; mix skins and pulp; add two-thirds of a cup of sugar to one of fruit and boil slowly some time until the skins are tender.

CURRANT JAM.

Pick from stems and wash thoroughly with the hands, put into a preserving kettle and boil fifteen or twenty minutes, stirring often, and skimming off any scum that may arise; then add sugar in the proportion of three-fourths pound sugar to one pound fruit, or, by measure, one coffee-cup of sugar to one pint mashed fruit; boil thirty minutes longer, stirring almost constantly. When done, pour in small jars or glasses, and either seal or secure like jelly.

RASPBERRY JAM.

Make by itself, or, better, combine with currants in the proportion of one-third currants to two-thirds raspberries; mash the fruit well, and proceed as in currant jam.

Make Blackberry Jam like Raspberry, except that it should not be mixed with currants.

Strawberry Jam is made like Blackberry.

PRESERVES.

Peel peaches, pears, quinces and apples, and throw

into cold water as you peel them to prevent their turning dark. It is difficult to watch a large quantity so as to insure its being done to a turn, hence it is better to cook a few at a time. The old rule is "a pound of sugar to a pound of fruit;" but three-quarters of a pound of sugar to a pound of fruit is sufficient, and even less is sometimes used if sealed.

Quinces, pears, citrons, watermelon rinds, and many of the smaller fruits, such as cherries, currants, etc., harden when put, at first, into a syrup made of their weight of sugar. To prevent this they should be cooked till tender in water, or in a weak syrup made from a portion only of the sugar, adding the remainder afterward. In preserving fruits, such as apples, peaches, tomatoes, plums and strawberries, and other fruits which are likely to become too soft in cooking, it is a good plan to pour the hot syrup over the fruit, or to strew over it a part or all the sugar, and allow it to stand a few hours; by either method the juice is extracted, and the fruit hardened.

CITRON PRESERVES.

Pare off rind, seed, cut in thin slices two inches long, weigh, and put in preserving kettle with water enough to cover; boil one hour, take out the citron, and to the water in kettle add as much sugar as there is citron by weight, boil until quite thick, replace citron, boil twenty minutes, take out, boil syrup until

it is like very thick molasses, and pour it over the fruit. Watermelon rinds sliced in the same manner (but soaked over night in salt and water) can be added and it will taste and look like citron.

TOMATO PRESERVES.

Scald and peel carefully small perfectly-formed tomatoes, not too ripe (yellow pear-shaped are best) prick with a needle to prevent bursting, add an equal amount of sugar by weight, let lie over night, then pour off all juice into a preserve kettle, and boil until it is thick syrup, clarifying with white of an egg; add tomatoes and boil carefully until they look transparent. A piece or two of root ginger, or one lemon to a pound of fruit sliced thin and cooked with the fruit, may be added. By *adding spices*, this will be spiced tomatoes.

QUINCE AND APPLE PRESERVES.

Fourteen pounds of sweet apples (pound sweets) to seven pounds of quinces, and about sixteen pounds of sugar, cook apples and quinces separately, the latter much longer than the former, in a little water. Add the sugar to the apples at once to toughen them; when the fruit begins to be tender put it together and cook slowly for awhile; when sufficiently done, take out fruit and if the juice is not like a syrup, boil it down until it is. Seal in cans, or it will keep in small, well covered jars. Scald up if it is at all

inclined to work. Of course sealing is the safer way.

YELLOW TOMATO PRESERVES.

Pour on boiling water to make the skins slip off easily. Then put them on to boil for one-half hour with sugar, measure for measure; then add six lemons (thinly sliced) to a peach basketful of tomatoes and boil slowly one hour and a half longer. Stir often or it will burn. It looks like amber and is delicious.

CHERRY PRESERVES.

Choose sour ones; pit very carefully, allow an amount of sugar equal to the fruit; take half the sugar, sprinkle over the fruit, let stand about an hour, pour into a preserving kettle, boil slowly ten minutes, skim out the cherries, add rest of sugar to the syrup, boil, skim and pour over the cherries; the next day drain off the syrup, boil, skim if necessary, add the cherries, boil twenty minutes and seal up in small jars.

PEAR PRESERVES.

Pare, cut in halves, core and weigh (if hard, boil in water until tender, and use the water for the syrup); for syrup allow three-quarters pound sugar for each pound fruit, boil a few moments, skim, and cool; when luke-warm add pears, and boil gently until syrup has penetrated them and they look clear; some of

the pieces will cook before the rest, and must be removed; when done, take out, boil down syrup a little and pour over them; a few cloves stuck here and there in the pears add a pleasant savor.

PEACH PRESERVES.

Preserve them in the same manner that the pears are preserved in the foregoing recipe.

PICKLES.

In making pickles use none but the best cider vinegar, and boil in a porcelain kettle—never in metal. A lump of alum, the size of a small nutmeg, to a gallon of cucumbers, dissolved and added to the vinegar when scalding the pickles the first time, renders them crisp and tender, but too much is injurious. Keep in a dry, cool cellar, in glass or stoneware; look at them frequently and remove all soft ones; if white specks appear in the vinegar, drain off and scald, adding a liberal handful of sugar to each gallon, and pour again over the pickles; bits of horse-radish and a few cloves assist in preserving the life of the vinegar. If put away in large stone jars, invert a saucer over the top of the pickles, so as to keep them well under the vinegar. The nicest way to put up pickles is bottling, sealing while hot. The brine for pickles should be strong enough to float an egg; make it in the proportion of a heaping pint of coarse salt to a gallon of water; freshen by scalding.

PICKLED PEPPERS.

Take large green ones (the best variety is the sweet pepper) remove a slice from the top, take out all the seeds, soak in brine over night; in the morning stuff with chopped cabbage, or chopped onions, cabbage and cucumbers, seasoned with mustard seed; replace the slice on the top and tie in place with string; put in jar, and cover with cold spiced vinegar.

PICALLILI.

