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THE

ROGER COOKERY.

BEING A

COLLECTION OF RECEIPTS,

DESIGNED FOR THE USE

OF

PRIVATE FAMILIES.

TX
715

WHAT WE SPEND RATIONALLY, WE ENJOY.

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BOSTON,

PUBLISHED BY JOSEPH DOWE.

1838.

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ROGER COOKERY.

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Joseph Dove

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INTRODUCTORY NOTICE.

In preparing this work the Author has carefully avoided all redundancy of words ; thereby shortening the receipts, and it is hoped making them more easily understood by the Cook. Many of the receipts are entirely new,—and it is believed wholesome ; for it should be the aim of all cookery, to secure the greatest of blessings—*sound health*. It is hoped there is sufficient variety in the book to relieve all who practise by it, from an every-day sameness, without severely taxing the *purse*, while gratifying the *palate*.

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DOMESTIC RECEIPTS.

COFFEE.

The finest flavored coffee is made the same day it is roasted. Great care is required in the process of roasting lest it should burn—in this case a very few grains will communicate a bitter and rancid taste to several pounds of coffee. It is the best way to put it in a roaster, over a charcoal fire, and turn it continually till it assumes a dark brown color.

When ready for use, put the given contents into a pot and stir it as you add the water so that it need not boil over as the coffee swells, then let it boil gently about ten minutes. To clarify it, put a small piece of fish skin nicely cleansed, with the coffee before boiling. When you take it from the fire pour out a few spoonfuls of the mixture, and then pour it back, and it will settle ready to pour off in a few minutes. If you have no fish skin, a bit of isinglass, American or Russian, will do. If nothing else be at hand, a few spoonfuls of cold water will generally answer. Good cream is indispensable in making a rich cup of coffee, but milk *boiled* is far better than in its natural state.

CHOCOLATE.

According as you wish to make this beverage either with milk or water, put a cup of one or the other of these liquids into a chocolate pot with an ounce of cake chocolate. Some persons dissolve the chocolate in a little water before they put it into the milk. As soon as the milk or water begins to boil, mill it. When the chocolate is dissolved and begins to bubble, take it off the fire, letting it stand near it for a quarter of an hour; then mill it again to make it frothy;

afterwards serve it in cups. The chocolate must not be milled unless it is prepared with cream. An ounce of chocolate regulating the quantity of milk or water as you wish it for thickness, boiled 15 minutes in an open vessel, is another way of making this beverage, by some preferred.

COCOA.

Put into a saucepan an ounce of good cocoa and a quart of water; cover it, and when it boils set it beside the fire to simmer. It can be made in large quantities, poured from the sediment and boiled up as required.

TEA.

The first requisite to make good flavored tea, provided the tea is good, is pure water. Be sure it boils—scald the pot—then put the tea in and pour about two cups of water upon it, let it stand a few minutes if it is black tea, before filling it up for the table;—if hyson, it should simmer a few minutes.

BREAD.

As the accompaniments to a good breakfast we will insert a few palatable and light cakes.

Rolls. Warm an ounce of butter in half a pint of milk, then add a spoonful and a half of yeast, and a little salt. Put two pounds of flour in a pan and mix in the above ingredients. Let it rise an hour—or over night in a cool place; knead it well, make it into seven rolls and bake them in a quick oven. Add half a tea-spoonful of saleratus just as you put the rolls into the baker.

Short Rolls.—Take about two pounds of flour, add a piece of butter half the size of an egg, a little salt, an egg, two spoonfuls of yeast, and mix it with warm milk; make it into a light dough and let it stand by the fire all night; should it sour, put in a little saleratus. Bake them in a quick oven.

Light Biscuit.—Take two pounds of flour, a pint of buttermilk, half a tea-spoonful of saleratus, put into the buttermilk a small piece of butter or lard rubbed into the flour; make it about the consistency of bread before baking.

Bread Biscuit.—Three pounds of flour, half a pint of indian meal sifted, a little butter, two spoonfuls of lively yeast; set it before the fire to rise over night; mix it with warm water.

