

TREATISE
DOMESTIC MEDICINE;

IN WHICH IS ADDED,

A PRACTICAL SYSTEM OF DOMESTIC COOKERY

—
BY THOMAS COOPER, M. D.

A TREATISE

OF

DOMESTIC MEDICINE,

INTENDED FOR FAMILIES, IN WHICH THE TREATMENT OF COMMON
DISORDERS ARE ALPHABETICALLY ENUMERATED.

TO WHICH IS ADDED,

A PRACTICAL SYSTEM OF

DOMESTIC COOKERY,

DESCRIBING THE BEST, MOST ECONOMICAL, AND MOST WHOLESOME METHODS OF DRESSING
VICTUALS; INTENDED FOR THE USE OF FAMILIES WHO DO NOT AFFECT
MAGNIFICENCE IN THEIR STYLE OF LIVING.

BY THOMAS COOPER, M. D.

ALSO,

The Art of Preserving

ALL KINDS OF ANIMAL AND VEGETABLE SUBSTANCES FOR MANY YEARS, BY M. APPERT.

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DOMESTIC MEDICINE.

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DOMESTIC MEDICINE.

General Advice.

If you live in a cold climate, wear flannel in the winter: keep your feet from damp. Females, in such a climate, in winter, should wear flannel next their skin, and woollen stockings under silk or cotton. Consumption came in, with silk stockings and muslin dresses; and can only be banished by woollen clothing.

In such a climate, colds, and coughs, and pleurisies, are generally the effects of repletion. Dr. *Franklin* used to say, he could eat himself into a cold at any time within three days; and he said truly. Avoid hot suppers and malt liquor particularly. A cold is the forerunner of cough; and these, of consumption.

In a warm climate, avoid fatigue in the sun, and the morning and evening vapour: wear flannel in winter, and do not throw it off till the weather is permanently above 76° Fahrenheit. No man can expose himself to the rain or the wet in a warm climate after harvest with impunity, unless a labouring man, accustomed to it, and acclimatised.

Wherever you settle, keep out of the way of river bottoms, swamps, marshes, and decaying vegetables in summer. If you cannot drain them, plant their borders, and between them and your house.

Barring wounds, broken limbs, and surgical cases, nine-tenths, at least, of all the disorders, men in society are subject to, proceed from a deranged state of the stomach, bowels, and liver. A steady attention to these few words will supersede all the books of domestic medicine that ever were published. Look at the tongue every morning: if

it be furred, the stomach or bowels are out of order, and you must resort to cathartics and abstinence till the tongue is clean. If you have symptoms of indigestion or costiveness, do the same. Meet acidity in the stomach by magnesia, when calcined or uncalcined. In such case 3 tea-spoonfuls of magnesia, mixed with an ounce of Epsom or Rochelle salt, dissolved in a tumbler of water, is an excellent medicine.

All wine, all cyder, all bottled ale and porter, are productive of acidity: they require magnesia as a corrective in weak stomachs, and with people in the decline of life. Acidity produces indigestion, costiveness, gout, hæmorrhoids, gall stone, and many other evils. Young people, and till about the age of 40, men in general, do not much feel the effect of irregularity; but they pay for it afterwards.

Nothing produces indigestion and disease so surely as stimulant liquors taken before dinner.

Much use of tobacco, produces indigestion and a febrile state of the system, called the tobacco fever: difficult of cure.

Fruit, unless perfectly ripe, is very apt to produce diarrhœa and dysentery. Even ripe fruit should be eaten moderately: never after dinner; when it always produces more or less of capulous feelings: it should be eaten before dinner, or as a supper. A meal of fruit after a meal of meat, is more than the stomach can properly dispense with; especially with a meal of pies and puddings intervening.

All vegetables are best when they are most plentiful.

All meats are best when the animal is at maturity. Hence, to delicate persons, chickens, lamb, veal, pig, are not nearly so wholesome or nutritive as beef, fowl, mutton, and pork. All meats of a pregnant female animal, are comparatively unwholesome.

Fish of no kind is wholesome, if frequently taken; particularly in summer time, and in warm climates.

There is a strong prejudice expressed against tea, in most books on medicine and diet. I know of no beverage so wholesome, so refreshing, and at the same time so cheap. It is slightly stimulating and tonic, and excelled by no liquor whatever as a beverage at breakfast, and a few hours after dinner. It may be abused, by being taken too strong, or too hot: but what may not be abused? Half souchong and half hyson, appears to me the preferable mixture. Coffee is more apt to produce costiveness than tea. Of the substitutes for coffee, chicory, (or succory, *Chicorium intubus*,*) is undoubtedly the best: one half chicory root, and one half coffee, makes a rich and wholesome beverage. Dried rye or malt is not so good for the purpose, though much used. Indian corn, imperfectly boiled, is unwholesome.

Physicians write much solemn nonsense about wine, and spirits also, as well as about tea. They *ought* to be ignorant of the effects of wine, unless drank in great moderation. I have travelled the circuit for five and twenty years, as lawyer and judge, and have had occasion and temptation, to drink all sorts of wine, and all qualities, moderately and sometimes immoderately; and therefore consider myself qualified to speak of it. I am also subject, occasionally, to gout. Generally, of wines, the least acid are the least unwholesome. This can be ascertained by blue

litmus paper. The red colour will be in proportion to the degree of acidity.

The light French wines, red and white hermitage, burgundy, claret, vin de grave and chablais, are more gouty than old port, or old madeira. Tene-riffe is a very unwholesome acid wine; so is vidania.

The pleasantest wines are in this order,—Burgundy of Romaine-County, Claret of La Fitte, Chateau-Margaut, or medoc generally: but no claret is drinkable for pleasure or health, except the first quality. Inferior clarets are very gouty. Next to claret, in point of flavour, and superior in point of health, is hermitage. The best white hermitage is somewhat better to my taste than even sauterne, vin de grave, or chablais.

All these French wines, (unless of the first quality,) are acescent and gouty. They may be considered as containing about one-fifth of ardent spirit of the strength of common brandy.

The ullage of a cask of fine old Madeira, is the most generous and nutritive wine that is drank: but it is only fit for two or three glasses, as a liqueur wine. Fine sherry is less acid than any other wine, and I doubt if it be not the richest and finest of all the European white wines, out of Hungary. But it is not an after dinner wine.

Next to claret and hermitage, the first quality of the port wine, imported at the London market, is the best wine I know of, when the cloth is removed: but it is not understood in America.

It is in vain to inveigh against the use of wine. Those who can afford, will drink it; and they have drank it from the days of Noah to the present day. As it was formerly, and now is, so it will be. There is no doubt but a beverage so productive of all companionable feelings, will be used to excess; what good thing is not?

But a man need not be in company every day. When alone, he ought to make a point of conscience to stint himself to half a pint of wine; and now, that no healths are drank at a gentleman's table, a pint of wine, taken

* In Germany the consumption of succory cannot be less than ten millions of pounds weight, annually. The tops of succory are excellent, cut three times a year, for cows and horses. Take the root in autumn: split it if large: dry it in the oven after the bread is taken out: then roast it in the coffee roaster, with your raw coffee, till both are of a deep chocolate brown. Rye may be made to imbibe the flavour of coffee in the same way.

at the usual moderate intervals, will fully suffice for an afternoon in company. Rely upon it, more than this will assuredly lay the foundation for a painful and uncomfortable old age. I speak from my own experience, in part, and, in part, from much observation upon others. Those who will profit by the mistakes of their neighbours are wise. *Felix, quem faciunt, aliena pericula cautum.*

Bottled beer, is acescent and productive, not only of indigestion but of hebetude. There is great reason to fear, that other more deleterious narcotics are used than hops. I am afraid of this liquor, unless it can be brewed at home of malt and hops.

As it is, the least deleterious beverage is one part of whiskey or gin, or cognac brandy, mixed with 5 parts of water. Neither of these spirits will turn litmus paper red. Spanish brandy, rum, peach brandy, apple brandy, all contain a deleterious acid, that may be detected by litmus paper.

Whiskey ought to be made either of malt, as in England, or of wheat or rye, with one-fifth malt; and kept for 3 years at least: it is then a fine liquor. It is usually made of rye, corn and buckwheat in equal parts, and then it is neither so pleasant nor so wholesome.

Holland gin makes a very good beverage, duly mixed with water.

A man will certainly be more in possession of his faculties who drinks nothing but water as a beverage: but it is a farce to preach up a doctrine that will never be followed but from necessity. Women who are habitually temperate, are very often more abstemious than is consistent with good health.

If a person has resolution to be moderate, I believe the moderate use of wine will be to him a source of innocent enjoyment, and pleasurable feelings: but the indiscretions of conduct, that attend upon an indiscreet use of wine, are far, very far worse than the pains and sickness of which it lays the foundation. Happy will the young man

be, who is deeply and practically impressed with these truths.

The sickness and head-ach of a debauch is best carried away by 3 or 4 tea-spoonfuls of magnesia, and twenty minutes afterward, an ounce of epsom salts: work it off with barley water or weak broth.

All home-made wines, are coarse, acid and unwholesome.

Bathing the feet in cold water, and the daily use of the bidet, contribute greatly to health as well as to cleanliness. No bed-room ought to want this useful article of furniture.

In cold climates, and, in the winter, every where in the United States, the economy of fuel employed in equalising the distribution of heat, is as beneficial to the health as the pocket. Those who can afford it, should have the following conveniencies, viz:

A stove in the cellar, surrounded by brick-work, to throw heated air into the passage: or else, a stove in the passage, to render a current of air, suddenly thrown into the sitting room, warm and comfortable. Modern open fire places, in large rooms, are admirable contrivances to waste wood, to roast the front, and freeze the rear of those who sit near the fire; to produce cricks in the neck, colds, coughs, and pleurisies, no invention can more ingeniously or completely effect these purposes.

Moreover, those who can afford it, should, in cold climates, have double doors and double windows; such as are universal in France, Germany, and now in London. The warm air of the room, in winter, is very soon cooled by exposing the sash-windows to the frost without; as is seen by the condensed moisture within.

Also, every open fire-place should have a double back, with a communication from the outward air, to be heated, and then thrown into the room, either by side pipes, or in front, over the chimney-piece, as is common in Philadelphia and elsewhere.

Do not feed your fire with the warm air of the room, but with cold air, by

a pipe in the fire-place, communicating with the air out of doors.

Sheet iron stoves are a convenient method of quickly warming bed-rooms, and apartments not in constant use.

It should be inculcated upon the poor, that tight windows, tight doors, and close walls, are great savings in point of health and of fuel.

By these means, an uniform temperature may be preserved in apartments, and the maladies arising from exposure to currents of cold air prevented.

Floors made of tiles, neatly jointed and painted, such as are common on the continent of Europe, would save trouble, keep longer clean, be safer from fire, and harbour fewer insects, than our boarded floors, and might be made quite as neat, and even ornamental. Generally, in washing our boarded floors, they are made to soak up dirty, filthy, soapy water: then they are said to be *cleaned*!

It is not in place here, but I cannot resist the inclination of saying that, for the poor, particularly, broken windows, doors that will not shut, air holes in the walls, and open fire-places, are equally unhealthy and uneconomical. They should be taught that, in an earthen, a brick, or an iron stewing stove, nine inches long or round, and six inches across, and five inches deep, like the common cooking holes in a French kitchen, all their boiling, broiling, stewing, and frying, can be done with charcoal: and that one dollar in charcoal, will go as far in a kitchen, whether of the poor or the rich, as 4 dollars in wood.

Every chimney should be swept monthly.

The drier the wood, the more heat and the less smoke it gives. Green wood requires almost its own weight of wood in combustion, to dry it, so as to make it burn. It is the smoke of green wood that makes a chimney foul.

The heat and the blaze of an open fire-place, well supplied with fuel, do more damage to the eyes, than any other circumstance I am aware of.

Hence the superiority, in this respect, of stoves. Those who prefer the cheerful aspect of open fire-places, ought to be aware of the price they pay for them.

Filter all the water you drink. A large tin funnel, with a sponge, will answer the purpose: or filtered through one sponge, the water may fall into a funnel, slightly stopped with another. I consider this as of great importance to health.

Where the water is known to contain saline matters, not separable by a filter, add to each quart about 4 grains, of supercarbonate of potash, a quarter of an hour before you filter it.

Small beer, brewed from malt and hops, is an excellent and agreeable beverage: but there is good reason to believe that the ale and the porter commonly sold, is not brewed *entirely* from malt and hops; but too often contains ingredients narcotic and deleterious.

Old whiskey and water, in the proportion of 5 water and one spirit, is a beverage not to be found fault with. But if you go on to increase the strength, you incur the hazard of becoming a sot or a drunkard. I have so often seen this, that I am fully persuaded of it.

Whiskey and gin will shew no acidity when paper turned blue by litmus, by violets, by red cabbage juice, by archil, or by cudbear, is dipped into it: neither will the best Cognac brandy: but Spanish brandy, rum, peach whiskey and apple whiskey will turn the blue colour red.

Paper thus blued, is a good test of the acidity of wines.

Paper thus blued, will also inform you when the perspiration, or other secretions, put on too much of an acid character; in which case, fly to magnesia, strong soda water, or Castile soap, for at least 4 days.

All old people are subject to venous plethora, from over eating and drinking: the languid circulation and secretions are not competent to the task imposed on them: for what ap-

pears to be moderate, is really more than nature requires. Hence, gout, turgid vessels of the head, vertigo, apoplexy, &c. In such case, if purges do not give full relief, take away 8 oz. of blood from the head, or 16 from the arm. Old people, who live fully, bear bleeding, generally, very well, and require it more frequently than young or middle aged persons.

Women are very subject to venous plethora and gout, in the decline of life. When young, the sick head-ach of indigestion, so common with females, proceeds often from want of the stimulus of exercise, and can generally be relieved for the moment by a little of the stimulus of liquor, as a glass of warm brandy and water, with nutmeg and ginger. The objection is, the frequent repetition of this dose: magnesia should therefore be prescribed at the same time; indeed the symptoms almost always require magnesia also.

Women are never sufficiently impressed with the great importance of good health to conjugal happiness. Every good and honest man will steadily conform to the obligations of the married state; but it is absurd to say that habitual sickness, in the wife, can have permanent attractions for the husband. Every person should have, (if he can afford it,) a bidet, a cold and a warm bath in his house. These can be had at any tinman's, at a moderate expense.

Every family will find it of great convenience to keep by them, the following articles, viz:

(a) Half a pound of common magnesia.

(b) A pound of Epsom or Rochelle salt, made up in ounce doses.

(c) A bottle of castor oil.

(a) To take about 3 heaped tea-spoonfuls, in case of acidity in the stomach: and to give to children, mixed up in milk, in case of griping and sickness from indigestion. Children's complaints almost always are owing to over-eating; for which, magnesia and rhubarb, or magnesia and jalap, or some other purge, are effectual remedies. If a child refuses to take physic, when needful, be determined, and compel it.

(b) An ounce of one of these salts is a moderate dose for an adult. They are taken most easily in Seltzer or Soda water. Rochelle salt is the least nauseous, and should be kept in powder.

(c) Sometimes castor oil is preferable to salts: the dose for an adult is two table-spoonfuls

(d) A box of any of the common cathartic pills of the shops.

(e) An ounce or two of calomel.

(f) A quarter of a pound of powdered jalap.

(g) An ounce of emetic tartar, and as much ipecacuanha.

(h) A box of common basilicon ointment, (an ounce or two,) and a few ounces of patent lint.

(i) A vial of spirits of turpentine, about 4 oz.

(k) About 4 oz. of camphorated spirit of wine.

(l) Common ointment: and about an oz. of white lead in fine powder, kept separately.

To a person living in the country, where it is so troublesome to send for a physician on trifling occasions, that he is seldom sent for early enough on serious ones, these directions will be found useful; and they furnish almost every thing that an unprofessional man ought to use. I have not included a lancet, because the letting of blood calls for skill and knowledge, both as to occasion and quantity: this instrument is only useful in unprofessional hands, to open a boil or other gathering, when ripe. I have omitted opium and laudanum, for they are too dangerous to be trusted to unskilful persons.

(d) A variety of cathartic, for those who prefer pills.

(e) Useful to be taken as a strong purge, in cases where active medicines are called for, as in bilious attacks. The dose for a grown person, 10 grains calomel, with 15 grains jalap.

Useful also for worms in children: a child of 2 years old may take 3 grains; of 4 years old, 4 grains; of 6 years old, 6 grains: give it fasting: work it off next day, with castor oil, or with senna tea and manna.

(f) To mix with calomel.

(g) Whenever you feel sick at the stomach, nature calls for an emetic, (unless in cases of the gout.) An emetic for an adult, is from 3 to 4 grains of emetic tartar, in warm water, and in about half an hour, 20 grains of ipecacuanha.

(h) Useful in cases of cuts or common wounds; where, in general, all that is necessary is to exclude the air.

(i) To apply in cases of burns.

(k) For the same purpose, and for bruises.

(l) To make ointment of white lead, mix your common ointment with a little white lead powder on the back of a plate. I generally use this as an application for slight burns.

Powdered white lead, one part, and whiting one part, mixed together and put into a fine muslin bag, is a very useful remedy for infants when chafed and fretted on the inside of the joints, or elsewhere. Dust it on the sore place, through the muslin.

ALPHABETICAL ENUMERATION, AND TREATMENT, OF COMMON DISORDERS.

Abscess.

In common cases of boils, or gatherings, apply a poultice of bread and milk with a little butter or lard in it, until the tumour begins to appear white, and the undulation of matter within is felt distinctly: then open it freely with a lancet, and dress it with yellow basilicon. Generally, you will save pain, and time, by applying to a surgeon.

Acidity in the Stomach.

For an adult, give 2 or 3 large tea-spoonfuls of calcined, or 3 or 4 of common magnesia. It may be taken in water, or in milk and water. This will remove it for the present. But acidity, sick head-ach, heart-burn, and dyspepsia, can only be removed by exercise, and temperance. In females, it is exercise that is chiefly necessary. Indigestion always produces acidity. After the magnesia, (next day) take an oz. of Epsom, or Rochelle, or Glauber's salts.

Ague.

Remove from marshy and swampy situations. When taken with the usual chill and shivering, wait till the hot fit: then while in the hot fit, pour a bucket or two of cold water over the naked body; keep in a moderate temperature, rather cool than warm. When the hot fit is over, take an emetic, and work it off with white wine whey; take a clyster or a purge if there be costiveness. Then take twice a-day in the intervals of the fits eight drops of Fowler's mineral solution, in a glass of good Sherry wine: in each hot fit use the cold water as above.

Or in lieu of Fowler's drops, (which I prefer,) mix a scruple of powdered ginger with an ounce of Peruvian bark: divide it into 8 doses, and take 4 doses a-day in the interval of the fits, with a glass of wine. Keep the bowels open.

Where Peruvian bark is too expensive to be administered, use the following: Common oak bark 2 oz. cala-

mus aromaticus 1 oz. gentian $\frac{1}{2}$ an oz. ginger 1 drachm; black pepper one scruple; all in powder; simmer them in a close vessel in a quart of water for at least an hour; strain the liquor, take one half of it in 4 doses in a day, in the intervals of the fits, adding to each dose six drops of laudanum. Use externally cold water in the hot fit.

Ague Cakes.

Take medical advice.

Animal Poisons.

Whether stings or bites: apply plentifully volatile alkali; that is, spirits of sal ammoniac or hartshorn, which are the same.

Animation Suspended,

May arise from common fainting, from drowning, from hanging, from epilepsy, from apoplexy, from palsy. If you have time, send for a physician. If not,

In common fainting, apply cool air, volatile alkali upon the temples, and about 20 drops to be drank in a wine glass full of water: use gentle friction, and have patience.

In cases of drowning, apply warm blankets, bladders full of warm water to the breast, warm bricks to the feet, gentle but continued friction on the skin with hot flannels. When the body is somewhat warm, apply volatile alkali to the temples and the ancles, but not while the body is cold. Give a clyster of warm water with some salt in it. Do not rub salt on the body, do not hang up the body by the heels, warm the body as soon as you can. When warm, you may give some weak warm toddy, with 20 or 25 drops of volatile alkali, and six of laudanum; you may introduce into the stomach by a flexible tube.

Epilepsy—Is usually attended with convulsions. If the pulse demands it, bleed. Give a purgative clyster of an ounce of Glauber's salt in a pint of warm water, while the physician comes.

Apoplexy—From gout, open a branch of the temporal artery, or cup plentifully, and purge freely. From a sudden stroke of the sun, clysters, cold water applied to the body, and cupping to the temples.

Apoplexy is usually accompanied with difficult and laborious breathing, profound sleep, loss of voluntary power, but without convulsions. Until your physician comes, administer if you can a strong purge of salts, or calomel and jalap in molasses, and take blood from the arm to the amount of 12 or 16 oz. If you cannot give any thing by the mouth, give a purgative clyster of an ounce of any purging salt in a pint of warm water.

Palsy.—Send for your physician, in mean time give a purgative clyster. Palsy of old people is often owing to venous plethora.

Asthma.

Bleed, take an emetic, then a purge. Wear flannel next the skin: in the paroxysm, smoke a cigar with a dried leaf of the Jamestown or Gimson weed in it, (*Datura stramonium*.) Small bleedings, gentle emetics, and abstinence, are the best remedies for asthma of whatever description.

Bite of Snakes.

Apply volatile alkali externally, and give it internally in doses of 30 drops, in a glass of water every $\frac{1}{2}$ hour for 2 hours.

Bite of a Mad Dog.

Cut or burn out the part: or burn gunpowder on it: or if that cannot be safely done, apply by means of a syringe for an hour, warm water with an ounce measure of volatile alkali to the pint; making an opening first with a knife or lancet. Do not kill the dog if you can take him alive and tie him up, to ascertain whether he be really mad or not.

Blood.

Spitting of Blood.—Not profuse, usually attended with cough. If the

pulse be full, bleed, which is generally expedient; give an emetic, and a purge; in cases that require instant relief throw cold water on the private parts, or pour it in a gentle stream down the back; and give 3 grains of sugar of lead every hour for 3 hours. But as this disease is generally the forerunner of consumption, do not omit sending for a physician.

Blood from the anus.—Bleeding piles: these are salutary discharges, and ought not to be stopt unless they produce great diminution of strength.

Vomiting of Blood—Preceded by a sense of weight, anxiety, and pain in the stomach. No cough. A profuse discharge of dark colour. Send for your physician. If the case is urgent and the pulse is tense, bleed. Then give 5 grains sugar of lead: in half an hour, 3 more grains: in an hour afterwards if the hemorrhage be not stopped, 3 grains more. Avoid an emetic. If sugar of lead is not at hand, give salt and water.

Bleeding at the nose.—Pour cold water on the genitals. Or put a large key in ice, and then apply it to the back. But do not stop it for a quarter of an hour at least, for it is generally an effort of nature to get rid of local plethora.

Bile, Redundant.—Take a dose of calomel and jalap.

Burns and Scalds.

Apply cotton dipt in oil of turpentine, or in spirit of wine: if the pain is great, give laudanum to procure rest at night; and gentle purges to prevent fever.

Or apply cotton dipt in common white lead paint, not very thin, immediately. Or mix powdered white lead with simple ointment, or hogs' lard, and apply it on lint; renewing it frequently. Keep the place from the contact of the air as much as possible.

Cancer.

On the first appearance of a hard, indolent swelling, in the face, neck, lips or breast, apply to a surgeon. Delay is death.

Carbuncle or Anthrax.

A very painful tumour, that does not promise to come to a head with white matter like a boil: apply to a surgeon: if mortification is threatened, a blister on the part, joined with bark and wine internally, is a good auxiliary.

Catarrh.

A cold attended with cough. Keep in doors, take a purge, drink much diluting liquor, such as warm tea, barley water, &c. Eat but little solid food, and no meat; excite perspiration. An emetic always does good.

Influenza,

Is a catarrhal affection accompanied by fever, it is usually epidemic. It requires medical advice, but generally, the observations made on coughs and colds will answer for influenza.

The cough of old men, is best relieved by gentle emetics, and great moderation in diet; with abstinence from all stimulating liquor.

Chicken Pox,

Begins with chills and fever. Pustules with *watery* matter on the third day: no regular pus. A scab is formed on the fifth day. In small pox the pustules are filled with *yellow* matter, and are not ripe on the fifth day.

Gentle purges, diluting drinks, clysters if called for. Do not expose the child to very cold air, or keep it more than moderately warm. Let the diet be simple.

Chilblains.

Frost-bitten.—Apply cold water as soon as you can. Do not approach the fire. When they become sore, apply camphorated spirits of wine or oil of turpentine first; and then bathe them with vinegar and salt. If liable to break, poultice them, open the swelling and treat it like any other abscess.

Cholera Morbus.

Give warm diluting drinks of any kind in great abundance: apply stan-

nels wrung out of warm water to the stomach; or bladders containing warm water; when the stomach is cleansed, inject by a small syringe 25 drops of laudanum in a full wine glass of warm water into the bowels: when the stomach is thus eased, give an ounce of epsom or rochelle salt; and work it off by diluting drinks, when it begins to operate. Continue this course. If it does not operate in 2 hours, aid it by a clyster, containing half an ounce of the same salts: rest is best obtained by injecting laudanum, which if necessity requires may be used as far as 50 drops or more.

Colic.

From bile: from indigestible food: flatulent: hysteric. In the two former cases, purge with jalap and calomel: in the two latter, with *Duffy's* Elixir, and *Warner's* cordial, or compound tincture of aloes; or with tincture of rhubarb; or with aloetic pills, taking after them 2 grains of whole pepper. First however ascertain that there is no fever, before you give these spiritous purges; if no fever, they are to be preferred.

Colic from lead.—This arises among painters, or more frequently from the pernicious custom of keeping pickles, vinegar, eyder, or sour milk in glazed earthen vessels. Apply to a physician. In mean time give a purge of two large table-spoonfuls of castor oil: and apply warm fomentations to the belly. If the purge does not operate, aid it by a clyster.

Consumption,

Begins with cough, slight chills and fever, feverish restlessness at night; sensation of heat in the palms of the hands; night sweats: sometimes with spitting of blood.

It is owing more to silk stockings, muslin petticoats, and balls in the winter, than to any other known cause. The disposition to consumption may be propagated. It is very apt to be neglected. It is commonly combined with scrophula. It is incurable as I

think when tubercles are completely formed. It is doubtful whether it can be communicated or not. If a young woman is taken with a cold, and a cough, she is very apt to neglect it, but her friends ought not. She should be put on the regimen, &c. prescribed for colds. Consumption may be stopt in the beginning by a sea voyage, or by emetics and blisters. When formed it may be alleviated by prussic acid; and by breathing common air mixed with $\frac{1}{4}$ hydrogen: it cannot be cured by any known powers of medicine.

Contagion and Infection,

May be destroyed by chlorine gas, or by nitrous gas. Infection does not depend on the chemical constituents of the atmosphere. Nor upon any substance hitherto observed, mechanically mixed with the atmosphere. A muslin veil is said to be a safeguard.

Is it microscopic animalculæ? 1. *Spolanzani* and *Lieuenhoeck*, have shewn that the human fluids abound with them. 2. They are plentifully found in black vomit of yellow fever. 3. Gases quickly fatal to animal life, destroy infection.

By Contagion, is meant, diseases that can be communicated only by contact: as the syphilis, the itch, the measles, small pox, &c. By infection, diseases that can only be communicated by breathing infected air, as the marsh intermittent, &c.

Epidemic, are diseases proceeding from a general cause, and extending over a considerable district of country, not owing to causes originating throughout the infected district.

Endemic, are diseases of a local origin, which may spread, from a general extension of local infection arising at a given place.

Sporadic, are separated, insulated, scattered cases, not traccable to any epidemic or endemic origin.

Convulsions,

Very frequently owing to worms. The safest practice is to give a purge and a clyster. See Hysterics.

Corns. See Warts.

Costiveness,

Cannot long consist with health. Spiritous liquors produce costiveness: so does too much wine: so does cheese, though otherwise a wholesome food: so does a sedentary life.

Drink your beverage weak: take exercise when you can: do not indulge at the table, keep by you a solution of 4 oz. of rochelle salt, in a common wine bottle full of water: dissolve it first in hot water. When you feel costiveness, take a gill or more of it. If your complaint be accompanied with acidity, take magnesia also.

Cough. See Catarrh.

Cough, Hooping.

As it comes on for 12 or 14 days with a common cough and catarrh, and with febrile symptoms, use a low diet, and give gentle purges of rochelle salt, or castor oil. When formed and characterised, the best remedy is gentle emetics frequently given, such as antimonial wine, or a solution of 3 grains of emetic tartar in 3 table spoonfuls of hot water, sweetened with a very little lemon juice. Let the patient take a table spoonfull at a time: the intent is rather to dislodge mucus from the first passages than to clear the stomach. Change of air, often relieves when nothing else will.

Prussic acid or Fowler's mineral solution, may be prescribed by your physician. But these are dangerous medicines and require skill to exhibit them.

Cow Pox,

Is too common to need directions. But as it is of great consequence to be sure the contagion has taken place, employ a physician.

Cramp.

Keep your legs protected from cold. It is common in pregnancy, and is frequently the forerunner of gout. In this last case, take calomel and jalap, and abstain from wine and spirits.

Croup.

Face flushed, eyes inflamed, hoarse cough, which a little after midnight assumes a sound between a bark and a yell. On the first appearance of the barking cough, without delay, give an emetic of emetic tartar and blue vitriol equal parts: give much diluting drink, when the emetic operates. If the croup does not go off, give another and another emetic. The child may be lost by a delay of a few hours. Bleeding is useful, but if the disease is attended to immediately, it may generally be dispensed with. If the emetic does not operate in half an hour at the utmost, give a grain of blue vitriol in a glass of water.

Parents not accustomed to the peculiar sound of the croup cough, whenever it assumes a barking tone, should instantly give an emetic at all events, for an emetic is in all cases, one of the best remedies for cough of every kind.

Dance, St. Vitus's.

The cold bath thrice a week, and repeated purges of calomel and jalap; issues or setons; but as it is hard to cure, apply to a medical man.

Deafness.

Examine if it be from insects, in which case drop oil into the ear. Or from wax, which may be cleared out, and then the ears gently syringed with warm water. In all other cases, take advice.

Dentition, or Teething.

When the gums are swelled and painful, cut through them down upon the tooth, and give frequent gentle purges, and use low diet. Always give laxative physic during teething.

Diabetes.

Take advice. In diabetes, the following formula has been successful: Chincona, uva ursi, each half a drachm, opium half a grain, to be taken daily in lime water. Eat no vegetables.

Diarrhœa.

The following prescriptions are well

compounded for diarrhœa. Prepared chalk, and powder of gum arabic, each 6 scruples. Brandy sweetened with sugar two drachms by measure, oil of cinnamon six drops, of laudanum fifty drops, water six ounces.

Prepared chalk, is common whiting washed, and dried.

Let an adult take a table spoonfull every half hour, a young child of a year old, a tea spoonful.

In the violent looseness called Cholera Infantum, moderate doses of calomel and ipecacuanha, frequently repeated, have been found the best practice; but this case calls for medical advice. See Dysentery.

Dropsy,

So, often arises from febrile causes, that a physician should be consulted. Generally, the course is, to purge once or twice till the pulse is calm, and at the commencement of the disorder give the following pill twice a week, viz: powder of squills 3 grs. powder of digitalis 1 gr. powder of cantharides 1 gr. Make it up with soap. This will generally take away the water, whether in the head, the chest or the belly. But the disease is apt to return, and no one but a physician can tell when and how to use tonics. The above prescription I mean rather for the physician than the patient, having used it with good effect. Dropsy in old people is often plethoric, and may require bleeding. The following formula may be of use:

Dr. Ferriar prescribes as hydragogues or expellers of water morbidly accumulated in the body, extract of elaterium one grain, sweet spirits of nitre 2 oz. tincture of squills and oxymel of colchicum of each 4 drachms, syrup of buckthorn 1 oz. take a tea spoonfull at a time frequently.

Dr. Marryat's hydragogue is calomel 10 grs. powder of squills 6 grs. powder of foxglove 4 grs. nitre 40 grs. mix all together for four doses of 15 grs. each.

Another is 4 oz. of cream of tartar, mixed with an equal weight of white sugar, to be taken during day time in 8 days, taking at night a pill of $\frac{1}{2}$ a gr. of

digitalis, 1½ gr. of dried squills, and 1 gr. of gamboge.

Or cut into thin slices 4 oz. of briony root, digest it for 24 hours in a warm place in 8 oz. of white wine. Take this in 3 days, or in urgent cases in 2 days.

Drowning. See Animation Suspended.

Dysentery.

An infectious disorder, originating from marsh miasmata; consisting in irritation of the bowels, attended with frequent and painful stools, streaked with blood, often gelatinous.

First ascertain by the pulse if bleeding be called for, which is required if the patient is hot and thirsty, and has a sensation of heat in the belly. Then if there be nausea, or sickness, give an emetic. Then give an ounce of epsom salts with half a grain of emetic tartar and 3 tea-spoonfuls of magnesia, a medicine too little known in this disorder. Give laudanum combined with antimonial wine, in the evening, to procure rest at night; or else laudanum by injection with the same intent. You may alternate the salts with castor oil in full doses (two table-spoonfuls at least.) Give much warm diluting drinks, as barley water, weak arrow root, &c.

N. B. Potatoe starch is commonly sold for arrow root, and has been found full as good.

The warm bath, and flannels wrung out of hot water applied to the abdomen, frequently give ease to the patient when griped. A blister on the breast also relieves the internal irritation.

When the bowels are well cleansed, and the fever subsided, astringents of catechu may be safely given: as a decoction of catechu, half an ounce to a quart of boiling water, a small tea-cupful to be given at a time, twice or thrice a day.

I have known 36 cases of epidemic dysentery, of which 2 were fatal, where kino was substituted for catechu. I address this rather to the physician than the patient. The practice by sudorifics should be left to a medical man.

Diarrhœa, or looseness, proceeds generally from indigestion. In children it is occasioned by improper indulgence in fruit and cakes, particularly in the autumn. Even ripe fruit should be sparingly given, and unripe never.

Give magnesia and rhubarb, or magnesia and jalap, do not omit magnesia, which is never sufficiently appreciated. Or give castor oil, so as thoroughly to cleanse the stomach and bowels. Give laudanum *by injection*, in the evening to procure rest at night. To a child of from two to four years old, inject with a syringe from 8 to 12 drops of laudanum in a wine glass-full of warm water. In the morning, repeat the opening medicines. Give much diluting drink. If you give castor oil, alternate it with magnesia. A tea-spoonful of magnesia, and ten grains of rhubarb or jalap will be a dose for a child from 4 to 6 years old; and so in proportion. This course with diet of arrow root, light bread, puddings, barley water in abundance, will generally cure. Litmus paper is very useful as a test of acidity in these disorders. All kinds of indigestion produce acidity.

Ear-ach.

Purge. Apply a muslin bag filled with hops wrung out of hot water to the ear.

Epilepsy. Apply to a physician.

Eruptions on the skin in Children.

Generally arising from indigestion. Purge, and give diluting drinks; employ also the warm bath, with friction by flannel. See Ring-worm and Tetter.

Erysipelas.

Eruptions on the skin, flat, red, the redness disappearing on pressure, with or without watery blisters; usually attended with fever. Attacking the face, belly, genitals, legs, &c.

When erysipelas attacks elderly people periodically, it is usually a form of gout. All that an unprofessional man should venture upon in this disorder, is

to give an emetic in cases of nausea; and purges at all events. The diet should be low, with plenty of diluting beverage; the place should not be scratched; the pustules may be dressed with a mixture of rye meal and magnesia. Advise with your physician.

Excoriations.

On the pudendum; not venereal, accompanied with inflammation, vesicles, and ulceration. Give cathartics of jalap and calomel; wash the parts with lead water, or apply ointment of white lead powder mixed with hogs' lard. Then give bark, an ounce in three days.

Excoriations in persons confined to their bed. ♂ See Doctor *Heberdon's* ingenious contrivance in the seventh volume of the "Eclectic Repertory," page 48.

Eyes Inflamed,

May proceed from cold, in which case administer cathartics, and cold water to the eyes; keeping them from too much light: and apply if needful a blister behind the ears. Or, sore eyes may proceed from too much use of spiritous liquor: leave it off, and take cathartic physic. Or, from obstructed menstruation in females; which see. Or, from indigestion and careless exposure in children, in which case, give cathartic medicines, wash with cold water, and apply a blister behind the ears. In violent inflammation, bleed to fainting, standing: scarify the inside of the eyelids above and below. Sometimes the disorder requires patience, which must be used.

Fainting.

Cool air, loose dress, hartshorn externally and internally.

Falling of the Fundament.

Use the general and topical cold bath by means of a bidet: and bathe the part in a decoction of rose leaves, with a little logwood in red port wine, moderately warm. If costive, use gentle laxatives.

Falling of the Uterus.

Use the aforesaid remedies, but medical advice will also be necessary.

Fever.

Continued inflammatory, bleed, purge daily with magnesia and rochelle salt: while the fever is upon you, have a pail full of moderately cold water, frequently thrown over the naked body. Use diluting drinks plentifully, neither hot or cold. Do not use acidulated drinks, do not keep too many clothes upon you in bed, take no nourishing diet solid or fluid, while the fever is upon you.

Fever.—Remittent, where it continues violent for a time, then abates without entirely leaving the patient, as it does in the ague or intermittent. Take at least 8 oz. of blood from the temples, purge with calomel and jalap; apply cool water plentifully to the body in the hot fit, take no nourishment, drink largely of diluting drinks, after the first dose of calomel and jalap (10 grains of each to a dose,) let your cathartic be, 1 oz. of rochelle salt with 2 or 3 tea-spoonfuls of magnesia: your next purge may be castor oil. Try the urine and the perspiration with blue litmus paper; if it turns decidedly red, give magnesia, which is also loudly called for by acid eructations and vomitings. Magnesia is better than any other alkali, because in equal weights it saturates more acid: and forms a mild purgative neutral: it is too much neglected. When the fever remits, nourishment may be taken, but always avoiding costiveness. In these cases, the advice of a physician will seldom be neglected; until he comes, the preceding directions may be followed.

Fever.—Intermittent. See Ague.

Fever, Miliary, or Eruptive—Accompanied by small red spots, slightly rising above the skin, containing a watery matter. Do not give strong purges, but gentle laxatives of rochelle salt in small doses. Keep the body cool, but not cold: do not check the sweats. The diet should be moderate in quantity but nourishing.

Fever, Puerperal.—Trust to your midwife.

Fever, Bilious.—Treat it as a remittent fever, but it must be under the guidance of a physician. Early salivation seems sanctioned by experience.

Fever, Scarlet.—An infectious and contagious fever, with bright red, irregular eruptions appearing on the second day, attended with a cough without expectoration: the eyes red, but tolerant of light. On its first appearance, apply the cold bath, that is, pour a pailful of moderately cold water over the naked body, twice in the day: use clysters and gentle laxatives, with much diluting drink, not acidulated. If there be symptoms of acid in the stomach give magnesia. If attended with nausea, vomit. So far from using acidulated drinks, carbonate of ammonia, and soda are of great use in the beverage as alkaline stimulants. All fevers are more or less attended with acid symptoms.

Fever, Putrid, or Typhus.—When pains in the arms or legs, come on suddenly, with a small, frequent pulse, and great prostration of strength, send for a physician without delay.

Bark and wine, or even whiskey or brandy, may be absolutely and speedily necessary, but they are not to be trusted to the inexperienced. In the mild kind, or nervous fever, give an emetic, use daily the cool (not cold) bath, take bark and sherry wine, exercise on horseback, or a sea voyage.

Fevers, Eruptive.—I have spoken of the miliary, the scarlet, the corysipelatous fevers. I think vaccination has expelled the small pox. Should it occur, cold air, and gentle laxatives, constitute the essential articles of practice. Warmth, full diet, and costiveness, will tend to make it confluent and dangerous. See the close of the next article.

Measles.

An infectious, eruptive fever, frequently epidemic, commencing with a chill and shivering, then heat and thirst; a cough with sneezing, swollen eyes with much watery humour, swelled eyelids, nausea, pain in the back and head, dry

cough, difficult breathing, running at the nose. On the third or fourth day the circumscribed red spots like flea-bites first appear in clusters, not rising above the skin to the eye, but perceptibly so to the touch. The fever does not abate on the appearance of the eruption.

In the scarlet fever the eyes are red but not watery, the eyelids are not swelled, the spots on the skin have not a circumscribed character, they appear two days earlier than in the measles, there is little or no cough.

Gentle laxatives of rochelle salt, or senna and manna, plenty of barley water, cool but not cold air, and blisters if the cough be troublesome, are all that is in general necessary. If the spots suddenly disappear, use the warm bath, with a decoction of bark and wine: but a physician should judge of this. Bathe the eyes with tepid water. Change of air after the measles as well as after the whooping cough, is frequently of great use in lessening the troublesome symptoms of convalescence.

In all eruptive fevers, take care not to reduce the strength by bleeding, or by violent purges; emetics do not reduce the strength so much as purges, and are useful more often than they are used. Whenever there is nausea in the stomach, nature plainly asks for an emetic. While symptoms of inflammation are manifest, it may be taken as a general rule that the cold bath is called for: while the eruption is out, cool but not cold air, moderate laxatives that empty the bowels without exhausting the strength, and light diet will generally suffice to cure. If symptoms of low fever or typhus should appear, recourse must be had to the warm bath, bark, and wine in moderate quantities. In giving wine, port and madeira are both too acid, dry sherry is always the best.

Fistula in Ano.

Like the piles, generally proceeds from a sedentary life, full living, and neglected bowels. Apply to a surgeon.

Flatulence.

Take two or three grains of pepper. See Indigestion.

Fluor Albus, or Whites.

Use exercise especially on horseback, take a couple of glasses of wine at dinner, use the bidet with cold water, night and morning: cool water injected is a very good application. Dr. Ferriar prescribes 20 drops of tincture of cantharides, three times a day: he is good authority.

Frost-bitten.

Wash the part for a quarter of an hour in cold water.

Gall-stones.

Violent shooting pains in the region of the liver; vomiting, pain on the top of the shoulder blade, indicate gall-stone: it receives sudden temporary relief, by immersing the legs up to the knees in warm water. I think it owing to acidity, which precipitates an insoluble matter from the bile, as Dr. Saunders has shewn: such persons should use magnesia frequently.

Put the patient in the warm bath immediately, apply flannels wrung out of hot water to the side, give a strong dose of calomel and jalap, 10 grains of each, while you send for a Doctor, who will judge whether an emetic is required.

Gangrene.

Mortification. Send for a surgeon.

Gleet, Gonorrhœa. Send for a surgeon.

Goitre.

The cause is unknown. Wear constantly a cravat containing a powder of half common salt, and half sal ammoniac, separated by the muslin cover from the skin. Bathe the neck morning and night with vinegar, in a pint of which you dissolve 1½ oz. of sal ammoniac. Live generously and use exercise. But do not indulge in food or drink. The cold bath also is good.

Gout.

Proceeds from venous plethora, and

acid fluids, owing to the acidity of indigestion, acuated by the acidity of wine and fermented liquors.

A fit can in most subjects be usually prevented, by abstinence, bleeding from the arm, and two or three purges. At any rate, previous abstinence and purging will shorten the fit, but this course must not be carried to debility. Cold bathing, partial and general, when the fit is off, is very useful as a preventative.

Gout appears in various forms, generally swellings in the toes, ancles, hands; violent spasmodic pain in the stomach, bowels, and kidneys,—periodical erysipelas--hæmorrhoids--vertigo, apoplexy. Previous to the fit, the stomach is disordered; the fœces are hard and lumpy, low spirits, indigestion, cramps in the legs toward morning. The fit usually comes on before the dawn of day.

When the kidneys are attacked, take a purge, and when that is over, a dose of laudanum, if the pain should be, as it often is, very violent.

When it attacks the stomach with violent spasmodic pains, take instantly fifty drops of laudanum in a glass of pure brandy, and send for your physician. If in the feet, live moderately, take laxative physic, and rest satisfied with carded cotton and patience.

Avoid cold applications unless when the fit is quite off; and gout quack-medicines at all times; such as *Husson's* drops, bitter powders, &c. They relieve for the present and do harm permanently. Remember gout is a salutary effort of nature to save life.

Gout is hereditary so far as a constitutional tendency to, or susceptibility of the disease. But it is commonly acquired. Men who live fully from youth to 40 years of age; who eat daily two or three meals—who take their pint of wine a-day—and use exercise in moderation—gentlemen, who never appear to commit excess, but always lay upon the stomach and bowels, as great a load as they can bear, may be assured of gout, or piles, or erysipelas, at the commencement of the decline of life. Habitual indulgence to the utmost lim-

its of apparent prudence, produces indigestion, and venous plethora.

More than half a pint of wine daily, is too much, even with water at dinner. Persons who indulge in fermented liquors, should take frequent doses of magnesia, and laxative salts. When the arteries in the temples continue full, and throb upon the pillow, it is prudent to lose blood, or to take 2 or 3 strong purges.

The gouty weakness in the loins of elderly people, is much relieved by the application of *cold* water night and morning.

Old people are very subject to gouty vertigo. Their veins become distended with blood, and the action of the loaded vascular system is unequal to the task of propelling the fluids with healthy motion. Hence old people bear moderate and frequent bleeding with good effect.

It is useful to wash the feet daily with cold water, when no fit of the gout is present.

Gravel and Stone.

These arise like the gout, from the morbid acid of indigestion, or improper food, and venous plethora. They consist in three cases out of four, of concretions of uric acid, with a small proportion of the calcareous and ammoniacal saline substances formed in the body, deposited in the bladder from the urine, which contains more than it can hold in solution, and cemented by animal jelly, mucilage or albuminous matter.

In other cases, it is the deposition of these salts in a white sediment without uric acid.

When the gravel and the stone consist of uric deposits chiefly, the deposition of the urine is of a lateritious or brick colour; and the remedy is magnesia, alternated with castile soap, ($\frac{1}{2}$ an oz. of the latter in 3 or 4 doses in one day,) continued till the urine and the perspiration will no longer turn blue litmus paper red, and till the red sediment disappears.

When the sediment is white, thirty drops daily of common muriatic or nitric

acid, will aid digestion and enable the fluids of the bladder to retain these substances in solution. In both cases, a previous purge is very useful, especially if inflammation of the kidneys should be threatened. Where stone is suspected, apply to a surgeon.

Persons accustomed to lateritious sediment in their urine, should avoid all wine, and acid liquors; keep their bowels open; use exercise, and take magnesia. Three large tea-spoonfuls of the carbonate of magnesia, is equal to two of the calcined, and full as good.

Green sickness, or Chlorosis.

From menses obstructed for a considerable time. Generally, exercise on horseback, country air, full employment to the verge of fatigue; good living, with a little wine after dinner, will effect a cure. It will be aided by taking daily the following pill about 11 A. M. Powder of gentian 2 grs. powder of nutmeg, ginger, and cloves mixed, 1 gr. Make it up with about 6 drops of tincture of muriat of iron. With this, the patient should also take another, of 4 grs. of rhubarb, mixed with 5 drops of laudanum.

If the disorder is recent, and the pulse is full, and the menses are retained and stopped, it will be right to bleed moderately, and give a gentle emetic and a cathartic in the first place, to take off the load on the vascular system: then use the warm bath, and sit over the steam of warm water; then pursue the tonic plan above prescribed. Sparks drawn from the patient sitting on an electrical chair, are likely also to do good.

Head-ach.

Assuredly in nine cases out of ten, head-ach is a disorder arising from indigestion. Take rochelle salts 1 oz. common magnesia 3 large tea-spoonfuls. This is an admirable remedy after too much wine. Acid in the stomach produces, head-ach first, with acid eructations, and lays the foundation for costiveness, gall-stone, piles, gout, gravel and stone. Such morbid acid of in-

digestion, is greatly increased by wine, by bottled beer, and fermented liquors generally. For all this, the most efficacious temporary remedy is magnesia, which alone will often suffice to take away head-ach, but is better when joined to some laxative salt.

Sick head-ach of Females,

With pain in the back of the head, and over the left eye. It arises from acid in the stomach : give 3 tea-spoonfuls of magnesia, and as many of rochelle salt in powder ; and wash it down with a draught of warm brandy toddy, with some ginger and nutmeg in it.

The permanent remedy, is exercise in the open air, even to fatigue. Earn an appetite, and there will be no sick head-ache. Avoid pickles, acids of all kinds, new bread, and sour bread.

Giddiness in the head. See Vertigo.

Heart-burn.

Take 3 tea spoonfuls of magnesia : or 4 if 3 are not enough. See Acidity.

Hemorrhage.

Hemorrhages should be cautiously stopt. When it is necessary, sugar of lead is among the most efficacious remedies, but a physician should prescribe a medicine so dangerous. See Blood.

Hiccup.

Is it accompanied with acidity in the stomach ? Give magnesia. In common cases, take 2 or 3 draughts of very cold water : or, a wine glassful, of one third vinegar and two thirds water : or, half a tea spoonful of æther in water.

In children, it is frequently stopt by a little moist sugar put into the mouth : if not, give magnesia, for it is often the effect of over feeding, and crapulous indigestion.

Hydrophobia.

I believe there is no cure, when it has once taken place. I suggest theoretically, bleed copiously, and give a solution of sugar of lead, at intervals, sipping it. In this way you may venture to give 20

grs. in the day. But I think the case is hopeless. Such silly quackeries as scutellaria, are infinitely mischievous, by inducing the ignorant to rely on them. See Bite of a Mad Dog.

Hydrothorax.

Dropsy in the chest. Apply to your physician. See Dropsy.

Hydrocephalus.

Water in the head. Apply as above.

Hypochondria.

Purge with calomel and jalap repeatedly, then use the cold bath, and ride on horseback. Travel if you can afford it.

Hysterics,

Commonly proceed from indigestion. A dose of magnesia, with 3 grains of pepper, washed down with brandy toddy, of moderate strength, taken as warm as the patient can bear it, will almost always cure. In elderly females, the symptoms often arise from wandering gout.

Indigestion.

Exercise and abstinence, with the use of the cool (not cold) bath, friction on the skin and flannel clothing, will do wonders. It may arise from tobacco, leave it off : from ardent spirits, quit them : from habitual full living, and sedentary employment : use exercise and abstinence. These may be aided by the use of the pills prescribed under Green Sickness. But first of all, take care that the tongue is void of fur : if not, take a cathartic or two : if that does not answer the purpose, do not delay taking an emetic. Then follow the above directions. Avoid suppers, pickles, acids, new bread, and bread made of leaven instead of yeast. Drink water at dinner, with two glasses of rich old Sherry or madeira afterwards.

Infants.

Dress them loose, with few pins, pins may be dispensed with entirely : excoriations under the arms and between the legs, may be stopt with some finely powdered white lead mixed with an equal

quantity of hair powder, and dusted on the place with a powder puff, or through muslin: but do not let this supersede frequent washing, and perfect cleanliness. Do not hastily stop a running behind the ears; wash it frequently with soft rag and warm water. Magnesia, alone, or magnesia with a little jalap or rhubarb, will carry away the bowel complaints of infants. During teething, keep their bowels open by laxative physic. Do not keep children too close and too warm. Send them into the open air frequently. In summer time the cold bath is very refreshing to infants of two or three months old, and upwards. Never give them *Dalby's* carminative, or any of the nurse's medicines, without consulting your physician. Do not let a nurse keep any laudanum. A convenient purge for infants, is 2 grs. of gamboge in an ounce of senna tea by measure. The dose a tea-spoonful at a time, every hour till it operates.

Inflammation

Of the brain, throat, stomach, bowels, liver, intestines, pleura. Send for your physician. There will be no danger in bleeding in pleurisy, (inflammation of the pleura, attended with difficult and painful breathing) till your physician comes. In all of them you may take a purge, till you can get good advice for the future.

Influenza.

See Catarrh. The following is a good prescription in common catarrh. Dissolve 2 drs. of gum arabic powdered, in 6 oz. of water, then add of paregoric elixir, antimonial wine, syrup of squills, and sweet spirits of nitre, of each 2 drs. by measure.