Slice and soak one gallon of green tomatoes in salt and water over night. In the morning, drain and chop fine, also chop six onions and six green peppers; add one teaspoon of pepper, one of allspice, two of cloves, and of mustard, one-half pint each of black and white mustard seed, scald slightly in vinegar; pour off vinegar and add cold vinegar, or pour on hot vinegar and seal in cans.

SWEET PICKLED BLACKBERRIES.

Three pounds of sugar to seven pounds of berries and one pint of vinegar; put spices (unground cinnamon and whole cloves) in a bag; scald fruit a few moments and skim out, boiling down the syrup a little; then adding fruit and boiling fifteen minutes.

PICKLED SEED CUCUMBERS.

Pare and slice lengthwise; soak over night in salt and water; in the morning drain well, and scald

in alum water ten minutes; use enough alum to make the water taste of it quite strong. Skim out slices and take the greatest pains in removing alum water; drain from one dish to another as long as you can drain anything off; then wipe each piece with clean dry cloths. When dry, boil in sugar and vinegar (pint for pint) till clear, adding unground spices in a bag. Remove the pieces as soon as they become clear; seal.

GREEN TOMATO PICKLE.

Slice and soak a gallon of tomatoes in salt and water over night. In the morning drain and scald till tender in half vinegar and water, also add six small onions (if you like them); in the meantime have three cups of sugar and about a quart of vinegar (and spices in a bag) scalding; when tomatoes are tender pour off the vinegar and water they were scalded in and add the hot, spiced vinegar, and seal.

To pickle *apples, pears, peaches, cherries, etc.*, the rule is one pound of sugar to one pint of vinegar; boil fruit in it till it is clear; for the first three add cinnamon in a bag and put cloves in the fruit before cooking.

For *sweet apples*, one pint of sugar to a quart of vinegar is enough.

CHAPTER XII.

BEVERAGES.

COFFEE — TEA — BROMA — CHOCOLATE — LEMONADE
ICE CREAM — ICES, ETC.

To avoid adulteration, buy the coffee in the grain and have it ground or grind it yourself. The best kinds are the Mocha and Java. A mixture of one-third of Mocha to two-thirds of Java is preferable to either one alone. A heaping tablespoon of coffee for each person and "one for the pot" is the usual allowance. Mix well with a little cold water and a part of an egg; then pour on boiling water and let it boil hard for eight or ten minutes; set it back for about five, and serve at once with cream if possible.

COFFEE (No. 2).

Have the coffee (one-third Mocha and two-thirds Java) ground as fine as flour; put it in a cloth bag on a tripod placed in the coffee pot and pour the boiling water through it, letting it stand three minutes before serving. Serve with cream if possible. It looks very nicely in the coffee if at first whipped with the egg-beater.

COFFEE IN LARGE QUANTITIES.

A pound and a half of coffee to a gallon of water is the general rule; boil eight minutes and set back to settle five minutes. Two or three eggs are used to a gallon of water.

TEA.

Scald the tea pot and put in a small teaspoonful of tea to each person; pour on boiling water and let it boil up briskly for about a minute; then set back and let it steep for about five minutes. Japan and Oolong mixed make a very nice tea; some prefer either one alone.

CHOCOLATE.

Rub five heaping tablespoonfuls of chocolate (baker's unsweetened) smooth in a little cold water; put it with three cups of boiling water and two cups of boiling milk; sweeten to taste; add teaspoonful of corn starch blended with water. A little cream improves it.

COCOA NIBS.

Wet two ounces of cocoa shells and let them steep an hour; then stir them into a quart of boiling water and cook slowly one hour. Strain and add two cups of scalded milk; sweeten to taste.

BROMA.

Into two cups of boiling water and two cups of boiling milk stir one heaping tablespoonful and a half of broma (previously blended with water) and boil five or ten minutes. Add one teaspoonful of corn-starch in a little water. Sweeten to taste.

A HARVEST DRINK.

One quart of water, tablespoon sifted ginger, three heaping tablespoons sugar, half pint vinegar.

LEMONADE.

Roll four lemons well, slice thin, put over them one teacup white sugar; let stand a short time; add one quart of water; pour into pitcher and serve.

SHERBET.

One pine-apple, four lemons, two quarts water, two teacups sugar; steep the pine-apple in the water for two hours; strain and add the juice of the lemons and sugar; beat well the whites of five eggs, add to them three tablespoons of sugar; place all in freezer, freeze at once.

ICE CREAM.

Two well beaten eggs, nearly one cup of sugar, a little cream and one quart of milk cooked in a pail set in a pan of boiling water. Flavor and freeze.

LEMON ICE CREAM.

Squeeze a dozen lemons, make the juice quite thick with white sugar, stir into it three quarts of cream, and freeze. Orange ice cream is prepared in the the same way, using less sugar.

PINE-APPLE ICE CREAM.

Three pints cream, two large ripe pine-apples, two

pounds powdered sugar; slice the pine-apples thin, scatter the sugar between the slices, cover and let the fruit stand a while, cut or chop it up in the syrup, and strain; beat gradually into the cream, and freeze; reserve a few pieces of pine-apple unsugared; stir in a pint of well whipped cream.

STRAWBERRY ICE CREAM.

Sprinkle strawberries with sugar, wash well and rub through a sieve; to a pint of the juice add half a pint of good cream, make it very sweet; freeze, and when beginning to set, stir in lightly one pint of cream whipped.

CHOCOLATE ICE CREAM.

Scald one pint new milk, add one cup of sugar, two eggs, and five tablespoons chocolate rubbed smooth in a little milk. Beat well for a moment or two, place over the fire and heat until it thickens well, stirring constantly, set off, add a tablespoon of thin, dissolved gelatine, and when cold, place in freezer; when it begins to set, add a quart of rich cream, half of it well whipped.

ORANGE ICE.

Boil one cup of sugar in one quart of water; when cool add the juice of six oranges; steep the rinds in a little water, strain, and flavor to taste with it. Freeze.

STRAWBERRY ICE.