Rice Biscuit.—Two pounds of flour, a tea-cupful of rice, well boiled, two spoonfuls of yeast, mix it with warm water: and let it rise six or eight hours.

Johnny Cake.—Three pints of indian meal, one egg, a spoonful of sugar, and mix it with milk or water; spread it upon a tin pan and put it into your baker.

Brown Bread Biscuit.—Two quarts of indian meal, a pint and a half of rye, one cup of flour, two spoonfuls of yeast, and a table spoonful of molasses. It is well to add a little saleratus to yeast almost always, just as you put it into the article. Let it rise over night.

Sour Milk Cake.—Have ready your flour, sweeten your milk with a little saleratus, add a little salt, make it rather soft, and pour it into your pan and bake it.

Newton Biscuits.—Make a pound of flour, the yolk of an egg, and some milk into a very stiff paste; beat it well, knead it till smooth, roll it thin and cut it into biscuits; prick, and bake them in a slow oven till dry and crisp.

Griddle Cakes—Rub three ounces of butter into a pound of flour with a little salt, moisten it with sweet buttermilk to make it into a paste, roll it out and cut the cakes with the cover of your dredging box, and put them upon a griddle to bake.

Rolls, American.—Three pints of sifted flour, six spoonfuls of yeast, a pint of lukewarm water, a tea-spoonful of salt, half a pint more of warm water, and a little more flour mixed in before kneading.

Muffins.—A quart of milk, two eggs, two spoonfuls of yeast, two pounds of flour, a lump of butter the size of an egg, which is to be melted in the milk, and a little salt; milk to be warmed and then the ingredients added.

Crumpets.—The dough may be made as for muffins; when it has stood to rise, give it a roll with the hand, pull it in pieces about the size of an egg, roll them like a ball and lay them directly under a flannel; let them be lightly browned.

Rolls with Potatoes.—Dry a pound and a half of flour, bruise a pound of boiled mealy potatoes, and work them with a small piece of butter and half a pint of milk till they will pass through a colander; put a quarter of a pint of warm water to a quarter of a pint of yeast, add them and some salt to the potatoes, and mix the whole up with the flour; if too stiff, add a little milk; knead it well, set it before the fire to rise for half an hour, then work it up into common sized rolls, and bake them half an hour in a pretty quick oven.

Long Rolls.—Take two pounds of flour, rub into it two

ounces of butter and two ounces of loaf sugar finely powdered; put to these four large spoonfuls of yeast, and milk enough slightly warmed, to make a light paste; set this before the fire to rise for half an hour, then roll out the dough thin, into moderate lengths, let them stand before the fire for an hour, and then bake them in a slack oven half an hour.

Rice Bread.—Simmer a pound of whole rice in water, or milk, if you have it, till it is quite tender, put the rice before it is cold to four and a half pounds of wheat flour, add a small piece of sweet leaven or yeast, a little salt, and as much lukewarm water as will make it into dough. It will require the same time to rise as common bread, and is to be baked in the same way.

Coffee Cakes—Take some rice that has been boiled soft, twice as much flour as rice, a little fine indian meal, and a little sweet yeast or leaven, mix it with cold water, and let it rise over night. This will make fine biscuit for breakfast.

Good Household Bread.—Take three quarts of flour, half a pint of fine indian meal, a little leaven or yeast, into which put a tea-spoonful of saleratus, mix it with cold water; let it rise three or four hours on a warm hearth—add a little saleratus just as you put it into the pans, if it is changed at all.

Hard Biscuit.—Warm two ounces 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; they will bake in a few minutes.

Brown Bread.—Scald two quarts of sifted indian meal, take three pints of rye meal, three spoonfuls of molasses, a little salt, and half a tea-cupful of yeast; mix it rather soft,—let it rise about three hours, put it in a large deep pan and let it stand in the oven over night; insert half a tea-spoonful of saleratus into the yeast. Stewed pumpkin may be put with the meal, if you have it, say a pint to a loaf.

