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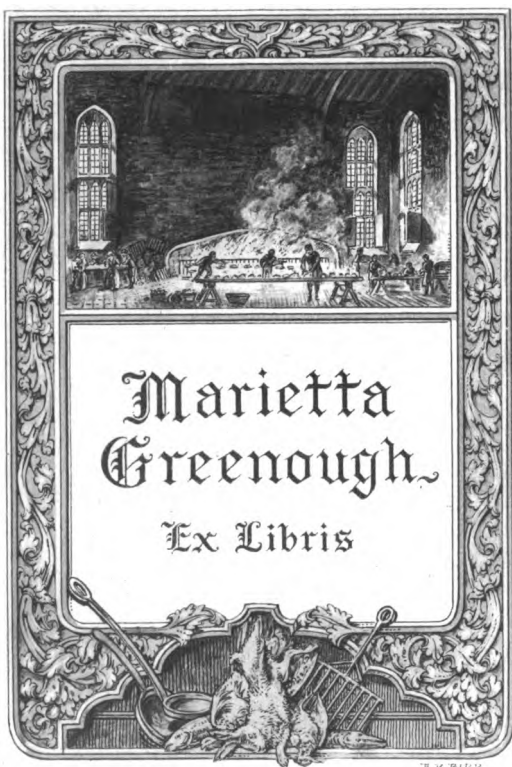
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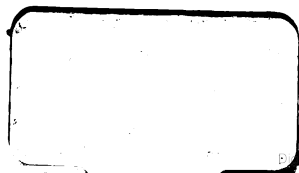
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The "Lion" Gas Stove & Heater.


A PERFECT GEM.

A COMBINATION OF THE PRINCIPLES OF ECONOMY AND UTILITY.


Patented May, 1870. Sturges & Melggs, Patentees.

WHATEVER faults may have been incident to the combustion of Gas for heating purposes in the various experiments heretofore made, we feel confident that all objections are now met and overcome in the Lion Heater. The greatest objection to Gas Stoves and Heaters has always been the offensive odor and amount of Gas consumed. No other heaters that we have seen are free from these objections. If they are not recognizable at first, they will appear after a few weeks' use. The Lion Burner is so constructed that it will give a perfect combustion for any length of time, free from all impurities, requiring no repairing or cleaning, as is the case with those using Gauze. Another objection is the Expense, where the Heater consumes from three to twenty feet of Gas, according to its size. The Lion Heater burns from one to eight feet, giving an intense heat, practically applied to the purpose in hand, applicable both to the Kitchen and Parlor, as well as for Manufactories.

We defy fault-finding, and cordially invite all Gas consumers to investigate for themselves, and save fuel and time. Our Gas Heating Furnace, we are confident, will come into general use everywhere where a temporary heat is required, as soon as the public are cognizant of the above facts.

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**DANIEL D. FOSTER, New England Agent, 181 WASHINGTON STREET,
BOSTON, MASS.**

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SECOND EDITION.

CONTAINING

HOUSEHOLD COOKING RECIPES,

PREPARED UNDER THE

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*And pronounced by the Subscribers of the First Edition to
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CUISINE.

CARVING.

ALTHOUGH the fashion of the day has introduced into the higher classes the custom of dishes carved at the sideboard by servants, it is unlikely this should ever become general, and it is needless to expatiate on the utility of the art of carving to both sexes in America. Especially in the middle classes, the master and mistress of a family should have a practical knowledge of it; and to carve gracefully, dexterously, and quickly, is no mean accomplishment for any man.

The general principles of carving are plain and simple; but it requires practice to gain much expertness in the art.

In carving meat it is almost an invariable rule to cut across, not along, the fibre; the fillet or under side of the sirloin of beef forms an exception: it must be sliced in the direction of the fibres. In joints of meat, in poultry, or game, it is necessary to know the point where the bones can be separated, in order to introduce the knife where they can be neatly divided.

The carving-knife should always be sharp, of a size and form suitable for the article before you. The fish-knife and fork of silver, large, the blade of the knife broad. For large joints of meat, a long sharp knife; for poultry, a shorter, pointed blade, but long-handled knife, to obtain a command in separating the joints. The fork which is used to steady the joint or bird must be steel, two-pronged, and protected by a guard.

In serving soup, one ladleful is sufficient on each plate. In helping to gravy, pour it on the side, not over the meat.

Cod's Head and Shoulders.

All fish should be carved on the same principle — that is, the flakes should not be broken, or the beauty, and much of the delicacy, of the fish is destroyed. In cod, however, the thick part is often cut across in slices. The cheek is considered a delicacy; also the sound, which lines the backbone; and the liver, when sent in, must be neatly and carefully divided. The gelatinous part about the eye, called the cheek, is also a delicacy,

and must be distributed justly, according to the number of the party. The under part, which is termed the thin part, is preferred by some.

Turbot.

There is more art in delicately carving the imperial turbot than any other fish, in order that every one may be supplied with the rich skin and fins, so highly appreciated by epicures. It is always brought to table with the white or under side uppermost, as this is the most delicate part. The point of the fish-knife must be drawn down the middle to the bone, and from thence deep cuts made at right angles, and the squares, thus made, carefully raised, including the portion of fin attached to each. After the upper part is consumed, the backbone may be removed, and the lower part divided in the same way, neatly, and without breaking the flakes. Brill, a fish much inferior in quality, but sometimes introduced as turbot, must be carved in the same way.

Salmon.

Salmon is usually served in a handsome slice, and it is only necessary to know whether the thick or thin part, the back or under part, be preferred, and to be careful not to break the flakes.

Most fish are carved in a similar manner, except the smaller fry, which are helped whole; and MACKEREL, which are divided from head to tail and the flesh carefully raised from the bone and served.

Sirloin of Beef.

The tender under side of the sirloin, called the fillet, is usually most liked, and the meat must be raised to enable the carver to cut slices from it parallel with the bone and along the grain. In carving the upper part, begin at the edge, cutting the slices down to the bone, and adding, if required, a portion of the marrowy fat from the under side.

The RIBS of beef are carved in the same way as the upper part of the sirloin.

Round of Beef.

A thick slice must first be cut off to give a smooth, even surface; all that is then required is a sharp knife, and a firm hand to cut thin slices and leave the joint quite smooth.

In the BRISKET and other joints of beef it is only necessary to carve the meat in neat slices across the grain.

Fillet of Veal.

The fillet of veal, like the round of beef, is to be carved in horizontal slices, not quite so thin as those of the beef; and with each must be included a portion of the fat and the force-meat, and, if desired, of the brown outside slice. In this joint, as in all cases, the gravy must be added in small quantity.

Loin of Veal.

The loin is usually cut across in two portions, the chump, or fleshy end, and the kidney, or bony end, which is the most delicate, and must be divided across; each slice either including a bone, or the portion of meat between each two bones; to this must be added a thin slice of the kidney, and a portion of the fat round the kidney, which is very rich. The chump end is carved in slices across the grain.

Breast of Veal.

The brisket, or gristlies of the breast, must be separated from the thin rib-bones, and then divided into tranverse sections for helping: the ribs are easily carved. These parts may be helped together or separately, as may be liked, with the addition of a small portion of the sweetbread.

Shoulder of Veal or Mutton.

Insert the knife at the outer edge and cut directly to the bone; this will open in a deep gap, from each side of which slices may be obtained. Other slices may be carved along each side of the blade-bone; many prefer the rich and delicate slices from the under part of the shoulder, under the shank, or obliquely in the hollow under part. Veal is generally served with a force-meat stuffing, of which a part must be helped with each slice.

Saddle of Mutton.

The common way of carving this joint is still by thin slices of the lean along the bone, and adding a portion of fat; but the improved mode is to cut across the grain, by passing the knife straight along one side of the chine close to the bone, to enable you to disengage the slices easily, and then cutting obliquely lean and fat, beginning near the tail.

The saddle of lamb is carved in the same way.

Haunch of Mutton or Venison.

Cut across the joint below the knuckle, down to the bone, that the gravy may run out; from thence, carve it in long thin slices to the lower end of the loin, by which means the fat and

lean are well mingled. The kidney fat, if the meat be fresh, is very rich, and usually much in request; but in venison long kept, it is often uneatable.

Leg of Mutton.

Unless any particular part be called for, the usual mode of cutting a leg of mutton is to cut it across down to the bone and take out slices, not too thin. It may be carved longitudinally, like the haunch, by which mode a great number of good slices are obtained; or some prefer the delicate meat on the underside, beneath the kernel of fat called the Pope's eye, which is the prime fat of the joint.

Quarter of Lamb.

It is the fore-quarter only which is served whole, and then the shoulder is often separated before it is served, after which, a slice of butter, a little lemon-juice, and a sprinkling of salt and pepper are introduced, and the shoulder restored to its place. The breast and shoulder are then separately carved, as directed for the breast and shoulder of veal.

Tongue.

When a tongue is served without rolling, which is seldom the case now, it must be carved by cutting across the middle, but not quite through, and from thence sliced, not too thin. A little fat from the root underneath must be added. The slices are carved horizontally, as in a fillet of veal.

A Sucking Pig.

Before it is sent to table, the head is removed and opened and the body split in two, thus rendering it very easy to carve. First separate the shoulders, then the legs from the body. The triangular piece of the neck between the shoulders is reckoned the most delicate part, and the ribs the next best. The latter are easily divided according to the number of guests, being commonly little more than gristle; there are choice bits also in the shoulders and thighs; the ear also is reckoned a delicacy. The portion of stuffing and gravy must not be forgotten by the carver.

A Calf's Head.

When served without boning, either entire or divided, it must be carved in slices along the cheek-bone, including the gelatinous skin. The part called the throat sweetbread which lies at the neck, and is considered a great delicacy, the flesh of the

eye, and the palate, must also be carefully cut out, to be helped when required.

Ham.

A ham for family use is usually commenced at the knuckle and carved in slices as long as it will last; but the best slices lie in the middle, and may be obtained by cutting at once down to the bone perpendicularly, and from thence drawing thin, even slices. The modern method is to cut a round piece from the centre, and continue to take smooth circular slices from it, which are thus fairly mixed fat and lean; and the moisture of the ham is preserved.

Goose.

All descriptions of poultry require a nice art in carving, for, if the joints are not skilfully taken off, not only the fowl itself is rendered unsightly, but the hacked joint is uneatable, the flavor ruined, and the appearance disgusting. A goose ought never to be entirely carved at table, as the operation is somewhat long and cannot be effected without some little difficulty. For a small party, the fleshy slices on each side of the breast, till you come to the pinion, may be first cut, and then, if it be necessary, the legs may be taken off, by putting the fork through the small end of the leg bone and pressing it close to the body to raise the joint, then passing the knife under the leg to the joint, and turning the leg back with the fork; and if the goose be young, it will easily come away; or the joint may be turned from the socket with the knife. The upper or thigh bone of the leg is the best part next to the breast. If more be needed, the pinions can be removed in the same way as the leg, and the merrythought and neck bones easily removed. To obtain the stuffing, the skin below the breast, called the apron, must be opened in a curved direction, and the onion, etc., drawn out with a spoon.

It is a good plan to have the principal joints of the bird carved in the kitchen, and skewered neatly with small *attelles* before serving.

Turkey.

The meat on the breast of a roast or boiled turkey is usually sufficient to serve the party, if neatly carved. A sharp knife must be passed down to the bone, beginning close to the wing, and thin slices taken out, first on one side and then on the other, including the forcemeat in the breast, till the whole is exhausted; then, if necessary, though this is rarely required, the legs may

be separated in the same way as the legs of the goose, and the upper part of the leg helped: this is divided by using the knife against the inside of the joint, where it enters with much less difficulty than on the outside.

Roast or Boiled Fowls.

The joints of a fowl, when it is entirely dissected, consists of the wings, the legs, the merrythought, the neck side-bones which lie under the wings, the breast, the back with its side-bones, on the upper part of which lies the delicate morsel called the "oyster." But usually, except in family parties, the whole is not cut up. The fork must be firmly placed in the breast; then draw a straight line on each side, between the leg and the body, including a slice of the breast with the wing bone, which may be dexterously torn off, when the wings are removed, by passing the knife under it close to the neck; the merrythought may be raised, the legs taken off the same way as those of the turkey and goose, and the neck bones may be easily twisted off with the fork. The breast, with the meat left upon it, is then separated from the back by cutting through the tender ribs on each side, and if required the back can be turned over, the side-bones turned out, and finally the separation of the backbone in the middle leaves the neck and rump part of the back in two pieces.

In a very large fowl, an extra slice may be taken from the breast before it is removed.

DUCKS are carved in the same way.

A WILD DUCK, in the same way.

Partridge, Grouse, etc.

The partridge, or the grouse, if not very large, is usually carved by separating the breast and wings from the back and legs, by inserting the fork inside the back, passing the knife under the breast, and thus dividing it with the wings from the back; then divide the breast from the neck down into two parts, and the back and legs in the same way. But a large bird may be carved like a fowl, and if the company be numerous, the back, which, in the grouse especially, is of most delicate flavor, must be skillfully portioned out.

PIGEONS and other small birds are divided in two, like the partridge.

Woodcock or Snipe.

The woodcock is usually divided longitudinally down the middle, unless the party be large enough to require a subdivision

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into three or four parts. The thigh and the back are the choice parts, and each person should have one or other, together with a portion of the toast on which the bird is served.

The **SNIFE** is too small to be divided into more than two parts, split down the middle.

SOUPS.

Of all the operations of cookery, none is more important, nor, usually, more negligently executed than the preparation of soups. Whether in the cottage of the laborer, the parlor of the tradesman, or the luxurious dining-room of the noble, soup is a continual necessity, nutritious and agreeable. Yet rarely in any class of society in America can you meet with soup really well made. The poor attribute the failure to want of means, the middle classes to want of time, and in the higher classes even the professed cook too often disregards the attention necessary, and prepares the soup in a careless and slovenly manner; or wedded to certain prejudices, flavors it to suit a palate vitiated by the bad practice of continually tasting the viands in preparation. In affluent families, soup always forms part of the dinner, and must necessarily be daily varied; but if the cook attend accurately to the receipts here given, to the just proportions of the seasoning, the manner of preparation, and the exact time required to complete it, there can be no necessity for the offensive and pernicious habit of tasting the soup, and regulating its flavor according to a standard of very uncertain excellency.

Setting aside the consideration of economy, to begin dinner with a light soup is decidedly wholesome, and serves to avert the danger of eating too heavy a meal of solid meat; for it is an error for any one to fancy that when he has eaten heartily of roast beef only, he has necessarily made a wholesome dinner.

Mock Turtle Soup — 1.

The **STOCK**. — 1 calf's head: 2 gallons water: 2 oz. butter: 2 onions: 2 turnips: 2 carrots: 2 celery: bunch of herbs: 5 lb. beef: 8 cloves: $\frac{1}{4}$ oz. eschalots: $\frac{1}{4}$ oz. black pepper: $\frac{1}{4}$ oz. allspice.

For this rich and useful soup, always required at a handsome dinner, we give several receipts, all tried and approved.

Take a calf's head with the skin on, remove the brains and lay them aside. Wash the head in cold water, in which it may lie for an hour; then put it into a stewpan with two gallons of cold water, and let it boil gently for an hour, removing the scum

carefully. Then take it out of the broth and let it remain to be half cold, when the meat must be cut from the bones into square pieces of about an inch; the skin, which is the prime part, should have the fat left adhering to it; the tongue must be cut up in the same way.

Put into a stockpot two ounces of butter and two good-sized onions, sliced; shake them over the fire till brown, then place over them five pounds of coarse lean beef, and pour over half the broth in which the head has been boiled. Let it boil till all the scum be removed, then add two carrots, two turnips, two heads of celery, eight cloves, a quarter of an ounce of eschalots, and a small bunch of savory, thyme, majoram, and basil, with three sprigs of fresh parsley and a quarter of an ounce each of allspice and whole black pepper; add the bones and trimmings of the head and the remainder of the broth, and let all stew gently for four hours; then strain off. This is the stock. Turtle and mock turtle soups when served, are much improved by addition of a dessert spoonful to a plate of Halford Leicestershire table sauce.

Thickening.

6 oz. butter: 6 oz. flour: $\frac{1}{4}$ oz. lemon-peel: $\frac{1}{4}$ oz. eschalots: $\frac{1}{4}$ oz. sage: $\frac{1}{4}$ oz. savory.

Put six ounces of butter into a clean stewpan, and gradually blend with it six ounces of flour: smooth it by adding half a pint of the stock.

In another pan put half a pint of stock with a quarter of an ounce each of grated lemon-peel, eschalots, sage, and savory. Boil for half an hour, strain, and rub the herbs through a tamis; then blend the liquor with the thickening, and strain all into the stock. Let it simmer over the fire for an hour, with the squares of meat added, and then make ready the seasoning, as below.

The seasoning to be added must be two teaspoonfuls of lemon-juice, two of mushroom ketchup, and one of anchovy, the very thin peel of a lemon, and a pint of Madeira or sherry; simmer five minutes, take out the lemon-peel, then add the *quenelles*, as for turtle soup, and, if required, brain-balls and egg-balls, as in the following receipts, and the soup is ready for the tureen. It ought to be reduced by the boiling to four or five quarts.

Vegetable Soup.

Time, four hours and a half. Three onions; six potatoes; six carrots; four turnips; half a pound of butter; four quarts of

water; one head of celery; a spoonful of catsup; a bunch of sweet herbs.

Peel, slice, and fry the vegetables, etc., in half a pound of butter, and pour over them two quarts of boiling water; let them stew slowly for four hours, then strain through a coarse cloth or sieve; put the soup into the stewpan with the head of celery. Stew till tender.

Pea Soup without Meat.

Time, three hours. One pint of split peas; three quarts of spring water; six large onions; outside sticks of two heads of celery; one bunch of sweet herbs; two carrots; a little dried mint; a handful of spinach; a few bones, or tiny pieces of bacon, flavor it nicely; pepper and salt to your taste.

Boil all these vegetables together till they are quite soft and tender; strain them through a hair sieve, pressing the carrot pulp through it. Then boil the soup well for an hour with the best part of the celery, and a teaspoonful of pepper, add a little dried mint and fried bread, with a little spinach. A few roast-beef bones, or a slice of bacon, will be an improvement.

Rice Soup.

Time, three hours and ten minutes. One pound of lean ham; two pounds of lean veal; two pounds of gravy beef; four onions; three heads of celery, two turnips, one carrot, a bunch of sweet herbs; four cloves; one blade of mace; a quarter of a pound of rice.

Cut the ham into slices, and put it at the bottom of a stewpan; cut the veal and beef into small pieces and lay them on the ham, with four onions, two turnips, a carrot, a bunch of sweet herbs, and three heads of celery, all cut small. Pour on them half a pint of water, seasoned with pepper and salt. Set it over a quick fire for half an hour, shaking it about to prevent its burning; then add three quarts of boiling water, stew it gently for two hours and a half, skim it well, and then strain it through a sieve. Have ready four ounces of rice, boiled in two quarts of water till tender, drain it dry, and put it into your soup, with a spoonful of browning. Boil it for ten minutes, and serve with fried bread.

Ox-Tail Soup.

Time, four hours and a half. Two ox-tails; a quarter of a pound of lean ham; a head and a half of celery; two carrots; two turnips; two onions; a bunch of savory herbs; five cloves;

a wine glass of catsup, and one of port wine, with three quarts of water.

Cut up two ox-tails, separating them at the joints; put them into a stewpan with about an ounce and a half of butter, a head of celery, two onions, two turnips and two carrots cut into slices, and a quarter of a pound of lean ham cut very thin; the pepper corns and savory herbs, and about half a pint of cold water. Stir it over a quick fire for a short time to extract the flavor of the herbs, or until the pan is covered with a glaze. Then pour in three quarts of water, skim it well, and simmer slowly for four hours, or until the tails are tender. Take them out, strain the soup, stir in a little flour to thicken it, add a glass of port wine, the catsup, and half a head of celery (previously boiled and cut into small pieces). Put the pieces of tail into the stewpan with the strained soup. Boil it up for a few minutes, and serve.

This soup can be served clear, by omitting the flour and adding to it carrots and turnips, cut into fancy shapes, with a head of celery in slices. These may be boiled in a little of the soup, and put it into the tureen before sending it to table.

Julienne Soup.

Time, one hour and a half. Three-quarters of a pound of carrots, turnips, celery, onions; one large cabbage-lettuce; two ounces of butter; two lumps of sugar; five pints of clear soup, or medium stock.

Weigh three-quarters of a pound of the above-named vegetables, and cut them into strips of about an inch and a half long, taking care they are all the same size; wash them in cold water, and drain them very dry; then put them into a stewpan with the butter, and the sugar pounded. Set it over a quick fire for a few minutes, tossing them over frequently until they are covered with a thin glaze, but on no account allow the vegetables to burn; then add five pints of clear soup, or medium stock, cut the lettuce into pieces, and put it into the soup, and let it all stew gently for an hour or more.

Good Plain Gravy Soup.

Take eight pounds of shin of beef; let the butcher break the bones; put it into a stewpan, and cover with a gallon of cold water. Bring it slowly to a boil over a gentle fire, carefully skimming it till no more scum will rise, then throw in an ounce and a half of salt, a dozen black peppercorns, a large bunch of

PRESTON & MERRILL.

This firm originally was formed in 1845, and is thus one of the oldest in the city. The original partners were JOSHUA P. PRESTON and J. WARREN MERRILL; but more recently they have admitted Mr. GEO. D. EDMANDS, who had long been in their employ, as a member.

This firm have turned their attention particularly to the manufacture of **Articles for Domestic and Culinary Purposes**, and they have been always of their own invention.

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Were first made and introduced to the market by them. These extracts are derived from the natural fruits, flowers and spices, and are all the exact flavors of the articles they represent.

They also originated the **Celebrated Infallible Yeast Powder**, which has become well known throughout the world as a sure article for raising bread, tea-biscuit, butter cakes, etc.

This article has enjoyed a very extensive sale at the South and West, and among the miners of California, Montana, Colorado, etc., and is particularly adapted to meet the wants of populations where skilled cooks do not abound. One of the prime necessities of human life is good bread, made light, and consequently nutritious and digestible by some substance not in any way injurious. The immense and constantly increasing sale of this article for twenty-five years proves that they have attained this desideratum. It may be asserted that a large proportion of the miners of California lived for years on bread raised with this article, and a more healthful, vigorous, and hard working population cannot be found the world over.

Hosts of imitators and competitors have risen all over the land, and their articles, under the name of Baking Powders, etc., have tended to bring everything of the kind into disrepute by their failures; but Messrs. PRESTON & MERRILL defend their trade mark — “**Infallible Yeast Powder**” — against all comers, and by steadily maintaining the quality of their article secure the confidence of the public.

They also manufacture **Erasive Salt**, an article used for removing stains of ink, iron rust, wine, fruit, etc., from white or bleached goods, which it does in the most thorough manner, and without the least injury to the most delicate fabric.

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This meets a great want. It is in the form of a powder put up in lb. cans, and is convenient for transportation. It has stood the test of twenty-five years in all countries and climates as the best substitute for fresh lemons ever invented. During the late war large quantities of it were sent South and West by the United States Sanitary Commission, and it gave great comfort, and materially aided the recovery of the soldiers in many hospitals.

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By careful manipulation, this Powder is so prepared that QUININE (the active principle of Peruvian Bark) is combined with other tonics and aromatics, and the Powder made perfectly soluble in water, and agreeable to the taste. The formula for the preparation of this article has been submitted to many of our leading physicians. They have thoroughly tried the article in their practice, and give it their unqualified approval.

For all diseases arising from derangement of the digestive organs, such as **General Debility, Loss of Appetite, Lowness of Spirits, Jaundice, Heartburn, Flatulence, etc.,** it is recommended.

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In many cases of Dyspepsia or Indigestion, wine or spirit is objectionable to the stomach, while in some it is of the greatest advantage. For all cases this article is admirably adapted, as the full effect is obtained whether taken in powder or dissolved in water; wine or spirit may be added, if thought desirable.

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It is of great value in malaria districts. The use of it is a

Sure Preventive of Fever and Ague.

It is particularly recommended as a Tonic to persons recovering from Fever or other diseases, — a small quantity producing a glow in the stomach equal to a wine-glass full of brandy, without any of the unpleasant effects which are sure to follow the use of liquor of any kind.

One great difficulty inebriates have found in their attempts at reformation has been the craving of the stomach for some stimulant, which this article will supply, giving strength to resist temptation.

The well known stimulant, Ginger, enters largely into the compound, and in cases of Nausea of the Stomach, from whatever cause, particularly sea-sickness, it will be found of great value.

The principle cause of sickness while travelling is the change in water, producing derangement of the stomach and bowels. The use of this article will so fortify the stomach as to remove all danger.

FOR SALE BY DRUGGISTS GENERALLY.

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KIDDER'S PASTILLES,

A SURE RELIEF FOR ASTHMA.

sweet herbs, two onions sliced and fried brown, and three cloves. Let it simmer gently for four hours, then take out the meat, which can be kept hot, or set by for cold. Strain the soup, and let it stand all night. When wanted, remove the fat, and set it on the fire to heat gently for an hour. If approved, you can add carrot, turnip, and celery, cut in pieces and stewed in the soup; but if required clear, nothing must be added except a table-spoonful of mushroom ketchup. Serve with toasted bread in squares.

Rich Brown Gravy Soup.

Take four pounds of beef steak, quite lean, and fry it light brown with three sliced onions; put into a stewpan four ounces of butter, and when dissolved, shake it round the pan, and lay in the meat and onions with a carrot, a turnip, and a head of celery, sliced, a blade of mace, two teaspoonfuls of salt, and a drachm of Cayenne. Pour over a quart of clear stock, and stew gently, adding by degrees two quarts of water, and carefully removing the scum as it rises. Let it simmer for six hours, then strain, and, when cool, clear it of the fat. When heated, add a glass of Medeira or sherry. This is a strong and rich soup. Serve with boiled macaroni cut in pieces in it.

Good Family Soup.

Take two pounds of coarse lean beef and a half a pound of lean bacon in thin slices, and fry them with three slices of onions and a small fresh cabbage, chopped. Put all into a stewpan with two pounds of potatoes, three ounces of rice, two carrots, and one turnip, sliced, two teaspoonfuls of salt, and one of pepper. Pour over at first two quarts of water, and set the pan over a slow fire; skim carefully, and add by degrees two quarts more of water. Take out the potatoes when done, and mash them. After it has stewed three hours, take out the meat, and let the soup simmer another hour; then strain it, and thicken it with the potatoes rubbed through a colander.

A very excellent Mutton Broth.

Take a neck of mutton about six or seven pounds in weight, and divide it into two pieces. Put the scrag end into a stewpan with two quarts of cold water, and set it on a slow fire till all the scum rise and be cleared off; then put in an onion with three cloves stuck in it, a crust of bread, eight black peppercorns, one blade of mace, and a small carrot, and let the whole stew gently for an hour. Pare the skin and fat off the other half of the

mutton, add one quart of stock, and put the meat into the broth with five turnips, and let all simmer slowly another hour and a half; take out the turnips, press the water from them, and beat them quite into a smooth paste, with a teaspoonful of salt and as much good cream as will moisten them. Then take out the best end of the mutton, and keep it and the turnip quite hot till the broth be ready. Skim off the fat, strain it, and simmer it for five minutes longer with a bunch of parsley, chopped small, and half a dozen marigold petals. Season with two teaspoonfuls of salt, and serve it with sippets of toast. The mutton which has been kept hot must be served in a separate dish, with the mashed turnips placed neatly around it.

Veal Broth.

Lay a moderate-sized knuckle of veal into the stewpan with a quarter of a pound of rice and a tablespoonful of salt. Pour over three quarts of cold water, and simmer over a slow fire an hour and a half, till you have removed all the scum. Then add a teaspoonful of white pepper, a blade of mace, and two small onions. Stew for another hour and a half, then take out the meat, and serve the broth in a tureen.

This is a cheap and good family soup.

Excellent Veal Soup.

Put four pounds of knuckle or leg of veal into a stewpan, with any other bones you may have in the house, half a pound of lean ham, and a quarter of a pound of rice. Add an onion with two cloves stuck in it, two blades of mace, six white peppercorns, a head of celery, and a tablespoonful of salt. Pour over them two quarts of cold water, and stew gently for two hours. Then take out the meat, and add a quart of clear white stock, and continue to simmer the broth for three hours longer. Strain it, and serve with sippets.

The veal may be dished to eat with egg sauce or parsley sauce.

Chicken Broth.

Cut up an old fowl, cover it with a quart of water, and stew it gently till it be done to rags, keeping up the quantity of liquor by adding a little water as it wastes. Season with a teaspoonful of mixed salt and pepper and a blade of mace, and add a slice of onion. If not objected to, a quarter of an ounce of almonds, pounded with a teaspoonful of water, and stirred into the broth, improves the flavor. When all the nutriment is extracted from the fowl, strain the broth and let it stand to cool, and remove

the fat before it is heated for use. This is chiefly used for invalids.

A nutritious Chicken Broth.

Cut the flesh off an old fowl, and break up the bones, and put into a stewpan, with two pounds of lean beef, cut into small pieces. Season only with a teaspoonful of salt; cover with a quart of cold water, keeping up the quantity by adding a little as required. Simmer for three hours, then strain it for use. A teacupful will contain great nourishment.

Chicken Essence, or Distilled Chicken.

When it is necessary to administer support in a concentrated form, this preparation is invaluable, as a single teaspoonful affords great nourishment.

Cut up a juicy chicken into pieces, put it into a wide-mouthed bottle or jar, sprinkle over it half a teaspoonful of salt, cover it with a bladder in which a few holes may be pricked. Place the bottle on the hob, or a hot hearth; as it heats, the liquor distilled from the meat will rise and must be poured off. It is at once pleasant to the taste and highly nutritious.

FISH.

FISH is a delicious adjunct to the dinner table, and in some families may suffice for a good dinner by itself; but it requires nice and careful dressing. What can be more unappetizing than a fish brought to table broken all to pieces, as we have seen it, or not half done — salmon red with blood — cod nearly raw — or mackerel not properly cleaned? It is a wicked waste of the provision God has made for his creatures to thus spoil it, when a little attention and study may preserve it for us. It is proper to be remembered, that on serving fish of any description, a dessert spoonful of the Halford Leicestershire table sauce give a delicious flavor.

There is no operation of cooking more simple in principle, and yet so rarely successful in practice, as that of dressing fish. The cause of this failure is obviously the reluctance that a common cook usually has to abide by the necessary rules of attention and accuracy: and thus it happens that we so frequently see fish brought to table over-bolled, under-boiled, scorched, greasy, or broken into fragments; offensive to sight and to taste, and wholly unfit for digestion.

In the first place, the following rules should be strictly attended to:

The fish must be in season, — some time before it begins to spawn, or sometime after the spawning; otherwise it will be unwholesome, if not actually dangerous. It must be perfectly fresh; if possible, it should be alive on the day it is cooked.

Next, it must be cleaned with the greatest care and nicety.

Above all, it should be cooked in the mode best suited to its nature.

To choose Fish.

It is the business of the cook to choose fish, and requires judgment and attention.