Mash two quarts of strawberries with two pounds of sugar; let stand an hour or more, strain through a cloth, pressing out all the juice; add an equal measure of water; and when half frozen, add the beaten whites of eggs in the proportion of three eggs to a quart.

LEMON ICE.

To the juice of three lemons, add one quart of boiling water and two cups of sugar. When partly frozen add the whites of three eggs, beaten to a stiff froth.

CHAPTER XIII.

CREAMS—CUSTARDS—FRUITS—CONFECTIONERY.

RASPBERRY CREAM.

One quart good cream, one pint fresh raspberries; mash and rub fruit through a fine sieve or strainer, to extract the seeds; bring half the cream to a boil, and add it to the berries while it remains hot, sweeten with powdered sugar to taste, let it become cold. Now beat cream which has been reserved to a froth with a beater; fill dish or glasses with the cream and place froth on top.

WHIPPED CREAM.

One and one-half pints good rich cream sweetened and flavored to taste; whip to a stiff froth. Dissolve three-fourths ounce best gelatine in a small teacup hot water, and when cool pour into the cream; stir thoroughly, pour in molds and set on ice, or in very cool place.

CHARLOTTE RUSSE.

Line a pudding dish with thick slices of sponge cake. Pour over this one ounce of gelatine dissolved in one cup of boiling milk, one pint of whipped cream, one and a half cups of sugar, and flavoring well mixed together; and over all pour the well beaten whites of four eggs; set on ice.

APPLE CREAM.

Pare, core and bring to boil in as little water as possible six tart apples, cool and strain, beat well and add the well whipped whites of three eggs, sweeten to taste and beat thoroughly until like a dish of snow; flavor with lemon or vanilla, or add the grated rind of a lemon; serve with sweetened cream.

BLANC-MANGE.

Dissolve three heaping tablespoons corn starch and three of sugar in one pint of milk; add to this the whites of three eggs well beaten, and pour the mixture into one pint of boiling milk, stirring constantly until it boils again; just before taking from

the stove flavor to suit the taste and pour into cups or small molds; when cool take out and place in a glass dish with a mold of jelly in the center. Serve a spoon of jelly and a sauce of sweetened cream with each mold.

CUSTARD.

Two well beaten eggs, three-fourths of a cup of sugar, one pint of milk; flavor with nutmeg and bake till solid.

FLOAT.

Into one quart of hot milk stir the well beaten yolks of six eggs, half a cup of sugar, and a teaspoonful of corn starch. When thickened slightly flavor, and put in sauce dish. Then beat the whites of the six eggs to a stiff froth and drop into a spider of boiling water a tablespoonful at a time; removing as soon as it swells up and placing on the custard.

ORANGE FLOAT.

Make this like the plain Float, but before adding whites, put into the custard, when partially cool, two sliced oranges. Then add the whites as before.

FRUITS.

Nutmeg melons should be set on the blossom end, and cut in several equal pieces from the stem downward, leaving each alternate piece still attached; the others may then be loosened, and the seeds removed, when the melon is ready to serve.

Serve oranges in a similar way, *i. e.*, separate (and turn down) the peel in quarters, without removing it. Water melons should be cut in two in the middle if long, and then cut lengthwise in slices. Berries should be served with pulverized sugar and cream if possible. Peaches also.

BAKED APPLES.

Pare, and core with an apple corer some tart apples; fill the cavities with sugar; add a little water to bake them in; serve with cream.

FRIED APPLES.

Slice thin without paring; fry in greased spider; sprinkle with sugar while frying; serve hot.

STEWED PIE-PLANT.

Peel and cut up the pie-plant and sprinkle thick with sugar; let it stand a few moments then cook till tender; it will not be necessary to add any water as the sugar and juice will already have made a syrup.

SNOW FLAKES.

Grate a large cocoanut into a glass dish and serve with cream, preserves, jelly or jam.

CHOCOLATE CARAMELS.

One cup of chocolate shaved fine, one cup molasses, half cup milk, one cup sugar; boil; when nearly done add a piece of butter size of a walnut. Stir

until the chocolate is perfectly dissolved, but not after it begins to boil, as that will make it grain. It is done if it hardens quickly when dropped in cold water, but do not make it too hard. Grease plates with butter, and pour it on them; when nearly cool cut with a greased knife into small squares.

LEMON CANDY.

Take a pound loaf sugar and a large cup water; after cooking over a slow fire half an hour, clear with a little hot vinegar; skim; test by raising with a spoon, and when done it "threads." Pour into a tin pan.

MOLASSES CANDY.

One cup of N. O. molasses, one cup of sugar, one tablespoon of vinegar, a small piece of butter, and just before it is done a half teaspoon of soda well stirred in. Try it by dropping it in cold water, as soon as it hardens immediately it is done, pour it on greased plates and set out doors to cool. Begin to pull it as soon as you can or it will get too hard to pull before it is white enough; make one long stick of it and break it into short ones by striking it hard with a knife when cold.

NUT CANDY.

Make this just like the Molasses Candy but before pouring the molasses on greased plates, cover them with the meats of any nuts you like; then pour the

molasses over them when it is done. When cold cut it in squares, having marked them off when the molasses was but partially hardened.

CHAPTER XIV.

A GENERAL BILL OF FARE.

FOR BREAKFAST.

MEAT.

Steak, or dried beef and cream, ham, pork, sausage, veal cutlets, mutton chops, bacon, liver, cod-fish, mackerel, or fresh fish.

POTATO.

Mashed, or baked, fried in slices, or in balls, warmed in milk, or made into hash, or croquette balls.

BREAD.

Wheat, graham, oatmeal or rye, gems, rusk, waffles, baking powder biscuit, Johnny-cake, or steamed stale bread.

RELISHES.

Cookies, or doughnuts, griddle cakes, oatmeal, rice, hominy, or cracked wheat.

DRINKS.

Tea, coffee, chocolate, broma, or cocoa nibs.

FOR DINNER.

MEAT.

Beefsteak, beef stew, beef roast, pork roast, mutton roast, fish, fowl, game, or oysters.