Observation.—Make use of the same pan or trough for bread, and keep it clean by nicely scraping it when you have done using it.

Yeast.—Boil some mealy potatoes till they are soft, then peel them, and as you mash them add as much boiling water as will make them of the consistency of common yeast; put in half a tea-cupful of molasses, and two table-spoonfuls of good yeast, while the potatoes are a little warm; keep it warm and allow a large space for its fermentation; when

it has done fermenting it is fit for use—keep it in a cellar. There is an hundred receipts for good yeast, but the above is as good as any.

Method of making good Leaven.—Take a lump of yeast dough and set it in a cool place. If you wish to keep it long, roll it thin and let it dry, remembering to put some cold water to the quantity you wish to use, an hour beforehand. It is better to lay a small piece by at every making of bread. It will make bread whiter and lighter than yeast. A piece as big as an egg, is sufficient for a large batch of bread.

COOKING OF MEATS.

A good Boiled Dish.—Have ready a substantial fire, put your meat in the pot, covering it with cold water, and let it simmer some time without boiling; watch the scum as it rises and be sure and remove it, adding a little cold water after every skimming; see that the meat is covered during the process of boiling, but not beyond what is necessary. A good rule for the time of cooking the meat, is allowing twenty minutes for every pound,—this is when it boils very gently; always bear in mind, the slower it boils the more it will swell, and the more tender it will be. The above rule answers for beef and mutton; lamb, pork, and veal require to be more thoroughly done. Potatoes very nicely washed acquire an additional flavor by being boiled with the meat. Many cooks insert as many vegetables as the pot will allow, but in this, the cook must consult the taste of her employers.

To bake a Pig.—Cover the ears and tail with buttered paper and baste the back with butter to prevent its blistering. Well baked, it is considered as good as a roasted one.

A Goose, or Duck prepared the same as for roasting, turned from one side to the other, as it is done, is considered a fine dish baked.

A Ham, if not too old, put in soak for an hour, taken out and baked in a moderately heated oven, cuts fuller of gravy and finer flavor than a boiled one.

Codfish, Haddock, and Mackerel, should be dredged with flour, and some bits of butter spread over them.

A Hare, prepared the same as for roasting, with a few bits of butter, and a little milk, put into the dish, and basted several times, will be found nearly equal to roasting.

To Roast Beef.—The first requisite is a good fire. Set

your meat at a little distance from it so that the heat may penetrate it quickly, or it will shrivel and dry. See that it balances well on the spit. As soon as it is warm begin to baste it well, which will prevent the best juices from escaping. Some cooks dispense with sprinkling salt upon meat while roasting, but I think it not an unsafe rule, to throw on a little when it is first put to the fire. When the smoke draws towards the fire, and the dropping of the clear gravy begins, it is a sure sign the meat is nearly done: then is the time to baste it well, dredge it with flour to bring on that fine brown color which belongs to a well roasted joint of meat.

It is an old rule to allow rather more than a quarter of an hour to roasting each pound; in summer, however, twenty minutes is equal to half an hour in winter.

Veal.—Veal should be roasted brown, and if a fillet or loin be sure and paper the fat that as little of it may be lost as possible. When nearly done, baste it with butter and dredge it with flour.

Pork.—Pork should be well done. When roasting a loin, cut the skin across with a sharp knife, otherwise the crackling is very bad to manage. A sparerib, should be basted with a little butter, a little flour, and sweet herbs, or sage and onions, as best suits the taste of the employers. Apple-sauce should be served with this dish.

Wild Fowls.—These fowls always require a brisk fire, and should be roasted till they are of a light brown, but not too much, otherwise they lose their flavor by letting the gravy run out.

To roast a Fowl.—It is picked, nicely cleaned and singed; the neck is cut off, the fowl washed. It is trussed, and dredged with flour, and when put down to roast, basted with butter. When the steam draws towards the fire it is done. A good sized fowl will require above an hour to roast. Make a rich gravy from the drippings, add butter, a little thickening and the inwards, nicely chopped, after you have boiled them soft.