When perfectly fresh, the fish will feel firm and stiff; the gills will be of a bright red and the eyes bright. The flesh should be elastic, rising again if pressed by the fingers; and the fresh seawater smell should be pleasant to the sense. If the eyes be dim, the flesh flabby, and the smell offensive, the fish is stale and worthless.

To Fry Fish.

Cleanse them thoroughly, dry them on a folded cloth, dredge flour lightly over them, brush them with a well-beaten egg, then dip them in fine bread crumbs.

Have ready enough fine oil, or melted lard or beef dripping (clarified), to entirely cover the fish. Place the frying-pan over a clear fire. Let the lard reach boiling point, and then immerse the fish in it. You may try whether the fat is hot enough by letting a drop of cold water fall into it from the end of your spoon. If the hot fat spits it is ready for use. Then fry, turning the fish (when one side is browned) to the other. When it is done, lay it on a cloth, or on white blotting paper, to drain off all the fat; or put it on a reversed sieve for a little while. Serve it extremely dry on a white cloth or embossed fish paper.

To Broil Fish.

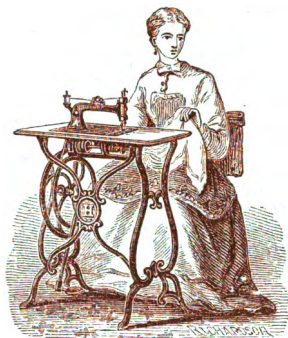
A clear fire is required. Rub the parts of your gridiron with dripping, or a piece of beef suet, to prevent the fish sticking to it. Put a good piece of butter into a dish, work into it enough salt and pepper to season the fish. Lay the fish on it when it is broiled, and with a knife-blade put the butter over every part. Serve very hot.

COD.

A CODFISH should never be boiled whole; for, being so much thicker at the upper part than at the tail, the thin part would be boiled to rags before the rest was cooked. The head and shoul-

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ders are usually boiled, and the rest fried, boiled, or stewed in fillets; the tongue, liver, roe, and sounds, must be preserved. Cod as well as salmon is thought to be improved by crimping, which may be effected by following the directions below.

To Boil a Cod's Head and Shoulders.

This is a very handsome dish of fish to place on the table if carefully cooked; and is in the best season about December or January. Wash and clean the head scrupulously; bind it with tape to prevent the cheeks breaking; then put it into the kettle, covered with cold water, in which from four to eight ounces of salt have been thrown, according to the size of the jowl; add a wine-glass of vinegar and a spoonful of scraped horse-radish; as soon as it reaches the boiling point, withdraw the kettle to one side, and keep it simmering, removing the scum as it rises. The liver and roe should be boiled separate in the kettle for garnishing. A moderate-sized jowl will require half an hour, and proportionably longer when large; but if the flesh parts easily from the bone, you may conclude the fish is done. Drain, and dish on a hot napkin; garnish with scraped horse-radish; and the liver, tongue, and roe, placed on each side. Oyster or cockle sauce and plain melted butter may be served with this.

As a general observation, it may be added, that if when boiled the flesh appears semi-transparent, it is out of season and unwholesome.

To Roast a Cod's Head and Shoulders.

Prepare the jowl for boiling as in the last receipt; set it over the fire, and let it simmer for fifteen minutes; then take it up, skin it and roast it before a quick fire for fifteen minutes longer, basting it well with butter. Five minutes before you take it up, cover it well with bread-crumbs, and let it brown; then serve it with the roe and liver sliced, and garnished with slices of lemon. Send in only plain melted butter.

To Stew Codfish in Slices.

The tail-end of the cod is always best cooked in slices; it is sometimes boiled in the same way as the thick part, but is always more approved stewed or fried.

Cut up about four pounds of the tail-end of a cod into slices rather more than an inch thick; leave them for ten minutes in salt and water, then fry them in butter till about half done; put the slices into a stewpan, with a teaspoonful of salt, half the quantity of white pepper, half a small nutmeg, grated; fry an

onion sliced in butter, and put in with the butter from the frying-pan into the stewpan; then pour over it a pint of sherry, the same quantity of water, and three ounces of butter, rubbed smooth with a tablespoonful of flour; let it simmer five minutes, then add twelve or fifteen oysters, chopped small and a teaspoonful of lemon juice. When the stew has simmered ten minutes longer, take out the fish and place it neatly on the dish; then strain the liquor in which it has been stewed, and pour over the fillets. Garnish with sliced lemon.

To Fry or Broil Codfish.

The lower part of the fish is used for frying, and is always best crimped. It must be cut into slices rather more than an inch thick, dredged with flour, sprinkle lightly with salt and grated nutmeg; then fried in a pan filled with boiling oil or lard, and served on a napkin, garnished with fried parsley, and accompanied by plain melted butter. The slices may be broiled with the same preparation.

To Broil Cod Sounds.

Steep the sounds for half an hour in hot water; then scrape away the dark covering, and put them on the fire to simmer for fifteen minutes. Take them out of the water, dredge them with flour, and put on the gridiron to broil. While this is doing, brown four ounces of butter rubbed into two spoonfuls of flour in the frying-pan, add a drachm of Cayenne pepper, and twice as much unmixed mustard, a teaspoonful of soy, and as soon as the broiled sounds are dished, pour the fried gravy over them and serve.

To Fry Cod Sounds.

Cut sounds into fillets, dip them in eggs, then in fine bread-crumbs and grated nutmeg; fry them in oil with sliced onion, and serve them on a napkin with good oyster sauce.

Cod Scalloped.

Butter a large earthenware scallop-dish, and place in it neat flakes of the cold fish, with any of the gelatine left; line the bottom of the dish, and then pour over it any of the sauce or melted butter that has been sent to table with the fish. Sprinkle the fish lightly with salt, Cayenne pepper, and powdered mace; place alternate layers of fish and sauce till the dish is filled; then cover it well with fine bread crumbs seasoned in the same way; break two ounces of butter into small pieces and stick

over the crumbs; put the dish into an oven, and bake for twenty minutes. This is a useful and pretty dish of little cost.

Cod Sounds as Chickens.

In a dinner, where a variety of dishes are required, cod sounds may be dressed to form a pretty and very excellent side dish. Let three good-sized sounds be scraped and scalded till quite clean and white, then boil them for fifteen minutes, take them out and leave them to cool. Chop one dozen oysters, small, add half a teaspoonful each of salt and white pepper, a blade of mace pounded, four ounces of butter, and three tablespoonfuls of fine bread crumbs: bind these together with the yolks of two eggs, well beat, and spread the forcemeat over the sounds; then roll each one up and truss it in the form of a chicken; dredge them well with flour, put them into an oven, basting them continually with butter. In fifteen minutes more, they will be roasted; then serve with oyster sauce poured over them.

HALIBUT,

To Boil Halibut.

As the large fish are always the best, it is advisable to have a piece cut off the size you require; boil it like turbot, except that the fins must be removed, and one-third more of salt added to the water. It will require fully the same time to boil as the turbot, and should be served with the same sauces.

To Bake Halibut.

We can recommend this as a delicate and economical dish, and the best mode of dressing the fish, except in a pie.

Take about five pounds of halibut, the head and shoulders is the best part, put it into a buttered baking-dish, dredge it with flour, strew over it two teaspoonfuls of salt, one drachm of Cayenne pepper, and one blade of mace in powder. Break five ounces of butter into small pieces and spread over it, then put it into a moderate oven and let it bake twenty minutes. No water must be put to it, but a glass of sherry may be added, if chosen, though we think the fish is more delicious without it. After the fish is dished, the gravy must be thickened with a little flour and butter, and poured over it. Plain melted butter and Halford's Leicestershire table sauce may be served with it.

To Stew Halibut.

Place the head and shoulders of a moderate-sized halibut in

a stewpan with a teaspoonful of chopped parsley, the same of thyme, one clove of garlic, chopped small, two teaspoonfuls of salt, and half the quantity of white pepper, and two ounces of butter rubbed into flour. Pour over it as much fresh beer or port wine as will barely cover the fish. Let it stew gently over the fire from twenty to thirty minutes, then add a tablespoonful of lemon-juice, and the same quantity of mushroom ketchup. Take out the fish, and stir into the sauce four ounces of butter rubbed into two tablespoonfuls of flour, give it a boil, and pour over the fish. Serve with sliced lemon.

MACKEREL.

MACKEREL are wholly unfit for food if not perfectly fresh; when the colors are bright, the body smooth and firm, and the tail stiff and unbending. Though brought to market later, they are only in fine condition from June to August. When dressed fresh from the water, no fish is more approved than the mackerel, which may be cooked in any mode; the most objectionable being boiling, which renders the flesh dry, insipid, and indigestible. The roe of the mackerel is a delicacy which must always be preserved, to dress and send in with the fish, or to add to the sauce.

To Boil Mackerel.

Empty and wash the fish thoroughly, removing the roe, which will require three or four minutes longer boiling than the fish. Put them into cold salt and water, and allow them to simmer till done, when the eyes will start and the tail split; from fifteen to twenty minutes, according to size, is the usual time. Serve them with the roe, and Halford sauce.

To Broil Mackerel.

Clean and carefully wipe a good-sized fish, split it entirely down the back, put a little oil over the fish with a feather, lest the delicate skin should be broken by the gridiron, the bars of which must be rubbed with fresh suet. Chop a little parsley and fennel very fine, seasoned with pepper and salt, and rubbed into a thin slice of butter, fill the back of the mackerel with this mixture before you put it on the gridiron, and then broil it slowly over a clear fire; it will require from twenty to thirty minutes to cook it thoroughly. Serve with sauce.

To Fry Mackerel.

Prepare the mackerel as for boiling; split up the back, and fill up with the stuffing, then dip in eggs and crumbs, and fry in as

much oil or lard as will float the fish; drain it thoroughly and serve with the roe sauce, or parsley butter. If the mackerel be thick, it will require twenty minutes to cook it perfectly.

To Bake Mackerel.

Clean the fish, cut off the heads, take out and wash the roes, and then put them again into the fish; powder the fish lightly within and without with a mixture of salt, pepper, and finely-chopped parsley; arrange them neatly in a baking dish. Pour over them a quarter of a pint of vinegar and half a pint of clarified butter. Then put into the oven and bake for half an hour; remove them in a hot dish, pour the gravy over them, and serve with parsley butter.

SALMON.

Boiled Salmon.

TIME, according to weight. One salmon; four ounces of salt to one gallon of water.

Salmon is put into warm water instead of cold, in order to preserve its color and set the curd. It should be thoroughly well dressed to be wholesome.

Scale it; empty and wash it with the greatest care. Do not leave any blood on the inside that you can remove.

Boil the salt rapidly in the fish-kettle for a minute or two, taking off the scum as it rises; put in the salmon, and let it boil gently till it is thoroughly done. Take it from the water on the fish-plate, let it drain, put it on a hot folded fish-napkin, and garnish with slices of lemon. Sauce: shrimp or lobster.

Send up dressed cucumber with salmon when in season.

Middle Slice of Salmon.

Time, ten minutes to the pound. Middle piece or slice.

Boil slowly in salt and water. Salmon should be put into warm water, which makes it eat firmer. Boil gently. Serve on a napkin. Sauce; lobster, shrimp, or plain melted butter and parsley.

Broiled Salmon.

Time, ten to fifteen minutes. Slices from the middle of a salmon: one tablespoonful of flour; a sheet or two of oiled letter paper; a little Cayenne pepper.

Cut slices of an inch or an inch and a half thick from the middle of a large salmon; dust a little Cayenne pepper over them; wrap them in oiled or buttered paper, and broil them over a clear fire, first rubbing the bars of the gridiron with suet.

Broiled salmon is extremely rich and really requires no sauce ; nevertheless, one especially intended for it will be found among the list of sauces.

The slices may also be simply dried in a cloth, floured, and boiled over a clear fire ; but they require the *greatest* care then to prevent them from burning. The gridiron is always rubbed with suet first.

Salmon Trout.

This fish, though not of the same species as the salmon, and much inferior in quality, somewhat resembles it in flavor, and may be dressed in any mode directed either for dressing salmon or trout ; but is most commonly boiled trussed, with the tail in the mouth, and served with fennel sauce.

TROUT.

To Boil Trout—Isaac Walton's Recipe.

“WASH and dry your trout with a clean napkin, empty, and wipe very clean within ; but wash him not, and give him three scotches to the bone on one side only. Take a clean kettle, and put in as much hard, stale beer vinegar, and a little white wine and water as will cover your fish ; and throw in a good quantity of salt, the rind of a lemon, a handful of sliced horse-radish, and a handsome light fagot of rosemary, thyme, and winter savory. Set the kettle on a quick fire, and let it boil up to the height before you put in your fish ; and if there be many, put in one at a time, that they may not so cool the liquor as to make it fall ; and while your fish is boiling, beat up the butter for your sauce with a ladleful or two of the liquor it is boiling in ; and being boiled enough, pour the liquor from the fish ; and being laid on a dish, pour the sauce over them, and strew horse-radish and a little pounded ginger. Garnish with sliced lemon.”

To Broil Trout.

Choose trout of the middle size ; empty, wash, and wipe them ; then dip them in melted butter, and broil them over a clear fire. Serve with parsley, butter, or Halford sauce.

To Fry Trout.

The most approved way to dress trout is to fry them simply : the flavor of the delicate fish is best preserved by this mode of cooking. Empty, wash, and dry them before the fire ; dust them over with flour, and fry them in plenty of oil or lard ; then drain them thoroughly, and serve with plain melted butter. Garnish with parsley.

To Bake Trout.

If the anglers bring in a full pannier of trout, it is sometimes convenient to bake a dish, which is delicious to eat cold. Place the fish properly cleaned in a baking-pan; make a seasoning of the usual proportions of pepper, salt and mace, with a table-spoonful of chopped parsley, and sprinkle each layer, adding a thin slice of butter on each fish. Bake for half an hour. If served hot, the gravy must be mixed with plain melted butter to send up as sauce.

Trout are excellent potted in the same way as salmon.

PERCH.

It is so difficult to scale perch, that some people have them boiled with the scales on, as they come off easily afterward.

To Boil Perch.

Time, half an hour, if large. Cut off the spines from the back, scrape off the scales with an oyster knife, and thoroughly clean and wash them. Then boil them in cold water very carefully, as they are a most delicate fish.

To Fry Perch Plain.

Time, twelve minutes. When the perch are scaled, gutted, and washed, dry them well with a cloth, and lay them out singly before the fire for a few minutes. Flour them well, and fry them a fine brown in plenty of good dripping. Serve them with melted butter and crisped parsley. The Halford Leicestershire table sauce is highly recommended for use upon fish.

SHELL-FISH.*Lobsters and Crabs.*

THE lobster, which is in good season from September to June, should be bought living, and plunged into boiling water in which a good proportion of salt has been mixed, which destroys life immediately. It must continue to boil, according to size, from twenty minutes to an hour. The crab should be boiled in the same manner, but little more than half the time is necessary.

To send up Lobster cold.

Take off the large claws, and crack them lightly without bruising the flesh; lay open the tail with a sharp knife, and dish up the fish neatly on a napkin. Garnish with parsley.

To dress Crab cold.

Two crabs must be opened and all the soft creamy part taken out on a plate; add to it the white meat from the claws; mix the meat well with a table-spoonful of mustard, two table-spoon-

fuls of vinegar, a teaspoonful of white pepper, and half a salt-spoonful of Cayenne. Then wash and clean one crabshell and put all the meat into it and serve, garnished with parsley and the small claws.

To Stew Lobster or Crab.

Take out the white and red meat of two lobsters or crabs, cut it into squares, and put it into a stewpan with four ounces of butter, a tablespoonful of mustard, the same of vinegar, a teaspoonful of mixed salt and pepper, and a pinch of Cayenne. Let it simmer for ten minutes, then add two glasses of sherry, and simmer five minutes longer. Serve it with sliced lemon.

To Butter Lobster.

Pick the meat from two lobsters, and put into a stewpan, minced, with a teaspoonful of salt and pepper mixed, half the quantity of grated nutmeg, two teaspoonfuls of vinegar, and two glasses of white wine. As soon as it is heated, add two ounces of butter rubbed in flour, and mixed with a quarter of a pint of cream; let all get well blended with the fish for ten minutes; then clean the shell of one lobster, split in two from the head to the tail; put the shells on a dish, and fill them with the buttered lobster. Garnish with lemon and sippets of bread.

OYSTERS.

EVERYBODY seems to know everything that can be said about oysters, — that they are in season in all the months that contain the letter R, that they are a luxury which all must learn to enjoy, though all shrink from the first attempt to swallow a fellow-creature alive; that they are decidedly wholesome; and that they harmonize with brown bread and butter. It is well known that oysters, combined with a milk diet, are most beneficial where a tendency to consumption exists. Of course they should be eaten with moderation, and are most wholesome raw, with a little pepper only.

When sent to table, they are always opened just before; the liquor carefully preserved with the oyster in the under shell, and pepper and vinegar added to taste. They are usually offered to each person on a separate plate before or after the soup.

To Broil Oysters.

Open and leave the oyster on the lower shell with the liquor, strew a little pepper into each shell, and place them carefully on a gridiron; as soon as perfectly hot, serve them in the shells with slices of brown bread and butter.

To Fry Oysters.

Choose large, plump oysters; open and beard them; put them into a stewpan with their own liquor only, and simmer for three minutes, then dip them into batter, and fry in a quantity of oil or butter a delicate brown; add no seasoning, but serve with bread and butter, or round boiled fish.

To Stew Oysters.

Open as many good, fresh oysters as will measure a pint unshelled, beard them, and put them into a stewpan with the whole of the liquor from the shells; add a blade of mace and half a dozen white peppercorns, and simmer very gently for five minutes; then add a quarter of a pint of cream and two ounces of butter rolled in flour, and continue to simmer for five minutes longer, being very careful not to allow them to boil, or the oyster will become hard. Just before taking from the fire, a large teaspoonful of lemon-juice may be added; but any addition must be made carefully, lest the delicate and peculiar flavor of the oyster should be injured. Serve with toasted sippets.

To Scallop Oysters.

Open a pint of oysters and put them with their own liquor in a stewpan to heat for five minutes; then take them out and beard them, strain the liquor, add to it three ounces of butter rolled in flour, and put the oysters in it for five minutes more; butter a scallop shell and strew it with crumbs, then put a layer of oysters and layer of crumbs, with thin slices of butter over them, till the shell is filled; cover it with crumbs and slices of butter, and pour the liquor over, then brown in an oven and serve. Seasoning may be added, if preferred; but most epicures like the natural taste of the oyster.

BEEF.

To make Tough Meat Tender.

SOAK it in vinegar and water, if a very large piece, for about twelve hours.

For twenty pounds of beef, use six quarts of water to one pint and a half of vinegar, and soak it for six or seven hours.

For soups and gravies, use Preston and Merrill's cooking extracts of celery, clove, cinnamon, or nutmeg, as suits fancy.

Sirloin of Beef.

Time, a quarter of an hour to each pound of meat. Make up a good fire; spit or hang the joint evenly, at about eighteen inches from it; about twenty minutes before it is done, stir the

fire and make it clear; sprinkle a little salt, and dredge a little flour over the meat, turn it again till it is brown and frothed. Take it from the spit, put it on a hot dish, and pour over it some good made gravy, or mix the gravy left at the bottom of the dripping-pan with a little hot water and pour it over it. Garnish with fine scrapings of horseradish in little heaps, and use Halford table sauce.

Roast Ribs of Beef.

Time, a quarter of an hour to the pound. The chine-bone and the upper part of three rib bones should be taken off, and the flap-ends fastened under with very small skewers. The joint is roasted and served as the sirloin.

Ribs of Beef Rolled.

Time, twenty minutes to the pound, or fifteen minutes and half an hour over. Order the butcher to take out the bones of the joint; roll it into a round, and fasten it with skewers and a broad piece of tape in the shape of a round. Place it at the distance of eighteen inches before a large fire till it is partly dressed; then move it gradually forward towards the fire. Put some clarified dripping in the pan; baste it the moment the dripping melts, and do the same every quarter of an hour. Just before it is done,—i. e., about twenty minutes before you remove it from the spit, dredge it with flour, and baste it with a little butter. Remove the tape and skewer, and fasten it with a silver skewer instead. Serve with good gravy over it. Halford sauce.

A Beef Stew.

Time, two hours and twenty minutes. Two or three pounds of the rump of beef; one quart of broth; pepper and salt; the peel of one large lemon, and the juice; two tablespoonfuls of Halford sauce; one spoonful of flour; a little catsup; one glass of white wine.

Cut away all the skin and fat from two or three pounds of the rump of beef, and divide it into pieces about two or three inches square; put it into a stewpan, and pour on it a quart of broth; then let it boil, and sprinkle in pepper and salt to taste.

A la mode Beef.

Time, five hours and a half. Six or seven pounds of buttock of beef; two ounces of beef dripping; two large onions; six black peppers; sixteen allspices; one gallon of water.

Put the beef dripping and onions into a large deep stewpan over the fire. As soon as it is hot, cut the meat into pieces of about three ounces each, dredge these pieces well with flour, put them into the stewpan, and stir them continually with a wooden spoon. When the beef has been in ten minutes, dredge in some more flour till it is well thickened; then add *gradually* to it, stirring it all the time) a gallon of boiling water; add the allspice and peppers. Place the stewpan at the side of the fire, and let it simmer very slowly till done.

Ragout of Beef.

Time, three hours altogether. Two pounds and a half of beef; three onions; a little mixed spice; half a pint of water; three tablespoonfuls of gravy.

Take about two pounds and a half of the leg of mutton part of beef, and fry it until quite brown, put it into a stewpan with three onions, and pepper it well with mixed spice; boil half a pint of water in the pan in which the meat has been fried, add to it three tablespoonfuls of gravy, boil it up and pour it over the meat in the stewpan. Let it stew gently, and serve it up with capers, etc., warmed in the gravy just before it is poured over the meat.

Pressed Beef.

Time, five hours. Ten or eleven pounds of the flank; two pounds of salt; half a pound of moist sugar; a quarter of an ounce of saltpetre.

Take about ten or eleven pounds of the thin flank, and rub well into every part two pounds of salt, and half a pound of moist sugar mixed with the saltpetre dissolved, repeat the rubbing with the pickle every day for a week; and then roll it round and bind it with a wide piece of tape. Have ready a stewpan of scalding water, put in the beef, and when it simmers allow five hours for ten pounds of meat. When sufficiently done, drain off the water in which it was boiled, and pour cold spring water over it for six or eight minutes, drain it on a sieve reversed, and then place it on a board with a weight on it to press the meat well. Then remove the tapes, trim it neatly, and serve it when required.

Spiced Round of Beef.

Time, to bake, five hours. About twenty pounds of beef; twelve ounces of common salt; three ounces of sugar; two

ounces of saltpetre; two ounces of black peppers; two ounces of allspice; a little nutmeg, one blade of mace, six cloves.

Take about twenty pounds of round of beef, rub it well with coarse, brown sugar, and set it in a pan for forty-eight hours. Then pound the saltpetre, black peppers, cloves, mace and allspice to a powder, and mix them with twelve ounces of common salt; rub these ingredients over every part of the beef, repeating it daily for three weeks. When ready to be dressed, wash it in cold water, and place it in a deep-covered pan, the size of the beef, add a quarter of a pint of water. Cover the top with beef suet, chopped very fine. Put a common crust over it, place the cover over the whole, and set it in the oven. When done, let it cool, take off the suet and crust, and place it on a dish. This joint must be eaten cold, and will keep good for some time.

To Broil Beef Steaks.

Beef steaks should be cut up from a rump that has hung a few days, and should be about three-quarters of an inch thick, and trimmed to a neat size for dishing. The fire should be made perfectly bright and clear, and the gridiron be heated, but not so hot as to scorch the meat; and immediately before the steaks are placed upon it, the bars should be rubbed with fresh mutton suet. Turn the meat to prevent its being scorched, but be careful not to let the fork or tongs penetrate the meat lest the gravy should escape, nor yet must it be pressed or the fibre will be broken, and it will be tough; about ten minutes is sufficient for each steak, which should be served on a hot dish the moment it is taken from the gridiron. Do not season the steak before it is broiled, but a little salt may be sprinkled over it just as it is taken up. If properly broiled, no gravy need be added; but a tablespoonful of Halford table sauce poured over, or a slice of butter under the steak.

To Broil Fillet of Beef Steaks.

The steaks cut from the fillet, or inside of the sirloin are considered the most tender and delicate; and French cooks always prefer them to rump steaks. They must be dipped in clarified butter before they are broiled, and are usually served with minced parsley seasoned with Cayenne strewed over them, and a little butter sliced over the dish before the steak is put on it. Be careful not to press the steak.

CUISINE.

To Fry Beef Steaks.

Cut rump steaks of the same size as for broiling; dredge them with flour. Have the frying-pan perfectly clean and hot, then put in butter or clarified fresh beef suet, which makes excellent fat for frying; put in the steaks, and turn them frequently to preserve the gravy. In fifteen minutes, if the fire be in proper condition, the steaks will be cooked; dredge them with a little salt and pepper before you take them from the pan; transfer them to a hot dish, pour the fat from the pan, and put in two ounces of butter rolled in flour, and a cup of gravy or stock, and when it has simmered for a minute, pour it over the steaks. Sometimes sliced onions are fried to serve over the steaks, or fried potatoes around them.

To Stew Beef Steak.

Take two pounds of tender rump steaks about an inch thick; fry them lightly till brown; then transfer them to the stewpan, which must first be lined with thin slices of ham. Strew over the steaks a drachm of Cayenne, a stick of celery chopped in pieces, the red part of a carrot sliced, two small onions, with two cloves stuck in each, a sprig of parsley and one of thyme; pour over them as much water as will cover the meat, close the stewpan and let the whole simmer gently for two hours; then carefully take the steaks from the pan, strain the gravy, thicken it with two ounces of butter rolled in flour, and a glass of claret, or tablespoonful of Worcester sauce. Heat these together and pour over the steaks, and serve them with sliced carrots, or mashed potatoes round the dish.

BEEF TONGUES.

To Pickle or Salt Tongues.

THE simplest mode of preparing a beef tongue is to cut off the root, leaving a little of the fat; cover it with salt and let it lie on an earthenware dish for twenty-four hours; then pour off all the slimy matter that has drained from it, and rub the tongue well with a mixture of half a pound of coarse salt, half a pound sugar, and two ounces of saltpetre; turn and rub it every day, and after a week, renew the mixture, and continue to rub it for another week, when it will be ready to eat, or, if not required, to be dried by hanging up, or smoked over a wood fire.

If you choose to pickle your tongue, make the pickle of one pound each of salt and moist sugar, and three ounces each of

saltpetre and sal prunella; dissolve in a gallon of water in a stone or earthenware jar, with cover. Put the tongue into this brine, and take care it is perfectly covered; in a fortnight, it must be taken out, rubbed dry, and then hung up to keep, or used out of the pickle, when it is always the best. A dried or smoked tongue should be soaked twelve hours in cold water; but from the pickle, three or four hours is sufficient.

To Boil a Tongue.

Trim and wash the tongue, put it into cold water at such a distance from the fire that it may be an hour in heating; then let it simmer from three to four hours, according to size, take it out of the hot water and plunge it into cold water, when the skin can be easily drawn off. If wanted to be served hot, it should be *glazed* over with a jelly of cow's heel or calf's foot, laid on with a paste-brush, two or three times, till it looks transparent, and then send in with mashed turnips and sliced carrots.

If a tongue be boiled to send to the table cold, it is now usually rolled up as soon as boiled and skinned; the thick put in the middle after it has been nicely trimmed. It must then be bound with tape, put into a tin mould, with a weight upon it for twenty-four hours; when turned out, remove the tape and put a silver skewer through, and cut it like a fillet of veal.

To Roast a Tongue.

Trim a large tongue, cutting away the root entirely, and put it in cold water over the fire till it boils; then take it out and skin it, cover it with thin slices of bacon, and stick in it a dozen cloves; then roast it before the fire for three hours, basting it well. Send it to table hot, with rich gravy sauce round it.

To Bake Tongue.

Parboil the tongue and skin it as for roasting; trim it neatly, mince two boiled onions, a bunch of parsley; mix with these three tablespoonfuls of fine crumbs seasoned with a drachm of Cayenne, and a blade of mace and six cloves pounded; spread the seasoned crumbs over the tongue, and cover them with bacon cut as thin as possible. Roll up the tongue with the thick part in the middle, put it into a small baking-pan, cover it with broth or stock, put it into the oven and let it bake slowly from three to four hours. When taken out, put it into the mould and press it till cold. It makes a pretty dish for breakfast or lunch.

If the thin part of a tongue be left uneaten, it should be preserved to grate for seasoning *omelettes* and forcemeats.

VEAL.*To Roast a Fillet of Veal.*

To ensure the leg of veal being untainted, remove the skewer, where the udder lies, every day, wipe it dry, and throw in a little salt, removing the kernel from the fat. Cut off the knuckle sufficiently above the joint to make a handsome fillet; take out the bone, and fill the cavity with veal forcemeat, adding another layer round the fat; draw the flap round, and bind it firmly with tape. Put it down at some distance from the fire at first, dredge it well with flour, and baste freely with butter. When half done, cover the fat with paper, draw the veal nearer to the fire, and continue to baste it. If from twelve to fifteen pounds in weight, it will require from four to five hours to roast it well, and if not thoroughly cooked, veal is uneatable. Remove the tape and insert a skewer. When you dish up the fillet, pour over it plain melted butter, and garnish with sliced lemon. It is usual to send in a pig's cheek, small pieces of ham, or boiled tongue, with roast veal.

To Roast a Loin of Veal.

The loin is generally considered the prime joint of veal. It is not usual to stuff this joint, but in some families it is liked. If required, the forcemeat made the same as for the fillet must be placed under the skin, over the ends of the bones. The flap must be skewered down, and a buttered paper put round the joint to prevent the fat round the kidney escaping, and the meat dredged with flour. Baste the meat continually, and a short time before you take it up, take away the paper, that the surface may brown. It will take, according to its weight, rather less time to roast than the fillet. It may be sent up either with melted butter or brown gravy, always accompanied by sliced lemon.

To Roast a Breast of Veal.

Skewer down the caul till the veal is almost roasted, which will be in two hours, if even a large breast. Baste it well, and be careful to preserve the sweetbread from scorching. Before you take up the veal, remove the caul, dredge and baste till it is well browned. Serve with melted butter and lemon.

Sometimes the sweetbread is taken out, and stewed separately, but it should always be served with the breast.

To Roast a Neck of Veal.

The best end of the neck of veal is commonly selected for

roasting; it is tender and delicate, and is best roasted without the stuffing in it, but with the forcemeat made into small cakes, fried in butter, and served round it. From an hour and a half to an hour and three quarters is long enough to roast this joint, which is sent up with melted butter.

To Roast a Shoulder of Veal.

The shoulder is not so much valued as any other joint of veal, and may always be bought at a lower price. It is, however, very useful either to stew or to roast for a family. The knuckle should be cut off, a stuffing of forcemeat spread on the under side, and the road end of the veal turned and skewered over it, or the bladebone may be quite drawn out and the forcemeat substituted in its place. It must be roasted and served up like the other joints of veal, and especially should be well basted, or the outside will be hard.