POTATO.

Mashed, or baked, sweet potatoes, or Irish.

VEGETABLES.

One or more of fresh or canned vegetables.

DESSERT.

Pudding, pie, or short-cakes.

RELISHES.

Horse radish, catsups, pickles, jellies, cheese, &c.

DRINK.

Tea, coffee, broma, chocolate.

BREAD.

White, graham, oatmeal, rye, steamed corn bread, raised biscuit, or rusk.

FOR TEA.

BREAD.

Wheat, graham, oatmeal, or rye, steamed stale

bread, or baking powder biscuit.

SAUCE.

Fresh, canned, preserved, or dried fruit, custards, creams, jellies, or jams.

CAKE.

Layer or loaf cake, cookies, tarts, or cream puffs.

SOMETHING WARM.

Hash, croquette balls, potato balls, milk toast, dry toast, breakfast toast, fried bread, fried potatoes, potato warmed in milk, potatoes in their jackets.

MEAT.

Canned, sliced cold, or dried.

RELISHES.

Pickles, cheese, jellies, etc.

DRINK.

Tea, hot or iced, iced milk, or lemonade.

CHAPTER XV.

FOOD FOR THE SICK.

BEEF TEA.

Take a pound of juicy lean beef and mince it.

Put it with its juice into an *earthen* vessel containing a pint of tepid water, and let the whole stand for one hour. Slowly heat to boiling point, and let boil for three minutes. Strain liquid through a colander, and stir in a little salt. If preferred, a little pepper or allspice may be added.

Mutton tea may be prepared in the same way. It makes an agreeable change when the patient has become tired of beef tea.

BEEF BROTH.

Cut in small pieces one pound of good lean beef, put on in two quarts of cold water and boil slowly, keeping it well covered, one and one-half hours; then add half a teacup tapioca, which has been soaked three-quarters of an hour in water enough to cover, and boil half an hour longer.

MUTTON BROTH.

Put two pounds of mutton and two quarts cold water to boil, add one tablespoon rice washed carefully through several waters. Let it boil till the meat will leave the bone, and the rice is cooked to a liquid mass. Take from the fire, season with a little salt.

ESSENCE OF BEEF.

Put a sufficient quantity of chopped, lean beef into a bottle to fill up its body, cork it *loosely*, and place it in a pot of cold water, attaching the neck,

by means of a string, to the handle of the kettle. Boil this for an hour and a half or two hours; then pour off the liquor and skim it; to this add salt.

RAW BEEF.

Chop fresh, lean beef (the best steak or roast) very fine, sprinkle with salt and pepper, and put between thin slices of graham or white buttered bread. This is a very nutritious diet.

CHICKEN BROTH.

Take the first and second joints of a chicken; boil till tender in one quart of water; season with salt and pepper if allowable.

MILK PORRIDGE.

One cup of water, one of milk and a pinch of salt; when boiling, add one tablespoonful of flour blended with a little water. A tablespoon of sweet cream improves it very much if the patient can bear it.

CORN MEAL GRUEL.

Add to three pints boiling water two tablespoons corn meal, stirred up with a little cold water; add a pinch of salt and cook twenty minutes.

RICE WATER.

Wash four tablespoons of rice; put it into two quarts of water, which boil down to one quart, and then add sugar or salt. This makes a pleasant drink.

A pint or half a pint of milk added to the rice water, before it is taken from the fire, gives a nourishing food. Sago, tapioca, barley, or cracked wheat can be prepared in the same manner.

BARLEY WATER.

Add two ounces pearl barley to half pint boiling water; let simmer five minutes, drain and add two quarts boiling water; strain and season to taste with salt or sugar.

WINE WHEY.

One pint of boiling milk, two wine glasses of wine, boil a moment, stirring well; take out the curd, sweeten and flavor the whey. People who have scruples against the use of wine can raise no objections to Wine Whey, as the boiling destroys all fermentation. It is excellent for one in a reduced state.

UNFERMENTED WINE.

This is excellent for invalids and is much used for church purposes. Pick the grapes from the stem; wash and bruise them; to four quarts of this pulp add three pints of water; scald, and strain them through a colander once, and twice through a cloth; then add one and one-half, or one and three-fourths pounds of sugar; give one final scald and seal in bottles or cans.

KUMYSS.

Take three quarts of good, rich, sweet milk; one

quart of hot water, in which dissolve one-half pint sugar; add the hot water to the milk; when this mixture is lukewarm add three tablespoons of brewer's yeast; set in a moderately warm place, stir often, and, when it begins to sparkle (which will be in about one and a half hours) put it into strong bottles and cork tight; put in a cool place and in eight hours it will be ready for use.

RASPBERRY RELISH.

To each pint of berry juice add one pound of sugar. Let it stand over night; next morning boil ten minutes, and bottle for use.

SEA MOSS FARINE.

Dessert spoon of sea moss farine, quart boiling water; steep a few minutes, sweeten and flavor with lemon (leaving out rinds). This is a very pleasant drink and is good for colds.

CURRENT SHRUB.

Make the same as jelly, but boil only ten minutes; when cool, bottle and cork tight. Raspberry, strawberry and blackberry shrubs are made in the same way; when used, put in two-thirds ice water.

CRUST COFFEE.

Toast slowly and nicely one or two slices of bread; pour on it boiling water, and season with sugar and cream.

TOAST.

Toast slices of bread, scrape off any blackened, charred portion; lay on a soup plate, pour on hot milk enough to wet through, and leave half an inch or so in depth of milk in the plate.

RAW EGGS.

Beat an egg thoroughly, the white and yelk separately; then whip together slightly and put in a glass, add a teaspoon or two of sugar; flavor and fill up the glass with milk. Some like the clear egg, sweetened.

COOKED EGGS.

It is better to cook eggs for invalids by dropping them in boiling water; cook soft.

IRISH MOSS JELLY.

Half an ounce of Irish moss, boiled in a pint and a half of milk or water; boil down to a pint; strain through a cloth and add one cup of sugar and the juice of one lemon.