Dose for an adult, a table-spoonful every hour; for an infant in proportion.

Insanity.

The best place to be cured, is the hospital. The first cause to be suspected, is obstructed bowels.

Itching

Of the private parts. An itching at

the end of the penis, accompanied by a pain down the inside of the thigh, is a symptom of gravel, or some affection of the kidneys.

In pregnant women apply a lotion of sugar of lead in water, 2 drs. to a pint, frequently, or white lead ointment: bleed topically, and purge. In old men, an itching of the scrotum is frequently a gouty symptom and very troublesome. Low diet, and purgatives, with lead water, may be usefully tried. It is a case for a physician, for it is frequently obstinate.

Jaundice.

Shooting pains in the region of the liver, and on the top of the right shoulder, irritability of the stomach, with pains in the back, are marks of gallstone. In which case, put the patient into the warm bath without delay, and give a purge of calomel and jalap; sending for a doctor, for emetics may be necessary, and a free use of the lancet. He will judge also of the propriety of giving æther and turpentine.

In common cases of jaundice, if the pulse is high, bleed; then give a purge of calomel and jalap, when this has performed its duty, give in the course of the next day, in four doses, half oz. of castile soap, and give to drink a glass or two of strong soda water. By purges and castile soap, the disorder will be gradually removed; especially joining to it exercise on horseback: avoid acids, and fermented liquors. Cold tea is a good beverage at dinner, or toast and water.

Jaundice in infants, is what is called yellow gum. Give an emetic, and purge with castor oil.

Locked Jaw.

Send for a doctor, if not at hand, use the cold bath freely. In a desperate case, *Ferriar* gave as much as 10 grs. of opium, 20 of musk, and 20 of camphor, but a physician only should prescribe this.

Kidney, inflammation of.

Bleed, purge, and then to procure

rest, take 3 tea-spoonfuls of strong tincture of hops. Send however for the Doctor.

King's Evil, or Scrofula.

Arises from exposure to cold in inclement climates; want of cleanliness, and want of good food, indigestion, hereditary taint.

Live generously but not too full; exercise in fine weather, use the cold bath, wear flannel next the skin, remove to a warm climate. A decoction of sarsaparilla 4 parts, with mezereon 1 part, will be a good breakfast, used as tea. Avoid salt fish, and salt meat, use vegetables in large proportion, but not without meat. In violent and advanced cases, apply to a physician.

Knee.

Bruises on the knee are very obstinate, keep in bed for a week, take purges, live low.

Lethargy.

Keep your mouth shut, and your eyes open; that is, take little food, little sleep, and much exercise. Take cathartics.

Lip.

Swellings in the lip, should be examined without delay by a surgeon.

Liver,

Inflammation of, send for your physician.

Obstructions in the liver, see Gallstone, Jaundice. Take a purge or two of calomel and jalap. If that does not cure, send for your physician.

Longings,

Of pregnant women. Indulge them in moderation.

Looseness.

See Dysentery and Diarrhœa.

Low Spirits, or Vapours.

Engage steadily in some occupation that will employ you nearly to fatigue. Use the cold bath, and keep your bowels open.

Lumbago,

May be rheumatic, or gouty. Bleed, purge, and if need be, blister. To prevent it, wash the loins daily in cold water. The part may also be rubbed with camphor dissolved in æther. But generally, lumbago proceeds from gouty indigestion, and repeated purges are likely to be of service, combined with low diet, and cold ablution. The chronic lumbago, and sciatica, need medical advice.

Lungs.

Disorders of the lungs require a physician.

Measles. See Fever, Eruptive.

Menses, obstructed.

Pain in the back, loins, and hips; foetid breath, sense of great fatigue, indigestion, flatulence, acidity. If the pulse be full, bleed moderately; purge with magnesia and epsom or rochelle salts; use the warm bath, clothe in flannel, use frequent exercise in the day by walking or riding; sit over the steam of warm water. If the disease is of long standing, pursue the tonic plan under the head Green Sickness. Attend carefully to the state of the stomach and bowels, and exhibit gentle emetics and cathartics when the tongue is foul.

Menses, Immoderate.—If it be attended by symptoms of fulness or plethora, bleed in the arm, give an emetic, use low diet of little nourishment, lie in bed, keep cool, take laxative medicines. If from laxity of fibre, and debility, give gentle laxatives, not amounting to purges, as half an ounce of rochelle salt. Use cold water to the loins morning and night, exercise on horseback or on foot in the open air: use the tonics recommended under Green Sickness. But the advice of a physician will be useful.

Menses Ceased, Naturally.—If there be a sense of fulness in the head, giddiness, and fatigue, bleed, take purgatives every other day, live low, use exercise; if any running sores appear, do not dry them up suddenly.

Mortification.

Give bark and wine with a few drops of laudanum in it: apply bark poultices, and send for a surgeon as soon as you possibly can.

Mumps.

Painful swellings in the glands of the throat, sometimes in the breast, or testicles. They usually continue painful for four days, and then gradually go off. Keep the head and neck moderately warm, take laxative medicine every day, drink freely of diluting liquor, and use spare diet. If they are attended with fever, bleed. These precautions should be taken early in the disorder. If you have neglected them, send for a physician.

Nervous Head-ach.

Try an emetic, and afterwards take magnesia when the pain is bad. Use exercise in the open air, be employed about something that will occupy the mind and body. An idle sedentary life, with all the comforts that are reasonably to be wished for in this life, are frequent causes of nervous head-ach. Avoid brandy and laudanum.

Nettle-Rash.

An eruption on the skin, attended with slight fever; sometimes wheals and lumps appear, with much itching. Take an emetic, then use laxatives, with low diet.

Night-Mare.

Go supperless to bed, and cleanse the bowels by physic.

Nipples, Excoriated.

Apply the common white simple ointment, or fresh hogs' lard with a little powdered white lead mixed up with it on lint. Apply a pledget of lint over it. Wash it well before the child suckles again. The breast can be drawn by the common contrivances, and the child fed by the silver artificial nipples, in common use, wherein the tube passes into a bottle nearly filled with milk.

Nose.

Running at the nose. Bathe it frequently in warm water; use much diluting drink, and do not expose yourself to cold air.

Obstructed Perspiration.

A common symptom of too much use of ardent spirits. Leave them off; eat no suppers; drink freely of diluting liquor.

Obstruction in the Urinary Canal.

Apply to a surgeon.

Pain in the Stomach,

Generally arises either from acid, or from irregular gout. In the first case take magnesia; in the second take a glass of brandy and water very warm, with a few drops of laudanum.

Palpitation of the Heart.

Apply to a physician.

Palsy.

Often arises from plethora, but a physician should judge of this. An emetic, and a purge will do no harm, whatever the cause is, for if indigestion and plethora do not occasion the disorder, clearing the stomach and bowels will facilitate the cure. Palsy from local causes, require a surgeon's advice. After clearing the bowels, galvanism promises to be of service, but I cannot point out the case where it actually has been.

Piles.

Hemorrhoids. Almost all persons, male and female, who live fully, and use a sedentary mode of life, are afflicted with this disorder about the middle age of life. If they bleed, they should not be stopt, if not, treat them thus:

Take gentle laxatives to avoid costiveness, and take daily also two large tea-spoonfuls of magnesia, for much pain is owing to a circumstance not adverted to by any book, in the acid nature of the fœcal discharge, passing over a surface in a high state of inflammation. Hence above all things costiveness is to be

avoided, by moderate doses of rochelle salt and magnesia, or castor oil. The next remedy I have used successfully in the blind piles, is to cut them through with a lancet. Sometimes the patient can do this himself, if not, let any body else do it; make at least two cross incisions. This is the most effectual treatment. Avoid wine, ale, spiritous liquors. Topically apply common white ointment, or hogs' lard with the salt washed out of it. I never found any good done by astringent applications. The bleeding piles, are frequently a gouty symptom. For persons too timid to bear scarification, after opening the bowels, and persisting in a low diet, give 40 drops of the tincture of foxglove, every day, for 3 or 4 days. This greatly lessens the violence of vascular action. If they protrude much, they should be pushed up, and a piece of sheep's or pig's gut, filled with warm water and tied up, should be thrust up the fundament, after stool. If the bleeding piles exhaust the patient too much, an injection of a decoction of oak bark may be used: the patient keeping his bed. For erysipelas after piles, scarify. Erysipelas is often a sign of deep seated inflammation, and of fistula.

Pimpled Face.

If not owing to indulgence in stimulating drink, apply to a physician: for it is difficult to determine whether it is a local or a constitutional disorder.

Pleurisy.

Fever with great difficulty of breathing, attended with acute pain in the side, generally the right side. It is not often easy to distinguish this from peripneumony, or from inflammation of the intercostal muscles: but it is of less consequence, as the treatment will be nearly alike, in each case.

Bleed *from a large orifice*, standing, till fainting comes on. Purge so as to empty the bowels: Apply a blister to the side. To relieve strangury if it should come on, drink barley water with nitre dissolved in it. All this may require to be repeated; but of the ne-

cessity of repeating this course, a physician should judge.

Poison.

Send for a physician, in mean time give 10 grs. of white vitriol, and 15 of ipecacuanha, if the patient does not vomit. Give much diluting drink to wash out the contents of the stomach. The common substances used for poisoning with intention, are, arsenic, sublimate, datura stramonium, or laurel water. Arsenic may surely be detected by the green colour it assumes in an hour's time with chromated potash. Sublimate assumes an orange colour with the same substance. The contents of the stomach ejected, may be dried and then tried with this test. Stramonium may be conjectured from the appearance of the eyes which every physician can distinguish. Laurel water, by the smell of bitter almonds, or peach kernels. Emetics, large dilution, and then a pint of olive oil, may be applied if arsenic be suspected. If sublimate, give emetics and dilute largely with water containing soda: and then give the whites of two or three eggs. In lieu of soda, a ley of common wood ashes not too strong. In case of the narcotic poisons, give emetics, large dilution, and a glass of vinegar. If inflammation should be brought on, bleed, and give clysters.

Rheumatism.

Acute, and recent. Take an emetic, and two purges at least, of calomel and jalap; live low, and excite perspiration, by much diluting drink, aided if you please, by pills of two grains of opium, one of emetic tartar, and two of calomel. Use cupping, or keep flannels dipt in hot water applied to the part. Bleed, if the pulse calls for it, in the arm, till the pulse is below 100 a minute. In chronic rheumatism, you will need medical advice. If the pulse be high, bleed; purge freely, use spare diet with much dilution, and the pill above mentioned, or else *Dover's* powder. Clothe in flannel, take care not to get the feet wet, avoid currents of air, frequent the warm bath, and use much friction after it:

You may rub the part with camphor dissolved in oil of turpentine.

It is the fashion to call gout, rheumatism. This last attacks the large joints chiefly, the gout the small ones. Rheumatism does not produce pains in the ancles or toes, or follow cramp in the legs as its forerunner. But rheumatism owes its foundation very often like gout, to high living.

Rickets.

Moderate use of the cold bath, not too cold, with daily friction on the skin with a flesh brush or warm flannels. Exercise in the open air in the country, not carried to fatigue. Generous living with a little wine daily; prevent costiveness by laxative medicines. Electrify, by drawing sparks with wooden points, from the body generally. Wear flannel.

Ring-worm.

Rub the part affected, with the expressed juice of the black walnut rind; or with the juice found at the bottom of the tubs in which tobacco is kept: or with a strong decoction of tobacco: or with the fresh leaves of gimson, (*Datura stramonium*), or with vinegar and gunpowder: or cover it with lint smeared with white lead ointment, (white lead rubbed into hogs' lard,) or with the mercurial citron ointment, (nitrate of mercury rubbed up with hogs' lard.) All these have been tried and proposed, but the disorder is frequently inveterate.

St. Anthony's Fire. See Erysipelas.

St. Vitus's Dance.

Involuntary convulsive motions of the limbs. Give two or three full doses of some purgative medicine, as calomel and jalap, for the disorder is frequently owing to worms. Apply the cold bath every other day, and make an issue in the arm or thigh. Low diet is not required, but the bowels must be kept free from costiveness.

Sciatica.

Gout in the hip. Give two or three

purges of calomel and jalap; if the pulse be full and hard, bleed; live low; apply cupping or blistering to the part affected; and if the case is obstinate, open an issue inside the thigh on the side affected. I had it violently myself, many years ago. I bled moderately; purged two or three times; cupped; but with no good effect; all inflammatory disposition however being conquered, I took four grains of opium one night on going to bed, and arose well in the morning. But the inflammatory symptoms should be gotten rid of first.

Scirrhus: Sarcoma.

Swellings not accompanied by inflammation. The sooner you take surgical advice the better.

Shingles—A species of Erysipelas.

Small Pox.

Keep the patient in cool, or even cold air; and the bowels open by gentle laxatives. A physician or other person who inoculates for small pox, ought immediately to be indicted, for needlessly and wantonly introducing a contagious disease.

Spitting of Blood. See Blood.

Sprains.

Rest of the part is of the first necessity. Apply vinegar containing an ounce and a half of sal ammoniac in a pint: or else weak solution of sugar of lead (a drachm to a pint.) Live low.

Squinting,

May sometimes be cured by surgical advice.

Suppression of Urine,

May arise from so many causes that the best advice is to apply to a surgeon. It may arise from gout, gravel, stone, inflammation at the neck of the bladder, blister, spasm, stricture, paralyses.

Teething.

Keep the bowels constantly loose. Cut through the gum down to the tooth,

when the swelling is great and painful.

Tetters.

Frequently obstinate and of long continuance. Anoint them with the juice of a keg in which tobacco is kept; or moisten pig-tail tobacco in warm water, and express the juice. Or wash them daily with a solution of ten grains of corrosive sublimate in a pint of whiskey or brandy. Or make a warm infusion of the leaves of fox-glove, or of gimson, (*Datura Stramonium*) and wash the part affected.

Throat Inflamed.

Apply flannels dipt in warm water; take a purge; at night anoint the throat with a liniment half olive oil, and half strong spirit of hartshorn; wear a worsted stocking around the neck.

Tic Doloureux.

Nervous pain in the face over and near the cheek-bones. Apply to a physician.

Ulcers. Apply to a surgeon.

Ulcerated Sore Throat.

Call in a physician without delay.

Warts.

If venereal apply to a surgeon. Common warts may be eradicated by scratching them with a pen, and moistening them with a solution of blue vitriol. Warts are a disorder of the true skin, and shoot upwards: corns are a disorder of the epidermis, and shoot downwards, pressing painfully with their apex on the true skin.

Corns.

Soak them in warm water; and apply fat of bacon to them: cut them away periodically. If in a part where a blister can be raised, they will be raised with the outward skin, and may be pulled out.

Wasps.

Apply oil to the bite, mixed with spirit of hartshorn.

Mosquitoes.

Burn gunpowder in the room: or where there are no metallic things to be injured by acid, burn on a plate a composition of one part powdered saltpetre, intimately mixed with seven parts flower of sulphur. This will drive them away, or kill them.

Water-brash.

Take magnesia; leave off ardent spirits; chew rhubarb, and take a corn of pepper in the morning. Magnesia I think best calculated to give quick relief, take a pepper corn with it.

Whites. See Fluor Albus.

Worms.

Ascarides, a small white worm. *Teres*, a round worm. *Tænia*, the tape worm. Arise from improper diet, and consequent indigestion. All animals are preyed upon by other animals. If the life of the animal preyed upon, is not stronger than that of the parasite animal, this last will kill the other. Hence weak and ricketty children are troubled with lice and worms.

Symptoms are, fetid breath, itching of the nose, starting in the sleep, acid eructations, itching about the anus, swelled belly, and leanness in the face, variable appetite.

Give to a child of from three to six years old in the morning, deprived of his morning's meal, 4 or 5 grains of calomel, rubbed up in a little honey or molasses. Let his next meal be scanty. Next morning give him a dose of castor oil to carry off the calomel. Repeat this if necessary.

Some people give ten grains of pink root: or make tea of the pink root, or of the root of the pride of China (*melia azederach*) and give as much as will excite a slight nausea, as a tea-cupful twice a day. But I prefer the former method.

For the worms situated in the rectum and occasioning great itching of the fundament, inject two tea-spoonfuls of oil of turpentine in which a little camphor has been dissolved, mixing it with barley water.

For the tape worm give half an ounce of oil of turpentine twice a day, in half a gill of honey or molasses: drinking barley water after it. Then give a dose or two of castor oil to carry them away.

Worms are owing to a deficiency of the vital power. Persons living on ve-

getable diet are most liable to them. Hence cold air, exercise, generous diet, and tonics are clearly indicated. A good tonic is as follows: powdered gentian 2 ounces, powdered bitter orange peel 1 ounce, filings of iron 1 ounce, cyder 1 quart. Keep it warm for 3 days: take a wine-glassful every morning.

PLANTS CULTIVATED FOR MEDICINAL PURPOSES, &C.

Ague-weed, Thoroughwort, *Eupatorium perfoliatum*.

Angelica, Garden, *Angelica Archangelica*.

Betony, Wood, *Betonica officinalis*.

Bugloss, *Anehusa officinalis*.

Carduus benedictus, *Centaurea benedicta*.

Celandine, *Chelidonium majus*.

Comfrey, Common, *Symphytum officinale*.

Cucumber, Bitter, *Cucumis Colocynthis*.

Elecampane, *Inula Helenium*.

Flax, Common, *Linum usitatissimum*.

Fenugreek, *Trigonellum Fœnum Græcum*.

Feverfew, *Matricaria Parthenium*.

Foxglove, *Digitalis purpurea*.

Gromwell, *Lithospermum officinale*.

Hemlock, *Conium maculatum*.

Horehound, *Marrubium vulgare*.

Hound's-tongue, *Cynoglossom officinale*.

Liquorice, *Glycyrrhiza glabra*.

Madder, Dyer's, *Rubia tinctorum*.

Mallow, Marsh, *Althæa officinalis*.

Mugwort, Common, *Artemisia vulgaris*.

Nep, or Catmint, *Nepeta Cataria*.

Nettle, Stinging, *Urtica urens*.

Palma Christi, or Castor-oil, Nut, *Ricinus communis*.

Pimpernel, *Anagalis arvensis*.

Pink-root, Carolina, *Spigelia marilandica*.

Poppy, Opium, *Papaver somniferum*.

Rue, Garden, *Ruta graveolens*.

Rhubarb, True Turkey, *Rheum palmatum*.

— Common, — *Rhaponticum*.

Scurvy-grass, *Cochlearia officinalis*.

Snake-root, Virginia, *Aristolochia serpentaria*.

Southernwood, *Artemisia Abrotanum*.

Tansey, *Tanaetum vulgare*.

Tobacco, cultivated, *Nicotiana Tabacum*.

— Common English, — *rusticum*.

Weld, Woad, or Dyer's-weed, *Reseda Luteola*.

Winter Cherry, *Physalis Alkekengi*.

Wormseed, Goosefoot, *Chenopodium anthelminticum*.

Wormwood, *Artemisia Absinthium*.

Yarrow, *Achillea Millefolium*.

— Sweet, or Milfoil, — *Ageratum*.

DOMESTIC COOKERY.

In giving a short system of Cookery, which I consider of much more importance than a system of rhetoric, or a system of metaphysics, no more has been attempted, than describe the best of the common methods of dressing victuals, usual among families who do not affect magnificence in their style of living. The objects of *cookery* are :

1. To dress victuals so as to increase their healthfulness, and preserve their nutritious qualities.

2. To do this, in the most economical way, with respect to *fuel*, and the preservation of meat in quantity without waste.

3. To do this, in the way most savoury to the palate, consistent with health.

4. To give to plain meats, to meats already dressed, and to fragments, so much flavour, as to render them desirable, instead of being neglected or thrown away.

As to the *first* point. It appears to me, that heat should be applied either directly and immediately, or else by the intervention of water, so as to effect a disorganization, and partial decomposition of the natural fibres and juices, and enable the stomach the more easily to effect the rest.

Under this view of the subject, taken alone, the following seem to be the general points to be attended to, viz: *To* keep the meat, uncooked, till it has lost its organic elasticity, and the flesh leaves an indent when pressed by the finger: but beyond this, it is not wholesome to keep it. The haut gout of a French epicure is a false or affected taste. *To* cook it thoroughly: this is best effected by

slow and gentle stewing, till it be soft and tender. Quick boiling renders meat hard and indigestible. In America, something of an Abyssinian taste appears to prevail in the dressing of beef, venison, and ducks. *Not to* make it so soft as to render mastication quite unnecessary, for the salivary juices aid digestion: hence I consider soups, that require only to be swallowed, as neither so wholesome, or nutritious, or so grateful, as where the food requires to be retained a short time in the mouth: hence also, it is scientifically right, to put hard toasted bread, cut in slices, in soup; to increase the pleasure of eating, by the induced necessity of mastication. *To* make a judicious intermixture of animal and vegetable food, which nature seems to prescribe, by the form and arrangement of the human teeth. All this is greatly neglected in the usual American cookery. The farinaceous vegetables alone, potatoes, rice, &c. do not completely answer this purpose.

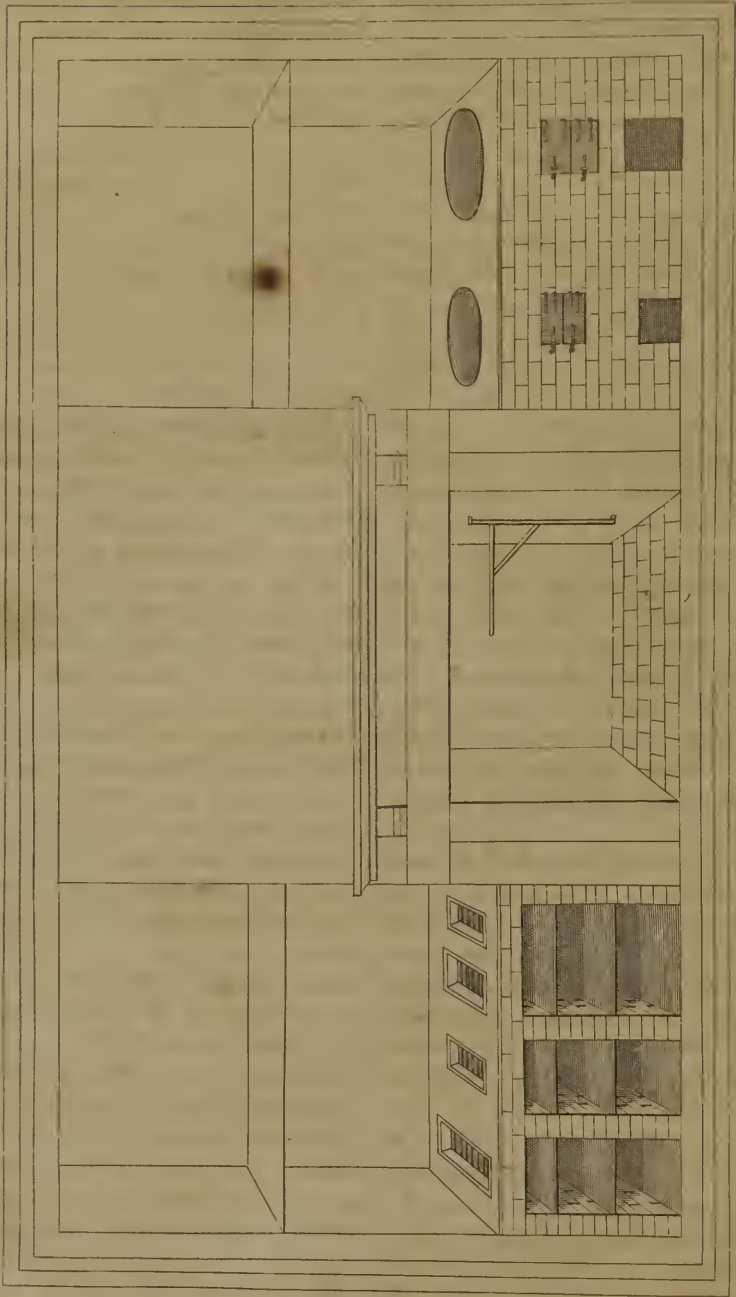
Secondly, to do this in the most economical way as to *fuel*. In this country, I have often seen near a quarter of a cord of wood put on the fire to boil a tea-kettle. The principles of economy in fuel, are these:

Let your fuel be dry, not wet or green: otherwise, you use one fire to dry the wood that is to make another. Hence dry wood, or charcoal, which are combustible at once, are cheapest. When wood is charred, nothing is driven off, but acid and water, which are incombustible: hence, if you weigh a piece of wood equal to 1 lb. and weigh a piece of charcoal of the same size, equal to $\frac{1}{4}$ lb. you will find, that you are

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COOKERY. Pl. 1.

Plan of a Kitchen for the Kitchen of Private Families.



at the expense in a common fire, of burning previously, a sufficient quantity of fuel to drive off three quarters of a pound, the difference in weight of incombustible fluid, before the piece of wood becomes fuel itself. One dollar in charcoal in the common shallow French cooking stoves, will go further in cooking (broiling, frying, boiling, stewing, and baking) than four dollars in fire-wood in a common kitchen fire-place. In charcoal also, from the diminution of weight, the expense of carriage is lessened, and you can afford to get it from a cheaper country. The French cooking stoves, are holes in brick-work, with bars at the bottom to form a grate, about 9 inches long, by 6 inches broad, and 4 or 5 inches deep. I have given a plate of the recess on each side of a common fire-place, filled up with these stoves, which are sold ready cast in Philadelphia at prices from $1\frac{1}{2}$ to 2 dollars each. A wooden screen projecting from the wall, with a conical pipe underneath inserted in the kitchen chimney, will carry off the vapour of cooking. See the plate. The brick-work may be covered (or not as you please) with sheet-iron, or with coarse bagging, bedded in mortar. The long stove is for fish or beef-steaks.

The next point in economy of fuel, is to admit no more cold air than is required to make the fuel burn: the boilers on the other side of the fire-place should be furnished with close doors and registers with this view. In a common kitchen fire-place, the cold current of air to the bottom of the pot, must be counteracted by fresh heaps of fuel, which increase the same current. It is impossible to imagine a method more unthrifty.

The current of heat arising from the fuel should be applied and directed immediately against the part of the vessel intended to be heated and no where else.

When the fuel has done its duty, it should be put out by excluding the air from the bottom and the top. The remaining charcoal can be used again.

Vessels for boiling and stewing should have covers to fit close, and then a very

gentle fire will keep them constantly boiling. Steam is a substance that wastes heat prodigiously. It therefore should be kept in. Hence, the boilers represented in the plate of a kitchen, should have tight covers though not shewn there. Steam is a good mode of cooking, but the apparatus is usually too expensive.

Of economy in the manner of dressing meat.—Broiling and roasting greatly diminish the weight of meat. Boiling does so too, but not in the same proportion. The most economical method, and that which is capable of more skill in the management of flavours, is stewing, in which all the juices are preserved.

Next comes the economy of dressing inferior pieces of meat, coarse and not tender; of great importance in country situations. These, when skilfully cooked, are nearly equal to the best. Suppose an ox cut up into four quarters: the tripe, the heart, the liver, the shins, the heels, the head, the kidneys, the neck, afford dishes, that a good cook can make almost as savoury as a sirloin, and nearly equal in value to one of the quarters. For instance, the tripe when cleaned, may be stewed, boiled, broiled, soused, or dressed in pepper-pot—the leg made into soup, and the gristly part rendered gelatinous—the coarse part of the leg made into a-la-mode beef, to which the cheek may contribute—the heart roasted with a savoury stuffing—the kidneys well washed, and broiled with fried onions, &c.

Connected with this, is the re-dressing of cold meat, of which the most delicious dishes can be made, by means of carrots, turnips, leeks, shalots, wine, spices, ketchup, anchovy, and sweet herbs: full as savoury as the original joint.

To this may be added the use of bones. By digesting the shanks of mutton and beef for a fortnight, in dilute muriatic acid, I have procured in the same shape as the bone, a third of their weight of rich gelatinous substance, easily and perfectly soluble in hot water, and fit for soup. Hence the theory of

the use of ground bones in agriculture, as a manure for land. Hence the propriety of breaking all bones into pieces, and boiling them patiently. These suggestions will amount (if put in practice) to some pecuniary value, in the course of a year. The motto of a cook is, *no want, no waste.*

The *third* and *fourth* points are, to give flavour, and gratify the palate. To do this effectually, you must keep up a regular stock and assortment of flavouring articles; and the mistress of a family ought to have a part of the garden, and a room in the house as a store-room, under her sole dominion without intrusion.

The garden herbs required for flavour, I shall enumerate in the list of "*aromatic and pot-herbs,*" among the garden vegetables, toward the end of the volume. They will require a bed of about 30 feet square, which will be found much more convenient than disposing them in borders and corners of the garden, to be hunted after in fifty places.

The store-room should not be very small: it should be well lighted, with fastenings to the windows, and a good lock on the door. It should be furnished with pen, ink, and paper, with weights and scales, with a brass or marble and a porcelain mortar, and with a hammer, string to tie parcels and covers, paste for labels, bladders to cover jars, &c. a glass and a tin funnel, blotting paper for filtering.

It will serve to keep your stock of flour, biscuits, salt fish, rice, sugar, tea, coffee and chocolate, and the following condiments.

Pickles: such as cucumbers, cauliflowers, cabbage, mushrooms, mangoes, onions, shalots, walnuts.

Vinegars; terragon, garlic, shalot, lemon pickle, pepper vinegar, camp vinegar.

Dried herbs; such as thyme, savory, sage, marjoram, mint.

Pickled oysters, dried mushrooms, mushroom powder, olives.

Spices, whole; as cassia, cinnamon, mace, nutmegs, cloves, Jamaica pepper

or allspice, long pepper, round pepper, red pepper, Cayenne, mustard, ginger.

The same spices ground and kept in 4 ounce vials well corked.

Tinctures of the same in brandy for pies, puddings, and custards; as of mace, cinnamon, nutmegs, bitter almonds, about an ounce of each to a pint of brandy; kept in a warm place for three or four days, and then set by: they will keep for any length of time.

Waters; orange flower, rose.

Wines; Teneriffe, Lisbon, claret.

Fruits and preserves; peaches, apricots, green-gage plums, in syrup or in brandy: citron and lemon peel, melon rind, angelica; lemons, oranges, figs, raisins, almonds.

Batavia soy for fish, anchovy liquor, anchovies in bottles, anchovy ketchup, mushroom ketchup, walnut ketchup, tomatoe ketchup.

About 100 dollars, will amply fit up and supply such a room for a twelve-month with the smaller articles: and with a room thus supplied, the mistress of a family can never be at much loss on any sudden call. I believe it to be the best plan that can be pursued, both as to comfort and economy.

With these materials, cold meat and coarse pieces, can be hashed or stewed in a wholesome and savoury manner, and frequently form a desirable dish even at a set dinner. No one, unless those who have tried, can imagine the comfort and convenience of such an arrangement to the mistress of a family.

A few general Observations.

In giving a dinner, the error is usually on the side of abundance: but a table loaded with meat, is not calculated to excite the appetite. A remove at each end, is generally deemed a sufficient substitute for a second course. Men accustomed to good living seldom eat of more than three articles of meat at the utmost; and in general they care little about the course of pastry and preserves. This is more attended to among the ladies.

Take particular care that the gravies and sauces are not greasy, but well and

uniformly combined. Fat and grease, equally offend the eye, the taste, the stomach, and the health.

When the dessert has remained on the table after dinner one hour, let a servant clear it away.

By weak and delicate stomachs, articles that are too greasy, and articles that abound in acid, should be abstained from: they assuredly tend to produce indigestion.

For delicate stomachs, the most wholesome, nutritive, and digestible foods, are beef-stakes, roast beef, or good wether mutton, well fed, and of full age. For the sake of health, as well as economy, dine, if you can, so late, as to render suppers unnecessary.

In America, a great part of the expense of house-keeping, in the families of persons in good circumstances, arises from a want of system in the management of servants; and a very injudicious timidity of controuling them. For instance, I dined some time ago, in a party of fourteen gentlemen, at a private family. I had occasion to know afterward, what passed in the kitchen, and what passes in almost every kitchen, where the master of the house is opulent, and liberal. The kitchen after dinner was full of negro intruders, and every delicacy being consumed, the remains of the dinner were given away by the negroes within to the negroes who were invited for the purpose.

In England, in such a family, the

house-keeper, or the cook, would think it a regular part of their duty, to set by on a dresser, every dish that came from the first table, untouched by the servants, till she had selected what dishes were proper as a liberal supply for the servants' table, and what were proper to be set by, for the next day's dinner. Every morning, it is the regular duty of the cook or house-keeper, to come after breakfast to the mistress of the family, and report the dishes set by from the dinner of yesterday: and receive orders for the provision of the day. Unless this be done, and unless the master keeps a firm hand over the male servants, he can never safely calculate the expenses of the family. It is astonishing, how much trouble is taken, how much expense incurred, how much uneasiness and irritation is to be borne, how many friendly entertainments are reluctantly to be dispensed with, for want of the regular system above-mentioned, which every husband ought to insist upon, followed by his wife. There is no uneasiness, like those which are the consequence of economy neglected. Where there is no cook or house-keeper, the mistress of the family ought to see that the plenty of her own table is *used* but not *abused*, by the waste of the servants in the kitchen: and in particular, to insist upon seeing the dishes remaining of the day preceding, placed before her eyes every morning, for hashes, stews, ragouts, fricasees, &c.

EXPLANATION OF THE ANNEXED PLATE.**BEEF.***Hind Quarter.*

1. Sirloin.
2. Rump.
3. Edge Bone.
4. Buttock.
5. Mouse Buttock.
6. Veiny Piece.
7. Thick Flank.
8. Thin Flank.
9. Leg.
10. Fore Rib ; five Ribs.

Fore Quarter.

11. Middle Rib ; four Ribs.
12. Chuck ; three ribs.
13. Shoulder or Leg of Mutton Piece.
14. Brisket.
15. Clod.
16. Neck or Sticking Piece.
17. Shin.
18. Cheek.

VEAL.

1. Loin, best End.
2. Loin, Chump End.
3. Fillet.
4. Hind Knuckle.
5. Fore Knuckle.
6. Neck, best End.

7. Neck, Scrag End.
8. Blade Bone.
9. Breast, best End.
10. Breast, Brisket End.

MUTTON.

1. Leg.
 2. Loin, best End.
 3. Loin, Chump End.
 4. Neck, best End.
 5. Neck, Scrag End.
 6. Shoulder.
 7. Breast.
- A Chime is two Loins.
A Saddle is two Necks.

PORK.

1. The Spare-rib.
2. Hand.
3. Belly or Spring.
4. Fore Loin.
5. Hind Loin.
6. Leg.

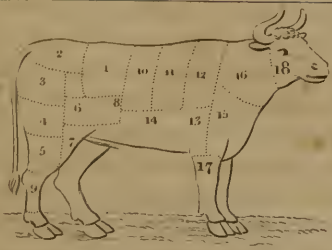
VENISON.

1. Saddle.
2. Haunch.
3. Neck.
4. Shoulder.
5. Breast.

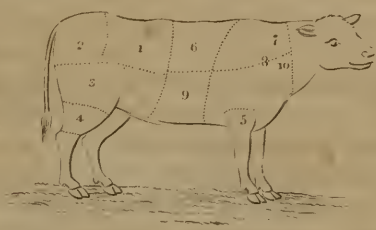
The direction of a *table* is no inconsiderable branch of a lady's concern, as it involves judgment in expenditure ; respectability of appearance ; and the comfort of her husband and those who partake their hospitality.

The mode of covering the table differs in taste. It is not the multiplicity of things, but the choice, the dressing, and the neat pleasing look of the whole, which gives respectability to her who presides. Too much, or too little dinners are extremes not uncommon : the latter is in appearance and reality the effort of poverty or penuriousness to be *genteel* : and the former, if constantly given, may endanger the circumstances of those who are not affluent.

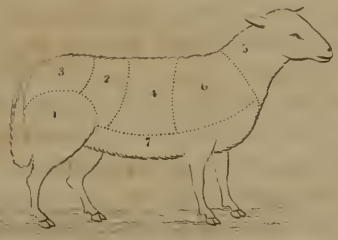
Perhaps there are few incidents in which the respectability of a man is more immediately felt, than the style of dinner to which he accidentally may bring home a visitor. Every one is to live as he can afford, and the meal of the tradesman ought not to emulate the entertainments of the higher classes, but if two or three dishes are well served, with the usual sauces, the table-linen clean, the small sideboard neatly laid, and all that is necessary be at hand, the expectation of the husband and friend will be gratified, because no irregularity of domestic arrangement will disturb the social intercourse. The same observation holds good on a large scale. In all situations of life, the entertainment



Beef



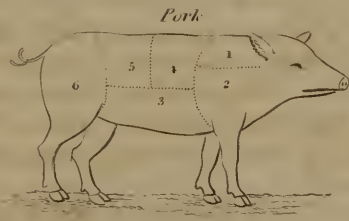
Veal



Mutton



Venison



Pork

should be no less suited to the station, than to the fortune of the *entertainer*, and to the number and rank of those invited.

The manner of carving is not only a very necessary branch of information, to enable a lady to do the honours of her table, but makes a considerable difference in the consumption of a family; and though in large parties she is so much assisted as to render this knowledge apparently of less consequence, yet she must at times feel the deficiency; and should not fail to acquaint herself with an attainment, the advantage of which is evident every day.

Some people haggle meat so much, as not to be able to help half a dozen persons decently from a large tongue, or a sirloin of beef; and the dish goes away with the appearance of having been gnawed by dogs. If the daughters of the family were to take the head of the table under the direction of their mother, they would fulfil its duties with grace, in the same easy manner as an early practice in other domestic affairs gradually fits them for their own future houses. Practice only can make good carvers; but some principal directions are hereafter given, with a reference to the annexed plates.

The mistress of a family should always remember that the welfare and good management of the house depend on the eye of the superior; and consequently that nothing is too trifling for her notice, whereby waste may be avoided: and this attention is of more importance now that the price of every necessary of life is increased to an enormous degree.

If a lady has never been accustomed, while single, to think of family management, let her not upon that account fear that she cannot attain it; she may consult others who are more experienced, and acquaint herself with the necessary quantities of the several articles of family expenditure, in proportion to the number it consists of, the proper prices to pay, &c. &c.

A minute account of the annual income, and the times of payment, should

be taken in writing; likewise an estimate of the supposed amount of each article of expense; and those who are early accustomed to calculations on domestic articles, will acquire so accurate a knowledge of what their establishment requires, as will give them the happy medium between prodigality and parsimony, without acquiring the character of meanness.

Many women are unfortunately ignorant of the state of their husband's income.

There are so many valuable women who excel as wives, that it is a fair inference there would be but few extravagant ones, were they consulted by their husbands on subjects that concern the mutual interest of both parties. Many families have been reduced to poverty by the want of openness in the man on the subject of his affairs; and though on these occasions the women were blamed, it has afterwards appeared, that they never were allowed a voice of inquiry, or suffered to reason upon what sometimes appeared to them imprudent.

Ready money should be paid for all such things as come not into weekly bills. To make tradesmen wait for their money injures them greatly, besides that a higher price must be paid, and in long bills, articles never bought are often charged. Perhaps the irregularity and failure of payment may have much evil influence on the price of various articles, and may contribute to the destruction of many families, from the highest to the lowest.

A common place book should be always at hand, in which to enter such hints of useful knowledge, and other observations as are given by sensible experienced people. Want of attention to what is advised, or supposing things too minute to be worth hearing, are the causes why so much ignorance prevails on necessary subjects, among those who are not backward in frivolous ones.

It is very necessary for a woman to be informed of the prices and goodness of all articles in common use, and of the best times, as well as places, for purchasing them. A false notion of economy

leads many to purchase as bargains, what is not wanted, and sometimes never is used. Were this error avoided, more money would remain for other purposes. Some things, however, are better for keeping, and being in constant consumption, should be laid in accordingly; such as coffee, tea, sugar, soap, and candles. Of these more hereafter.

By good hours, especially early breakfast, a family is more regular, and much time is saved. If orders be given soon in the morning, there will be more time to execute them; and servants, by doing their work with ease, will be more equal to it, and fewer will be necessary.

It is worthy of notice that the general expense will be reduced, and much time saved, if every thing be kept in its proper place, applied to its proper use, and mended, when the nature of the accident will allow, as soon as broken.

A bill of parcels and receipts should be required, even if the money be paid at the time of purchase: and, to avoid mistakes, let the goods be compared with these when brought home.

Though it is very disagreeable to suspect any one's honesty, and perhaps mistakes have been unintentional: yet it is prudent to weigh meat, sugars, &c. when brought in, and compare with the charge. The butcher should be ordered to send the weight with the meat, and the cook to file these checks, to be examined when the weekly bill shall be delivered.

Where noonings or suppers are served (and in every house some preparation is necessary for accidental visitors,) care should be taken to have such things in readiness as are proper for either, a list of several will be subjoined, a change of which may be agreeable, and if duly managed will be attended with little expense and much convenience.

A ticket should be exchanged for every loaf of bread, which when returned will show the number to be paid for; as tallies may be altered unless one is kept by each party.

Those who are served with brewer's beer, or any other articles not paid for weekly or on delivery, should keep a

book for entering the dates; which will not only serve to prevent overcharges, but will show the whole year's consumption at one view.

Sugars being an article of considerable expense in all families, the purchase demands particular attention. The cheapest does not go so far as that more refined; and there is difference even in the degree of sweetness. The white should be chosen that is close, heavy, and shining. The best sort of brown has a bright gravelly look, and it is often to be bought pure as imported. East India sugars are finer for the price, but not so strong, consequently unfit for wines and sweetmeats, but do well for common purposes, if good of their kind. To prepare white sugar, pounded, rolling it with a bottle, and sifting, wastes less than a mortar.

Candles made in cool weather are best; and when their price and that of soap, which rise and fall together, is likely to be higher, it will be prudent to lay in the stock of both. This information the chandler can always give; they are better for keeping eight or ten months, and will not injure for two years, if properly placed in the cool: and there are few articles that better deserve care in buying, and allowing a due quantity of, according to the size of the family.

Many well-meaning servants are ignorant of the best means of managing, and thereby waste as much as would maintain a small family, besides causing the mistress of the house much chagrin by their irregularity; and many families, from a want of method, have the appearance of chance rather than of regular system. To avoid this, the following hints may be useful as well as economical:

Every article should be kept in that place best suited to it, as much waste may thereby be avoided, viz.

Vegetables will keep best on a stone floor if the air be excluded.—Meat in a cold dry place.—Sugar and sweetmeats require a dry place; so does salt.—Candles cold, but not damp.—Dried meats, hams, &c. the same. All sorts of seeds

for puddings, rice, &c. should be close covered to preserve from insects: but that will not prevent it, if long kept.

Bread is in cities so heavy an article of expense, that all waste should be guarded against; and having it cut in the room will tend much to prevent it. It should not be cut until a day old. Earthen pans and covers keep it best.

Straw to lay apples on should be quite dry, to prevent a musty taste.

Large pears should be tied up by the stalk.

Basil, savory, knotted marjoram, thyme, or terragon, to be used when herbs are ordered; but with discretion, as they are very pungent.

The best means to preserve blankets from moths is to fold and lay them under the feather beds that are in use; with some camphor; and they should be shaken occasionally. When soiled, they should be washed, not scoured.

Soda, by softening the water, saves a great deal of soap. It should be melted in a large jug of water, some of which pour into the tubs and boiler; and when the lather becomes weak, add more. Soft soap is, if properly used, a saving of near half in quantity; which reduces the price of washing considerably.

Many good laundresses advise soaping linen in warm water the night previous to washing, as facilitating the operation with less friction.

Washing is best, quickest, and cheapest done, by previously using a close steaming tub for three hours: soaping the necks and wristbands of shirts.

Soap should be cut with a wire or twine, in pieces that will make a long square when first brought in, and kept out of the air two or three weeks; for if it dry quick it will crack, and when wet, break. Put it on a shelf, leaving a space between, and let it grow hard gradually. Thus, it will save a full third in the consumption.

Some of the lemons and oranges used for juice should be pared first to preserve the peel dry; some should be halved, and when squeezed, the pulp cut out, and the outsides dried for grating. If for boiling in any liquid,

the first way is best. When these fruits are cheap, a proper quantity should be bought and prepared as above directed, especially by those who live in the country, where they cannot always be had; and they are perpetually wanted in cookery.

Lemon juice should be filtered, and then the whole dried up with white Havanna sugar; putting to each pound of sugar six drops of essential oil of lemon.

It was a mistake of old, to think that the whites of eggs made cakes and puddings heavy; on the contrary, if beaten long and separately, they contribute greatly to give lightness; are an advantage to paste, and make a pretty dish beaten with fruit to set in cream, &c.

If copper utensils be used in the kitchen, the cook should be charged to be very careful not to let the tin be rubbed off; and to have them fresh done when the least defect appears, and never to put by any soup, gravy, &c. in them or any metal utensil; stone and earthen vessels should be provided for those purposes, as likewise plenty of common dishes, that the table set may not be used to put by cold meat. Tin vessels if kept damp, soon rust, which causes holes.

Vegetables soon sour, and corrode metals and glazed red ware, by which a strong poison is produced. Some years ago, the death of several gentlemen was occasioned by the cook sending a ragout to table, which she had kept from the preceding day in a copper vessel badly tinted.

Vinegar, by its acidity, does the same, the glazing being of lead or arsenic.

To cool liquors in hot weather, dip a cloth in cold water, and wrap it round the bottle two or three times, then place it in the sun; renew the process once or twice.

The best way of scalding fruits, or boiling vinegar, is in a stone jar on a hot iron hearth; or by putting the vessel into a saucepan of water, called a water-bath.

If chocolate, coffee, jelly, gruel, bark, &c. be suffered to boil over, the strength is lost.

The cook should be encouraged to be careful of wood, coals, and cinders: for the latter there is a new contrivance to sift, without dispersing the dust of the ashes, by means of a covered tin bucket.

In the following, and indeed all other recipes, though the quantities may be as accurately directed as possible, yet much must be left to the discretion of the person who uses them. The different tastes of people require more or less of the flavour of spices, salt, garlic, butter, &c. which can never be ordered by general rules; and if the cook has not a good taste, and attention to that of her employers, not all the ingredients which nature and art can furnish will give exquisite flavour to her dishes. The proper article should be at hand, and she must proportion them until the true *zest* be obtained, and a variety of flavour be given to the different dishes served at the same time.

Those who require *maigre* dishes will find abundance in this treatise; and where they are not strictly so, by suet or bacon being directed into stuffings, butter must be used instead; and where meat gravies are ordered, those made of fish must be adopted.

Directions for Carving.

The carving-knife for a lady should be light, and of a middling size and fine edge. Strength is less required than address, in the manner of using it: and to facilitate this, orders should be given to the butcher to divide the *joints* of the bones of all carcass-joints of mutton, lamb and veal (such as neck, breast and loin,) which may then be easily cut into thin slices attached to the adjoining bones. If the whole of the meat belonging to each bone should be too thick, a small slice may be taken off between every two bones.

The more fleshy joints (as fillet of veal, leg, or saddle of mutton and beef) are to be helped in thin slices, neatly cut and smooth; observing to let the knife pass down to the bone in the mutton and beef joints.

The dish should not be too far off the carver; as it gives an awkward appear-

ance, and makes the task more difficult. Attention is to be paid to help every one to a part of such articles as are considered the best.

In helping fish, take care not to break the flakes; which in cod and very fresh salmon are large, and contribute much to the beauty of its appearance. A fish-knife, not being sharp, divides it best on this account. Help a part of the roe, milt, or liver, to each person.

The heads of carp, parts of those of cod and salmon, sounds of cod, and fins of turbot, are likewise esteemed niceties, and are to be attended to accordingly.

In cutting up any wild fowl, duck, goose, or turkey, for a large party, if you cut the slices down from pinion to pinion, without making wings, there will be more prime pieces.

A Cod's Head.—Fish in general requires very little carving, the fleshy parts being those principally esteemed. A cod's head and shoulders, when in season, and properly boiled, is a very genteel and handsome dish. When cut, it should be done with a fish-trowel, and the parts about the back-bone and the shoulders are the most firm and the best. The jelly part lies about the jaw-bones, and the firm parts within the head. Some are fond of the palate, and others the tongue, which likewise may be got by putting a spoon into the mouth.

Edge bone of Beef.—Cut off a slice an inch thick all the length, and then help. The soft fat, which resembles marrow, lies at the back of the bone; the firm fat must be cut in horizontal slices at the edge of the meat. It is proper to ask which is preferred, as tastes differ. The skewer should be drawn out before it is served up; or, if it is necessary to leave the skewer in, put a silver one.

Sirloin of Beef may be begun either at the end, or by cutting into the middle. It is usual to inquire whether the outside or the inside is preferred. For the outside, the slice should be cut down to the bones; and the same with every following helping. Slice the inside likewise, and give with each piece some of the soft fat.

end, beginning close to the back bone. If a large joint, the slice may be divided. Cut some fat from the sides. The best part is the tender loin underneath, though not so high flavoured.

Ham may be cut three ways; the common method is to begin in the middle, by long slices from *a* to *b*, from the centre through the thick fat. This brings to the prime at first; which is likewise accomplished by cutting a small round hole on the top of the ham as at *c*, and with a sharp knife enlarging that by cutting successive thin circles: this preserves the gravy, and keeps the meat moist.

The last and most saving way is, to begin at the hock end (which many are most fond of,) and proceed onwards.

Ham that is used for pies, &c. should be cut from the under side, first taking off a thick slice.

Sucking Pig.—The body is usually divided before it is sent to table, and the dish garnished with the jaws and ears.

The first thing is, to separate a shoulder from the carcass on one side, and then the leg according to the direction given by the dotted line *a*, *b*, *c*. The ribs are then to be divided into about two helpings, and an ear or jaw presented with them, and plenty of sauce. The joints may either be divided into two each, or pieces may be cut from them. The ribs are reckoned the finest part; but some people prefer the neck-end, between the shoulders.

Goose.—Cut off the apron in the circular line *a*, *b*, *c*, and pour into the body a glass of port wine, and a large teaspoonful of mustard, first mixed at the sideboard. Turn the neck-end of the goose towards you, and cut the whole breast in long slices from one wing to another; but only remove them as you help each person, unless the company is so large as to require the legs likewise. This way gives more prime bits than by making wings. Take off the leg, by putting the fork into the small end of the bone, pressing it to the body, and having passed the knife at *d*, turn the leg back, and if a young bird, it will easily

separate. To take off the wing, put your fork into the small end of the pinion, and press it close to the body; then put in the knife at *d*, and divide the joint, taking it down in the direction *d*, *e*. Nothing but practice will enable people to hit the joint exactly at the first trial. When the leg and wing of one side are done, go on to the other; but it is not often necessary to cut up the whole goose, unless the company be very large. There are two side bones by the wing, which may be cut off; as also the back and lower side bones: but the best pieces are the breast and the thighs after being divided from the drumsticks.

A Fowl.—A boiled fowl's legs are bent inwards and tucked into the belly; but before it is served, the skewers are to be removed. Lay the fowl on your plate, and place the joints, as cut off, on the dish. Take the wing off in the direction of *a* to *b*, in the annexed engraving, only dividing the joint with your knife; and then with your fork lift up the pinion, and draw the wing towards the legs, and the muscles will separate in a more complete form than if cut. Slip the knife between the leg and body, and cut to the bone: then with the fork turn the leg back, and the joint will give way if the bird is not old. When the four quarters are thus removed, take off the merry thought from *a*, and the neck-bones, these last by putting in the knife at *e*, and pressing it under the long broad part of the bone in the line *c*, *b*: then lift it up, and break it off from the part that holds to the breast. The next thing is, to divide the breast from the carcass, by cutting through the tender ribs close to the breast, quite down to the tail. Then lay the back upwards, put your knife into the bone half-way from the neck to the rump, and on raising the lower end it will separate readily. Turn the rump from you, and very neatly take off the two sidesmen, and the whole will be done. As each part is taken off, it should be turned neatly on the dish: and care should be taken that what is left goes properly from table. The breast and

wings are looked upon as the best parts; but the legs are the most juicy, in young fowls. After all, more advantage will be gained by observing those who carve well, and a little practice, than by any written directions whatever.