Veal Chops.

The chops should be nearly an inch thick, and should be cut from the loin, and beaten, to break the fibre of the meat. Each chop should be enveloped in a sheet of writing-paper very well buttered, and sprinkled with salt, pepper, and minced parsley. Put them on the gridiron at a considerable height above the fire, so that they may broil slowly, and turn them frequently. They will require twenty minutes to cook them well, and must be served with sliced lemon round.

LAMB.

Roast Leg of Lamb.

TIME, one hour and three-quarters for six pounds. Procure a fine fresh leg of lamb, and place it some distance from the fire, basting it frequently; a short time before it is done, move it nearer to the fire, dredge it with flour and a little salt, and baste it with dissolved butter, to give it a nice frothy appearance. Then empty the dripping-pan of its contents, pour in a cupful of *hot* water, stir it well round, and pour the gravy over the meat, through a fine sieve. Serve with mint sauce and a salad.

Boiled Leg of Lamb.

Time, one hour and a quarter after the water simmers. Select a fine fresh leg of lamb, weighing about five pounds; soak it in warm water for rather more than two hours, then wrap it in a cloth and boil it slowly for an hour and a quarter. When done, dish it up and garnish with a border of carrots, turnips, or cauli-

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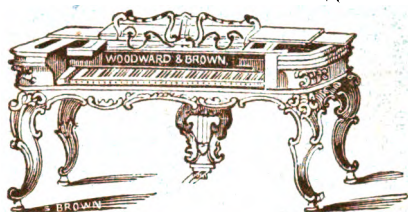
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flower around it. Wind a cut paper round the shank bone, and serve it with plain parsley and butter sauce poured over it.

Lamb's Fry.

Time, altogether, twenty minutes. One pound of lamb's fry; one egg; one ounce of bread-crumbs; a sprig of parsley; pepper and salt.

Take a pound of lamb's fry, and boil it for a quarter of an hour; then drain it dry. Brush it over with the yolk of a beaten egg, and then cover it with bread-crumbs, seasoned with minced parsley, pepper and salt. Fry it till it is a nice color — *i. e.* for about five minutes.

MUTTON.

To Roast a Haunch of Mutton.

To insure the meat being perfectly tender and delicate, it is desirable to keep this joint as long as possible, and if you have a good larder, it may be preserved with care for four or five weeks, in cool weather. Let it be washed frequently with warm milk-and-water, or vinegar, and wiped carefully, and two days before it is dressed it is sometimes soaked in port wine or claret, and rubbed over with pepper and ginger to give it the venison flavor. Saw a few inches from the knuckle, and remove the skin from the loin, wash and dry it well before cooking, lest the outside should have acquired any ill taste; put a paste of coarse meal on strong cartridge paper, and envelop the haunch entirely in it. Put it down a considerable distance from the fire for two hours; then gradually bring it nearer. When it has been down three hours, remove the paper and paste, and baste it continually for three-quarters of an hour longer, or, if required to be well done, a quarter of an hour more. Put fringed writing-paper round the shank, and serve it with rich-drawn gravy, No. 3, and currant jelly, or currant jelly sauce.

To Roast a Saddle of Mutton.

This excellent and handsome joint, the two loins, usually weighs from ten to twelve pounds. It is fit for cooking after it has hung a few days, if prime mutton, as it is the most tender part. It is the duty of the butcher to raise the skin from it, which is then skewered over it again to preserve the juices when roasting. If this has been neglected, cover the fat with writing-paper; let it roast two hours, or a quarter longer if large; then remove the skin or paper, that it may brown lightly. Dredge the meat with flour, sprinkle it with salt, and baste it well, send-

ing it up finely frothed. From two hours and a quarter to two hours and a half is the full time to roast it. It may be served with currant-jelly or port-wine sauce. Stewed lentils are often placed round it.

To Roast a Leg of Mutton.

A leg of mutton should never be hung less than five days; if the weather be cold, it should be kept ten days. It may be lightly dusted with flour to exclude the air, but this must be taken off before it is cooked, when it must be wiped dry before it is put down. It should be put down at some distance from the fire at first, and gradually drawn nearer, and kept continually basted, or it will be spoiled; sprinkle it with salt and flour before it is taken up. Pour a very little gravy over it when dished, for if properly roasted, the gravy will flow from it as soon as it is cut. If of eight pounds' weight, it will require three hours to roast it well.

To Roast a Shoulder of Mutton.

There is no joint so useful and so common in a family as the shoulder of mutton, which is always attainable at a moderate price, does not require to hang long, and is easy of digestion. An hour and a half is long enough to roast a small shoulder of seven pounds, — longer, in proportion to the size. A very nice dish may be made of a roast shoulder of mutton by serving it in onion sauce.

To Roast a Loin of Mutton.

The loin is the most tender, delicate joint of the sheep. It is however, too fat for roasting, unless it be trimmed into the form called by the butchers the *strait loin*; the flap, the skin, and the greatest part of the fat being pared away, leaving the joint narrow and neat in form. It should then be jointed, that it may be carved conveniently, if in a family where it is usual to separate the joints rather than slice the meat; but the most approved way is to cut slices the lengthway, as in the saddle. The fat should be covered with paper till the mutton is nearly roasted; if of a moderate size, an hour and a half will be long enough to cook it. It may be sent in with currant jelly.

The proper relish.

For Beef, Poultry, Mutton and Game, the highly recommended relish is the Halford Leicestershire Table Sauce.

To Broil Mutton Chops.

Mutton is *par excellence*, the meat for chops and cutlets, and these may be cooked variously, so as to produce many novelties for *entrées*, or for the lunch table. The mutton chop simple is convenient, for the preparation is readily accomplished, requiring only nicety and attention. The chops may be cut from the fillet of the leg, from the loin, or the best end of the neck: of these, loin chops are most tender and juicy; they should not be less than half an inch thick, pared into a neat form, and if from the neck the bones should be shortened, brushed lightly over with clarified butter to preserve the juice, and broiled over a clear fire, turning them four times; when half done, season them with a mixture of salt and pepper, in the proportion of three teaspoonfuls of salt, and one of pepper to two pounds of chops. Serve them one at a time on a hot dish with a thin slice of butter on each chop, not pressed down, and half a tablespoonful of mushroom ketchup or vinegar; sliced lemon round the chops.

To Fry Mutton Chops.

Cut and trim the chops as for broiling; saw off the bone at the thick end, if from the neck; rub each chop lightly over with eschalot, then dip each chop into beaten egg in which two teaspoonfuls of salt have been mixed; cover with fine bread-crumbs, and put them in a frying-pan with a good slice of butter; turn them lightly two or three times, and before done, sprinkle them with salt and pepper; fry, not less than ten minutes, or more than fifteen minutes; take up and drain the chops before the fire. Add to the butter in the frying-pan, two tablespoonfuls of broth or stock, one tablespoonful of lemon-juice, and one of mushroom ketchup; shake the pan till well mixed, then dish the chops, pour the gravy over them, and garnish with pickled gherkins.

Calf's Head Boiled.

Time, to soak, one hour and a half; to simmer, one hour and a half. Half a calf's head; half a pint of melted butter, with parsley; one lemon; a pinch of pepper and salt.

Soak the calf's head in cold water for an hour and a half, then for ten minutes in hot water before it is dressed.

Put it into a saucepan with plenty of cold water (enough for the head to swim), and let it boil gently. When the scum rises, skim it *very* carefully. After the head boils, let it simmer gently

an hour and a half. Serve it with melted butter and parsley over it, and garnish with slices of lemon and tiny heaps of fried parsley. Ham should be served with a calf's head, or slices of bacon.

PORK.

To Roast the Pig.

TIME, one hour and a half or two hours. Half a pint of melted butter; two ounces of fresh butter; three-quarters of a pint of sage and onion forcemeat.

When the pig is well cleaned, make a forcemeat according to previous directions, or a veal stuffing forcemeat if preferred. Sew it up with a strong thread; truss it as a hare is trussed, with its fore-legs skewered back and its hind legs forward. Dry it well and rub it with a little flour. Set it before a clear brisk fire, arrange under it a dripping-pan and basin to catch the gravy. Baste it with a little pure olive oil, or with its own gravy, rubbing it occasionally (when you do not use oil) with butter. When it is done, cut off the head, split it in halves, divide pig with a very sharp knife down the centre, lay the backs together, put the ears on each side, and the halves of head at each end of the dish. Pour a little of the gravy of the pig, mixed with thin melted butter and a squeeze of lemon-juice, over it.

Send some of the same gravy and melted butter (seasoned with a little Cayenne) to table in a sauce tureen.

Sauces to be eaten with it,— bread sauce, or tomato sauce, or apple sauce, as preferred.

To roast a leg of pork the old-fashioned way with stuffing.

Time, twenty minutes for each pound. Sage and onion stuffing; a piece of butter.

Select a fine, small leg of pork, keep the skin on, and score it in regular stripes of a quarter of an inch wide with the point of a sharp knife; cut a slit in the knuckle, raise the skin, put under it some nice sage and onion stuffing, and fasten it in with a small skewer; put it at some distance from the fire, and baste it frequently. Just before it is done, moisten the skin all over with a little butter, dredge it with flour, and place it near the fire to brown and crisp. When done, put it on a hot dish, pour a little gravy made in the dripping-pan round it, and serve with apple sauce.

To Roast a Sparerib of Pork.

Time, one hour and three-quarters for six pounds. Score the skin, put the joint down to a bright fire to roast, rub a little flour over it. If the rind is kept on, roast it without a buttered paper over it; but if the skin and fat are removed, cover it with a buttered paper. Keep it frequently basted. About ten minutes before taking it up, strew over it some powdered sage; froth it with a little butter, and serve with gravy strained over it, and apple sauce.

To Boil a Ham.

Time, four or five hours. A blade of mace; a few cloves; a sprig of thyme.

Well soak the ham in a large quantity of water for twenty-four hours, then trim and scrape it very clean, put it into a large stew-pan with more than sufficient water to cover it; put in a blade of mace, a few cloves, a sprig of thyme. Boil it for four or five hours, according to its weight; and when done, let it become cold in the liquor in which it was boiled. Then remove the rind carefully without injuring the fat, press a cloth over it to absorb as much of the grease as possible, and shake some bread-raspings over the fat, or brush it thickly over with glaze. Serve it cold, garnished with parsley, or aspic jelly in the dish. Ornament the knuckle with a paper frill and vegetable flowers.

To Bake a Ham.

Time, four hours. Take a medium-sized ham, and place it to soak for ten or twelve hours. Then cut away the rusty part from underneath, wipe it dry, and cover it rather thickly over with a paste of flour and water. Put it into an earthen dish, and set it into a moderately-heated oven for four hours. When done, take off the crust carefully and peel off the skin, put a frill of cut paper round the knuckle, and raspings of bread over the fat of the ham, or serve it glazed, and garnished with cut vegetables.

Some persons infinitely prefer a baked ham to a boiled one, but we think it better boiled or steamed.

POULTRY.*Roast Turkey.*

In season from December to February. Time, according to size, from one hour and fifteen minutes to two hours, or two hours and a half. Half a pint of forcemeat for veal, or sausage meat; a little butter.

To truss the bird: pick the bird carefully, and singe off the down with a piece of lighted white paper; break the leg bones close to the feet; hang it on a hook and draw out the strings from the thigh; cut the neck off close to the back, but leave the crop skin long enough to turn over the back; remove the crop, and with the middle finger loosen the liver and gut at the throat end. Cut off the vent, remove the gut, take a crooked wire and pull out the gizzard, and the liver will easily follow. Be very careful not to break the gall bladder; if you do it will spoil the flavor of the bird entirely, by giving it a bitter taste, which no after efforts of washing, etc., can remove. Do not break the gut joining the gizzard either, lest the inside should become gritty. Wipe the inside *perfectly* clean with a wet cloth, then cut the breast bone through on each side close to the back, and draw the legs close to the crop. Put a cloth on the breast, and beat the breast-bone down with a rolling-pin till it lies flat. Scald the feet, peel off the outer skin, and cut away the claws; leave the legs on.

Fill the inside with veal stuffing or sausage meat, and either sew the skin of the neck over the back with a trussing needle, or fasten it with a very small skewer. Then run a long skewer into the pinion and thigh through the body, passing it through the opposite pinion and thigh. On the other side, put a skewer in the small part of the leg, close to the outside of the sidesman and push it through. Clean the liver and gizzard and tuck them between the pinions, and turn the point of the pinions on the back. Pass a string over the points of the skewers, and tie it securely at the back to keep the bird neat and firmly trussed. Cover the breast with a sheet of nicely buttered white paper.

Place the bird on a spit or roasting jack, and set it at some distance from the fire, which should be a very good and bright one. Keep the heat well to the breast. Put a quarter of a pound of butter in the dripping-pan, and baste it frequently, to prevent it drying too much. Just before it is finished dressing, remove the paper, dredge it lightly with flour, and baste it with the butter, so as to brown and froth it. Serve it with good brown gravy poured over it, and garnish with small fried sausages or forcemeat ball. Halford sauce for poultry.

Boiled Turkey.

Hen turkeys are best for boiling; they should hang quite four days before they are dressed.

Time, large turkey, one hour and three-quarters; smaller, one hour and a half. To truss a boiled turkey: Cut the first joint of the legs off, pass the middle finger into the inside, raise the skin of the legs, and put them under the apron of the bird.

Put a skewer into the joint of the wing and the middle joint of the leg, and run it through the body and the other leg and wing. The liver and gizzard must be put in the pinions. Then turn the small end of the pinion on the back, and tie a pack-thread over the ends of the legs to keep them in their places. Having trussed the turkey for boiling, put it, wrapped in a clean cloth, into sufficient *hot* water to more than cover it. Bring it gradually to a boil, and carefully remove the scum as it rises, or it will spoil the appearance of the bird. Let it simmer very gently for an hour and a half, or for a longer time if of a large size. When done, serve it on a hot dish with a little celery sauce, oyster sauce, or with parsley and butter; put a small quantity of either over it, and send the other up in a tureen separately.

To Stew Giblets.

Time, one hour and a half. One set of giblets; a bunch of parsley and thyme; a few sage leaves; pepper and salt; one onion; a quart of gravy; a wineglass of white wine.

Thoroughly clean and wash the giblets, cut them into pieces, and stew them for an hour and a half in a quart of gravy, adding a bunch of thyme and parsley, an onion, a few sage leaves, and a seasoning of pepper and salt. When done, put them in water, and trim them ready for serving. Strain the gravy through a fine hair sieve, add a glass of white wine, and a piece of butter the size of a walnut rolled in flour. Boil the giblets up in the gravy, and serve them quickly.

To Roast a Duck.

Time, three-quarters of an hour to one hour. A couple of ducks; sage and onion stuffing. Ducks should always hang for one day, and even longer if the weather be sufficiently cold to allow it. Stuff *one* with sage and onion stuffing, season the inside of the other with pepper and salt. Put them to roast at a clear bright fire, and keep constantly basted until done. A short time before serving, dredge over them a little flour and then baste them with butter, to make them froth and brown. Serve them very hot, and pour round (not over them) a little good brown gravy. Serve a little of the same separately in a tureen.

Green peas should always be sent up with roast ducks, if in season.

To Roast a Fowl or Chicken.

Time, one hour for a large one; three-quarters of an hour for a small one; twenty-five minutes for a chicken. One large fowl or two small ones; some brown gravy; butter and flour.

When the fowls are trussed for roasting, singe them carefully, and wipe them clean; put a piece of buttered paper over the breasts, and roast them at a clear fire, keeping them frequently basted. Just before they are done remove the paper, dredge them with flour, and baste them with butter warmed in the basting-ladle until they are nicely browned and have a frothy appearance. Then place them on a hot dish, pour a little brown gravy over them, and serve the remainder in a tureen with another of bread sauce.

To Boil Fowls or Chickens.

Time, one hour for a large fowl; three-quarters of an hour for a medium size; half an hour for a chicken. After the fowls or chickens are trussed for boiling, fold them in a nice white floured cloth and put them into a stewpan; cover them well with hot water, bring it gradually to a boil, and skim it very carefully as the scum rises; then let them simmer as *slowly as possible*, which will improve their appearance more than fast boiling, causing them to be whiter and plumper. When done, put them on a hot dish, remove the skewers, and pour over them a little parsley and butter, oyster, lemon, celery, or white sauce, serving the sauce also separately in a tureen. Boiled tongue, ham, or bacon is usually served to eat with them.

GAME.

Broiled Partridges.

TIME, fifteen to twenty minutes. Partridges; gravy; butter; pepper; salt; Cayenne.

Thoroughly pick and draw the partridges, divide each through the back and breasts, and wipe the insides. Season them highly with pepper, salt, and a *very* little Cayenne, and place them over a clear bright fire to broil. When done, rub a piece of fresh butter over them, and serve them up hot with brown gravy.

To Roast a Pheasant.

Time, from half an hour to one hour, according to size. A pheasant; butter; flour; brown gravy, and salt.

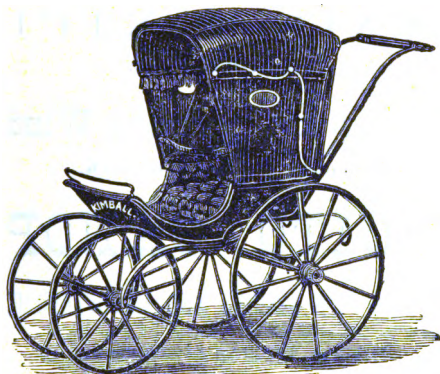
After the pheasant is trussed, split it, and roast it before a

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clear quick fire; baste it frequently with butter, sprinkle over it a little salt, and dredge it lightly with flour, to froth it nicely. When done (which will be in about half an hour, or longer if a large bird), serve it up with a little good brown gravy poured round the pheasant, and the remainder in a tureen, with another of bread sauce.

Woodcocks and Snipes.

Time, twenty to twenty-five minutes. Some woodcocks or snipes; butter; bread toasted; two slices of bacon.

After the birds are picked and trussed, put a thin layer of bacon over them, and tie it on, run a bird-spit through them, and tie it on to a common one. Toast and butter a slice of bread, and put it under them for the trail to drop on. Baste them continually with butter, and roast them, if large, for twenty-five minutes; if small, five minutes less. Froth them up, take up the toast, cut it in quarters, put in the dish, and pour some gravy and butter over it. Take up the woodcocks and put them on it, with the bills outwards. Serve with plain butter sauce in a tureen.

Snipes are dressed the same as woodcocks, only roast the large ones twenty minutes, small ones a quarter of an hour.

To Roast Wild Ducks.

Time, twenty-five to thirty-five minutes. Wild ducks; butter; flour; Cayenne pepper; one lemon; one glass of port wine.

When the ducks are trussed, spit them, and put them down to roast before a brisk fire, keeping the spit in rapid motion. Baste them plentifully with butter, dredge them lightly with flour, and send them up nicely frothed and browned, with a good gravy in the dish. Before carving it, the breast should have a few incisions made across it with a knife, and a piece of fresh butter put on it; then cut a lemon across, on one half put a little salt, on the other a very small quantity of Cayenne pepper; put the lemon together and squeeze the juice over the ducks, then add a glass of warmed port wine, and your ducks will be ready to carve.

To Roast a Quail.

Time, about twenty minutes. Quails; a little gravy; vine leaves and bacon.

Pick, draw, and truss the birds. Cover the breasts with a slice of fat bacon and vine leaves, secure with a skewer, which can be tied to the spit. Roast them for twelve or fifteen minutes before a very brisk fire; serve them up hot, with a little good gravy poured round them.

To Boil Rabbits.

This is the most simple and common way to dress rabbits. They must not hang more than three or four days. Skin and wash them well. Soak them in warm water, truss them, with the heads skewered to their sides, and put them in boiling water. Let them simmer gently from half to three-quarters of an hour. Then serve with white onion sauce poured over them; or if onions are not approved, a good white sauce round them.

When two rabbits are served together, the head of one is laid in a contrary direction to that of the other.

To Roast a Rabbit.

Choose a good-sized, but young rabbit, and after it is skinned and washed, wash it again several times in a mixture of a glass of port wine, and the same of vinegar, seasoned with half a teaspoonful of black pepper and four cloves, pounded; fill it with forcemeat, like a hare, and wash it without wiping it before you spit it. Roast for three-quarters of an hour, or a little longer, if a very large rabbit. Baste it plentifully, and serve with gravy and currant jelly, like a hare.

To Fry Rabbit.

Skin and wash a young rabbit; cut it up into joints, dip the pieces into egg, and then into fine bread crumbs, seasoned with salt and pepper. Fry in butter for fifteen minutes, when the rabbit will be lightly browned. Take out the pieces and keep hot, and make a gravy in the pan by adding a little more butter, rolled in flour, a teaspoonful of lemon juice and a tablespoonful of mushroom ketchup. When hot, pour it round the rabbit, and serve with sliced lemon.

To Clarify Beef Dripping.

Put the dripping into a basin, pour over it some boiling water, and stir it round with a silver spoon; set it to cool, and then remove the dripping from the sediment, and put it into basins or jars for use in a cool place. Clarified dripping may be used for frying and basting everything except game or poultry, as well as for pies, etc.

To make a Short Crust with Dripping.

One pound of flour, three-quarters of a pound of clarified beef dripping; one wineglass of *very* cold water; a pinch of salt.

Take care that the water you use is cold, especially in summer. Put the flour, well dried, into a large basin (which should be kept for the purpose), with a pinch of salt; break up the

clarified beef dripping into pieces, and mix them *well* with the flour, rubbing them together till they are a fine powder. Then make a hole in the middle of the flour, and pour in water enough to make a smooth and flexible paste. Sprinkle the pasteboard with flour, and your hands also; take out the lump of paste, roll it out; fold it together again, and roll it out—*i. e.*, roll it three times; the last time it should be of the thickness required for your crust, that is, about a quarter of an inch, or even thinner. It is then ready for use.

Common Puff Paste.

One pound of sifted flour; a quarter of a pound of lard; half a teaspoonful of salt; half a pound of butter.

Put one pound of sifted flour on the slab, or in an earthen basin, make a hollow in the centre, work into it a quarter of a pound of lard and half a teaspoonful of salt. When it is mixed through the flour, add as much cold water as will bind it together, then strew a little flour over the pasteboard or table; flour the rolling-pin, and roll out the paste to half an inch in thickness; divide half a pound of butter in three parts; spread one evenly over the paste, fold it up, dredge a little flour over it and the paste, fold it up, dredge a little flour over it and the pasteslab or table; roll it out again, spread another portion of the butter over, and fold and roll again; so continue until all the butter is used; roll it out to a quarter of an inch in thickness for use.

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Plain Beefsteak Pie.

Time, one hour and a half. Two pounds and a half of beefsteak; a little pepper, salt and Cayenne; a little water, or gravy if you have it; one tablespoonful of Halford's sauce; the yolk of one egg; half a pound of paste.

Cut the steak into small pieces with a very little fat, dip each piece into flour, place them in a pie-dish, seasoning each layer with pepper, salt, and a very little Cayenne pepper; fill the dish sufficiently with slices of steak to raise the crust in the middle, half fill the dish with water or any gravy left from roast beef, and a spoonful of Halford's sauce; put a border of paste round the wet edge of the pie-dish, moisten it and lay the crust over it. Cut the paste even with the edge of the pie-dish all round, ornament it with leaves of paste, and brush it over with the

beaten yolk of an egg. Make a hole with a knife in the top, and bake in a hot oven.

Chicken Pie.

Time, to bake, one hour and a quarter. Two small chickens; some forcemeat; a sweetbread; a cupful of good gravy; a little flour and butter; four eggs; some puff paste.

Cover the bottom of a pie-dish with a puff paste, upon that, round the side, lay a thin layer of forcemeat; cut two small chickens into pieces, season them highly with pepper and salt; put some of the pieces into the dish, then some sweetbread cut into pieces and well seasoned, the yolk of four or five hard-boiled eggs, cut into four pieces, and strewed over the tops. Put in a little water, and cover the pie with a piece of puff paste, glaze it, ornament the edge, and bake it. When done, pour in through the hole in the top a cupful of good gravy, thickened with a little flour and butter.

Oyster Patties.

Time, twenty minutes in all. Light puff paste; two dozen large oysters; one ounce of butter rolled in flour; half a gill of good cream; a little grated lemon peel; a little Cayenne pepper; salt; one teaspoonful of lemon juice.

Roll out puff paste less than a quarter of an inch thick, cut it into squares with a knife, cover with it eight or ten pattypans, and put upon each a bit of bread the size of a walnut, roll out another layer of paste of the same thickness, cut it as above, wet the edge of the bottom paste and put on the top, pare them round and notch them about a dozen times with the back of the knife, rub them lightly with yolk of egg, and bake them in a hot oven about a quarter of an hour. When done, take a thin slice off the top, and with a small knife or spoon, take out the bread and the inside paste, leaving the outside quite entire. Parboil two dozen large oysters, strain them from their liquor, wash, beard, and cut them into four, put them into a stewpan with an ounce of butter rolled in flour, half a gill of good cream, a little grated lemon peel, the oyster liquor strained and reduced by boiling to one-half, a little Cayenne pepper and salt, and a teaspoonful of lemon juice; stir it over the fire five minutes, fill the patties, put the cover on the top, and serve.

TO MAKE A SALAD.

Two boiled potatoes strained through a kitchen sieve, Softness and smoothness to the salad give;

Of mordant mustard take a single spoon,
Distrust the condiment that bites too soon;
Yet deem it not, thou man of taste, a fault,
To add a double quantity of salt.
Four times the spoon with oil of Lucca crown,
And twice with vinegar, procured from town;
True taste requires it, and your poet begs,
The pounded yellow of two well-boiled eggs.
Let onions' atoms lurk within the bowl,
And scarce suspected, animate the whole;
And lastly, in the flavored compound toss,
A magic spoonful of anchovy sauce;
Oh, great and glorious! oh, herbaceous meat!
'Twould tempt the dying anchoret to eat;
Back to the world he'd turn his weary soul,
And dip his fingers in the salad bowl!

Lobster Salad.

A lobster; yolks of two eggs; a spoonful of made mustard; three tablespoonfuls of salad oil; a taste of vinegar; a little salt: some fresh lettuces or celery.

Pick all the meat out of the lobster, thoroughly beat the yolks of two new-laid eggs, beat in made mustard to taste, and, continuing to beat them, drop in three tablespoonfuls of salad oil; add whatever flavoring may be preferred, a taste of vinegar, and some salt. Mix in six tablespoonfuls of vinegar, and the soft part of the lobster. Moisten the remainder of the lobster with this, and lay it at the bottom of the bowl; cut up the lettuce, take care that it is well rolled over in the dressing, and put it over the lobster. Mustard can be left out if it is not liked. The above quantity is given for the proportions, and can be increased according to the lobster employed.

Chicken Salad.

The white meat of a chicken; the weight in celery; the yolk of one raw egg and one hard-boiled; a teaspoonful of salt; the same of pepper; half a teaspoonful of mustard; a tablespoonful of salad oil; one of white wine vinegar; one teaspoonful of extract of celery.

Take the white meat of a chicken, boiled, cut it small, or mince it fine; take the same quantity, or *more*, of white tender celery cut small, and mix the celery and chicken together an hour or two before it is wanted, then add the dressing made

thus: Break the yolk of a hard-boiled egg very fine with a silver fork, add to it the yolk of a raw egg, and the pepper and salt, with half a tablespoonful of made mustard, work all smoothly together, adding gradually a tablespoonful of salad oil, and the same of white wine vinegar. Mix the chicken with the dressing, pile it up in the dish, and spread some of the dressing over the outside. Garnish with the delicate leaves of the celery, the white of the egg cut into rings, green pickles cut in slices, pickled beet root in slices and stars, and placed alternately with the rings of egg and the leaves.

Salad Mixture.

One boiled potato; one saltspoon of salt; two of white powdered sugar; one mustardspoonful of mustard; one tablespoonful of oil; one teaspoonful of Halford's sauce, and some vinegar.

Boil a nice mealy potato, and mash it very smooth. Add all the other ingredients, and when the whole is well mixed, add some vinegar by degrees till it is the consistency of thick cream.

Salad Dressing.

One teaspoonful of made mustard; one ditto of pounded sugar; two tablespoonfuls of salad oil; four of cream; two of vinegar; Cayenne and salt to your taste.

Put the mixed mustard into a salad-bowl with the sugar, and add the oil, drop by drop, carefully stirring and mixing all the ingredients well together. Proceed in this manner with the milk and vinegar, which must be added very gradually, or the sauce will curdle, then put in the seasoning of Cayenne and salt. It ought to have a creamy appearance, and when mixing, the ingredients cannot be added too gradually, or stirred too much.

VEGETABLES.—POTATOES.

Potato Snow.

BOIL in the usual way some of the best and whitest potatoes you can procure; strain and put them at the side of the fire till they crack and fall to pieces; then take away the skin and pass the floury potato through a hot wire sieve upon the hot dish on which they are to be served. Do not crush the light mass that falls, but send it up immediately in the form of snow.

This is a pretty mode of dressing potatoes. You must have a sufficient quantity to heap a large dish, and above all take care they are kept hot.

To Fry Potatoes Whole.

When fried whole, the potatoes must be previously boiled;

the cold potatoes of the preceding day may be used; they must be peeled, dipped in egg and bread-crumbs, fried in plenty of butter, and shaken round till equally browned; then drained and served, sprinkled with salt.

Mashed Potatoes with Onion.

Boll a large Portuguese onion in two waters till quite tender, rub it through a tamis, and mix well with a double quantity of mashed potatoes; add an ounce of butter, and heat the potato again before serving.

Potatoes in Cream.

Before new potatoes are plentiful, a very nice dish may be made by paring down the old potatoes to a small size, boiling them ten minutes in water, with a teaspoonful of salt, draining them and steaming with a napkin over the pan for ten minutes more; then strew over them two teaspoonfuls of salt, cover with cream, and heat gradually for five or ten minutes longer. Serve them in the cream for second course.

Roasted or Baked Potatoes.

Next to boiling, the most simple mode of cooking potatoes is, to wash them very clean, selecting tolerably large potatoes, and roast them before the fire in a Dutch oven, or on a baking-tin in a common oven. They will, if large, require nearly two hours to make them thoroughly cooked. They must be served in the skins, folded in a napkin. Send in butter-pats with them.

Mashed Potatoes.

Late in the season, when the old potatoes are disfigured by specks, mashed potatoes are in request; and with due care perhaps this is the most agreeable mode of sending them to table. They must be boiled and steamed according to the first direction, carefully peeled and examined, so that no particle of skin or any other extraneous matter remain. Add a teaspoonful of salt, a slice of butter, and two or three tablespoonfuls of milk or cream, according to the quantity of your potatoes, and with a wooden spoon beat them lightly and thoroughly to a smooth and frothy mass, without a single lump. Then heat them a minute or two in a stewpan before you turn them into the dish, when they can be either served at once, or browned in an oven. In some families, it is the custom to brown the mashed potatoes for a few minutes under the roast meat before it is taken up from the spit.

Fried Potatoes.