Tapioca, sago, rice, oatmeal, cracked wheat, etc., are good for invalids when convalescing. The tapioca should be soaked over night; they should all be corked *thoroughly*; if you have not a double boiler for the purpose, cook a half a cup of either one with a little salt and a pint of cold water in a covered tin pail set in a kettle of boiling water. Do not stir it till done.

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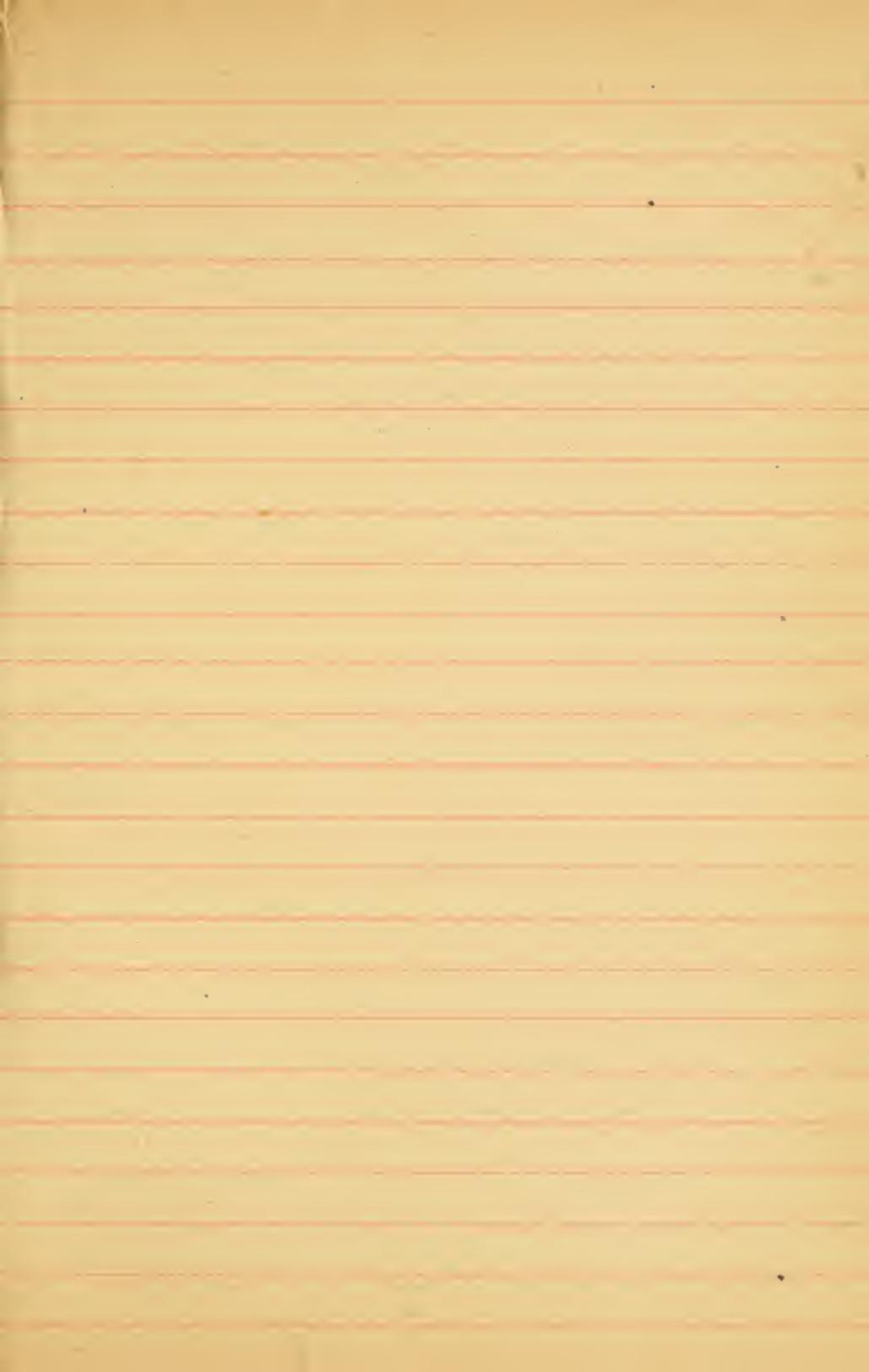
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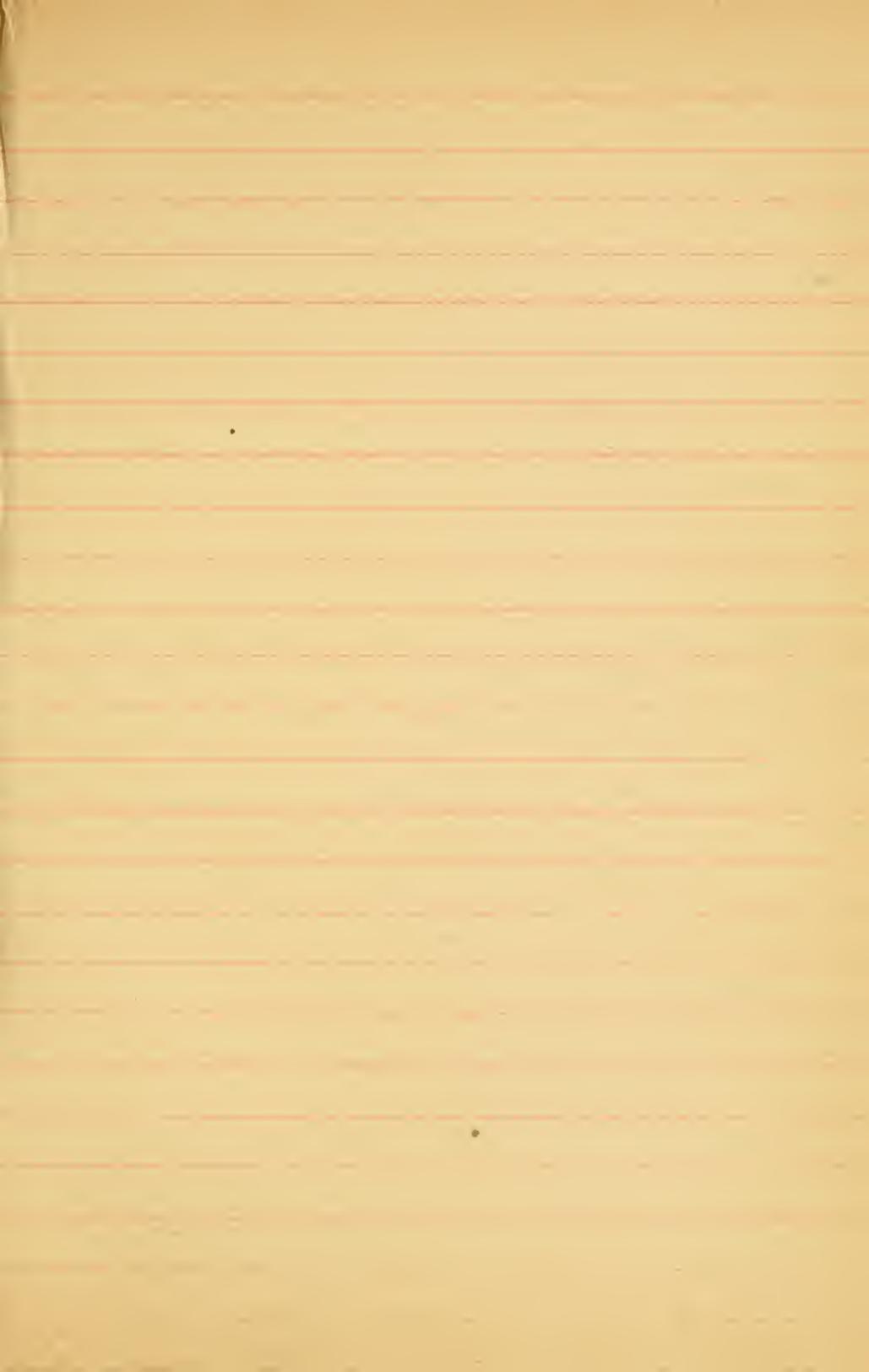
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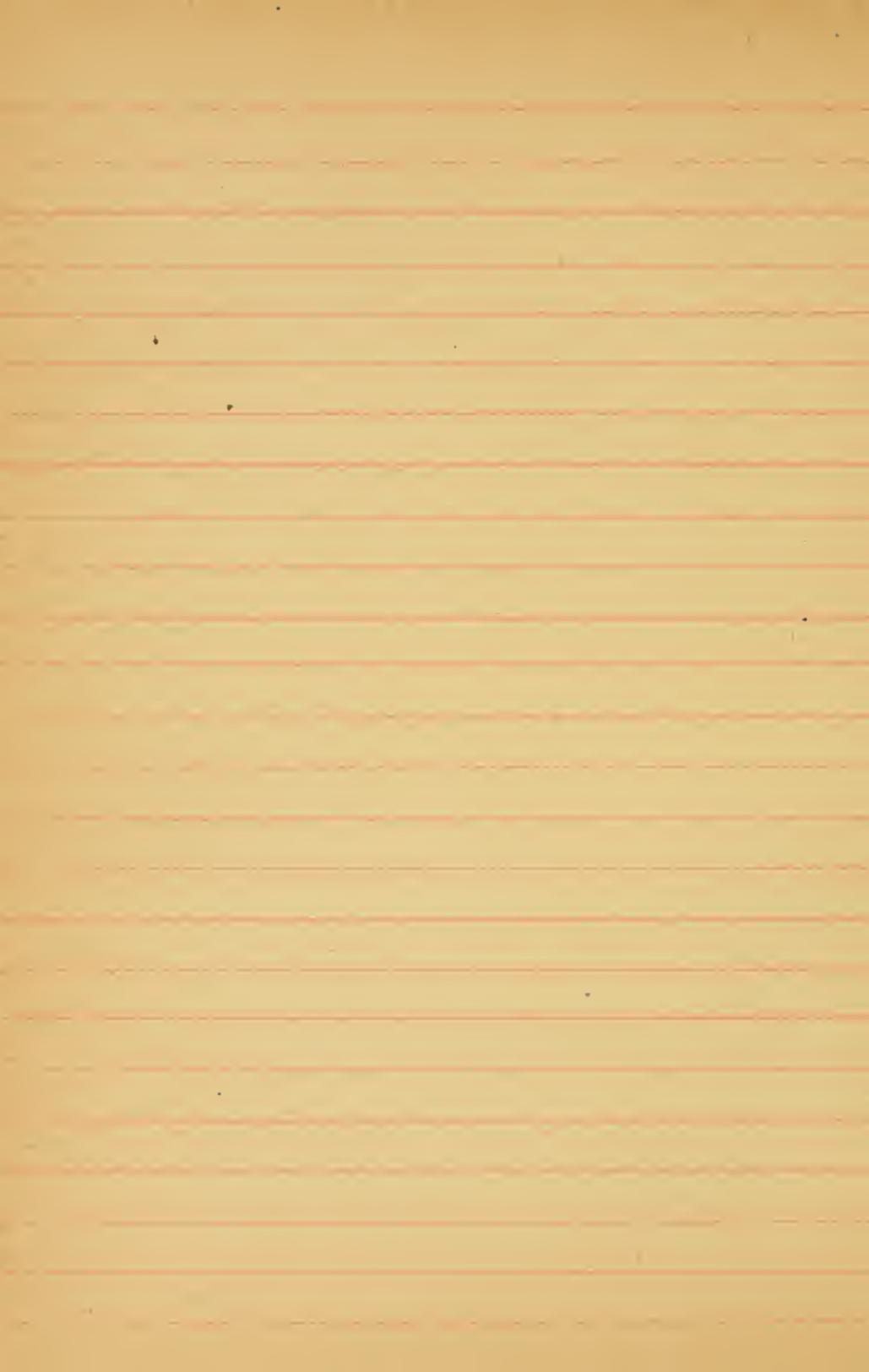