A Pheasant.—The bird in the annexed engraving is astrussed for the spit, with its head under one of its wings. When the skewers are taken out, and the bird served, the following is the way to carve it:

Fix your fork in the centre of the breast; slice it down in the line *a, b*; take off the leg on one side in the dotted line *b, d*; then cut off the wing on the same side in the line *c, d*. Separate the leg and wing on the other side, and then cut off the slices of breast you divided before. Be careful how you take off the wings; for if you should cut too near the neck, as at *g*, you will hit on the neck-bone, from which the wing must be separated. Cut off the merry thought in the line *f, g*, by passing the knife under it towards the neck. Cut the other parts as in a fowl. The breast, wings, and merry thought, are the most esteemed; but the leg has a higher flavour.

The Partridge and Quail are here represented as just taken from the spit; but before it is served up the skewers must be withdrawn. It is cut up in the same manner as a fowl. The wings must be taken off in the line *a, b*, and a merry thought in the line *c, d*. The prime parts of a partridge are the wings, breast, and merry thought; but the bird being small, the two latter are not often divided. The wing is considered as the best, and the tip of it reckoned the most delicate morsel of the whole.

Pigeons.—Cut them in half, either from top to bottom, or across. The low part is generally thought the best; but the fairest way is to cut from the neck to *a*, figure 7, rather than from *c* to *b*, by *a*, which is the most fashionable. The figure represents the back of the pigeon; and the direction of the knife is in the line *c, b*, by *a*, if done the last way.

PART I.—FISH.

To Choose Fish.

Sheeps Head, is generally considered as the finest fish brought to market in the U. S. It should be firm and thick and the eyes bright. They are in season all through the summer.

Rock Fish, called *Streaked Bass*, is a very delicate and fine flavoured fish, and by some esteemed more highly than the Sheeps Head. It should be cooked when perfectly fresh, as it soon spoils. Is in the greatest perfection from July until October.

Sea Bass, *Black Fish*, and *Blue Fish*, are very excellent in their kinds, and are always to be had alive in every sea-port from Portland to Philadelphia, and occasionally farther south.

Turbot, if good, should be thick, and the belly of a yellowish white; if of a bluish cast, or thin, they are bad. They are in season the greatest part of the summer.

Salmon.—If new, the flesh is of a fine red (the gills particularly,) the scales bright, and the whole fish stiff. When just killed, there is a whiteness between the flakes, which gives great firmness; by keeping, this melts down, and the fish is more rich.

Cod.—The gills should be very red: the fish should be very thick at the neck, the flesh white and firm, and the eyes fresh. When flabby they are not good. They are in season from the beginning of December till the end of April.

Shad.—If good, they are white and thick. If too fresh they eat tough, but must not be kept above two days without salting.

Herrings.—If good, their gills are of a fine red and the eyes bright; as is likewise the whole fish, which must be stiff and firm.

Soles.—If good, they are thick, and the belly is of a cream-colour; if this is of a bluish cast and flabby they are not fresh. They are in the market almost the whole year, but are in the highest perfection about mid-summer.

Whitings, called *Weak Fish*.—The firmness of the body and fins is to be looked to, as in herrings.

Mackarel.—Choose as above. Their season is May, June, and July. They are so tender a fish that they carry and keep worse than any other.

Pike.—For freshness observe the above remarks. The best are taken in rivers; they are a very dry fish, and are much indebted to stuffing and sauce.

Carp, live some time out of the water, and may therefore get wasted; it is best to kill them as soon as caught, to prevent this. The same signs of freshness attend them as other fish.

Trout.—They are a fine-flavoured fresh-water fish, and should be killed and dressed as soon as caught.—When they are to be bought, examine whether the gills are red and hard to open, the eyes bright, and the body stiff.

Perch.—Take the general rules given to distinguish the freshness of other fish.

Mullets.—The sea are preferred to the river mullets, and the red to the grey. They should be very firm.

Gudgrons.—They are chosen by the same rules as other fish. They are taken in running streams; come in about midsummer, and are to be had for five or six months.

Eels.—There is a greater difference in the goodness of eels than of any other fish. The true silver-eel (so called from the bright colour of the belly) is caught in fresh water. Eels of muddy water, should be kept alive for a day or two in fresh water with a little salt in it.

Lobsters.—If they have not been long taken, the claws will have a strong motion when you put your finger on the eyes and press them. The heaviest are the best. The cock lobster is known by the narrow back part of his tail, and the two uppermost fins within it are stiff and hard; but those of the hen are soft, and the tail broader. The male, though generally smaller, has the highest flavour, the flesh is firmer, and the colour when boiled is a deeper red.

Crabs.—The heaviest are best, and those of a middling size are the sweetest. If light they are watery: when in

perfection the joints of the legs are stiff, and the body has a very agreeable smell. The eyes look dead and loose when stale.

Prawns and Shrimps.—When fresh they have a sweet flavour, are firm and stiff, and the colour is bright.—Shrimps are of the prawn kind, and may be judged by the same rules.

Flounders.—They should be thick, firm, and have their eyes bright.

Observations on Dressing Fish.

When quite clear, if to be boiled, some salt and a little vinegar should be put into the water to give firmness; but cod, shad, bass, whiting, and haddock are far better if a little salted, and kept a day: and if not very hot weather they will be good two days.

Fresh-water fish has often a muddy smell and taste, to take off which, soak it in strong salt and water after it is nicely cleaned; or if of a size to bear it, scald it in the same; then dry and dress it.

The fish must be put into the water while cold, and set to do very gently, or the outside will break before the inner part is done.

Small fish nicely fried, covered with eggs and crumbs, make a dish far more elegant than if served plain. Great attention should be paid to garnish fish: use plenty of horse-radish, parsley, and lemon.

When well done, and with very good sauce, fish is more attended to than almost any other dish. The liver and roe should be placed on the dish, so that the lady may see them, and help a part to every one.

If fish is to be fried or broiled, it must be wrapt in a nice soft cloth, after it is well cleaned and washed. When perfectly dry, wet with an egg if for frying, and sprinkle the finest crumbs of bread over it, if done a second time with the egg and bread, the fish will look much better: then having a thick-bottomed frying-pan on the fire, with a large quantity of lard or dripping boiling-hot, plunge the fish into it, and let it fry middling quick till the colour is a

fine brown yellow, and it is judged ready. If it is done enough before it has obtained a proper degree of colour, the pan should be drawn to the side of the fire; carefully take it up, and either place it on a large sieve turned upwards, and to be kept for that purpose only, or on the under side of a dish to drain; and if wanted very nice, a sheet of cap paper must be put to receive the fish, which should look a beautiful colour, and all the crumbs appear distinct; the fish being free from all grease. The same dripping, with a little fresh, will serve a second time. Butter gives a bad colour; oil fries of the finest colour for those who will allow the expense. Garnish with parsley. This may be done after the fish is fried.

If the fish is to be broiled, it must be seasoned, floured and put on a gridiron that is very clean; which when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled on a very clear fire, that it may not taste smoky: and not too near that it may not be scorched.

Anchovies, anchovy liquor, mushroom and walnut ketchup, should always be ready to add to plain drawn butter as fish sauce.

Turbot.

To keep Turbot.—If necessary, turbot will keep for two or three days, and be in as high perfection as at first, if lightly rubbed over with salt, and carefully hung up in a cold place.

To boil Turbot.—The turbot kettle must be of a proper size, and in the nicest order. Set the fish in cold water sufficient to cover it completely, throw a handful of salt and a glass of vinegar into it, and let it gradually boil: skim it well, and preserve the beauty of the colour. Serve it garnished with a complete fringe of curled parsley, lemon, and horse-radish. The sauce butter, with plain butter served plentifully in separate tureens.

To boil Sheeps-head.—Set it in cold water, throw in a handful of salt, and boil gradually; skim it frequently. Dish, and throw over it a rich egg sauce, and

serve hot. Garnish with curled parsley and lemon.

Black Fish, Rock Fish and Sea Bass,

Are boiled and served up in the same manner as the foregoing, with plenty of sauce in the sauce boat.

Salmon.

To boil Salmon.—Clean it carefully, boil it gently, and take it out of the water as soon as done. Let the water be warm if the fish be split. If underdone it is very unwholesome. Parsley, anchovy or other sauce.

To broil Salmon.—Cut slices an inch thick, and season with pepper and salt; lay each slice in half a sheet of white paper, well buttered, twist the ends of the paper, and broil the slices over a slow fire six or eight minutes. Serve in the paper with anchovy sauce.

To pot Salmon.—Take a large piece, scale and wipe, but don't wash it: salt very well, let it lie till the salt is melted and drained from it, then season with beaten mace, cloves, and whole pepper: put it close into a pan, cover it over with butter, and bake it; when well done, drain it from the gravy, put it in pots to keep, and when cold cover it with clarified butter. In this manner, you may do any firm fish.

To pickle Salmon.—After scaling and cleaning, split the salmon, and divide it into such pieces as you choose, lay it in the kettle to fill the bottom, and as much water as will cover it; to three quarts put a pint of vinegar, a handful of salt, six blades of mace, and a quarter of an ounce of black pepper. When the salmon is boiled enough, drain it and put it on a clean cloth, then put more salmon into the kettle, and pour the liquor upon it, and so on till all is done. After this, if the pickle be not smartly flavoured with the vinegar and salt, add more, and boil it quick three quarters of an hour. When all is cold, pack the fish in something deep, and let there be enough of pickle to plentifully cover.

Preserve it from the air. The liquor must be drained from the fish, and oc-

asionally boiled and skimmed. Serve with fennel.

Cod.

Cod when small is usually very cheap. If boiled quite fresh it is watery; but eats excellently if salted and hung up for a day, to give it firmness, then stuffed, broiled, or boiled. It will eat much finer by having a little salt rubbed down the bone, and along the thick part, even if it be eaten the same day. Tie it up, and put it on the fire in cold water, which will completely cover it; throw a handful of salt into it. Great care must be taken to serve it without the smallest speck of black or scum. Garnish with a large quantity of parsley, lemon, horse-radish, and the milt, roe and liver. Serve with plenty of oysters and butter.

Cod Sounds boiled.—Soak them in warm water half an hour, then scrape and clean; and if to be dressed white, boil them in milk and water; when tender serve them in a napkin, with egg-sauce. The salt must not be much soaked out, unless for fricasee.

To dress salt Cod, called Dum Fish. Soak and clean the piece you mean to dress, then lay it all night in water, with a glass of vinegar. Boil it enough, and serve it up whole in a napkin, with plenty of rich egg-sauce.

Chowder.—Take fresh cod, and lay it in vinegar and water with a handful of salt in the liquor, all night. Cut it in pieces about the size of your hand, pepper and salt them moderately. For four pounds of cod, take one pound of thin slices of pickled pork; fry them till they curl, and are of a light brown colour: take them out, and lay them on a plate. Take about one-fourth of the fat that comes from them, and soak it up with crumbs of bread, and fry it of a light brown colour. Take an onion for every piece of cod fish; cut it into small pieces. Lay at the bottom of a stew-pan, a layer of the fried pork, sprinkle it with chopped onions and chopped parsley; on this lay a layer of cod-fish: on the cod-fish, a layer of fried pork, onions and parsley; then a

layer of split biscuit, with fried crumbs of bread. Then another layer of cod-fish, pork, onions, parsley and biscuit. Fill it up with water an inch above the surface; boil for half an hour. A table spoonful of anchovy sauce, and one glass of wine, I think is a slight improvement, but not more.

Sturgeon.

To dress fresh Sturgeon.—Cut slices, rub egg over them, then sprinkle with crumbs of bread, parsley, pepper, salt: fold them in paper, and boil gently: or fry the slices like veal cutlets. Sauce, butter, anchovy, &c.

Shad.

Scale, split down the back, carefully wash and dry it. Season with salt and pepper; broil for half an hour, or until well done; butter it, and serve with plenty of egg-sauce. Or nail it to a board and roast it.

Boiled Carp.

Serve in a cloth, and with the sauce which is directed for it under the next article.

Stewed Carp, Black or Rock Fish.

Scale and clean, take care of the roe, &c. Lay the fish in a stew pan, with a rich beef gravy, an onion, eight cloves, a tea-spoonful of Jamaica pepper, the same of common, a fourth part of the quantity of gravy of port wine; six shalots; a bunch of sweet herbs: simmer close covered; when nearly done, add two anchovies chopped fine, a dessert spoonful of made mustard, and a bit of butter rolled in flour: shake it, and let the gravy boil a few minutes. Serve with sippets of fried bread, the roe fried, and a good deal of horse-radish and lemon.

Baked Carp, or Black Fish.—Clean a large one; put in a stuffing. Sew it up; brush it all over with yolk of egg, and put plenty of crumbs; then drop oiled butter to baste them; place the fish in a deep earthen dish, a pint of stock, a few sliced onions, a faggot of herbs, (such as basil, thyme, parsley,

and majoram,) half a pint of port wine, and six anchovies. Cover over the pan, and bake it an hour. Let it be done before it is wanted. Pour the liquor from it, and keep the fish hot while you heat up the liquor with a good piece of butter rolled in flour, a tea-spoonful of mustard, a little Cayenne, and a spoonful of soy. Serve the fish on the dish, garnished with lemon, and parsley, and horse-radish, and put the gravy into the sauce tureen.

Perch.

Put them into cold water, boil them carefully, and serve with melted butter and soy. Perch are a most delicate fish. They may either be fried or stewed, but in stewing, they do not preserve so good a flavour.

To fry Trout and Perch.—Scale, gut, and well wash; then dry them, and lay them separately on a board before the fire, after dusting some flour over them. Fry them of a fine colour with fresh dripping; serve with parsley, and plain butter.

Mackarel.

Boil, and serve with butter and fennel. To broil them, split and sprinkle with herbs, pepper and salt; or stuff with the same, crumbs, and chopped fennel. Collared as eel.

Potted: clean, season, and bake them in a pan with spice and some butter; when cold, lay them in a potting-pot, and cover with butter.

Pickled: boil them, then boil some of the liquor, a few cloves, peppers, and some vinegar; when cold, pour it over them.

To bake Pike.—Scale it, and open as near the throat as you can, then stuff it with the following: grated bread, herbs, anchovies, oysters, suet, salt, pepper, mace, half a pint of cream, four yolks of eggs; mix all over the fire till it thickens, then put it into the fish, and sew it up; butter should be put over it in little bits; bake it. Serve sauce of gravy, butter and anchovy.

Note: If, in helping a pike, the back and belly are slit up, and each slice

gently drawn downwards, there will be fewer bones given.

Haddock.

Boil; or broil with stuffing as under, having salted them a day.

To dry Haddock.—Choose them of two or three pounds weight: take out the gills, eyes and entrails, and remove the blood from the back bone. Wipe them dry, and put some salt into the bodies and eyes. Lay them on a board for a night; then hang them up in a dry place, and after three or four days they will be fit to eat; skin and rub them with egg; and strew crumbs over them. Lay them before the fire, and baste with butter until brown enough. Serve with egg-sauce.

Stuffing for Pike, Haddock and small Cod.—Take equal parts of fat bacon, beef-suet, and fresh butter, some parsley, thyme, and savoury; a little onion, and a few leaves of scented marjoram shred fine; an anchovy or two; a little salt and nutmeg, and some pepper. Oysters will be an improvement with or without anchovies; add crumbs, and an egg to bind.

Soles, or other Flat Fish.

If boiled, they must be served with great care so as to look perfectly white, and should be much covered with parsley.

If fried, dip in egg, and cover them with fine crumbs of bread; set on a frying pan that is just large enough, and put into it a large quantity of fresh lard or dripping, boil it, and immediately slip the fish into it; do them of a fine brown. Anchovy sauce.

Soles that have been fried, eat good cold with oil, vinegar, salt and mustard.

To fry small pan fish.—They should not be washed more than is necessary to clean them. Dry them in a cloth; then lightly flour them, but shake it off. Dip them into plenty of egg, then into bread crumbs grated fine, and plunge them into a good pan of *boiling* lard: let them continue gently boiling, and a few minutes will make them a bright yellow brown. Take care not to take off

the light roughness of the crumbs, or their beauty will be lost.

Eels.

Spitchcock Eels.—Take one or two large eels, leave the skin on, cut them into pieces of three inches long, open them on the belly side, and clean them nicely: wipe them dry, and then wet them with beaten egg, and strew over on both sides chopped parsley, pepper, salt, a very little sage, and a bit of mace pounded fine and mixed with the seasoning. Rub the gridiron with a bit of suet, and broil the fish of a fine colour. Serve with anchovy and butter for sauce.

Fried Eels.—If small, they should be curled round and fried, being first dipped into egg and crumbs of bread.

Boiled Eels.—The small ones are best: do them in a small quantity of water, with a good deal of parsley, which should be served up with them and the liquor. Serve chopped parsley and butter for sauce.

Eel broth, very nourishing for the Sick.—Do as above, but stew two hours, and add an onion and pepper corns: salt to taste.

When eels are large and coarse, or out of muddy water, clean them, and boil them for eight or ten minutes before you boil or stew them: throw away the first water.

Flounders.

Let them be rubbed with salt inside and out, and lie two hours to give them some firmness. Dip them into egg, cover with crumbs and fry them.

Water Souchy.—Stew two or three flounders, some parsley leaves and roots, thirty pepper-corns, and a quart of water, till the fish are boiled to pieces; pulp them through a sieve. Set over the fire the pulped fish, the liquor that boiled them, some perch, trout or flounders, and some fresh leaves and roots of parsley; simmer all till done enough, then serve in a deep dish.

Herrings.

To smoke Herrings.—Clean and lay them in salt and a little saltpetre one

night; then hang them on a stick, through the eyes, in a row. Have ready an old cask, in which put some saw-dust, and in the midst of it a heater red hot, fix the stick over the smoke, and let them remain twenty-four hours.

Herrings may be fried or broiled, or baked in a Dutch oven, with onions: or potted like mackarel. When baked, season with pepper and cloves, and add cyder to produce sauce.

To Dress Red Herrings.—Choose those that are large and moist, cut them open, and pour some boiling small beer over them to soak half an hour; drain them dry, and make them just hot through before the fire, then rub some cold butter over them and serve. Egg sauce, or buttered eggs and mashed potatoes may be sent up with them.

Lobsters and Shrimps.

To pot Lobsters.—Take out the meat as whole as you can; split the tail, and remove the gut: if the inside be not watery, add that. Season with mace, nutmeg, white pepper, salt, and a clove or two, in the finest powder. Lay a little fine butter at the bottom of the pan, and the lobster smooth over it; cover it with butter, and bake gently. When done, pour the whole on the bottom of a sieve; and with a fork lay the pieces into potting pots, some of each sort, with the seasoning about it. When cold, pour clarified butter over, but not hot. It will be good next day; or highly seasoned, and thick covered with butter, will keep some time.

Lobsters or Prawns.—Take them from the shells, and lay into a pan, with small piece of mace, three or four spoonsful of veal-gravy, and four of cream; rub smooth one or two tea-spoonsful of currie powder, a tea-spoonful of flour, and an ounce of butter; simmer an hour; squeeze half a lemon in, and add salt.

Prawns and Cray-fish in jelly, a beautiful dish.—Make a savoury fish-jelly, and put some into the bottom of a deep dish: when cold, lay the cray-fish with their back downwards, and pour more jelly over them.

To butter Prawns or Shrimps.—Take them out of the shells; and warm them with a little good gravy, a bit of butter and flour, a scrape of nutmeg, salt, and pepper; simmer a minute or two, and serve with sippets; or with a cream-sauce, instead of brown.

To pot Shrimps.—When boiled, take them out of the skins, and season them with salt, white pepper, and a very little mace and cloves. Press them into a pot, set it in the oven ten minutes, and when cold put butter.

Crabs.

Hot Crab.—Pick the meat out of a crab, clear the shell from the head, then put the meat with a little nutmeg, salt, pepper, a bit of butter, crumbs of bread, and three spoonfuls of vinegar, into the shell again, and set it before the fire. You may brown it with a salamander. Dry toast should be served to eat it upon.

Dressed Crab cold.—Empty the shells and mix the flesh with oil, vinegar, salt, and a little white pepper and Cayenne; then put the mixture into a large shell, and serve. Very little oil is necessary.

Oysters.

There are several kinds. The native are finest, being white and fat; but others may be made to possess both these qualities in some degree by proper feeding. When alive and strong the shell is close. They should be eaten as soon as opened, the flavour becoming poor otherwise. The rock-oyster is largest, but usually has a coarse flavour if eaten raw.

Oysters, well washed and scrubbed, and laid in a box or trough, supplied daily with renewed quantities of water slightly salted, may be long kept and will grow fat.

To stew Oysters.—Open, and separate the liquor from them, then wash them from the grit; strain the liquor, and put with the oysters a bit of mace and lemon-peel, and a few white peppers. Simmer them very gently, and put some cream, and a little flour and butter. Serve with sippets.

Boiled Oysters.—Eat well. Let the shells be nicely cleaned first; and serve in them, to eat with cold butter.

To scallop Oysters.—Put them with crumbs of bread, pepper, salt, nutmeg, and a bit of butter, into scallop-shells, or saucers, and bake them before the fire in a Dutch oven.

Fried Oysters.—Make a batter of flour, milk, and eggs, season it a very little, dip the oysters into it, and fry them a fine yellow brown. A little nutmeg should be put into the seasoning, and a few crumbs of bread into the flour.

To Pickle Oysters.—Wash four dozen of the largest oysters you can get in their own liquor, wipe them dry, strain the liquor off, adding to it a dessert-spoonful of pepper, two blades of mace, a table-spoonful of salt, if the liquor be not very salt, three of white wine, and four of vinegar.—Simmer the oysters a few minutes in the liquor, then put them in small jars, and boil the pickle up, skim it, and when cold, pour over the oysters; cover close.

PART 2.—MEATS.

To choose Meats.

Venison.—If the fat be clear, bright, and thick, and the cleft part smooth and close, it is young; but if the cleft is wide and tough, it is old. To judge of its sweetness, run a very sharp narrow knife into the shoulder or haunch, and you will know by the scent. Few people like it when it has much of the *haut-gout*. The sooner venison, and game, generally, is eaten after being killed, the better.

Beef.—If the flesh of ox-beef is young, it will have a fine smooth open grain, be of a good red, and feel tender. The fat should look white rather than yellow; for when that is of a deep colour, the meat is seldom good. The grain of cow-beef is closer, and the fat whiter, than that of ox-beef; but the lean is not of so bright a red. The grain of bull-beef is closer still, the fat hard and skinny, the lean of a deep red, and a stronger scent. Ox-beef is the reverse. Ox-beef is the richest and largest; but in small fami-

lies, and to some tastes, heifer-beef is better if finely fed. In old meat there is a streak of horn in the ribs of beef: the harder this is, the older; and the flesh is not finely flavoured.

Veal.—The flesh of a bull calf is firmest, but not so white. The fillet of the cow calf is generally preferred for the udder. The whitest is not the most juicy, having been made so by frequent bleeding, and having had whiting to lick. Choose the meat of which the kidney is well covered with white thick fat. If the bloody vein in the shoulder looks blue, or of a bright red, it is newly killed; but any other colour shows it stale. The other parts should be dry and white: if clammy or spotted, the meat is stale and bad. The kidney turns first in the loin, and the suet will not then be firm.

Mutton.—Choose this by the fineness of its grain, good colour, and firm white fat. It is not the better for being young; if of a good breed and well fed, it is better for age: but this only holds with wether mutton: the flesh of the ewe is paler, and the texture finer. Ram-mutton is very strong-flavoured, the flesh is of a deep red, and the fat is spongy.

Lamb.—Observe the neck of a fore-quarter: if the vein is bluish, it is fresh; if it has a green or yellow cast it is stale. In the hind quarter, if there is a faint smell under the kidney, and the knuckle is limp, the meat is stale. If the eyes are sunk, the head is not fresh. Grass lamb comes into season in April or May, and continues till August. House-lamb may be had in great towns almost all the year, but it is in highest perfection in December and January.

Pork.—Pinch the lean, and if young, it will break. If the rind is tough, thick, and cannot easily be impressed by the finger, it is old. A thin rind is a merit in all pork. When fresh, the flesh will be smooth and cool; if clammy it is tainted. What is called measly pork is very unwholesome; and may be known by the fat being full of kernels, which in good pork is never the case. Pork fed at still-houses does not answer for

curing any way, the fat being spongy. Dairy-fed pork is the best.

Bacon.—If the rind is thin, the fat firm, and of a red tinge, the lean tender, of a good colour, and adhering to the bone, you may conclude it good, and not old. If there are yellow streaks in it, it is going, if not already rusty.

Hams.—Stick a sharp knife under the bone: if it comes out with a pleasant smell, the ham is good; but if the knife is daubed and has a bad scent, do not buy it. Hams short in the hock are best, and long-legged pigs are not to be chosen for any preparation of pork.

Observations on purchasing, keeping, and dressing Meat.

In every sort of provisions, the best of the kind goes farthest; it cuts out with the most advantage, and affords most nourishment. Round of beef, fillet of veal, and leg of mutton, are joints that bear a higher price, but as they have more solid meat, they deserve the preference. It is worth notice, however, that those joints which are inferior, may be dressed as palatably; and being cheaper, they ought to be bought in turn; for, when they are weighed with the prime pieces, it makes the price of these come lower.

In loins of meat, the long pipe that runs by the bone should be taken out, as it is apt to taint; as also the kernels of beef. Rumps and edgebones of beef are often bruised by the blows the drovers give the beasts, and the part that has been struck always taints; therefore do not purchase these joints if bruised.

The shank-bones of mutton should be saved, and, after soaking and brushing, may be added to give richness to gravies or soups. They are also particularly nourishing for sick persons.

When sirloins of beef, or loins of veal or mutton, come in, part of the suet may be cut off for puddings, or to clarify.

Dripping will baste every thing as well as butter, except fowls and game; and for kitchen pies, nothing else should be used.

The fat of a neck or loin of mutton makes a far lighter pudding than suet.

Meat and vegetables that the frost has touched, should be soaked in cold water two or three hours before used, or more if they are much iced. Putting them into hot water, or to the fire, till thawed, makes it impossible for any heat to dress them properly afterwards.

In warm weather, meat should be examined well when it comes in: and if flies have touched it, the part must be cut off, and then well washed. In the height of summer, it is a very safe way to let meat that is to be salted lie an hour in very cold water, rubbing well any part likely to have been fly blown: then wipe it quite dry, and have salt ready and rub it thoroughly in every part, throwing a handful over it besides. Turn it every day, and rub the pickle in, which will make it ready for the table in three or four days. If it be very much corned, wrap it in a well-floured cloth, after rubbing it with salt. This last method will corn fresh beef fit for the table the day it comes in, but it must be put into the pot when the water boils.

If the weather permit, meat eats much better for hanging two or three days before it is salted. The French rule is, keep your meat till it has just lost its elasticity, and the flesh on being pressed by the finger, no longer rises up again. It will be worse if kept longer.

The water in which meat has been boiled makes an excellent soup for the poor, by adding to it vegetables, oat-meal, or peas.

Roast-beef-bones, or shank-bones of ham, broken in pieces, make fine peas-soup; and should be boiled with the peas the day before eaten, that the fat may be taken off.

In some families great loss is sustained by the spoiling of meat. The best way to keep what is to be eaten unsalted, is, as before directed, to examine it well, wipe it every day, and put some pieces of charcoal over it. If meat is brought from a distance in warm weather, the butcher should be ordered to cover it close, and bring it early in the morning; but even then, if it is kept on the road while he serves the customers who live

nearest to him, it will very likely be fly-blown. This happens often in the country.

Wash all meat before you dress it: if for boiling, the colour will be better for soaking; but if for roasting, dry it.

Boiling in a well-floured cloth will make meat white.

Particular care must be taken that the pot is well skimmed the *moment* it boils, otherwise the foulness will be dispersed over the meat. The more soups or broth are skimmed, the better and cleaner they will be.

The boiler and utensils should be kept delicately clean.

Put the meat into cold water, and flour it well first. Meat boiled quick will be hard; but care must be taken that in boiling slow it does not stop, or the meat will be underdone.

If the steam is kept in, the water will not lessen much: therefore when you wish it to boil away, take off the cover of the soup-pot.

Vegetables should not be dressed with the meat, except carrots or parsnips with boiled beef.

As to the length of time required for roasting and boiling, the size of the joint must direct; as also the strength of the fire, the nearness of the meat to it, and in boiling, the regular though slow progress it makes; for if the cook when told to hinder the pot from boiling quick, lets it stop from boiling up at all, the usual time will not be sufficient and the meat will be underdone.

All boiled meat, should be gently stewed during the first half of the time.

All meat is improved by being boiled in a cloth dredged with flour.

Weigh the meat; and allow for all solid joints, a quarter of an hour for every pound, and some minutes (from ten to twenty) over, according as the family like it done.

A ham of twenty pounds will take four hours and a half, and others in proportion.

A tongue, if dry, takes four hours slow boiling, after soaking: a tongue out of pickle, from two hours and a half to three hours, or more if very

large; it must be judged by feeling whether it is very tender.

A leg of pork, or of lamb, takes the full allowance of twenty minutes above a quarter of an hour to a pound.

In roasting, beef of ten pounds will take above two hours and a half; twenty pounds will take three hours and three quarters.

A neck of mutton will take an hour and a half, if kept at a proper distance. A chine of pork, two hours.

The meat should be put at a good distance from the fire, and brought gradually nearer when the inner part becomes hot, which will prevent its being scorched while yet raw. Meat should be much basted; and when nearly done floured to make it look frothed.

Veal and mutton should have a little paper put over the fat to preserve it. If not fat enough to allow for basting, a little good dripping answers as well as butter.

The cook should be careful not to run the spit through the best parts; and should observe that it be well cleaned before and at the time of serving, or a black stain appears on the meat. In many joints the spit will pass into the bones, and run along them for some distance, so as not to injure the prime of the meat.

In roasting meat it is a very good way to put a little salt and water into the dripping pan, and baste for a little while with this, before using its own fat for dripping. When dry, dust it with flour, and baste as usual.

Salting meat before it is put to roast draws out the gravy: it should only be sprinkled when almost done.

Time, distance, basting often, and a clear fire of a proper size for what is required, are the first articles of a good cook's attention in roasting.

Old meats do not require so much dressing as young; not that they are sooner done, but they can be eaten with the gravy more in.

A piece of writing-paper should be twisted round the bone at the knuckle of a leg, or shoulder of lamb, mutton, or venison, when roasted, before they are served.

When you wish fried things to look as well as possible, do them twice over with egg and crumbs. Bread that is not stale enough to grate quite fine, will not look well. The fat you fry in must always be boiling hot the moment the meat, fish, &c. are put in, and kept so till finished. A small quantity never fries well.

To keep meat hot.—It is best to take it up when done, though the company may not be come; set the dish over a pan of boiling water, put a deep cover over it so as not to touch the meat, and then throw a cloth over that. This way will not dry up the gravy.

Venison.

To keep Venison.—Preserve the venison dry, wash it with milk and water very clean, and dry it with clean cloths till not the least damp remains, then dust pounded ginger over every part, which is a good prevention against the fly. By thus managing and watching, it will hang a fortnight. When to be used, wash it with a little lukewarm water, and dry it. Pepper is likewise good to keep it.

To dress Venison.—A haunch of buck will take three hours and a half, or three quarters, roasting: doe, only three hours and a quarter. Venison should be rather under than over done.

Spread a sheet of white paper with butter, and put it over the fat, first sprinkling it with a little salt; then lay a coarse paste on strong paper, and cover the haunch; tie it with fine packthread, and set it at a distance from the fire, which must be a good one. Baste it often: ten minutes before serving take off the paste, draw the meat nearer the fire, and baste it with butter and a good deal of flour, to make it froth up well.

Gravy for it should be put into a boat, and not into the dish (unless there is none in the venison) and made thus: cut off the fat from two or three pounds of a loin of old mutton, and set in steaks on a gridiron for a few minutes just to brown one side; put them into a saucepan with a quart of water, cover quite close for an hour, and simmer it gently;

then uncover it, and stew till the gravy is reduced to a pint. Season with only salt.

Currant-jelly sauce must be served in a boat, made thus: Beat it and a spoonful or two of port wine, and set it over the fire till melted. Where it runs short put more wine, and a few lumps of sugar to it, and melt as above.

Haunch, Neck and Shoulder of Venison.—Roast with paste as directed above, and the same sauce.

To stew a Shoulder of Venison.—Let the meat hang till you judge proper to dress it; then take out the bone; beat the meat with a rolling pin; lay some slices of mutton fat that have lain a few hours in a little port wine, among it, sprinkle a little pepper and allspice over it in fine powder, roll it up tight, and tie it. Set it in a stew-pan that will only just hold it, with some mutton or beef gravy not strong, half a pint of port wine, and some pepper and allspice. Simmer it close covered, and as slow as you can, for three or four hours. When quite tender, take off the tape, set the meat on a dish, and strain the gravy over it. Serve with currant-jelly sauce. This is the best way to dress this joint, unless it is very fat, and then it should be roasted. The bone should be stewed with it.

Breast of Venison.—Do it as the shoulder, or make it into a small pasty.

Beef.

To keep Beef.—The butcher should take out the kernels in the neck pieces where the shoulder elod is taken off, two from each round of beef; one in the middle, which is called the pope's eye; the other from the flap: there is also one in the thick flank, in the middle of the fat. If these are not taken out, especially in the summer, salt will be of no use for keeping the meat sweet. There is another kernel between the rump and the edgebone.

As the butchers seldom attend to this matter, the cook should take out the kernels, and then rub the salt well into such beef as is for boiling, and slightly sprinkle that which is for roasting.

The flesh of cattle that are killed when not perfectly cleared of food, soon spoils. They should fast twenty-four hours in winter, and double that time in summer before being killed. Always serve horse-radish with roast beef.

To salt Beef or Pork, for eating immediately.—The piece should not weigh more than five or six pounds. Salt it very thoroughly just before you put it into the pot; take a coarse cloth, flour it well, put the meat in, and fold it up close. Put it into a pot of boiling water, and boil it as long as you would any other salt beef of the same size, and it will be as salt as if done four or five days.

Great attention is requisite in salting meat: and in the country where large quantities are cured, this is of particular importance. Beef and pork should be well sprinkled, and a few hours afterwards hung to drain, before it is rubbed with salt: which method, by cleansing the meat from the blood, serves to keep it from tasting strong. It should be turned every day; and if wanted soon, should be rubbed as often. A salting-tub may be used, and a cover to fit close. Those who use a good deal of salt meat, will find it answer well to boil up the pickle, skim it, and when cold, pour it over meat that has been sprinkled and drained.

To salt Beef red, which is extremely good to eat fresh from the pickle, or to hang to dry.—Choose a piece of beef with as little bone as you can, (the flank is most proper,) sprinkle it, and let it drain a day; then rub it with common salt and saltpetre, in the proportion of an ounce of saltpetre to one pound of salt, all in fine powder. Rub the pickle every day into the meat for a week, then only turn it.

It will be excellent in eight days. In sixteen drain it from the pickle, and let it be smoked at the oven mouth when heated with wood, or send it to the baker's. A few days will smoke it. A little of the coarsest sugar may be added to the salt.

The Dutch way to salt Beef.—Take a lean piece of beef; rub it well with

molasses or brown sugar, and let it be turned often. In three days wipe it, and salt it with common salt and saltpetre beaten fine; rub these well in, and turn it every day for a fortnight. Roll it tight in a coarse cloth, and press it under a large weight; hang it to dry in a wood-smoke, but turn it upside down every day. Boil it in pump water, and press it: it will grate or cut into shivers like Dutch beef.

Beef a-la-mode.—Choose a piece of thick flank of a fine heifer or ox. Cut into long slices some fat bacon, but quite free from yellow; let each bit be near an inch thick; dip them into vinegar, and then into a seasoning ready prepared of salt, black pepper, allspice, and a clove, all in fine powder, with parsley, leeks, chives, thyme, savoury, and knotted marjoram, shred as small as possible, and well mixed. With a sharp knife make holes deep enough to let in the larding; then rub the beef over with the seasoning, and bind it up tight with tape. Set it in a well-tinned pot over a fire or rather stove: three or four onions must be fried brown and put to the beef, with two or three carrots, one turnip, a head or two of celery, and a small quantity of water; let it simmer gently ten or twelve hours, or till extremely tender, turning the meat twice. Some bread toasted a deep brown, half a pint of wine, and a small wine-glass of anchovy liquor or ketchup; or a gill of tomatoe ketchup, greatly improves it. Cut a couple of shalots in it.

Put the gravy into a pan, remove the fat, keep the beef covered, then put them together, and add a glass of port wine. Take off the tape, and serve with the vegetables; or you may strain them off, and send them up cut into dice for garnish. Onions roasted, and then stewed with the gravy, are a great improvement. A tea-cupful of vinegar should be stewed with the beef.

To stew a Rump of Beef.—Wash it well, and season it high with pepper, salt, allspice, three cloves, and a blade of mace, all in fine powder. Bind it up tight, and lay it into a pot that will just hold it. Fry three large onions sliced,

and put them to it, with three carrots, two turnips, four shalots, four cloves, a blade of mace and some celery. Cover the meat with good beef-broth, or weak gravy. Simmer it as gently as possible for several hours, till quite tender. Clear off the fat; and add to the gravy half a pint of port wine, a glass of vinegar, and a large spoonful of ketchup: simmer half an hour, and serve in a deep dish. The herbs to be used should be parsley, thyme, basil, savoury, marjoram, penny-royal, and some chives if you can get them, but observe to proportion the quantities to the pungency of the several sorts; let there be a good handful altogether. Garnish with carrots, turnips, or mushrooms, and morels, or pickles of different colours, cut small, and laid in little heaps separate; chopped parsley, chives, beet-root, &c. If when done, the gravy is too much to fill the dish, take only a part to season for serving, but the less water the better; and to increase the richness, add a few beef-bones broken, and shanks of mutton in stewing. A spoonful or two of made mustard is a great improvement to the gravy.

To stew a brisket of Beef.—Put the part which has the hard fat into a stew-pot, with a small quantity of water; let it boil up, and skim it thoroughly; then add carrots, turnips, onions, celery, and a few pepper-corns. Stew till tender; then take out the flat bones, and remove all the fat from the soup. Either serve that and the meat in a tureen, or the soup alone, and the meat on a dish, garnished with some vegetables. The following sauce is much admired, served with the beef: Take half a pint of the soup, and mix it with a spoonful of ketchup, a glass of port wine, a tea-spoonful of made mustard, a little flour, a bit of butter, and salt: boil all together a few minutes, then pour it round the meat. Add to the sauce a table-spoonful of vinegar.

To make Hunter's Beef.—To a round of beef that weighs twenty-five pounds, take three ounces of saltpetre, three ounces of the coarsest sugar, an ounce of cloves, a nutmeg, half an ounce of all-

spice, and three handfuls of common salt, all in the finest powder.

The beef should hang two or three days: then rub the above well into it, and turn and rub it every day for two or three weeks. The bone must be taken out at first. When to be dressed, dip it into cold water, to take off the loose spice, bind it up tight with tape, and put it into a pan with a tea-cupful of water at the bottom, cover the top of the meat with shred suet, and the pan with a brown crust and paper, and bake it five or six hours. When cold, take off the paste and tape.

The gravy is very fine; and a little of it adds greatly to the flavour of any harsh soup, &c.

Both the gravy and the beef will keep some time. The meat should be cut with a very sharp knife, and quite smooth to prevent waste.

Collared Beef.—Hang 3 ribs three or four days; take out the bones from the whole length, sprinkle it with salt, roll the meat tight and roast it. Nothing can look nicer. The above done with slices, &c. and baked as hunter's beef, is excellent.

Beef-steaks.—Let them be cut from the best part of the rump, or the sirloin, $\frac{3}{4}$ of an inch thick: they are good for nothing, if not cut from the finest beef. Have ready a clear hot fire of coals, without flame; a clear charcoal fire in a common French cooking stove, about 6 inches deep, is best. Turn the steaks frequently till done; not so much but the gravy should be red on cutting them. They want no addition of butter, pepper, or salt, while cooking; and they are best, when eaten with a little salt only. Serve them up hot, on a hot dish, and let the guests be supplied with hot plates. If the steak is not tender or juicy, then you may take it off the grid-iron, after being on for a minute, and put a little pepper, salt and butter on the hot side: turn it, and broil the other side, which you may serve in the same way. Serve, if you choose, with chopped or fried onions.

Stewed Beef-steaks.—Broil the steaks in the usual way. Put them in a sauce-

pan, with a thin piece of ham, a tea-spoonful of vinegar, and a tea-spoonful of mustard. Heat them thoroughly for five minutes, and serve them up hot.

Hashed Beef from a cold joint already roasted.—Cut it in small slices: put it in some broth or gravy, with a small carrot, a shalot, a small onion, a glass of wine, a tea-spoonful of vinegar, a tea-spoonful of mustard, some pepper, salt, and a couple of bruised cloves. Let it simmer gently for a quarter of an hour. Lay it on thin slices of toasted bread.

Simmering makes meat tender. *Boiling* makes it hard.

Beef-steaks and Oyster-sauce.—Strain off the liquor from the oysters, and throw them into cold water to take off the grit, while you simmer the liquor with a bit of mace and lemon peel; then put the oysters in, stew them a few minutes, add a little cream if you have it, and some butter rubbed in a bit of flour; let them boil up at once; and have rump-steaks, well seasoned and broiled, ready for throwing the oyster sauce over the moment you are to serve.

Beef Collop.—Cut thin slices of beef from the rump, or a joint already drest, or any other tender part, and divide them into pieces three inches long; beat them with the blade of a knife, and flour them. Fry the collops quick in butter two minutes; then lay them into a small stew-pan, and cover them with a pint of gravy; add a bit of butter rubbed in flour, pepper, salt, half a walnut and 4 small pickled cucumbers. Take care that it does not boil; and serve the stew in a very hot covered dish.

To pot Beef.—Take beef that has been dressed, either boiled or roasted; beat it in a mortar with some pepper, salt, a few cloves, grated nutmeg, and a little fine butter just warm.

This eats as well, but the colour is not so fine. It is a good way for using the remains of a large joint.

Fricasee of cold Roast Beef.—Cut the beef into very thin slices, shred a handful of parsley very small, cut an onion into quarters, and put all together into a stew-pan, with a piece of butter and

some strong broth: season with salt and pepper, and simmer very gently a quarter of an hour: then mix into it the yolks of two eggs, a glass of wine, and a spoonful of vinegar; stir it quick, rub the dish with a shalot, and turn the fricasee into it.

To dress cold Beef that has not been done enough, called Beef-olives.—Cut slices half an inch thick, and four inches square; lay on them a forcemeat of crumbs of bread, shalot, a little suet, or fat, pepper, and salt. Roll them, and fasten with a skewer: put them into a stew-pan with some gravy made of the beef-bones, or the gravy of the meat, and a spoonful or two of water, and stew them until tender. Fresh meat will do.

Round of Beef.—It should be carefully salted, and wet with the pickle for eight or ten days. The bone should be cut out first, and the beef skewered and tied up to make it quite round. It may be stuffed with parsley if approved, in which case the holes to admit the parsley must be made with a sharp pointed knife, and the parsley coarsely cut and stuffed in tight. As soon as it boils it should be skimmed, and afterwards kept boiling very gently.

To pickle Tongues for boiling.—Cut off the root, but leave a little of the kernel and fat. Sprinkle some salt and let it drain from the slime till next day: then for each tongue mix a large spoonful of common salt, the same of coarse sugar, and about half as much of saltpetre; rub it well in, and do so every day. In a week add another heaped spoonful of salt. If rubbed every day, a tongue will be ready in a fortnight; but if only turned in the pickle daily, it will keep four or five weeks without being too salt. When you dry tongues, write the date on a parchment and tie it on. Smoke them, or dry them plain if you like best. When it is to be dressed, boil it gently till extremely tender: allow five hours, and if done sooner, it is easily kept hot. The longer kept after drying, the higher it will be; if hard, it may require soaking three or four hours.

Pickle for Beef.—To one gallon of water put two ounces of saltpetre, and twenty ounces of common salt, one ounce of pepper, and two ounces of bruised juniper berries. The meat will keep as long as you please.

Stewed Ox-check plain.—Soak and cleanse a fine check the day before it is to be eaten; put it into a stew-pot that will cover close, with three quarts of water; simmer it after it has first boiled up and been well skimmed. In two hours put plenty of carrots, leeks, two or three turnips, a bunch of sweet herbs, some whole pepper and four ounces of allspice. Skim it often; when the meat is tender, take it out; let the soup get cold, take off the cake of fat, and serve the soup separate or with the meat. It should be of a fine brown; which might be done by burnt sugar; or by frying some onions quite brown with flour, and simmering them with it. This last way improves the flavour of all soups and gravies of the brown kind.

If vegetables are not approved in the soup, they may be taken out, and a small roll be toasted, or bread fried and added. Celery is a great addition, and should always be served. Where it is not to be got, the seed of it gives quite as good a flavour, boiled in, and strained off.

Marrow bones.—Cover the top with floured cloth; boil them, and serve with dry toast.

Tripe.—May be served in a tureen, stewed with milk and onion till tender. Melted butter for sauce. Or fry it in small bits dipped in batter; with fried onion. Or stew the thin part, cut it into bits, in gravy: thicken with flour and butter, and add a little ketchup. Or fricasee it with white sauce. Or in pepper-pot.

Soused Tripe.—Boil the tripe, but not quite tender; then put it into salt and water, which must be changed every day till it is all used. When you dress the tripe, dip it into a batter of flour and eggs, and fry it of a good brown.

Ox feet, or Cow-heels.—May be dressed in various ways, and are very

nutritious in all. Boil them; and serve in a napkin, with melted butter, mustard, and a large spoonful of vinegar. Or boil them very tender, and serve them as a brown fricasee: the liquor will do to make jelly sweet or relishing, and likewise to give richness to soups or gravies. Or cut them into four parts, dip them into an egg, and then flour and fry them; and fry onions (if you like them) to serve round. Sauce as above. Or bake them as for mock turtle.

Veal.

To keep Veal.—The first part that turns bad of a leg of veal, is where the udder is skewered back. The skewer should be taken out, and both that and the part under it wiped every day, by which means it will keep good three or four days in hot weather. Take care to cut out the pipe that runs along the chine of a loin of veal, as you do of beef, to hinder it from tainting. The skirt of the breast of veal is likewise to be taken off; and the inside of the breast wiped and scraped, and sprinkled with a little salt.

Leg of Veal.—Let the fillet be cut large or small, as best suits the number of your company. Take out the bone, fill the space with a fine stuffing, and let it be skewered quite round, and send the large side uppermost. When half roasted, if not before, put a paper over the fat; and take care to allow a sufficient time, and put it a good distance from the fire, as the meat is very solid; serve with melted butter poured over it. You may pot some of it.

Knuckle of Veal.—Break the bones to make it take less room; wash it well; and put it into a sauce-pan with three onions, a blade of mace, and some pepper corns; cover it with water, and simmer till quite ready. In the mean time some macaroni should be boiled with it if approved, or rice, to give it a small degree of thickness; but do not put too much. Before it is served, add half a pint of milk and cream, and let it come up either with or without the meat.

Shoulder of Veal.—Cut off the knuckle, for a stew or gravy. Roast the other

part for stuffing; you may lard it. Serve with melted butter.

The blade-bone, with a good deal of meat left on, eats extremely well with mushroom or oyster sauce, or mushroom ketchup in butter.

Neck of Veal.—Cut off the scrag to boil, and cover it with onion sauce. It should be boiled in milk and water. Parsley and butter may be served with it, instead of onion sauce. Or it may be stewed with whole rice, small onions, and pepper-corns, with a very little water. Or boiled and eaten with bacon, greens, and carrots. The best end may be either roasted, broiled as steaks, or made into pies.

Breast of Veal.—Before roasted, if large, the two ends may be taken off and fried to stew, or the whole may be roasted. Butter should be poured over it. If any be left, cut the pieces into handsome sizes, put them into a stew-pan, and pour some broth over it; or if you have no broth, a little water may do; add a bunch of herbs, a blade or two of mace, some pepper, and an anchovy; stew till the meat is tender, thicken with butter and flour, and add a little ketchup; or the whole breast may be stewed, after cutting off the two ends. Serve the sweetbread whole upon it; which may either be stewed, or par-boiled, and then covered with crumbs, herbs, pepper and salt, and browned in a Dutch oven.

Breast of Veal Ragoued.—Roast your veal: stew it next day in a liquor composed of half veal broth, and half milk. To which add, a carrot, an onion, and half a turnip, with a clove, some mace and cinnamon. Thicken with the yolk of two eggs. Serve it with slices of bread at the bottom. Add a little lemon peel.

To roll a breast of Veal.—Bone it, take off the thick skin and gristle, and beat the meat with a rolling-pin. Season it with herbs chopped very fine, mixed with salt, pepper, and mace. Lay some thick slices of fine ham; or roll it into two or three calves' tongues of a fine red, boiled first an hour or two and skinned. Bind it up tight in a cloth

and tape it. Set it over the fire to simmer in a small quantity of water till it is quite tender; this will take some hours. Lay it on the dresser, with a board and weight on it till quite cold.

Pigs or calves' feet boiled and taken from the bones, may be put in or round it. The different colours laid in layers look well when cut; and you may put in yolks of eggs boiled, beet-root, grated ham, and chopped parsley, in different parts.

Harrico of Veal.—Take the best end of a small neck: cut the bone short, but leave it whole; then put it into a stew-pan just covered with brown gravy; and when it is nearly done, have ready a pint of boiled peas, six cucumbers pared and sliced, and two cabbage lettuces cut into quarters, all stewed in a little good broth: put them to the veal, and let them simmer ten minutes. When the veal is in the dish, pour the sauce and vegetables over it, and lay the lettuce with forcemeat balls round it.

Minced Veal.—Cut cold veal as fine as possible, but do not chop it. Put to it a very little lemon-peel shred, two grates of nutmeg, some salt, and four or five spoonfuls of either a little weak broth, milk, or water; simmer these gently with the meat, but take care not to let it boil; and add a bit of butter rubbed in flour.

To pot Veal or Chicken with Ham.—Pound some cold veal or white of chicken, seasoned with mace and cloves: put layers of it with layers of ham pounded or rather shred: press each down, and cover with butter.

Cutlets Maintenon.—Cut slices about three quarters of an inch thick, beat them with a rolling-pin, and wet them on both sides with egg: dip them into a seasoning of bread-crumbs, parsley, thyme, knotted marjoram, pepper, salt, and a little nutmeg grated: then put them into papers folded over, and broil them: and have in a boat melted butter, with a little mushroom ketchup.

Veal Collops.—Cut long thin collops; beat them well: and lay on them a bit of thin bacon of the same size, and spread forcemeat on that, seasoned high,

and also a little garlick and Cayenne. Roll them up tight, about the size of two fingers, but not more than two or three inches long: put a very small skewer to fasten each firmly; rub egg over; fry them of a fine brown, and pour a rich brown gravy over.

Fricandeau of Veal.—Cut a large piece from the fat side of the leg, or sweetbreads, about nine inches long and half as thick and broad; beat it with the rolling-pin; take off the skin, and trim off the rough edges. Lard the top and sides; and cover it with fat bacon, and then with white pepper. Lay it into the stew-pan with any pieces of undressed veal or mutton, four onions, a carrot sliced, a faggot of sweet herbs, four blades of mace, a pint of good veal or mutton broth, and four or five ounces of lean ham or gammon. Cover the pan close, and let it stew slowly three hours; then take up the meat, remove all the fat from the gravy, and boil it quick to a glaze. Keep the fricandeau quite hot, and then glaze it; and serve with the remainder of the glaze in the dish, and sorrel sauce in a sauce-tureen.