Time, fry ten minutes. Boil some potatoes in their skins; when cold, peel them, and cut them in slices a quarter of an inch thick, and fry them in butter, or beef dripping, a nice delicate brown. When done, take them out with a slice to drain any grease from them, and serve piled high on a dish; or they may be chopped up small, seasoned with a little pepper and salt, and fried lightly in butter, turning them several times that they may be nicely browned. Serve in a covered dish.

Potato Ribbons.

Time, ten minutes. Wash and remove any specks from some nice large potatoes, and when peeled, lay them in cold water for a short time; then pare them round like an apple; but do not cut the curls too thin, or they are likely to break. Fry them very slowly in butter a light color, and drain them from the grease. Pile the ribbons up on a hot dish and serve.

CELERY.

THERE are few of the cultivated vegetables more useful than the celery for adding delicate flavor to the dishes compounded of various materials. This peculiar flavor cannot be imitated; Preston & Merrill's extract of celery is a good substitute. It is chiefly used for an ingredient in made dishes, for sauces, or salads; but may also be sent in, dressed in several ways.

To Stew Celery.

Strip off the outer leaves and wash very well six heads of celery, not too thick; cut them up into pieces of six inches in length boil them in salt and water till tender, then lift them from the water and drain thoroughly. Put them into a stewpan, with as much good brown gravy as will cover them, add two teaspoonfuls of salt, and one of pepper, thicken with an ounce of butter rubbed in flour; simmer for a quarter of an hour, and serve in the gravy.

To Boil Cabbages.

Cut off the stems, remove all the decayed and outer leaves, and steep them in salt and water for an hour with the stem uppermost to remove any dust or insects. Then divide each cabbage into four, splitting through the heart down to the stem, which leave entire till after boiling, and put the cabbages into boiling water with a teaspoonful of salt, leaving the pan uncovered, and

skimming it occasionally. Let them boil three-quarters of an hour, then take out the cabbages, and carry away the water in which they have been first boiled to some distance from the house, or the smell will be perceived in every room. Replace this with clean boiling water, and allow the cabbages, if of good size, to boil as long again. When thoroughly tender, take out the cabbages, drain them well in a hot colander, cut off the stem, and serve them in the quarters in a deep dish with a small piece of butter in the midst, and a little pepper and salt sprinkled over them.

To Stew Cabbages.

Boil a large cabbage in two waters for half an hour each time; in the mean time, put into a stewpan two ounces of butter and a large onion sliced, and shake it round till the onions are browned; add a small bunch of herbs. Take up the cabbage, drain it, and press it quite dry between two heated trenchers; then put it into the stewpan, with two teaspoonfuls of salt, one of pepper, and two tablespoonfuls of good gravy. Let it stew for half an hour, then serve with cutlets or any sort of chops.

To Boil Cauliflower.

This universally-liked summer vegetable may be had from June to October, when its successor, broccoli, follows to supply the winter season. Cauliflower should be cut in the early morning, while the dew hangs upon it; if this be suffered to evaporate, the vegetable becomes tough and vapid. Trim the outer leaves, cut the stem away close, and plunge the vegetable into cold water salted, for an hour before it is dressed. Put a large tablespoonful of salt into boiling water, and skim till the water be quite clear, or the color and appearance of the vegetable will be injured; then put the cauliflowers in, and boil slowly till they are tender, that is, from fifteen to twenty-five minutes, according to size; but not one minute longer than necessary, or they will be spoiled. Drain, and serve them immediately with melted butter.

Cauliflower in White Sauce.

Boil the cauliflower as above, but only half the time necessary to render it tender; then drain, and divide neatly into three or four parts, according to the size; put the pieces into a stewpan with as much good white sauce as will cover the vegetable, and stew gently for ten minutes; then lift out the pieces, arrange

them on a hot dish as a whole cauliflower, and serve the sauce round it. This is a favorite mode of dressing cauliflower.

To Dress Tomatoes.

The tomato, or love-apple, is, in fact, a fruit; but being usually sent to table dressed as vegetables, we include it with them. The most simple mode of cooking them is to boil them like vegetables, in boiling water and salt, for a quarter of an hour; then drain, peel, mash them smooth, with a due proportion of salt and pepper; and a minced eschalot; or roast them in a Dutch oven, turning them frequently for ten minutes or a quarter of an hour. They must then be served whole.

Forced Tomatoes.

Open the top and extract the seeds from half a dozen tomatoes; fill up the middle with sausage meat; put them into a stewpan with as much *bouillon* as will cover them, a clove of garlic, two teaspoonfuls of salt, and half a teaspoonful of Cayenne. Stew gently for a quarter of an hour in good gravy; then take out the garlic, add a teaspoonful of lemon-juice, and serve in the gravy.

TURNIPS.

To Boil Turnips.

YOUNG turnips come into use in May, and from that time till the frosts begin, turnips are always available for the table, but after that, they are not used except for cattle. Peel off at least half an inch of the outside, which, except when the root is very young, is fibrous and uneatable. If large, cut them in halves, put into boiling water, in which a little salt has been thrown, cover the pan and boil gently till quite tender. This will be according to age and size, from twenty minutes to an hour. Then drain and send them in whole. If very young, about two inches of the green top may be left.

To Mash Turnips.

The most common mode of sending in turnips is mashed. They must be boiled till tender; then pressed between two wooden platters till perfectly dry; put into a pan, and beat with a wooden spoon, passed through a colander, then stirred over the fire with a teaspoonful or two of salt, one of pepper, one of powdered sugar, an ounce of butter, and as much cream or milk as you can stir in, without leaving any liquid. Stir till much of the moisture is evaporated, then serve quite hot.

Turnips in White Sauce.

The turnips must be young. Pare them, point the upper end,

and cut off the lower end to make them stand; boil them till tender; then drain and arrange them with the points uppermost on a dish, and serve them in a rich white sauce, to which you must add a little sugar, which it is always desirable to use in dressing turnips to correct the slightly bitter taste. This is a second-course dish.

Turnips in Gravy.

Slice the turnips and put them, with two ounces of butter, into a stewpan, shaking it round till they are browned. Season with salt, pepper, a teaspoonful of sugar, and a little mace. Pour over them a quarter of a pint of good brown gravy, and when quite hot serve them in it.

CARROTS.

To Boil Carrots.

CARROTS which are stored for use are rarely out of the market, and are useful for their own quality, and much valued for ornamenting many dishes. They must be well washed for boiling, and brushed, but not peeled or scraped. If very large, cut into two parts, put them into boiling water a little salted. Boil gently till tender, usually from half an hour to an hour and a half. When boiled, rub off the skin, and slice or send them in cut in lengths, with good melted butter.

Carrots à la Maître d'Hôtel.

Wash and brush the carrots and cut up in pieces about two inches in length. Boil them till tender in salt and water, in which an ounce of butter has been melted. Put into a stewpan two ounces of butter, a dessert-spoonful of chopped parsley, the usual seasoning of salt and pepper, and let all mix for ten minutes. In the mean time, drain the carrots and put into the sauce; stew for ten minutes and serve.

To Mash Carrots.

Wash and scrape the skin off three pounds of carrots; cut them in pieces, and boil them in salted boiling water, with an ounce of butter, for an hour and a half, till quite pulpy; then drain and rub them through a colander. Put the pulp into a stewpan, with an ounce of butter, half a pint of cream, a teaspoonful of salt, one of powdered sugar, and one of white pepper; stir over the fire for a few minutes, then serve on a dish, with fried sippets at second course.

To Fry Carrots.

Half boil the carrots, then cut them in slices a quarter of an

inch thick, dip them in egg and seasoned bread-crumbs, then fry them in butter; drain them and serve piled on a dish very hot.

Parsnips.

These useful roots may be boiled, stewed, or fried in the same way as carrots. They require more or less boiling, according to size, and must be tried with a fork to ascertain when they are tender. The parsnip is more farinaceous than the carrot and turnip, and is more easily digested by weak stomachs. When fried, they are often sent in with roast mutton.

To Boil Asparagus.

Time, fifteen to eighteen minutes after the water boils. One teaspoonful of salt to half a gallon of water.

Scrape very clean all the white part of the stalks from the asparagus, and throw them into cold spring water, tie them up in bundles, cut the root ends even, and put them in a piece of muslin to preserve the tops. Have a wide stewpan of spring water, with the above proportion of salt; and when it boils, lay in the asparagus, and boil it quickly for fifteen minutes, or until it is tender. Have a thin slice from a loaf nicely toasted, cut it in square pieces, dip them in the asparagus water, and put them in the dish. Take up the asparagus, lay it on the toast with the white ends outwards, and the points meeting in the centre. Serve with melted butter in a tureen.

Asparagus as Young Peas (Entremet).

Take the green heads of very young asparagus, and cut up into small pieces no larger than peas; put them into boiling water with a little salt, and boil for ten or twelve minutes; drain them a minute or two on a clean napkin, then put them into a stewpan with an ounce of butter, a sprig of mint, a tablespoonful of cream, a teaspoonful of salt, and as much powdered sugar. Stew for ten minutes, shaking round the pan; then stir in the beaten yolks of two eggs, and in three minutes more turn the asparagus out on a dish, and serve in the sauce, with sippets of fried bread.

ONIONS.

To Stew Onions.

Take off the outer skin of six Portuguese or large American onions, and trim the top and stalk without cutting into the bulb, or it will fall to pieces in stewing. Fry them lightly in butter, turning them over till they are of a uniform light brown color. Then put them into a wide stewpan, so that they do not lie one

on another. Season them with pepper and salt, cover with a rich brown gravy, and stew gently for twenty minutes, or till tender; then turn them out, upside down, and serve in the gravy.

To Roast Onions.

The Portuguese onions are the best for roasting. They should not be peeled, but half-boiled for about ten minutes or a quarter of an hour, in proportion to their size; then take them out and roast them in an oven till quite tender; serve them in their skins on a napkin, either alone or mixed with roasted potatoes. They are eaten with cold butter, salt and pepper.

Onions à la Crème.

Peel and boil some middle-sized onions in salt and water till quite tender, drain them, and throw them into a stewpan with two ounces of butter, rolled in flour; shake them round till the butter is quite dissolved, add a teaspoonful each of salt and white pepper, and then stir in by degrees, as much cream as will nearly cover them. Shake the pan round, till it is on the point of boiling; then serve.

Onions à l' Italienne.

Peel and parboil six middle-sized onions, then drain and leave them to cool. Make a small opening at the top, and scoop out a part of the inside, supplying the place with a mixture of two ounces of grated cheese, the yolks of two hard-boiled eggs chopped small, and as much grated breadcrumbs steeped in boiling cream as will suffice to fill the onions. Season with salt and pepper, and when well mixed fill the onions; dip them in beaten yolk of egg and fine breadcrumbs, and fry them a light brown. Serve them with tomato sauce.

FORCEMEATS.

ONE of the perfections of good cooking is the skilful composition of forcemeats, to impart to the dish of which they form a part, the flavor and relish which it peculiarly requires; and to proportion the ingredients so that no one should predominate, but the combination form one harmonious whole; especially the cook must be careful not to exceed the just proportion of herbs, or of spices, and to season as it may suit the dish it accompanies.

Stuffing for Roast Pork.

One middle-sized Spanish onion boiled for ten minutes and drained, chopped with a tablespoonful of sage very finely; mix

these with three tablespoonfuls of fine bread-crumbs, a teaspoonful of salt, and half a teaspoonful each of pepper and mustard. Bind with the yolk of an egg.

Stuffing for Roast Goose or Duck.

Boil three large onions for half an hour; press them, and mince finely with one tablespoonful of sage, and four tablespoonfuls of bread-crumbs; add one teaspoonful of salt, one of moist sugar, one of mustard, half a teaspoonful each of pepper and mace, and a dessertspoonful of vinegar.

This is, we think, an improvement on the common sage-and-onion-stuffing.

Excellent Force meat Balls for Soups.

Cut some slices from a cold fillet of veal, with a small proportion of the fat, and pound in a mortar with one-third the quantity of butter; measure the paste in a tablespoon, and put the same quantity of crumbs into a saucepan, with a due proportion of pepper, salt, mace, and chopped parsley; cover all with cream, and stir over the fire till the cream is absorbed. Let it cool; then add it to the veal paste, with the yolks of two or three hard-boiled eggs, in proportion to your quantity of veal and crumbs; mix and pound this in the mortar; then bind all with the white of egg beat into snow. Roll the paste into small balls, and poach or fry them lightly before you add them to the soup.

Force meat Eggs.

Boil six eggs till the white be firm; peel off the shell, cover them thickly with the force meat in the preceding receipt; fry them till quite brown, and serve in a rich brown gravy.

Potato Balls.

Mash a pound of potatoes with cream, a quarter of a pound of grated ham, a teaspoonful of minced parsley, half a teaspoonful each of salt, pepper, and mace; bind all with the yolks of two eggs; mould into balls, fry in butter, brown, and serve in good brown gravy.

Egg Balls for Pies or Soups.

Boil four eggs for ten minutes; put them into cold water, and when quite stiff, remove the white and put the yolks into a mortar, with a teaspoonful of flour, as much finely-minced parsley, a teaspoonful of salt, and half a teaspoonful of black pepper; or, if preferred, a quarter of a teaspoonful of Cayenne; pound the whole into a smooth paste and mould into very small

balls, as they will expand in the boiling water, into which you must throw them for two minutes before you use them for pies or soups.

Currie Balls.

Take the yolks of two hard-boiled eggs, two tablespoonfuls of fine bread-crumbs, an ounce of butter, and a teaspoonful of currie powder; pound to a paste, mould into very small balls, and dip into white of egg beaten to a froth; fry them in butter before you use them. These balls are sent in to garnish veal or fowls, or introduced in mock turtle soup.

Egg Balls.

Boil four eggs for ten minutes, and put them into cold water. When quite cold, pound them in a mortar with the beat yolk of one new egg, a teaspoonful of flour, one of chopped parsley, half a teaspoonful of salt, a quarter of a teaspoonful of Cayenne, till perfectly smooth. Then form into small balls, boil them for two minutes, and add to the soup.

GRAVIES AND SAVORY SAUCES.

There is nothing better to flavor gravies and sauces than Preston and Merrill's cooking extracts of celery, clove, cinnamon, nutmeg, etc.

ONE of the great triumphs of cookery is invariably to send to table good pure gravy, and appropriate sauces, to every dish. The natural gravy of the meat is always the most delicious, and can never be perfectly imitated; but in dry or insipid meats, it is necessary to obtain some substitute for this; and the nicety in preparing and combining juices and essences to produce good gravies and sauces, is a proof of the skill and judgment of the cook. It is not certainly the extravagant, but rather the economical and ingenious cook, who has always at hand ample and fitting materials for excellent gravies, and well-flavored sauces. We will first speak of gravies; without which the finest joint sent to table is tasteless and untempting.

Gravies.

The chief materials for making gravies are, the bones of any kind of meat, fowls, or game, which have not been dressed, and still retain a certain amount of flavor and juice; coarse pieces of beef, shanks of ham, etc., form the foundation of gravies; yet care must be taken not to send to table a weak decoction of meat, or simply broth; but the jelly extracted as we shall direct.

To Draw Beef Gravy.

Cut up any coarse beef as thin as possible, put it into a stewpan, cover it up, use no water or butter, but throw over it a few grains of salt; put it at the side of the fire till the gravy oozes from the meat and glazes on the bottom of the pan; then pour in as much hot broth as will cover the meat, and let it stew till all the juice of the meat is extracted. This pure gravy may afterwards be enriched by seasoning, or flavored by herbs; but if not wanted immediately, it should be set aside to cool, and the fat which may collect over it should not be removed till the gravy is wanted.

Clear Beef Gravy.

Slice thin two pounds of fresh, lean, juicy beef, broil one pound over a clear fire about five minutes, to color the gravy, put the broiled and raw beef into a stewpan, and pour over it a quart of boiling water. Stew gently for half an hour, then skim off the fat, and add two onions sliced and fried, a bunch of sweet herbs, two cloves, six peppercorns, and a teaspoonful of salt. Stew for two hours, then strain, and simmer till it is reduced to a pint. Let it cool, that you may remove any fat, and heat it when wanted.

Rich Brown Gravy.

Slice three pounds of lean beef and two onions, flour them and fry in butter a pale brown; drain them from the fat, and put in a stewpan with half a pound of lean ham, minced. Pour a quart of boiling water over the browning in a fryingpan for five minutes, then add to it the meat; when it has simmered half an hour, add a sprig of parsley and savory, two cloves, a blade of mace, six peppercorns, and a teaspoonful of salt; simmer and skim for three hours, then strain it, and let it cook. Take off the fat before you heat it for use.

Thickening for Gravies.

This is merely butter dissolved over a slow fire, and gradually mixed with flour in the proportion of three ounces of flour to four of butter; it should be stirred in the pan continually, to obtain the requisite smoothness, and if wanted for brown gravies, should be allowed to remain till it becomes a light brown. For white sauces, it must be taken off before it begins to color. It is advisable to keep the thickening in a covered jar ready for use. A spoonful added to any gravy is commonly sufficient.

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Economical Gravy for a Fowl.

If it be necessary to dress a fowl when you have no fresh meat or stock ready for gravy, a very good substitute may be made by washing the feet of the fowl very clean, cutting up the liver, the gizzard and the neck, and laying them all in a saucepan. Add to these a single slice of onion and a small slice of bread fried, a sprig of parsley and half a teaspoonful of mixed pepper and salt; cover with half a pint of hot water, and stew till half reduced; then take out the liver and pound it, and strain the rest of the gravy over it. Add a teaspoonful of ketchup, shake it for a minute over the fire, and it will be ready for use.

Brown Gravy.

Put into a stewpan four ounces of butter rolled in flour, and an onion sliced; let them brown a few minutes, then add half a teaspoonful of grated lemon-peel, two bruised cloves, a teaspoonful of salt, half as much pepper. Add to it by degrees half a pint of water.

Gravy for Goose or Duck.

Put into a stewpan two ounces of butter, a small onion sliced, and two or three leaves of sage minced; brown a little, then sprinkle over a teaspoonful of salt, half a teaspoonful of pepper, a quarter of a teaspoonful of Cayenne, and a teaspoonful of unmade mustard; then gradually add a quarter of a pint of gravy or beef-stock, and a glass of port wine; simmer ten minutes, strain, and serve in hot round the bird.

SAUCES.

Flavor those sauces with Preston and Merrill's celebrated cooking extracts.

THE most costly and rich viands brought to table are worthless if served with ill-made or unsuitable sauces, or without the peculiar sauce which forms the true finish of the meat. Some kinds of meat, fowls, and fish especially, are tasteless or insipid without the appropriate relishing sauce. Apart from the use of the necessary sauce, or dressing, which is used at the time of cooking meats or fish, the best and most palatable relish to be eaten upon them is the Halford Leicestershire table sauce.

Lemon White Sauce for Fowls.

Put the thin rind of a small lemon into a saucepan, with a half a teaspoonful of salt; simmer gently for a quarter of an hour, then strain it, and add half a pint of good cream, hot. If you wish the sauce particularly rich, you may add four ounces of but-

ter, rolled with a dessertspoonful of flour; but the sauce will be very good without it, by stirring in the flour gradually with the cream. Simmer it for five minutes, then add carefully a tablespoonful of lemon-juice, stirring it well to prevent curdling. This is an excellent sauce for fowls or rabbits.

Oyster Sauce (White) for Fowls.

Open and beard three dozen oysters, pour the liquor from them into a saucepan, and bring it to boil with the beards; then strain the liquor, and put it into a clean saucepan, with three ounces of butter, rolled in a dessertspoonful of flour, and a quarter of a pint of hot cream; simmer for five minutes, then put in the oysters and let the saucepan stand by the side of the fire ten minutes to plump them; they would be hard and indigestible if suffered to boil. Half a teaspoonful of white pepper and as much salt, may be added, but no other seasoning, that the flavor of the oyster may be pure and unmixed.

Celery Sauce.

Cut into small pieces four heads of celery; put them into a saucepan with a teaspoonful of salt and a blade of mace, and cover with boiling water; keep it at the boiling point over the fire for ten minutes; then take out the celery and drain it. Put it into a clean saucepan, with half a pint of veal broth or stock and stew gently for half an hour, or till the celery be tender as pulp; then add two ounces of butter, rolled in flour, and a quarter of a pint of cream, and shake gently over the fire for ten minutes. Like oyster sauce, celery sauce is spoiled by any mixture of seasoning. It may be served over fowls, or sent in separate in a tureen.

White Onion Sauce.

Peel and cut in halves six large onions. If Portuguese onions can be had, they are the most delicate, and two will then suffice, as they are larger than the American bulb; put them into a saucepan with plenty of cold water, and boil gently for an hour, or till they become perfectly soft; then drain, chop and bruise them, and put into a clean saucepan, with half a pint of milk and a teaspoonful of salt; simmer a quarter of an hour, then put back into the saucepan, with half a pint of cream, and simmer for ten minutes longer. If for boiled rabbits, there must be a sufficient quantity to pour over or smother them.

Tomato Sauce.

Cut in two, twelve perfectly ripe red tomatoes; press the seeds

and watery part out; then put them into a saucepan, with a quarter of a spoonful of Cayenne, and a quarter of a pint of gravy; cover and set by the side of the fire to stew gently for an hour; when the fruit should be melted, press it through a sieve, and simmer the sauce over the fire for a few minutes, adding half a teaspoonful of salt. Serve in a tureen.

Liver and Lemon Sauce for Fowl.

Wash the liver of the fowl quite clean, and boil it for five minutes; then pound it in a mortar with a spoonful of the liquor in which it has been boiled, and rub it through a sieve. Take the thin outer rind of a lemon and mince half a teaspoonful very fine; remove the white inner skin of the lemon; cut into thin slices; take out the seeds, and then cut up the whole into small squares; mix the lemon, the rind, and the pounded liver into half a pint of good melted butter, or white sauce, and serve with the fowl.

Horseradish Sauce, Cold, for Roast Beef.

Grate two tablespoonfuls of horseradish, pound it in a mortar, with a teaspoonful of salt, half a teaspoonful of mustard in powder, and half a teaspoonful of sugar in powder; mix it gradually with four tablespoonfuls of cream, and then stir in quickly two tablespoonfuls of vinegar.

Horseradish Sauce, Hot.

This stimulating sauce is chiefly used for insipid meats, or for boiled fish. Grate and pound the horseradish, salt, mustard, and sugar, as in the preceding receipt, with the addition of a clove of garlic and two ounces of butter; when all reduced to a paste, put it into a stewpan with half a pint of brown gravy, simmer half an hour, then stir in quickly one tablespoonful of vinegar, one of port wine, and a quarter of a teaspoonful of Cayenne. In five minutes, the sauce will be ready.

Currant Sauce for Venison.

In some families, the old-fashioned currant sauce is still used for venison and roast pig, though exploded at fashionable diners. Boil two ounces of well-cleaned currants for five minutes in half a pint of water, then add two tablespoonfuls of finely-grated crumbs, six cloves tied in a piece of muslin, an ounce of butter and a glass of port wine; simmer gently over the fire for ten minutes, stirring it till perfectly smooth; take out the cloves; serve in a tureen. In our opinion, the currants make a better

sauce sent to table dry, without the crumbs, which produce a sort of pudding.

Apple Sauce for Roast Goose.

Pare, core, and slice three large baking apples; put them into an earthenware jar, with two tablespoonfuls of water, cover the jar, and put into a slow oven for three-quarters of an hour, then add half a teaspoonful of powdered sugar, and half an ounce of butter, and beat with a fork into a light pulp. Serve in a tureen.

Sauce for Wild Duck.

Mix gradually in a basin one dessertspoon of lemon juice, one of powdered sugar, one of walnut ketchup, one of Halford's sauce, three of port wine, one saltspoon of salt, and half as much Cayenne. When all are well mixed, heat the sauce thoroughly, and send it in a tureen. It must be poured over the breast of the bird as soon as it is cut, that it may mingle with the drawn gravy. No other gravy should be served with the duck.

Sauce à la Maître d'Hôtel.

This useful sauce is largely used for warming up many kinds of meat, fowl or fish, and thus making a handsome addition to a dinner. The foundation must be half a pint of clear stock, or gravy; put this into a saucepan and thicken with an ounce of butter rolled into as much flour as will form it into a smooth paste; stir it over the fire till well mixed, then add a teaspoonful of salt, a quarter as much Cayenne, a dessertspoonful of lemon juice, and as much very finely-minced parsley. Simmer for a few minutes, and before you serve, thicken with the well-beaten yolks of three eggs, stirred in with great care to avoid curdling.

Poor Man's Sauce.

This sauce, notwithstanding its unpromising name, is excellent for roast turkey, and is popular even in France. Put a tablespoonful of finely-chopped parsley with a teaspoonful of grated horseradish, into a tureen; sprinkle these with a teaspoonful of salt, and add two tablespoonfuls of oil, and four of vinegar. Mix all well together before you send it in.

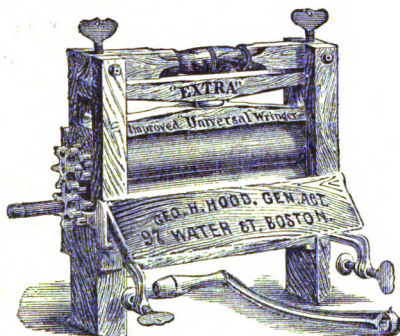
A Common Sauce for Boiled Fish.

Half a pint of veal gravy with two tablespoonfuls of the water in which the fish has been boiled, a whole onion, and a tablespoonful of walnut ketchup; simmer for a quarter of an hour, then strain, and thicken with an ounce of butter rolled in flour.

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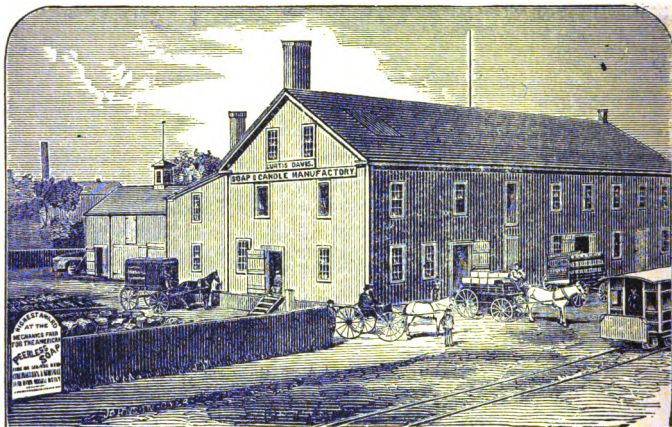
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Yours, truly, J. M. USHER.



PROVIDENCE, R. I., July 12, 1870.

Curtis Davis, Esq. Dear Sir:—We have used your American Peerless Soap in my family for more than two years. I inquired to-day how it was liked, and the answer was, “We do not wish any better.”

In addition to this proof of experience, I like the Soap because I believe it to be honestly made, of pure and first quality materials, and being so made, it is more economical than the greater portion of Soap we find in market.

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A Good White Sauce for Fish.

Boil for a quarter of an hour in a quarter of a pint of water, three anchovies, a blade of mace, six white peppercorns and a clove; then strain the liquor into a clean saucepan, add an ounce of butter rolled in flour, and a teaspoonful of lemon-juice, and when these are well blended, stir in by degrees half a pint of cream, and let all simmer a few minutes, then serve in a tureen.

N. B.—In every case the cook must remember that the sauce for *boiled* fish must be thicker than that which is for *broiled* or *fried*.

Shrimp Sauce.

This is a delicious sauce for salmon, trout, and many kinds of fish; but is rather tedious to prepare. For a large party you will require a quart of shrimps, perfectly fresh, as then they will be easily shelled; put the heads and shells into a saucepan with two tablespoonfuls of water, and boil for a quarter of an hour to extract the flavor. In the mean time, make three-quarters of a pint of melted butter, strain into it the liquor in which the shells have been boiled; then stir in the shrimps, and shake over the fire two or three minutes before you serve. No seasoning is required with shrimp sauce.

Mackerel Sauce.

Put the roes of the mackerel into a saucepan with two or three tablespoonfuls of water, and simmer for ten minutes, take them out and beat them smooth with a wooden spoon, and mix with them the yolks of two eggs, well beat up with a teaspoonful of salt, half a teaspoonful of pepper, and a teaspoonful of either fennel or parsley, chopped very fine. Mix the whole with three-quarters of a pint of melted butter, and serve when hot.

COLD SAUCES, STORE SAUCES, ETC.

Cold sauces are those well blended and agreeable mixtures which are adapted to give a piquant zest to the more insipid meats, or to correct the strong flavor of those which are too rich. They are usually easy of preparation, and pleasant and elegant additions to the table.

Mint Sauce for Lambs.

Though every cook professes to make mint sauce, it is from its very simplicity often prepared carelessly and hastily. Pro-

cure fresh, green, young leaves of mint, wash them well and mince very fine; mix in the proportion of two tablespoonfuls of minced meat to two teaspoonfuls of powdered sugar, stir them together in the tureen, and then pour over four tablespoonfuls of good vinegar; make the sauce immediately before it is wanted. It is served in a tureen, with hot or cold roast lamb.

Horseradish Sauce for Roast Beef.

The horseradish must be well washed, brushed and scraped; grate two tablespoonfuls and put into the tureen with a teaspoonful of salt, a teaspoonful of mustard in powder, and two tablespoonfuls of cream; when these are well mixed, add gradually four tablespoonfuls of vinegar.

Horseradish is in the best state for grating about November and December.

Sauce for Cold Fowl or Game.

Pound in a mortar the yolks of two hard-boiled eggs, with a tablespoonful of vinegar, an anchovy, and a teaspoonful of mustard; when all is quite smooth, add a tablespoonful of fine salad-oil, and another tablespoonful of vinegar, and rub till quite blended. Strain it and serve in a tureen.

Sauce à la Maitre d'Hotel, cold.

Rub in a mortar two ounces of butter, a dessertspoonful of finely-minced parsley, a teaspoonful of salt, and half as much pepper; when quite smooth, blend the whole with two tablespoonfuls of lemon-juice. Serve with steaks, chops, etc., on the dish.

Sauce for Roast Goose or Pork.

Put into a jar two ounces of green sage-leaves, an ounce of the thin rind of a lemon, a teaspoonful of salt and a drachm of Cayenne; pour over them half a pint of port wine or claret, cover the jar and let it stand ten days. When wanted for use, pour off the wine clear, and send up in a tureen. If not used, it will keep if in a covered jar.

TABLE SAUCES, KETCHUPS, ETC.

Halford Sauce.

THE famous Halford Leicestershire table sauce has become national. It is in use from Portland to San Francisco, and from the Lakes to the Gulf. Its merits have secured for it the most unprecedented demand.

Tomato Sauce.

Put the tomatoes into an earthen jar, and set them into an oven till perfectly soft; then rub the pulp through a sieve, and weigh it. To every three pounds of juice add a pint of Chili vinegar, a teaspoonful of salt, three cloves of garlic, pounded, a quarter of an ounce of ginger, and a quarter of an ounce of black pepper; add the juice of a good-sized lemon, boil up the whole till it is thick as cream, then let it cool, and bottle it in wide-mouthed bottles, closely covered. It is an excellent flavor for many fish sauces.