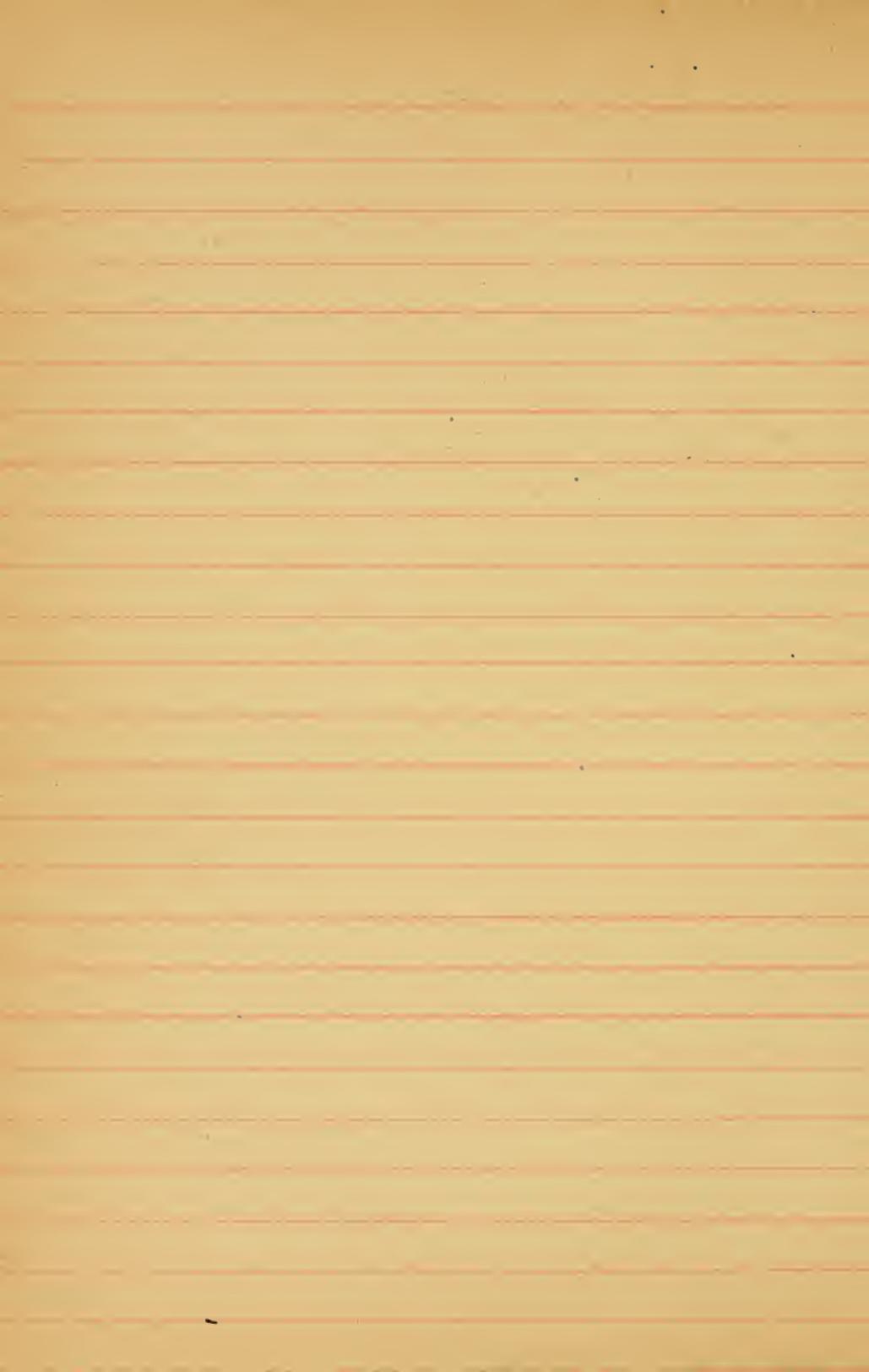




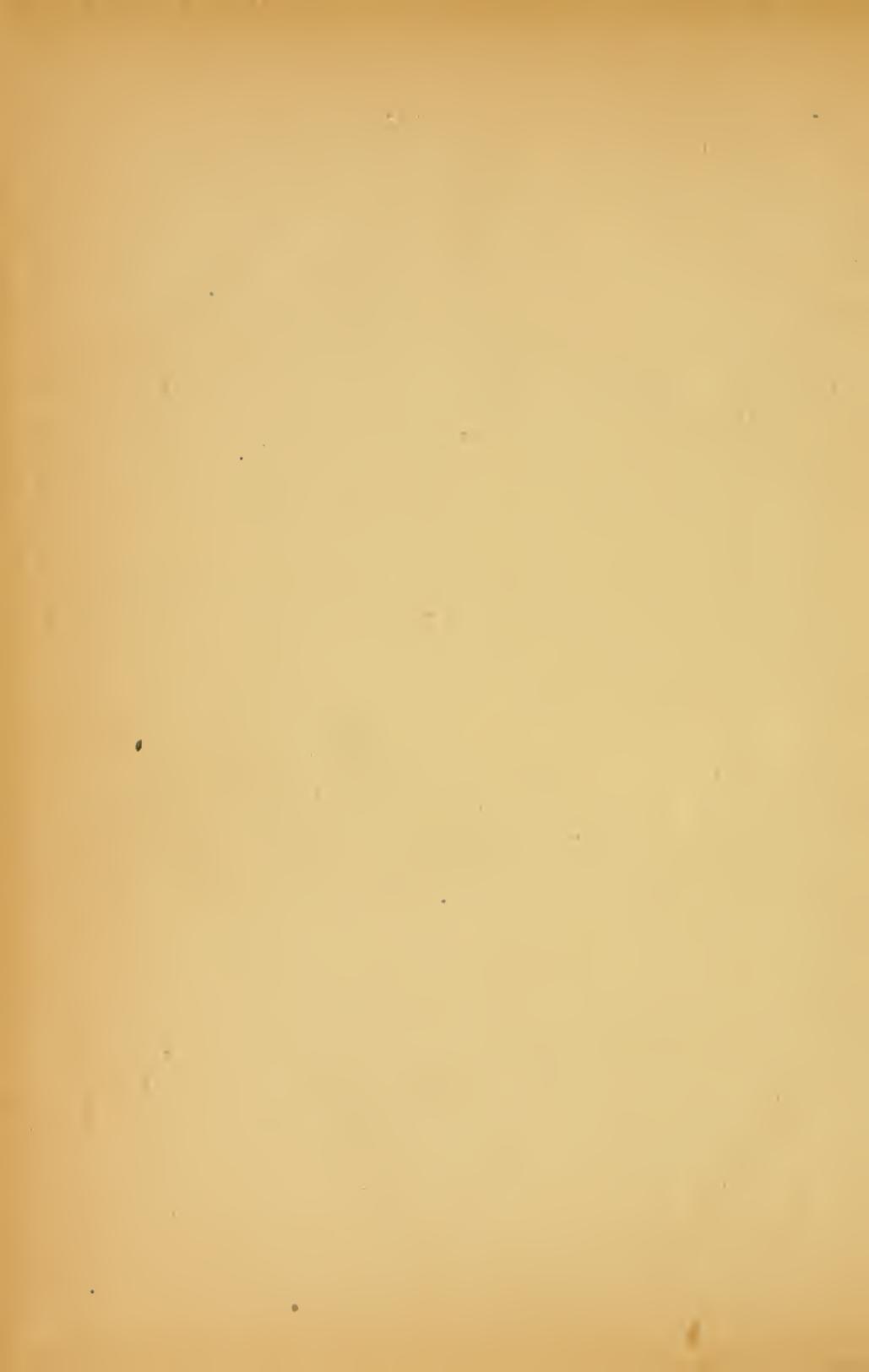