Chickens —They must be roasted as above—they will require about three quarters of an hour, if of common size, before a brisk fire.

To boil a Fowl.—When nicely singed, washed, and trussed, it is well dredged with flour and put on in boiling water, and if a large one boiled nearly an hour. It is serv-

ed with parsley and butter. Boiled chickens may be stuffed, they require a little longer boiling.

To roast a Goose.—After being cleaned, picked and singed, it is washed, made perfectly dry, and stuffed with about four table-spoonfuls of grated bread, an onion finely minced, a little sage, seasoned with salt and pepper, and mixed with a well beaten egg; or the stuffing may be made of mashed potatoes, seasoned the same way as the other, and mixed with a beaten egg. If roasted on a spit each end is tied on tightly, it is basted at first with a little butter, after which the fat that drops from it is used. A rich gravy may be made. A large goose will require an hour and a half to roast. Apple-sauce is the best one to be served with it. A small goose requires about an hour to roast; it may be basted with butter, seasoned with pepper and salt only.

Ducks.—They should be nicely cleaned, seasoned with pepper and salt—or stuffed like a goose. A duck should be boiled an hour. Some like onion sauce poured over it.

Potted Pigeons.—There is no way to cook pigeons so good as to pot them. Clean them nicely, truss them, as if for boiling, to keep them in good shape—cover them with water, put in a piece of butter, and a little pepper. Let them stew about an hour; they should be stuffed as chickens. Gravy may be made of the liver, gizzards, and pinions, salt, and some minced parsley, with three ounces of butter, and a little thickening of flour, in the pot after the pigeons are taken out.

Roasted Pigeons, should be often basted with butter; considerable pork should be put in the stuffing that they may not be dry. Serve them with parsley and butter in the dish, or make a gravy of the giblets, some minced parsley, seasoned with pepper and salt.

To boil a Turkey.—After being nicely cleaned, it is trussed with the legs drawn in under the skin, stuffed, adding a few chopped oysters; then boiled in a well floured cloth, and served with oyster sauce, some of which is poured over it, and also some in a sauce tureen. Celery-sauce is eaten with it. A large sized turkey will require more than two hours to boil.

To roast a Pig.—To be good it must be very fresh. The ends must have much more fire than the middle. It is well to hang a flatiron before the middle part to keep the fire fiercest at the two ends. For the stuffing, take of the

crumbs of a stale loaf about five ounces; rub it through a colander; powder a handful of sage, and an onion, if you like it. Mix them together with an egg, some pepper, salt, and a bit of butter the size of an egg. Fill the belly of the pig with this, and sew it up; lay it to the fire and baste it, till it is done. Do not leave it a moment—it requires constant attention. It must be nicely crisped and delicately browned, neither blistered nor burnt. A small pig will be done enough in about two hours. Currant sauce is very good with roasted pig.

Pig's Feet and Ears Soused.—Clean them and boil them till they are tender; then split the feet, and put them and the ears in salt and water. When you use them, dry them, dip them in batter, fry them and send them to table. If you like them better, clean them, boil them, and put them in salt and vinegar. In this case boil all together for an hour and pour them in a deep vessel.

Mutton.—For roasting it should hang as long as it will keep, the hind quarter especially, but not so long as to taint—in this case the juices will be putrid.

Leg of Mutton.—If roasted, serve with onion, or currant jelly sauce; if boiled, with caper sauce, and vegetables. To roast a saddle of mutton, 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.

Mutton Chops.—They should be nicely broiled, and served immediately, or they will be hard. This rule applies to all steaks, and broiled food.

Lamb, should be nicely roasted, and a little parsley sprinkled over it. Lamb steaks should be fried a beautiful brown; when served throw over them a good quantity of crumbs of bread fried, and some parsley.