Walnut Ketchup.

Take three hundred young walnuts (they are generally in a fit state early in August), pound them small, adding, as you pound, one pound of salt; then put them into a quart of vinegar for four days, press all well through a hair bag, add to each quart of the liquor extracted one drachm of cloves, one drachm of mace, one drachm of Cayenne, half a pound of anchovies, and one clove of garlic, and boil all for three quarters of an hour; skim it till clear, then add half a pint of port wine to each quart, simmer a few minutes longer, let it stand till cold, then pour off the ketchup quite clear; or you can add the mace and cloves to it as you bottle it off.

Oyster Ketchup.

To obtain and preserve a flavoring of oysters to use in the months when oysters are prohibited, is very desirable, and the following receipt has been successfully tried: Pound in a mortar three hundred oysters, after carefully setting aside all the liquor from the shells: then put them, with the liquor, into a stewpan, adding a pound of anchovies, the thin grated rind of one lemon, a tablespoonful of lemon-juice, and a bottle of thin white wine. Cover the pan and simmer gently for an hour, then strain it, add a teaspoonful of pounded mace and two dozen peppercorns; it is best without any other seasoning; boil it up with the spices a few minutes, then let it cool, and bottle it. It will be found an excellent flavor for sauces and steaks.

Horseradish Vinegar.

Put into a jar four ounces of grated horseradish, a teaspoonful of Cayenne, two teaspoonfuls of salt, and one tablespoonful of mustard; pour over them a quart of boiling vinegar, and set the covered jar by the fire for a fortnight; then boil up the vinegar,

let it cool, strain through a jelly-bag, and bottle. It is an excellent relish for salads, cold meat, etc.

To Make Mustard.

Mustard is considered to be one of the most wholesome of condiments. It is always best to prepare it in small quantities, and send it up quite fresh. It should be smoothly blended with milk or cream, to which a small portion of salt may be added, till reduced to the proper consistence. If required piquant, vinegar or horseradish vinegar may be substituted for the milk.

COFFEE.

How to Select it, and How to Make it.

THE following description of different varieties of coffee will prove a valuable aid to housekeepers in selecting this important item for the table. We place them in the order of merit as their relative qualities are estimated by the public.

No. 1. Male Berry Java.

We place this at the head of the list, as the richest, strongest, highest flavored, and best of all; although not the highest in price. It is the round, bean-shaped berry (to be seen in all kinds of coffee). It can never come into general use, as the quantity is of necessity limited by reason of its being picked by hand, from the choicest old government Java, where it grows in the proportion of one to twenty-five, common flat beans only. It must not be confounded with the male berries picked from Rio, and other cheap coffees, which resemble it in appearance, and which are frequently sold as the same thing by unprincipled or uninformed dealers. The genuine article is imported by the ORIENTAL TEA COMPANY, of Boston, where it may always be obtained. It is a luxury that should be kept in every family, at least for "company," while those accustomed to its use affirm that its superior strength makes it as economical to use as the cheaper kinds.

No. 2. Old Government Java.

The genuine article, which grows at a high altitude on the sunny slopes of the mountains in Java, where it can fully ripen on the trees, is a delicious, rich, smooth-flavored coffee, of good strength, which stands deservedly high. It contains less of the property which induces headache, nervousness, etc., and can therefore be drank more freely than other kinds. The male berry described above is picked from this coffee.

HUNNEWELL'S Standard Preparations,

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A Perfect Family Pill, which acts without the least griping.



The great remedy for *Neuralgia*, and *Nervous Complaints*.



Simplicity the secret of its great results.

The above *Standard and Reliable* preparations, have never, for a reputation, desecrated Nature's Rocks or Way-sides, but rest on a legacy of Twenty Years of perfect results, and have proved themselves

A PERFECT NECESSITY IN EVERY FAMILY.

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REMOVAL.

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"HONOR TO WHOM HONOR IS DUE." — Mr. White, in giving to the world a remedy for "that living death," dyspepsia, has made himself a public benefactor. He has prepared a medicine for a specific purpose. He does not claim it to be a remedy for every known disease. It is just what its name purports it to be, — "a specialty for dyspepsia." It fills a place in the science of medicine that has long been needed. It comes as the almost certain cure for a malady that has become, in consequence of our mode of living and working, a national disease, and the fruitful source of diseases innumerable. The wonderful sale of this Specialty is not the result simply of extended advertising. It has been thoroughly tested in its daily use by the thousands seeking relief from a disease that other remedies have, in many cases, only aggravated. The popularity of "White's Specialty" is in its success. — *Christian Era* (Boston).

No. 3. Mocha.

This is the uncultivated native coffee of Arabia, where it grows wild, and is gathered in limited quantities by the natives. It has a rank, sour taste, not at all pleasant to those unaccustomed to its use. But for its scarcity, it would probably be the cheapest instead of the highest in price, as, alone, but few would care to drink it. A small quantity mixed with Java, is considered by some an improvement.

No. 4. Rio.

This variety is the most common and best known of all. It constitutes about three-fourths of the entire production in the world. Its strong, rank, peculiar flavor is well known. It is much in favor with those who desire only a powerful, hot drink with their food, without regard to flavor or taste.

Singapore, Ceylon, Costa Rica, Maracaibo.

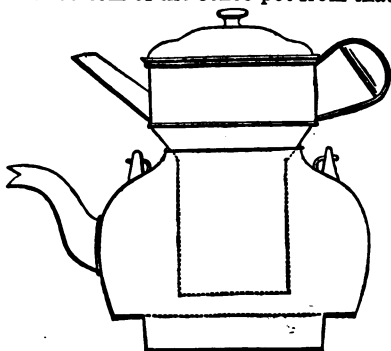
These are all good, pleasant drinking coffees,—inferior to the Java in strength and flavor, and not as pungent as the Rio. They are all frequently sold under the name of Java.

Other Kinds.

There are various other kinds grown in small quantities, including Cape, African, Malabar, etc., they are either deficient in strength or very rough and unpleasant in taste, and are used largely for adulterating, or as substitutes for the Java and Mocha.

RECEIPT FOR COOKING COFFEE.*First Method. — To Cook by Steeping.*

THE coffee-pot should not be set on the stove under any circumstances, but in a vessel of boiling water, with something placed therein to separate the bottom of the coffee-pot from that of the vessel, that the water in the coffee-pot shall not possibly boil. It is a good plan to put the coffee into the pot with a little cold water, and allow it to soak for several hours (even over night) before cooking it. Then pour boiling water into it in the proportion of from six to ten measures of water to one of



coffee, and set it into the vessel of boiling water for twelve to twenty minutes. At the end of this time it will be thoroughly cooked and perfectly settled. The most convenient pot for cooking coffee by this method is the one represented in the adjoining cut, manufactured and for sale by the Oriental Tea Company, on Court street, Boston. It is made to fit into the tea-kettle, thus occupying no extra room on the stove or range.

Second Method. — To Cook by Leaching.

Although this is not as convenient or economical a method, it is one which insures a good cup of coffee. Soak the coffee, as in the first method, then place it in a double flannel sack, through which pour boiling water, letting it drain into the coffee-pot. The flannel should be cleaned after using it each time to insure good coffee.

Boiled Coffee.

While cooking the coffee by either of the above methods, double the usual strength, boil some rich milk or cream. When the coffee is done, pour off the coffee and liquor from the grounds into the cream in the proportion of one part coffee and two parts cream; pour this into cups, and into each put one spoonful of "whipped milk."

RELISHES, ETC.

Macaroni.

TIME, to boil the macaroni, half an hour; to brown it, six or seven minutes.

Half a pound of pipe macaroni; seven ounces of Cheshire cheese; four ounces of butter; one pint of new milk; one quart of water, and some bread-crumbs; a pinch of salt.

Flavor the milk and water with a pinch of salt, set it over the fire, and when boiling, drop in the macaroni. When tender, drain it from the milk and water, put it into a deep dish, sprinkle the grated cheese amongst it, with the butter.

Deviled Oysters.

Time, three or four minutes. Some fine large oysters; one ounce and a half of butter; a little lemon juice, pepper, salt, and Cayenne.

Open a sufficient number of oysters for the dish, leaving them in their deep shells and their liquor; add a little lemon juice, pepper, salt, and Cayenne; put a small piece of butter on each, and place the shell carefully on a gridiron over a clear, bright

fire, to broil for a few minutes. Serve them on a napkin with bread and butter.

Chickens and Ham Sandwiches.

Time, about five minutes. Some cold chicken and a little ham; a cupful of gravy; one large tablespoonful of curry paste; a little cheese, and some butter.

Mince up some cold chicken, and add a little minced ham to it; then stir it into a cupful of boiling gravy and a spoonful of curry paste; set it over the fire for a few minutes, and turn it out. Stamp some slices of thin stale bread in around, with a tin cutter, and fry them carefully. Spread a layer of the fowl and ham between two of them, and place on the top a small piece of cheese and butter, pressed together with a spoon, to form a paste. Put the sandwiches on a sheet of tin in a quick oven for a few minutes. When done, serve them very hot on a folded napkin, for supper.

Plain Sandwiches.

Cut some very thin slices of bread and butter from a square loaf baked in a tin, and place very thin slices of ham, beef, or game between the slices. Season them with salt and mustard, press them on a clean board with the blade of a large knife, cut off the crust evenly, and divide them into oblong squares. Pile them on a table napkin, and serve.

Toasted Cheese.

Time, ten minutes. Cut equal quantities of Gloucester cheese, and having pared it into *extremely* small pieces, place it in a pan with a little milk, and a small slice of butter. Stir it over a slow fire until melted and quite smooth. Take it off the fire quickly, mix the yolk of an egg with it, and brown it in a toaster before the fire.

Welsh Rabbit.

Time, ten minutes. Half a pound of cheese; three tablespoonfuls of ale; a thin slice of toast.

Grate the cheese fine, put to it the ale, and work it in a small saucepan over a slow fire till it is melted. Spread it on toast, and send it up boiling hot.

BREAD, PASTRY, ETC.

To Make Bread.

TIME, one hour to bake loaves of two pounds weight each.

Seven pounds of flour; two quarts of warm water; a large tablespoonful of salt; half a gill of yeast.

Put the flour into a deep pan, heap it round the sides, leaving a hollow in the centre; put in a quart of warm water; a large spoonful of salt and half a gill of yeast; have ready three pints more of warm water, and with as much of it as may be necessary make the whole into a rather soft dough, kneading it well with both hands. When it is smooth and shining, strew a little flour on it; lay a thickly folded cloth over it, and set it in a warm place by the fire for four or five hours; then knead it again for a quarter of an hour; cover it over, and set it to rise again; divide it into two or four loaves, and bake in a quick oven. It will take one hour to bake it if divided into loaves weighing two pounds each, and two hours if the loaves weigh four pounds each. This bread need only rise once, and if made of the best superfine flour, will be beautifully white and light.

In cold weather, bread should be mixed in a warm room, and not allowed to become cold while rising.

If there is any difficulty as to its rising, set the bowl or pan over boiling water.

It is best to mix the bread at night and cover it close in a warm room, should the weather be cold, till the morning.

Of course, if the family be large, the quantities may be increased or doubled in proportion.

YEAST POWDER,

Preston and Merrill's Infallible Yeast Powder is the original, best, and cheapest. Insist upon having that or none.

Some other kinds are made from old bones, alum, etc., but they use only vegetable substances and the alkali of common salt — and make it as strong as can be made from these materials — and warrant it healthful. Dyspeptics will find that they can eat warm biscuits and tea cakes made with our powder when unable to eat any other kind of warm bread.

Self-raising flour of the very best kind can readily be made by putting a medium-sized can of this Infallible Yeast Powder with ten pounds of good flour and passing it through a sieve, so as to thoroughly mix them.

This flour is always ready for instant use, and you have only to add water or milk, knead it well and put it into a hot oven, to produce fine light biscuit in a few minutes. Griddle and batter cakes do not need to be made over night, but can be mixed in the morning while the fire is kindling.

Directions for Using Infallible Yeast Powder.

Put two teaspoonfuls, moderately rounded, of the Powder with one quart of flour, and mix thoroughly by sifting or otherwise, then add milk or water and make a dough not too stiff, and bake at once if you desire, but it does not injure by standing a considerable time, as baking powders do.

Potato Bread.

Time to bake, one and a half to two hours.

Two and a half pounds of mealy potatoes; seven pounds of flour; a quarter of a pint of yeast; two ounces of salt.

Boil two pounds and a half of nice mealy potatoes till floury; rub and mash them smooth; then mix them with sufficient cold water to let them pass through a coarse sieve, and any lump that remains must be again mashed and pressed through. Mix this paste with the yeast, and then add it to the flour. Set it to rise, well knead it, and make it into a stiff, tough dough.

To Make Brown Bread.

Time, one to two hours, according to weight.

Three parts of second flour; the fourth part of rye; a little milk, and the right proportion of water.

Take three parts of second flour, and the fourth part of rye; lay it one night in a cool place and the next morning work it up, with a little milk added to the water. Set it at a proper distance from the fire to rise, and then make into loaves and bake.

French Rolls.

Time, three-quarters of an hour.

One ounce of butter; half a pint of milk; two spoonfuls of yeast; one egg; a little salt; one and a half pounds of flour.

Warm the butter in half a pint of milk; add a little salt, one egg, well beaten, and two spoonfuls of yeast, and mix in a pound and a half of flour. Let it rise an hour and a half, knead it well, make it into rolls, and bake them in a quick oven on tins.

Tea Cakes or Loaves.

Time, half or three-quarters of an hour.

One egg; two ounces of butter; half a pound of flour, two or three knobs of sugar.

Rub the butter into the flour, add the sugar pounded, and mix it with one beaten egg.

It will make two small loaves for tea or breakfast.

To Make Twists.

Time, nearly an hour.

Let the bread be made as directed for baker's bread, then take three pieces as large as a half-pint bowl; strew a little flour over the pasteboard; roll each piece under your hands to twelve inches length, making it smaller in circumference at the ends than in the middle. Having rolled each piece in this way, take a baking tin, lay one part on it, join one end to each of the other two, and braid them together the length of the roll, and join the ends by pressing them together; dip a brush in milk, and pass it over the top of your twists; after ten minutes, set them in a quick oven, and bake them for nearly an hour.

Bread Cakes for Breakfast.

Time, twenty minutes.

A piece of risen-bread dough the size of a small loaf; one egg; one tablespoonful of butter or lard; a little milk.

Take a piece of risen-bread dough and work it into one beaten egg and a tablespoonful of butter or lard; when it is thoroughly amalgamated, flour your hands and make it into balls the size of an egg; rub a tin over with a bit of sponge, dipped in butter; lay the balls on so as to touch each other until the tin is full, brush them over with milk, and set them in a quick oven for twenty minutes, and serve them hot for breakfast. When eaten, break them open; to cut would make them heavy.

Preston & Merrill's Infallible Yeast Powder is put up in large cans for ship-stores, restorators, hotels and boarding-houses.

Albany Breakfast Cakes.

Time, half an hour. Six eggs; one quart of milk; a teaspoonful of salt; a piece of saleratus the size of two peas, and sufficient flour to make a thick batter.

Beat the eggs very light, and stir them into a quart of milk. Add the salt and saleratus, dissolved in a little hot water. Stir in sufficient flour to make a thick batter, rub some small tins the size of a tea-saucer with butter, and half fill them with the batter. Bake them in a quick oven.

Muffins.

Time, twenty to thirty minutes. One and a half ounces of yeast; a quart of warm milk; a teaspoonful of salt, and some flour.

Add a quart of warm milk to an ounce and a half of yeast, and a teaspoonful of salt; then mix it into rather a soft dough, with a sufficient quantity of flour for that purpose; cover it over with a thick cloth, and set it to rise near the fire. When nicely risen,

divide it into as many pieces as you please, and form them into a round with your hands. Spread a thick layer of flour on a wooden tray, put the muffins on it, and let them rise again. Then bake them on a hot stove or plate until they are lightly colored, turning them once.

Wheat and Indian Crumpets.

Time, about fifteen minutes. Half a gill of yeast; a quart of warm milk; a teaspoonful of salt, a teacupful of melted butter; some yellow corn meal.

Put the yeast into a quart of warm milk with a teaspoonful of salt, stir in sufficient wheat flour to make a good batter; set it in a warm place to rise; in the morning add the melted butter and a handful of yellow corn meal. Bake them on a hot griddle previously rubbed over with butter before putting on the cakes; a spoonful of butter will be sufficient for one.

Graham Cakes.

Time, ten minutes. Half or three-quarters of a pint of Graham meal; a quart of water or milk; a teaspoonful of salt.

Salt and scald some Graham or oatmeal into as soft a dough as can be, and be handled. Roll it an inch thick; cut it into diamonds; put them on a tin and bake them instantly in the hottest possible oven. If the oven is *not* extremely hot, the cakes will come out like flat leather; you must also be careful to well *scald* the meal.

In the oven these cakes will keep rising, till in ten minutes you take them out quite puffed. Nothing can be nicer than these cakes made without yeast.

Velvet Breakfast Cakes.

Time, twelve or fifteen minutes. One pint of warm milk; two eggs; half a gill of yeast; half a teaspoonful of soft butter; a teaspoonful of salt, and sufficient flour to make a soft dough.

In a pint of warm milk and two well-beaten eggs, put half a gill of yeast and half a teaspoonful of soft butter, with a teaspoonful of salt. Stir into it sufficient flour to make a soft dough; strew some flour over it, lay a warm towel over the pan, and set it in a warm place to rise (three hours in the summer, or until light in the winter); dip your hands in flour and work the dough down; make it into small flat cakes, lay them on a buttered tin quite near to each other, and brush them over the top, and bake them in a quick oven for twelve or fifteen minutes.

These cakes may be mixed at night and baked as rolls for breakfast.

Buns for Breakfast.

To one pint of yeast, add one pint of luke-warm milk, eight ounces of dissolved butter, six ounces of powdered sugar, and four well-beaten eggs; mix by degrees with these as much flour as will form a stiff batter, fill the bun-tins, and set them before the fire to rise for half an hour, then bake for twenty minutes.

Doughnuts.

Rub a quarter of a pound of butter into a pound of flour, add six ounces of sugar and half a grated nutmeg; stir in three well-beaten eggs and a dessertspoonful of yeast, mixed with a little warm milk; then add as much more warm milk as will make it into a light, smooth dough; let it stand to rise half an hour, then roll it out; cut it into small fancy shapes, and fry in abundance of butter or lard a fine brown color; drain them well, and sift over them powdered sugar.

Sweet Rusks.

With one pound of flour mix two ounces of powdered sugar; beat up two eggs very well with a tablespoonful of good yeast, and add this to half a pint of warm milk, in which two ounces of butter have been dissolved; pour this into the midst of the flour, and form a well of batter; cover the rest of the flour over it, and leave to rise an hour; then knead it up to a firm, smooth dough; cut it up into squares of two inches; leave these again to rise on the baking tins another hour, then bake them in a slow oven a quarter of an hour, and when cool, put into a very cool oven to dry for half an hour. Keep them in a tin drawer or box in a warm place.

Plain Bread Rusks.

Bake some dinner rolls, and while warm, tear them in two, and put into a cool oven to dry till perfectly crisp and of a bright brown. These rusks are always served at breakfast with chocolate or cocoa.

Sally Lunn Cakes.

Mix two tablespoonfuls of light yeast into a pint of warm new milk, or cream if you wish the cakes very good; rub four ounces of butter into two pounds of flour, stew into it half a teaspoonful of salt, then pour in the milk gradually, beating up the batter with a wooden spoon as you proceed; add the yolks

of three eggs, well beaten, and when smoothly mixed, let it rise an hour before the fire; then fill your cake tins, and bake fifteen to twenty minutes in a quick oven.

Pancakes and Fritters.

Pancakes should be eaten hot. They should be light enough to toss over in the pan. *Snow* will serve instead of eggs for pancakes. It should be taken when *just* fallen, and quite clean. Two tablespoonfuls of snow will supply the place of one egg. Time to fry a pancake, five minutes. Whenever the time differs on account of the ingredients, it will be specified.

Common Pancakes.

Time, five minutes. Three eggs; one pint of milk; sufficient flour to make a batter; a pinch of salt, and a little nutmeg.

Beat three eggs, and stir them into a pint of milk; add a pinch of salt, and sufficient flour to make it into a thick, smooth batter; fry them in boiling fat, roll them over on each side, drain and serve them very hot, with lemon and sugar.

Snow Pancakes.

Four ounces of flour; a quarter of a pint of milk; and a little grated nutmeg; a pinch of salt; sufficient flour to make thick batter, and three large spoonfuls of snow to each pancake.

Make a stiff batter with four ounces of flour, a quarter of a pint of milk, or more if required, a little grated nutmeg, and a pinch of salt. Divide the batter into any number of pancakes, and add three large spoonfuls of snow to each. Fry them lightly, in very good butter, and serve quickly.

Judges' Biscuits.

Break six eggs into a bowl, beat for five minutes; add half pound fine white sugar, beat ten minutes; add caraway seeds and half pound sifted flour. Mix thoroughly, drop the mixture on paper in small cakes, heaping them in the middle; sift sugar over and bake.

Plan.

Boil a piece of veal until tender, cut it into strips three inches long, put it in the pot with liquor with which it is boiled, and one teacup of rice, three pounds veal, season with salt, pepper, butter, and sweet herbs. Stew gently until the rice is tender, and water nearly gone. Add curry powder as you like.

German Cream Biscuit.

Four ounces butter; six ounces fine white sugar; seven ounces flour; one tablespoonful fresh cream; one egg; mix the

above into a dough, kneading it well; cut into cakes and bake in quick oven.

Love Cakes.

Three eggs; five ounces sugar; six ounces flour; salt, mace, or rose water dropped on paper and sprinkled on sugar before baking.

PASTRY.

A Light Puff Paste.

ONE pound of sifted flour; one pound of fresh butter; two teaspoonfuls of cream of tartar; one teaspoonful of soda; a little water.

Work one-fourth of the butter into the flour until it is like sand; measure the cream of tartar and the soda, rub it through a sieve, put it to the flour, add enough cold water to bind it, and work it smooth; dredge flour over the pasteslab or board, rub a little flour over the rolling-pin, and roll the paste to about half an inch thickness; spread over the whole surface one-third of the remaining butter, then fold it up; dredge flour over the pasteslab and rolling-pin, and roll it out again; then put another portion of the butter, and fold and roll again, and spread on the remaining butter, and fold and roll for the last time.

Self-rising flour can be made by the use of Preston & Merrill's Infalible Yeast Powder.

Very Rich Short Crust.

Ten ounces of butter; one pound of flour; a pinch of salt; two ounces of loaf sugar, and a little milk.

Break ten ounces of butter into a pound of flour dried and sifted, add a pinch of salt, and two ounces of loaf sugar rolled fine. Make it into a very smooth paste, as lightly as possible, with two well-beaten eggs, and sufficient milk to moisten the paste.

Plain Apple Tart.

Time, to bake, one hour, or, if small, half an hour. Apples; a teacupful of sugar; peel of half a lemon, or three or four cloves; half a pound of puff paste.

Rub a pie-dish over with butter; line it with short pie-crust rolled thin; pare some cooking apples; cut them in small pieces; fill the pie-dish with them; strew over them a cupful of fine moist sugar, three or four cloves, or a little grated lemon peel, and add a few spoonfuls of water, then cover with puff paste crust, trim off the edges with a sharp knife, and cut a small slit

at each end, pass a giggling iron around the pie half an inch inside the edge, and bake in a quick oven.

Open Apple Tart.

Time, to bake in a quick oven, until the paste loosens from the dish. One quart of sliced apples; one teacupful of water; one of fine moist sugar; half a nutmeg; yolk of one egg; a little loaf sugar and milk; puff paste.

Peel and slice some cooking apples, and stew them, putting a small cupful of water and the same of moist sugar to a quart of sliced apples; add half a nutmeg and the peel of a lemon, grated; when they are tender, set them to cool. Line a shallow tin pie-dish with a rich pie paste, or light puff paste; put in the stewed apples half an inch deep; roll out some of the paste; wet it slightly over with the yolk of an egg, beaten with a little milk, and a tablespoonful of powdered sugar; cut it in very narrow strips and lay them in crossbars, or diamonds, across the tart; lay another strip round the edge; trim off the outside neatly with a sharp knife, and bake in a quick oven until the paste loosens from the dish.

Mince Pies.

Time, twenty-five to thirty minutes. Puff paste; mince meat.

Roll out the puff paste to the thickness of a quarter of an inch; line some good-sized patty-pans with it, fill them with mince, cover with the paste, and cut it close round the edge of the patty-pan. Put them in a brisk oven. Beat the white of an egg to a stiff froth; brush it over them when they are baked; sift a little powdered sugar over them; replace them in the oven for a minute or two to dry the egg. Serve them on a table napkin, very hot.

Six pint bottles of Rose Water can be made from one bottle of Preston & Merrill's Extract of Rose.

MINCE MEAT.

Apple Mince Meat.

ONE pound of currants; one pound of peeled and chopped apples; one pound of suet, chopped fine; one pound of moist sugar; quarter of a pound of raisins stoned and cut in two; the juice of four oranges and two lemons, with the chopped peel of one; add of ground mace and allspice each a spoonful, and a wineglass of brandy. Mix all well together, and keep it closely covered in a cool place.

Egg Mince Meat.

Six hard-boiled eggs, shred very fine; double the quantity of beef suet, chopped very small; one pound of currants washed and dried; the peel of one large or two small lemons minced up; six tablespoonfuls of sweet wine; a little mace, nutmeg and salt, with sugar to your taste; add a quarter of a pound of candied orange and citron, cut into thin slices. Mix all well together, and press it into a jar for use.

Lemon Mince Meat.

One large lemon; three large apples; four ounces of beef suet; half a pound of currants; four ounces of white sugar; one ounce of candied orange and citron.

Chop up the apples and beef suet; mix them with the currants and sugar; then squeeze the juice from a large lemon into a cup. Boil the lemon thus squeezed till tender enough to beat to a mash; add it to the mince meat. Pour over it the juice of the lemon, or Preston & Merrill's extract of lemon, and add the citron chopped fine.

TARTS, ETC.

Raspberry Tart with Cream.

FILL the tart-dish with fresh raspberries, and less than a quarter of the weight in fine sugar; cover with a thin paste; bake half or three-quarters of an hour, according to size; take it out of the oven, raise the cover, beat up the yolks of two eggs well, and mix with half a pint of cream and a tablespoonful of sifted sugar; pour this over the fruit, restore the crust, and return it to the oven for five or six minutes. Strew sugar over the crust, and serve hot or cold.

French Plum Tart.

Put into a stewpan half a pound of good French plums, with four ounces of sugar and two tablespoonfuls of water, or of port wine, or light French red wine; stew gently till you can open and take out the stones; extract the kernels, and return half to the prunes and sugar. Turn the whole into a tart-dish, cover with paste, bake three-quarters of an hour, and serve hot.

Orange Tart.

Peel two large Seville oranges, and put the peel into a stewpan with an equal weight of sugar and two tablespoonfuls of water. Simmer till quite tender, and pound the whole to a paste, with an ounce of butter, in a mortar; then cut up the fruit, take out the seeds, and remove the white skin; put it into a tart-dish,

with an equal weight of sugar, add the paste of the rind, and two teaspoonfuls of lemon-juice. Cover, and bake three-quarters of an hour.

Fresh Barberry Tart.

Strip the berries from the stalks, and use half the weight of sugar, strewing it over each layer of the berries till the dish is filled; pour in two tablespoonfuls of cold water, cover, and bake three-quarters of an hour.

Cranberry Tart.

Take a pint of cranberries, and put into a stewpan with four ounces of moist sugar, stir them over the fire, and skim for twenty minutes. Pour them out to cool; then put into tart-dishes, and cover with paste, or make up in open tarts.

Jam Open Tarts.

The shallow tart-pans must be lined with paste, the jam spread over, and then bars of crimped paste crossed in lozenges before baking, or, the lining of paste may be first baked.

Preston & Merrill's Yeast Powder is "infallible" when used with good, sweet flour.

Omelette with Bread.

Put into a stewpan two tablespoonfuls of bread-crumbs, three tablespoonfuls of cream, a teaspoonful of salt, half as much pepper, and a drachm of grated nutmeg. Let it stew till the crumbs have imbibed all the cream; take it out, and when cool, beat up with six eggs very well; then fry, and serve as an omelette.

Macaroni.

Macaroni, the celebrated paste, the luxury of the Neapolitan, and in high repute in all the nations of Europe, though simply prepared with the flour of wheat, is never so delicate as when of genuine Italian manufacture; not only because the Italians are so skilful in preparing it, but because the Italian wheat is so peculiarly adapted for the purpose. Even dressed in the simplest form, macaroni is a light and delicate food, and it must be entirely the fault of the cook if it be unwholesome or indigestible. This, with some other Italian pastes, is exceedingly useful in cookery, and with meat, may appear both in first and second course.

To Boil Macaroni.

Put half a pound of macaroni into boiling water, with a teaspoonful of salt and half an ounce of butter, and let it boil till it is swollen to double the size, but not broken to whiten the

water; then take it out and drain on a colander, and if to accompany any meat simply boiled, it is merely mixed with a tablespoonful of clarified butter, and served.

Macaroni with Cheese, a Plain Receipt.

Boil as in the first receipt, and when drained, put into a saucepan with three tablespoonfuls of grated cheese and an ounce of butter, for five minutes till well mixed; then turn it out into a dish, frost it over with grated cheese, and slightly brown the cheese in an oven, without browning the macaroni, or it would be tough, or oiling the cheese.

BAKED SWEET PUDDINGS.

IN making puddings, it is essential that all the materials should be carefully prepared, the flour dry, the milk and eggs fresh, the latter carefully beat, the whites and yolks separately, and if for a delicate pudding, strained. Currants and raisins require to be washed, dried, and made ready for the pudding with nicety; suet, if used, must be fresh and perfectly free from skin. Butter is usually strained before it is used.

The pudding-dish or mould must be buttered before the materials are poured in, and after baking, the pudding is usually turned out into a hot dish, and served immediately; this is especially necessary for all light puddings and *soufflés*, as will afterwards be directed. Custard and bread puddings require a slow, batter and rice a quick, oven. Use Preston & Merrill's extract of vanilla, lemon, etc., to flavor it.

Baked Plum Pudding.

Pour one pint of boiling milk over a pound of bread cut in slices; as soon as the milk is absorbed and cool, beat the bread smooth, adding as you beat it half a pound of chopped raisins, three-quarters of a pound of currants, half a pound of finely-shred suet, a quarter of a pound of powdered sugar, a quarter of a teaspoonful each of salt, grated nutmeg and powdered ginger, and a glass of wine or brandy. Mix all well, and add four well-beaten eggs. Pour the batter into a well-buttered dish or mould; bake it in a moderate oven two hours; turn it out, sift sugar over it, and serve with good pudding sauce or custard. Flavored with Preston & Merrill's cooking extracts.

Baked Plum Pudding without Suet.