Veal Sausages.—Chop equal quantities of lean veal and fat bacon, a handful of sage, a little salt and pepper, and a few anchovies. Beat all in a mortar; and when used roll and fry it, and serve it with fried sippets, or on stewed vegetables, or on white collops.

To boil Calf's Head.—Clean it very nicely, and soak it in water, that it may look very white: take out the tongue to salt, and the brains to make a little dish. Boil the head extremely tender; then strew it over with crumbs and chopped parsley, and brown them; or, if liked better, leave one side plain. Bacon and greens are to be served to eat with it.

The brains must be boiled; and then mixed with melted butter, scalded sage chopped, pepper and salt.

If any of the head is left, it may be hashed next day, and a few slices of bacon just warmed and put round.

To hash Calf's Head.—Boil the head almost enough, and take the meat of the best side neatly off the bone with a sharp knife; lay this into a small dish, wash it

over with the yolks of two eggs, and cover it with crumbs, a few herbs nicely shred, a little pepper and salt, and a grate of nutmeg, all mixed together first. Set the dish before the fire: and keep turning it now and then, that all parts of the head may be equally brown. In the mean time slice the remainder of the head and the tongue, but first peel the tongue: put a pint of good gravy into a pan, with an onion, a small bunch of herbs (consisting of parsley, basil, savoury, marjoram, and a little thyme,) a little salt, and Cayenne. Boil this for a few minutes, and strain it upon the meat, which should be dredged with some flour. Beat up half the brains, and put this to the rest with a bit of butter and flour. Simmer the whole. A slice of ham greatly improves the flavour.

Mock Turtle.—Bespeak a calf's head with the skin on, cut it in half and clean it well; then half-boil it, take all the meat off in square bits, break the bones of the head, and boil them in some veal and beef broth to add to the richness. Fry some shallot in butter, and dredge in flour enough to thicken the gravy; stir this into the browning, and give it one or two boils; skim it carefully, and then put in the head; put in also a pint of Madeira wine, and simmer till the meat is quite tender. About ten minutes before you serve, put in some chives, parsley, Cayenne pepper, and salt to your taste. Squeeze the juice of a lemon into the tureen, and pour the soup upon it. Force-meat balls, and small eggs.

Another way.—Put into a pan a knuckle of veal, two fine cow-heels, two onions, a few cloves, peppers, berries of allspice, mace, and sweet herbs: cover them with water, then tie a thick paper over the pan, and set it in an oven for three hours. When cold take off the fat very nicely; cut the meat and feet into bits an inch and a half square; remove the bones and coarse parts; and then put the rest on to warm, with a large spoonful of walnut and one of mushroom ketchup, half a pint of sherry or Madeira wine, and the jelly of the meat. When hot, if it wants any more season-

ing, add some: and serve with hard eggs, force-meat balls, a squeeze of lemon, and a spoonful of soy.

Calf's Liver.—Slice it, season with pepper and salt, and broil nicely; rub a bit of cold butter on it, and serve hot and hot, with fried bacon.

Sweetbreads.—Half-boil them, and stew them in a white gravy; add cream, flour, butter, nutmeg, salt, and white pepper. Or do them in brown sauce seasoned, and larded. Or parboil them, and then cover them with crumbs, herbs and seasoning, and brown them in a Dutch oven. Serve with butter and gravy.

Pork, &c.

Bacon-hogs and porkers, are differently cut up.

Hogs are kept to a larger size; the chine (or back-bone) is cut down on each side, the whole length, and is a prime part either boiled or roasted.

The sides of the hog are made into bacon, and the inside is cut out with very little meat to the bone. On each side there is a large spare-rib; which is usually divided into two, one sweet-bone and a blade-bone. The bacon is the whole outside: and contains a fore-leg and a ham; which last is the hind-leg, but if left with the bacon is called a gammon. There are also griskins. Hog's lard is the inner fat of the bacon hog.

Porkers are not so old as hogs; their flesh is whiter and less rich, but it is not so tender. It is divided into four quarters. The fore-quarter has the spring or fore-leg, the fore-loin or neck, the spare-rib and griskin. The hind has the leg and the loin.

To roast a Leg of Pork.—Choose a small leg of fine young pork: cut a slit in the knuckle with a sharp knife; and fill the space with sage and onion chopped, and a little pepper and salt. When half-done, score the skin in slices, but don't cut deeper than the outer rind. Apple-sauce and potatoes should be served to eat with it.

To boil a Leg of Pork.—Salt it eight or ten days: when it is to be dressed,

weigh it: let it lie half an hour in cold water to make it white: allow a quarter of an hour for every pound, and half an hour over, from the time it boils up; skim it as soon as it boils, and frequently after. Allow water enough. Save some of it to make pea soup. Some boil it in a very nice cloth, floured; which gives a very delicate look. It should be small and of a fine grain.

Loin and Neck of Pork.—Roast them. Cut the skin of the loin across, at distances of half an inch, with a sharp pen-knife.

Shoulders and Breasts of Pork.—Put them into pickle, or salt the shoulder as a leg, when very nice they may be roasted.

Rolled Neck of Pork.—Bone it; put a forcemeat of chopped sage, a very few crumbs of bread, salt, pepper, and two or three berries of allspice, over the inside; then roll the meat as tight as you can, and roast it slowly, and at a good distance at first.

Spare-rib.—Should be basted with a very little butter and a little flour, and then sprinkled with dried sage crumbled. Apple-sauce and potatoes for roasted pork.

Pork Steaks.—Cut them from a loin or neck, and of middling thickness; pepper and broil them, turning them often; when nearly done, put on salt, rub a bit of butter over, and serve the moment they are taken off the fire, a few at a time.

To pickle Pork.—The quantities proportioned to the middlings of a pretty large hog, the hams and shoulders being cut off.

Mix and pound fine, four ounces of saltpetre, a pound of coarse sugar, an ounce of sal prunel, and a little common salt: sprinkle the pork with salt, and drain it twenty-four hours: then rub with the above; pack the pieces tight in a small deep tub, filling up the spaces with common salt. Place large pebbles on the pork, to prevent it from swimming in the pickle which the salt will produce. If kept from air, it will continue very fine for two years.

Sausages.—Chop fat and lean pork together; season it with sage, pepper,

and salt, and you may add two or three berries of allspice: half fill hog's guts that have been soaked and made extremely clean: or the meat may be kept in a very small pan, closely covered; and so rolled and dusted with a very little flour before it is fried. Serve on stewed red cabbage; or mash potatoes put in a form, brown with salamander, and garnish with the above; they must be pricked with a fork before they are dressed, or they will burst.

An excellent Sausage to eat cold.—Season fat and lean pork with some salt, saltpetre, black pepper, and allspice, all in fine powder, and rub into the meat; the sixth day cut it small; and mix with it some shred shalot or garlick, as fine as possible. Have ready an ox-gut that has been scoured, salted, and soaked well, and fill it with the above stuffing; tie up the ends and hang it to smoke as you would hams, but first wrap it in a fold or two of old muslin. It must be high-dried. Some eat it without boiling, but others like it boiled first. The skin should be tied in different places, so as to make each link about eight or nine inches long.

To scald a sucking pig.—The moment the pig is killed, put it into cold water for a few minutes; then rub it over with a little resin beaten extremely small, and put it into a pail of scalding water half a minute; take it out, lay it on a table, and pull off the hair as quickly as possible; if any part does not come off put it in again. When quite clean, wash it well with warm water, and then in two or three cold waters, that no flavour of the resin may remain. Take off all the feet, at the first joint; make a slit down the belly, and take out the entrails: put the liver, heart, and lights, to the feet. Wash the pig well in cold water, dry it thoroughly, and fold it in a wet cloth to keep it from the air.

To roast a sucking pig.—If you can get it when just killed, this is of great advantage. Let it be scalded, which the dealers usually do; then put some sage, crumbs of bread, salt and pepper into the belly, and sew it up. Observe to

skewer the legs back, or the under part will not crisp.

Lay it to a brisk fire till thoroughly dry: then have ready some butter in a dry cloth, and rub the pig with it in every part. Dredge as much flour over as will possibly lie, and do not touch it again till ready to serve: then scrape off the flour very carefully with a blunt knife, rub it well with the buttered cloth, and take off the head while at the fire; take out the brains, and mix them with the gravy that comes from the pig. Then take it up; and without withdrawing the spit, cut it down the back and belly, lay it into the dish, and chop the sage and bread quickly as fine as you can, and mix them with a large quantity of fine melted butter that has very little flour. Put the sauce into the dish after the pig has been split down the back, and garnished with the ears and the two jaws; take off the upper part of the head down to the snout. Sometimes it is served whole, if very small: the head only being cut off to garnish as above.

To make excellent meat of a hog's head.—Split the head, take out the brains, cut off the ears, and sprinkle it with common salt for a day; then drain it; salt it well with common salt and saltpetre three days, then lay the salt and head into a small quantity of water for two days. Wash it and boil it till all the bones will come out; remove them, and chop the head as quick as possible: but first skin the tongue, and take the skin carefully off the head, to put under and over. Season with pepper, salt, and a little mace or allspice berries. Put the skin into a small pan, dress the cut head in, and put the other skin over; press it down. When cold, it will turn out, and make a kind of brawn. If too fat, you may put a few bits of lean pork to be prepared the same way. Add salt and vinegar, and boil these with some of the liquor for a pickle to keep it.

To prepare pig's Check for boiling.—Cut off the snout, and clean the head; divide it, and take out the eyes and the brain; sprinkle the head with salt, and let it drain twenty-four hours. Salt it

with common salt and saltpetre; let it lie eight or ten days if to be dressed without stewing with peas, but less if to be dressed with peas; and it must be washed first, and then simmered till all is tender.

Pigs' Feet and Ears.—Clean carefully, and soak some hours, and boil them tender: then take them out: boil some vinegar and a little salt with some of the water, and when cold put it over them. When they are to be dressed, dry them, cut the feet in two, and slice the ears: fry, and serve with butter, mustard, and vinegar. They may be either done in batter, or only floured.

Hog's Lard.—Should be carefully melted in a jar put into a kettle of water, and boiled, run it into bladders that have been extremely well cleaned. The smaller they are, the better the lard keeps; as after the air reaches it, it becomes rank. Put in a sprig of rosemary when melting. This being a most useful article for frying fish, it should be prepared with care. Mixed with butter, it makes a fine crust.

To cure Hams.—Choose the leg of a hog that is fat and well-fed; if large, put to it a pound of bay-salt, 3 ounces of saltpetre, a pound of the coarsest sugar, and a handful of common salt, all in fine powder, and rub it thoroughly. Lay the rind undermost, and cover the fleshy part with the salts. Baste it as often as you can with the pickle; the more the better. Keep it a month, turning it every day. Drain it and throw bran over it; then hang it in a chimney where wood is burnt, and turn it sometimes for ten days.

Pickle for Beef or Hams.—In two gallons of water, boil 3 lbs. of common salt, 6 oz. of saltpetre, and 2 lbs. of molasses. Scum it. When clear, put in 1 lb. of juniper-berries, and a tea-spoonful of Cayenne pepper; let them boil for a minute, and then pour them in a stone-ware jar that will hold 3 or 4 gallons. Common black glazing will be eaten off. Keep your meat till tender, then rub it with salt in a pan, and let it drain for a day. Then pack them in the above-mentioned pickle, so that the pie-

kle may cover them. A small ham may lie fourteen days, a large one three weeks; a tongue twelve days, and beef in proportion to its size. They will eat well out of the pickle without drying. When they are to be dried, let each piece be drained over the pan; and when it drops no longer, take a clean sponge and dry it thoroughly. Six or eight hours will smoke them, and there should be only a little saw-dust and wet straw burnt to do this; but if put into a chimney, sew them in a coarse cloth and hang them seven days.

To dress Hams.—If long hung, put the ham into water a night; and let it lie either in a hole dug in the earth, or on damp stones sprinkled with water, two or three days, to mellow; covering it with a heavy tub, to keep vermin from it. Wash well, and put it into a boiler with plenty of water; let it simmer four, five, or six hours, according to the size. When done enough, if before the time of serving, cover it with a clean cloth doubled, and keep the dish hot over boiling water. Take off the skin, and strew raspings over the ham. Garnish with carrot. Preserve the skin as whole as possible, to keep over the ham when cold, which will prevent its drying.

Excellent Bacon.—Divide the hog, and take the chine out: it is common to remove the spare-ribs, but the bacon will be preserved better from being rusty if they are left in. Salt the bacon six days, then drain it from the first pickle: mix as much salt as you judge proper, with eight ounces of bay salt, three ounces of saltpetre, and a pound of coarse sugar, to each hog, but first cut off the hams. Rub the salts well in, and turn it every day for a month. Drain, and smoke it a few days; or dry without, by hanging in the kitchen, not near the fire.

Another manner of curing Bacon.—Sprinkle each fitch with salt, and let the blood drain off for twenty-four hours, then mix a pound and a half of coarse sugar, the same quantity of bay-salt, not quite so much as half a pound of saltpetre, and a pound of common salt:

and rub this well on the bacon, turning it every day for a month: then hang it to dry, and afterwards smoke it ten days. This quantity of salts is sufficient for the whole hog.

Mutton.

Observations on cutting and dressing Mutton.—Take away the pipe that runs along the bone of the inside of a chine of mutton; and if to be kept a great time, rub the part close round the tail with salt, after first cutting out the kernel. The kernel in the fat on the thick part of the leg, should be taken out by the butcher, for it taints first there. The chine and rib-bones should be wiped every day: and the bloody part of the neck be cut off, to preserve it. The brisket changes first in the breast; and if it is to be kept, it is best to rub it with a little salt, should the weather be hot. Every kernel should be taken out of all sorts of meat as soon as brought in, then wiped dry. For roasting, it should hang as long as it will keep, the hind-quarter especially, but not so long as to taint: for whatever fashion may authorise, putrid juices ought not to be taken into the stomach. Mutton for boiling will not look of a good colour if it has hung long. Buy none but wether mutton. Great care should be taken to preserve by paper the fat of what is roasted.

Leg of Mutton.—If roasted, serve with onions and currant-jelly sauce; if boiled, with caper sauce and vegetables.

Neck of Mutton.—Is particularly useful, as so many dishes may be made of it; but it is not advantageous for the family. The bones should be cut short, which the butchers will not do unless particularly desired. The best end of the neck may be boiled, and served with turnips; or roasted, or dressed in steaks, in pies or harrico. The serags may be stewed in broth; or with a small quantity of water, some small onions, a few pepper corns and a little rice, and served together. When a neck is to be boiled to look particularly nice, saw down the chine bone, strip the ribs half-way down, and chop off the ends of the bones

about four inches. The skin should not be taken off till boiled, and then the fat will look the whiter. When there is more fat to the neck or loin of mutton, than it is agreeable to eat with the lean, it makes an uncommonly good suet-pudding, or crust for a meat pie if cut very fine.

Shoulder of Mutton roasted.—Serve with onion sauce. The blade bone may be broiled.

To dress haunch of Mutton.—Keep it as long as it can be preserved sweet by the different modes; let it be washed with warm milk and water, or vinegar, if necessary; but when to be dressed, observe to wash it well, lest the outside should have a bad flavour from keeping. Put a paste of coarse flour or strong paper, and fold the haunch in; set it a great distance from the fire, and allow proportionable time for the paste; don't take it off till about thirty-five or forty minutes before serving, and then baste it continually. Bring the haunch nearer to the fire before you take off the paste, and froth it up as you would venison. A gravy must be made of a pound and a half of loin of old mutton simmered in a pint of water to half, and no seasoning but salt: brown it with a little burnt sugar, and send it up in the dish; but there should be a good deal of gravy in the meat; for though long at the fire, the distance and covering will prevent its roasting out. Serve with currant-jelly sauce.

To roast a saddle of Mutton.—Let it be well kept first. Raise the skin, and then skewer it on again; take it off a quarter of an hour before serving, sprinkle it with some salt, baste it, and dredge it well with flour. The rump should be split, and skewered back on each side. The joint may be large or small according to the company: it is the most elegant if the latter. Being broad it requires a high and strong fire.

Harrico.—Take off some of the fat, and cut the middle or best end of the neck into rather thin steaks; flour and fry them in their own fat of a fine light brown, but not enough for eating. Then put them into a dish while you fry the

carrots, turnips, and onions; the carrots and turnips in dice, the onions sliced: but they must only be warmed, not browned, or you need not fry them. Then lay the steaks at the bottom of a stew-pan, the vegetables over them, and pour as much boiling water as will just cover them; give one boil, skim well, and then set the pan on the side of the fire to simmer gently till tender. In three or four hours skim them, and add pepper, salt, and a spoonful of ketchup.

To hash Mutton.—Cut thin slices of dressed mutton, fat and lean; flour them; have ready a little onion boiled in two or three spoonfuls of water; add to it a little gravy and the meat seasoned, and make it hot, but not to boil. Serve in a covered dish. Instead of onion, a clove, a spoonful of currant-jelly, and half a glass of port-wine, will give an agreeable flavour of venison, if the meat be fine.

To boil shoulder of Mutton with Oysters.—Hang it up some days, then salt it well for two days; bone it, and sprinkle it with pepper, and a bit of mace pounded: lay some oysters over it, and roll the meat up tight and tie it. Stew it in a small quantity of water, with an onion and a few pepper corns till quite tender. Have ready a little good gravy, and some oysters stewed in it; thicken this with flour and butter, and pour over the mutton when the tape is taken off. The stew-pan should be kept close covered.

Breast of Mutton.—Cut off the superfluous fat, and roast and serve the meat with stewed cucumbers; or to eat cold, covered with chopped parsley. Or half boil and then grill it before the fire, in which case cover it with crumbs and herbs, and serve with caper sauce. Or, if boned, take off a good deal of the fat, and cover it with bread, herbs, and seasoning; then roll and boil, and serve with chopped walnuts, or capers and butter.

Loin of Mutton.—Roasted; if cut lengthways as a saddle, some think it cuts better. Or for steaks, pies or broth.

Mutton Steaks should be cut from a loin or neck that has hung: if a neck,

the bones should not be long. They should be broiled on a clear fire, seasoned when half done, and often turned; take them up into a very hot dish, rub a bit of butter on each, and serve hot and hot the moment they are done.

Steaks of Mutton or Lamb, and Cucumbers.—Quarter cucumbers, and lay them into a deep dish, sprinkle them with salt, and pour vinegar over them. Fry the chops of a fine brown, and put them into a stew-pan; drain the cucumbers, and put over the steaks: add some onions, pepper and salt; pour hot water or weak broth on them; stew and skim well.

Lamb.

Leg of Lamb should be boiled in a cloth, to look as white as possible. The loin fried in steaks and served round, garnished with dried or fried parsley; spinach to eat with it; or dressed separately, or roasted.

Fore-quarter of Lamb—Roast it either whole, or in separate parts. If left to be cold, chopped parsley should be sprinkled over it. The neck and breast together is called a scoven.

Breast of Lamb and Cucumbers.—Cut off the chine bone from the breast, and set it on to stew with a pint of gravy. When the bones would draw out, put it on the gridiron to grill, and then lay it in a dish on cucumbers nicely stewed.

Lamb Steaks.—Fry them of a beautiful brown; when served, throw over them a good quantity of crumbs of bread fried, and crimped parsley.

Mutton or lamb steaks, seasoned and broiled in buttered papers, either with crumbs and herbs, or without, are a genteel dish, and eat well.

PART 3.—POULTRY, GAME, &C.

To choose Poultry, Game, &c.

A Turkey Cock.—If young it has a smooth black leg, with a short spur. The eyes full and bright, if fresh, and the feet supple and moist. If stale, the eyes will be sunk, and the feet dry.

Hen Turkey is known by the same rules; but if old, her legs will be red and rough.

Fowls—If a cock is young, his spurs will be short. Pullets are best just before they begin to lay, and yet are full of eggs: if old hens, their combs and legs will be rough; if young they will be smooth. A good capon has a thick belly and a large rump: there is a particular fat at his breast, and the comb is very pale. Black-legged fowls are most moist, if for roasting.

Geese.—The bill and feet of a young one will be yellow, and there will be but few hairs upon them; if old, they will be red: if fresh, the feet will be pliable; if stale, dry and stiff. Geese are called green till three or four months old. Green geese should be scalded: a stubble goose should be pickled dry.

Ducks.—Choose them by the same rules, of having supple feet, and by their being hard and thick on the breast and belly. The feet of a tame duck are thick, and inclining to dusky yellow; a wild one has its feet reddish, and smaller than the tame. They should be pickled dry. Ducklings must be scalded.

Pigeons should be very fresh; when they look flabby about the vent, and this part is discoloured, they are stale. The feet should be supple; if old, the feet are harsh. The tame ones are larger than the wild, and are thought best by some persons; they should be fat and tender, but many are deceived in their size, because a full crop is as large as the whole body of a small pigeon. The wood pigeon is large, and the flesh dark-coloured: if properly kept, and not over-roasted, the flavour is equal to teal. Serve with a good gravy.

Plovers.—Choose those that feel hard at the vent, which shows they are fat. In other respects, choose them by the same marks as other fowl. When stale, the feet are dry. They will keep sweet a long time. There are three sorts: the grey, green, and bastard plover or lapwing.

Hare or rabbit.—If the claws are blunt and rugged, the ears dry and tough, and the haunch thick, it is old: but if the claws are smooth and sharp, the ears easily tear, and the cleft in the lip is not much spread, it is young. If

fresh and newly killed, the body will be stiff, and in hares the flesh pale. But they keep a good white by proper care: and are best when rather beginning to turn, if the inside is preserved from being musty.

Partridges and Quails.—They are in season in autumn. If young, the bill is of a dark colour, and the legs yellowish: if fresh, the vent will be firm; but this part will look greenish if stale.

Pheasants.—The cock bird is accounted best, except when the hen is with egg. If young, he has short blunt or round spurs; but if old, they are long and sharp.

Directions for dressing Poultry and Game.

All poultry should be very carefully picked, every plug removed, and the hair nicely singed with white paper.

The cook must be careful in drawing poultry of all sorts, not to break the gall-bag, for no washing will take off the bitter where it has touched.

In dressing wild fowl, be careful to keep a clear brisk fire. Let them be done of a fine yellow brown, but leave the gravy in: the fine flavour is lost if done too much.

Tame fowls require more roasting, and are longer in heating through than others. All sorts should be continually basted; that they may be served with a froth, and appear of a fine colour.

A large fowl will take three quarters of an hour; a middling one half an hour; and a very small one or a chicken, twenty minutes. The fire must be very quick and clear before any fowls are put down. A capon will take from half an hour to thirty-five minutes: a goose an hour; wild ducks a quarter of an hour; pheasants twenty minutes; a small turkey stuffed, an hour and a quarter; turkey-poults, twenty minutes; grouse, a quarter of an hour; quails, ten minutes; and partridges, from twenty to twenty-five minutes. A hare will take near an hour, and the hind part requires most heat.

Pigs and geese require a brisk fire, and quick turning. Hares and rabbits must be well attended to; and the ex-

tremities brought to the quick part of the fire, to be done equally with the backs.

Poultry.

To boil a Turkey.—Make a stuffing of bread, herbs, salt, pepper, nutmeg, lemon-peel, a few oysters or an anchovy, a bit of butter, some suet, and an egg; put this into the crop, fasten up the skin, and boil the turkey in a floured cloth to make it very white. Have ready a fine oyster-sauce made rich with butter, a little cream, and a spoonful of soy, if approved; and pour it over the bird: or liver and lemon-sauce. Hen-birds are best for boiling, and should be young.

To roast Turkey.—The sinews of the leg should be drawn, whichever way it is dressed. The head should be twisted under the wing; and in drawing it, take care not to tear the liver, nor let the gall touch it. Put a stuffing of sausage meat; or if sausages are to be served in the dish, a bread-stuffing. As this makes a large addition to the size of the bird, observe that the heat of the fire is constantly to that part; for the breast is often not done enough. A little strip of paper should be put on the bone, to hinder it from scorching while the other parts roast. Baste well, and froth it up. Serve with gravy in the dish, and plenty of bread-sauce in a sauce-tureen. Add a few crumbs, and a beaten egg, to the stuffing of sausage meat.

To boil Fowl.—For boiling, choose those that are not black-legged. Pick them nicely, flour them, singe, wash, and truss them, and put them into boiling water. Serve with parsley and butter: oyster, lemon, liver, or celery sauce.

To boil Fowl with Rice.—Stew the fowl very slowly in some clear mutton-broth well skimmed: and seasoned with onion, mace, pepper, and salt. About half an hour before it is ready, put in a quarter of a pint of rice well-washed and soaked. Simmer till tender: then strain it from the broth, and put the rice on a sieve before the fire. Keep the fowl hot, lay it in the middle of the dish, and rice round it without the

broth. The broth will be very nice to eat as such, but the less liquor the fowl is done with the better. Gravy or parsley and butter, for sauce.

Fowls roasted.—Serve with egg-sauce, or garnished with sausages or scalded parsley.

A large barn-door fowl, well hung, should be stuffed in the crop with sausage-meat; and served with gravy in the dish, and with bread-sauce. The head should be turned under the wing as a turkey.

Fowls broiled.—Split them down the back; pepper, salt, and broil. Serve with mushroom-sauce.

To force Fowl, &c.—Is to stuff any part with force-meat, and it is put usually between the skin and the flesh.

Fricassee of Chickens.—Boil rather more than half, in a small quantity of water: let them cool; then cut up; and put to simmer in a little gravy made of the liquor they are boiled in, and a bit of veal, or mutton, onion, mace, and lemon peel, some white pepper, and a bunch of sweet herbs. When quite tender, keep them hot while you thicken the sauce in the following manner: strain it off, and put it back into the sauce-pan with a little salt, a scrape of nutmeg, and a bit of flour and butter; give it one boil; and when you are going to serve, beat up the yolk of an egg, add half a pint of cream, and stir them over the fire, but don't let it boil. It will be quite as good without the egg. Mushrooms improve them. The gravy may be made (without any other meat) of the necks, feet, small wing bones, gizzards, and livers; which are called the trimmings of the fowls.

Ducks roasted.—Serve with a fine gravy: and stuff one with sage and onion, a dessert-spoonful of crumbs, a bit of butter, and pepper and salt; let the other be unseasoned.

To stew Ducks.—Half roast a duck; put it into a stew-pan with a pint of beef-gravy, a few leaves of sage and mint cut small, pepper and salt, and a small bit of onion shred as fine as possible. Simmer a quarter of an hour, and skim clean: then add near a quart of

green peas. Cover close, and simmer near half an hour longer. Put in a piece of butter and a little flour, and give it one boil; and serve in one dish.

To hash Ducks.—Cut a cold duck into joints; and warm it, without boiling, in gravy, and a glass of port wine.

To roast Goose.—After it is picked, the plugs of the feathers pulled out, and the hairs carefully singed, let it be well washed and dried, and a seasoning put in of onion, sage, and pepper and salt. Fasten it tight at the neck and rump, and then roast. Put it first at a distance from the fire, and by degrees draw it nearer. A slip of paper should be skewered on the breast bone. Baste it very well. When the breast is rising, take off the paper; and be careful to serve it before the breast falls, or it will be spoiled by coming flatted to the table. Let a good gravy be sent in the dish. Gravy and apple-sauce; gooseberry-sauce for a green goose.

Pigeons.—May be dressed in so many ways, that they are very useful. The good flavour of them depends very much on their being cropped and drawn as soon as killed. No other bird requires so much washing. Pigeons left from dinner the day before may be stewed, or made into a pie; in either case, care must be taken not to overdo them, which will make them stringy. They need only be heated up in gravy made ready; and forcemeat balls may be fried and added, instead of putting a stuffing into them. If for a pie, let beef steaks be stewed in a little water, and put cold under them, and cover each pigeon with a piece of fat bacon, to keep them moist. Season as usual, and put eggs.

Pigeons stewed.—Stew the birds in a good brown gravy, either stuffed or not; and seasoned with spice and mushrooms fresh, or a little ketchup.

To broil Pigeons.—After cleaning, split the backs, pepper and salt them, and broil them very nicely; pour over them either stewed or pickled mushrooms in melted butter, and serve as hot as possible.

Roast Pigeons.—Should be stuffed with parsley, either cut or whole; and seasoned within. Serve with parsley and butter. Peas or asparagus should be dressed to eat with them.

To pot Pigeons.—Let them be quite fresh, clean them carefully, and season them with salt and pepper: lay them close in a small deep pan; for the smaller the surface, and the closer they are packed, the less butter will be wanted. Cover them with butter, then with very thick paper tied down, and bake them. When cold, put them dry into pots that will hold two or three in each; and pour butter over them, using that which was baked as part. Observe that the butter should be pretty thick over them, if they are to be kept. If pigeons were boned, and then put in an oval form into the pot, they would lie closer, and require less butter. They may be stuffed with a fine forcemeat made with veal, bacon, &c. and then they will eat excellently. If a high flavour is approved of add mace, allspice, and a little Cayenne, before baking.

Larks, and other small birds.—Draw, and spit them on a bird-spit; tie this on another spit, and roast them. Baste gently with butter, and strew bread-crumbs upon them till half-done: brown and serve with fried crumbs round.

Game, &c.

To keep Game, &c.—If there is danger of birds not keeping, draw, crop, and pick them; then wash in two or three waters, and rub them with salt. Have ready a large sauce-pan of boiling water, and plunge them into it one by one; drawing them up and down by the legs, that the water may pass through them. Let them stay five or six minutes in; then hang them up in a cold place. When drained, pepper and salt the inside well. Before roasting wash them well.

Pheasants, Partridges, & Grouse.—Roast them as turkey; and serve with a fine gravy drawn from game. When cold, they may be made into excellent patties, but their flavour should not be overpowered.

To pot Partridge or Quail.—Clean them nicely, and season with white pepper and salt, in fine powder. Rub every part well; then lay the breast downwards in a pan, and pack the birds as close as you possibly can. Put a good deal of butter on them; then cover the pan with a coarse flour, paste, and a paper cover, tie it close, and bake. When cold, put the birds into pots, and cover them with butter.

To clarify butter for potted things.—Put it into a sauce-boat, and set that over the fire in a stew-pan that has a little water in. When melted, take care not to pour the milky parts over the potted things; they will sink to the bottom.

Grouse.—Roast them like fowls, but the head is to be twisted under the wing. They must not be over-done. Serve with a rich gravy in the dish, and bread-sauce. The sauce for wild-fowl, as will be described hereafter under the head of *Sauces*, may be used instead of common gravy.

To roast Wild Fowl.—The flavour is best preserved without stuffing. Put pepper, salt, and a piece of butter into each.

Wild fowl require much less dressing than tame: they should be served of a fine colour, and well frothed up. A rich brown gravy should be sent in the dish; and when the breast is cut into slices, before taking off the bone, a squeeze of lemon, with pepper and salt, is a great improvement to the flavour.

To take off the fishy taste which wild fowl sometimes have, put an onion, salt and hot water into the dripping-pan, and baste them for the first ten minutes with this: then take away the pan, and baste constantly with butter.

Wild Ducks, Teal, &c.—Should be taken up with the gravy in. Baste them with butter; and sprinkle a little salt before they are taken up; put a good gravy upon them.

Woodcocks, Snipes, and Quails.—Keep good several days. Roast them without drawing, and serve on toast. Butter only should be eaten with them, as gravy takes off from the fine flavour.

The thigh and back are esteemed the most.

To dress Plovers.—Roast the *green* ones in the same way as woodcocks and quails (see above) without drawing; and serve on a toast. *Gray* plovers may be either roasted, or stewed with gravy, herbs, and spice.

Guinea and Pea Fowl.—Eat much like pheasants. Dress them in the same way.

Rabbits.—May be eaten in various ways, as follows.

Roasted with stuffing and gravy, like hare, or without stuffing; with sauce of the liver and parsley chopped in melted butter, pepper, and salt; or larded. Boiled and smothered with onion sauce: the butter to be melted with milk instead of water. Fried in joints, with dried or fried parsley. The same liver sauce, this way also. Fricaseed, as for chickens. In a pie, as chicken, with forcemeat, &c. In this way they are excellent when young. Potted.

To blanch Rabbit, Fowl, &c.—Is to set it on the fire in a small quantity of cold water, and let it boil: as soon as it boils, it is to be taken out, and put into cold water for a few minutes.

PART 4.—SOUPS AND GRAVIES.

General directions respecting Soups and Gravies.

When there is any fear of gravy-meat being spoiled before it be wanted, season well, and fry it lightly, which will preserve it two days longer; but the gravy is best when the juices are fresh.

When soups or gravies are to be put by, let them be changed every day into fresh scalded pans. Whatever has vegetables boiled in it, is apt to turn sour sooner than the juices of meat. Never keep any gravy, &c. in metal.

When fat remains on any soup, a tea-cupful of flour and water mixed quite smooth, and boiled in, will take it off.

If richness, or greater consistency, be wanted, a lump of butter mixed with flour, and boiled in the soup, will give either of these qualities.

Long boiling is necessary to give the full flavour of the ingredients, therefore time should be allowed for soups and gravies; and they are best if made the day before they are wanted.

Soups and gravies are far better when the meat is put at the bottom of the pan, and stewed, and the herbs, roots, &c. with butter, than when water is put to the meat at first; and the gravy that is drawn from the meat should be almost dried up before the water is put to it. Don't use the sediment of gravies, &c. that have stood to be cold. When onions are strong, boil a turnip with them; if for sauce, this will make them mild.

If soups or gravies are too weak, do not cover them in boiling, that the watery particles may evaporate.

The flavour of ham (gammon) is essential to all soups; and it improves all gravies.

Carrots, turnips, and onions should be boiled for a few minutes before they are added to soups.

A clear jelly of *Cow heels* is very useful to keep in the house, being a great improvement to soups and gravies.

Vermicelli and Macaroni thicken soups and sauces, and give them a fine flavour. Wash an ounce of each carefully in water, and add them with the liquor, to boil in the sauce, &c. till tender.

Morills and mushrooms may be had in this country, but truffles have not yet been found.

Soups, &c.

Mutton Broth.—Soak a neck of mutton in water for an hour; cut off the scrag, and put it into a stew-pan with two quarts of water. As soon as it boils, skim it well, and then simmer it an hour and a half, then take the best end of the mutton, cut it into pieces (two bones in each,) take some of the fat off, and put as many as you think proper: skim the moment the fresh meat boils up, and every quarter of an hour afterwards. Have ready four or five carrots, the same number of turnips, and three onions, all cut, but not small; and put them in soon enough to get quite ten-

der; add four large spoonfuls of barley, or rice, first wetted with cold water. The meat should stew three hours. Salt to taste, and serve altogether. Twenty minutes before serving, put in some chopped parsley. It is an excellent winter-dish.

Veal Broth.—Stew a small knuckle in about three quarts of water, two ounces of rice, a little salt, and a blade of mace, till the liquor is half wasted away.

Colouring for Soups or Gravies.—Put four ounces of lump sugar, a gill of water and half an ounce of the finest butter, into a small tosser, and set it over a gentle fire. Stir it with a wooden spoon, till of a bright brown. Then add half a pint of water; boil, skim, and when cold, bottle and cork it close. Add to soup or gravy as much of this as will give a proper colour.

A clear brown Stock for Gravy Soup or Gravy.—Put a knuckle of veal, a pound of lean beef, and a pound of the lean of a gammon or bacon, all sliced, into a stew-pan, with two or three scraped carrots, two onions, two turnips, two heads of celery sliced, and two parts of water. Stew the meat quite tender, but do not let it brown. When thus prepared, it will serve either for soup, or brown or white gravy; if for brown gravy, put some of the above colouring, and boil a few minutes.

A plain White Soup.—Two or three pints of soup may be made of a small knuckle of veal, with seasoning, and served together, with the addition of a quarter of a pint of good milk. Two spoonfuls of cream, and a little ground rice, will give it a proper thickness.

Partridge Soup.—Take two old partridges, skin them, and bruise them in a mortar, or cut them into pieces, with three or four slices of ham, a stick of celery, and three large onions cut into slices. Fry them all in butter till brown, but take care not to burn them. Then put them into a stew-pan, with five pints of boiling water, a few peppercorns, a shank or two of mutton, and a little salt. Stew it gently two hours; then strain it through a sieve, and put

it again into a stew-pan, with some stewed celery and fried bread: when it is nearly boiling, skim it, pour it into a tureen, and serve it up hot.

Old Peas Soup.—Save the water of boiled pork or beef, and if too salt, put as much fresh water to it; or use fresh water entirely with roast beef bones, and a ham or gammon bone. Simmer these with some good whole or split peas; the smaller the quantity of water at first, the better. Simmer till the peas will pulp through a cullender; then set the pulp, and more of the liquor that boiled the peas, with two carrots, a turnip, a leek, and a stick of celery cut into bits, to stew till all is quite tender. The last requires less time; an hour will do for it. When ready, put fried bread cut into dice, dried mint rubbed fine, pepper, and (if wanted) salt, into the tureen, and pour the soup in.

Green Peas Soup.—In shelling the peas, divide the old from the young; put the old ones, with an ounce of butter, a pint of water, the outside leaves of a lettuce or two, two onions, pepper and salt, to stew till you can pulp the peas; and when you have done so, put to the liquor that stewed them, some more water, the hearts and tender stalks of the lettuces, the young peas, a handful of spinach cut small, and salt and pepper to relish properly, and stew till quite soft. If the soup is too thin, or not rich enough, either of these faults may be removed by adding an ounce or two of butter, mixed with a spoonful of rice or wheat flour, and boiled with it half an hour. Before serving, boil some mint shred fine in the soup.

Meat, bones, a pig's foot or ham-bone, may be boiled with the old peas, which is called the stock. More butter than is mentioned above, may be used with advantage, if the soup is required to be very rich.

When peas first come in, or are very young, the stock may be made of the shells washed, and boiled till they will pulp with the above; more thickening will then be necessary.

Gravy Soup.—Take about 4 lbs. to each gallon, of some coarse gravy pieces

of beef, from the neck, flank, &c. lay them in a frying-pan, with a little salt, and moist sugar sprinkled over them; and without water, draw out the juices by gentle simmering, taking care not to burn the meat. Take any bones of meat dressed or otherwise, with the knuckle-bone of a gammon, quite clean: break them into pieces with a hammer, and put them, with your gravy-beef, into the stew-pan, covered with water: let all simmer together for 4 hours, adding hot water as you find occasion. Strain and scum the liquor.

Have ready (for a gallon of soup) a couple of carrots, 1 turnip, two onions, and a stick of celery. Boil them for five minutes, and throw away the water. Cut them in slices, and add them to the above soup liquor: add also a bunch of sweet herbs tied with a thread, some parsley, a leek, two onions, fried brown. Also, melt about three ounces of butter, put it in a frying-pan, soak it up with flour and crumbs of bread, and fry them of a light brown. Add all this, with a gill of port wine, a wine glass full of ketchup, pepper, salt, and three bruised cloves to your soup: boil for an hour in a covered vessel; strain it, and, if needful, season it more to your palate. If not rich enough, reduce it by gentle simmering. Serve with bread toasted hard, and cut in dice.

Carrot Soup.—Draw some gravy from gravy beef: make a soup in the common way, with bones, &c. never forgetting some ham, or the knuckle end of a gammon in all soups. Boil half a dozen carrots, 3 onions, and a turnip, for five minutes, and throw away the water. Then add fresh water, just enough to boil them till they are quite soft: rub them through a cullender, liquor and all; then through a clean coarse hair sieve. Add them to the soup, and boil till they are incorporated. Season to your liking with pepper and salt, and a dessert spoonful of ketchup. It should be about the thickness of peas soup.

Catfish Soup.—Clean three or four catfish very carefully, washing them in cold water. Cut them into small pieces, bones and all. Take a knuckle of veal,

and some bone or meat of gammon, break them with a hammer, into fragments. Add any bones or scraps of meat, that are sweet and good; put all these in a stew-pan, with a dessert spoonful of flour rolled in butter. Boil for four hours, adding hot water to make up the quantity. Scum it carefully when required. Then strain the whole through a hair sieve. Boil for five minutes three carrots, one turnip, a head of celery, four onions, and throw away this water; then cut your herbs and put them, with a bunch of sweet herbs and some chopped parsley, into the soup, and boil them till they are tender: add half a pint of Teneriffe wine, four bruised cloves, a little mace, pepper and salt to your mind. Serve it with the carrots, turnip, and onions, taking out the sweet herbs. A dozen of oysters, with their liquor strained, improve it.

Terrapins.—Boil them for an hour, or less, if they are small. Separate the flesh from the bone; clean the outer skin off the feet, cut off the toes. Open the body, and carefully take out the liver, and cut out the gall bladder. Wash the liver carefully in repeated waters. Clean the stomach. Empty the chitterlins, and wash them clean in repeated waters. Cut them in pieces: cut up the body of the terrapin in neat pieces. Take water one part, Teneriffe wine one part, by measure, anchovy liquor or ketchup, one wine-glass full, pepper and salt to your taste, with two cloves and a bit of mace. Stew them in this liquor for half an hour, with a little bread toasted hard, and cut in small dice. Add a small lump of butter.

Mock Turtle.—Take a large calf's head, carefully cleaned; boil it till the meat will separate. Take also a knuckle of veal broken into fragments, and a cat-fish, a perch, or a small bass or rock, for the fish flavour is an essential part of the turtle. Draw the gravy from a pound of gravy beef, sprinkled with salt and sugar, and a piece of lean gammon: put the fragments of the calf's head, after carefully separating the skin, and a small part of the flesh (which should be thrown into cold water to

blanch) into the pot with the knuckle of veal, the beef and the fish cut in pieces, and boil them for four hours. Then add of parboiled carrots, turnips, celery, parsley, a bunch of sweet herbs, half a pint of Teneriffe, a blade or more of mace, three cloves, pepper and salt to your taste, about 4 oz. of butter rolled in flour, and the calf's head meat cut in pieces: stew for an hour or two, take out your sweet herbs, scum and serve in a tureen. Force-meat balls will enrich the soup.

Eel Soup.—Take three pounds of small eels; put to them two quarts of water, a crust of bread, three blades of mace, some whole pepper, an onion, and a bunch of sweet herbs; cover them close, and stew till the fish is quite broken, then strain it off. Toast some bread, cut it into dice, and pour the soup on it boiling. A piece of carrot may be put in first. It will be as rich as if made of meat. A quarter of a pint of rich cream, with a tea-spoonful of flour rubbed smooth in it, is a great improvement.

Oyster Soup.—Make a rich mutton broth, with 2 large onions, 3 blades of mace, and black pepper. When strained pour it on a hundred and fifty oysters, and a bit of butter rolled in flour. Simmer gently a quarter of an hour, and serve.

Clam Soup.—To a quart of clams add a pint of their liquor saved in the opening, three pints of water, half a slice of bread, the size of a nutmeg of butter, three blades of mace, a few whole peppers, and a bunch of sweet herbs. Cover close, and stew for three quarters of an hour, then strain it off. Put toasted bread cut in dice into the tureen, and pour the soup boiling upon it. A quarter of a pint of cream added in just before serving, adds greatly to the richness.

Gravies.

General directions respecting Gravies.—Gravy may be made quite as good of the skirts of beef, and the kidney, as of any other meat prepared in the same way. It should be drawn from the meat without water, in a frying-pan or stew-

pan, with a little sugar, salt, and butter; then washed out with broth and stewed in it. An ox kidney, or milk, makes good gravy, cut all to pieces, and prepared as other meat; and so will the shank end of mutton that has been dressed, if much be not wanted. The shank bones of mutton are a great improvement to the richness of gravy; but first soak them well, and scour them clean; break them in pieces.

To dress Gravy that will keep a week. Cut lean beef thin, put it into a frying-pan without any butter, and set it on a fire covered, but take care it does not burn: let it stay till all the gravy that comes out of the meat is dried up into it again; put as much water as will cover the meat, and let that stew away. Then put to the meat a small quantity of water, herbs, onions, spice, and a bit of lean ham; simmer till it is rich, and keep it in a cool place. Do not take off the fat till going to be used.

Brown Gravy.—Lay over the bottom of a stew-pan as much lean veal as will cover it an inch thick; then cover the veal with thin slices of undressed gammon, two or three onions, some sweet herbs, two blades of mace, and three cloves. Cover the stew-pan, and set it over a slow fire; but when the juices come out, let the fire be a little quicker. When the meat is of a fine brown, fill the pan with good beef broth, boil and skim it, then simmer an hour: add a little water, mixed with as much flour as will make it properly thick: boil it half an hour, and strain it. This will keep a week.

A rich Gravy.—Cut beef into thin slices, according to the quantity wanted; slice onions thin, and flour both; fry them of a light pale brown, but do not on any account suffer them to get black; put them into a stew-pan, pour boiling water on the browning in the frying-pan, boil it up, and pour on the meat. Put to it a bunch of parsley, thyme and savoury, a small bit of marjoram, some mace, berries of allspice, whole black peppers, a clove or two, and a bit of ham, or gammon of bacon. Simmer till you have extracted all the juices of the

meat; and be sure to skim the moment it boils, and often after. If for a hare, or stewed fish, anchovy should be added.

Gravy for a Fowl when there is no Meat to make it.—Wash the feet nicely, and cut them and the neck small: simmer them with a little bread browned, a slice of onion, a bit of parsley and thyme, some pepper and salt, and the liver and gizzard, in a quarter of a pint of water, till half wasted. Take out the liver, bruise it, and strain the liquor to it. Then thicken it with flour and butter, and add a tea-spoonful of mushroom-ketchup, and it will be very good.

Veal Gravy.—Make it as directed for brown gravy: but leave out the spice, herbs, and flour. It should be drawn very slowly: and if for white dishes, don't let the meat brown.

Gravy to make Mutton eat like Venison.—Pick a very stale woodcock or snipe, cut it to pieces (but first take out the bag from the entrails,) and simmer with as much unseasoned meat-gravy as you will want. Strain it, and serve in the dish.

Strong Fish Gravy.—Skin two or three eels, or some flounders, or a catfish; gut and wash them very clean; cut them into small pieces, and put into a sauce-pan. Cover them with water, and add a little crust of bread toasted brown, two blades of mace, some whole pepper, sweet herbs, a piece of lemon-peel, an anchovy or two, and a tea-spoonful of horse-radish. Cover close, and simmer; add a bit of butter and flour, and boil with the above.

Savoury Jelly, to put over cold pies.—Make it of a small bare knuckle of leg or shoulder of veal, or a piece of scrag of that, or mutton; or, if the pie be of fowl or rabbit, the carcasses, necks, and heads, added to any piece of meat, will be sufficient, observing to give consistence by cow-heel, or shanks of mutton. Put the meat, a slice of lean ham or bacon, a faggot of different herbs, two blades of mace, an onion or two, a small bit of lemon-peel, and a tea-spoonful of Jamaica pepper bruised, and the same of whole pepper, and three pints of water, in a stew-pot that shuts very close.

As soon as it boils, skim it well, and let it simmer very slowly till quite strong; strain it, and when cold take off the fat with a spoon first, and then to remove every particle of grease, lay a clean piece of cap or blotting paper on it. When cold, if not clear, boil it a few minutes with the whites of two eggs, (but do not add the sediment) and pour it through a nice sieve, with a napkin in it, which has been dipped in boiling water, to prevent waste.

Jelly to cover cold Fish.—Clean a trout, and put it into three quarts of water, with a calf's foot or cow heel, a stick of horse-radish, an onion, three blades of mace, some white pepper, a piece of lemon-peel, and a good slice of lean gammon. Stew it until it will jelly; strain it off; when cold remove every bit of fat; take it up from the sediment, and boil it with a glass of sherry, the whites of four or five eggs, and a piece of lemon. Boil without stirring; and after a few minutes set it by to stand half an hour, and strain it through a bag or sieve, with a cloth in it. Cover the fish in it when cold.

PART 5.—SAUCES, &C.

A very good sauce, especially to hide the bad colour of fowls.—Cut the livers, slices of lemon in dice, scalded parsley, and hard eggs: and salt, and mix them with butter: boil them up, and pour over the fowls.

White sauce for friecasee of fowls, rabbits, white meat, fish, or vegetables.—It is seldom necessary to buy meat for this favourite sauce, as the proportion of that flavour is but small. The water that has boiled fowls, veal, or rabbit; or a little broth that may be in the house; or the feet and necks of chicken, or raw or dressed veal, will suffice. Stew with a little water any of these, with a bit of lemon-peel, some sliced onion, some white pepper-corns, a little pounded mace or nutmeg, and a bunch of sweet herbs, until the flavour be good, then strain it, and add a little good cream, a piece of butter, and a little flour; salt to your taste. A squeeze of lemon may be

added after the sauce is taken off the fire, shaking it well. Yolk of eggs is often used in fricasee, but if you have any cream it is better; and the former is apt to curdle.

Sauce for wild fowl.—Simmer a tea-spoonful of port wine, the same quantity of good meat gravy, a little shallot, a little pepper, salt, a grate of nutmeg, and a bit of mace, for ten minutes: put in a bit of butter, and flour, give it all one boil, and pour it through the birds. In general, they are not stuffed as tame, but may be done so if liked.

Another for the same, or for Ducks.—Serve a rich gravy in the dish: cut the breast into slices, but don't take them off: cut a lemon, and put pepper and salt on it: then squeeze it on the breast, and pour a spoonful of gravy over before you help.

An excellent Sauce for boiled Turkey. Rub half a pound of butter with a tea-spoonful of flour, put to it a little water, melt it, and add near a quarter of a pint of thick cream; set it over the fire; and as it boils up, add a large spoonful of soy. If that does not give it a fine colour, put a little more. Turn it into the sauce-tureen: stir it well to hinder it from curdling.

Sauce for Fowl of any sort.—Boil some veal-gravy, pepper, salt, a tea-spoonful of tarragon vinegar, and the juice of a lemon, and a quarter as much of port wine as of gravy; and pour it into the dish, or a boat.

A very fine Mushroom sauce for fowls or rabbits.—Wash and pick a pint of young mushrooms, and rub them with salt to take off the tender skin. Put them into a sauce-pan with a little salt, some nutmeg, a blade of mace, a pint of cream, and a good piece of butter rubbed in flour. Boil them up, and stir them till done: then pour it round the chickens, &c.

Egg Sauce.—Boil the eggs hard and cut them into small pieces; then put them to melted butter.

Onion Sauce.—Peel the onions, and boil them tender; squeeze the water from them, then chop them, and add to them butter that has been melted rich

and smooth, as will be hereafter directed; but with a little good milk instead of water; boil it up once, and serve it for boiled rabbits, partridges, scrag, or knuckle of veal, or roast mutton.

To make Parsley or Celery Sauce when no parsley-leaves are to be had.—Tie up a little parsley seed in a bit of clean muslin, and boil it ten minutes in some water. Use this water to melt the butter; and throw into it a little boiled spinach minced, to look like parsley: Celery seed gives the flavour of celery.

Green Sauce for green geese or ducklings.—Mix a glass of white wine, and some scalded gooseberries. Add sugar, and a bit of butter. Boil them up, adding the juice of a lemon.

Bread Sauce.—Boil a large onion, cut into four, with some black peppers and milk, till the onion is quite a pap. Pour the milk strained on grated white stale bread, and cover it. In an hour put it into a sauce-pan, with a good piece of butter mixed with a little flour; boil the whole up together, and serve.

Sauce Robart, for Rumps or Steaks. Put a piece of butter, the size of an egg, into a sauce-pan, set it over the fire, and when browning, throw in a handful of sliced onions cut small; fry them brown, but don't let them burn; add half a spoonful of flour, shake the onions in it, and give it another fry; then put four spoonfuls of gravy, and some pepper and salt, and boil it gently ten minutes; skim off the fat; add a tea-spoonful of made mustard, a spoonful of tarragon vinegar, and the juice of half a lemon; boil it all, and pour it round the steaks.

A Sauce, for hot or cold roast Beef.—Grate or scrape very fine, some horse-radish, a little made mustard, some pounded white sugar, and four large spoonfuls of vinegar. Serve in a saucer.