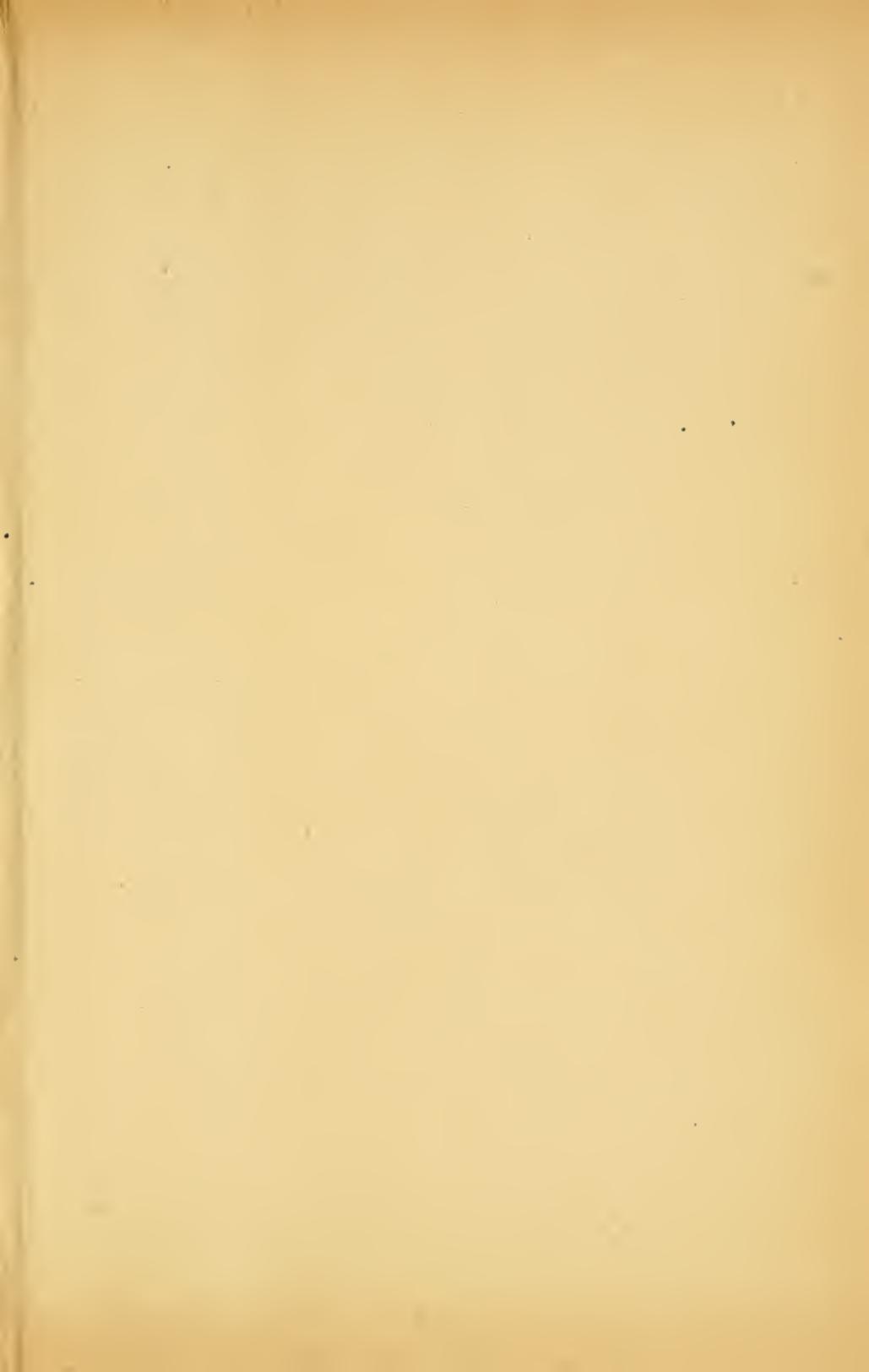














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