Pour a pint of boiling new milk over a pound of bread-crumbs; beat into it while warm six ounces of butter; then

let all remain to cool. When cold, beat it smooth, and add by degrees half a pound of chopped raisins, half a pound of currants, a quarter of a pound of sugar, two ounces of shred candied orange, a teaspoonful of grated lemon rind, a quarter of a teaspoonful of salt, the same of nutmeg, and a glass of brandy. Beat all up with four well-beaten eggs. Pour into a buttered mould; bake for an hour and a half; turn out, and serve, sifted over with sugar, with creams, custard, or good sauce. Flavored with Preston & Merrill's extract of vanilla, rose, lemon or peach.

This pudding is excellent when cold.

Plain Bread Pudding.

This is the most economical and wholesome of family puddings, and usually a favorite in the nursery. Any pieces of cake or bread may be used, either cut up or crumbled. Over six ounces of bread pour a pint of boiling milk; cover it, and let it stand till cold; then beat it quite smooth, with two ounces of sugar, a saltspoon of grated nutmeg, and one or two well-beaten eggs. Bake it half an hour in a buttered dish, turn it out, strew sugar over it, and serve with plain butter, cream, or sauce. Flavored with Preston & Merrill's extract of vanilla, rose, lemon or peach.

Brown Bread Pudding.

Grate half a pound of stale brown bread, mix with it half a pound of finely-shred suet, half a pound of currants, six ounces of sugar, a drachm of grated nutmeg, three tablespoonfuls of cream, and one of brandy; mix all well; then add the yolks of six eggs and the whites of four, well beaten. Bake for two hours, turn out, cover with sugar, and serve with good sauce. Flavored with Preston & Merrill's extract of vanilla, rose, lemon or peach.

Bread and Butter Pudding.

Strew a few currants at the bottom of the buttered dish or mould; then place upon them a layer of thin bread and butter, over which strew currants and sifted sugar as you choose; then add successive layers of buttered bread and currants till the dish be nearly filled. Beat up very well four eggs, with a pint of new milk, a drachm of nutmeg, and another spoonful of sugar; pour it over the bread about ten minutes before you put it in the oven. Bake for three-quarters of an hour, and serve with sifted sugar over it, either in the dish or turned out.

The nutmeg may be omitted, and flavored with Preston & Merrill's extract of nutmeg, vanilla, or lemon.

Lemon Bread Pudding.

Mix six ounces of breadcrumbs with four ounces of powdered sugar, and a tablespoonful of grated lemon peel; add four ounces of butter, and simmer for ten minutes over the fire. Pour it out till cold; then stir in two tablespoonfuls of lemon-juice, the yolks of four eggs well beaten, and the whites of two. Line the edge of a dish with puff-paste, pour in the mixture, and bake for three-quarters of an hour. Serve with cream and sugar, sifted over, or sauce flavored with Preston & Merrill's extract of lemon, etc.

Custard Bread Pudding.

Make a pint of rich custard; flavor it with Preston & Merrill's extract of almond or peach, etc.; leave it to be quite cold, and prepare your pudding by cutting three thin slices of bread and butter exactly the size of the pudding dish; over each layer strew currants, powdered sugar, and a little finely-shred candied lemon. Then pour over the custard, a little at a time, that the bread may absorb it, letting it stand about an hour before you bake it, leaving a small quantity of the custard to pour over it at the last. Bake in a moderate oven for half an hour.

Batter Pudding.

No pudding is so often spoiled by negligent or ignorant preparation as the wholesome, useful family batter pudding, which may be made very economically without being the stiff, clammy substance which children even turn away from. To six ounces of dry flour add a quarter of a teaspoonful of fine salt; beat the yolks and whites of three or four eggs separately, and strain them; then beat them into the flour, till you make a light, smooth batter. Thin this by degrees with a pint of milk, pour it into a buttered dish, and bake for three-quarters of an hour in a brisk oven. Serve with cream or milk, and any kind of jam, or with sauce flavored with vanilla extract, made by Preston & Merrill. A teaspoonful of Preston & Merrill's yeast powder makes the pudding light, and saves a part of the eggs.

Tapioca Pudding.

Tapioca is made from the root of a tree of South America. It makes a delicate pudding. Stir three tablespoonfuls of tapioca

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into boiling milk; continue to stir it for twenty minutes, adding two ounces of loaf-sugar. Put it into a basin, and while cooling, stir in an ounce of butter, and when cold, add three well-beaten eggs. Pour it into a buttered dish, and bake for an hour. Serve with wine sauce.

Arrowroot Pudding.

Mix two ounces of West India arrowroot into a smooth paste; boil a pint of milk with a small stick of cinnamon and two ounces of sugar; strain it, and pour it hot over the arrowroot, stirring it till it is perfectly blended and cool; then add three well-beaten eggs; pour it into a buttered dish, and bake immediately for three-quarters of an hour. Sift sugar over it, and serve with custard or preserved fruit.

Vermicelli Pudding.

Boil in a quart of milk the rind of half a lemon, a stick of cinnamon, and four ounces of sugar, for a quarter of an hour. Strain the milk, and set it again on the fire, adding four ounces of vermicelli; stir it, and let it boil twenty minutes; then pour it out, and stir in two ounces of butter and two tablespoonfuls of cream. Beat up the yolks of six, the whites of three eggs, and mix quickly; pour immediately into a buttered dish; bake in a slow oven three-quarters of an hour, sift sugar over it, and serve hot with any good pudding sauce. Flavored with Preston & Merrill's extract of vanilla, rose, almond, etc.

Macaroni Pudding.

Simmer three ounces of good Naples macaroni in a pint of milk, with a drachm of salt, for twenty minutes, till tender, but not broken; turn it out to cool; stir in two ounces of pounded sugar, one ounce of butter, and three eggs well-beaten. Butter a mould, pour it in, bake for three quarters of an hour; turn out, and serve with wine sauce.

Turkish Pudding.

Half pound bread-crumbs, half pound figs chopped fine, six ounces moist sugar, six ounces suet, two eggs, one cupful milk, one teaspoonful brandy, half nutmeg grated, boil four hours, and serve with wine sauce.

Boiled Apple Pudding.

Time, two hours. Three eggs; one pint and a half of milk; one pint of flour; five or six large apples; a little salt.

Make a batter with three eggs well beaten, and a pint and a

half of milk, with nearly or quite a pint of flour; beat it until light and smooth. Pare, quarter and core five or six large tart or sour apples, and stir them into the batter with a little salt; tie it up in a pudding-cloth, or buttered mould, and boil it. When done, turn it out on a dish and serve with sugar, butter and nutmeg sauce.

The batter or crust of apple pudding, apple dumplings, pot pies, etc., is made delightfully light, and much more digestible, by the addition of a little of Preston & Merrill's infallible yeast powder to the batter when it is made, in which case fewer eggs are required.

In making the crust of pot pies, apple dumplings, etc., use Preston & Merrill's Infallible Yeast Powder, it will make it light and digestible.

Baked Apple Pudding.

Half a pound of *grated* apples; half a pound of butter; half a pound of sugar; yolks of six eggs; whites of three; juice of half a lemon; peel of one; a little puff paste.

Plain Rice Pudding.

Time, one hour. Three eggs; one quart of milk; a little salt; a wineglass of rice; two tablespoonfuls of sugar; one of butter; half a nutmeg.

Beat three eggs light and stir them into a quart of milk, with a little salt, and a wineglass of rice well washed; put to it two tablespoonfuls of sugar, half a nutmeg, grated, and a tablespoonful of butter. Bake one hour in a quick oven.

Baked Sago Pudding.

Time, one hour. One quart of milk; four tablespoonfuls of sago; peel of one lemon; five eggs; two ounces of butter: two ounces and a half of sugar; puff paste. Boil in a quart of new milk the peel of a large lemon, cut as thin as possible, then strain it through muslin, and stir in the sugar and sago. Set it over a slow fire, and let it simmer for twenty minutes. Then put it into a basin to cool. Add the butter and the eggs well beaten. Put it into a pie-dish, with some rich puff paste round the edge, and bake it for an hour in a moderate oven.

Potato Pudding.

Boil a pound of good potatoes, peel, and with a fork beat them into flour, without pressure, mixing with them three ounces of butter, four ounces of powdered sugar, half a saltspoon of salt, and a whole saltspoon of grated lemon-peel. When cool, add

five or six well-beaten eggs. Pour it into a buttered mould or dish; bake it for three-quarters of an hour; turn it out on a hot dish and serve with sugar sifted over it, and jam round the dish.

You can use Preston & Merrill's extract of lemon, instead of the grated lemon-peel, in this and the next.

Apple Pudding.

Butter a dish and cover the bottom with bread-crumbs; over this slice a layer of apples with a little grated lemon-peel and a tablespoonful of sugar; then crumbs and apples alternately, till the dish be filled, finishing with a thick layer of crumbs; pour over this four well-beaten eggs; beat up with half a pint of cream; bake immediately for three-quarters of an hour; turn out upon a hot dish; sift over the pudding fine sugar, and serve it with a good sweet sauce.

A Custard Apple Pudding.

Pare and quarter six good-sized apples; put them into a stew-pan with the rind of half a lemon, two tablespoonfuls of water and four ounces of sugar; let them simmer, and stir continually till the whole be reduced to jam; then pour into a bowl, take out the lemon-peel, and stir in three ounces of butter, a tablespoonful of lemon-juice, and when cool add the yolks of five eggs. Bake in a buttered mould for half an hour, turn it out, brush it over quickly with white of egg, cover thickly with fine-sifted sugar, and return to the oven five minutes for the icing to harden. Serve hot or cold.

Chartreuse of Apples.

Boil half a pound of Carolina rice in a quart of milk, with four ounces of sugar, till tender. Pare seven good-sized apples, and take out the cores without opening them through. Put into each apple a spoonful of raspberry jam, and fill up with cream. Arrange them in a deep dish, and pour the rice round, but not over them, making the whole smooth; cover the top with beaten white of egg, and sift sugar entirely over it. Bake for forty minutes. This is a good and wholesome pudding.

Ripe Gooseberry Pudding.

Fill a jar nearly with ripe gooseberries, and put the jar into a pan of boiling water over the fire, stewing them till the juice flows out. Pour off a pint of the juice, and stir into it four ounces of sugar, two ounces of butter, and four ounces of Naples' biscuits bruised. Beat separately the yolks and whites of three eggs, and strain; stir in when the juice is cold, the

yolks first, then the whites, and bake for half an hour. Serve hot or cold, with sugar sifted over.

Raspberry Pudding.

Put into a tart-dish a pint and a half of fresh raspberries, or raspberries and red currants mixed, and stir in ten ounces of sugar. Beat the yolks of six eggs and the whites of four very well, and mix with half a pint of good milk or cream, and two ounces of sifted sugar. Whisk up to a froth, and pour over the fruit the moment before you put it into the oven. Bake half an hour, and serve only when cold, with sifted sugar over it.

Lemon Pudding.

Take off the thin rind of two small lemons, and boil it till soft in a pint and a half of cream or new milk. Pound the peel with four ounces of butter to a paste, and pour the milk over four ounces of Naples biscuit. Stir both together, and when cool add four ounces of sifted sugar, the juice of one lemon, and the yolks of six eggs, well beat. Sometimes for ornament, shavings of candied citron are stewed over the top, but many like the pudding better without it. Bake in a brick oven three-quarters of an hour, and serve hot or cold.

This and the preceding are most delicate puddings.

Almond Puddings.

Beat six ounces of almonds in a mortar, with three ounces of butter, four ounces of sugar, and a teaspoonful of grated lemon-peel; then mix the paste into two tablespoonfuls of cream; beat up with the yolks of six eggs. Butter small cups, pour in the mixture; bake for half an hour; turn out and serve with custard or whipped cream.

Cocoa-nut Pudding.

Grate the whole of a good-sized cocoa-nut. Beat into four ounces of butter the same quantity of sifted sugar; add the cocoa-nut, still beating all quite smooth. Then stir in a pint of cream. Beat six eggs very well, and add; pour it into a buttered dish, and bake immediately for three-quarters of an hour. Sift sugar over it, and serve hot or cold.

Chocolate Pudding.

Scrape very fine two ounces of prepared chocolate, and add to it half a teaspoonful of powdered cinnamon, or Preston & Merrill's extract of vanilla. Put it into a chocolate-pan, pouring over it a quart of new milk, stirring it till it boils, and adding by degrees four ounces of sugar, milling the chocolate till it is

smooth and light. Then pour it out to cool. Beat eight eggs to a froth: mix them with the chocolate; pour into a buttered dish, and bake three-quarters of an hour. Serve it cold, with sifted sugar over it.

Apple Charlotte Russe.

Stew apples with an equal quantity of sugar and a little grated lemon into a jam. Then butter a baking-dish or plain mould; cut very thin slices of bread; dip them into clarified butter, and line the dish closely and neatly. Then fill the dish with the jam, and cover with slices of bread, dipped as before in butter. Cover with a plate or lid, and place a weight upon it to keep the bread close upon the apples, and bake in a brisk oven for an hour. Turn it out, sift sugar over it, and serve it hot.

Golden Pudding.

Melt six ounces of butter, and mix with the same weight of finely-sifted sugar. Pound in a mortar to a paste three ounces of candied orange, and stir into the butter and sugar. Beat up well the yolks of eight eggs, and add; pour the whole into a buttered dish with the edge lined with puff paste, and bake three-quarters of an hour. Serve hot or cold.

Preston & Merrill are the original inventors of Cooking Extracts for flavoring sauces, puddings, etc.

Transparent Pudding.

Beat eight eggs very well; put them into a stewpan with half a pound of fine-powdered sugar, half a pound of fresh butter, the grated outer rind of one lemon, and the juice of three. Stir it over the fire till it thickens, then pour it into a basin to cool. Line the edge of a buttered pudding-dish with thin puff-paste, pour in the pudding, and bake for three-quarters of an hour in a moderate oven. It is a clear, light pudding, very good, cold or hot.

Sponge-Cake Pudding.

Take three or four stale sponge biscuits, or as much stale sponge cake, and lay at the bottom of a well-buttered dish. Beat well six eggs, and stir into them by degrees a pint and a half of boiling milk, three ounces of sugar, and a dessert-spoonful of grated lemon-peel; then add a tablespoonful of brandy, pour the mixture over the cake, and let the pudding stand an hour. Then pour a little clarified butter over the top, cover it with sifted sugar, and bake three-quarters of an hour. Preston & Merrill's extract of lemon is better than the grated peel.

Economist's Pudding.

This well-known pudding is merely the remains of a cold boiled plum pudding. Cut the pudding in slices about half an inch thick, and fill a buttered dish about three parts. Make a custard of two eggs, half a pint of milk, and two ounces of sugar; beat it well, pour it over the pudding, and let it stand an hour before you put it in the oven. Bake it three-quarters of an hour, and serve it hot, with sifted sugar over, and any good sauce.

Cherry Pudding.

Line the edge of a buttered dish with puff-paste, and cover the bottom with preserved or dried cherries, without the stones; strew over them two teaspoonfuls of sifted sugar and one of grated lemon-rind; then thin slices of bread, buttered, and alternately layers of fruit and bread till the dish is nearly full, finishing with the bread with sifted sugar thick over it. Beat seven eggs well; add a tablespoonful of cream, and two tablespoonfuls of brandy. Pour all over, and bake immediately for an hour. Serve hot.

Baked Indian Pudding.

Boil a quart of milk and stir into it gradually eight tablespoonfuls of good Indian flour, four tablespoonfuls of powdered sugar, and half a nutmeg, grated; stir it over the fire for a quarter of an hour, then turn it out to cool. Beat eight eggs very well, and stir into the batter when cold. Butter your cups, and fill them three parts; bake half an hour, and turn out. Half the quantity of batter would be sufficient for a small party. These puddings are eaten with butter and molasses. We would recommend port or claret sauce to be served with them.

A Good Christmas Plum Pudding.

With one pound of clean, dry currants and half a pound of good rasins stoned, mix one pound of bread-crumbs, half a pound of fine flour, and one pound and a half of finely-shred suet; add a quarter of a pound of sifted sugar, a grated nutmeg, a drachm of cinnamon, two cloves, and half a dozen almonds, pounded, and an ounce each of candied orange and lemon sliced thin; mix all the materials thoroughly together in a bowl, with a glass of brandy and one of sherry; then beat very well six eggs, and slowly stir in till all be well blended; cover the bowl, and let the mixture stand for twelve hours; then pour it into a pudding-cloth and tie it, not very tight; put it into boiling

water and keep up the boiling for six hours. Serve with sugar sifted over, and wine or punch sauce.

Brandy is usually sent in with a Christmas pudding to be poured over the whole pudding, or over each slice, then lighted and served in flames.

Cabinet Pudding.

Boil three-quarters of a pint of cream, as above, and mix one-quarter of a pint, cold, with the well-beaten yolks of six eggs and a glass of brandy. Pour the boiling cream over this, and stir as you pour it till it becomes a custard. Butter a plain mould, and line it with dried cherries and slices of dried apricots or peaches, tastefully arranged in a pattern. Put into the mould lightly four ounces of sponge-biscuits and two ounces of macaroons, mixed; strew an ounce of powdered sugar amongst them; then fill up the mould with the custard perfectly cold. Tie up and steam for an hour. Let it stand a few minutes; then turn out carefully and serve with wine sauce.

A Charlotte Russe.

Time to set, six minutes. Some lady fingers; three quarters of a pint of good cream; rather more than half an ounce of isinglass; two dessertspoonfuls of curacoa, or Preston & Merrill's extract vanilla; one ounce of loaf sugar; a large slice of sponge-cake; one egg.

Take as many lady fingers as will cover the inside of a mould; lightly moisten the edges with the beaten white of an egg, and place them upright all round the sides of the mould, slightly over each other, or sufficiently close to prevent the cream from escaping. Arrange them at the bottom of the mould in a star, or rosette, taking care that it is well covered, and then set it in the oven for five or six minutes to dry. Whisk the cream with the curacoa, or wine, the isinglass dissolved, and loaf sugar to taste. When sufficiently firm, fill the inside of the Charlotte Russe, and place over it a slice of sponge-cake, or of bread cut the same shape and size. Cover it with the cream, and ornament it with sweetmeets or colored sugar. Place it in ice till set.

Orange Sponge.

One ounce of isinglass; one pint of water; juice of six or seven oranges; juice of one lemon, or Preston & Merrill's extracts of lemon or orange to suit the taste; sugar to taste; whites of three eggs.

Dissolve an ounce of isinglass in a pint of boiling water, strain

it and let it stand till nearly cold; then mix with it the juice of six or seven oranges, and the juice of one lemon; add the whites of eggs and sugar to taste, and whisk the whole together until it looks white and like a sponge. Put it into a mould, and turn it out the next day.

Lemon Sponge.

Time, a quarter of an hour. Two ounces of gelatine; one pint and a half of water; juice of four lemons; peel of two, or a dessertspoonful of Preston & Merrill's extract of lemon; whites of three eggs; three-quarters of a pound of loaf sugar.

Pour over two ounces of gelatine a pint of cold water; let it simmer for a quarter of an hour, then add half a pint of boiling water. If not sufficiently dissolved, set the stewpan over the fire until it be so. Add to this three-quarters of a pound of pounded loaf sugar, and the juice of four lemons. When the gelatine is cold (but before it begins to get firm), add the whites of three eggs which have been well beaten. Whisk the whole for a quarter of an hour, or until the mixture is quite white and begins to thicken; then put it into a mould which has been previously soaked in cold water. Set it in a cold place until firm, then turn it carefully out, and garnish it with dried fruit or Preston & Merrill's extracts for flavoring.

PUDDING SAUCES.

Sauces for puddings are easily flavored with Preston & Merrill's Pure Cooking Extracts of Lemon, Vanilla, Peach, Nutmeg, etc.

Sweetened Melted Butter.

To a quarter of a pint of good melted butter add an ounce and a half of moist sugar and a quarter of a nutmeg grated; stir very well, and serve hot. This is the plainest sauce for the nursery.

Wine Sauce.

To a quarter of a pint of melted butter add an ounce and a half of pounded sugar, half a teaspoonful of grated lemon, and a glass of sherry; stir it all over the fire together for two or three minutes, and serve immediately. Some families prefer to use home-made wines; of these, raisin or currant wines are the most suitable.

Brandy Sauce.

In a quarter of a pint of water boil for fifteen minutes the thin rind of a small lemon and two ounces of sugar; strain the liquor

"DANIEL WEBSTER'S HOME."

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BOSTON.

WHITE'S SPECIALTY FOR DYSPEPSIA.

THIS is not a new preparation, to be tried and found wanting. It has been prescribed daily for many years, in the practice of an eminent physician, with unparalleled success. It is **NOT** expected or intended to cure all the diseases to which the human family is subject, but

IS WARRANTED TO CURE DYSPEPSIA

in its most obstinate form, relief being always obtained from the first use, and a permanent cure effected when properly continued.

Some of the Symptoms of Dyspepsia

Are Loss of Appetite, Wind and Rising of Food, Dryness of the Mouth, Heartburn, Distention of the Stomach and Bowels, Costiveness, Headache, Dizziness, Sleeplessness, and Low Spirits. Unless checked, it surely affects the mind as well as body, and unfits one for the duties of life in a short time. These are all removed by the use of WHITE'S SPECIALTY FOR DYSPEPSIA.

TESTIMONIALS.

BOSTON, Sept. 1, 1871.

DR. H. G. WHITE. *Dear Sir,*—Regarding your "Specialty for Dyspepsia," I would say I have used it with the best results. I have been a sufferer for five years, my food distressing me, but now can partake heartily without inconvenience. I was affected with dizziness so much as to fall in the street; that trouble is also removed. I have tried many preparations without relief; but I recommend your remedy as one deserving the confidence of all.

Yours truly,

C. A. HOLT,

Real Estate Broker, 191 Friend Street, Boston.

Residence, Union Street, East Somerville, Mass.

CAMBRIDGEPORT, MASS., March, 1871.

MR. H. G. WHITE. *Dear Sir,*—I take pleasure in informing you of the cure effected in my mother's case by your "Specialty for Dyspepsia." Before using it she had been for a long time very low, and for five weeks was unable to partake of anything more hearty than a spoonful of broth without suffering. After taking one bottle, she was able to eat meat and other food without inconvenience. She has used three bottles, and considers herself cured.

Yours respectfully,

HENRY T. WELTON, Riverside Market.

HOPKINTON, MASS., May, 1871.

MR. H. G. WHITE. *Dear Sir,*—The dozen of "Specialty for Dyspepsia" purchased by me is sold. I know of two cases of chronic Dyspepsia which had baffled the skill of several physicians in this vicinity. By the use of your remedy, I consider them permanently cured. Please send me another lot and oblige,

Yours,

W. A. THOMSON, Druggist, Hopkinton, Mass.

Prepared only by H. G. WHITE, 107 Washington Street,
BOSTON, MASS.

FOR SALE BY ALL DRUGGISTS. PRICE, \$1.00 PER BOTTLE.

into half a pint of melted butter, and stir into it, over the fire, a glass or a glass and a half of brandy, and serve immediately.

Punch Sauce.

Rub off the outer rind of a lemon on two ounces of loaf sugar, and strain the juice of the lemon over the sugar; pour over this a glass of brandy and a glass of sherry, and, when well mixed, stir the whole over the fire into a quarter of a pint of good melted butter, and serve immediately. Use Preston & Merrill's extract of lemon when the fruit is not used.

Plum Pudding Sauce.

Boil in a quarter of a pint of water for twenty minutes the thin rind of half a lemon, and a quarter of a Seville orange as thin as possible, with two ounces of sugar; strain the liquor into a quarter of a pint of rich melted butter, and stir it over the fire, adding half a glass each of brandy, rum, and sherry, and a tablespoonful of curacoa may be added or not; simmer the whole, mixing it well for five minutes; then serve immediately.

Instead of the peel, the Preston & Merrill's extract of orange and lemon may be used.

Port Wine Sauce.

Boil for thirty minutes in a quarter of a pint of water six cloves and two ounces of sugar; then add two glasses of port wine, and simmer five minutes, and strain the liquor into a quarter of a pint of very rich melted butter; stir all for five minutes over the fire; then serve immediately.

Claret Sauce.

Beat up four eggs to froth, and mix by degrees with half a pint of claret or any light wine; set it over the fire, add a teaspoonful of grated lemon-peel, or a few drops of Preston & Merrill's extract of lemon, half as much pounded cinnamon, and three ounces of sugar; then continue to mill or whisk the sauce over the fire till the whole is in a froth, and quite hot, though not boiling. Pour it immediately over the pudding.

Raspberry Sauce.

Put into a jar a pint of fresh raspberries with half a pint of water, and set it into a pan of boiling water, or a moderate oven, for half an hour; then strain off the liquor, and put it into a saucepan with two ounces of sugar, two glasses of sherry, and a tablespoonful of arrowroot, first blended in a spoonful.

DESSERT DISHES, CAKES, BISCUITS.

IN addition to the usual fresh fruits, ices, biscuits, etc., usu-

ally served at dessert, we add some elegant confections, several of which may be used also as *entremets*, as may be seen in the classified list.

Compote of Apples.

Compotes of fruits of all kinds are used either for *entremets*, garnished with biscuits or pastry, or for dessert. They are usually served in deep glass dishes, known in the dessert services as *compotiers*. Pare a pound of golden pippins or any good apples, and core without breaking them; make a syrup of ten ounces of loaf sugar, with half a pint of water; let it boil ten minutes to thicken; put in the apples, and simmer them for twenty minutes, or till soft without being broken; then turn it out into the *compotier* to grow cold, with the syrup round.

Compote of Pears.

Make a syrup of ten ounces of sugar, half a pint of water, and two cloves; when boiled thick, take out the cloves, and add a glass of port wine; put one pound of good baking pears on the fire for a few minutes in boiling water till you can draw off the skin; core them, and put into the syrup; boil gently for twenty minutes, or, if the pears be large, half an hour, till they are tender; then turn out with the syrup.

Stewed Peaches.

Make a syrup of six ounces of sugar to half a pint of water, adding a tablespoonful of lemon-juice and the kernels of three peaches, blanched and split; draw the skin from six or seven peaches, and put them whole into the syrup; stew gently for twenty minutes; then arrange them on a dessert-dish; turn the syrup and kernels out upon them, and leave to cool.

Stewed Apples for Dessert.

The apples should not be pared: the French apples answer very well for stewing. Put one pound of apples into a pan with a quart of water and seven ounces of sugar, and stew very gently at the side of the fire for two hours and a half, unless the apples be large, when they will require another half hour; then take out, and pour the syrup over to serve cold. Sugars, syrups, jellies, etc., may be colored with Preston & Merrill's extract of cochineal.

Stewed Pears.

Pare and divide two pounds of large baking pears, and put in an enamelled preserving-pan with six cloves, the rind of half a lemon, a pound and a half of sugar, and a quarter of a pint of

water; put the parings in to improve the syrup, but take them out in an hour; cover the pan, and let it boil gently five or six hours, according to the size of the pears; an hour before they are taken off add a glass of port wine: turn out to cool.

These pears make a pretty dessert dish; or, arranged in a star on a dish with whipped cream piled in the centre, can be used for an *entremet*.

Strawberry and Currant Salad.

A pretty dessert dish may be made of mixed early fruits, strawberries, white or red currants, gooseberries, and cherries, all carefully picked, placed in alternate layers stewed with sugar, and piled up with taste. Either simple cream, or wine or brandy cream, should be poured over the salad.

Orange Salad.

Remove the peel and inner white skin from the oranges; cut them up across in horizontal slices; lay them on a dish covered with powdered sugar, and pour over them sherry, Madeira, or brandy.

Sugared Almonds.

Make a syrup of one pint of water to a pound of sugar, and when boiling, stir in blanched Jordan almonds for ten minutes; take them out, and dry, and reduce the syrup one half; then dip the almonds in again for a minute, and with the thick syrup adhering to them, dry them on an inverted sieve in a warm place, and store in a tin box.

Light, wholesome, and toothsome tea biscuit can be produced in a few minutes by the use of Preston & Merrill's yeast powder.

Sweet Cakes and Biscuits for Dessert.

Of cakes and biscuits composed chiefly of sugar, flour, butter, and eggs, the varieties are innumerable, and though these rich dainties are banished from the diet of the dyspeptic or the abstemious, as unwholesome and unnecessary, they may be usually eaten and enjoyed with perfect safety, when carefully prepared, and taken in moderation, especially the lighter biscuits of sugar and egg. No one but a school-boy would eat a whole slice of rich plum cake; and what cannot a school-boy digest?

To insure cakes being light, you must first have all the materials fresh, good, and perfectly dry; the sugar pounded to fine powder; the peels sliced thin, or grated fine; next the eggs must be separated, whites and yolks, and beat or whisked properly to froth; and lastly, the oven heated to the right tempera-

ture, which must be kept up till the baking is done. Usually, it is only the small sugar biscuits that require a slow oven; but in no case should the cakes be moved, or indeed the oven opened during the process of baking; and in large cakes a paper should always be laid over the top, to prevent scorching. A hoop, or case of paper, should always, if possible, be preferred to a tin, for baking in.

To Beat Eggs for Cakes.

Have two cups ready and break each separate egg over one of the cups, dividing the yolks from the white by passing it from one half of the shell to another, allowing the white to fall into the first cup and putting the yolk into the second. Remove with a fork any speck in the egg, and then transfer to two shallow bowls for beating. When you have thus broken the eggs you require, beat the yolks till they are light and frothy with a fork lightly swept through the egg; but whisk the whites into a solid froth till no liquor appears at the bottom of the bowl. You may then set them aside in a cool place for use.

To Blanch Almonds.

Put the almonds in a pan of cold water over the fire, and let them remain until the water is about to simmer: do not allow it to boil. Then take them out and draw the skins off, throwing the almonds into a basin of cold water as you peel them to preserve the color, and dry them with a soft napkin. Almonds must always be blanched before pounding.

To Ice or Frost a Cake.

When the icing is made as directed, place the cake on the bottom of the tin in which it was baked. Then spread the icing on the sides with a piece of cardboard, about four inches long and nearly three wide. Then heap what you may think sufficient for the top in the centre of the cake, and with the cardboard spread it evenly over. Set it in a warm place to dry and harden, after which ornament it as you please. If sugar ornaments are put on, it must be done whilst it is moist or soft; or if the icing is required colored, pink may be made with cochineal syrup, blue with indigo, yellow with saffron, green with spinach syrup, and brown with chocolate.

Sugar, syrups, jellies, etc., may be colored with Preston & Merrill's extract of cochineal.

Almond Icing for Bridecake.

The whites of three eggs; one pound of sweet almonds; one pound of loaf sugar; a little rosewater.

Beat the whites of the eggs to a *strong* froth, beat a pound of almonds very fine, with a little rosewater, mix the almonds with the eggs lightly together, and one pound of common white sugar, beaten very fine and put in by degrees. When the cake is sufficiently done, take it out, lay the icing on, and then put it back to brown.

Sugar Icing for the Top.

Two pounds of double-refined sugar; whites of five eggs; a little of Preston & Merrill's extract of lemon.