Sauce for Fish Pies where cream is not ordered.—Take equal quantities of white wine vinegar, oyster-liquor, and mushroom ketchup; boil them up with an anchovy; strain, and pour it through a funnel into the pie after it is baked.

Tomato Sauce, for hot or cold Meats. Put Tomatas, when perfectly ripe, into

an earthen jar; and set it in an oven, when the bread is drawn, till they are quite soft; then separate the skin from the pulp; and mix this with vinegar, and a clove of garlic pounded. Add powdered ginger, and salt to your taste. Keep the mixture in small wide-mouthed bottles, well corked, and in a dry cool place. A glass of Madeira improves it.

Apple Sauce, for Goose and roast Pork.—Pare, core, and slice, some apples; and put them in a stone jar, into a sauce-pan of water, or on a hot hearth. If on a hearth, let a spoonful or two of water be put in, to hinder them from burning. When they are done, bruise them to a mash, and put to them a piece of butter the size of a nutmeg, and a little brown sugar. Serve it in a saucetureen.

Old Currant sauce for Venison.—Boil an ounce of dried currants in half a pint of water a few minutes; then add a small tea-cupful of bread-crumbs, six cloves, a glass of port wine, and a bit of butter. Stir it till the whole is smooth.

Lemon Sauce.—Cut thin slices of lemon into very small dice, and put them into melted butter; give it one boil, and pour it over boiled fowls.

Ham Sauce.—When a ham is almost done with, pick all the meat clean from the bone, leaving out any rusty part: beat the meat and the bone to a mash; put it into a sauce-pan, with three spoonfuls of gravy; set it over a slow fire; and stir it all the time, or it will stick to the bottom. When it has been on some time, put to it a small bundle of sweet herbs, some pepper, half a pint of beef-gravy, and a gill of Madeira; cover it up, and let it stew over a gentle fire. When it has a good flavour of the herbs, strain off the gravy. A little of this is an improvement to all gravies.

A very fine Fish Sauce.—Put into a very nice tin sauce-pan a pint of fine port wine, a gill of Malaga, half a pint of fine walnut-ketchup, a gill of walnut-pickle, the rind and juice of a large lemon, some Cayenne to taste, three oz. of scraped horse-radish, three blades of mace, and two tea-spoonfuls of made mustard; boil it all gently, till the raw-

ness goes off; then put it into small bottles for use. Cork them very close, and seal the top.

Another.—Thicken a quarter of a pound of butter with flour, and brown it; then put to it a pound of the best anchovies cut small, six blades of pounded mace, ten cloves, forty berries of black pepper, and allspice, a few small onions, a faggot of sweet herbs, (namely, savoury, thyme, basil, and knotted majoram,) and a little parsley, and sliced horse-radish: on these pour half a pint of the best sherry, and a pint and a half of strong gravy. Simmer all gently for twenty minutes, then strain it through a sieve, and bottle it for use: the way of using it is, to boil some of it in the butter while melting.

Oyster Sauce.—Save the liquor in opening the oysters, and boil it with the beards, a bit of mace, and lemon-peel. In the mean time throw the oysters into cold water, and drain it off. Strain the liquor, and put it into a sauce-pan with them, and as much butter, mixed with a little milk, as will make sauce enough: but first rub a little flour with it. Set them over the fire, and stir all the time: and when the butter has boiled once or twice, take them off, and keep the sauce-pan near the fire, but not on it; for if done too much, the oysters will be hard. Squeeze a little lemon-juice, and serve.

Lobster Sauce.—Pound the spawn, and two anchovies; pour on them two spoonfuls of gravy; strain all into some butter melted as will be hereafter directed; then put in the meat of the lobster, give it all one boil, and add a squeeze of lemon.

Another way.—Leave out the anchovies and gravy: and do it as above, either with or without a little ketchup, as you like. Many prefer the flavour of the lobster and salt only.

Shrimp Sauce.—If the shrimps are not pickled at home, pour a little water over them to wash them; put them to butter melted thick and smooth, give them one boil, and add the juice of a lemon.

Anchovy Sauce.—Anchovies usually come in green bottles in cases. Empty

two of these bottles of anchovies, only leaving the chrystals of salt behind: to these, add too red peppers cut in pieces, the juice of two lemons, and six shalots chopped fine, some scraped horse-radish and a dessert-spoonful of flour of mustard. Boil altogether in half a gallon of Teneriffe wine, till the anchovies are dissolved. Strain and bottle for use. You may add or not, at pleasure, a pint of good mushroom-ketchup, and boil with it.

To melt butter; which is rarely well done, though a very essential article.

Mix in the proportion of a tea-spoonful of flour to four ounces of the best butter, on a trencher. Put it into a small sauce-pan, and two or three table-spoonfuls of hot water, boil quick a minute, shaking it all the time. Milk used instead of water, requires rather less butter, and looks whiter.

Wine Vinegar.—After making raisin wine, when the fruit has been strained, lay it on a heap to heat, then to every hundred-weight put fifteen gallons of water: set the cask, and put toast and yeast; and cover the bung-hole with a bit of slate.

As vinegar is so necessary an article in a family, and one on which so great a profit is made, a barrel or two might always be kept preparing, according to what suited. If the raisins of wine were ready, that kind might be made; if a great plenty of gooseberries made them cheap, that sort; or if neither, then the sugar vinegar: so that the cask may not be left empty, and grow musty.

Shalot or Eschalot Vinegar.—Bruise a tea-cupful of shalots, and a clove of garlic, put them in a quart of good vinegar, set them in a warm place for a week or two, shaking the bottle often. Then set it by, adding a tea-spoonful of Cayenne pepper.

White Wine Vinegar.—Boil in two gallons of water for an hour, a peck of Malaga raisins; press, and strain the liquor through a hair sieve: boil in it, when strained, two pounds of moist Havanna sugar, and scum it well: put this boiling hot to seven gallons of com-

mon cyder, to which add, while warm, a gill of good yeast, or a lump of leaven, and set it in a barrel with the bung out, in a warm place, covering the bung hole loosely, to exclude the dirt, but not the air. It should be kept in the temperature of 75° Fah. thermometer, or still better at 80. Every day draw out the whole liquor into a pail or bucket, by means of a spigot at the bottom of the barrel, and pour it back immediately through a funnel into the cask again.

Common Cyder Vinegar, may be mended by putting to it one gallon to ten of sour white wine. It may be strengthened very much by putting a gill of concentrated pyroligneous acid to five gallons of common cyder vinegar.

Common Vinegar.—To a gallon of whiskey and a pound of brown sugar, add four gallons of hot water, and a toast of bread spread with yeast. Weak cyder will answer better than water.

To make Mustard.—Mix the best flour of mustard by degrees, with boiling water, to a proper thickness, rubbing it perfectly smooth; add a little salt, and keep it in a small jar close covered, and put only as much into the glass as will be used soon; which should be wiped daily round the edges.

Kitchen Pepper.—Mix in the finest powder, one ounce of ginger; of cinnamon, black pepper, nutmeg, and Jamaica pepper, half an ounce each; ten cloves, and six ounces of salt. Keep it in a bottle: it is an agreeable addition to any brown sauces or soups.

To dry Mushrooms.—Wipe them clean; and of the large take out the brown, and peel off the skin. Lay them on paper to dry in a cool oven, and keep them in paper bags, in a dry place. When used, simmer them in the gravy, and they will swell to near their former size; to simmer them in their own liquor till it dry up into them, shaking the pan, then drying on tin plates, is a good way, with spice or not, as above, before made into powder. Tie down with bladder; and keep in a dry place, or in paper.

Mushroom Powder.—Wash half a peck of large mushrooms while quite

fresh, and free them from grit and dirt with flannel; scrape out the black part clean, and do not use any that are worm-eaten; put them into a stew-pan, over the fire without water, with two large onions, some cloves, a quarter of an ounce of mace, and two spoonfuls of white pepper, all in powder; simmer and shake them till all the liquor be dried up, but be careful they do not burn. Lay them on tins or sieves in a slow oven till they are dry enough to beat to powder; then put the powder in small bottles, corked and tied closely, and keep in a dry place. A tea spoonful will give a very fine flavour to any soup or gravy, or any sauce; and it is to be added just before serving, and one boil given to it after it is put in.

Forcemeat, whether in the form of stuffing balls, or for patties, makes a considerable part of good cooking, by the flavour it imparts to whatever dish it is added to, if properly made. Exact rules for the quantity cannot easily be given; but the following observations may be useful, and habit will soon give knowledge in mixing it to the taste.

According to what it is wanted for, should be the selection from the following list, observing that of the most pungent articles, least must be used. No one flavour should predominate greatly; yet, if several dishes be served the same day, there should be a marked variety in the taste of the forcemeat, as well as of the gravies. It should be consistent enough to cut with a knife, but not dry and heavy.

Forcemeat Ingredients.—1st. Cold fowl or veal. Scraped ham. Fat bacon. Beef suet. Sausage. Crumbs of bread. Parsley. White pepper. Salt. Nutmeg. Yolk and white of eggs, well beaten, to bind the mixture.

2d. Oysters. Mushrooms. Anchovy. Terragon. Savoury. Penny-royal. Knotted marjoram. Thyme. Basil. Yolks of hard eggs. Cayenne. Garlic. Shalot. Chives. Jamaica pepper or allspice, in fine powder, or two or three cloves.

The first paragraph contains the articles of which the forcemeat may be

made, without any striking flavour: and to those may be added some of the different ingredients of the second paragraph, to vary the taste.

Forcemeat, to force Fowls or Meat.—Shred a little ham, or gammon, some cold veal or fowl, some beef-suet: a small quantity of onion, some parsley, very little lemon-peel, salt, nutmeg, or pounded mace, and either white pepper or Cayenne, and bread crumbs.

Pound it in a mortar, and bind it with one or two eggs beaten and strained. For forcemeat patties, the mixture as above.

For Cold Savoury Pies.—The same: only substituting fat, or bacon, for suet. The livers (if the pie be of rabbit or fowls,) mixed with fat and lean of pork, instead of bacon, and seasoned as above, is excellent.

Forcemeat for Turtle.—A pound of fine fresh suet, one ounce of ready-dressed veal or chicken, chopped fine, crumbs of bread, a little shalot or onion, salt, white pepper, nutmeg, mace, penny-royal, parsley and lemon, thyme finely shred; beat as many fresh eggs, yolks and whites separately, as will make the above ingredients into a moist paste; roll into small balls, and boil them in fresh lard, putting them in just as it boils up. When of a light brown, take them out, and drain them before the fire. If the suet be moist or stale, a great many more eggs will be necessary. Balls made this way are remarkably light: but being greasy, some people prefer them with less suet and eggs.

Little eggs for real or mock Turtle. Beat three hard yolks of eggs in a mortar, and make into a paste with the yolk of a raw one, roll it into small balls, and throw them into boiling water for two minutes to harden.

Rice Edging, for a Fricasee.—After soaking and picking fine Carolina rice, boil it in water, and a little salt, until tender, but not to a mash; drain, and put it round the inner edge of the dish, to the height of two inches; smooth it with the back of a spoon, and wash it over with the yolk of egg, and put it into the oven for three or four minutes, then serve the meat in the middle.

PART 6.—PIES, PUDDINGS, AND PASTRY.

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*Savoury Pies.**Observations on Savoury Pies.*

Some are best eaten when cold, and in that case, there should be no suet put into the forcemeat that is used with them. If the pie is either made of meat that will take more dressing, to make it extremely tender, than the baking of the crust will allow; or if it is to be served in an earthen pie-form: observe the following preparation.

Take three pounds of the veiny piece of beef (for instance) that has fat and lean; wash it; and season it with salt, pepper, mace, and allspice, in fine powder, rubbing them well in. Set it by the side of a slow fire, in a stew-pot that will just hold it; put to it a piece of butter, of about the weight of two ounces, and cover it quite close; let it just simmer in its own steam till it begins to shrink. When it is cold, add more seasoning, forcemeat and eggs; and if it is in a dish, put some gravy to it before baking; but if it is only in crust, don't put the gravy till after it is cold and in jelly. Forcemeat may be put both under and over the meat, if preferred to balls.

Fish Pie.—Boil two pounds of small eels: having cut the fins quite close, pick the flesh off, and throw the bones into the liquor, with a little mace, pepper, salt, and a slice of onion: boil till quite rich and strain it. Make forcemeat of the flesh, an anchovy, parsley, lemon-peel, salt, pepper, and crumbs, and four ounces of butter warmed, and lay it at the bottom of the dish. Take the flesh of soles, small cod, or other fish, and lay them on the forcemeat, having rubbed it with salt and pepper: pour the gravy over and bake.

Observe to take off the skin and fins, if cod or soles. Add oysters.

Beef-steak Pie.—Take some steaks from the sirloin, cut an inch thick, with a due proportion of fat: broil them over a brisk fire: have ready some potatoes boiled, and some onions fried: cut the bones out of the steaks: lay first a thin

layer of crust, then a layer of sliced boiled potatoes, then a layer of steaks seasoned with pepper and salt, then a few thin slices of gammon not too lean, then your onions, then potatoes, then another layer of steaks, and close your pie, putting into it some water, sufficient to keep it moist till baked; do not bake it too fast. When nearly done, pour in some broth or gravy, which you may make while your pie is baking, of some scraps of meat, with an anchovy, a glass of ketchup, three or four chopped shalots, two or three cloves, and a glass of wine: let the gravy or broth thus made, be poured into the top of the pie for at least a quarter of an hour before it is done. If you prefer a beef-steak pie with oysters, leave out the ketchup; the oysters give flavour enough.

Veal Pie.—Take some of the middle, or scrag, of a small neck; season it; and either put to it, or not, a few slices of lean bacon or ham. If it is wanted of a high relish, add mace, Cayenne, and nutmeg, to the salt and pepper; and also forcemeat and eggs; and if you choose, add truffies, morels, mushrooms, sweetbreads cut into small bits or in lieu of these, oysters. Have a rich gravy ready, to pour in after baking. It will be very good without any of the latter additions.

Excellent Pork Pies to eat cold.—Raise common boiled crust into either a round or oval form, as you choose; have ready the trimmings and small bits of pork cut off when a hog is killed; and if these are not enough, take the meat off a sweet bone. Beat it well with a rolling pin; season with pepper and salt, and keep the fat and lean separate. Put it in layers, quite close up to the top; lay on the lid; cut the edge smooth round, and pinch it; bake it in a slow soaking oven, as the meat is very solid. Directions for raising the crust will be given hereafter. The pork may be put into a common dish with a very plain crust, and be quite as good. Observe to put no bone or water into pork pie: the outside of the pieces will be hard, unless they are cut small and pressed close.

Mutton Pie.—Cut steaks from a loin or neck of mutton that has hung; beat them and remove some of the fat. Season with salt, pepper, and a little onion; put a little water at the bottom of the dish, and a little paste on the edge; then cover with a moderately thick paste. Or raise small pies, and breaking each bone in two to shorten it, season and cover it over, pinching the edge. When they come out, pour into each a spoonful of gravy, made of a bit of mutton.

Mutton Pie, with Apples.—Cut apples as for other pies, and lay them in rows with mutton chops; shred onion, and sprinkle it among them, and also some sugar.

Lamb Pie.—Make it of the loin, neck or breast; the breast of house-lamb is one of the most delicate things that can be eaten. It should be very lightly seasoned with pepper and salt; the bone taken out, but not the gristles; and a small quantity of jelly gravy be put in hot; but the pie should not be cut till cold. Put two spoonfuls of water before baking. Grass lamb makes an excellent pie, and may either be boned or not, but not to bone it is perhaps the best. Season with only pepper and salt; put two spoonfuls of water before baking, and as much gravy when it comes from the oven.

Chicken Pie.—Cut up two young fowls; season with white pepper, salt, a little mace and nutmeg, all in the finest powder; also a little Cayenne. Put the chicken, slices of ham, or fresh gammon of bacon, forcemeat balls, and hard eggs, by turns and layers. If it is to be baked in a dish, put a little water; but none if in a raised crust. By the time it returns from the oven, have ready a gravy of knuckle of veal, or a bit of the scrag, with some shank-bones of mutton, seasoned with herbs, onions, mace and white pepper. If it is to be eaten hot, you may add morels, mushrooms, &c. but not if to be eaten cold. If it is made in a dish, put as much gravy as will fill it; but in raised crust, the gravy must be nicely strained, and then put in cold as jelly. To make the jelly clear, you may

give it a boil with the whites of two eggs, after taking away the meat, and then run it through a fine lawn sieve.

Goose or Duck Pie.—Bone a full grown young duck and a fowl, or a goose; wash them and season with pepper and salt, and a small proportion of mace and allspice, in the finest powder. Put the fowl within the duck, and in the former a calf's tongue pickled red, boiled very tender and peeled. Press the whole close: the skins of the legs should be drawn inwards, that the body of the fowls may be quite smooth. If approved, the space between the sides of the crust may be filled with a fine forcemeat. Bake it in a slow oven, either in a raised crust or pie dish, with a thick crust ornamented.

Pigeon Pie.—Rub the pigeons with pepper and salt inside and out; in the latter put a bit of butter, and if approved, some parsley chopped with the livers, and a little of the same seasoning. Lay a beef-steak at the bottom of the dish, and the birds on it; between every two a hard egg. Put a cup of water in the dish; and if you have any ham in the house, lay a bit on each pigeon: it is a great improvement to the flavour.

Partridge Pie in a Dish.—Pick and singe four partridges; cut off the legs at the knee; season with pepper, salt, chopped parsley, thyme and mushrooms. Lay a veal steak, and a slice of ham at the bottom of the dish; put the partridges in, and half a pint of good broth. Put puff paste on the ledge of the dish, and cover with the same; brush it over with egg, and bake an hour.

Oyster Pie.—Should be made of bearded oysters, and sweetbreads, seasoned with a slice of ham, pepper, salt, a clove or two, and a little allspice. The gravy should be the oyster liquor boiled with butter and flour, and some strong broth of knuckle of veal.

Raised Crust for Meat Pies or Fowls, &c.—Boil water with a little fine lard, and an equal quantity of fresh dripping or of butter, but not much of either. While hot, mix this with as much flour as you will want, making the paste as

stiff as you can, to be smooth, which you will make it by good kneading and beating it with the rolling-pin. When quite smooth, put in a lump into a cloth or under a pan, to soak till near cold.

Those who have not a good hand at raising crust may do thus: roll the paste of a proper thickness, and cut out the top and bottom of the pie, then a long piece for the sides. Cement the bottom to the sides with egg, bringing the former rather farther out, and pinching both together: put eggs between the edges of the paste, to make it adhere at the sides. Fill your pie, and put on the cover, and pinch it and the side crust together. The same mode of uniting the paste is to be observed, if the sides are pressed into a tin form, in which the paste must be baked, after it shall be filled and covered; but in the latter case, the tin should be buttered, and carefully taken off when done enough, and as the form usually makes the sides of a lighter colour than is proper, the paste should be put into the oven again for a quarter of an hour. With a feather put egg over at first.

Puddings, &c.

Observations on making Puddings and Pancakes.

The outside of a boiled pudding often tastes disagreeable; which arises from the cloth not being nicely washed and kept in a dry place. It should be dipped in boiling water, squeezed dry, and floured when to be used. If bread, it should be tied loose: if batter, tight over. The water should boil quick when the pudding is put in; and it should be moved about for a minute, lest the ingredients should not mix. Batter-pudding should be strained through a coarse sieve, when all is mixed. In others, the eggs separately. The pans and basins must be always buttered. A pan of cold water should be ready, and the pudding dipt in as soon as it comes out of the pot, and then it will not adhere to the cloth.

Very good puddings may be made *without* eggs; but they must have as little milk as will mix, and must boil

three or four hours. A few spoonfuls of fresh small-beer, or one of yeast, will answer instead of eggs.

Note. The yolks and whites beaten long and separately, make the article they are put into much lighter.

Almond Puddings.—Beat $\frac{1}{2}$ a pound of sweet and a few bitter almonds with a spoonful of water; then mix four oz. of butter, four eggs, two spoonfuls of cream, warm with the butter one of brandy, a little nutmeg, and sugar to taste. Butter some cups, half fill, and bake the puddings. Serve with butter, wine and sugar.

Baked Almond Pudding.—Beat fine four oz. of almonds, four or five bitter ditto, with a little wine, yolks of six eggs, peel of two lemons grated, six oz. of butter, near a quart of cream, and juice of lemon. When well mixed, bake it half an hour, with paste round the dish.

Sago Pudding.—Boil a pint and a half of new milk, with four spoonfuls of sago nicely washed and picked, lemon-peel, cinnamon and nutmeg; sweeten to taste; then mix four eggs, put a paste round the dish, and bake slowly.

Bread and Butter Pudding.—Slice bread spread with butter, and lay it in a dish with currants between each layer; and sliced citron, orange, or lemon, if to be very nice. Pour over an unboiled custard of milk two or three eggs, a few pimentos, and a very little ratafia, two hours at least before it is to be baked; and lade it over to soak the bread.

Lemon or Orange Pudding.—Grate the rind of a Seville orange: put to it six oz. of fresh butter, six or eight oz. of lump-sugar pounded: beat them all in a marble mortar, and add as you do it the whole of eight eggs well beaten and strained; scrape a raw apple, and mix with the rest; put a paste at the bottom and sides of the dish, and over the orange mixture put cross bars of paste. Half an hour will bake it.

Baked Apple Pudding.—Pare and quarter four large apples; boil them tender, with the rind of a lemon, in so little water, that when done, none may remain: beat them quite fine in a mor-

tar; add the crumbs of a small roll, four oz. of butter melted, the yolks of five and whites of three eggs, juice of half a lemon, and sugar to taste; beat altogether, and lay it in a dish with paste to turn out.

Dutch Pudding, or Souster.—Melt one pound of butter in half a pint of milk; mix it into two pounds of flour, eight eggs, four spoonfuls of yeast: add one pound of currants, and a quarter of a pound of sugar beaten and sifted.

This is a very good pudding hot; and equally so as a cake when cold. If for the latter, caraways may be used instead of currants. An hour will bake it in a quick oven.

A Rice Pudding.—Soak four oz. of rice in warm water half an hour; drain the latter from it, and throw it into a stew-pan, with half a pint of milk, half a stick of cinnamon, and simmer till tender. When cold, add four whole eggs well beaten, two oz. of butter melted in a tea cupful of cream; and put three oz. of sugar, a quarter of a nutmeg, and a good piece of lemon peel. Put a light puff paste into a mould or dish, or grated tops and bottoms, and bake in a quick oven.

Light Puddings or Puffs.—Melt 3 oz. of butter in a pint of cream; let it stand till nearly cold: then mix two oz. of fine flour and two oz. of sugar, four yolks and two whites of eggs, and a little rose or orange water. Bake in little cups buttered, half an hour. Serve the moment they are done, or they will not be light. Turn out of the cups, and serve with wine and sugar.

Puddings in haste.—Shred suet, and put, with grated bread, a few currants, the yolks of four eggs, and the whites of two, some grated lemon-peel and ginger. Mix, and make into little balls about the size and shape of an egg, with a little flour.

Have ready a skillet of boiling water, and throw them in. Twenty minutes will boil them; but they will rise to the top when done. Use pudding-sauce.

Boiled Bread Pudding.—Grate white bread; pour boiling milk over it, and cover close. When soaked an hour or

two, beat it fine, and mix with it two or three eggs well beaten. Put it into a basin that will just hold it; tie a floured cloth over it, and put it into boiling water. Send it up with melted butter poured over. It may be eaten with salt or sugar. Prunes or French plums, make a fine pudding, instead of raisins, either with suet or bread pudding.

Baked Indian Pudding.—Scald three pints of new milk, stir into it one pint of fine Indian meal; when cool, add salt, seven eggs, half a pound of stoned raisins, four oz. of butter, fine white sugar and spice to please, and bake in a tin pan or glazed dish, one hour and a half.

Boiled Indian Pudding.—Take a pint of meal, add salt, wet it with one quart of new milk, sugar and spice; put it into a strong cloth and boil five hours.

Cumberland Pudding.—Mix six oz. of grated bread, the same of beef-suet finely shred, the same of chopped apples, and also of lump sugar, six eggs, half a nutmeg, a pinch of salt, the rind of a lemon minced as fine as possible; and citron, orange, and lemon, a large spoonful of each cut thin. Mix thoroughly, and put into a basin; cover very close with floured cloths, and boil three hours. Serve it with pudding-sauce, and the juice of half a lemon, boiled together.

Batter Pudding.—Rub three spoonfuls of fine flour extremely smooth by degrees, into a pint of milk; simmer till it thickens; stir in two ounces of butter; set it to cool, then add the yolks of three eggs; flour a cloth that has been wet, or butter a basin, and put the batter into it; tie it tight, and plunge it into boiling water, the bottom upwards. Boil it an hour and a half, and serve with plain butter. If approved, a little ginger, nutmeg, and lemon-peel may be added. Serve with sweet sauce.

Rice small Puddings.—Wash two large spoonfuls of rice, and simmer it with half a pint of milk till thick, then put the size of an egg of butter, and near half a pint of thick cream, and give it one boil. When cold, mix four yolks and two whites of eggs, well beat-

en, sugar and nutmeg to taste; and add grated lemon, and a little cinnamon.

Butter little cups, and fill three parts full, putting at bottom some orange or citron. Bake three quarters of an hour in a slowish oven. Serve the moment before to be eaten, with sweet sauce in the dish or boat.

Plain Rice Pudding.—Wash and pick some rice; throw among it some pimento finely pounded, but not much; tie the rice in a cloth, and leave plenty of room for it to swell. Boil it in a quantity of water for an hour or two. When done eat it with butter and sugar, or milk. Put lemon-peel if you please. It is very good without spice, and eaten with salt and butter.

Rice Pudding with Fruit.—Swell the rice with a very little milk over the fire: then mix fruit of any kind with it (currants, gooseberries scalded, pared and quartered apples, raisins, or black currants;) with one egg in the rice, to bind it; boil it well, and serve with sugar.

Baked Rice Pudding.—Put into a very deep pan half a pound of rice washed and picked; two ounces of butter, four ounces of sugar, a few allspice pounded, and two quarts of milk. Less butter will do, or some suet. Bake in a slow oven.

Pumpkin Pudding.—Take one quart of stewed and strained pumpkin, add nine beaten eggs, three pints of cream, sugar, mace, nutmeg, and ginger in powder; bake in dishes three quarters of an hour.

An Apple Pudding.—Boil very tender a handful of small rice in a small quantity of milk, with a large piece of lemon-peel. Let it drain; then mix with it a dozen of good sized apples, one quince, some powdered cinnamon and nutmeg, boiled to pulp as dry as possible: add a glass of wine, the yolks of five eggs, one ounce of orange and citron cut thin; make it pretty sweet. Line a mould or basin with very good paste; beat the five whites of the eggs to a very strong froth, and mix with the other ingredients; fill the mould, and bake it of a fine brown colour. Serve it

with the bottom upwards with the following sauce: two glasses of wine, a spoonful of sugar, the yolks of two eggs, and a bit of butter as large as a walnut; simmer without boiling, and pour to and from the sauce-pan, till of a proper thickness; and put in the dish.

An excellent plain Potatoe Pudding. Take eight ounces of boiled potatoes, two ounces of butter, the yolks and whites of two eggs, a quarter of a pint of cream, one spoonful of wine, a morsel of salt, the juice and rind of a lemon; beat all to froth; sugar to taste. A crust or not as you like. Bake it.

Beef-steak Pudding.—Prepare some fine steaks; roll them with fat between; and some thin slices of gammon, and some shred onion, or sliced apple, add a very little. Lay a paste of suet in a basin, and put in the rollers of steaks; cover the basin with paste, and pinch the edges to keep the gravy in. Cover with a cloth tied close, and let the pudding boil slowly, but for a length of time.

Mutton Pudding.—Season with salt, pepper and a bit of onion; lay one layer of steaks at the bottom of the dish: and pour a batter of potatoes boiled and pressed through a cullender, and mixed with milk and an egg, over them; then putting the rest of the steak and batter, bake it. Batter with flour, instead of potatoes, eats well, but requires more egg, and is not so good.

Suet Pudding.—Shred a pound of suet; mix with a pound and a quarter of flour, two eggs beaten separately, a little salt, and as little milk as will make it. Boil four hours. It eats well next day, cut in slices and broiled. The outward fat of loins or necks of mutton finely shred makes a more delicate pudding than suet.

Veal suet Pudding.—Cut the crumb of a small loaf into slices; boil and sweeten two quarts of new milk, and pour over it. When soaked, pour out a little of the milk; and mix with six eggs well beaten, and half a nutmeg. Lay the slices of bread into a dish; with layers of currants and veal-suet shred, a pound of each. Butter the dish well, and bake; or you may boil it in a basin, if preferred.

Hunter's Pudding.—Mix a pound of suet, ditto flour, ditto apples, ditto currants, ditto raisins, stoned and a little cut, the rind of half a lemon shred as fine as possible, six Jamaica peppers in fine powder, four eggs, a glass of brandy, a little salt, and as little milk as will make it of a proper consistence; boil it in a floured cloth, or a melon-mould, eight or nine hours. Serve with sweet sauce. Add sometimes a spoonful of peach-water for change of flavour. The pudding will keep, after it is boiled, six months, if kept tied up in the same cloth, and hung up, folded in a sheet of cap paper to preserve it from dust, being first cold. When to be used, it must boil a full hour.

Common Plum Pudding.—The same proportions of flour and suet, and half the quantity of fruit, with spice, lemon, a glass of wine or not, and one egg and milk, will make an excellent pudding, if long boiled. A little powdered cinnamon.

Custard Pudding.—Mix by degrees a pint of good milk with a large spoonful of flour, the yolks of five eggs, some orange-flower water, and a little pounded cinnamon. Butter a basin that will exactly hold it, pour the batter in, and tie a floured cloth over. Put in boiling water over the fire, and turn it about a few minutes to prevent the egg going to one side. Half an hour will boil it. Put currant jelly on it, and serve with sweet sauce.

An excellent Apricot Pudding, (or Peach.)—Have twelve large apricots, give them a scald till they are soft; mean time pour on the grated crumbs of half a small loaf, a pint of boiling cream: when half cold, four ounces of sugar, the yolks of four beaten eggs, and a glass of wine. Pound the apricots in a mortar, with some or all of the kernels; mix then the fruit and other ingredients together; put a paste round the dish, and bake the pudding half an hour.

Ground rice Pudding.—Boil a large spoonful heaped, in a pint of new milk, with lemon-peel and cinnamon. When cold, add sugar, nutmeg, and two eggs

well beaten. Bake with a crust round the dish.

Dumplings.—Of grated bread two ounces, currants and shred suet four ounces each, two large spoonfuls of flour, a great deal of grated lemon-peel, a bit of sugar, and a little pimento in fine powder. Mix with two eggs and a little milk into five dumplings, and fry of a fine yellow brown. Made with flour, of wheat, or half wheat, half boiled potatoes instead of bread, but half the quantity, they are excellent. Serve with sweet sauce. A little cinnamon powder.

Apple, Currant, or Damson Dumplings, or Puddings—make as above, and line a bason with the paste tolerably thin: fill with the fruit, and cover it: tie a cloth over tight, and boil till the fruit shall be done enough.

Common Pancakes.—Make a light batter of eggs, flour and milk. Fry in a small pan, in hot dripping or lard. Salt, or nutmeg and ginger, may be added. Sugar and lemon should be served to eat with them. Or, when eggs are scarce, make the batter with flour, and small beer, ginger, &c. or clean snow, with flour and a very little milk, will serve as well as egg.

Fine Pancakes fried, without Butter or Lard.—Beat six fresh eggs extremely well; mix when strained, with a pint of cream, four ounces of sugar, a glass of wine, half a nutmeg grated, and as much flour as will make it almost as thick as ordinary pancake batter, but not quite. Heat the frying-pan tolerably hot, wipe it with a clean cloth; then pour in the batter, to make thin pancakes.

Pancakes of Rice.—Boil half a pound of rice in a jelly in a small quantity of water; when cold mix it with a pint of cream, eight eggs, a bit of salt and nutmeg: stir in eight ounces of butter just warmed, and add as much flour as will make the batter thick enough. Fry in as little lard or dripping as possible.

Fritters.—Make them of any of the batters directed for pancakes, by dropping a small quantity into the pan: or make the plainer sort, and put pared apples sliced and cored into the batter,

and fry some of it with each slice. Currants, or sliced lemon as thin as paper, make an agreeable change.—Fritters for company should be served on a folded napkin in the dish. Any sort of sweetmeat, or ripe fruit, may be made into fritters.

Potatoe Fritters.—Boil two large potatoes, scrape them fine: beat four yolks and three whites of eggs, and add to the above one large spoonful of cream, another of sweet wine, a squeeze of a lemon, and a little nutmeg. Beat this batter half an hour at least. It will be extremely light. Put a good quantity of fine lard in a stew-pan, and drop a spoonful of the batter at a time into it. Fry them and serve as a sauce, a glass of wine; the juice of a lemon, one dessert-spoonful of peach-leaf or almond-water, and some white sugar warmed together: not to be served in the dish.

Another way.—Slice potatoes thin, dip them in a fine batter and fry. Serve with white sugar, sifted over them. Lemon-peel, and a spoonful of orange-flower water, should be added to the batter.

Pastry.

Rich Puff Paste.—Puffs may be made of any sort of fruit, but it should be prepared first with sugar.

Weigh an equal quantity of butter with as much fine flour as you judge necessary: mix a little of the former with the latter, and wet it with as little water as will make into a stiff paste. Roll it out, and put all the butter over it in slices, turn in the ends, and roll it thin; do this twice, and touch it no more than can be avoided. The butter may be added at twice; and to those who are not accustomed to make paste it may be better to do so. A quicker oven than for short crust.

A less rich Paste.—Weigh a pound of flour, and a quarter of a pound of butter, rub them together, and mix into a paste with a little water, and an egg well beaten: of the former as little as will suffice, or else the paste will be tough. Roll, and fold it three or four

times. Rub extremely fine in one pound of dried flour, six ounces of butter, and a spoonful of white sugar; work up the whole into a stiff paste, with as little hot water as possible.

Rice Paste for Sweets.—Boil a quarter of a pound of ground rice in the smallest quantity of water: strain from it all the moisture as well as you can; beat it in a mortar with half an ounce of butter, and one egg well beaten, and it will make an excellent paste for tarts, &c.

Rice Paste for relishing things.—Clean, and put some rice, with an onion and a little water, and milk, or milk only, into a sauce-pan, and simmer till it swell. Put seasoned chops into a dish, and cover it with the rice; by the addition of an egg, the rice will adhere better.

Potatoe Paste.—Pound boiled potatoes very fine, and add, while warm, a sufficiency of butter to make the mash hold together, or you may mix with it an egg; then before it gets cold, flour the board pretty well to prevent it from sticking, and roll it to the thickness wanted. If it is become quite cold before it be put on the dish, it will be apt to crack.

Raised crust for Custards or Fruit.—Put four ounces of butter into a sauce-pan with water, and when it boils, pour it into as much flour as you choose; knead and beat it till smooth; cover it. Raise it, and if for custard, put a paper within to keep out the sides till half done, then fill with a cold mixture of milk, egg, sugar, and a little peach-water, lemon-peel, or nutmeg. By cold is meant that the egg is not to be warmed, but the milk should be warmed by itself; not to spoil the crust.

The above butter will make a great deal of raised crust, which must not be rich, or it will be difficult to prevent the sides from falling.

Excellent short Crust.—Mix with a pound of fine flour, dried, an ounce of sugar pounded and sifted; then crumble three ounces of butter in it, till it looks all like flour, and, with a gill of boiling cream, work it up to fine paste.

Another.—Rub six ounces of butter in eight ounces of fine flour; mix it into a stiffish paste, with as little water as possible; beat it well, and roll it thin. This, as well as the former, is proper for tarts or fresh or preserved fruits. Bake in a moderate oven.

Observations on Pastry.

An adept in pastry never leaves any part of it adhering to the board, or dish, used in making. It is best when rolled on marble, or a very large slate. In very hot weather, the butter should be put into cold water to make it as firm as possible: and if made early in the morning, and preserved from the air until it is to be baked, the cook will find it much better. A good hand at pastry will use much less butter, and produce lighter crust than others. Salt butter, if very good, and well washed, makes a fine flaky crust.

Remarks on using preserved fruits in Pastry.—Preserved fruits should not be baked long; those that have been done with their full proportion of sugar require no baking; the crust should be baked in a tin shape, and the fruit be afterwards added; or it may be put into a small dish, or tart-pans, and the covers be baked on a tin cut out according to your taste.

Apple Pie.—Pare and core the fruit, not omitting a quince: having wiped the outside, which, with the cores, boil with a little water till it tastes well: strain, and put a little sugar, and a bit of bruised cinnamon, and simmer again. In the mean time place the apples in a dish, a paste being put round the edge; when one layer is in, sprinkle half the sugar, and shred lemon-peel, and squeeze some juice, or a glass of cyder. If the apples have lost their spirit, put in the rest of the apples, sugar, and the liquor that you have boiled. Cover with paste. You may add some butter when cut, if eaten hot.

Mince Pie.—Of scraped beef free from skin and strings, weigh 2 pounds: 4 pounds of suet picked and chopped, then add 6 pounds of currants nicely cleaned and perfectly dry, 3 pounds of

chopped apples, the peel and juice of 2 lemons, a pint of sweet wine, a nutmeg, a quarter of an ounce of cloves, ditto mace, ditto pimento, in finest powder; press the whole into a deep pan when well mixed, and keep it covered in a dry cool place. Half the quantity is enough, unless for a very large family. Have citron, orange, and lemon-peel ready, and put some of each in the pies when made.

Mince Pies without Meat.—Of the best apples six pounds, pared, cored, and minced; of fresh suet, and rams stoned, each three pounds also minced; to these add of mace and cinnamon, a quarter of an ounce each, and eight cloves, in finest powder, three pounds of the finest powder sugar, three quarters of an ounce of salt, the rinds of four and juice of two lemons, half a pint of port, the same of brandy. Mix well and put into a deep pan. Have ready washed and dried four pounds of currants, and add as you make the pies, with candied fruit.

Currant and Raspberry.—For a tart, line the dish, put sugar, and fruit, lay bars across, and bake.

Light Paste for Tarts and Cheese-cakes.—Beat the white of an egg to a strong froth; then mix it with as much water as will make three quarters of fine flour into a very stiff paste; roll it very thin, then lay the third part of half a pound of butter upon it in little bits; dredge it with some flour left out at first, and roll it up tight. Roll it out again, and put the same proportion of butter; and so proceed till all be worked up.

Iceing for Tarts.—Beat the yolk of an egg and some melted butter well together, wash the tarts with a feather, and sift sugar over as you put them in the oven. Or beat white of egg, wash the paste, and sift white sugar.

Apple Tart.—Scald the fruit as will be directed under that article: when ready take off the thin skin, and lay them whole in a dish, put a little off the water that the apples were boiled in at bottom, strew them over with lump sugar or fine Havanna; when cold, put a

paste round the edges and over. You may wet it with white of egg, and strew sugar over, which looks well: or cut the lid in quarters, without touching the paste on the end of the dish; and either put the broad end downwards, and make the point stand up, or remove the lid altogether. Pour a good custard over it when cold; sift sugar over. Or line the bottom of a shallow dish with paste, lay the apples in it, sweeten, and lay little twists of paste over in bars.

Raspberry tart with cream.—Roll out some thin puff-paste, and lay it in a patty-pan of what size you choose; put in raspberries; strew over them fine sugar, cover with a thin lid, and then bake. Cut it open, and have ready the following mixture warm: half a pint of cream, the yolks of two or three eggs well beaten, and a little sugar; and when this is added to the tart, return it to the oven for five or six minutes.

Fried Patties.—Mince a bit of cold veal, and six oysters, mix with a few crumbs of bread, salt, pepper, nutmeg, and a very small bit of lemon-peel: add the liquor of the oysters; warm all in a tosser, but do not boil; let it go cold; have ready a good puff-paste, roll thin, and cut it in round or square bits, put some of the above between two of them, twist the edges to keep in the gravy, and fry them of a fine brown. This is a very good thing, and baked is a fashionable dish. Wash all patties over with egg before baking.

Oyster Patties.—Put a fine puff-paste into small patty-pans, and cover with paste, with a bit of toast in each; and against they are baked, have ready the following to fill with, taking out the beard. Take of the beards of the oysters, cut the other parts in small bits, put them in a small tosser, with a grate of nutmeg, the least white pepper, and salt, a morsel of lemon-peel, cut so small that you can scarcely see it, a little cream, and a little of the oyster liquor. Simmer a few minutes before you fill.

Observe to put a bit of crust into all patties, to keep them hollow while baking.

Beef Patties.—Shred dressed beef underdone with a little fat, season with

pepper, salt, and a little shalot or onion. Make a plain paste, roll it thin, and cut in shape like an apple puff, fill it with mince, pinch the edges, and fry them of nice brown. The paste should be made with a small quantity of butter, egg and milk.

Veal Patties.—Mince some veal that is not quite done, with a little parsley, lemon-peel, a scrape of nutmeg, and a bit of salt; add a little cream and gravy just to moisten the meat; and if you have any ham, scrape a little and add to it. Do not warm it till the patties are baked.

Turkey Patties.—Mince some of the white part, and with grated lemon, nutmeg, salt, a very little white pepper, cream, and a very little bit of butter warmed, fill the patties.

Patties resembling Mince-Pies. Chop the kidney and fat of cold veal; apple, orange, and lemon-peel, candied, and fresh currants, a little wine, two or three cloves, a little brandy, and a bit of sugar. Bake as before.

Apple Puffs.—Pare the fruit, and either stew in a stone jar on a hot hearth, or bake them. When cold, mix the pulp of the apple with sugar and lemon-peel shred fine, taking as little of the apple juice as you can. Bake them in a quick oven; a quarter of an hour will do them, if small. Orange or quince-marmalade is a great improvement. Cinnamon pounded, or orange-flower water, in change.

Lemon Puffs.—Beat and sift a pound and a quarter of double refined sugar; grate the rind of two large lemons, and mix it well with the sugar; then beat the whites of three new-laid eggs a great while, add them to the sugar and peel, and beat it for an hour: make it up in any shape you please, and bake it on paper put on tin plates, in a moderate oven. Do not remove the paper till cold. Oiling the paper will make it come off with ease.

Cheese Puffs.—Strain cheese curd from the whey, and beat half a pint basin of it fine in a mortar, with a spoonful and a half of flour, three eggs, but only one white, a spoonful of or-

ange-flower water, a quarter of a nutmeg, and sugar to make it pretty sweet. Lay a little of this paste, in small very round cakes, on a tin plate. If the oven is hot, a quarter of an hour will bake them. Serve with pudding-sauce.

To prepare Venison for Pastry.—Take the bones out, then season and beat the meat, lay it into a stone jar in large pieces, pour upon it some plain drawn beef-gravy, but not a strong one, lay the bones on the top, then set the jar in a water-bath, that is, a sauce-pan of water over the fire, simmer three or four hours, then leave it in a cold place till next day. Remove the cake of fat, lay the meat in handsome pieces on the dish; if not sufficiently seasoned, add more pepper, salt, or pimento as necessary. Put some of the gravy, and keep the remainder for the time of serving. If the venison be thus prepared, it will not require so much time to bake, or such a very thick crust as is usual, and by which the under part is seldom done through.

Venison Pasty.—A shoulder boned, makes a good pasty, but it must be beaten and seasoned, and the want of fat supplied by that of a fine well-hung loin of mutton, steeped 24 hours in equal parts of rape, vinegar, and port. The shoulder being sinewy, it will be of advantage to rub it well with sugar for two or three days, and when to be used, wipe it perfectly clean from it and the wine. A mistake prevails that venison could not be baked too much: but as above directed, three or four hours in a slow oven will be sufficient to make it tender, and the flavour will be preserved. Either in shoulder or side, the meat must be cut in pieces, and laid with fat between, that it may be proportioned to each person, without breaking up the pasty to find it. Lay some pepper and salt at the bottom of the dish, and some butter; then the meat nicely packed, that it may be sufficiently done, but not lie hollow to harden at the edges. The venison bones should be boiled with some fine old mutton; of this gravy, put half a pint cold into the dish; then lay the butter on the venison, and cover

as well as line the sides with a thick crust, but do not put one under the meat. Keep the remainder of the gravy till the pasty comes from the oven; put it into the middle by a funnel, quite hot, and shake the dish well. It should be seasoned with pepper and salt.

To make a Pasty of Beef or Mutton, to eat as well as Venison.—Bone a small rump or piece of sirloin of beef, or a fat loin of mutton, after hanging several days. Beat it very well with a rolling pin; then rub ten pounds of meat with four oz. of sugar, and pour over it a glass of port, and the same of vinegar. Let it lie five days and nights; wash and wipe the meat very dry, and season it very high with pepper, Jamaica pepper, nutmeg, and salt. Lay it in your dish, and to ten pounds put one pound or near of butter, spreading it over the meat. Put a crust round the edges, and cover with a thick one, or it will be overdone before the meat be soaked; it must be done in a slow oven. Set the bones in a pan in the oven, with no more water than will cover them, and one glass of port, and a little pepper and salt, that you may have a little rich gravy to add to the pasty when drawn.

Cheap and excellent Custards.—Boil three pints of new milk, with a bit of lemon-peel, a bit of cinnamon and sweeten it. Meanwhile rub down smooth a large spoonful of rice-flour into a cup of cold milk, and mix with it two yolks of eggs well beaten. Take a basin of the boiling milk, and mix with the cold, and then pour that to the boiling, stirring it one way till it begins to thicken, and is just going to boil up; then pour it into a pan, stir it some time, add a large spoonful of peach-water, two tea-spoonfuls of brandy, or a little ratafia.

Rich Custard.—Boil a pint of milk with lemon-peel and cinnamon; mix a pint of cream, and the yolks of five eggs well beaten; when the milk tastes of the seasoning, sweeten it enough for the whole; pour it into the cream, stirring it well; then give the custard a simmer till of a proper thickness. Do not let it boil; stir the whole time one way; season as above. If to be extreme-

ly rich, put no milk, but a quart of cream to the eggs.

Baked Custard.—Boil one pint of cream, half a pint of milk; with mace, cinnamon, and lemon-peel, a little of each. When cold, mix the yolks of three eggs; sweeten, and make your cups or paste nearly full. Bake ten minutes.

Lemon Custard.—Beat the yolks of eight eggs till they are as white as milk; then put to them a pint of boiling water, the rinds of two lemons grated, and the juice sweetened to taste. Stir it on the fire till thick enough; then add a large glass of rich wine, and half a glass of brandy; give the whole one scald, and put in cups to be eaten cold.

Almond Custard.—Blanch and beat four ounces of almonds fine, with a spoonful of water; beat a pint of cream with two spoonfuls of rose-water, and put them to the yolks of four eggs, and as much sugar as will make it pretty sweet; then add the almonds; stir it all over a slow fire, till it is of a proper thickness; but do not boil. Pour in into cups.

Cheesecake.—Strain the whey from the curd of two quarts of milk; when rather dry, crumble it through a coarse sieve, and mix with six oz. of fresh butter, one oz. of pounded blanched almonds, a little orange-flower water, half a glass of raisin wine, a grated biscuit, four oz. of currants, some nutmeg, and cinnamon, in fine powder, and beat all the above with three eggs, and half a pint of cream, till quite light; then fill the patty-pans three parts full.

A plainer sort.—Turn three quarts of milk to curd, break it, and drain the whey: when dry, break it in a pan, with two oz. of butter, till perfectly smooth; put to it a pint and a half of thin cream, or good milk, and add sugar, cinnamon, nutmeg, and three oz. of currants.

Lemon Cheesecakes.—Boil two large lemons, or three small ones, and, after squeezing, pound them well together in a mortar, with four oz. of loaf-sugar, the yolks of six eggs, and eight oz. of fresh butter. Fill the patty-pans half full.

Orange Cheesecakes are done the same way, only you must boil the peel in two or three waters to take out the bitterness; or make them of orange marmalade well beaten in a mortar.

Potatoe Cheesecakes.—Boil six oz. of potatoes, and four oz. of lemon-peel; beat the latter in a marble mortar, with four oz. of sugar: then add the potatoes, beaten, and four oz. of butter melted in a little cream. When well mixed, let it stand to grow cold. Put crust in patty-pans, and rather more than half fill them. Bake in a quick oven half an hour, sifting some double refined sugar on them when going to the oven.

PART 7.--VEGETABLES.

Observations on dressing Vegetables.

Vegetables should be carefully cleaned from insects, and nicely washed. Drain them the moment they are done enough. If overboiled, they lose their beauty and crispness. Bad cooks sometimes dress them with meat, which is wrong, except carrots with boiling beef.

To boil Vegetables green.—Be sure the water boils when you put them in. Make them boil very fast. Do not cover but watch them; and if the water has not slackened, you may be sure they are done when they begin to sink. Then take them out immediately, or the colour will change. Hard water, especially if chalybeate, spoils the colour of such vegetables as should be green.

To boil them green in hard water.—Put a tea-spoonful of pearl ash into the water when it boils, before the vegetables are put in.

To keep green Peas.—Shell, and put them into a kettle of water when it boils, give them two or three warms only, and pour them into a cullender. When the water drains off, turn them out on a dresser covered with cloth, and pour them on another cloth to dry perfectly. Then bottle them in wide mouthed bottles, leaving only room to pour clarified mutton suet upon them an inch thick, and for the cork. Rosin it down, and keep it in a cellar or in the earth. When they are to be used, boil them till ten-

der, with a bit of butter, a spoonful of sugar, and a bit of mint.

Another way.—Shell, scald, and dry them as above: put them on tins or earthen dishes in a cool oven once or twice to harden. Keep them in paper bags hung up in the kitchen. When they are to be used, let them lie an hour in water; then set them on with cold water and a bit of butter, and boil them till ready. Put a sprig of dried mint to boil with them.

Boiled Peas—Should not be overdone, nor in much water. Chop some scalded mint to garnish them, and stir a piece of butter in with them.

To stew green Peas.—Put a quart of peas, a lettuce and an onion both sliced, a bit of butter, pepper, salt, and no more water than hangs round the lettuce from washing. Stew them two hours very gently. Some think a tea-spoonful of white powdered sugar is an improvement. Gravy may be added, but then there will be less of the flavour of the peas. Chop a bit of mint, and stew in them.

To stew old Peas.—Steep them in water all night, if not fine boilers; otherwise only half an hour: put them into water enough just to cover them, with a good bit of butter, or a piece of beef or pork. Stew them very gently till the peas are soft, and the meat is tender; if it is not salt meat, add salt and a little pepper. Serve them round the meat.

To dress Artichokes.—Trim a few of the outside leaves off, and cut the stalk even. If young, half an hour will boil them. They are better for being gathered two or three days first. Serve them with melted butter in as many small cups as there are artichokes, to help with each.

To stew Cucumbers.—Slice them thick, or halve and divide them into two lengths; strew some salt and pepper, and sliced onions: add a little broth, or a bit of butter. Simmer very slowly; and before serving, if no butter was in before, put some and a little flour, or if there was butter in, only a little flour, unless it requires richness.

To stew Onions.—Peel large onions; fry gently of a fine brown, but do not blacken them; then put them into a small pan, with a little weak gravy, pepper and salt; cover, and stew two hours gently. They should be lightly floured at first.

Roast Onions.—Should be done with all the skins on. They eat well alone, with only salt and cold butter, or with roasted potatoes, or with beet roots.

To stew Celery.—Wash six heads, and strip off their outer leaves; either halve or leave them whole, according to their size: cut into lengths of four inches. Put them into a pan with a cup of broth, or weak white gravy: stew till tender; then add two spoonfuls of cream, and a little flour and butter, seasoned with pepper, salt, and nutmeg, and simmer all together.

To boil Cauliflowers.—Choose those that are close and white. Cut off the green leaves, and look carefully that there are no caterpillars about the stalk. Soak an hour in cold water, then boil them in milk and water; and take care to skim the sauce-pan, that not the least foulness may fall upon it. It must be served very white, and rather crimp.