Meat Pies.—Have a good crust ready; let your meat be cold, put such seasoning as you like, and cut small pieces of butter over the top, before putting on the upper crust. Allow sufficient moisture.

DIFFERENT MODES OF COOKING OYSTERS.

To be enjoyed in the greatest perfection, they must be eaten as soon as they are opened—if not absolutely eaten alive, their flavor and spirit is lost.

To Scallop Oysters.—Put them with their liquor, strained,

a few pepper corns, a little cayenne, and a piece of butter as big as a walnut, kneaded with flour, into a stew-pan; simmer them very gently for half an hour, by no means letting them boil; pick out the pepper, have ready finely grated crumbs of bread seasoned with pepper and salt, put them into a dish, alternately laying the crumbs, then the oysters and part of the liquor, and stick over the last layer of crumbs a few bits of butter, then brown them in a baker fifteen or twenty minutes.

Oyster Sauce.—When your oysters are opened, take care of all the liquor, and give them one boil in it. Then take the oysters out and put to the liquor three or four blades of mace, add to it some melted butter, and some good cream; put in your oysters and give them a boil.

Oyster Patties.—Make some rich puff paste and bake it in very small tin patty-pans; when cool turn them out upon a large dish. Stew some large fresh oysters, adding some mace, nutmeg, and cloves, the yolks of three eggs boiled hard and grated, a little butter, and as much of the oyster liquor as will cover them. When they have stewed a little while, take them out of the pan and set them away to cool; when quite cold, lay two or three oysters in each shell of puff paste.

Stewed Oysters.—Open the oysters and strain the liquor, put to them some grated stale bread, a little pepper, and nutmeg; throw them into the liquor, and add a glass of white wine. Let them stew but a very short time, or they will be hard. Have ready some slices of buttered toast with the crust off. When the oysters are done, dip the toast in the liquor, and lay the pieces round the sides and in the bottom of a deep dish. Pour the oysters and liquor upon the toast and send them to table hot.

VEGETABLES.

To boil Potatoes well.—Wash them but do not pare or cut them unless they are very large; have them nearly of equal size, cover them about an inch in cold water—too much water entirely spoils them—set them over a moderate fire till they are soft enough to admit a fork, then pour the water off, uncover the vessel containing them, put them at such a distance that they will not burn, and all superfluous moisture will evaporate and you will have nice mealy potatoes.

Mashed Potatoes.—When your potatoes are thoroughly boiled, drain them quite dry, pick out every speck, and while hot rub them through a colander; to every pound of potatoes put about half an ounce of butter and a table spoonful of milk; egg them with the yolk of an egg, and brown them before a slow fire. To fry or broil them, boil them first.

To roast Potatoes.—Some cooks boil them till they are half done, and then put them in a baker before a moderate fire.

Turnips.—Peel off the outside—if you slice them they will boil sooner; when tender take them up and mash them with butter, or boil and serve them whole.

Beets, take from an hour to an hour and a half, according to their size.

Squash requires about an hour's boiling—mash it dry with butter.

FISH.

To boil Salmon.—Clean it carefully, boil it gently and take it out of the water as soon as it is done. Let the water be warm if the fish is split.

To make a Chowder.—Lay some slices of good fat pork in the bottom of your pot, cut a fresh cod into thin slices and lay them top of the pork, then a layer of biscuit, and alternately the other materials till you have used them all, then put in about a quart of water. Let it simmer till the fish is done; previously to its being thoroughly done add pepper, salt, and such seasoning as you like, and a thickening of flour, with a coffee cup of good cream, or rich milk.

Clam Chowder, is made in the same way, only the heads and hard leathery parts must be cut off.

Mackerel Broiled.—Open them, lay them on a clean grid-iron over a clear slow fire, when done on one side turn it, have it a nice brown, butter it well and serve it.

Smelts.—They should only be washed enough to clean them. Dry them, lightly flour them, dip them into boiling fat and when of a bright yellow brown they are done.