Whisk the whites of the five eggs stiff enough to bear the weight of an egg, then with a spatula or wooden spoon, mix gradually with them two pounds of sugar which has been dried and sifted, work them together for a few minutes, and add a teaspoonful of strained lemon-juice. Spread it *all* over the cake covering the almond icing thickly and evenly. Dry it *very slowly* in a cool oven, or if it is put on as soon as the cake is taken from the oven, the icing will be hard by the time the cake is cold.

Ornamental Frosting.

Whites of eggs; sugar and coloring.

For this purpose, have syringes of different sizes, draw any one you may choose full of the icing, and work it in any designs you may fancy. *Wheels, Grecian borders or flowers* look well, or borders of *beading*. The cake must first be covered with a plain frosting, which may be white or colored pink, with Preston & Merrill's extract of cochineal, blue with a little indigo, or brown with a little chocolate, finely grated, green with a little spinach juice.

CAKE.

Wedding Cake.

Four pounds of white, sifted flour, very dry; four pounds of butter, washed in cold water; four pounds of clean picked currants; one pound of almonds, bruised, but not to paste, with two spoonfuls of orange flower water; half a pound of candied orange, half a pound of candied citron, half a pound of candied lemon,—all in thin slices; a quarter of an ounce of cinnamon, a quarter of an ounce of mace, a quarter of an ounce of cloves,—all pounded fine; a nutmeg grated; twenty eggs beat up to froth, whites and yolks separately; half a pint of brandy; half a pint of sherry.

Begin by beating the butter to cream in a large bowl; then

by degrees throw in the sugar, and beat continually for a quarter of an hour till it be well mixed; next add the frothed whites of egg, and, after beating some time, the yolks; then add the spices, and soon after, and by slow degrees, the flour, till all be thoroughly mingled; then the currants and peels, the brandy and wine, and keep up the beating till the whole is thoroughly incorporated, and all is ready for the baking. The baking hoop must be lined with double-buttered paper; the batter poured in, which must not fill more than three parts of the hoop, that there may be space for it to rise. Cover the top with paper. Shut it into a quick oven and bake five hours. Soon after it is taken out put on the almond icing, and when dried add the sugar icing, which should be three-quarters of an inch thick. Ornament it to taste.

This cake will keep perfectly good twelve months.

Spice cake can be flavored with Preston & Merrill's extract of cinnamon, nutmeg and cloves.

Pound Cake.

Time, one hour. One pound and a half of flour; one pound of butter; one pound of white sugar; ten eggs; a wineglassful of brandy; half a nutmeg; a teaspoonful of Preston & Merrill's extract vanilla, or lemon.

Beat the butter and pounded sugar to a cream, whisk the eggs to a high froth, then put all the ingredients together, and beat until light and creamy. Put it into a tin lined with buttered paper, and bake in a moderate oven for one hour. When done, turn it gently out, reverse the tin, and set the cake on the bottom until cold; let the paper remain until the cake is to be cut.

Almond Cake.

Time, one hour. Beat the yolks and whites of twelve eggs to froth, and pound to paste half a pound of sweet almonds, and one ounce of bitter almonds, with a tablespoonful of rose or orange-flower water; beat the almonds thoroughly up with the solid froth of the whites of the eggs, then add the yolks, and beat in one pound of finely-sifted sugar, and the grated rind of two lemons; next, three-quarters of a pound of fine flour, and gradually one pound of clarified butter, warm, but not hot; beat the batter very much till perfectly well-mixed; then pour into a buttered mould which will leave space for the cake to

rise. Bake it for two hours; but when half done, put a buttered paper over the top, to prevent the cake from being scorched.

Preston & Merrill's extract of almond, may be used instead of the bitter almond.

Plain Cake.

Time one hour, or one hour and a half.

One pound of flour: a quarter of a pound of beef dripping; a quarter of a pound of moist sugar; two eggs, two spoonfuls of yeast; two ounces of caraway seeds.

Rub the flour, beef dripping, and moist sugar well together; beat up the eggs; add the yeast and caraway seeds, and beat up all well together. Bake in a tin.

Two teaspoonfuls of Preston & Merrill's yeast powder may be used instead of the yeast, and it can be baked at once.

Plain Short Bread.

Time, twenty-five or thirty minutes for three cakes.

One pound of flour; half a pound of butter; three ounces of brown sugar.

Mix these ingredients, and roll them out thick, and bake.

Plain Plum Cake.

Time, two hours and a half. Two pounds of flour; three spoonfuls of yeast; four eggs; three-quarters of a pound of sugar; one glass of sweet wine; one teaspoonful of ginger; peel of one lemon; one pound of currants, or a few caraways.

Rub eight ounces of butter into two pounds of dried flour; mix it with three spoonfuls of yeast — not bitter — to a paste, and let it raise an hour and a half; then mix in the yolks and whites of four eggs beaten separately, one pound of sugar, some milk to make it a proper thickness, a glass of sweet wine, peel of a lemon grated, and a teaspoonful of ginger. Add at the last, a pound of currants washed and dried, or a few caraway seeds.

Plum Cake.

In all kinds of cake where yeast is directed, the same number of spoonfuls of Preston & Merrill's infallible yeast powder is a good substitute, with this advantage, that you need not wait for it to rise, but can put it into the oven as soon as it is mixed.

Time, two hours, no more. One pound of fresh butter; twelve eggs: one quart of flour; one pound of moist sugar; half a pound of mixed spice; three pounds of currants; one pound of raisins; half pound of almonds; half a pound of candied peel.

Beat the butter to a cream with your hand, and stir into it the yolks of the twelve eggs, well-beaten with the sugar, then add the spice and the almonds chopped very fine. Stir in the flour; add the currants washed and dried, the raisins chopped up, and the candied peel cut into pieces. As each ingredient is added, the mixture must be beaten by the hand; then butter a paper, place it round a tin, put it in the cake, and bake it for two hours, or more, if required.

Small Plum Cakes.

Time, half an hour. One pound of flour; a quarter of a pound of sugar; yolks of two eggs, white of one; a quarter of a pound of butter; three spoonfuls of cream; three-quarters of a pound of currants.

Well rub a quarter of a pound of butter into a pound of dried flour; then beat up the yolks of two eggs and the white of one. Warm three tablespoonfuls of cream, and mix the flour and butter with them. Wash and dry the currants; stir them well in, and then make it into small cakes. Bake them on a tin in a hot oven, and when they are a nice color on both sides, open the oven door that they may well soak through for a short time.

Sponge Cake.

Time, three-quarters of an hour to one hour.

Five eggs; half a pound of sifted loaf sugar; the weight of two eggs and a half (in their shells) of flour; one lemon.

Take half a pound of sifted loaf sugar, break five eggs over it, and beat all together for *full half an hour* with a steel fork. Previously take the weight of two eggs and a half (in their shells) in flour. After you have beaten the eggs and sugar together for the time specified, grate into them the peel of a lemon, and add the juice, if approved. Stir the flour into this mixture and pour it into a tin. Put it instantly into a cool oven.

Flavor this cake with Preston & Merrill's extract of lemon and vanilla.

Cocoa-nut Sponge Cakes.

Time, half an hour. Six eggs; half a pound of sugar; a quarter of a pound of flour; one teaspoonful of lemon essence; one of salt; half a nutmeg; one cocoa-nut.

Beat the yolks of six eggs with half a pound of sugar; then add the flour, salt, essence of lemon and half a nutmeg grated. Beat the whites of the eggs to a stiff froth, and stir them to the yolks, etc., and the white meat of the cocoa-nut grated. Line

square tin pans with buttered paper, and, having stirred the ingredients well together, put the mixture in an inch deep in the pans. Bake them in a quick oven half an hour, cut it into squares, and serve it with or without icing.

A Vanilla Sponge Cake.

Simmer over the fire for a quarter of an hour a pound of loaf sugar, and half a pod of vanilla, chopped and inclosed in muslin, with half a pint of water. Pour out the syrup into a bowl; stir it till cool; then take out the vanilla. Beat up very well the yolks of six eggs and the whites of three to froth, add the whites first, then the yolks, to the syrup, beating it up the whole time; then mix gradually with it six ounces of the flour, and immediately pour into a buttered mould, and place in the oven. Bake for an hour. The syrup may be flavored with much less trouble, with Preston & Merrill's extract of vanilla.

A Madeira Cake.

Time, one hour. This cheap and useful cake is made as below: Beat up the yolks of four eggs, and whisk the whites to solid froth; then beat into the whites six ounces of sifted sugar, and when quite mixed, add the yolks, six ounces of flour, four ounces of liquified butter, warm, but not hot, and the grated outer rind of one large lemon. Continually beat up as you add the ingredients, and for ten minutes after all are mixed; then pour into a buttered mould, and bake in a moderate oven.

In all cases where grated lemon peel is prescribed, Preston & Merrill's extract of lemon, which is the essential flavor of the lemon, may be used — and when the acid peel of the lemon is directed and is not readily to be procured, you can use Preston & Merrill's sugar of lemons, which is made from the acid of the fruit, and when lemons are scarce is much cheaper.

Citron Cakes.

Time, fifteen or twenty minutes. Half a pound of butter; six eggs; half a pound of sugar; ten ounces of flour; one wineglassful of brandy; a quarter of a pound of citron.

Beat half a pound of butter to a cream, take six new-laid eggs, beat the whites to a *stiff* froth, and the yolks with half a pound of white powdered sugar, and rather more than half a pound of sifted flour. Beat these well together, add a glass of brandy, and a quarter of a pound of citron cut into thin slips. Bake it in small heart-shaped tins, or in any form you please, rubbing the tin over with melted butter, and bake in a quick oven.

A Delicate Cake.

Time, about one hour. One pound of sugar; one pound of flour; seven ounces of butter; whites of eight eggs; half a nutmeg grated; a little of Barnett's lemon extract.

Beat the butter to a cream, and stir into it a pound of powdered sugar and a pound of sifted flour; then add the whites of eight eggs, beaten to a froth, half a small nutmeg grated, and a little lemon extract. Beat all well together, and put it into a tin lined with buttered paper. Five or six ounces of pounded almonds may be added to this cake, according to your taste.

To flavor Lady Cake or Bride's Cake, use Preston & Merrill's extract of peach or almond.

Pork Cake.

One pound of pork chopped fine; one half a cup of boiling water poured over three cups of sugar; two of milk; two pounds of raisins or currants.

Almond Cake.

Beat the yolks of twelve eggs to a froth, with one pound of fine white sugar; beat the whites of nine eggs to a stiff froth, and stir them with the former mixture; when the whole has been stirred briskly for ten minutes, add gradually one pound of sifted flour and one half a pound of almonds, blanched and finely chopped, then three tablespoonfuls of thick cream; mix well and bake immediately; frost the cake with preserved white of eggs. Flavor with Preston & Merrill's extract of almond.

Cream Cake.

Three eggs; one cup of flour; one cup of white sugar; one tablespoonful of milk; two of melted butter; one teaspoonful of cream tartar; one half do. soda. Bake when cold; cut open; put in cream; for which take two eggs, one-half a cup of white sugar, one pint of milk, one third of a cup of flour; stir sugar, eggs and flour together, and the whole in the boiling milk. Boil five minutes; when cool, flavor with Preston & Merrill's extracts.

Nut Cake.

One cup of butter; two of sugar; five eggs; one half a teaspoonful of soda dissolved in one cup of sweet milk; one of cream tartar; one pint of hickory-nut meats; one pound of raisins; one of flour. Three tablespoonfuls of infallible yeast powder is better than the soda and cream tartar.

Macaroons.

Time, fifteen to twenty minutes. Blanch eight ounces of fine almonds, and pound in a mortar to a smooth paste, with two tablespoonfuls of rose or orange-flower water; whisk up the whites of eight eggs to a solid froth, and add to it one pound of finely-sifted sugar, then beat in by degrees the almond paste till thoroughly mixed. Have ready confectioners' wafer paper, and drop the mixture upon it in small rounds. Bake in a moderate oven till lightly colored.

Chocolate Cakes.

One pound of flour; one pound of sugar; one pound of butter; eight eggs; two tablespoonfuls of brandy; a pinch of salt; chocolate glazing.

Mix the above ingredients well together with a wooden spoon, putting the butter (melted before the fire) in last. Spread a baking sheet with butter, put over it the mixture half an inch thick, and bake it. Cut the cake into oblong pieces, and glaze them thickly with chocolate.

Rice Spice Cakes.

Time, ten or twelve minutes. A pound and a half of flour; three quarters of a pound of sugar; three quarters of a pound of sugar; three quarters of a pound of butter; half a teacupful of mixed spice.

Well work the butter, flour, and sugar together with the spices, until thoroughly incorporated; roll it thin. Cut it into small cakes, and bake them in a moderate oven.

Ginger Cakes.

Beat four ounces of butter to cream, throw in four ounces of powdered sugar, an ounce of powdered ginger, and then the yolks of four eggs well beaten. When these are well mixed, work in a pound of fine flour to a paste, roll it out very thin, and bake twenty minutes in a slow oven. A tablespoonful of Preston & Merrill's extract of ginger is much nicer than the powdered ginger.

Dyspeptics can eat hot tea biscuits made with Preston & Merrill's infallible yeast powder.

Lemon-drop Biscuits.

Mix together half a pound of powdered sugar and half a pound of fine flour, with the finely-grated rind of a large lemon; add to it three ounces of dissolved butter, then the beaten yolks of three eggs, and lastly, three ounces of currants, and the

whites of the eggs in froth. Drop the biscuits on wafer-paper, and bake for twenty minutes in a slow oven.

Wafer Biscuits.

To one pound of fine flour add three ounces of finely-sifted sugar; rub in one ounce of butter, then stir into the flour the whisked whites of two eggs, and work the whole into a stiff paste with a little cream. Cover it, and let it lie half an hour; then cut it into small pieces, and roll out into biscuits as thin as a wafer, and bake on tins in a quick oven for three or four minutes.

Jumbles.

Mix one pound of flour, one pound of powdered sugar, and the grated outer rind of a lemon, add the well-beaten yolks of four eggs, the whisked whites of three, and beat up the whole with four ounces of dissolved butter, and two or three table-spoonfuls of cream. Drop the batter on baking-tins, and put the jumbles in a slow oven for twenty minutes.

The infallible yeast powders have been made by Preston & Merrill for 25 years, and in all parts of the world where they have been sold are admitted to be the *best* ever offered to the public. Many kinds of baking powders have since been put upon the market, and been condemned by the public; but every year a new crop of imitations comes up in their turn to have a run and go out of sight. Some dealers prefer to sell these imitations because they can make more profit on them; but for the consumers, *the best is the cheapest*.

Plain Wine Biscuits.

Into one pound of flour rub three ounces of butter, and add as much water as will make it into a very stiff paste. Knead and beat it very well, and roll it as thin as a wafer; cut into biscuits, prick with a biscuit pricker, and bake for five or six minutes.

Sweet Wine Biscuits.

Rub into a pound and a half of fine flour, four ounces of butter, and four ounces of sifted sugar; mix with the yolks and whites of two eggs, well beaten, and as much cream as will bring it to a very stiff paste; knead it well, and roll several times, cut it into thin biscuits, prick, and bake them in a brisk oven six minutes.

Seed Biscuits.

Mix one pound of powdered sugar with three pounds of flour,

and one ounce of caraway seeds; rub into this one pound of butter, then knead it into a paste with three quarters of a pint of boiling new milk; roll the paste very thin, cut it into biscuits, prick it, and bake in a slow oven ten minutes.

Good Gingerbread Cakes.

Melt before the fire half a pound of butter in one pound of fine treacle, stirring it till well mixed; let it be half cool, then add three quarters of an ounce of powdered ginger, two ounces of candied orange or lemon in shavings, and one pound of flour, kneading it to a light paste; then add a pound of powdered sugar, and immediately roll it into cakes not more than the eighth of an inch in thickness, and bake without delay on buttered tins in a quick oven for three quarters of an hour. These cakes may be kept for some time in a tin box or drawer.

Gingerbread.

Warm before the fire half a pound of treacle and six ounces of butter; when partly cooled, add three tablespoonfuls of cream, half a pound of powdered sugar, one ounce of powdered ginger, a quarter of an ounce of powdered cinnamon, a quarter of an ounce of allspice; by degrees stir in two pounds of flour, half a pound of currants, half a pound of chopped raisins, half an ounce of Preston & Merrill's infallible yeast powder; then pour the batter into a shallow buttered tin or mould, and bake for an hour and a half in a slow oven.

CREAMS.

CREAMS include a variety of rich and delicate dishes, in which the principle ingredient is cream; and in the country, where cream is to be had genuine, and at a moderate expense, these preparations form an elegant addition to the dinner or supper table, at a comparatively light cost; and many may be made ready in a few minutes, when need requires it.

Quickly-made Fruit Creams.

If creams are required in haste, the best way is to stir into a pint of cream a quarter of a pint of melted currant, strawberry, or raspberry jelly, with a teaspoonful of lemon-juice. If time will allow, whisk the cream into a froth, and fill the cream glasses with the froth; but in haste, serve the simple mixed creams. If jam be used instead of jelly, it must be well pressed and rubbed down in the cream, and then strained through a silk tamis, to remove the seeds or skins of the fruit.

To Whip Creams.

Rub two ounces of sugar on the rind of half a lemon, and then press out the juice over the sugar, and allow it to dissolve. Stir into this a quarter of a pint of jelly, or the juice of fresh fruit, and lastly, a pint of cream; then whisk it till a froth rises, which remove with a skimmer to the glasses, and whisk again till the whole of the cream is frothed.

Coffee Cream.

One large cupful of made coffee; four ounces of sugar; three-

quarters of a pint of milk; yolks of eight eggs; two ounces of gelatine.

Put three-quarters of a pint of boiled milk into a stewpan with a large cupful of coffee, and add the yolks of eight well-beaten eggs and four ounces of pounded loaf sugar. Stir the whole briskly over a clear fire until it begins to thicken, take it off the fire, stir it for a minute or two longer, and strain it through a sieve on the two ounces of gelatine. Mix it thoroughly together, and when the gelatine is dissolved, pour the cream into a mould previously prepared.

Apple Cream.

Time, half an hour to three-quarters of an hour. One pound of apple pulp; half an ounce of powdered sugar, or to taste.

Pulp boiled apples till you have a pound weight of them. Add to them half a pint of cream, the lemon-peel grated, and two spoonfuls of brandy. Whisk the whole till it is a fine white cream, and leave a white froth at the top. Sweeten it to taste before whisking it. The quantity of sugar required must depend on the acidity or sweetness of the apple pulp.

Use Preston & Merrill's cooking extracts, when you cannot procure the fruits, as they are the pure flavors of fruits and spices they represent.

Chocolate Cream.

Time, twenty minutes. One bar of chocolate; one pint and a half of cream; yolk of five eggs; one tablespoonful and a half of good moist sugar.

Break a bar of chocolate into small pieces, and pour over them a pint and a half of cream, let it remain until it is dissolved, and then boil it slowly for ten minutes. Well beat the yolks of five eggs with a spoonful and a half of good moist sugar, mix it with the cream, and pour it into cups. Stand them in a stewpan of boiling water, which must only cover half-way to the edge of the cup, and let them remain simmering twenty minutes with the cover of the stewpan kept on. When done, place them in a very cold place. Milk may be used instead of cream if a less expensive cream is required.

Lemon Cream.

One pint of water; peel of three large lemons; juice of four lemons; six ounces of fine loaf sugar; whites of six eggs.

Pare into a pint of water the peel of three large lemons; let it stand four or five hours; then take them out, and put to the water the juice of four lemons and six ounces of fine loaf sugar. Beat the whites of six eggs and mix it all together strain it through a lawn sieve, set it over a slow fire, stir it one way until as thick as good cream, then take it off the fire and stir it until cold, and put it into a glass dish. Sugar of lemon may be used instead of the fruit.

Orange cream may be made in the same way, adding the yolks of three eggs.

Color your jellies and strawberry ice cream with Preston & Merrill's extract of cochineal.

Vanilla Ice Cream.

One gallon sweet cream; two pounds powdered sugar, and one tablespoonful (or more to suit the taste) of Preston & Merrill's extract vanilla. Mix well together and freeze.

Preston & Merrill's extract of vanilla is made from the best Vanilla bean, and nothing else is used. They make an article four times the ordinary strength for confectioners' use.

Pineapple Cream.

Boil the rind of a pineapple, cut in pieces, in a quarter of a pint of milk for half an hour; then strain it, and add a pint of thick cream, three ounces of sugar, and a teaspoonful of lemon-juice; thicken for ten minutes over the fire, and when cool, whisk into froth, and fill glasses.

Orange Cream.

Boil the rind of a Seville orange, cut thin, in a quarter of a pint of cream, for half an hour; then pound it smooth in a mortar, with the juice of the orange, and a tablespoonful of brandy. Beat the yolks of four eggs well, with four ounces of powdered sugar, and mix with the orange; then pour over by degrees a pint of boiling cream; beat it till quite cold, and fill the glasses, setting them in a dish of boiling water, and letting them remain there to be cold again. Ornament the top of the creams with thin slips of candied orange peel.

Almond Cream.

Pound in a mortar four ounces of sweet almonds, adding half a dozen bitter almonds, or a few drops of Preston & Merrill's extract of almonds, blanched, with a tablespoonful of rose or orange-flower water. Put the paste into a quart of cream, with four ounces of powdered sugar and the juice of two lemons; beat into a froth, and remove with a skimmer into glasses.

Wine Cream.

Boil the thin rind of half a lemon in a quarter of a pint of cream with two ounces of sugar, for twenty minutes; then take out the lemon-peel, and stir in a pint of cold cream and a quarter of a pint of sherry or Madeira; beat up well into froth, and fill the glasses, or half fill with the cream, and froth the remainder to pile on the top.

Brandy Cream.

Boil in a quarter of a pint of milk two ounces of blanched almonds and two or three bitter almonds, with three ounces of sugar; when soft, pound all together till smooth, and leave to cool; then beat up with the yolks of five eggs, two glasses of brandy and a quart of cream; set it over the fire for a quarter of an hour, stirring it to thicken, but not allowing it to boil; pour it into cups or glasses, and when cold, sift sugar over, and brown with the salamander.

Burnt Cream.

Boil a pint of cream with two ounces of sugar, the thin rind

of half a lemon, or a few drops of Preston & Merrill's extract of lemon and extract of cinnamon, and a stick of cinnamon for twenty minutes: take it off, and remove the lemon and cinnamon; pour the cream by degrees over the well-beaten yolks of four eggs; beat all well together, and pour into a dish or into glasses; when cold, sift sugar thickly over, and brown with a salamander.

Preston & Merrill's cooking extracts are put up in large bottles at reduced prices for confectioners, hotels, etc.

Italian Cream.

Add to a pint of cream four ounces of powdered sugar, a tablespoonful of grated lemon-peel, a teaspoonful of the juice, and a glass of sherry, or raisin wine; beat and whisk the whole into a solid froth; line a perforated tin mould with damp muslin, and fill it with the cream; let it remain in a cool place, if possible, on ice, for twenty-four hours; then turn it out upon a dish, and put around it macaroons or Naples biscuit.

Velvet Cream, an Excellent Family Receipt.

Cover the bottom of a glass dish with apricot jam, and pour over it a large tablespoonful of lemon-juice and a glass of sherry; dissolve half an ounce of isinglass in a quarter of a pint of water; add to it a pint of cream and three ounces of sugar; simmer it over the fire ten minutes, stirring it all the time; then strain it into a jug; when half cold, hold the jug high above the dish, and pour the cream over the sweetmeat; let it stand to cool and stiffen.

Lemon Cream without Cream.

If cream cannot readily be procured, very good lemon creams may be served by rubbing off the outer rind of three lemons on six ounces of loaf-sugar in pieces, and squeezing over them the juice of two of the lemons till the sugar be dissolved; then beat up the yolks of six eggs very well, and strain them, and put over the fire in a silver or enamelled saucepan with the lemons and a glass of sherry; stir it for a quarter of an hour till thick, but not boiling; then pour into glasses, and let it stand to be cold.

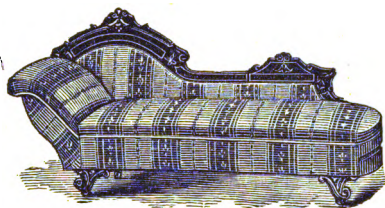
CUSTARDS.

CUSTARD being an important component part of so many delicate *entremets*, requires to be made carefully, and need not, unless the occasion demands it, be made expensively. The plain boiled custard, usually sent in with tarts or puddings, may be cheaply prepared.

Custards may have the delicate flavors of lemon, orange, rose, vanilla, nutmeg, etc., communicated to them by using Preston & Merrill's cooking extracts, and as they are very strong, care must be used not to put in too much. A few drops of rose will answer where a teaspoonful or two of vanilla would be required. By their use you avoid the necessity of straining the custard, and you can flavor it after it is boiled and save driving off the fine aroma by the heat.

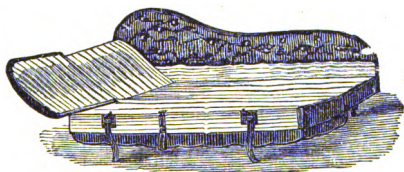
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flesh is subject to, might be
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thousands from our midst every
year would fall powerless to
the ground. Persons afflicted
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breaks them of their rest at
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lief by the use of this Balsam.

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BOSTON, MASS.



FOR SALE BY DRUGGISTS EVERYWHERE.

A Cheap Custard.

Put into a saucepan three pints of new milk, with half the thin rind of a lemon and a small stick of cinnamon. Simmer it for twenty minutes, then strain it, and add three ounces of sugar, a spoonful of arrowroot or ground rice, rubbed smooth in three tablespoonfuls of cold milk, and beat up with the yolks of three eggs, for ten minutes; then mix by degrees with a little of the hot milk, and pour into the rest. Pour backward and forward several times to mix; then stir it over the fire gently till it begins to thicken, taking care that it does not boil, or it would curdle. When thick, pour it out, and continue to stir until it gets cold, adding, if you choose, a dessertspoonful of Preston & Merrill's extract of vanilla, rose, lemon or nutmeg, or a glass of wine or brandy, stirring it well in. It may be served in cups, in a bowl, or round the pudding it accompanies.

Good Custard.

Put into a saucepan a pint of milk and a pint of cream, with a stick of cinnamon, two peach-leaves, and the thin rind of half a lemon, and let it simmer half an hour. Then strain and put on again with three ounces of sugar. Beat very well the yolks of six eggs, and mix gradually with the milk, stirring continually over the fire with a wooden spoon till it thickens, carefully avoiding to allow it to boil. Pour it out and add a glass of brandy, continuing to stir it till cold; then fill the custard-cups and serve.

Orange Custard.

Pour over six ounces of sugar in a pan, the juice of six oranges, and let it simmer to a syrup; then pour it out to cool. Beat up very well the yolks of six eggs, and mix with a pint of good cream. Set them over a slow fire, and stir continually till the custard thickens and begins to simmer. Mix the syrup gradually, and stir a few minutes longer; then turn out, and stir till cold, when it can be transferred to the custard-dish or cups.

Lemon Custard.

Beat the yolks of eight eggs for half an hour to froth, and strain them; pour over them a pint of boiling water and the outer rind of two lemons, grated. Make the juice of the two lemons into a syrup, with three ounces of sugar, and stir into the custard. Then set it over the fire, adding a glass of Madeira and half a glass of brandy, and stir till it thickens. Pour it out, and stir till cold; then serve in cups.

Raspberry or Currant Custard.

Make a rich syrup of a pint of raspberry or currant juice, poured over eight ounces of loaf sugar. Skim it, and stir gradually into it over, a very slow fire the well-beaten yolks of six eggs, and continue to stir for five or six minutes; then pour it out, and as it cools stir in by degrees half a pint of cream and a tablespoonful of lemon-juice. Serve in cups.

Apple Custard.

Peel and cut into quarters two dozen good apples, and set them over the fire in a stewpan, with half a pint of cold water till reduced to a pulp; rub this through a tamis, and beat into it six ounces of powdered sugar and a tablespoonful of lemon-juice; simmer over the fire, and mix in by degrees the yolks of eight eggs well-beaten; then pour it into a bowl, and set it in a pan of boiling water, stirring it continually till thick, and adding a tablespoonful of Preston & Merrill's peach water; then pour it out, and stir till cool.

Coffee Custards.

Gently simmer over the fire a pint of new milk with a pint of cream, and then add an ounce of fresh roasted coffee, unground, and continue to simmer for twenty minutes to obtain the coffee flavor. Then strain the cream, and put it again over the fire, with three ounces of sugar and a quarter of a teaspoonful of salt. Beat up the yolks of eight eggs, and gradually mix with the milk, stirring the custard till thickened; then pour out, and stir till cold. Serve in cups.

Chocolate Custards.

Pour two tablespoonfuls of boiling water over two ounces of rasped chocolate, and let it stand at the side of the fire till perfectly dissolved. Put it into a pint of milk mixed with a pint of cream a pinch of salt, and three ounces of sugar, and simmer and mill over the fire for ten minutes; then add by degrees the yolks of eight well-beaten eggs, and mill to a froth while it thickens; then pour out to cool.

Vanilla Custards.

Boil half a pod of vanilla, cut in pieces, in a pint of cream, with four ounces of sugar, for a quarter of an hour; then strain through a muslin. Beat the yolks of six eggs very well, and pour the milk over them into a bowl, — placing the bowl over a pan of boiling water, and stirring it rapidly till it thickens. Let it cool gradually, stirring it continually. When cold, serve in a dish covered with the whipped white of eggs, sifted over with sugar. Preston & Merrill's extract of vanilla may be used instead of the pod, and is much less troublesome.

A Good Topsy-Cake.

Take a stale sponge cake, of the size and form suitable to the custard dish; pierce it over with the point of a larding-pin, and by degrees pour over it as much sweet wine and brandy as the cake will absorb: use a ladle or spoon and take up the liquor that flows into the dish, to pour over again; then stick it full of blanched almonds split into thin spikes, and pour round it a good rich custard. Serve as soon as possible.

ICES.

ICES, which are now one of the cheap luxuries of the table, were, not many years ago, entirely confined to the wealthy, who had

the means of preserving the ice necessary for the freezing process.

For ordinary purposes, it is only necessary to procure an ice-pail and freezer.

When you want to use it, break up with a wooden mallet a few pounds of ice into powder; and throw amongst it two handfuls of powdered saltpetre, or three handfuls of salt; put this in the pail in a very cold place, and set the freezing-pot in the midst of the ice, which must fill up the vacancy round to the top; then put into the freezing-pot the cream, or whatever mixture you wish to have frozen. Turn the handle of the machine till the whole of the contents are equally frozen, which you will discover when the handle will no longer turn. Then the ice is ready to be transferred to glasses, or to fill a mould, which will, however, be required to be plunged into the ice and salt another hour to fix it completely.

Raspberry or Strawberry Cream Ices.

Mix with a pound of strawberry or raspberry jam, the juice of two lemons, with a quart of cream, or a pint of milk and a pint of cream mixed; rub the whole through a tamis into the tin freezing-pot, place it in the ice-pail, and stir it till it is frozen. The pulp of fresh fruit, when in season, has a richer flavor, but will then require to be well-mixed with eight ounces of powdered sugar. The cream must not be removed from the ice till wanted to serve.