To dress Cauliflower and Parmesan. Boil a cauliflower, drain it on a sieve, and cut the stalk so that the flower will stand upright about two inches above the dish. Put it into a pan with a little white sauce; let it stew till done enough, which will be but a few minutes; then dish it with the sauce round, and put parmesan grated over it. Brown it with a salamander.

Spinach.—Requires great care in washing and picking it. When that is done, throw it into a sauce-pan that will just hold it, sprinkle it with a little salt, and cover close. The pan must be set on the fire and shaken. When done, beat the spinach well with a small bit of butter: it must come to table pretty dry; and looks well if pressed into a tin mould in the form of a large leaf, which is sold at the tin shops. A spoonful of cream is an improvement.

To dress Beans.—Boil tender, with a bunch of parsley, which must be chop-

ped to serve with them. Bacon or pickled pork must be served to eat with, but not boiled with them.

French Beans.—String and cut them into four or eight; the last looks best. Lay them in salt and water, and when the sauce-pan boils, put them in with some salt. As soon as they are done, serve them immediately, to preserve the green colour.

To stew red Cabbage.—Slice a small or half a large red cabbage: wash and put it into a sauce-pan, with pepper, salt, no water but what hangs about it, and a piece of butter. Stew till quite tender; and when going to serve, add two or three spoonfuls of vinegar, and give one boil over the fire. Serve it for cold meat, or with sausages on it.

Mushrooms.—The cook should be perfectly acquainted with the different sorts of things called by this name by ignorant people, as the death of many persons has been occasioned by carelessly using the poisonous kinds.

The eatable mushrooms first appear very small, and of a round form, on a little stalk. They grow very fast, and the upper part and stalk are white. As the size increases, the under part gradually opens, and shows a fringed fur of a very fine salmon-colour; which continues more or less till the mushroom has gained some size, and then turns to a dark brown. These marks should be attended to, and likewise whether the skin can be easily parted from the edges and middle. Those that have a white or yellow fur should be carefully avoided, though many of them have the same smell (but not so strong) as the right sort.

To stew Mushrooms.—The large buttons are best, and the small flaps while the fur is still red. Rub the large buttons with salt and a bit of flannel; cut out the fur, and take off the skin from the others. Sprinkle them with salt, and put into a stew-pan with some pepper-corns: simmer slowly till done; then put a small bit of butter and flour, and two spoonfuls of cream; give them one boil, and serve with sippets of bread.

To boil Potatoes.—Set them on a fire, without paring them, covered with cold water; let them half boil, then throw some salt in, and a pint of cold water; and let them boil again till done. Pour off the water, and set them by or upon the fire to steam till ready. Do new potatoes the same; but be careful they are taken off in time, or they will be watery. Before dressing, rub off the skin with a cloth and salt, and then wash.

To broil Potatoes.—Parboil, then slice and broil them. Or parboil, and then set them whole on the gridiron over a very slow fire; and when thoroughly done, send them up with their skins on. This last way is practised in many Irish families.

To roast Potatoes.—Half-boil, take off the thin peel, and roast them of a beautiful brown.

To mash Potatoes.—Boil the potatoes, peel them, and break them to paste; then to two pounds of them, add a quarter of a pint of milk, a little salt, and two ounces of butter, and stir it all well over the fire. Either serve them in this manner; or place them on the dish in a form, and then brown the top with a salamander: or in scallops.

To boil Squashes.—Cut them in halves and clean away the seeds. Put them into enough boiling water to cover them, and throw in a table-spoonful of salt. When sufficiently done to pulp easily, pour off the water, and mash them with a wooden ladle. Add salt and batter. When dished, dust over some black pepper.

Carrots—Require a good deal of boiling: when young, wipe off the skin after they are boiled; when old, boil them with the salt meat, and scrape them first.

To stew Carrots.—Half-boil, then nicely scrape, and slice them into a stew-pan. Put to them half a tea-cupful of any weak broth, some pepper and salt, and half a cupful of cream: simmer them till they are very tender, but not broken. Before serving, rub a very little flour, with a bit of butter, and warm up with them.

To mash Parsnips.—Boil them tender; scrape, then mash them into a stew-pan with a little cream, a good piece of butter, and pepper and salt.

To preserve several Vegetables to eat in the Winter.

For *French beans*, pick them young, and throw into a little wooden keg a layer of them three inches deep; then sprinkle them with salt, put another layer of beans, and do the same as high as you think proper alternately with salt, but not too much of this. Lay over them a plate, or cover of wood, that will go into the keg, and put a heavy stone on it. A pickle will rise from the beans and salt. If they are too salt, the soaking and boiling will not be sufficient to make them pleasant to the taste. When they are to be eaten, cut, soak, and boil them as if fresh.

Carrots, Parsnips, and Beet-roots, should be kept in layers of dry sand for winter use; and neither they nor potatoes should be cleared from the earth.

Store-onions keep best hung in a dry cold room.

Parsley should be cut close to the stalks; and dried in a warm room, or on tins in a very cool oven; it preserves its flavour and colour, and is very useful in winter.

Small close *Cabbages*, laid on a stone floor before the frost sets in will blanch and be very fine, after many weeks keeping.

Pickles.

Rules to be observed with Pickles.

Keep them closely covered; and have a wooden spoon, with holes, tied to each jar; all metal being improper.—They should be well kept from the air; the large jars be seldom opened; and small ones, for the different pickles in use, should be kept for common supply, into which what is not eaten may be returned, and the top closely covered.

Acids dissolve the lead that is in the tinning of sauce-pans. When necessary to boil vinegar, do it in a stone jar, on the hot hearth. Pickles should never be

put into glazed jars, as salt and vinegar penetrate the glaze, which is poisonous.

Lemon Pickle.—Wipe six lemons, cut each into eight pieces; put on them a pound of salt, six large cloves of garlic, two ounces of horse-radish sliced thin, also of cloves, mace, nutmeg, and Cayenne, a quarter of an ounce each, and two ounces of flour of mustard: to these put two quarts of vinegar. Boil a quarter of an hour in a well-tinned sauce-pan; or, which is better, do it in a strong jar, in a kettle of boiling water; or set the jar on the hot hearth till done. Set the jar by, and stir it daily for six weeks; keep the jar close covered. Put it into small bottles.

Melon Mangoes.—There is a particular sort for this purpose, which the gardeners know. Cut a square small piece out of one side, and through that take out the seeds, and mix with them mustard-seeds and shred garlic: stuff the melon as full as the space will allow, and replace the square piece. Bind it up with a small new pack-thread. Boil a good quantity of vinegar, to allow for wasting with peppers, salt, ginger, and pour boiling hot over the mangoes four successive days; the last, put flour of mustard, and scraped horse-radish, into the vinegar just as it boils up. Stop close. Observe that there is plenty of vinegar. All pickles are spoiled if not well covered. Mangoes should be done soon after they are gathered. Large cucumbers, prepared as mangoes, are excellent, and come sooner into eating. Mark, the greater number of times boiling vinegar is poured over either sort, the sooner it will be ready.

Pickled Lemons.—They should be small, and with thick rinds; rub them with a piece of flannel; then slit them half down in four quarters, but not through to the pulp; fill the slits with salt hard pressed in, set them upright in a pan for four or five days, until the salt melts; turn them thrice a-day in their own liquor, until tender; make enough pickle to cover them, of vinegar, the brine of the lemons, Jamaica pepper, and ginger; boil and skim it; when cold, put it to the lemons, with two

ounces of mustard-seed, and two cloves of garlic to six lemons. When the lemons are used, the pickle will be useful in fish or other sauees.

Pickled Onions.—In the month of September, choose the small white round onions, take off the brown skin, have ready a very nice tin stew-pan of boiling water, throw in as many onions as will cover the top; as soon as they look clear on the outside, take them up as quick as possible with a slicc, and lay them on a clean cloth; cover them close with another, and scald some more, and so on. Let them lie to be cold, then put them in a jar, or glass wide-mouth bottles, and pour over them the best white wine vinegar, just hot, but not boiling. When cold, cover them. Should the outer skin shrivel, peel it off. They must look quite clear.

To pickle Cucumbers and Onions sliced.—Cut them in sliccs, and sprinkle salt over them: next day drain them for five or six hours; then put them into a stone jar, pour boiling vinegar over them, and keep them in a warm place. The sliccs should be thick. Repeat the boiling vinegar, and stop them up again instantly; and so on till green; the last time put pepper and ginger. Keep it in small stone jars.

To pickle young Cucumbers. Choose nice young ones, spread them on dishes, salt them, and let them lie a week; drain them, and putting them in a jar, pour boiling vinegar over them. Set them near the fire, covered with plenty of vine leaves; if they do not become a tolerably good green, put the vinegar into another jar, set it over the hot hearth, and when it boils, pour it over them again, covering with fresh leaves; and thus do till they are of as good a colour as you wish: be careful not to use brass or bell-metal vessels, which, when vinegar is put into them, become highly poisonous.

To pickle Walnuts.—When they will bear a pin to go into them, put a brine of salt and water boiled, and strong enough to bear an egg on them, being quite cold first. It must be well skimmed while boiling. Let them soak six

days; then change the brine, let them stand six more; then drain them, and pour over them in a jar a pickle of the best white wine vinegar, with a good quantity of pepper, pimento, ginger, mace, cloves, mustard-seed, and horse-radish; all boiled together, but cold. To every hundred of walnuts put six spoonfuls of mustard-seed, and two or three heads of garlic or shalot, but the latter is least strong, and one ounce bruised eloves. Thus done, they will be good for several years, if close covered. The air will soften them. They will not be fit to eat under six months. The pickle will serve as good ketchup, when the walnuts are used.

An excellent way to pickle Mushrooms, to preserve the flavour.—Buttons must be rubbed with a bit of flannel and salt; and from the larger, take out the red inside; for when they are black they will not do, being too old. Throw a little salt over, and put them into a stew-pan with some mace and pepper; as the liquor comes out, shake them well, and keep them over a gentle fire till all of it be dried into them again; then put as much vinegar into the pan as will cover them, give it one warm, and turn all into a glass or stone jar. They will keep two years, and are delicious.

To pickle Red Cabbage.—Slice it into a cullender, and sprinkle each layer with salt; let it drain two days, then put it into a jar, and pour boiling vinegar enough to cover, and put a few sliccs of red beet-root. Observe to choose the purple red cabbage. Those who like the flavour of spice will boil it with the vinegar. Cauliflower cut in branches, and thrown in after being salted, will look of a beautiful red.

Mushroom Ketchup.—Take the largest broad mushrooms, break them into an earthen pan, strew salt over, and stir them now and then for three days. Then let them stand for twelve, till there is a thiek seum over; strain, and boil the liquor with Jamaica and black peppers, mace, ginger, a clove or two, and some mustard-seed. When cold, bottle it, and tie a bladder over the

cork; in three months boil it again with some fresh spice, and it will then keep a twelvemonth, which mushroom ketchup rarely does, if not boiled a second time.

Walnut Ketchup of the finest sort.—Boil or simmer a gallon of the expressed juice of walnuts when they are tender, and skim it well; then put in two pounds of anchovies, bones and liquor, ditto of shalots, one ounce of cloves, ditto of mace, ditto of pepper, and one clove of garlic. Let all simmer till the shalots sink: then put the liquor into a pan till cold; bottle, and divide the spice to each. Cork closely, and tie a bladder over. It will keep twenty years, and is not good the first. Be very careful to express the juice at home; for it is rarely unadulterated, if bought.

A general Pickle for walnuts, cucumbers, onions, cabbage, cauliflowers, &c. To half a gallon of good white-wine vinegar, add a pint of tarragon vinegar, three cloves of garlic, and twelve shalots cut fine, one ounce of allspice, half an ounce of cloves bruised, a tea-spoonful of powdered cinnamon, twice as much black pepper, and Cayenne pepper, a bunch of sweet herbs, and the juice of a lemon with the peel. Let all these simmer in a stone ware jar or pipkin close covered to keep in the steam, during six hours. Let it stand till cold; squeeze the dregs through a fine hair sieve. Use this hot to pour over any vegetable you wish to pickle.

PART 8.—SWEET DISHES, PRESERVES, SWEETMEATS, &c.

Sweet Dishes.

Buttered Rice.—Wash and pick some rice; drain, and put it with some new milk, enough just to swell it, over the fire; when tender, pour off the milk, and add a bit of butter, a little sugar, and pounded cinnamon. Shake it, that it do not burn, and serve.

Scuffle of Rice and Apple.—Blanch Carolina rice, strain it, and set it to boil in milk, with lemon-peel and a bit of cinnamon. Let it boil till the rice is dry: then cool it, and raise a rim three

inches high round the dish; having edged the dish where it is put to make it stick. Then egg the rice all over. Fill the dish half-way up with a marmalade of apples; have ready the whites of four eggs beaten to a fine froth, and put them over the marmalade: then sift fine sugar over it, and set it in the oven, which should be warm enough to give it a beautiful colour.

Snow balls.—Swell rice in milk, strain it off, and having pared and scored apples, put the rice round them, tying each up in a cloth. Put a bit of lemon-peel, a clove, or cinnamon, in each, and boil them well.

Floating Island.—Mix three half pints of thin cream with a quarter of a pint of raisin wine, a little lemon juice, orange flower water, and sugar: put into a dish for the middle of the table, and put on the cream a froth, which may be made of raspberry or currant-jelly.

Another way.—Scald a sharp apple; pulp it through a sieve. Beat the whites of two eggs with sugar, and a spoonful of orange flower water; mix in by degrees the pulp, and beat altogether till you have a large quantity of froth; serve it on a raspberry cream: or you may colour the froth with beet-root, raspberry, currant-jelly, and set it on a white cream, having given it the flavour of lemon, sugar, and wine, as above; or put the froth on a custard.

Flummary.—Put three large handfuls of very small white oatmeal to steep a day and night in cold water: then pour it off clear, and add as much more water, and let it stand the same time. Strain it through a fine hair sieve, and boil it till it be as thick as hasty pudding, stirring it well all the time. When first strained, put to it one large spoonful of white sugar, and two of orange-flower water. Pour it into shallow dishes, and serve to eat with wine, cider, milk, or cream and sugar. It is very good.

Dutch Flummary.—Boil two ounces of isinglass in three half-pints of water very gently half an hour; add a pint of white wine, the juice of three, and the thin rind of one lemon, and rub a few

lumps of sugar on another lemon to obtain the essence, and with them add as much more sugar as shall make it sweet enough; and having beaten the yolks of seven eggs, give them and the above, when mixed, one scald; stir all the time, and pour it into a basin; stir it till half cold, then let it settle, and put it into a melon shape.

Curds and Cream.—Put three or four pints of milk into a pan a little warm, and then add rennet. When the curd is come, lade it with a saucer into an earthen shape perforated, of any form you please. Fill it up as the whey drains off, without breaking or pressing the curd. If turned only two hours before wanted, it is very light; but those who like it harder, may have it so, by making it earlier, and squeezing it. Cream, milk, or a whip of cream, sugar, wine, and lemon, to put in the dish, or into a glass bowl, to serve with the curd.

Another way.—To four quarts of new milk warmed, put from a pint to a quart of buttermilk strained, according to its sourness: keep the pan covered until the curd be of firmness to cut three or four times across with a saucer as the whey leaves it; put it into a shape, and fill up until it be solid enough to take the form. Serve with cream plain, or mixed with sugar, wine, and lemon.

Blanc-munge, or Blamange.—Boil two ounces of isinglass in three half pints of water half an hour: strain it to a pint and a half of cream; sweeten it, and add some peach-water, or a few bitter almonds; let it boil once up, and put it into what forms you please. If not to be stiff, a little less isinglass will do. Observe to let the blamange settle before you turn it into the forms, or the blacks will remain at the bottom of them, and be at the top of the blamange when taken out of the moulds.

Gooseberry or Apple Trifle.—Scald such a quantity of either of these fruits, as, when pulped through a sieve, will make a thick layer at the bottom of your dish; if of apples, mix the rind of half a lemon grated fine; and to both as much sugar as will be pleasant. Mix half a pint of milk, half a pint of cream, and

the yolk of one egg: give it a scald over the fire, and stir it all the time; do not let it boil: add a little sugar only, and let it grow cold. Lay it over the apples with a spoon, and then put on it a whip made the day before, as for other trifles.

A Cream.—Boil half a pint of cream, and half a pint of milk, a bit of lemon-peel, a few almonds beaten to paste, with a drop of water, a little sugar, orange-flower water, and a tea-spoonful of flour, having been rubbed down with a little cold milk, and mixed with the above. When cold, put a little lemon-juice to the cream, and serve it in cups or lemonade glasses.

Ratafia Cream.—Boil three or four peach, or nectarine leaves, in a full pint of cream; strain it, and when cold add the yolks of three eggs beaten and strained, sugar, and a large spoonful of brandy stirred quick into it. Scald till thick, stirring it all the time.

Lemon Cream.—Take a pint of thick cream, and put to it a little brandy, the yolks of two eggs well beaten, four oz. of fine sugar, and the thin rind of a lemon; boil it up, then stir till almost cold; put the juice of a lemon in a dish, or bowl, and pour the cream upon it, stirring it till quite cold.

Coffee Cream, much admired.—Boil a calf's foot in water till it wastes to a pint of jelly, clear of sediment and fat. Make a tea-cup of *very strong* coffee: clear it with a bit of isinglass to be perfectly bright: pour it to the jelly, and add a pint of *very good* cream, and as much fine Lisbon sugar as is pleasant; give one boil up, and pour into the dish. It should jelly, but not be stiff. Observe that your coffee be fresh.

Chocolate Cream.—Scrape into one quart of thick cream, one ounce of the best chocolate, and a quarter of a pound of sugar: boil and mill it: when quite smooth, take it off, and leave it to be cold: then add the whites of nine eggs. Whisk; and take up the froth on sieves, as others are done, and serve the froth in glasses, to rise above some of the cream.

Raspberry Cream.—Mash the fruit gently, and let them drain; then sprin-

kle a little sugar over, and that will produce more juice: then put the juice to some cream, and sweeten it; after which, if you choose to lower it with some milk, it will not curdle, which it would, if put to the milk before the cream; but it is best made of raspberry jelly, instead of jam, when the fresh fruit cannot be obtained.

A Froth to set on Cream, Custard or Trifle, which looks and eats well.—Sweeten half a pound of the pulp of damsons, or any other sort of scalded fruit; put to it the whites of four eggs beaten, and beat the pulp with them until it will stand as high as you choose, and being put on the cream, &c. with a spoon, it will take any form; it should be rough, to imitate a rock.

A cover for Sweetmeats.—Dissolve 8 ounces of double-refined sugar in three or four spoonfuls of water, and three or four drops of lemon-juice; then put it into a copper untinned skillet; when it boils to be thick, dip the handle of a spoon in it, and put that into a pint basin of water, squeeze the sugar from the spoon into it, and so on till you have all the sugar. Take a bit out of the water, and if it snaps, and is brittle when cold, it is done enough; but only let it be three parts cold, then pour the water from the sugar, and having a copper form oiled well, run the sugar on it, in the manner of a maze, and when cold you may put it on the dish it is to cover; but if on trial the sugar is not brittle, pour off the water, and return it into the skillet, and boil it again. It should look thick like treacle, but of a bright light gold colour. It is a most elegant cover.

Calves Feet Jelly.—Boil two feet in two quarts and a pint of water, till the feet are broken, and the water half wasted; strain it, and when cold, take off the fat, and remove the jelly from the sediment; then put it into a saucepan, with sugar, raisin wine, lemon-juice to your taste, and some lemon-peel. When the flavour is rich, put to it the whites of five eggs well beaten, and their shells broken. Set the sauce-pan on the fire, but do not stir the jelly after it begins

to warm. Let it boil twenty minutes after it rises to a head, then pour it through a flannel jelly-bag, first dipping the bag in hot water to prevent waste, and squeezing it quite dry. Run the jelly through and through until clear; then put it into glasses or forms.

The following mode will greatly facilitate the clearing of jelly: When the mixture has boiled twenty minutes throw in a tea-cupful of cold water: let it boil five minutes longer; then take the saucepan off the fire covered close, and keep it half an hour; after which, it will be so clear as to need only once running through the bag, and much waste will be saved.

Observe, feet for all jellies are boiled so long by the people who sell them, that they are less nutritious; they should only be scalded to take off the hair. The liquor will require greater care in removing the fat; but the jelly will be far stronger, and of course allow more water. Note: jelly is equally good made of cow-heels nicely cleaned; and as they make a stronger jelly, this observation may be useful.

Another way.—Boil four quarts of water with three calf's feet, or two cow-heels, that have been only scalded till half wasted; take the jelly from the fat and sediment, mix with it the juice of an orange, and twelve lemons, the peels of three ditto, the whites and shelves of twelve eggs, brown sugar to taste, near a pint of raisin wine, one ounce of coriander seeds, a quarter of an ounce of allspice, a bit of cinnamon, and 6 cloves, all bruised, after having previously mixed them cold. The jelly should boil fifteen minutes without stirring; then clear it through a flannel bag. While running take a little jelly, and mix with a tea-cupful of water, in which a bit of beet-root has been boiled, and run it through the bag when all the rest is run out; and this is to garnish the other jelly, being cooled on a plate; but this is matter of choice. This jelly has a very fine high colour and flavour.

Cranberry Jelly.—Make a very strong isinglass jelly. When cold, mix it with a double quantity of cranberry juice

pressed, and sweeten and boil it up; then strain it into a shape. The sugar must be good loaf, or the jelly will not be clear.

Apple Jelly to serve at table.—Prepare twenty golden pippins: boil them in a pint and a half of water from the spring, till quite tender; then strain the liquor through a cullender. To every pint put a pound of fine sugar; add grated orange or lemon; then boil to a jelly.

Baked Pears.—These need not be of a fine sort; but some taste better than others, and often those that are least fit to eat raw. Wipe, but do not pare, and lay them on tin plates, and bake them in a slow oven. When enough to bear it, flatten them with a silver spoon. When done through put them on a dish. They should be baked three or four times, very gently.

To prepare fruit for Children, a far more wholesome way than in Pies and Puddings.—Put apples sliced or plums, currants, gooseberries, &c. into a stone jar, and sprinkle as much Lisbon sugar as necessary among them: set the jar on a hot hearth, or in a saucepan of water, and let it remain till the fruit is perfectly done. Slices of bread, or rice may be either stewed with the fruit, or added when eaten; the rice being plain boiled.

To prepare Ice for Iceing.—Get a quantity of ice, break it almost to powder, throw salt among it. To a peck of ice use half a peck of salt. You must prepare it in a part of the house where as little of the warm air comes as you can possibly contrive. The ice and salt being in a bucket, put your cream into an ice-pot, and cover it; immerse it in the ice, and draw that round the pot, so as to touch every possible part. In a few minutes, put a spatula or spoon in, and stir it well, removing the parts that ice round the edges, to the centre. If the ice-cream, or water, be in a form, shut the bottom close, and move the whole in the ice, as you cannot use a spoon to that without danger of waste. There should be holes in the bucket, to let off the ice as it thaws. Keep it stirred.

Ice Waters.—Rub some fine sugar on lemon or orange, to give the colour and flavour, then squeeze the juice of either on its respective peel; add water and sugar to make a fine sherbet, and strain it before it be put into the ice-pot. If orange, the greater proportion should be of the China juice, and only a little Seville, and a small bit of the peel grated by the sugar.

Currant or Raspberry Water Ice.—The juice of these, or any other sort of fruit, being gained by squeezing, sweetened, and mixed with water, will be ready for iceing.

Ice Creams.—Mix the juice of the fruits with as much sugar as will be wanted, before you add cream, which should be of middling richness.

Colourings to stain Jellies, Ices, or Cakes.—For a beautiful red, 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, half an hour. Add in boiling, a bit of alum the size of a pea. Or use beet-root sliced, and some liquor poured over.

For white, use almonds finely powdered, with a little drop of water, or use cream.

For yellow, yolk of eggs, or a bit of saffron steeped into the liquor, and squeezed.

For green, pound spinach leaves or beet leaves, express the juice, and boil in a tea-cupful in a sauce-pan of water to take off the rawness.

Syllabub.—Put a pint and a half of port or white wine into a bowl, nutmeg grated, and a good deal of sugar, then milk into it near two quarts of milk frothed up. If the wine be not rather sharp, it will require more for this quantity of milk. Clouted cream may be put on top, and pounded cinnamon and sugar.

Another Syllabub.—Put a pint of cider, and a glass of brandy, sugar, and nutmeg, into a bowl, and milk into it.

Rice and Sago Milks.—Are made by washing the seeds nicely, and simmering with milk over a slow fire till sufficiently done. The former sort requires lemon, spice, and sugar; the latter is good without any thing to flavour it.

Savoury Rice.—Wash and pick some rice, stew it very gently in a small quantity of veal, or rich mutton broth, with an onion, a blade of mace, pepper, and salt. When swelled, but not boiled to mash, dry it on the shallow end of a sieve before the fire, and either serve it dry, or put it in the middle of a dish, and pour the gravy round, having heated it.

Salmagundy.—Is a beautiful small dish, if in nice shape, and if the colours of the ingredients are varied. For this purpose, chop separately the white part of cold chicken or veal, yolks of eggs boiled hard, the whites of eggs, parsley, half a dozen of anchovies, beet-root, red pickled cabbage, ham and grated tongue, or any thing well flavoured and of a good colour. Some people like a small proportion of onion, but it may be better omitted. A saucer, large tea-cup, or any other base, must be put into a small dish: then make rows round it wide at bottom, and growing smaller towards the top; choosing such of the ingredients for each row as will most vary the colours. At the top a little sprig of curled parsley may be stuck in; or without any thing on the dish, the salmagundy may be laid in rows, or put into the half-whites of eggs, which may be made to stand upright by cutting off a little bit at the round end. In the latter case, each half egg has but one ingredient. Curled butter and parsley may be put as garnish between.

Omlet.—Make a batter of eggs and milk, and a very little flour; put to it chopped parsley, green onions, or chives (the latter is best,) or a very small quantity of shalot, a little pepper, salt, and a scrape or two of nutmeg. Make some butter boil in a small frying-pan, and pour the above batter into it; when one side is of a fine yellow brown, turn it and do the other. Double it when served. Some scraped lean ham, or grated tongue, put in at first, is a very pleasant addition. Four eggs will make a pretty sized omlet: but many cooks will use eight or ten. A small proportion of flour should be used, and a good deal of parsley.

Ramakins.—Scrape a quarter of a pound of common, and ditto of best old cheese, ditto of good fresh butter: then beat all in a mortar with the yolks of four eggs, and the inside of a small roll boiled in cream till soft; mix the paste then with the whites of the eggs previously beaten, and put into small paper pans made rather long than square, and bake in a Dutch oven till of a fine brown. They should be eaten quite hot. Some like the addition of a glass of white wine.

Potted Cheese.—Cut and pound four ounces of best cheese, one ounce and a half of fine butter, a tea-spoonful of white pounded sugar, a little bit of mace, and a glass of white wine. Press it down in a deep pot.

Welch Rabbit.—Toast a slice of bread on both sides, and butter it; toast a slice of best cheese on one side, and lay that next the bread, and toast the other with a salamander; rub mustard over, and serve very hot, and covered.

Cheese Toast.—Mix some fine butter, made mustard, and salt, into a mass; spread it on fresh made thin toasts, and grate or scrape rich cheese upon them.

To poach Eggs.—Set a stew-pan of water on the fire: when boiling, slip an egg, previously broken into a cup, into the water: when the white looks done enough, slide an egg slice under the egg, and lay it on toast and butter, or spinaeh. As soon as enough are done, serve hot. If not fresh laid, they will not poach well, and without breaking. Trim the ragged parts of the whites, and make them look round.

Buttered Eggs.—Beat four or five eggs, yolk and white together, put a quarter of a pound of butter in a basin, and then put that in boiling water, stir it till melted, then pour that butter and the eggs into a sauce-pan; keep a basin in your hand, just hold the sauce-pan in the other over a slow part of the fire, shaking it one way, as it begins to warm; pour it into a basin and back, then hold it again over the fire, stirring it constantly in the sauce-pan, and pouring it into the basin, more perfectly to mix the egg and butter, until they shall be hot without boiling. Serve on toasted

bread, or in a basin, to eat with salt fish, or smoked herrings.

A Pepper-pot.—To three quarts of water, put such vegetables as you choose; in summer, peas, lettuce, spinach, and two or three onions; in winter, carrot, turnip, onions, and celery. Cut them very small, and stew them with two pounds of neck of mutton, and a pound of pickled pork, till quite tender. Half an hour before serving, clear a lobster or crab from the shell, and put it into the stew. Some people choose very small suet dumplings boiled in the above. Season with salt, Cayenne, and a few cloves. Instead of mutton, you may put a fowl. Pepper-pot may be made of various things, and is understood to be a proper mixture of fish, flesh, fowl, vegetables and pulse. A small quantity of rice should be boiled with the whole.

To preserve Suet a twelvemonth.—As soon as it comes in, choose the firmest part, and pick free from skin and veins. In a very nice sauce-pan, set it at some distance from the fire, that it may melt without frying, or it will taste. When melted, pour it into a pan of cold water. When in a hard cake, wipe it very dry, fold it in fine paper, and then in a linen bag, and keep it in a dry but not hot place. When used, scrape it fine, and it will make a fine crust, either with or without butter.

Sweetmeats.

To green Fruits for preserving or pickling.

Take pippins, apricots, pears, plums, peaches, while green, for the first or radish-pods, French beans for the latter, and cucumbers for both processes: and put them, with vine leaves under and over, into a *block-tin* preserving-pan, with spring-water to cover them, and then the tin cover to exclude all air, set it on the side of a fire, and when they begin to simmer, take them off, pour off the water, and if not green, put fresh leaves when cold, and repeat the same. Take them out carefully with a skimmer: they are to be peeled, and then done according to the recipe for the several modes.

To clarify Sugar for Sweetmeats.—Break as much as required in large lumps, and put a pound to half a pint of water, in a bowl, and it will dissolve better than when broken small. Set it over the fire, and the well-whipt white of an egg; let it boil up, and when ready to run over, pour a little cold water in to give it a check; but when it rises a second time, take it off the fire, and set it by in the pan for a quarter of an hour, during which the foulness will sink to the bottom, and leave a black scum on the top, which take off gently with a skimmer, and pour the syrup into a vessel very quickly from the sediment.

To Candy any sort of Fruit.—When finished in the syrup, put a layer into a new sieve, and dip it suddenly into hot water, to take off the syrup that hangs about it; put it on a napkin before the fire to drain, and then do some more in the sieve. Have ready-sifted double-refined sugar, which sift over the fruit on all sides till quite white. Set it on the shallow end of sieves in a lightly-warm oven, and turn it two or three times. It must not be cold till dry. Watch it carefully, and it will be beautiful.

A beautiful preserve of Apricots.—When ripe, choose the finest apricots; pare them as thin as possible, and weigh them. Lay them in halves on dishes, with the hollow part upwards. Have ready an equal weight of good loaf-sugar finely pounded, and strew it over them; in the mean time break the stones, and blanch the kernels. When the fruit has lain twelve hours, put it, with the sugar and juice, and also the kernels, into a preserving-pan. Let it simmer very gently till clear: then take out the pieces of apricots singly as they become so; put them into small pots, and pour the syrup and kernels over them. The scum must be taken off as it rises. Cover with brandy-paper.

To preserve Apricots in Jelly.—Pare the fruit very thin, and stone it; weigh an equal quantity of sugar in fine powder, and strew over it. Next day boil very gently till they are clear, move

them into a bowl, and pour the liquor over. The following day pour the liquor to a quart of apple liquor made by boiling and straining, and a pound of fine sugar; let it boil quickly till it will jelly: put the fruit into it, and give one boil, skim well, and put it into small pots.

To preserve green Apricots or Peaches.—Lay vine or apricot leaves at the bottom of your pan, then fruit, and so alternately till full, the upper layer being thick with leaves; then fill with spring water, and cover down, that no steam may come out. Set the pan at a distance from the fire, that in four or five hours they may be only soft, but not cracked. Make a thin syrup of some of the water and drain the fruit. When both are cold, put the fruit into the pan, and the syrup to it; put the pan at a proper distance from the fire till the apricots green, but on no account boil or crack; remove them very carefully into a pan with the syrup for two or three days; then pour off as much of it as will be necessary, and boil with more sugar to make a rich syrup, and put a little sliced ginger into it. When cold, and the thin syrup has all been drained from the fruit, pour the thick over it. The former will serve to sweeten pies.

Apricots or Peaches in Brandy.—Wipe, weigh, and pick the fruit, and have ready a quarter of the weight of fine sugar in fine powder. Put the fruit into an ice-pot that shuts very close; throw the sugar over it, and then cover the fruit with brandy. Between the top and cover of the pot, put a piece of double-cap paper. Set the pot into a sauce-pan of water till the brandy be as hot as you can possibly bear to put your finger in, but it must not boil. Put the fruit into a jar, and pour the brandy on it. When cold, put a bladder over, and tie it down tight.

Orange Marmalade.—Rasp the oranges, cut out the pulp, then boil the rinds very tender, and beat fine in a marble mortar. Boil three pounds of loaf-sugar in a pint of water, skim it, and add a pound of the rind; boil fast till the syrup is very thick, but stir it

carefully; then put a pint of the pulp and juice, the seeds having been removed, and a pint of apple liquor; boil all gently until well jellied, which it will be in about half an hour. Put it into small pots.

Lemon marmalade do in the same way; they are very good and elegant sweetmeats.

Transparent marmalade.—Cut the palest oranges in quarters, take the pulp out, and put it in a basin, pick out the seeds and skins. Let the outsides soak in water with a *little* salt all night, then boil them in a good quantity of spring water till tender; drain, and cut them in very thin slices, and put them to the pulp; and to every pound, a pound and a half of double-refined sugar beaten fine; boil them together twenty minutes, but be careful not to break the slices. If not quite clear, simmer five or six minutes longer. It must be stirred all the time very gently. When cold, put it in glasses.

To preserve Oranges or Lemons in jelly.—Cut a hole in the stalk part, the size of a shilling, and with a blunt small knife scrape out the pulp quite clear without cutting the rind. Tie each separately in muslin, and lay them in spring water two days, changing twice a-day: in the last boil them tender on a slow fire. Observe that there is enough at first to allow for wasting, as they must be covered to the last. To every pound of fruit, weigh two pounds of double refined sugar, and one pint of water; boil the two latter together with the juice of the orange to a syrup, and clarify it, skim well and let it stand to be cold; then boil the fruit in the syrup half an hour; if not clear, do this daily till they are done.

Pare and core some green pippins, and boil in water till it tastes strong of them; do not break them, only gently press them with the back of a spoon; strain the water through a jelly bag till quite clear; then to every pint put a pound of double refined sugar, the peel and juice of a lemon, and boil to a strong syrup. Drain off the syrup from the fruit, and turning each orange with the hole upwards in the jar, pour the apple-

jelly over it. The bits cut out must go through the same process with the fruit. Cover with brandy-paper.

To preserve Strawberries whole.—Take equal weights of the fruit and double refined sugar: lay the former in a large dish, and sprinkle half the sugar, in fine powder, over; give a gentle shake to the dish, that the sugar may touch the under side of the fruit. Next day make a thin syrup with the remainder of the sugar, and, instead of water, allow one pint of red currant-juice to every pound of strawberries; in this simmer them until sufficiently jellied. Choose the largest scarlets, or others, when not dead ripe. In either of the above ways, they eat well served in thin cream, in glasses.

Currant Jam, black, red, or white.—Let the fruit be very ripe, pick it clean from the stalks, bruise it, and to every pound put three quarters of a pound of loaf-sugar; stir it well, and boil half an hour.

Currant Jelly, red or black.—Strip the fruit, and in a stone jar strew them in a sauce-pan of water, or by boiling it on the hot hearth: strain off the liquor, and to every pint weigh a pound of loaf-sugar; put the latter in large lumps into it, in a stone or china vessel, till nearly dissolved; then put it in a preserving-pan: simmer and skim as necessary. When it will jelly on a plate, put it in small jars or glasses.

Apple Jelly for preserving Peaches, or for any sort of Sweetmeats.—Let apples be pared, quartered, and cored; put them into a stew-pan with as much water as will cover them; boil as fast as possible when the fruit is all of a mash, add a quart of water; boil half an hour more, and run through a jelly bag.

To preserve Pears.—Pare them very thin, and simmer in a thin syrup; let them lie a day or two. Make the syrup richer, and simmer again; and repeat this till they are clear; then drain and dry them in the sun or a cool oven a very little time. They may be kept in syrup, and dried as wanted, which makes them more moist and rich.

Raspberry Jam.—Weigh equal quantities of fruit and sugar; put the former into a preserving-pan, boil and break it, stir constantly, and let it boil very quickly. When most of the juice is wasted, add the sugar, and simmer half an hour.

This way the jam is greatly superior in colour and flavour to that which is made by putting the sugar in at first.

To preserve green Gages.—Choose the largest when they begin to soften; split them without paring, and strew a part of the sugar which you have previously weighed an equal quantity of. Blanch the kernels with a small sharp knife. Next day, pour the syrup from the fruit, and boil it with the other sugar, six or eight minutes very gently; skim and add the plums and kernels. Simmer till clear, taking off any scum that rises; put the fruit singly into small pots, and pour the syrup and kernels to it. If you would candy it, do not add the syrup, but observe the directions that will be given for candying fruit; some may be done each way.

Bell Pear, or Quince Marmalade.—Pare and quarter, weigh an equal quantity of sugar; to four pounds of the latter put a quart of water, boil and skim, and have ready against four pounds of fruit are tolerably tender by the following mode: lay them into a stone jar, with a tea-cupful of water at the bottom, and pack them with a little sugar strewed between; cover the jar close, and set it on a stove or cool oven, and let them soften till the colour becomes red; then pour the fruit syrup and a quart of quince juice into a preserving-pan, and boil all together till the marmalade be completed, breaking the lumps of fruit with the preserving ladle.

The fruits are so hard, that if they be not done as above, they require a great deal of time.

Stewing quinces in a jar, and then squeezing them through a cheese-cloth is the best method of obtaining the juice to add as above: and dip the cloth in boiling water first and wring it.

To preserve whole or half Quinces.—Into two quarts of boiling water put a quantity of the fairest golden pippins,

in slices not very thin, and not pared, but wiped clean. Boil them very thick, close covered, till the water becomes a thick jelly; then scald the quinces. To every pint of pippin-jelly put a pound of the finest sugar; boil it, and skim it clear. Put those quinces that are to be done whole in the syrup at once, and let it boil very fast; and those that are to be in halves by themselves; skim it, and when the fruit is clear, put some of the syrup into a glass to try whether it jellies before taken off the fire. The quantity of quinces is to be a pound to a pound of sugar, and a pound of jelly already boiled with the sugar.

Plums: excellent as a Sweetmeat, or in Tarts.—Prick them with a needle to prevent bursting, simmer them very gently in a thin syrup, put them in a China bowl, and when cold pour it over. Let them lie three days; then make a syrup of three pounds of sugar to five of fruit, with no more water than hangs to large lumps of the sugar dipped quickly, and instantly brought out. Boil the plums in this fresh syrup, after draining the first from them. Do them very gently till they are clear, and the syrup adheres to them. Put them one by one into small pots, and pour the liquor over. Those you may like to dry, keep a little of the syrup for, longer in the pan, and boil it quickly; then give the fruit one warm more, drain, and put them to dry on plates in a cool oven. Plums are apt to ferment, if not boiled in two syrups; the former will sweeten pies, but will have too much acid to keep. You may reserve part of it, and add a little sugar, to do those that are to dry; for they will not require to be so sweet as if kept wet, and will eat very nicely if only boiled as much as those. Do not break them. One parcel may be done after another, and save much sugar.

Lemon Drops.—Grate three large lemons, with a large piece of double refined sugar; then scrape the sugar into a plate, add half a tea-spoonful of flour, mix well, and beat it into a light paste with the white of an egg. Drop it upon white paper, and put them into a moderate oven on a tin plate.

Ginger Drops: a good Stomachic.—Beat two oz. of fresh candied orange in a mortar, with a little sugar to a paste; then mix one ounce of powder of white ginger with one pound of loaf-sugar; wet the sugar with a little water, and boil all together to a candy, and drop it on a paper the size of mint drops.

Peppermint Drops.—Pound and sift four oz. of double refined sugar, beat it with the whites of two eggs till perfectly smooth; then add sixty drops of oil of peppermint, beat it well, and drop on white paper, and dry at a distance from the fire.

Rafafia Drops.—Blanch and beat in a mortar four oz. of bitter, and two oz. of sweet almonds, with a little of a pound of sugar sifted, and add the remainder of the sugar, and the whites of two eggs, making a paste; of which put little balls, the size of a nutmeg, on wafer-paper, and bake gently on tin plates.

To preserve Fruits for winter use.

Observations on Sweetmeats.—Sweetmeats should be kept carefully from the air, in a very dry place. Unless they have a very small proportion of sugar, a warm one does not hurt; but when not properly boiled (that is long enough, but not quick,) heat makes them ferment; and damp causes them to grow mouldy. They should be looked at two or three times in the first two months, that they may be gently boiled again, if not likely to keep.

It is necessary to observe, that the boiling of sugar more or less, constitutes the chief art of the confectioner; and those who are not practised in this knowledge, and only preserve in a plain way for family use, are not aware that in two or three minutes, a syrup over the fire will pass from one gradation to another, called by the confectioners degrees of boiling, of which there are six, and those subdivided. But I am not versed in the minutes, and only make the observation to guard against under-boiling, which prevents sweetmeats from keeping; and quick boiling and long, which brings them to candy.

Attention without much practice, will enable a person to do any of the following sorts of sweetmeats, &c. and they are as much as is wanted in a private family: the higher articles of preserved fruits may be bought at less expense than made.

Jellies of fruit made with equal quantity of sugar, that is, a pound to a pint, require no very long boiling.

A pan should be kept for the purpose of preserving; of double block tin, with a bow-handle opposite the straight one for safety, will do very well: and if put by, nicely cleaned, in a dry place, when done with, will last for several years. Those of copper or brass are improper, as the tinning wears out by the scraping of the sweetmeat ladle. There is a new sort of iron, with a strong tinning, which promises to wear long. Sieves and spoons should be kept also for sweet things.

Sweetmeats keep best in draws that are not connected with a wall. If there be the least damp cover them only with paper dipped in brandy, laid quite close; putting a little fresh over in spring, to prevent insect-mould.

To preserve Fruit for Tarts, or Family desserts.—Cherries, plums of all sorts, and apples, gather when ripe, and lay them in small jars that will hold a pound: strew over each jar six ounces of good loaf-sugar pounded; cover with two bladders each, separately tied down; then set the jars in a large stew-pan of water up to the neck, and let it boil three hours gently. Keep these and all other sorts of fruit free from damp.

To keep Lemon Juice.—Buy the fruit when cheap, keep it in a cool place two or three days: if too unripe to squeeze readily, cut the peel off some, and roll them under your hand to make them part with the juice more readily; others you may leave unpared for grating, when the pulp shall be taken out and dried. Squeeze the juice into a China basin; then strain it through some muslin which will not permit the least pulp to pass. Have ready half and quarter ounce phials perfectly dry; fill them with the juice so near the top as only to

admit half a tea-spoonful of sweet oil into each, or a little more if for larger bottles. Cork the bottles, and set them upright in a cool place. When you want lemon-juice, open such a sized bottle as you shall use in two or three days; wind some clean cotton round a skewer, and dipping it in, the oil will be attracted; and when all shall be removed, the juice will be as fine as when first bottled.

Orange Juice. A very useful thing to mix with water in fevers, when the fresh Juice cannot be procured.—From the finest fruit, squeeze a pint of juice strained through fine muslin, and gently simmer with three quarters of a pound of double refined sugar, twenty minutes: when cold, put it into small bottles.

Different ways of dressing Cranberries.—For pies and puddings, with a good deal of sugar. Stewed in a jar with the same, which way they eat well with bread, and are very wholesome. Thus done, pressed and strained, the juice makes a fine drink for people in fevers.

Orgeat.—Boil a quart of new milk with a stick of cinnamon, sweeten to your taste, and let it grow cold; then pour it by degrees to three ounces of almonds, and twenty bitter, that have been blanched and beaten to a paste, with a little water to prevent oiling; boil all together, and stir till cold, then add half a glass of Brandy.

PART 9--CAKES, BREAD, &C.

Observations on making and baking Cakes.

Currants should be very nicely washed, dried in a cloth, and then set before the fire. If damp, they will make cakes or puddings heavy. Before they are added, a dust of dry flour should be thrown among them, and a shake given to them, which causes the thing that they are put to, to be lighter.

Eggs should be very long beaten, whites and yolks apart, and always strained.

Sugar should be rubbed to a powder on a clean board, and sifted through a very fine hair or lawn sieve.

Lemon-peel should be pared very thin, and with a little sugar beaten in a marble mortar to a paste, and then mixed with a little wine, or cream, so as to divide easily among other ingredients.

After all the articles are put into the pan, they should be thoroughly and long beaten, as the lightness of the cake depends much on their being well incorporated.

Whether black or white plum-cakes, they require less butter and eggs for having yeast, and eat equally light and rich. If the leaven be only of flour, milk and water, and yeast, it becomes more tough, and is less easily divided, than if the butter be first put with those ingredients, and the dough afterwards set to rise by the fire.

The heat of the oven is of great importance for cakes, especially those that are large. If not pretty quick, the batter will not rise. Should you fear its catching by being too quick, put some paper over the cake to prevent its being burnt. If not long enough lighted to have a body of heat, or it is become slack, the cake will be heavy. To know when it is soaked, take a broad-bladed knife that is very bright, and plunge it into the very centre, draw it instantly out, and if the least stickiness adheres, put the cake immediately in, and shut up the oven.

If the heat was sufficient to raise, but not to soak, I have with great success had fresh fuel quickly put in, and kept the cakes hot till the oven was fit to finish the soaking, and they turned out extremely well. But those who are employed, ought to be particularly careful that no mistake occur from negligence when large cakes are to be baked.

Iceing for Cakes.—For a large one, beat and sift eight ounces of fine sugar, put into a mortar with four spoonfuls of rose-water, and the whites of two eggs beaten and strained, whisk it well, and when the cake is almost cold, dip a feather in the iceing, and cover the cake well: set it in the oven to harden, but do not let it stay to discolour. Put the cake into a dry place.

A good common Cake.—Rub eight ounces of butter into two pounds of dried flour; mix it with three spoonfuls of yeast that is not bitter, to a paste. Let it rise an hour and a half; then mix in the yolks and whites of four eggs beaten apart, one pound of sugar, some milk to make it a proper thickness, (about a pint will be sufficient) a glass of sweet wine, the rind of a lemon, and a tea-spoonful of ginger. Add either a pound of currants, or some caraways, and beat well.

An excellent Cake.—Rub two pounds of dry fine flour, with one of butter, washed in plain and rose water, mix it with three spoonfuls of yeast in a little warm milk and water. Set it to rise an hour and a half before the fire; then beat into it two pounds of currants, one pound of sugar sifted, four ounces of almonds, six ounces of stoned raisins, chopped fine, half a nutmeg, cinnamon, allspice, and a few cloves, the peel of a lemon chopped as fine as possible, a glass of wine, ditto of brandy, twelve yolks and whites of eggs beat separately and long, orange, citron, and lemon. Beat exceedingly well, and butter the pan. A quick oven.

Flat Cakes, that will keep long in the house good.—Mix two pounds of flour, one pound of sugar, and one ounce of caraways, with four or five eggs, and a few spoonfuls of water, to make a stiff paste; roll it thin, and cut it into any shape. Bake on tins lightly floured. While baking, boil a pint of sugar in a pint of water to a thin syrup; while both are hot, dip each cake into it, and put them on tins into the oven to dry for a short time; and when the oven is cooler still, return them there again, and let them stay four or five hours.

Very good common Plum Cakes.—Mix 5 ounces of butter in three pounds of dry flour, and five ounces of fine Lisbon sugar; add six ounces of currants, washed and dried, and some pimento, finely powdered. Put three spoonfuls of yeast into a Winchester pint of new milk warmed, and mix into a light dough with the above. Make it into twelve cakes, and bake on a floured tin half an hour.

A good Pound Cake.—Beat a pound of butter to a cream, and mix with it the whites and yolks of eight eggs beaten apart. Have ready warm by the fire a pound of flour, and the same of sifted sugar, mix them and a few cloves, a little nutmeg, and cinnamon in fine powder, together: then by degrees work the dry ingredients into the butter and eggs. When well beaten, add a glass of wine and some caraways. It must be beaten a full hour. Butter a pan, and bake it a full hour in a quick oven.

The above proportions, leaving out 4 ounces of the butter, and the same of sugar, make a less luscious cake, and to most tastes a more pleasant one.

A cheap Seed Cake.—Mix a quarter of a peck of flour with half a pound of sugar, a quarter of an ounce of allspice, and a little ginger; melt three quarters of a pound of butter, with half a pint of milk; when just warm, put to it a quarter of a pint of yeast, and work up to a good dough. Let it stand before the fire a few minutes before it goes to the oven; add seeds, or currants, and bake an hour and a half.

Common Bread Cake.—Take the quantity of a loaf of bread from the dough, when making white bread, and knead well into it two ounces of butter, two of Lisbon sugar, and eight of currants. Warm the butter in a tea-cupful of good milk. By the addition of an ounce of butter or sugar, or an egg or two, you may make the cake better. A tea-cupful of raw cream improves it much. It is best to bake it in a pan, rather than as a loaf, the outside being less hard.

Queen Cakes.—Mix a pound of dried flour, the same of sifted sugar, and of washed clean currants. Wash a pound of batter in rose-water, beat it well, then mix it with eight eggs, yolks and whites beaten separately, and put in the dry ingredients by degrees; beat the whole an hour; butter little tins, tea-cups, or saucers, and bake the batter in, filling only half. Sift a little fine sugar over just as you put into the oven.

Another way.—Beat eight ounces of butter, and mix with two well beaten

eggs, strained; mix eight ounces of dried flour, and the same of lump-sugar, and the grated rind of a lemon; then add the whole together, and beat full half an hour with a silver spoon. Butter small patty-pans, half fill, and bake twenty minutes in a quick oven.

Shrewsbury Cakes.—Sift one pound of sugar, some pounded cinnamon, and a nutmeg grated, into three pounds of flour, the finest sort; add a little rose-water to three eggs, well beaten, and mix these with the flour, &c. then pour into it as much butter melted as will make it a good thickness to roll out. Mould it well, and roll thin, and cut it into such shapes as you like.

Savannah Rice Cakes.—Mix 10 ounces of ground rice, three ounces of flour, eight ounces of pounded sugar; then sift by degrees into eight yolks and six whites of eggs, and the peel of a lemon shred so fine that it is quite mashed; mix the whole well in a tin stew-pan over a very slow fire with a whisk; then put it immediately into the oven in the same, and bake forty minutes.

Sponge Cake.—Weigh ten eggs, and their weight in very fine sugar, and that of six in flour; beat the yolks with the flour, and the whites alone, to a very stiff froth; then by degrees mix the whites and the flour with the other ingredients, and beat them well half an hour. Bake in a quick oven an hour.

Tea Cakes.—Rub fine four ounces of butter into eight ounces of flour: mix eight ounces of currants, and six of fine Lisbon sugar, two yolks and one white of eggs, and a spoonful of brandy. Roll the paste the thickness of a biscuit, and cut with a wine-glass. You may beat the other white and wash over them: and either dust sugar, or not, as you like.

Another sort.—Melt six or seven oz. of butter, with a sufficiency of new milk warmed to make seven pounds of flour into a stiff paste; roll thin, and make into biscuits.

Savoy Biscuit.—Take the whites and the yolks of four eggs, beat them separately to a high froth, dilute the yolks with water, and turn in with the whites,

continue beating all together, add half a pound of sugar in fine powder and beat again. Now add four ounces of superfine flour, by beating it well in. Then dress them on a sheet of white paper in any shape you please, ice them over with sugar in powder to prevent running into each other. Bake on a copper or tin plate in a moderate oven, tending them carefully. They are done in a short time.