Fried Eels.—Parboil them a few minutes, then have your hot fat ready and fry them. An improvement is to dip them into an egg and crumbs of bread.

To fry Trout.—Scale, gut and well wash; then dry them and lay them on a board before the fire after dusting some

flour over them; fry them of a fine color with fresh dripping, serve them with parsley and plain butter.

Perch may be done in the same manner.

To fry Cod and Haddock.—Dry the fish, dip it in indian meal, put it in hot fat and fry over a clear even fire.

CAKES.

Drop Cakes.—One pound of flour, one pound of sugar, eight eggs leaving out half the whites, rosewater and nutmeg to your taste.

Plain Cake.—Nine pounds of flour, three of sugar, three of butter, one quart of yeast, one of milk, nine eggs, one ounce of spice, one gill of rosewater, one do. of wine.

A light Cake to bake in cups.—Half a pound of sugar, half a pound of flour rubbed into two pounds of flour, one glass of wine, one of rosewater, one of yeast, nutmeg, and currants.

Minute Cakes.—One pound of flour, one of sugar, three quarters of a pound of butter, half a pint of cider, two spoonfuls of pearlash.

Election Cake.—Ten pounds of flour, four of sugar, three of butter, three pints of yeast, one and a half pints of milk, spice as you like.

Loaf Cake.—Three pounds of flour, one and a half of sugar, one and a half of butter, six eggs, half a pint of milk, half a pint of yeast, spice to your liking.

Composition Cake.—Four pounds of flour, three of sugar, one and a half of butter, eleven eggs, a few currants, two spoonfuls of pearlash dissolved in a pint of milk, nutmeg and cloves for spice.

Nut Cakes.—One pound of flour, quarter of a pound of butter, quarter of a pound of sugar, five eggs, spice.

Sugar Gingerbread.—Four pounds of flour, three of sugar, two of butter, nine eggs, four spoonfuls of ginger.

Cymballs.—Pound of flour, half a pound of sugar, half a pound of butter, five eggs, a spoonful of saleratus, cinnamon and rosewater.

Cup Cake.—Nine cups of flour, four of sugar, two of butter, half a cupful of milk, two spoonfuls of saleratus, eight eggs, spice to your liking.

Milk Biscuit.—Four pounds of flour, two of lard and butter, rolled well, mixed with a little salt and milk.

Kisses.—Three cups of sugar, one of milk, a teaspoonful

of saleratus, half a cupful of butter, half an ounce of cake seeds: work in flour until hard enough to roll.

Diet Bread.—Ten eggs, their weight in sugar, the same in flour, brandy and spice.

Frosting for Cake.—Whites of eight eggs, two pounds of loaf sugar, half an ounce of white starch, half an ounce of gum arabic, beaten till it looks white and thick: dry it in a cool oven.

Rice Cake.—One pound of sugar, three-fourths of a pound of ground rice, twelve eggs with four of the whites out, a little salt, one peel of lemon and juice, a little nutmeg.

Queen Cake.—One pound of sugar, one pound of butter, fourteen ounces of flour, ten eggs, one glass of wine and brandy mingled, half a glass of rose water, one teaspoonful of mace and cinnamon mixed, one nutmeg—butter the tins well.

Sugar Biscuits.—Three pounds of flour, one of butter, one and a half of sugar, half a pint of milk, three spoonfuls of brandy, one small tea-spoonful of dissolved pearlsh, four spoonfuls of cinnamon.

Sugar Gingerbread.—Nine eggs, two pounds of flour, one and a half of sugar, one cup of ginger, one glass of rose-water—make it very thin and sift sugar over it just as you put it in the oven.

Soft Gingerbread.—Twelve teacups of Flour, six teacups of molasses, two teacups of cream, two teacups of butter, two table-spoonfuls of ginger, two tea-spoonfuls of pearlsh.

Rich Cake.—Twelve pounds of flour, twelve pounds of sugar, twelve pounds of currants, nine pounds of butter, five dozen of eggs, three pints of wine, quarter of a pound of spice, a little pearlsh.