Apricot Cream Ices.

Take fresh and very ripe apricots and press out half a pint of juice; mix with it the kernels of six stones pounded to a paste, with the juice of a lemon, four ounces of powdered sugar, and a pint of cream. Freeze, and serve it in a form or glasses. This is a most delicious ice, next to none but pineapple ice, which can only be obtained by a mixture of the juice of fresh pineapples.

Vanilla Cream Ice.

Cut into small pieces and pound with a tablespoonful of orange-flower water, half a pod of vanilla; then rub the paste through a muslin to extract the seeds, and mix with a pint of cream, three ounces of sugar, and the yolks of three eggs. Beat all well together over the fire for ten minutes; then turn out, and when cool, proceed to freeze as usual.

Currant or Raspberry-Water Ice.

Water ices, which are more refreshing and wholesome than cream ices, are now used almost as extensively in England as on the Continent. They are generally made of the juice of fresh fruits, pressed out through a linen bag. Then to each pint of juice add half a pound of sugar, a quarter of a pint of water, and a dessertspoonful of lemon-juice. When well mixed, freeze it like ice cream, and serve in a glass bowl or in glasses.

Peach-Water Ice.

Put into an enamelled pan half a pint of water, a pound of

loaf sugar, the white of an egg beat to a stiff froth, and one peach kernel, and reduce it over the fire to a syrup; remove the scum, and take it off to cool. Take out the peach kernel, and add to the syrup a pint of pure peach juice, pressed from very ripe fresh fruit. Freeze it as usual.

Apricot ice is prepared in the same way. Preston & Merrill's extract of peach and apricot are the best flavors.

Rum Ice.

Put into a pan one pound and a half of loaf sugar, on which is rubbed the outer rind of two lemons; add the juice of one lemon and a quart of cold water. Stir it over the fire, and by degrees stir into the sherbet the whites of six eggs beat to a solid froth. Before it begins to simmer, pour it out to cool, add half a pint of rum, and freeze it to serve in glasses.

Lemon Ice Cream.

Take one pint of cream, half a teaspoonful of Preston & Merrill's extract of lemon, or take the juice of two lemons, half a pound of sugar; mix; freeze. One quart.

Pineapple Ice Cream.

To half a pound of preserved pineapple pounded with sugar, add sugar and lemon juice to palate, one pint of cream, and a little new milk. Mix; freeze. One quart. Or, take a pineapple weighing about half a pound, cut it in pieces, bruise it in a mortar. Add half a pound of sugar, the juice of one lemon; rub them well together in the mortar; pass through a hair sieve; freeze. A few slices of preserved pineapple may be added when frozen. One quart.

Strawberry Ice Cream.

Pick some strawberries (the scarlet are considered the best) into a basin or pan; add sugar in powder, with a quantity of strawberry jam equal to the fruit, the juice of a lemon or two, according to palate, a small quantity of new milk, and a pint of fresh cream; mix, and add a little color; freeze. One quart. Or, when fresh strawberries cannot be procured, take one pound of strawberry jam, the juice of one or two lemons, one pint of cream, and a little milk; color; freeze. One quart.

Italian Ice Cream.

Rasp two lemons on some sugar, compress the juice from the lemons, or use a half a teaspoonful of Preston & Merrill's extract of lemon; to which add one pint of cream, one glass of brandy, half a pound of sugar; freeze. One quart.

Use Preston & Merrill's extracts to flavor ice cream, ices, etc., when you cannot procure the fruits.

Wine Ices.

Take a pint of any kind of wine, rasp four lemons and an orange on a lump of sugar, scrape it into the vessel in which the composition is about to be mixed; extract the juice of the

lemons and orange, add the wine with a small quantity of water, and half a pint of clarified sugar; freeze. One quart.

Punch Ice.

Take one pint and a half of lemon ice, and add one glass of Champagne, one of ruin, and the juice of two oranges; freeze. One quart.

Preston & Merrill's extract of lemon is made from the peel of the Sicily lemons, and is the true flavor.

Pineapple-Water Ice.

Take half a pound of fresh pineapple, bruised fine in a mortar, add the juice of one lemon, half a pint of water, one pint of clarified sugar; pass through a sieve; freeze. One quart. Pineapple may be added as described in the receipt for pineapple ice cream.

The best freezer for family use can be obtained from Nathaniel C. Stearns, No 12 Bromfield street.

BLANCMANGE.

BLANCMANGE of all kinds can be flavored and colored by Preston & Merrill's extracts.

The various preparations of cream, included in the term of blanchmange, or more correctly, blanchmanger, are not, as might be concluded, all white, but varied in color and material; though cream must form the foundation.

Blanchmange.

Time, fifteen minutes. One ounce of isinglass or gelatine; two ounces of blanched or pounded almonds; one ounce of bitter ones; one pint and a half of milk; one pint of cream; one lemon; a spoonful of rosewater; and two ounces of loaf sugar.

Put into a delicately-clean stewpan the isinglass, or gelatine, the sweet and bitter almonds, blanched or pounded, the new milk and cream, the lemon-juice, and the peel grated, with loaf sugar to taste. Set the stewpan over a clear fire, and stir it till the isinglass is dissolved, then take it off and continue stirring it till nearly cool before putting it into the mould. This quantity will fill a quart mould, but if you wish to make it in a smaller shape, you must not put more than a pint of milk and a half a pint of cream. Color the top ornament with Preston & Merrill's extract of cochineal, and let it get cold before you add the rest of the blanchmange.

Arrow-Root Blanchmange.

Infuse two ounces of arrow-root in cold water for twenty minutes; then pour off the water, and blend the arrow-root with a tablespoonful of cream or orange-flower water. Boil a quart of new milk with four ounces of sugar, half a lemon-peel, a stick of cinnamon, and a teaspoonful of ratafia or pudding-flavor. Pour the milk over the arrow-root, stirring it continually till cool; then pour into a mould and leave it to set.

Ground Rice Blancmange.

Mix gradually four ounces of fine ground rice with a pint and a half of good new milk; if a part of this be cream, it greatly improves the blancmange. To this add three ounces of powdered sugar, and a teaspoonful of ratafia or pudding-flavor. Stir it over the fire, continually beating it to prevent it running into lumps, and simmer it for thirty-five minutes; then pour it into a mould dipped into cold water, and leave it in a cool place to set.

Strawberry Blancmange.

One quart of ripe strawberries; two ounces of isinglass; half a pound of loaf sugar; juice of one lemon; one pint and a quarter of cream; one pint of milk.

Crush a quart of strawberries with a silver or wooden spoon, and strew over them a quarter of a pound of powdered sugar, let them stand for several hours, and then press them through a hair sieve reversed. Dissolve two ounces of isinglass in a pint of boiling milk and the remaining quarter of a pound of sugar, then strain it through muslin, and stir it into the cream, and continue to stir it until nearly cold; then pour it gradually to the strawberries, whisking it quickly together. Add the lemon juice, a few drops at a time, to prevent its curdling, and then put it into an oiled mould in a cold place, to set for twelve or fourteen hours.

Lemon Blancmange.

Three gills of milk; half an ounce of isinglass; four eggs; peel of two lemons, or Preston & Merrill's extract of lemon; sugar to taste.

Dissolve half an ounce of isinglass in three gills of milk; add four well-beaten eggs; sweeten it to taste, and stir it over a slow fire until on the point of boiling, add a little brandy, if liked, and pour the whole into a mould.

Raspberry or Red Currant Solid.

Dissolve three quarters of an ounce of isinglass in a quarter of a pint of water; strain, and leave it to cool; dissolve half a pound of raspberry or strawberry jelly with a pint of cream and two ounces of sugar; then beat them till well incorporated, and when all are half-cooled stir in the isinglass thoroughly, and fill a damp earthenware-mould, as metal would injure the rich color, and leave it to cool.

Apple Snow.

Put into a pan, without paring, twelve large apples, with the rind of a lemon, the juice, and a pint of cold water; set them over a slow fire, and boil gently till apples are perfectly soft, but not broken; drain them over a sieve, and when cool, put the pulp clear of seeds into a bowl, and beat it up to a strong froth; beat the whites of twelve eggs to a solid froth with ten ounces of sifted sugar; then beat the apple and eggs together till they resemble stiff snow; heap this on a dish as high as possible; put

a small green sprig into the middle, and serve as soon as possible, that it may not fall.

Rice Solid.

Put into a pan four ounces of ground rice, three ounces of sugar, one ounce of butter, and a pint of milk, and a pint of cream; flavor with a teaspoonful of pudding-essence, ratafia, or a glass of brandy, and simmer over a slow fire for half an hour, stirring it continually; then pour into a custard dish, and set it in a cool place to stiffen, and whisk a pint of cream into solid froth to cover it.

Lemon Honeycomb.

Put into a dish the juice of a good-sized lemon with two ounces of powdered sugar; whisk the white of one egg, a pint of cream, and an ounce of sifted sugar into stiff froth; skin it off as it forms, and lay it upon the lemon-juice till all the cream is exhausted. Let it stand a day before you serve it. This is a cheap and pretty dish.

Charlotte Russe of Apples and Apricots.

Line a plain mould with Savoy biscuits dipped in clarified butter, exactly placed upright, to join so that the contents of the Charlotte do not escape; cut off the ends to make it stand firm; fill the mould with fresh apple jelly, or marmalade, with a spoonful of apricot jam, or raspberry jelly in the centre; cover the mould with buttered biscuits closely as at the sides; put a dish over it, and bake for half an hour in a quick oven; then turn over out of the mould, and serve hot.

A Floating Island.

Half fill a dish with rich custard; then place in the centre a round slice of stale sponge cake, covered with any red jelly, then a smaller round of cake, with apricot jam; alternately place the rounds of cake, each smaller than the last, and sweetmeats of varied colors, till you form a pyramid. Whip sweetened cream for the summit.

A Sea of Floating Islands.

Half fill a large circular glass dish with spinach cream; boil and pulp three or four fine apples, and beat up the pulp with the whites of two eggs, two ounces of sugar, and a spoonful of Preston & Merrill's orange-flower water to a stiff froth or foam; lift it up in spoonfuls and drop into the cream in several places. To vary this dish, you may use raspberry, or any red-colored jelly to whip with the cream, and float the islands on almond or any white cream.

Fairy Butter.

Beat in a mortar the yolks of four hard-boiled eggs, three ounces of fine sugar, three ounces of butter, two ounces of blanched almonds, and a tablespoonful of Preston & Merrill's orange-flower water. When reduced to a paste, mould and freeze it, and serve with sweet biscuits round.

Orange Butter.

Take the juice of six oranges and the yolks of eight hard-boiled eggs, and pound in a mortar, with four ounces of sugar, a tablespoonful of orange-flower water, and four macaroons. When reduced to a paste, stir it over a slow fire for twenty minutes, till thickened. Dip a mould in water, and pour in the mixture, and when cold, turn it out and serve with biscuits.

Meringues.

Whites of four small eggs; half a pound of finely-powdered sugar; lemon or vanilla flavoring.

Whisk the whites of four small eggs to a high froth, then stir into it half a pound of finely-powdered sugar; flavor it with Preston & Merrill's extract of vanilla or lemon, and repeat the whisking until it will lie in a heap, then lay the mixture on letter paper, in the shape of half an egg, moulding it with a spoon, laying each about half an inch apart. Then place the paper containing the meringues on a piece of hard wood, and put them into a quick oven. Do not close it. Watch them, and when they begin to have a yellow appearance, take them out. Remove the paper carefully from the wood, and let them cool for two or three minutes, then slip a thin-bladed knife very carefully under one, turn it into your left hand, take another from the paper in the same way, and join the two sides which were next the paper together.

The soft inside may be taken out with the handle of a small spoon, the shells filled with jam, jelly, or cream, and then joined together as above, cementing them together with some of the mixture.

Apple Meringue.

Time, four or five hours to stew; one hour to bake.

Twelve large apples; some preserved wine sours; sugar to your taste; some sugar icing.

Pare and core twelve large apples; stew them gently for four or five hours; sweeten them to your taste. Spread a layer on a souffle dish, then add a layer of preserved wine sours, *stoned*; then the remainder of the apples. Bake for an hour, and a short time before it is wanted, put on an icing of fine white sugar. Put it again in the oven to brown, and send it up quite hot as a remove at second course.

PRESERVES, JELLIES, ETC.

THIS important branch of domestic economy would require a volume if we should enter into all the scientific explanation of the operation of preserving fruit. We shall content ourselves with some tried and approved receipts, requesting our readers to pay particular attention to these useful preparations, which, well made and well preserved, form such a large part of the wealth and pride of the storeroom.

Directions for Using Fruit Jars.

Fill the jars while cold with fruit. Make a syrup of sugar

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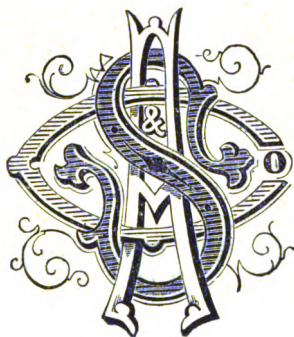
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(quantity as below) and pour into the jar until it is filled half way up the neck. Put the jar in a boiler with a grate, pebbles or straw at the bottom, to keep the glass from actual contact with the bottom, and fill the boiler to the neck of the jar with cold water. Cover and boil as below. The boiling being completed, remove the jars, and after standing about five minutes, put on the rubber ring and cap, and screw down gently with the hands. After five minutes more, apply the wrench with vigor, and put away in a cool place, or cook the fruit in syrup, made as directed. Heat jars in hot water. Fill with the hot fruit. Wipe the top of the jar clean. Put on the rubber ring and cap, as above directed.

Quinces should be boiled in clear water, in a covered kettle until tender; then carefully place in warm jars, which, fill with boiling syrup, and seal the jars as above.

Tomatoes may be stewed and poured into warm jars and sealed as above; or, if preferred, put into cold jars, whole or sliced, and the jars filled with cold water, then cooked in a boiler, as first described.

Fruit Jars of all kinds can be obtained of D. B. Stedman & Co., 136 Summer street, Boston.

Syrup.

All syrup should be well boiled before applied to the fruit, as it prevents it fermenting.

Cider may be kept fresh and sweet by simply heating it until it throws off steam, then putting into hot jars, and sealing immediately.

Apple sauce ready for table use or pies, may be preserved by putting in hot jars, and sealing at once. Remember cold fruit requires cold jars, hot fruit requires hot jars.

To Open the Jar.

Loosen the rubber from under the cap with the thumb and finger, so as to allow the air to enter, and it will easily unscrew.

Color your jellies and strawberry ice cream with Preston & Merrill's extract of cochineal.

Raspberry, Currant, or Gooseberry Jam.

These jams all require three-quarters of their weight in sugar; but the fruit must be boiled first till broken. The raspberries and currants will not require more than half an hour's previous boiling, the gooseberries nearly an hour, before the sugar is added, when they must boil twenty-five to thirty minutes more. Be careful to stir, and to remove the scum. Gooseberry jam is much improved by the addition of a small quantity of red or black currant juice.

Mixed Jam for Nursery Use.

A good jam for common use may be made of cherries, gooseberries, currants, or any fruit in season, picked or stoned, boiled for half an hour, and then the proportion of half the weight in any cheap sugar may be added, and the boiling continued twenty

minutes longer. This jam should not be kept longer than a few months.

Blackberry Jam.

As the blackberry, the most delicious of our native fruits, is to be had for the trouble of gathering in most parts of New England, blackberry jam is one of the cheapest of preserves; it is, moreover, a fruit of rare and excellent quality, and may be eaten not only with safety, but with beneficial effects by all. The berries are ripe and plentiful in September, and merely require nice picking, half the weight of any kind of sugar, and three-quarters of an hour boiling. The single objection to the jam is the quantity of seeds; but the jelly made from this fruit is perfect.

Apple or Pear Jam.

Pare and quarter ripe juicy apples or pears, and boil them at a great distance from the fire till they become a jam. Have ready a rich syrup, and add in proportion of one pint of syrup to three pounds of fruit, and boil for a quarter of an hour. Turn out into pots.

All the approved styles of fruit jars are for sale by D. B. Stedman & Co., 136 Summer st., Boston.

Strawberries, preserved whole.

Take equal weights of strawberries and loaf sugar, put the sugar into a pan with merely sufficient water to dissolve it, and let it boil till the surface is covered with small bubbles; this will probably be in about twenty minutes; then put in the fruit, with one pint of red currant juice to each pound of strawberries, which improves the color; allow it to boil five minutes, then put into small jars. It is not necessary to use more sugar for the currant-juice, the strawberries being of themselves so sweet. Red currants or raspberries, with the addition of white currant-juice, black currant, apricot, or other jams, may be made in this way. The advantage over the old process is, that the quantity of jam is greater, the color finer, and the flavor of the fruit perfectly retained.

The Foundation of all Jelly.

Take one package of gelatine; half a pint of cold water; one pint of water; the peel of five lemons; one small stick of cinnamon; six cloves, or Preston & Merrill's extracts of these articles; juice of six lemons; half a pint of sherry; a quarter of a pound of loaf sugar; whites of five eggs.

Take a packet of gelatine, dissolve it in half a pint of cold water, and then add a pint of hot water, the peel of five lemons without the pith, a small stick of cinnamon, the cloves, the juice of the lemons, the sherry, and the loaf sugar. When done, clarify it with the shells and whites of five eggs.

If you wish to make any other kind of jelly, omit the sherry, and add, for instance, orange juice for orange jelly, or the juice of strawberries, cherries, pineapple, or any other fruit. The jelly takes its name from its flavoring. No jelly of several

colors should be set warm, as the different colors run and weaken it extremely.

Coloring for Fancy Jellies, Creams, etc.

However ornamental colored sweetmeats may appear at dinner or dessert, it should be peremptorily enforced on the cook that this elegance should not be obtained at the risk of health. The pages of recent medical works have shown us that in bought confectionery the coloring matter is almost universally of a deleterious, often of a poisonous nature. Simple vegetable colorings should only be permitted. Of these, we can safely recommend, as below:—

For *red*, it is usual for cooks to boil fifteen grains of cochineal in the finest powder, with a drachm and a half of cream of tartar in half a pint of water, very slowly for half an hour, adding a piece of alum as large as a pea. The cochineal insect may be used in safety in such a small quantity; but we would recommend the juice of beet-root drawn out over the fire in a little water, with the addition of a squeeze of lemon juice. It is, however, much more convenient to use Preston & Merrill's extract of cochineal for coloring jellies, syrups, and candies.

For *green*, a beautiful color may be obtained from the expressed juice of spinach leaves.

For *yellow*, if a transparent color be required, orange or lemon jelly dissolved; if opaque, the pounded yolks of eggs.

For *white*, pounded almonds, arrowroot, or pure, clear materials, as in silver jelly.

Lemon Jelly.

Time, altogether, one hour. Peel of four lemons, juice of six; three glasses of sherry; three-quarters of a pound of loaf sugar; one ounce and a half of isinglass; pint of spring water.

Steep the thin peel of four lemons in half a pint of boiling water until strongly flavored with the peel, or use Preston & Merrill's extract of lemon. Put the sugar, pounded with the isinglass, into a stewpan, and boil it slowly for about a quarter of an hour or twenty minutes; then add the strained lemon-juice and the water from the peel, or one teaspoonful extract lemon; add when cold. Let it just boil up; skim it well; add the wine, and strain it until quite clear.

Orange Jelly.

Time, until it almost candies. Peel of two Seville, two Havana oranges, and two lemons, juice of three of each; a quarter of a pound of loaf sugar; a quarter of a pint of water; two ounces of isinglass.

Grate the rinds of the Seville, Havana oranges, and lemons; squeeze the juice of three of each, strain it, and add the juice to the sugar and the water, and boil it until it almost candies. Have ready a quart of isinglass jelly made with two ounces of isinglass; put to it the syrup, and boil it once up. Strain off the jelly, and let it stand to settle before it is put into the mould.

Calf's Feet Jelly.

Time, to boil the feet until reduced to one quart; to reboil the jelly, a quarter of an hour.

Two calf's feet; two quarts of water; half a pound of loaf sugar; one pint of white wine; a wineglass of brandy; four lemons, or Preston & Merrill's extract, to suit the taste; whites of four eggs.

Cut two feet in small pieces, after they have been well cleaned and the hair taken off. Stew them very gently in two quarts of water till it is reduced to one quart. When cold, take off the fat, and remove the jelly from the sediment. Put it into a saucepan with half a pound of loaf sugar, a pint of white wine, a wineglass of brandy in it, four lemons, with the peel rubbed on the sugar, or Preston & Merrill's extract lemon, to suit the taste; the whites of four eggs well beaten, and their shells broken. Put the saucepan on the fire, but do not stir the jelly after it begins to warm. Let it boil a quarter of an hour after it rises to a head; then cover it close and let it stand about half an hour; after which pour it through a jelly-bag, first dipping the bag in hot water to prevent waste, and squeezing it quite dry. Pour the jelly through and through until clear, then put it into the mould.

Cranberry Jelly.

Dissolve one ounce of isinglass in three-quarters of a pint of water; then draw out over the fire and press the cranberries, and add the isinglass jelly to a pint and a half of the juice, a dessertspoonful of lemon-juice, six ounces of sugar, and the whites and crushed shells of four eggs. Simmer ten minutes; then strain through muslin till clear, and fill the mould.

An Excellent Apple Jelly.

Cut two pounds of sweet apples into quarters, without peeling, throwing them into cold water as you cut them. Then put them into a preserving-pen, with a quart of fresh, cold water, and boil till they become a pulp, adding as the apple boils one pound of loaf sugar, and half a pod of vanilla, cut in pieces and tied in muslin to prevent the seeds from mixing, or a little of Preston & Merrill's extract of vanilla. Then run it through a jelly bag; it must stand some hours to allow it to pass through completely. It must then be simmered over the fire twenty minutes, to jelly, and poured into the mould.

Punch Jelly.

Dissolve an ounce and a half of isinglass in a pint of boiling water. Rub off the peel of two lemons on ten ounces of loaf sugar, and pour over it the juice of three lemons and one Seville orange, a quarter of a pint of rum, and a quarter of a pint of brandy. Put it over the fire, and pour the dissolved isinglass in, and simmer three or four minutes,—not longer; then pass the liquor through a silk or muslin sieve into the mould.

This is a favorite winter jelly.

Marble Jelly.

Take any piece of orange, strawberry, and apple-jelly of irregular form and size, and throw into a mould, shaking them together. Then fill up the mould with silver jelly or any transparent colorless jelly, as cool as it will remain liquified. Let it remain to be well mixed, and if tastefully arranged, this will be a pretty form of jelly.

Calf's-Foot Jelly or Four Fruits Whole.

Melt a pint and a half of apple-jelly; pour a little into a mould, and place in the jelly, with taste, large strawberries and full branches of white currants; then pour in more jelly, and add white raspberries, and bunches or red currants, and fill up the mould with the jelly. When cold and turned out, this is a beautiful *entremet*. If these fruits are not in season, any fruits preserved whole, or slices of preserved peaches or apricots, may be arranged in any transparent or light-colored jelly.

Pineapple Jelly.

Cut a fresh pine in slices; cover them with powdered sugar, and leave them a few hours; then pour off, and strain to obtain a pint of the syrup. Dissolve an ounce of isinglass in a pint of water and clarify it; pour over the syrup and simmer five minutes over the fire; add a glass of curacao, and pour into a mould shaped like the pineapple. It will require to be very carefully turned out, and will then be very elegant.

Almond Jelly.

Pound in a mortar four ounces of sweet, and half an ounce of bitter almonds, with a tablespoonful of brandy. Make a syrup of ten ounces of sugar, and stir in the almonds; simmer for five minutes; then run it through a tamis into two pints of good warm stock; add two glasses of curacao, and fill your moulds.

Red Currant Jelly.

This most indispensable article of the store-room rarely fails to be successfully made by any tolerably careful cook, the process is so simple. Put the fruit, quite ripe, over the fire, in an enamelled pan, and stir them till the juice begins to flow freely, then strain it through a jelly-bag, and return the juice to the pan; boil it for twelve or fifteen minutes, and add fine loaf sugar, one pound to each pint of juice; stir it till dissolved and five minutes longer, then pour out the jelly into small pots or glasses.

Strawberry or Raspberry Jelly.

Get fine-colored, fresh, ripe fruit, and put over the fire at a sufficient distance for the juice to flow slowly; but do not allow it to run longer than it is perfectly clear, probably twenty minutes; then run it through a jelly-bag without pressing. If the juice is at all turbid, strain it again through muslin into the pan, and simmer it a quarter of an hour; then add one pound of fine sugar to each pint of juice, and boil it ten minutes longer. Keep

it in small glass jars. It ought to be clear and beautiful in color, and is very useful for creams or ices.

Cherry jelly may be made in the same way.

Raspberry and strawberry syrup may be flavored with Preston & Merrill's extracts.

Currant or Other Fruit Jellies (unboiled).

This is a French mode of jellying the fruit, and certainly the flavor is preserved to perfection; but there is more difficulty in keeping the jelly dry, and in an equal temperature, in our climate, and it is apt to liquefy. Draw the juice from the fruit in the usual way over the fire; do not strain, but run it through a jelly-bag or pour it off clear, leaving the fruit for common tarts. Take one pound of sugar for each pint of juice, and powder it in a mortar; do not buy the sugar powdered, as it is often adulterated, and will then render the jelly turbid. Stir the powdered sugar by degrees into the juice while warm, till it is completely dissolved; then pour into small jelly moulds or pots, and leave uncovered for twenty-four hours, when it will be completely stiffened, and will keep in a perfectly dry store closet.

Black Currant Jelly.

This jelly, chiefly used in cases of sickness, should be made as little luscious as is consistent with safe preservation. The juice must be drawn over the fire, strained and boiled for twenty minutes, then the sugar added in the proportion of three-quarters of a pound to each pint of juice, and boiled ten minutes longer.

Quince Jelly.

The quinces should not be very ripe: peel, quarter, and core them, and immediately put them over the fire with half a pint of water to each pint of fruit, and boil till tender, but not pulpy; pour out the whole, and leave the fruit in the juice for six hours, then run it through a jelly-bag. Put the juice over the fire in your preserving-pan for twenty minutes, that the water may evaporate; then add one pint of clarified syrup to each pint of juice, stir well, and simmer for ten minutes, then pour into the jelly pots.

Barberry Jelly.

This is one of the most elegant jellies to introduce at table, and should be carefully made. Procure the fruit in October, when quite ripe, bruise them gently, and put over the fire with a very small quantity of water; let them gradually break and become tender, which will require nearly an hour; then pour through muslin, and boil up the juice again with an equal quantity of clarified syrup; in five or six minutes, put out into the pots.

Preston & Merrill's extract of cochineal imparts a beautiful red color to jellies, syrups, marmalades and any kind of confectionery that requires that tint, it keeps well and is perfectly healthy.

MARMALADES.

THE most approved marmalades are orange and quince, the welcome addition to breakfast tables; but there are several other preparations of this delicate confection which are not only agreeable to the taste, but useful in many cases of sickness. For these we give some of the best receipts.

Orange Marmalade.

This delicious preserve, which requires the greatest care in preparation, is made chiefly of Seville oranges, and usually about February or March, when the Seville oranges are plentiful and in the best condition. Pare the outer rind from four oranges for every dozen pulped, and cut the rind up into small chips; scoop out the pulp, free from seeds and from the white inner skin, weigh the pulp and rind together before you put them into the preserving-pan, and have ready heated equal weight of loaf sugar; let the pulp and peel boil half an hour, or till the chips are tender, then add the sugar; and let it boil fifteen minutes longer; then fill the marmalade pots.

Quince Marmalade.

Choose fine ripe quinces, and put them into boiling water over the fire till they are tender, then pare, quarter, and core them; put the cores and skins back into the water; boil till it is half reduced, and strain it. In the mean time, put the quinces over the fire, and let them stew gently with an equal quantity of sugar, pouring over them the strained liquor, breaking up the fruit with a wooden spatula, and stirring till the whole forms a rich marmalade. This will require two or three hours, after which the marmalade may be poured into pots.

Pear Marmalade.

Pare, divide, and core large pears, boil them in as much water as will cover them till they are tender, then take them out, and put into the same water the parings and cores of the pears; boil till half reduced, and strain. Use the strained liquor, in making a syrup of three-quarters of a pound of sugar and a pint of water for every pound of pears. When this syrup is boiled till it jellies on the spoon put in the pears and boil up, stirring them for a few minutes, till the marmalade is smooth and ready for the pots.

Preston & Merrill's extract of cochineal imparts a beautiful red color to jellies, syrups, marmalades and any kind of confectionery that requires that tint; it keeps well and is perfectly healthful.

Peach Marmalade.

Pare, divide and stone the fruit, and boil for half an hour, stirring it continually; then add three-quarters of a pound of sugar to each pound of the fruit, and one-fourth of the kernels blanched, and boil up for a quarter of an hour; the marmalade will then be ready for the pots.

Cherries in Brandy.

Dissolve a pound and a half of white sugar-candy in a pint of

brandy, and drop in as many fine ripe cherries with the stalks half cut away as the brandy will cover, adding half a pint of fresh clear raspberry juice, which will improve the color; cover up closely, and when the fruit has absorbed the brandy, add a little more till the cherries be fully saturated; keep them still covered with the brandy; cork closely, the corks covered with bladder.

Peaches in Brandy.

Cover the fruit with a good syrup, and stew them over the fire till perfectly tender, as you can ascertain by passing a needle through; take them out and put into jars, pouring the syrup over them, and when cool fill up the jars with brandy; cover and allow the brandy to be absorbed, then renew it, as with the cherries, before you cover the peaches securely.

Nectarines, plums, and other fruit the same way.

To Keep Ripe Fruit in Bottles.

Gather the fruit perfectly dry and sound, and weigh with an equal quantity of sugar, which must be finely pounded; bruise the fruit gently in a mortar, not sufficiently to force the juice to flow, then put into wide-mouthed bottles, strewing in the sugar amongst it; fill the bottles entirely, leaving only space for a coating of melted mutton suet, which will effectually exclude the air. Raspberries, strawberries, or currants, preserved this way, make delicious tarts or creams in the winter.

Almond Taffy.

Boil a syrup of a pound of sugar to half a pint of water to caramel height, throwing in an ounce of blanched almonds split into strips, and an ounce of butter. When the candy hardens at once in the water, turn it out on a buttered slab, and cut up into thin squares.

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brandy, and drop in as many fine ripe cherries half cut away as the brandy will cover, add clear raspberry juice, which will improve closely, and when the fruit has absorbed more till the cherries be fully saturated with the brandy; cork closely, the co

Peaches in Brandy

Cover the fruit with a good syrup fire till perfectly tender, as you can through; take them out and put them, and when cool fill up the jar, allow the brandy to be absorbed

ries, before you cover the jars *boys and Little Children of both* Nectarines, plums, and of

To Keep ~~exes~~, and of their

Gather the fruit perfectly equal quantity of sugar, the fruit gently in a bowl, flow, then put into a jar amongst it; fill the jar with a coating of melted sugar. Raspberries make delicious tarts.

Boil a syrup of caramel height, into strips, and at once in the into thin squares.

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