Naples Biscuit.—Take one pound and a half of Lisbon or Havanna sugar, put into a little copper or tin sauce-pan, with three gills of water, and a tea-cupful of orange-water: boil till all the sugar is melted; break twelve eggs, whisk them well, pour the syrup boiling hot in with the eggs, whisk them as fast as you can while pouring it in, or the eggs will spoil, and keep whisking it till quite cold, and set: take one pound and a half of superfine flour and mix in as light as possible; then put two sheets of paper on the copper or tin plate you bake upon. Make the edges of one sheet of paper stand up about an inch and a half high, and pour your batter in it, sift powdered sugar over to prevent burning on the top. Do not leave the oven a minute when you think it is near baked enough. When done, take it out and let it stand in the paper till cold, then turn it over, and damp the paper till it comes off with ease, then cut in what size you like.

Macaroons.—Blanch four ounces of almonds, and pound with four spoonfuls of orange-flower water: whisk the whites of four eggs to a froth, then mix it, and a pound of sugar, sifted, with the almonds to a paste; and laying a sheet of wafer paper on a tin, put it on in different little cakes, the shape of macaroons or otherwise.

Crack Nuts.—Mix eight oz. of flour and eight oz. of sugar; melt four oz. of butter in two spoonfuls of raisin or currant wine; then with four eggs beaten and strained, make into a paste; add caraways, roll out as thin as paper, cut with the top of a glass, wash with the white of an egg, and then dust sugar over.

A good plain Bun, that may be eaten with or without toasting and butter.—Rub four oz. of butter into two pounds of flour; four oz. of sugar, a nutmeg or not, as you like, a few Jamaica peppers; a dessert spoonful of caraways; put a spoonful or two of cream into a cup of yeast, and as much good milk as will make the above into a light paste. Set it to rise by a fire till the oven be ready. They will quickly bake on tins.

Rich Buns.—Mix one pound and a half of dried flour with half a pound of sugar; melt a pound and two ounces of butter in a little warm water; add six spoonfuls of rose water, and knead the above into a light dough, with half a pint of yeast; then mix five ounces caraway-comfits in, and put some on them.

Gingerbread.—Mix with two pounds of flour, half a pound of molasses, three quarters of an oz. of caraways, one oz. of ginger finely sifted, and eight oz. of butter.

Roll the paste into what form you please, and bake on tins, after having worked it very much, and kept it to rise.

If you like sweetmeats, add orange candied; it may be added in small bits.

Another sort.—To three quarters of a pound of treacle beat one egg strained; mix four oz. of brown sugar, half an oz. of ginger sifted; of cloves, mace, allspice, and nutmeg, a quarter of an oz. beaten as fine as possible: coriander and caraway seeds, each a quarter of an oz. melt one pound of butter, and mix with the above; and add as much flour as will knead into a pretty stiff paste; then roll it out, and cut into cakes. Bake on tin plates in a quick oven. A little time will bake them.

A good plain sort.—Mix 3 pounds of flour with half a pound of butter, four oz. of brown sugar, half an oz. of pounded ginger; then make into a paste with one pound and a quarter of molasses warm.

Rushs.—Beat seven eggs well, and mix with half a pint of new milk, in which have been melted four oz. of butter; add to it a quarter of a pint of yeast, and three oz. of sugar, and put

them by degrees, into as much flour as will make a *very* light paste, rather like a batter, and let it rise before the fire half an hour; then add some more flour, to make it a little stiffer, but not stiff. Work it well, and divide it into small loaves, or cakes, about five or six inches wide, and flatten them. When baked and cold, slice them the thickness of rusks, and put them in the oven to brown a little.

Johnny, or Hoe Cake, as made in Connecticut.—Scald one quart of milk, and put it to three pints of Indian meal, and half a pint of fine flour, salt, sweeten and bake in a pan before the fire.

Slap Jacks, much admired in the eastern states.—Mix one pint of Indian meal, and four spoonfuls of flour, into one quart of new milk; add four eggs and a little salt. Bake on a griddle as buckwheat cakes, and serve hot and hot with fresh butter.

To make Yeast.—Thicken two quarts of water with about three spoonfuls of flour; boil half an hour, sweeten with near half a pound of brown sugar; when near cold, put into it four spoonfuls of fresh yeast in a jug, shake it well together, and let it stand one day to ferment near the fire, without being covered. There will be a thin liquor on the top, which must be poured off; shake the remainder, and cork it up for use. Take always four spoonfuls of the old to ferment the next quantity, keeping it always in succession.

A half-peck loaf will require about a gill.

Another way.—Boil one pound of potatoes to a mash; when half cold, add a cupful of yeast and mix it well.

It will be ready for use in two or three hours, and keeps well.

Use double the quantity of this to what you do of beer-yeast.

To make Bread.—Let flour be kept four or five weeks before it is begun to bake with. Put half a bushel of good flour into a trough, or kneading tub; mix with it between four and five quarts of warm water, and a pint and a half of good yeast, put it into the flour, and stir it well with your hands till it becomes

tough. Let it rise about an hour and twenty minutes, or less if it rises fast; then, before it falls, add four quarts more of warm water, and half a pound of salt; work it well, and cover it with a cloth. Put the fire then into the oven; and by the time it is warm enough, the dough will be ready. Make the loaves about five pounds each; sweep out the oven very clean and quick, and put in the bread: shut it up close, and two hours and a half will bake it. In the summer the water should be milk-warm, in winter a little more, and in frosty weather as hot as you can well bear your hand in, but not scalding, or the whole will be spoiled. If baked in time, the crust will be very nice.

The oven should be round, not long; the roof from twenty to twenty-four inches high, the mouth small, and the door of iron, to shut close. This construction will save firing and time, and bake better than a long and high-roofed oven.

Rolls, muffins, or any sort of bread, may be made to taste new when two or three days old, by dipping them uncut in water, and baking afresh or toasting.

Economical Bread.—Only the coarse flake bran to be removed from the flour; of this take five pounds, and boil it in rather more than four gallons of water; so that when perfectly smooth, you may have three gallons and three quarts of bran water clear. With this knead fifty-six pounds of the flour, adding salt and yeast in the same way and proportions as for other bread. When ready to bake, divide it into loaves, and bake them two hours and a half.

Thus made, flour will imbibe three quarts of more bran-water than of plain; so that it not only produces a more nutritious substantial food, but makes an increase of one-fifth of the usual quantity of bread, which is a saving of one day's consumption out of six. The same quantity of flour which, kneaded with water, produces sixty-nine pounds eight oz. of bread, will, in the above way, make eighty-three pounds eight oz. and gain fourteen pounds. When ten days old, if put into the oven twenty mi-

minutes, this bread will appear quite new again.

Carolina Rice-and-Wheat Bread.—Simmer a pound of rice in two quarts of water till it becomes perfectly soft: when it is of a proper warmth, mix it extremely well with four pounds of flour, and yeast and salt as for other bread; of yeast about four large spoonfuls, knead it extremely well: then set it to rise before the fire. Some of the flour should be reserved to make up the loaves. Eight pounds and a half of exceeding good bread will be produced. If the rice should require more water, it must be added, as some rice swells more than others.

French Bread.—With a quarter of a peck of fine flour mix the yolks of three and the whites of two eggs, beaten and strained, a little salt, half a pint of good yeast, and as much milk, made a little warm, as will work into a thin light dough. Stir it about, but do not knead it. Have ready three quart wooden dishes, divide the dough among them, set to rise, then turn them out into the oven, which must be quick.

Excellent Rolls.—Warm one ounce of butter in half a pint of milk, put to it a spoonful and a half of yeast of beer, and a little salt. Put two pounds of flour into a pan, and mix in the above. Let it rise an hour; knead it well; make it into seven rolls, and bake in a quick oven.

It may be made in cakes three inches thick, sliced and buttered.

French Rolls.—Rub an ounce of butter into a pound of flour; mix one egg beaten, a little yeast that is not bitter, and as much milk as will make a dough of a middling stiffness. Beat it well, but do not knead; let it rise, and bake on tins.

Potatoe Rolls.—Boil three pounds of potatoes, bruise and work them with two ounces of butter, and as much milk as will make them pass through a culender. Take half or three quarters of a pint of yeast, and half a pint of warm water, mix with the potatoes, then pour the whole upon five pounds of flour, and add some salt. Knead it well: if not of

a proper consistence, put a little more milk and water warm; let it stand before the fire an hour to rise; work it well, and make into rolls. Bake about half an hour in an oven not quite so hot as for bread.

Muffins.—Mix two pounds of flour with two eggs, two oz. of butter melted in a pint of milk, and four or five spoonfuls of yeast; beat it thoroughly, and set it to rise two or three hours. Bake on a hot hearth, in flat cakes. When done on one side turn them.

Yorkshire Cakes.—Take two pounds of flour, and mix with it four oz. of butter melted in a pint of good milk, three spoonfuls of yeast, and two eggs: beat all well together, and let it rise; then knead it, and make into cakes; let them rise on tins before you bake, which do in a slow oven.

Hard Biscuits.—Warm an oz. of butter in as much skimmed milk as will make a pound of flour into a very stiff paste, beat it with a rolling pin, and work it very smooth. Roll it thin, and cut it into round biscuits; prick them full of holes with a fork. About six minutes will bake them.

Plain and very crisp Biscuits.—Make a pound of flour, the yolk of an egg, and some milk, into a very stiff paste: beat it well, and knead till quite smooth; roll very thin, and cut into biscuits. Bake them in a slow oven till quite dry and crisp.

PART 10.—HOME BREWERY, WINES, &c.

Raspberry or Currant Wine.—To every three pints of fruit, carefully cleared from mouldy or bad, put one quart of water; bruise the former. In twenty-four hours strain the liquor, and put to every quart a pound of sugar, of good middling quality of Lisbon. If for white currants, use lump sugar. It is best to put the fruit, &c. in a large pan, and when in three or four days the scum rises, take that off before the liquor be put into the barrel.

Those who make from their own gardens, may not have a sufficiency to fill

the barrel at once: the wine will not be hurt if made in the pan, in the above proportions, and added as the fruit ripens, and can be gathered in dry weather. Keep an account of what is put in each time.

Another way.—Put five quarts of currants, and a pint of raspberries, to every two gallons of water; let them soak a night; then squeeze and break them well. Next day rub them well on a fine wire sieve, till all the juice is obtained, washing the skins again with some of the water; then to every gallon put four pounds of very good Lisbon sugar, but not white, which is often adulterated; barrel it immediately, and lay the bung lightly on. Do not use any thing to work it. In two or three days put a bottle of brandy to every four gallons; bung it close, but leave the peg out at top a few days; keep it three years, and it will be a very fine agreeable wine; four years would make it still better.

Raisin Wine.—To every gallon of water, put eight pounds of Malaga raisins in a large tub; stir it thoroughly every day for a month; then press the raisins in a horse-hair bag as dry as possible; put the liquor into a cask; and when it has done hissing, pour in a bottle of the best brandy; stop it close for twelve months; then rack it off, but without the dregs; filter them through a bag or flannel of three or four folds; add the clear to the quantity, and pour one or two quarts of brandy, according to the size of the vessel. Stop it up, and at the end of three years, you may either bottle it, or drink it from the cask.

Raisin wine would be extremely good, if made rich of the fruit, and kept long, which improves the flavour greatly.

Mead.—Put thirty pounds of honey into fifteen gallons of water, and boil till one gallon is wasted; skim it, take it off the fire, and have ready a dozen and a half of lemons quartered; pour a gallon of the liquor boiling hot upon them; put the remainder of the liquor into a tub, with a quart of brandy; and then put to the liquor and the lemons, eight spoonfuls of new yeast, and a handful of sweet briar: stir all well together, and

let it work three or four days. Strain it, and put into the cask: let it stand six months, and then bottle it for keeping.

Imperial.—Put two oz. of cream of tartar, and the juice and paring of two lemons into a stone jar; pour on them seven quarts of boiling water, stir, and cover close. When cold, sweeten with loaf-sugar, and straining it, bottle and cork it tight.

This is very pleasant liquor, and very wholesome; but may be drank in such quantities, as to become injurious. Add in bottling half a pint of rum to the whole quantity. It may be fermented with two or three bottles of porter.

Ratafia.—Blanch two oz. of peach and apricot kernels, bruise, and put them into a bottle, and fill nearly up with brandy. Dissolve half a pound of white sugar candy in a cup of cold water, and add to the brandy after it has stood a month on the kernels, and they are strained off; then filtre through paper, and bottle for use. The leaves of peach and nectarines, when the trees are cut in the spring, being distilled, are an excellent substitute for ratafia in puddings.

Raspberry Brandy.—Pick fine dry fruit, put into a stone jar, and the jar into a kettle of water, or on a hot hearth, till the juice will run; strain, and to every pint add half a pound of sugar, give one boil, and skim it; when cold, put equal quantities of juice and brandy, shake well, and bottle. Some people prefer it stronger of the brandy.

Punch.—take two large fresh lemons with rough skins, quite ripe, and some large lumps of double refined sugar. Rub the sugar over the lemons till it has absorbed all the yellow part of the skins. Then put into the bowl these lumps, and as much more as the juice of the lemons may be supposed to require: for no certain weight can be mentioned, as the acidity of a lemon cannot be known till tried, and therefore this must be determined by the taste. Then squeeze the lemon-juice upon the sugar: and with a bruiser press the sugar and the juice particularly well together, for a great deal of the richness and fine

flavour of the punch depends on this rubbing and mixing process being thoroughly performed. Then mix this up very well with boiling water (soft water is best) till the whole is rather cool. When this mixture (which is now called the sherbet) is to your taste, take brandy and rum in equal quantities, and put them to it, mixing the whole well together again. The quantity of liquor must be according to your taste: two good lemons are generally enough to make four quarts of punch, including a quart of liquor with half a pound of sugar; but this depends much on taste, and on the strength of the spirit.

As the pulp is disagreeable to some persons, the sherbet may be strained before the liquor is put in. Some strain the lemon before they put it to the sugar, which is improper; as when the pulp and sugar are well mixed together, it adds much to the richness of the punch. A little calf's foot jelly improves it.

Shrub.—Pare six lemons and three sour oranges very thin, squeeze the juice into a large tea-pot, put to it two quarts of brandy, one of white wine, and one of milk, and a pound and a half of sugar. Let it be mixed and then covered for twenty-four hours, strain through a jelly bag till clear, then bottle it.

White Currant Shrub.—Strip the fruit, and prepare in a jar as for jelly; strain the juice, of which put two quarts to one of rum, and two pounds of lump sugar; strain through a jelly bag.

PART II.—DAIRY AND POULTRY.

Dairy.

On the management of Cows, &c.—Cows should be carefully treated: if their teats are sore, they should be soaked in warm water twice a day, and either be dressed with soft ointment, or done with spirits and water. If the former, great cleanliness is necessary. The milk, at these times, should be given to the pigs.

When the milk is brought into the dairy, it should be strained and emptied

into clean pans immediately in winter, but not till cool in summer. White ware is preferable, as the red is porous, and cannot be so thoroughly scalded.

The greatest possible attention must be paid to cleanliness in a dairy; all the utensils, shelves, dressers, and the floor, should be kept with the most perfect neatness, and cold water thrown over every part very often. There should be shutters to keep out the sun and hot air. Meat hung in a dairy will spoil milk.

The cows should be milked at a regular and early hour, and the udders emptied, or the quantity will decrease. The quantity of milk depends on many causes; as the goodness, breed, and health of the cow, the pasture, the length of time from calving, the having plenty of clean water in the field she feeds in, &c. A change of pasture will tend to increase it. People who attend properly to the dairy will feed the cows particularly well two or three weeks before they calve, which makes the milk more abundant after.

For making cheese the cows should calve from March to May, that the large quantity of milk may come into use about the same time; but in gentlemen's families one or two should calve in August or September for a supply in winter. In good pastures, the average produce of a dairy is about three gallons a day each cow, in summer, and in winter about one gallon a day. Cows will be profitable milkers to fourteen or fifteen years of age, if of a proper breed.

When a calf is to be reared, it should be taken from the cow in a week at farthest, or it will cause great trouble in rearing, because it will be difficult to make it take milk in a pan. Take it from the cow in the morning, and keep it without food till the next morning; and then being hungry, it will drink without difficulty. Skimmed milk and fresh whey, just as warm as new milk, should be given twice a day in such quantity as is required. If milk runs short, smooth gruel mixed with milk will do. At first, let the calf be out only by day, and feed it at night and morning.

Observations respecting Cheese.—This well known article differs according to the pasture in which the cows feed. Various modes of preparing may effect a great deal; and it will be bad or good of its kind, by being in unskilful hands, or the contrary: but much will still depend on the former circumstance. The same land rarely makes very fine butter, and remarkably fine cheese; yet due care may give one pretty good, where the other excels in quality.

Cheese made on the same ground, of new, skimmed, or mixed milk will differ greatly, not in riches only, but also in taste. Those who direct a dairy in a family, should consider in which way it can be managed to the best advantage. Even with few cows, cheeses of value may be made from a tolerable pasture, by taking the whole of two meals of milk, and proportioning the thickness of the vat to the quantity, rather than having a wide and flat one, as the former will be most mellow. The addition of a pound of fresh made butter, of a good quality, will cause the cheese made on poor land to be of a very different quality from that generally produced by it. A few cheeses thus made, when the weather is not extremely hot, and when the cows are in full feed, will be very advantageous for the use of the parlour. Cheese for common family use will be very well produced by two meals of skim, and one of new milk; or in good land, by the skim milk only.

To prepare Rennet to turn the Milk. Take out the stomach of a calf as soon as killed, and scour it inside and out with salt, after it is cleared of the curd always found in it. Let it drain a few hours; then sew it up with two good handfuls of salt in it, or stretch it on a stick well salted; or keep it in the salt wet, and soak a bit, which will do over and over by fresh water.

Another way.—Clean the maw as above, next day take two quarts of fresh spring-water, and put into it a handful of sweet-briar, a handful of rose-leaves, a stick of cinnamon, forty cloves, four blades of mace, a sprig of marjoram, and two large spoonfuls of salt. Let them

boil gently to three pints of water: strain it off; and when only milk-warm, pour it on the vell, (that is the maw.) Slice a lemon into it; let it stand two days; strain it again, and bottle it for use. It will keep good at least twelve months, and has a very fine flavour. You may add any sweet aromatic herbs to the above. It must be pretty salt, but not brine. A little will do for turning. Salt the vell again for a week or two, and dry it stretched on sticks crossed, and it will be near as strong as ever. Do not keep it in a hot place when dry.

To make Cheese.—Put the milk into a large tub, warming a part till it is of a degree of heat quite equal to new; if too hot, the cheese will be tough. Put in as much rennet as will turn it, and cover it over. Let it stand till completely turned; then strike the curd down several times with the skimming dish, and let it separate, still covering it. There are two modes of breaking the curd; and there will be a difference in the taste of the cheese, according as either is observed; one is, to gather it with the hands very gently towards the side of the tub, letting the whey pass through the fingers till it is cleared, and lading it off as it collects. The other is to get the whey from it by nearly breaking the curd; the last method deprives it of many of its oily particles, and is therefore less proper.

Put the vat or ladder over the tub, and fill it with curd by the skimmer: press the curd close with your hand, and add more as it sinks; and it must be finally left two inches above the edge. Before the vat is filled, the cheese cloth must be laid at the bottom; and when full, drawn quite smooth over on all sides.

There are two modes of salting cheese: one by mixing it in the curd while in the tub after the whey is out; and the other by putting it in the vat, and crumbling the curd all to pieces with it after the first squeezing with the hands has dried it. The first method appears best on some accounts, but not on all, and therefore the custom of the country must direct. Put a board under and over the

vat, and place it in the press, in two hours turn it out, and put a fresh cheese cloth; press it again for eight or nine hours; then salt it all over, and turn it again in the vat, and let it stand in the press fourteen or sixteen hours; observing to put the cheeses last made undermost. Before putting them the last time into the vat, pare the edges if they do not look smooth. The vat should have holes at the sides and at the bottom to let all the whey pass through. Put on clean boards, and change and scald them.

To make Sage Cheese.—Bruise the tops of young red sage in a mortar, with some leaves of spinach, and squeeze the juice; mix it with the rennet in the milk; more or less, according as you like for colour and taste. When the curd is come, break it gently, and put it in with the skimmer, till it is pressed two inches above one vat. Press it eight or ten hours. Salt it and turn every day.

Sap Sago (Schapzeiger) Cheese.—Grind fine, and sift into the curd a sufficient quantity of the seed of the melilot, a trefoil, known botanically, as the *melilotus odoratus*, which is now grown in many parts of Pennsylvania. Proceed with the cheese in the usual way.

Cream Cheese.—Put five quarts of strappings, that is, the last of the milk, into a pan, with two spoonfuls of rennet. When the curd is come, strike it down two or three times with the skimming-dish just to break it. Let it stand two hours, then spread a cheese cloth on a sieve, put the curd on it, and let the whey drain; break the curd a little with your hand, and put it into a vat with a two pound weight upon it. Let it stand twelve hours, take it out, and bind a fillet round. Turn every day till dry, from one board to another; cover them with clean dock leaves, and put between two pewter plates to ripen. If the weather be warm, it will be ready in three weeks.

Another, and the best way.—Take a pint of cream from your cream pot, pour it on a fine napkin or other cloth, four-fold doubled, laid on a common dinner plate: (add salt to your cream to please your own taste.) Next morning,

take another plate, with another similar folded napkin, and placing them on your cream cheese, turn the undermost plate, so that it shall now be uppermost, and change your napkin. By next morning it will be hard enough. Let it remain in a cool place, turned daily, until ripe enough.

Observations upon Butter.—There is no one article of family consumption more in use, of greater variety in goodness, or that is of more consequence to have a superior quality, than this, and the economising of which is more necessary. The sweetness of butter is not affected by the cream being turned, of which it is made. When cows are in turnips, or eat cabbages, or wild onions, the taste is very disagreeable; and the following ways have been tried with advantage to obviate it:

When the milk is strained into the pans, put to every six gallons one gallon of boiling water; or dissolve one ounce of nitre in a pint of spring water, and put a quarter of a pint to every fifteen gallons of milk. Or when you churn, keep back a quarter of a pint of the sour cream, and put it into a well scalded pot, into which you are to gather the next cream; stir that well, and do so with every fresh addition.

To make Butter.—During summer, skim the milk when the sun has not heated the dairy; at that season it should stand for butter twenty-four hours without skimming, and forty-eight in winter. Deposit the cream pot in a very cold cellar, if your dairy is not more so. If you cannot churn daily, change it into scalded fresh pots: but never omit churning twice a week. If possible, put the churn in a thorough air; and if not a barrel one, set it in a tub of water two feet deep, which will give firmness to the butter. When the butter is come, pour off the buttermilk, and put the butter into a fresh scalding pan, or tubs which have afterwards been in cold water. Pour water on it, and let it lie to acquire some hardness before you work it: then change the water, and beat it with flat boards so perfectly that not the least taste of the buttermilk remain, and

that the water, which must be often changed, shall be quite clear in colour. Then work some salt into it, weigh, and make it into forms, throw them into cold water in an earthen pan and cover. You will then have very nice and cool butter in the hottest weather. It requires more working in hot than in cold weather: but in neither should it be left with a particle of buttermilk, or a sour taste, as is sometimes done.

To preserve Butter.—Take two parts of the best common salt, one part good loaf-sugar, and one part saltpetre; beat them well together. To sixteen ounces of butter thoroughly cleansed from the milk, put one ounce of this composition; work it well, and pot down when become firm and cold.

The butter thus preserved is the better for keeping, and should not be used under a month. This article should be kept from the air, and is best in pots of the best glazed earth, that will hold from ten to fifteen pounds each.

To scald Cream.—In winter let the milk stand twenty-four hours; in the summer twelve at least; then put the milk-pan on a hot hearth, if you have one; if not, set it in a wide brass kettle of water large enough to receive the pan. It must remain on the fire till quite hot, but on no account boil, or there will be a skim instead of cream upon the milk. You will know when done enough by the undulations on the surface looking thick, and having a ring round the pan the size of the bottom. The time required to scald cream depends on the size of the pan and the heat of the fire; the slower the better. Remove the pan into the dairy when done, and skim it next day. In cold weather it may stand thirty-six hours, and never less than two meals.

To keep Milk and Cream.—In hot weather, when it is difficult to preserve milk from becoming sour, and spoiling the cream, it may be kept perfectly sweet by scalding the new milk very gently, without boiling, and setting it by in the earthen dish or pan that it is done in. This method is pursued in England; and for butter, and eating, would

equally answer in small quantities for coffee, tea, &c. Cream already skimmed may be kept twenty-four hours if scalded without sugar; and by adding to it as much powdered lump-sugar as shall make it pretty sweet, will be good two days, keeping it in a cool place. Add to a quart of cream, a tea-spoonful of calcined magnesia.

Syrup of Cream—May be preserved as above in the proportion of a pound and a quarter of sugar to a pint of perfectly fresh cream; keep it in a cool place for two or three hours, then put it in one or two ounce phials, and cork it close. It will keep good thus for several weeks, and will be found very useful in voyages.

Poultry Yard.

Management of Fowls.

In order to have fine fowls, it is necessary to choose a good breed, and have a proper care taken of them. The Canton breed is thought highly of; and it is certainly desirable to have a fine large kind, but people differ in their opinion which is best. The black is very juicy; but do not answer so well for boiling, as their legs partake of their colour. They should be fed as nearly as possible at the same hour and place. Potatoes boiled, unskinned in a little water, and then cut, and either wet with skimmed milk or not, form one of the best foods. Turkeys and fowls thrive amazingly on them. The milk must not be sour.

The best age for setting a hen, is from two to five years: and you should remark which hens make the best brooders, and keep those to laying who are giddy and careless of their young. In justice to the animal creation, however, it must be observed, there are but few instances of bad parents for the time their nursing is necessary.

Hens sit twenty days. Convenient places should be provided for their laying, as these will be proper for sitting also. If the hen-house is not secured from vermin, the eggs will be sucked, and the fowls destroyed.

Those hens are generally preferred which have tufts of feathers on their

heads: those that crow are not looked upon as profitable. Some fine young fowls should be reared every year, to keep up a stock of good breeders; and by this attention, and removing bad layers and careless nurses, you will have a chance of a good stock.

Let the hens lay some time before you set them, which should be done from the end of February to the beginning of May. While hens are laying, feed them well, and sometimes with oats.

Broods of chickens are hatched all through the summer, but those that come out very late require much care till they have gained some strength.

If the eggs of any other sort are put under a hen with some of her own, observe to add her own as many days after the others as there is a difference in the length of their sitting. A turkey and duck sit thirty days. Choose large clear eggs to put her upon, and such a number as she can properly cover. If very large eggs, there are sometimes two yolks, and of course neither will be productive. Ten or twelve are quite enough.

A hen-house should be large and high, and should be frequently cleaned out, or the vermin of fowls will increase greatly. But hens must not be disturbed while sitting; for if frightened, they sometimes forsake their nests. Wormwood and rue should be planted plentifully about their houses; boil some of the former, and sprinkle it about the floor, which should be of smooth earth not paved.

When some of the chickens are hatched long before the others, it may be necessary to keep them in a basket of wool till the others come forth. The day after they are hatched, give them some crumbs of bread, and small (or rather cracked) grits soaked in milk. As soon as they have gained a little strength, feed them with curd, cheese-parings cut small, boiled corn, or any soft food, but nothing sour; and give them clean water twice a day.

The pip in fowls is occasioned by drinking dirty water, or taking filthy food. A white thin scale on the tongue,

is the symptom. Pull the scale off with your nail, and rub the tongue with some salt, and the complaint will be removed.

To fatten Fowls or Chickens in four or five days.—Set rice over the fire with skimmed milk, only as much as will serve one day. Let it boil till the rice is quite swelled out: you may add a tea spoonful or two of sugar, but it will do well without. Feed them three times a day, in common pans, giving them only as much as will quite fill them at once. When you put fresh, let the pans be set in water, that no sourness may be conveyed to the fowls, as that prevents them from fattening. Give them clean water, or the milk of rice to drink; but the less wet the latter is when perfectly soaked, the better. By this method the flesh will have a clear whiteness which no other food gives; and when it is considered how far a pound of rice will go, and how much time is saved by this mode, it will be found to be cheap. The pen should be daily cleaned, and no food given for sixteen hours before poultry be killed.

To choose Eggs at market, and preserve them.—Put the large end of the egg to your tongue; if it feels warm it is new. In new-laid eggs, there is a small division of the skin from the shell, which is filled with the air, and is perceptible to the eye at the end. On looking through them against the sun or a candle, if fresh, eggs will be pretty clear. If they shake they are not fresh. Eggs may be preserved fresh by dipping them in boiling water and instantly taking them out, or by oiling the shell; either of which way is to prevent the air passing through it; or kept on the shelves with small holes to receive one in each, and be turned every other day; or close packed in the keg, and covered with strong lime-water.

Feathers.—In towns, poultry being usually sold ready picked, the feathers, which may occasionally come in small quantities, are neglected; but orders should be given to put them into a tub free from damp, and as they dry to change them into paper bags, a few in each; they should hang in a dry kitchen

to season; fresh ones must not be added to those in part dried, or they will occasion a musty smell, but they should go through the same process. In a few months they will be fit to add to beds, or to make pillows, without the usual mode of drying them in a cool oven, which may be pursued if they are wanted before five or six months.

Ducks—Generally begin to lay in the month of February or March. Their eggs should be daily taken away except one, till they seem inclined to sit; then leave them and see that there are enough. They require no attention while sitting, except to give them food at the time they come out to seek it: and there should be water placed at a moderate distance from them, that their eggs may not be spoiled by their long absence in seeking it. Twelve or thirteen eggs are enough; in an early season it is best to set them under a hen: and then they can be kept from water till they have a little strength to bear it, which in very cold weather they cannot do so well. They should be put under cover, especially in a wet season; for though water is the natural element of ducks, yet they are apt to be killed by the cramp before they are covered with feathers to defend them.

Ducks eat any thing: and when to be fattened, must have plenty, however coarse, and in three weeks they will be fat.

Geese, require little expense; as they chiefly support themselves on commons or in lanes, where they can get water. The largest are esteemed the best, as also are the white and grey. The pied and dark-coloured are not so good. Thirty days are generally the time the goose sits, but in warm weather she will sometimes hatch sooner. Give them plenty of food, such as scalded bran and light oats; and as soon as the goslings are hatched, keep them housed for eight or ten days, and feed them with barley-meal, bran, curds, &c. For green-geese, begin to fatten them at six or seven weeks old, and feed them as above. Stubble-geese require no fattening, if they have the run of good fields.

Turkeys, are very tender when young. As soon as hatched, put three peppercorns down their throat. Great care is necessary to their well being, because the hen is so careless that she will walk about with one chick and leave the remainder, or even tread upon and kill them. Turkeys are violent eaters; and must therefore be left to take charge of themselves in general, except one good feed a-day. The hen sits twenty-five or thirty days; and the young ones must be kept warm, as the least cold or damp kills them. They must be fed often, and at a distance from the hen, who will eat every thing from them. They should have curds, green cheese parings cut small, boiled corn, and bread and milk with chopped wormwood in it; and their drink milk and water, but not to be sour. All young fowls are a prey for vermin, therefore they should be kept in a safe place where none can come.

Let the hen be under a coop, in a warm place exposed to the sun, for the first three or four weeks; and the young should not be suffered to go out in the dew at morning or evening. Twelve eggs are enough to put under a turkey; and when she is about to lay, lock her up till she has laid every morning. They usually begin to lay in March, and sit in April. Feed them near the hen-house; and give them a little meat in the evening, to accustom them to roosting there. Fatten them with boiled corn, sodden oats or barley for the first fortnight, and the last fortnight give them as above, and rice swelled with warm milk over the fire twice a day. The flesh will be beautifully white, and fine flavoured. The common way is to cram them, but they are so ravenous that it seems unnecessary, if they are not suffered to go far from home, which makes them poor.

Pea Fowl.—Feed them as you do turkeys. They are so shy that they are seldom found for some days after hatching: and it is very wrong to pursue them, as many ignorant people do, in the idea of bringing them home; for it only causes the hen to carry the young ones through dangerous places, and by hurrying she treads upon them. The

cock kills all the young chickens he can get at, by one blow on the centre of the head with his bill: and he does the same by his own brood before the feathers of the crown come out. Nature therefore impels the hen to keep them out of his way till the feathers rise.

Guinea Hens, lay a great number of eggs; and if you can discover the nest it is best to put them under common hens, which are better nurses. They require great warmth, quiet, and careful feeding with rice or corn swelled with milk, or bread soaked in it. Put two pepper-corns down their throat when first hatched.

Pigeons, bring two young ones at a time; and breed every month, if well looked after, and plentifully fed. They should be kept very clean, and the bottom of the dove cote be strewed with sand once a month at least. Tares and white peas are their proper food. They should have plenty of fresh water in their house or near it. Other birds are apt to come among them, and suck the eggs. Vermin also are their great enemies, and destroy them. If the breed should be too small, put a few tame pigeons of the common kind, and of their own colour among them. Observe not to have too large a proportion of cock birds; for they are quarrelsome, and will soon thin the dove-cote.

Pigeons are fond of salt, and it keeps them in health. Lay a large heap of clay near the house, and let the salt-brine that may be done with in the family be poured upon it.

Bay-salt and cummin-seeds mixed, is an universal remedy for the disease of pigeons. The backs and breasts are sometimes scabby: in which case, take a quarter of a pound of bay-salt, and as much common salt; a pound of fennel-seed, a pound of dill-seed, as much cummin-seed, and an oz. of assafœtida; mix all with a little wheat flour, and some fine worked clay; when all are well beaten together, put into two earthen pots, and bake them in the oven. When cold, put them on the table in the dove-cote; the pigeons will eat it, and thus be cured.

PART 12.—COOKERY FOR THE SICK AND FOR THE POOR.

Sick Cookery.

It may not be unnecessary to advise that a choice be made of the things most likely to agree with the patient; that a change be provided; that some one at least be always ready; that not too much of those be made at once, which are not likely to keep, as invalids require variety; and that they should succeed each other in different forms and flavours. Sweet herbs, onions, and much seasoning, should be avoided.

A quick made Broth.—Take a bone or two of a neck or loin of mutton, take off the fat and skin, set it on the fire in a tin sauce-pan that has a cover, with three quarters of a pint of water, the meat being first beaten, and cut in thin bits. Let it boil very quick, skim it nicely; take off the cover, if likely to be too weak; else cover it. Half an hour is sufficient for the whole process. A little salt.

A nourishing Veal Broth.—Put the knuckle of a leg or shoulder of veal broken in pieces, with very little meat to it, an old fowl, and four shank bones of mutton extremely well soaked and bruised, three blades of mace, ten pepper-corns, an onion, and a large bit of bread, and three quarts of water, into a stew-pan that covers close, and simmer in the slowest manner after it has boiled up, and been skimmed; or bake it, strain, and take off the fat. It will require four hours.

Calves' feet Broth.—Boil two feet in three quarts of water, to half; strain and set it by; when to be used, take off the fat, put a large tea-cupful of the jelly into a sauce-pan, with half a glass of sweet wine, a little sugar and nutmeg, and beat it up till it be ready to boil, then take a little of it, and beat by degrees to the yolk of an egg, and adding a bit of butter the size of a nutmeg, stir it all together, but do not let it boil. Grate a bit of fresh lemon-peel into it.

Chicken Broth.—Put the body and legs of the fowl broken with a hammer, into water with a little salt: simmer till

the broth be of a pleasant flavour. If not water enough, add a little. When cold remove the fat.

Eel Broth.—Clean half a pound of small eels, and set them on with three pints of water, some parsley, one slice of onion, a few pepper-corns; let them simmer till the eels are broken, and the broth good. Add salt, and strain it off. This should make three half pints of broth.

Beef tea.—Cut a pound of fleshy beef in thin slices; simmer with a quart of water twenty minutes, after it has once boiled and been skimmed. Season if approved; but it has generally only salt.

Arrow-root Jelly.—If genuine, is very nourishing, especially for weak bowels. Put into a sauce-pan half a pint of water, a spoonful of brandy, grated nutmeg, and fine sugar; boil once up, then mix it by degrees into a dessert-spoonful of arrow-root, previously rubbed smooth with two spoonfuls of cold water; then return the whole into the sauce-pan; stir and boil it three minutes.

Tapioca Jelly.—Choose the largest sort, pour cold water on to wash it two or three times, then soak it in fresh water five or six hours, and simmer it in the same until it become quite clear; then put lemon-juice, wine, and sugar. The peel should have been boiled in it. It thickens very much.

An excellent Jelly.—Take rice, sago, pearl-barley, hartshorn shavings, each an ounce; simmer with three pints of water to one, and strain it. When cold it will be a jelly; of which give, dissolved in wine, milk, or broth, in change with other nourishment.

Panada made in five minutes.—Set a little water on the fire with a glass of white wine, some sugar, and a scrape of nutmeg and lemon-peel; meanwhile grate some crumbs of bread. The moment the mixture boils up, keeping it still on the fire, put the crumbs in and let it boil as fast as it can. When of a proper thickness just to drink, take it off.

Sippets, when the stomach will not receive meat.—On a hot plate put two or three sippets of bread, and pour over

them some gravy from beef, mutton, or veal, if there is no butter in the dish. Sprinkle a little salt over.

A great restorative.—Bake two calf's feet in two pints of water, and the same quantity of new milk in a jar close covered, three hours and a half. When cold remove the fat. Give a large tea-cupful the last and first thing. Whatever flavour is approved, give it by baking in it cinnamon or mace. Add sugar after.

Caudle.—Make a fine smooth gruel; strain it when boiled well, stir it at times till cold. When to be used, add sugar, wine, and lemon-peel with nutmeg. Some like a spoonful of brandy, besides the wine; others like lemon-juice.

To mull Wine.—Boil some spice in a little water till the flavour is gained, then add an equal quantity of port, Madeira, or sherry, some sugar and nutmeg; boil together, and serve with toast.

Another way.—Boil a bit of cinnamon and some grated nutmeg, a few minutes, in a large tea-cupful of water; then pour to it a pint of port wine, and add sugar to your taste: beat it up and it will be ready. Or it may be made of good home-made wine.

To make Coffee.—Put two ounces of fresh-ground coffee, of the best quality, into a coffee-pot, and pour eight coffee-cups of boiling water on it; let it boil six minutes; pour out a cupful two or three times, and return it again; then put two or three isinglass-slips into it, and pour one large spoonful of boiling water on it; boil it five minutes more, and set the pot by the fire to keep hot for ten minutes, and you will have coffee of a beautiful clearness.

Fine cream should always be served with coffee, and either pounded sugar-candy, or fine sugar. All fining clears coffee at the expense of its strength.

Chocolate.—Those who use much of this article, will find the following mode of preparing it both useful and economical. Cut a cake of chocolate in very small bits; put a pint of water into the pot, and when it boils, put in the above,

mill it off the fire until quite melted, then on a gentle fire till it boil; pour it into a basin, and it will keep in a cool place eight or ten days, or more. When wanted, put a spoonful or two into milk, boil it with sugar, and mill it well.

Milk Porridge.—Make a fine gruel of cracked corn, long boiled; strain off; either add cold milk, or warm with milk, as may be approved. Serve with toast.

Ground Rice Milk.—Boil one spoonful of ground rice, rubbed down smooth, with three half-pints of milk, a bit of cinnamon, lemon-peel, and nutmeg. Sweeten when nearly done.

Sago.—To prevent the earthy taste, soak it in cold water an hour; pour that off, and wash it well; then add more, and simmer gently till clear, with lemon-peel and scrape, if approved. Add wine and sugar, and boil all up together.

Sago Milk.—Cleanse as above, and boil it slowly, and wholly with new milk. It swells so much that a small quantity will be sufficient for a quart, and when done it will be diminished to about a pint. It requires no sugar or flavouring.

Water Gruel.—Put a large spoonful of oatmeal or fine Indian meal by degrees into a pint of water, and when smooth boil it.

A refreshing Drink in a Fever.—The best is toast and water: or, weak apple tea, made by pouring hot water on slices of apple in a tea pot.

Toast and Water.—Toast slowly, a thin piece of bread till extremely brown and hard, but not the least black; then plunge it into a jug of cold water, and cover it over an hour before used. This is of particular use in weak bowels. It should be of a fine brown colour before drinking it.

Barley Water.—Wash a handful of common barley, then simmer it gently in three pints of water with a bit of lemon peel.

Lemon water a delightful Drink.—Put two slices of lemon thinly pared into a tea-pot, a little bit of the peel, and a bit of sugar; pour in a pint of boiling water, and stop it close two hours.

White-wine Whey.—Put half a pint of new milk on the fire, the moment it boils up, pour in a glass of wine, but not till you have taken it off the fire. Do not stir it. Pour the whey off, and add to it half a pint of boiling water, and a bit of white sugar. Thus you will have a whey perfectly cleared of milky particles, and as weak as you choose to make it.

Vinegar and Lemon Wheys.—Pour into boiling milk as much vinegar or lemon-juice as will make a small quantity quite clear, dilute with hot water to an agreeable smart acid, and put a bit or two of sugar. This is less heating than if made of wine; and if only to excite perspiration, answers as well.

Egg Wine.—Beat an egg, mix with it a spoonful of cold water; set on the fire a glass of white wine, half a glass of water, sugar, and nutmeg. When it boils, pour a little of it to the egg by degrees, till the whole be in, stirring it well: then return the whole into the sauce-pan, put it on a gentle fire, stir it one way for not more than a minute; for if it boil, or the egg be stale, it will curdle. Serve with toast.

Egg wine may be made as above, without warming the egg, and it is then lighter on the stomach, though not so pleasant to the taste.

Cookery for the Poor.

General Remarks and Hints.—I promised a few hints, to enable every family to assist the poor of their neighbourhood at a very trivial expense; and these may be varied or amended at the discretion of the mistress.

Where cows are kept, a jug of skimmed milk is a valuable present, and a very common one.

When the oven is hot, a large pudding may be baked, and given to a sick or young family; and thus made the trouble is little. Into a deep coarse pan put half a pound of rice, four ounces of coarse sugar or molasses, two quarts of milk, and two ounces of drippings; set it cold into the oven. It will take a good while, but be an excellent solid food.

A very good meal may be bestowed in a thing called brewis, which is thus made:—Cut a very thick upper crust of bread, and put it into the pot where salt beef is boiling and nearly ready: it will attract some of the fat, and when swelled out, will be no unpalatable dish to those who rarely taste meat.

A Baked Soup.—Put a pound of any kind of meat cut in slices; two onions, two carrots, ditto; two ounces of rice, a pint of split peas, or whole ones if previously soaked, pepper and salt, into an earthen jug or pan, and pour one gallon of water. Cover it very close, and bake it with the bread.

The cook should be charged to save the boiling of every piece of meat, ham, tongue, &c. however salt: and it is easy to use only a part of that, and the rest of fresh water, and by the addition of more vegetables, the bones of the meat used in the family, the pieces of meat that come from the table on the plates, and rice, Indian meal or barley, there will be some gallons of nutritious soup two or three times a-week. The bits of meat should be only warmed in the soup, and remain whole; the bones, &c. boiled till they yield their nourishment. If the things are ready to put in the boiler as soon as the meat is served, it will save lighting fire, and second cooking.

Take turnips, carrots, leeks, potatoes, the outer leaves of the lettuce, celery, or any sort of vegetable that is at hand; cut them small, and throw in, with the thick part of peas, after they have been pulped for soup, cracked corn or coarse meal.

Should the soup be poor of meat, the long boiling of the bones, and different vegetables, will afford great nourishment. In every family there is some superfluity; and if it be prepared with cleanliness and care, the benefit will be very great to the receiver, and the satisfaction no less to the giver.

It very rarely happens that servants object to seconding the kindness of their superiors to the poor; but should the cook in any family think the adoption of this plan too troublesome, a gratitude at

the end of the winter might repay her, if the love of her fellow creatures failed of doing it a hundred fold. Did she readily enter into it, she would never wash away, as useless, the peas, &c. of which soup or gruel had been made; broken potatoes, the green heads of celery, the necks and feet of fowls, and particularly the shanks of mutton, and various other articles which in preparing dinner for the family are thrown aside.

Fish affords great nourishment, and that not by the part eaten only, but the bones, heads, and fins, which contain an isinglass. When the fish is served, let the cook put by some of the water, and strew it in the above: as likewise add the gravy that is in the dish, until she obtain all the goodness. If to be eaten by itself, when it makes a delightful broth, she should add a very small bit of onion, some pepper, and a little rice flour rubbed down smooth with it.

But strained, it makes a delicious improvement to the meat-soup, particularly for the sick; and when such are to be supplied, the milder parts of the spare bones and meat should be used for them, with little, if any, of the liquor of the salt meats.

The fat should not be taken off the broth or soup, as the poor like it, and are nourished by it.

An excellent soup for the weakly.—Put two cow-heels, and a breast of mutton into a large pan with four ounces of rice, one onion, twenty Jamaica peppers, and twenty black, a turnip, a carrot, and four gallons of water, cover with brown paper, and bake six hours.

Sago.—Put a tea-cupful of sago into a quart of water, and a bit of lemon-peel; when thickened, grate some ginger, and add half a pint of raisin wine, brown sugar, and two spoonfuls of Geneva; boil all up together.

It is a most supporting thing for those whom disease has left very feeble.

Caudle for the Sick and Lying-in.—Set three quarts of water on the fire; mix smooth as much fine Indian meal as will thicken the whole, with a pint of cold water; when boiling, pour the lat-

ter in, and twenty Jamaica peppers in fine powder; boil to a good middling thickness: then add sugar, half a pint of well fermented table-beer, and a glass of gin. Boil all.

This mess twice, and once or twice of broth, will be of incalculable service.

There is no better occasion for charitable commiseration than when a person

is sick. A bit of meat or pudding, sent unexpectedly has often been the means of recalling long-lost appetite.

Nor are the indigent alone the grateful receivers; for in the highest houses a real good sick-cook is rarely met with; and many who possess all the goods of fortune, have attributed the first return of health to an appetite excited by good *kitchen-physic* as it may be called.

AROMATIC, POT, AND SWEET HERBS.

Anise, *Pimpinella Anisum*.

Basil, Sweet, *Ocimum Basilicum medium*.

— Bush, — *minimum*.

Borage, *Borago officinalis*.

Caraway, *Carum Carui*.

Clary, *Salvia sclarea*.

Coriander, *Coriandrum sativum*.

Chamomile, *Anthemis nobilis*.

Dill, *Anethum graveolens*.

Fennel, Common, *Anethum Foeniculum*.

— Sweet, — *v. dulce*.

Hyssop, *Hyssopus officinalis*.

Lavender, *Lavendula Spica*.

Lovage, *Ligusticum Levisticum*.

Marigold, Pot, *Calendula officinalis*.

Marjoram, Sweet, *Origanum Majorana*.

— Pot, — *Onites*.

— Winter Sweet, — *heracleoticum*.

Mint, Spear, *Mentha viridis*.

— Pepper, — *Piperita*.

— Pennyroyal, — *Pulegium*.

Mint, Horse, *Monarda Punctata*.

Rosemary, *Rosmarinus officinalis*.

Sage, Common, *Salvia officinalis*.

Savory, Summer, *Satureia hortensis*.

— Winter, — *montana*.

Smallage, *Apium graveolens*.

Tarragon, *Artemisia Dracunculus*.

Thyme, Common, *Thymus vulgaris*.

— Lemon, — *serpyllum*.

THE ART OF PRESERVING

All Kinds of Animal and Vegetable Substances, for Several Years.

BY M. APPERT.

PUBLISHED BY ORDER OF THE FRENCH MINISTER OF THE INTERIOR, ON THE REPORT OF THE BOARD OF ARTS AND MANUFACTURES, MADE ON THE 19TH APRIL, 1810.

SECTION 1.

All the expedients hitherto made use of for preserving alimentary and medicinal substances, may be reduced to two principal methods; that of dessication, and that of mingling, in greater or less quantities, a foreign substance for the purpose of impeding fermentation or putrefaction.

It is by the former of these methods that we are furnished with smoked and lung meat, dried fish, fruits, and vegetables. By the latter, we obtain fruits and other vegetable substances preserved in sugar, the juices and decoctions of plants reduced to syrups and essences, all kinds of pickles, salted meat and vegetables. But each of these modes has its peculiar inconveniences. Dessication takes away the odour, changes the taste of the juices, and hardens the fibrous or pulpy matter.

Sugar, from the strength of its own flavour, conceals and destroys in part other flavours; even that the enjoyment of which, we wish to preserve; such as the pleasant acidity of many fruits. A second inconvenience is this, that a *large* quantity of sugar is required in order to preserve a *small* quantity of some other vegetable matter: and hence the use of it is not only very costly, but even in many cases pernicious. Thus the juices of certain plants cannot be reduced to a syrup or essence, but by means of nearly double the quantity of sugar. It results from this, that those syrups or essences contain much more sugar than any medicinal substance, and that most frequently the sugar counter-

acts the operation of the medicine, and is hurtful to the patient.

Salt communicates an unpleasant acerbity to substances, hardens the animal fibre, and renders it difficult of digestion. It contracts the animal parenchyma. On the other hand, as it is indispensable to remove, by means of water, the greater part of the salt employed, almost all the principles which are soluble in cold water, are lost when the salt is taken away: there remains nothing but the fibrous matter, or parenchyma; and even that, as has been said, undergoes a change.

Vinegar can seldom be made use of, but in the preparation of certain articles for seasoning.

I shall not enter into any details concerning what has been said and published on the art of preserving alimentary substances. I shall only observe, that, as far as my knowledge extends, no author, either ancient or modern, has ever pointed out or even led to the suspicion of the principle which is the basis of the method I propose.

It is known how much, within a certain period, the public attention, both at Paris and in the departments, has been directed towards the means of diminishing the consumption of sugar, by supplying its place by the use of various extracts, or essences of indigenous substances.

The Agricultural Society, by its resolution of the 21st of June, 1809, and its official notification of it, the 15th of July following, made an appeal to the whole nation, in order to collect all the

information and documents which might contribute to the composition of a work on the art of preserving, by the best possible means, every kind of alimentary substance.

It was after invitations of so great weight, that I resolved to make known a method of effecting this object, of great facility in the execution, and at the same time very cheap, and which, by the extension it admits of, may afford numerous advantages to society.

This method is not a vain theory. It is the fruit of reflection, investigation, long attention, and numerous experiments, the results of which, for more than ten years, have been so surprising, that notwithstanding the proof acquired by repeated practice, that provisions may be preserved two, three, and six years, there are many persons who still refuse to credit the fact.

SECTION 2.

*Description of my Rooms set apart for carrying on the Process on a large Scale.**

My laboratory consists of four apartments. The first of these is furnished with all kinds of kitchen utensils, stoves, and other apparatus, necessary for dressing the animal substances to be preserved, as well as with a kettle for broth, gravy, &c. containing 180 French pints, raised on brick-work. This kettle is provided with a pot to be put within it, pierced with holes like a skimmer, with divisions for holding various kinds of meat and poultry. This pot can be put into and taken out of the kettle with ease. The kettle is provided with a wide cock, to which is fitted, within, a little rose, like that of a watering pot, covered with a piece of boulding-cloth. In this way I can procure broth or gravy quite clear, and ready to be put into bottles.

The second apartment is for the preparing of milk, cream, and whey.

* It is obvious, that for the use of private families, and for carrying on the process on a small scale, nothing further will be requisite, than such vessels and other conveniences as are found in every house in the country, where provisions are cured for the consumption of the family during winter.

The third is used for corking and tying the bottles and vessels and putting them into bags.