Wedding Cake.—Seven pounds of flour, seven pounds of eggs, six pounds of currants, half a pint of brandy, half a pint of rose water, one ounce of nutmegs, one quarter of citron, two spoonfuls of pearlsh.

Pound Cake.—One pound of flour, one pound of sugar, one pound of butter, ten eggs, rose water and nutmeg.

Cider Cake.—Three cups of sugar, one cup of butter, one cup of milk, five cups of flour, one cup of cider, three eggs, one tea-spoonful of saleratus to be put in the cider and inserted the last thing.

Excellent Cake.—One pound of flour, half a pound of butter, three-fourths of a pound of sugar, half a pint of milk,

five eggs, one glass of brandy, one tea-spoonful of saleratus, one pound of currants, cloves and citron.

Jumbles, Common.—Four eggs, three cups of sugar, a little nutmeg, a tea-spoonful of pearlsh, a cup of butter; stir in flour till it will roll, cut in rounds with a hole in the centre. Roll them in sugar.

White Cakes.—Dry half a pound of flour, rub into it a very little new-pounded sugar, one ounce of butter, one egg, a few caraway seeds, and as much milk and water as will make a paste. Roll them thin, and cut them with the top of a cannister—bake fifteen minutes.

Small Plum-cakes to keep long.—Dry one pound of flour, and mix it with six ounces of finely powdered sugar; beat six ounces of butter to a cream, and add to three eggs, well beaten, half a pound of currants, washed and nicely dried, and the flour and sugar; beat all for some time, then dredge flour on tin plates and drop the batter on them about the size of a walnut. If properly mixed it will be a stiff paste. Bake them in a quick oven.

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 in 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.

Common Cake.—Rub into one pound of flour, a quarter of a pound of good butter, mix with two well beaten eggs and a table-spoonful of fresh yeast, as much warm milk as will make the flour into a very thick batter. Let this remain near the fire, covered with a cloth for an hour, then mix into it six ounces good brown sugar and nine ounces good currants. Let it stand again for half an hour and bake it in a buttered tin for one hour.

Cream Cake.—Sift some double refined sugar, beat the whites of seven or eight eggs; shake in as many spoonfuls of the sugar, grate in the rind of a large lemon, drop the froth on a paper, laid on tin in lumps at a distance; sift a good deal of sugar over them, set them in a moderate oven. The froth will rise—put them in a cool oven to dry. You may put raspberry jam and put two bottoms together.

Alice Cake.—Five cups of flour, one cup of sugar, one cup of butter, half a cup of molasses, four eggs, a tea-spoonful of cloves, and one of saleratus.

PUDDINGS.

Sago Pudding.—A large table-spoonful of sago, boiled in one quart of milk, the peel of a lemon, a little nutmeg and four eggs. Bake it.

Devonshire Pudding.—One pound of flour, one pound of suet, one pound of currants, and eggs sufficient to wet the ingredients. Boil it five hours.

Lemon Pudding.—Half a pound of sugar, half a pound of butter, peel of three lemons, juice of one, one pint of cream, twelve eggs except the whites of six, one or two milk-biscuits if you please.

Cracker Pudding.—Five biscuits, five eggs, one quart of milk, a little salt. Boil it an hour and a half.

Marlboro' Pudding.—Six spoonfuls apple well strained, six eggs, six ounces sugar, six ounces butter, six table-spoonfuls rosewater, the juice of one lemon and peel grated, one milk-biscuit, a little nutmeg or mace.

Boiled Indian.—One quart milk, five gills meal, four eggs, a tea-spoonful salt, and one of molasses; boil three hours.

Another.—Three cups of indian meal, half a cup of molasses mixed with lukewarm water rather stiff. Boil two hours.

Ground Rice Pudding.—Boil a large spoonful of rice 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 around the dish.