The fourth is furnished with three large copper boilers, placed upon stones raised on brick-work. These boilers are all furnished with a stout lid, fitted to rest upon the vessels within. Each boiler is furnished with a wide cock below, in order to let out the water at a proper time. These large boilers are destined to receive, generally, all the objects intended to be preserved, in order to apply the action of heat to them in a suitable manner; and thus they constitute so many water-baths.*

The utensils which furnish the third apartment for the preparatory process, consist of,

1. Rows of bottle-racks round the room.

2. A reel for the iron wire to be used for binding the necks of the bottles and other vessels.

3. Shears and pincers for tying on the corks.

4. Machine for twisting the iron wire after it has been divided and cut to a proper length.

5. Two instruments forming a lever, and used for compressing, and as it were biting the corks.

6. A bottle-boot or block, standing on three legs, and provided with a strong bat for corking.

* The reason why it is necessary that large boilers should be furnished with wide cocks is, that it would take up too much time to let so large a body of water, always placed over a heated stove, remain till it became cool; and that on the other hand, it would do great injury to those substances to let them remain too long exposed to the heat. Without inconvenience, therefore, in private families, any chaldron of earthen vessel may be taken for a water-bath, provided the water rises to the rim of the bottle. In case there should be no vessel sufficiently high, the bottles may be laid down in the water-bath, care being taken to pack them well together, lest they should be broken. Many operations have succeeded well with me this way. The corks are somewhat more liable to burst outwards; but if the bottles are well corked, there is nothing to be feared. For instance, it would not be advisable to lay on their sides, bottles, or other vessels stopped up with stoppers consisting of different pieces of any substance, because the action of the fire upon this kind of stopper is stronger; and however well the vessel might be corked, it would not be advisable to incur the risk.

Small water-baths are the more convenient, because they may be placed any where, and removed at will. They soon become cold. The bottles are taken out when the water is sufficiently cool to allow of the finger being put in, and thus the operation is terminated.

7. A stool standing on five legs, for tying on the corks.

8. A sufficient quantity of linen bags, for covering the bottles and other vessels.

9. Two stools covered with leather and stuffed with hay, in order to shake the bottles upon them, and in that way force a greater number of peas and other small substances into the bottles.

10. A press for the juice of plants, fruits, and herbs; with pans, vessels, sieves, and every thing else that belongs to it.

Besides my laboratory, consisting of these articles, I have fitted up three apartments.

The first, for preparing vegetables: it is furnished with dressers all round.

The second, for storing up and preparing all kinds of fruit.

The third is a cellar, furnished with bottle-racks, for rinsing and setting by the bottles and other vessels, as in a store-house.

I have the precaution to keep the bottles and other vessels I may want, ready rinsed at hand. I am also supplied with an assortment of corks, compressed and bit in the instrument already described. When every preparation is thus made, the process is half done.

The principle by which all alimentary substances are preserved and kept fresh, is invariable in its effects. The result in particular experiments, depends upon the fitness of each individual application of the principle to the substance which is to be preserved, according to its peculiar qualities; but in every case the exclusion of air is a precaution of the utmost importance to the success of the operation; and in order to deprive alimentary substances of contact with the air, a perfect knowledge of bottles and the vessels to be used, of corks and corking, is requisite.

SECTION 3.

Of Bottles and Vessels.—I choose glass, as being the matter most impenetrable by air, and have not ventured to make any experiment with a vessel made of any other substance. The ordinary

bottles have generally necks too small and ill made; they are also too weak to resist the blows from the bat and the action of the fire; I therefore caused bottles to be made for my especial use, with wider necks, and those necks made with a projecting rim, or ring, on the interior surface, placed below, and resembling, in form, the rim which is at the top of the exterior surface of the necks of bottles. My object was, that when the cork had been forced into the neck of the bottle, three-fourths of its length, in the manner already described, it should be compressed in the middle. In this manner the bottle is perfectly corked on the outside as well as within. It thus opposes an obstacle to the swelling, or expansion, which arises from the operation of heat upon the substance enclosed within the bottle. This mode of forming the neck of the bottle is so much the more indispensable, as I have repeatedly known the swelling to be so strong, as to push out corks of three or four lines in length, though confined by two iron wires crossed. The form of the Champagne bottle is most convenient; it is the handsomest as well as the strongest, and is of the best shape for packing up.

SECTION 4.

Of Corks.—Economy in corks is generally very unwise, as in order to save a very trifle in the price of cork, a risk is incurred of losing the valuable commodity it is intended to preserve. As corking is made use of in order to preserve and meliorate certain articles, by depriving them of all contact with the air, too much attention cannot be given to the good quality of the cork, which should be of eighteen or twenty lines in length, and of the first quality. Experience has so fully satisfied me on this point, that I never make use of any but superfine corks: these are, in the end, the cheapest. I further take the precaution of compressing, and, as it were, biting the cork, three-fourths of its length, by means of the instrument already described, beginning at the small end. The cork is rendered more supple; the pores of the cork are brought closer;

it is somewhat lengthened, and its thickness is so much diminished at the extremity which is put into the mouth of the bottle, that a large cork may be made to enter a very moderate opening. The action of the heat within the vessel is such, that the cork swells within, and the corking is thus rendered perfect.

SECTION 5.

Of Corking.—After what has been just said, the absolute necessity will be apparent of having good bottles, with a projecting rim of equal thickness all round within the neck. Excellent superfine corks are also indispensable, which have been compressed in the instrument three-quarters of their length.

Before I cork, I take care that the bottles containing liquor are filled only up to within three inches of the outer rim, lest they should burst from the bubbling and swelling occasioned by the application of heat to the water. When the bottles contain vegetables, fruit, &c. they may be filled up to within two inches of the rim.

I place the full bottle upon the bottle boot already mentioned, before which I seat myself. This apparatus is to be supplied with a strong wooden bat, a small pot full of water, and a sharp knife, greased with a little suet or soap, for cutting off the tops of the corks, which ought never to be raised much above the head of the bottles. These arrangements being made, I place the bottle-boot between my legs, and taking a cork of fit size, I dip one-half of it into the little pot of water, in order to facilitate its entrance; and having wiped the end, I then put it to the mouth of the bottle, at the same time turning it round. I hold it in this position with my left hand, which I keep steady, that the bottle may stand upright. I take the bat in my right hand, in order to drive in the cork by force of blows.

When I find, at the first or second blow of the bat, that the cork has somewhat entered, I take my hand from the cork in order to hold with it the neck of the bottle, which I fix firmly and upright upon the bottle-boot; and by dint

of repeated blows, I continue to drive in my cork three-fourths of its length. The quarter of the cork which remains above the bottle, after having refused to yield any further to the redoubled blows of the bat, assures me, in the first place, that the bottle is completely corked, and this same residue serves also to hold the double crossed iron wire which is necessary to bind fast the cork, that it may be able to resist the action of heat on the water bath. I must repeat again, that too much attention cannot be given to the corking: no circumstance however minute ought to be neglected, in order to effect the rigorous exclusion of the air from the substance to be preserved; air being a most destructive agent, and the one which is most sedulously to be counteracted in the course of the process.*

The bottles being well stopped up, I then fasten the cork down with a couple of iron wires crossed: this is an easy operation and any one can do it, who has once seen it done.

I then put each bottle in a bag of canvas or coarse linen cloth, made for the purpose, sufficiently large to wrap up the whole of the bottle, up to the very cork. These bags are made in the shape of a mull, open alike at both ends: one of these ends is drawn with a string running in a gutter leaving an opening of about the width of a crown piece; the other end is provided with a couple of small strings, in order to tie the bag round the neck of the bottle.

By means of these bags, I can dispense with the use of hay or straw in packing up the bottles in the water-bath; and, whenever any one of them breaks, the fragments are preserved in

* Many persons believe they have corked well, when they have forced the cork even with the mouth of the bottle; but this is a great mistake. On the contrary, whenever the whole of the cork, instead of withstanding the blows of the bat, is forced into the bottle, it is advisable to draw it out and substitute another in its place. Thus the believing that a bottle corked very low is well corked, because no liquor escapes when the bottle is turned with its neck downwards, is an error, which, joined with the use of bad corks, causes a number of losses. He who corks with care and judgment is satisfied that the operation has been performed well by the resistance of the cork to the blows of the bat, and never thinks of turning the neck of the bottle downwards.

the bag. I am spared a great deal of trouble and a number of inconveniences which I had formerly to sustain, in picking up the pieces of the bottle out of the straw or hay I then made use of.

I now proceed to give an idea of vessels with large necks, that is, glass jars, which I make use of for preserving solid and bulky substances, such as poultry, game, meat, fish, &c.

These jars have necks of two, three, or four inches diameter, and are of a larger or smaller size: like bottles, they are furnished with a projecting rim, not only in order to strengthen the neck, but also for receiving the iron wire destined to bind the corks. The completely corking up these vessels, is, from this circumstance, rendered more difficult, and demands especial care.

I met with another obstacle in the cork itself, from its thinness (more especially when the cork was very fine) and likewise from its ascending pores being against the grain. I was therefore obliged to form stoppers of three or four pieces of cork, from twenty to twenty-four lines in length, placed together the way of the grain, the pores of the cork being placed horizontally, by means of isinglass prepared in the following manner.

I melted over the fire, four drachms of well beaten isinglass, in eight ounces of water: when melted, I caused it to run through fine linen; and then put it again over the fire in order to reduce it to one third of its volume. After which I added an oz. of good full-proof brandy. I then left the whole on the fire till it became reduced to about three oz. I then put the glue thus prepared in a little pot over live coals, and took care to warm my pieces of cork. I then slightly smeared over the pieces of cork with a brush, in order to glue them together. When the pieces composing the stopper were well fixed and glued together, I then fixed a tight thread to the two extremities of the stopper, in order to keep the pieces together, and let them dry, either in the sun or in a gentle heat for about a fortnight. At the end of this time I took a cork-ma-

ker's knife and cut my stoppers of a proper shape; and having always fitted them to the mouth of the jar, they have never proved defective.

Having corked my jars, and driven in the stopper by means of the bat, the bottles being always placed upright in the bottle-boot, I made use of a compound luting. This luting (communicated to me by Mr. Bardel) is made of quick lime, which is slaked in the air by being sprinkled with water, till it becomes reduced to a powder. The powder to be kept in this state in corked bottles ready for use. This lime mixed with a cheese made of skimmed milk and formed to the thickness of paste, produces a luting which hardens rapidly, and which withstands the heat of boiling water.

I besmear the whole of the outside of the stopper with this luting, and I cover the edge of the jar with hemp and strips of linen placed above and close to the stopper, and hanging down to the rim.

Farther, that the iron wire may have force enough to keep down the stopper, I put a piece of cork seven or eight lines high, and sixteen or eighteen lines in diameter, in the middle of the large stopper which is itself too big to allow the wire to have any effect upon it. By means of this second cork, placed in the middle of the large stopper, I am able to make the wire take a proper hold of the cork, and give due strength and solidity to the stopper.

When every thing has thus been foreseen, and prepared, and, above all things, well corked, tied, and wrapped up in bags, there remains nothing to be done, but to apply the preserving principle, that is, *heat*, to the substances duly arranged, and this is the most easy part of the operation.

I place all the vessels, bottles, or jars, upright in a boiler, which I then fill with cold water up to the necks of the vessels; I then cover the boiler with its lid, which is made to rest upon the vessels. I cover the upper part of the lid with a piece of wet linen, in order that the sides of the lid may exactly fit, and all evaporation from the water-bath be impeded as much as possible.

When the boiler has been thus filled and adjusted, I light the fire beneath. When the water-bath begins to boil, I take care to maintain the same degree of heat for the greater or less quantity of time required by the substances exposed to its influence. When this time has elapsed, I then instantly put out the fire by means of a cool extinguisher.

After the fire has been put out a quarter of an hour, I let out the water of the bath by means of the cock; after the water has been withdrawn half an hour, I uncover the boiler, and I do not take out the bottles till one or two hours after the uncovering; and this terminates the operation.

The next day, or a fortnight afterwards, for that is immaterial, I place my bottles on my shelves as I do wine, in a cool and shady place. If I purpose sending them a great distance, I think it worth while to pitch them before I place them on the shelves; otherwise this last operation is not absolutely necessary. I have now by me, bottles which have been three years lying under a stair-case, the substances contained in which retain as much flavour as if they were just prepared, and yet they were never pitched.

We have just seen, from all that has been said, that alimentary substances, in order to be preserved, should be, without exception, subjected to the application of heat in a water-bath; after being rigorously excluded from all contact with the air, in the manner, and with the precautions already indicated.

The preserving principle is, as I have already observed, invariable in its effects. Thus every loss I have sustained from any of the articles being spoiled, had no other cause than an erroneous application of the principle, or some negligence or omission in the preparatory process already pointed out. It sometimes happens to me even now, that my operations do not perfectly succeed; but no man makes experiments in any of the arts, or in any branch of natural philosophy, without being liable to disappointment. Nor can any one, therefore, who is employed in such a

process as mine, flatter himself that he may not sometimes find his commodities spoiled from some defect in a vessel, or in the interior of a cork. But in fact, when due attention is given, these losses seldom take place.

SECTION 6.

The means of distinguishing among the Bottles or Jars, as they are taken from the Boiler, such of them as, from some neglect in the preparatory process, some accident, or the action of the fire, are in danger of occasioning a loss, or spoiling the substances inclosed in them.

When the operation is completed, of whatever kind it may be, I take the greatest care in my power to examine all the bottles and jars one by one, as I take them from the boiler.

I have remarked in some, defects in the glass, as stars and cracks occasioned by the action of the heat in the water-bath; or by the tying, when the mouth of the vessel has been too weak.

I have observed in others, a moisture round the stopper, or little spots near the mouth, from which I inferred that part of the substance inclosed had oozed out during the dilation or expansion produced by the heat of the water-bath: these are the two principal observations that usually occur to me: and whenever I observe either of these appearances on any bottle, I always set it aside, and make use of the substance immediately, that nothing may be lost.

The first of the flaws pointed out, arises from the quality, and originally bad structure of the bottle; but the second may arise from any one of four causes:—1. From a bad cork; 2. from bad corking; 3. from the bottle having been filled too near the brim; and 4. from bad tying. A single one of these faults is sufficient to spoil a bottle; more easily, therefore, a complication of them.

In the applying of heat to the water-bath, I have had various obstacles to encounter, more particularly when peas were to be preserved; for peas are of all substances the most difficult to preserve completely. This vegetable, when

gathered while it is too young or too tender, dissolves in water, and in consequence the bottle is found half empty, and even this half is not fit to be kept; hence, whenever this circumstance occurs, I set aside the bottle and make use of the article immediately. If the peas have been gathered two or three days, the heat occasions them to lose all their flavour; they become hard; they ferment before the operation; the bottles break in the water-bath with an explosion; those which resist the first heat break afterwards, or are faulty: and this is easily recognised by the liquor in the bottle, which becomes turbid; while peas which are well preserved, leave the liquid pellucid.

It is not necessary to recommend dispatch, and the utmost cleanliness in the preparation of alimentary substances. This is absolutely indispensable: more especially in what respects the substances themselves which are to be preserved.

I take care to have all my preparatory arrangements made before I begin the process; that there may be no waiting, and that the best use may be made of the time employed in carrying it on.

Description of my process as applied to the various articles intended to be preserved.

SECTION 7.

Boiled Meat.—I put a quantity of meat into the pot to be boiled in the ordinary way. When it was three-fourths boiled, I took out one-half of it, the bones of which I had already taken off, as I purposed to preserve it. When the meat was completely boiled, I strained the broth, and after it had become cool, I put it in bottles which I corked well, tied and wrapped up in their several bags. The beef which I had taken out when three-fourths done, I put into jars which I filled up with a part of the same broth. Having corked, luted, and tied up these, and wrapped them in bags, I placed them, and the bottles containing the broth, upright in a caldron or boiler. I filled this boiler with cold water up to the rim of the bottles and

jars. I put the lid upon the boiler, causing it to rest on the vessels within, and took care to surround it with wet linen cloth, in order to impede as much as possible, any evaporation from the water-bath. I heated the boiler, and when the water-bath had been made to boil, I kept up the same degree of heat for an hour, and precisely at the end of the hour, let the fire pass into an extinguisher. Half an hour afterwards I let off the water from the bath, by means of the cock at the bottom of the boiler. At the end of another half hour I took off the lid. An hour or two afterwards, I took out the bottles and jars. (The time of doing this is, however, immaterial, and the operator will consult his own convenience.) The next day I besmeared the corks with rosin, in order to forward the bottles and jars to the different sea-ports.

At the end of a year, and a year and a half, the broth and boiled meat were found as good as if made the day they were eaten.

SECTION 8.

Gravy.—In the year 12, having reason to hope that I should be employed to provide some nourishing provisions for the sick on board his majesty's vessels, in consequence of some experiments which had already been made in the sea-ports, by order of his excellency the *Minister of the Marine and Colonies*, on alimentary productions preserved according to my method; I made the necessary arrangement for fulfilling the orders I had reason to expect. In consequence, that I might not want too many bottles and jars, and that I might be able to condense the substance of eight messes in a bottle of the size of one *litre*, I made the following experiment: As, in general, evaporation cannot take place, but at the expense of the object to be condensed, I made some gravy, in the proportion of two pounds of good meat and poultry to one *litre*. My gravy being made, and strained and suffered to become cool, I put it in bottles. After having well corked, and tied the bottles and wrapped them in bags, I placed

them in the boiler. I had taken out, when one quarter dressed, the best pieces of the beef and poultry. When these were grown cold, I put them in jars, and filled the jars with the same gravy. Having well corked, luted, tied, and wrapped up these jars, I set them upright in the same boiler with the bottles of gravy. Having filled the boiler with cold water up to the rim of the bottles and jars, and having covered the lid of the boiler with a wet linen cloth, I heated the water-bath. When it was made to boil, I kept up the same degree of heat for two hours, and completed this operation as I did the preceding.

The beef and fowls were found well dressed, and were kept, as well as the gravy, for more than two years.

SECTION 9.

Broth, or Jelly.—I composed this jelly, according to the prescription of a physician, of calves feet and lights, red cabbage, carrots, turnips, onions, and leeks, taking a sufficient quantity of each. A quarter of an hour before I took this jelly from the fire, I added some sugar-candy with some Senegal gum. I strained it as soon as it was made. After it was cold it was put in bottles, which were corked, tied, wrapped up in bags, and put in the water-bath which was kept boiling one quarter of an hour, and this jelly was preserved and remained as good as the day it was made.

SECTION 10.

Round of Beef, Fillet of Mutton, Fowls and Young Partridges.—I prepared all these articles as if for common use, but only three-fourths dressed, the young partridges being roasted. When they were grown cold, I put these articles separately into jars of a sufficient size. Having well corked, luted, tied and wrapped them up, I put them all into the water-bath which was kept on the boil for half an hour. They were forwarded to Brest, and from thence were sent to sea for four months and ten days, together with some vegetables, gravy and preserved milk, all well packed up in a chest.

When opened, 18 different kinds of preserved food were tasted, every one of which had retained its freshness, and not a single substance had undergone the least change at sea.

To the experiments made with these four kinds of provisions, I can add two others made by myself; the one, a fricasee of fowls; and the other a matelot of eels, carp, and pike, with an addition of sweet-bread, mushrooms, onions, butter, and anchovies, all dressed in white wine. The fricasee and the matelot were perfectly preserved.

The results prove sufficiently, that the same principle, applied with the same preparatory process, and with the same care and precautions, in general preserves all animal productions. But it is to be observed that in the previous cooking of each article, it is to be only three-fourths dressed at the utmost, in order that the remainder of the requisite cooking may be communicated by means of the water-bath.

There are a number of articles which can bear an additional hour of boiling in the water-bath without any danger, as broth, gravy, jellies, and the essences of meat, poultry, and ham, the juice of the grape and of plants, &c. But there are also others which will sustain a great injury from a quarter of an hour's or even a minute's too much boiling. Thus the result will always depend upon the dexterity, intelligence, and judgment of the operator.

SECTION 11.

New-laid Eggs.—The more fresh the egg is, the longer it withstands the heat of the water-bath. I consequently took eggs the day they had been laid, placed them in a jar, with raspings of bread, to fill up the vacuities, and secure them against breaking when removed to a distance. Having well corked, tied, and luted the jars, &c. I placed them in a boiler of a proper size* to

* The operation performed on a great scale, that is, in a larger boiler, would require too much exactness, as it would be more difficult to command just the due degree of heat in such a boiler than in a small water-bath which may be set on and taken off at pleasure.

give them seventy-five degrees of heat.* Having taken the water-bath from the fire, I took out the eggs as soon as the water was so cool that I could put my finger in it. I then took out the eggs and kept them six months. At the end of that period, I took the eggs out of the jar, put them into cold water, which I set on the fire and heated it to seventy-five degrees: I found them fit to dip a toast of bread into, and as fresh as when I prepared them. As to hard eggs, which are to be cut into slices and fricaseed, I heat the water-bath eighty degrees, and as soon as it begins to boil, I remove the water-bath from the fire.

SECTION 12.

Milk.—I took twelve *litres* of milk, fresh from the cow; I condensed it in the water-bath, and reduced it to two-thirds of its quantity, frequently skimming it. Then I strained it through a bolting-cloth. When cold, I took from it the skim which had risen while it was cooling, and bottled it, with the usual process, and afterwards put it in the water-bath, which I let boil for two hours; and at the end of several months, I perceived that the cream had separated itself and was swimming in the bottle in the form of flakes. To obviate this inconvenience, I made a second experiment on a like quantity of milk which I condensed in the water-bath, reducing it to one-half, instead of one-third, as I had done the former. I then added to the milk, so reduced, the yolks of eight new laid eggs well beaten. Having left the whole thus well mingled half an hour on the fire, I completed the experiment as before. This expedient perfectly succeeded.

The yolk of egg had so completely combined all the parties, that at the end of a year, and even of eighteen months, the milk remained as fresh as when I put it in the bottles. The first also was preserved more than two years. The cream which was in flakes disappeared when put on the fire. Both sus-

tained the boiling alike. From both, butter and whey were afterwards obtained. In the different experiments and chemical analyses to which they were exposed, it was found that the last, being much the better, was equal to the best cream sold at Paris to drink with coffee.

SECTION 13.

Cream.—I took five *litres* of cream, taken with care from milk of the preceding evening. I condensed it in the water-bath to four *litres* without skimming it. I took off the skim which was formed above, in order to strain it thro' a bolting-cloth afterwards, and let it cool. After having taken off the skim which had risen while cooling, I put it in half bottles, observing the usual process, and let the water-bath boil for one hour.

At the end of two years this cream was found as fresh as if prepared the same day. I made some good fresh butter with it; making from five to four oz. of butter from half a *libre* of cream.

SECTION 14.

Of Vegetables.—As the difference of climates renders the productions of different countries more or less early, and varies their qualities, kinds, and denominations, attention will be given by the operator to the circumstances of the spot in which he resides.

At Paris and its environs, June and July are the best months for preserving green peas, small windsor beans, and asparagus. At a later period, these vegetables suffer greatly from heat and dryness. In August and September I preserve artichokes, French beans, and cauliflowers.

In general, all vegetables intended to be preserved should be used as recently gathered as possible, and prepared with the utmost rapidity, so that there should be as it were, but one step from the garden-bed to the water-bath.

SECTION 15.

Green Peas.—I gather the peas when they are not too young and tender, for

* That is, of Reamur, or 200 of Fahrenheit; in like manner, the 80 of Reamur, or boiling point mentioned below, is 212 of Fahrenheit.

they are apt to dissolve in water during the operation. I take them when they are of a middling size. They are then in a more perfect state, and have an infinitely finer taste and flavour. I shell them as soon as they are gathered. I separate the large ones, and they are then put in bottles, the bottles being for that purpose placed on the stool before mentioned, in order that as many peas as possible may, by shaking the bottle, be made to go into them. I then cork the bottles, &c. and put them in the water-bath, which is made to boil for an hour and a half, if the season be cool and moist; and two hours in a dry and hot season; and I terminate the operation as before.

I also put in bottles the larger peas which I had separated from those which were more delicate. These, also, I put into a water-bath, which I let boil according to the season, two hours, or two hours and a half.

SECTION 16.

Asparagus.—I clean the asparagus as if for ordinary use, either with the stalk, or the buds only. Before I put them in bottles or jars, I plunge them into boiling water, and afterwards into cold water, in order to take away the peculiar sharpness of this vegetable. The stalks are placed in the jars with great care, the heads being downwards: the buds are put in bottles. After both are well drained, I cork the bottles, &c. and put them in the water-bath, where they remain only till the water thoroughly boils.

SECTION 17.

Windsor Beans.—I gather them very small, about the size of the end of the little finger, in order to preserve them with their skin. As the skin becomes brown when in contact with the air, I take the precaution of putting the beans in bottles as soon as shelled. When the bottles are full, the beans having been shaken down gently on the stool, and in that way the vacancies in the bottle having been filled up, I add to each bottle a little bunch of savory; I cork them

quickly in order to give them one hour's boiling in the water-bath. When this vegetable has been quickly gathered, prepared, and preserved, it has a white, greenish colour; on the contrary, when the operation has been tardy, it becomes brown and hard.

SECTION 18.

French Beans.—I cause the beans to be gathered as for ordinary use. I string them, and put them in bottles, taking care to shake them on the stool, to fill the vacancies in the bottles. I then cork the bottles and put them in the water-bath, which is to boil an hour and a half. When the beans are rather large, I cut them lengthways into two or three pieces: and then they do not require being in the water-bath longer than one hour.

SECTION 19.

Artichokes.—To preserve artichokes whole, I gather them of a middling size; after having taken off all the useless leaves, and pared them, I plunge them into boiling water, and immediately afterwards into cold water. Having drained them, I put them into jars which are corked, &c. and they receive an hour's boiling.

To preserve cut artichokes, I divide them (taking fine specimens) into eight pieces. I take out the choke and leave very few of the leaves. I plunge them into boiling water, and afterwards into fresh water. Having been drained, they are then placed over the fire in a saucepan, with a piece of fresh butter, seasoning, and fine herbs. When half dressed, they are taken from the fire and set by to cool. They then are put in jars, which are corked, tied, luted, &c. and placed in the water-bath, in which they receive half an hour's boiling.

SECTION 20.

Cauliflowers.—I plunge the cauliflower, like the artichoke, in boiling water, and then in cold water, after having first plucked it. When well drained, I put it in jars, which are corked, &c. I place it in the water-bath, in order to give it half an hour's boiling, &c.

As the seasons vary, and are sometimes dry and sometimes moist, it is necessary to study and adapt the various degrees of heat required according to the season. Attention to this circumstance must never be disregarded. For instance, in a cool and damp year, vegetables are more tender and consequently more sensible to the action of fire. In this case, the water-bath should be made to boil seven or eight minutes less; and in dry seasons, when vegetables are firmer, and better support the action of fire, seven or eight minutes boiling should be added.

SECTION 21.

Spinach, Succory and other Herbs.—

When fresh gathered, plucked, scalded, cooled, squeezed and minced, I put them in bottles, &c. to give them a quarter of an hour's boiling in the water-bath, &c.

Carrots, cabbages, turnips, parsnips, onions, potatoes, celery, chardons, red beet, and, generally, all vegetables, may be preserved alike, either simply scalded, or prepared with soup, in order to be used, when taken out of the vessel. In the first case, I cause the vegetables to be scalded and half boiled in water with a little salt. I then take them from the water in order to strain them and let them cool; and afterwards put them into bottles, and into the water-bath. I let the carrots, cabbages, turnips, parsnips, and red beet, remain in the water-bath while it boils one hour; and the onions, potatoes, and celery, &c. half an hour. In the other case I prepare my vegetables with soup, either with or without meat, as for ordinary use. When three-fourths boiled and well prepared and seasoned, I take them from the fire to let them cool. Then I put them in bottles, &c. and give them a good quarter of an hour's boiling in the water-bath.

SECTION 22.

A Soup called Julienne.—I compose a *Julienne* of carrots, leeks, turnips, sorrel, French beans, celery, green peas, &c. These I prepare in the ordinary way, which consists in cutting the carrots, turnips, leeks, French beans and

celery into small pieces, either round or long. Having well plucked and washed them, I put these vegetables in a saucepan over the fire, with a largish piece of fresh butter. When these are half-done, I add the sorrel and green peas. After the whole has been stewed down, I moisten the vegetables with good gravy, prepared for the purpose, with good meat and poultry. I let the whole boil half an hour. Then I withdraw the fire to let it grow cool; and having put the *Julienne* into bottles, &c. I let it boil half an hour in the water-bath. *Julienne* prepared in this way, has been kept by me more than two years.

SECTION 23.

Vegetable Soup.—I compose and prepare a vegetable soup in the usual way; I make the soup so rich, that a bottle of the size of a *litre* can supply a dish for twelve persons, by adding two *litres* of water to it, before it is made use of. When it has grown cool, I put it in bottles, to give it half an hour's boiling in the water-bath.

SECTION 24.

Love Apples.—I gather love-apples very ripe, when they have acquired their beautiful colour. Having washed and drained them, I cut them into pieces, and dissolve them over the fire in a copper vessel well tinned. When they are well dissolved and reduced one third in compass, I strain them through a sieve sufficiently fine to hold the kernels. When the whole has passed through, I replace the decoction on the fire, and I condense it till there remains only one third of the first quantity. Then I let them become cool in stone pans, and put them in bottles, &c. in order to give them one good boiling only, in the water-bath.

SECTION 25.

The Juices of Herbs.—I have succeeded in preserving very well the juices of such plants as lettuce, chervil, borage, wild succory, water cresses, &c. I prepared and purified them by the usual process, I corked them, &c. in or-

der to give them one boiling in the water-bath.

SECTION 26.

Fruits and their Juices.—Fruits and their juices require the utmost celerity in the preparatory process, and particularly in the application of heat to the water-bath.

The fruit which is to be preserved either whole or in quarters, ought not to be completely ripe, because it dissolves in the water-bath. In like manner it should not be gathered either at the commencement or the end of the season. The first and the last of the crop have neither the fine flavour, nor the perfume of those which are gathered in the height of the season, that is, when the greater part of the crop of each species is ripe at the same period.

SECTION 27.

White and Red Currants in Bunches.—I gather the white and red currants apart, and not too ripe. I collect the finest, and in the finest bunches; and I bottle them, taking care to shake them down on the stool, in order to fill up the vacancies in the bottle. Then I cork them, &c. in order to put them in the water-bath which I am careful to watch closely; and as soon as I perceive it boils, I withdraw the fire rapidly, and a quarter of an hour afterwards draw off the water from the bath by means of the cock, &c.

SECTION 28.

White and Red Currants, stripped.—I stripped the white and red currants apart. They are immediately put into bottles, and I conclude the operation with the same attention as in preserving the currants in bunches. I preserve a greater quantity of currants stripped than in bunches: as the stalks always give a harshness to the currant juice.

SECTION 29.

Cherries, Raspberries, Mulberries.—I gather these fruits before they are too ripe, that they may be less squeezed in the operation. I put them in separate

bottles, and shake the bottles gently on the stool. I cork them, &c. and I complete them in the same manner, and with the same care as the currants.

SECTION 30.

Juice of Red Currants.—I gather red currants quite ripe, and squeeze them upon fine sieves. I put into a press the skins which remain upon the sieves, in order to extract all the juice which may be in them, and this I mix with the former juice. I perfume the whole with a little raspberry juice, and I strain this decoction through a sieve finer than those used before. I put the juice in bottles, &c. and expose them to the water-bath, with the same attention as the stripped currants, &c.

I proceed in the same manner with the juice of white currants and barberries (*epines-vinettes*), as well as with that of pomegranates, oranges, and lemons.

SECTION 31.

Strawberries.—I made a number of experiments on the strawberry, and in various ways, without being able to obtain its perfume. I was forced to have recourse to sugar: in consequence, I squeezed some strawberries, and strained them through a sieve, as if I were about to make ice. I added half a pound of powdered sugar, with the juice of half a lemon, to a pound of strawberries. I mixed the whole together, and put the decoction in bottles which I corked, &c. I exposed it to a water-bath till it began to boil, &c. This mode succeeded very well, in every respect, except the colour, which was considerably faded; but that may be supplied.

SECTION 32.

Apricots.—I gather the apricots when they are ripe, but somewhat firm; when, on being squeezed gently between the fingers, the stone is perceived to detach itself from the fruit. As soon as gathered, I cut them in halves, take out the stone, and peel off the skin with a knife as delicately as possible. I put them into bottles, either in halves or quarters, according to the size of the mouth, and

shake them on the stool to fill up the vacancies. I add to each bottle from twelve to fifteen almonds; I cork them and put them into the water-bath to receive one boiling only; and I instantly withdraw the fire with the same precaution as made use of in the preparation of the currants, &c.

SECTION 33.

Peaches and Nectarines.—The grosse *mignonne* and the *calande* are the two kinds of peach which unite the most flavour and perfume. For want of these, I take the best I can meet with.

I gather the nectarine more ripe than the peach, because it supports the heat better; and on the other hand, I leave the skin on it in order to preserve it. Moreover, the same process is observed as in preserving the nectarine, the peach, and the apricot; in every instance watching the water-bath closely, as I do preserving the bunches of currants.

SECTION 34.

Pears of every kind.—When the pears are peeled, and cut into quarters, and the pips with their husks are taken out, I put them into bottles, &c. in order to place them in the water-bath. I carefully attend to the degree of heat they have to receive, which, if they are of a kind usually eaten raw, should not be more than sufficient to make the water-bath boil. When the preserve consists of pears usually stewed or boiled, then I let them remain boiling in the water-bath five or six minutes. Pears which have fallen from the tree require quarter of an hour's boiling, &c.

SECTION 35.

Mushrooms.—I take *mushrooms* fresh from the bed, well formed and firm. Having peeled and washed them, I put them in a sauce-pan on the fire, with a piece of butter or some good olive oil, in order to make them eject their liquor. I leave them on the fire till this liquor is reduced one half. I withdraw them in order to let them grow cool in a pan; after which, I bottle them and give them one good boiling in the water-bath.

Of the mode of making use of the Substances which have been Preserved.

SECTION 36.

Meat, Game, Poultry, Fish.—Meat which has in the preparatory dressing, as well as the boiling it received in the water-bath, received its due quantity of cooking, will, when it is taken to be used, require only to be properly warmed in order to produce both soup and meat.

For the sake of greater economy, and to lessen the number of bottles and jars wanted, it is better to make in the first instance a good gravy as already pointed out by me. For both the beef and the gravy need only to be warmed, and by adding one half or two thirds of water to the gravy, a good soup is provided.

In this manner, a bottle containing a *litre* of gravy may, by adding two *litres* of boiling water to it at the moment that it is to be used, and adding a little salt, furnish a dozen good messes. Thus it is easy at a very slight expense to keep a little stock of provisions against an emergency and hot weather, when it is so difficult to procure them, more especially in the country.

All meat, poultry, game, and fish, which have received three-fourths of their dressing in the preparatory process, and the remainder in the water-bath, as already pointed out, may, when taken out of the vessels, be heated to the proper degree in order to be instantly served at table. If, for instance, the substance taken from the bottle or jar, had not received either enough previous dressing, or enough heat from the water-bath; it is immediately put on the fire in order to supply what is deficient. Consequently, when the operator has taken due care in making his preparations, having properly seasoned and dressed them, the use to be made of them afterwards, will at all events be easy and convenient; for on the one hand they will need only to be warmed, and on the other hand, they may, if necessary, be eaten cold.

Substances thus prepared and preserved, do not, as might be imagined, require to be consumed as soon as they are opened. Provisions may be used

from a vessel eight or ten days after it has been uncorked, care being taken only to replace the cork as soon as the necessary part of the provision has been taken out.

SECTION 37.

Jellies made of Meat and Poultry.—A well prepared and preserved jelly, carefully taken in pieces out of the jar may be used to garnish cold dishes, or it may be even dissolved in the water-bath, the vessel containing it being first uncorked; afterwards it may be poured in a dish to congeal again before it is made use of.

Under an infinity of circumstances, a cook may be in want of the substances necessary to make a sauce with. But with the essences of meat, poultry, ham, &c. as well as with a provision of jelly well preserved and prepared, they may be furnished in an instant.

The broth or jelly prepared and preserved as pointed out in page 118 is eaten either cold as it is found in the bottles, or diluted with more or less boiling water, in the proportions which persons of experience may judge suitable in the several instances.

SECTION 38.

Milk and Cream.—Cream, milk, and whey, prepared and preserved in the manner already pointed out, are used in the same way, and for the same daily purposes, as the same articles when fresh.

Since cream and milk are perfectly preserved in this manner, there is no doubt that dessert creams might be preserved by a similar process, as well as those which are used for ices. These, having been well prepared and completed before they are put into bottles, will only require to be gently warmed in the water-bath, the bottles being uncorked, in order to facilitate its coming out of the vessel. In this manner creams and ices may be furnished instantly.

SECTION 39.

Vegetables.—Vegetables put into bottles without being dressed, and entirely submitted to the action of heat in the

water-bath, as before described, require to be prepared for use on being taken out of the bottles. This preparation will be made according to the season, and every one's taste and inclination. Attention must be given to the washing of the vegetables when taken from the bottle; and to facilitate the taking them out, I fill the bottle with lukewarm water, and after having drained it of the first water, I wash the vegetables in a second water somewhat hotter, having drained them, I then prepare them for a meat or vegetable soup.

SECTION 40.

French Beans.—I scald French beans as if they were fresh in water, with a little salt when not sufficiently dressed by the preserving process. This often happens to them as well as to artichokes, asparagus and cauliflowers. If sufficiently boiled, on being taken out of the bottles, I have only to wash them in hot water in order to prepare them afterwards for vegetable or meat soup.

SECTION 41.

Peas, Beans, &c.—Green peas are dressed in various ways. If they are ill cooked in the season, it is the cook who is blamed; but if they are not found good in winter, the fault is thrown on the person who has preserved them, though the fault most frequently arises from some of the substances employed; either from the bad butter, or the oil or rancid fat which is made use of through negligence or economy. At another time they are prepared two hours too soon. They are suffered to stick to the bottom of the saucepan when on the fire, and they are served smelling of the butter which is turned into oil with a burnt taste; or they are prepared without care, and with too much precipitation. It is thus we see green peas brought to the table swimming in water; but every one has his way. The following is mine:

As soon as the peas have been washed and immediately afterwards drained (for neither this vegetable nor the Windsor bean must be suffered to remain in water, for that would take away their

flavour,) I put them on the fire in a saucepan with a morsel of good fresh butter. I add to them a bunch of parsley and chives. After having tossed them several times in butter, I dredge them with a little flour, and moisten them immediately afterwards with boiling water up to the level of the peas. I leave them thus to be boiled a good quarter of an hour, until very little sauce remains. Then I season them with salt and a little pepper, and leave them on the fire until they are stewed down; I then take them off the fire immediately, in order to add a piece of fresh butter as large as a nut, with a table spoonful of powder sugar for each bottle of peas. I toss them well without replacing them on the fire, until the butter is melted, and I serve them up in the shape of a pyramid upon a dish which I take care to warm thoroughly. I have observed several times, that by adding sugar to the peas when upon the fire, and giving them only one boiling, the peas became hard, and the sauce ran so that it could no longer bind the peas together. Thus great attention should be given to the not putting in the sugar and the last piece of butter until the moment of serving them up. This is the only way of dressing them well, for neither in summer nor winter ought any sauce to appear among the peas.

I cook the small windsor beans, as well with as without their skin, by the same process and with the same attentions which I observe in dressing green peas.

I make an excellent soup-maigre with large preserved peas which are equally good for a meat soup. As to asparagus, artichokes, cauliflowers, &c. they are dressed in the usual way after having been washed, &c. Green peas, beans, French beans, and all kinds of vegetables may be three-fourths boiled, seasoned at the same time, as is done when intended for immediate use, put into bottles or other vessels when cool, corked, &c. and allowed one-half hour's boiling in the water-bath. By these means vegetables will be preserved and quite ready, which may be made use of

in an instant, without any other care than to warm them; and there are also many instances in which these vegetables may be eaten cold. In this way all difficulties may be removed in travelling by land or water.

SECTION 42.

Spinach and Succory.—I dress spinach and succory as usual, in either vegetable or meat soup. Each bottle of a *litre* contains two or three dishes, either of spinach or succory, according to their strength. When I want to make use of a part only, I re-cork the bottle, which I keep for another day.

SECTION 43.

Vegetable Soups.—Having emptied a bottle containing a *litre* of preserved *Julienne* I add two *litres* of boiling water with a little salt, and I have a dish for twelve or fifteen persons.

All farinaceous substances, such as oatmeal, rice, spelt, semoulia, vermicelli, and in general every thing that may be formed into a paste, nutritive and easy of digestion, may be prepared and seasoned with either vegetable or meat soup, and even with milk, before they are made to undergo the preserving process, in order to facilitate the use of them at sea and in armies at a moment of necessity.

SECTION 44.

Tomates and Herbs.—I use preserved tomatoes or *love-apples* in the same manner as those taken fresh in the season. They need only be properly warmed and seasoned when taken out of the bottle.

As to mint and all other plants which may be preserved in bunches, cooks will know how to make the proper use of them, as well as of the juices of herbs.

SECTION 45.

Preserved Fruits, Marmalades, &c.—The manner of making use of fruits, preserved by the process I have pointed out, consists, 1st. In putting such fruit into a fruit jar, in the same state in which it is in the bottle, without adding

any sugar, because many persons, more especially ladies, prefer fruits with their natural juice.

2. In order to make preserves with sugar, I take a pound of preserved fruits, it matters not which; this, on being taken out of the bottle, I put, with its juice, over the fire in a skimming pan, mixing with it four ounces of grape syrup. As soon as it begins to boil, I withdraw it from the fire, and take off the froth by means of a piece of brown paper, which I apply to the surface. As soon as I have skimmed it, I take the fruit gently off the syrup, in order to put it into a fruit jar. After having reduced the syrup one-half over the fire, I put it upon the fruit in the jar. Fruits thus preserved are sufficiently sweet, and have as fine a flavour as a preserve made in the season with fresh fruits.

3. In order to preserve in brandy either cherries, apricots, green gages, pears, peaches, mirabelles, &c. I take a pound of preserved fruit, together with its juice, which I put in a saucepan, on the fire, together with a quarter of a pound of grape syrup. When ready to boil, I skim it; after which, I gently take the fruit from off the syrup, and put it in a jar. I leave the syrup on the fire till it is reduced to one-fourth of its bulk. Then I take it from the fire, in order to add to it a glass of good brandy; and having mixed the whole, I pour the hot syrup upon the fruit in the jar, which I take care to close well that the fruit may be better penetrated by the syrup, &c.

4. I make a *marmalade*, either of apricots, peaches, green gages, or mirabelles, by the following process: I take for one pound of preserved fruit, half a pound of grape syrup. I boil the whole together over a quick fire, taking care to stir it well with a spoon to prevent its boiling. When the marmalade is boiled to a slight consistency, I take it off, because the confectionary which is the least boiled is the best. As preserved fruits afford a facility of making confectionary just when it is wanted, they may, by a little boiling only, be had at any time, fresh and of excellent quality.

SECTION 46.

Currant Jam.—The mode of making currant jam with the juice of this preserved fruit, is quite simple. I put half a pound of sugar to one pound of currant juice, which ought to be perfumed with a little raspberry. Having clarified and dissolved my sugar, I put the currant juice to it, and give it three or four boilings; and when it falls from the skimmer in small lumps not larger than a lentil, I take it from the fire to put it in jars, &c.

SECTION 47.

Syrup of Currants.—In order to make syrup of currants, I warm the juice of this fruit till it is ready to boil. I then strain it through a cloth. By these means I obtain the juice, limpid, and freed from its mucilage. When strained I add half a pound of grape syrup to a pound of fruit, and put the whole on the fire together; when boiled to the consistence of a slight syrup, I take it from the fire to put it in bottles when it is cold.

There is a very simple and economical mode of making use, not only of currant juice, but that of all fruits which are employed to compose an acid beverage.

This mode consists merely in putting into a glass of water slightly sweetened with grape syrup, a table spoonful of the juice of preserved currant, or of any other fruit that may be at hand, which is poured into another glass and then drank off. This mode is the more convenient, because it will be always easy to have these preserved juices at hand, or to procure them at a small expense.

SECTION 48.

General Observations.—From this detail of experiments, it is obvious that this new method of preserving animal and vegetable substance, proceeds from the simple principle of applying heat in a due degree to the several substances, after having deprived them as much as possible of all contact with the external air.

It might on the first view of the subject be thought that a substance, either

raw, or previously acted upon by fire, and afterwards put into bottles, might, if a vacuum were made in these bottles and they were completely corked, be preserved equally well with the application of heat in the water-bath. This would be an error, for all the trials I have made have convinced me that the absolute privation of the contact of external air (the internal air being rendered of no effect by the action of heat) and the application of heat by the means of the water-bath, are both indispensable to the complete preservation of alimentary substances.

My object is not like that of the Bordeaux chemists, to disunite the component parts of the animal substance, and obtain the animal jelly in a separate state, as well as the animal fibre, free from its juice, and so made to resemble tanned leather. Neither is it my endeavour to furnish at a great expense, as in the preparation of portable soup, a tenacious paste or glue, better adapted to derange the stomach than to provide it with a salutary nourishment.

My problem is, to preserve all nutritive substances with all their peculiar and constituent qualities. My experiments prove that I have solved this problem, to which I have devoted my fortune and twenty years of labour and meditation.

SECTION 49.

Practical Remarks.—The bottles and other vessels of every kind fit for the preservation of alimentary substances will occasion but a very slight expense at one time. They may be always used again, if care be taken to rinse them as soon as they are empty; good corks, string and wire are not expensive.

It will be always advisable to procure corks before bottles, and in that case no other bottles need be purchased than such as may have necks suited to the size of the corks, for I have been often unable to procure corks of such a size as I could wish.

Good corking depends only on a little practice. It will suffice to cork a dozen bottles with care and exactness, in or-

der to familiarise a person with the method. Every day, wine and liquors are bottled and transported by land and water to the remotest places. Even glass vessels containing from forty to eighty *litres* in measure have been sent to a great distance full of oil of vitriol and other liquids. It will be the same with animal and vegetable productions, preserved in glass bottles or jars, when sufficient care and attention shall be given them. This is the principal thing required. How many rich liquors and other substances would be better preserved which are either lost or spoiled for want of being well corked.

No one will doubt, after all the experiments I have detailed, that the adoption of this new method, which, as may be seen, unites the greatest economy to a perfection unlooked for till the present time, will secure the following advantages :

1. That of considerably diminishing the consumption of sugar, the produce of the cane, and giving the greatest extension to the manufactories of grape syrup.

2. That of preserving for use in all countries and all seasons, a number of alimentary and medicinal productions, which being very abundant in some places at certain seasons, are therefore wasted, being considered as of no value; while the same substances, under other circumstances, being much wanted, become of double and even four-fold value, and sometimes cannot be procured at any price, such as butter and eggs.

3. That of procuring civil and military hospitals, and even for the armies the most valuable assistance, the details of which would be superfluous here. But the great advantage of this method consists principally in its application to the service of the navy. It will supply fresh and wholesome provisions for his majesty's vessels on long voyages with a saving of more than fifty per cent. Mariners will in cases of illness be furnished with broth, various and cooling beverages, vegetables and fruits; in a word, they will be able to partake of a number of alimentary and medicinal sub-

stances, which will alone be sufficient to prevent or cure the diseases contracted at sea, more especially the worst of them all, the scurvy. These advantages eminently merit the public attention when we reflect that salted provisions, and, above all, their bad qualities, have caused the loss of more lives at sea than shipwrecks and naval engagements.

4. Medicine will find in this method the means of relieving humanity, by the facility of meeting every where, and in all seasons, animal substances, and all kinds of vegetables, as well as their juices, preserved with all their natural qualities and virtues: by the same means it will obtain resources infinitely precious in the production of distant regions, preserved in their fresh state.

5. From this method will arise a new branch of industry, relative to the pro-

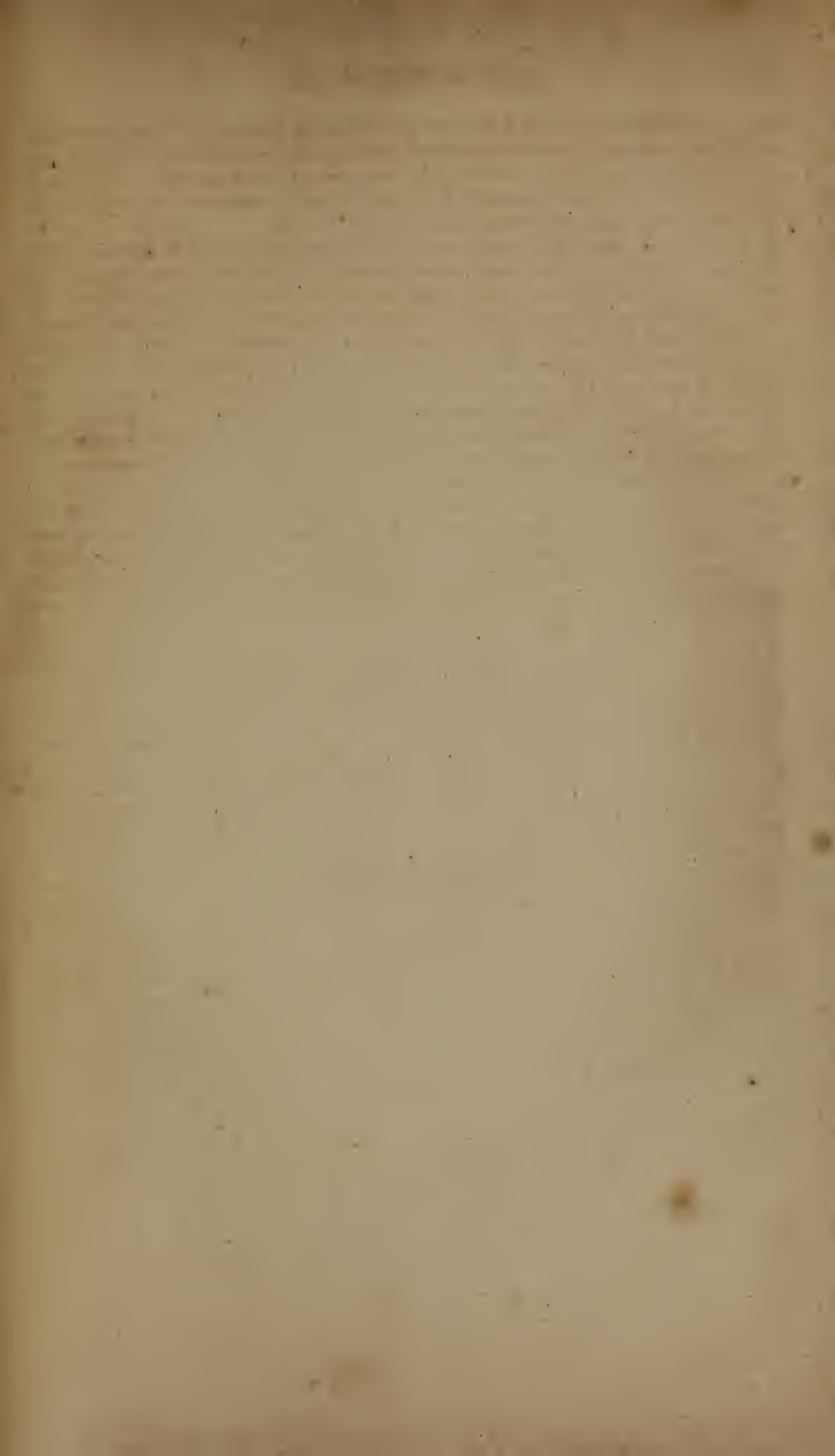
ductions of France, by their circulation through the interior, and the exportation abroad, of the produce with which nature has blessed the different countries.

6. This method will facilitate the exportation of the wine from many vineyards: wine which can scarcely be kept a year, even when not removed from the spot, may hereafter be preserved many years though sent abroad.

Finally, this invention cannot fail to enlarge the domain of chemistry, and become the common benefit of all countries, which will derive the most precious fruits from it.

So many advantages, and an infinity of others which the imagination of the reader will easily conceive, produced by one and the same cause, are a source of astonishment.

THE END.





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