Apple Pudding.—Line a basin with a paste tolerably thin, fill it with the fruit and cover it; tie a cloth over it tight, and boil the fruit till it is done. Boil a common sized pudding an hour and a half.

A Welsh Pudding.—Let half a pound of butter melt gently, beat with it the yolks of eight and whites of four eggs, mix in six ounces loaf sugar, and the rind of a grated lemon. Put a paste into a dish for turning out, and pour the above in and nicely bake it.

Common Pancakes.—Make a light batter of eggs, flour, and milk. Fry in a small pan in hot dripping or lard; salt or nutmeg may be added if you like. Sugar and wine may be served to eat with them. Lemon is considered by some preferable to wine.

Snow Pancakes.—Make the batter with flour and a very little milk; add clean, new snow instead of eggs.

Pancakes without Butter or Lard.—Beat six fresh eggs,

mix 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 thick as common pancakes. Heat the frying-pan hot, pour in the batter, and make them thin.

Whortleberry Pudding.—Make a good firm batter of milk and flour, add two eggs and a pint of berries; let it boil an hour or more, according to its size. Serve with a rich sauce, flavored with lemon-juice.

Bird's Nest Pudding.—Take eight or ten good apples, pare and core them, but leave them whole, set them round a pudding dish, pour your custard over them, and let it bake half an hour.

Custard Pudding.—Mix by degrees a pint of rich milk with a large spoonful of flour, the yolks of five eggs, and some grated lemon. Butter a basin that will exactly hold it, pour the batter in and tie a floured cloth over. Put it in boiling water over the fire, and turn it about a few minutes to prevent the eggs from going to one side. Half an hour will boil it. Put any jelly on it you fancy, and serve it with sweet sauce.

Baked Rice Pudding.—Swell a coffee-cup of rice, add a quart of nice milk, sweeten it with brown sugar, and bake it about an hour or a little more, in a quick oven or baker.

Fruit Rice Pudding.—Swell the rice with milk over the fire, then mix fruit of any kind with it,—currants, gooseberries, or quartered apples, put one egg in to bind the rice; boil it well and serve it with sugar.

Suet Pudding.—Chop a pound of suet, mix with it a pound and a quarter of flour, two eggs beaten separately, a little salt, and as little milk as will make it. Boil it four hours. It eats well next day cut in slices and broiled.

Plain Rice Pudding.—Wash and pick your rice, tie it in a cloth, leaving plenty of room for it to swell. Boil it an hour or more as you prefer. When done eat it with sweet sauce, or butter and sugar. Two eggs put in while it is hot, well beaten, is thought an improvement.

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 it with 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 nice sauce.

Squash Pudding.—Run your stewed squash through a

sieve, take four eggs, one pint of milk, sweeten it thoroughly, add little rosewater and cinnamon. Make a good paste, and pour the above ingredients into a deep pudding dish.

Starch Pudding.—To one quart of milk boiling hot, put four table-spoonfuls of potato starch, and three eggs. Take the milk from the fire, and having your eggs and starch well mixed and beaten together, pour them to the boiling milk, and your pudding is made. To be eaten with a rich sauce flavored with lemon-juice.

CUSTARDS.

Boil a quart of milk with a bit of cinnamon, and half a lemon-peel, sweeten it with nice white sugar, strain it, and when a little cooled mix in gradually seven well beaten eggs, add a table-spoonful of rosewater; stir all together over a slow fire till it is of proper thickness, and then pour it into your glasses. This makes good boiled custards.

Another way.—Take six eggs, leave out the whites, mix your eggs and sugar together with some rosewater, then boil a pint of rich milk and put in the eggs; let it simmer a minute or two, and stir it to prevent its curdling.

Almond Custard.—Blanch and pound fine with half a gill of rosewater, six ounces of sweet almonds; boil a pint of milk, sweeten it with two ounces and a half of white sugar, rub the almonds through a fine sieve with a pint of cream; strain the milk to the yolks of eight eggs, and the whites of three well beaten ones, stir it over the fire till it is of a good thickness, then take it off the fire and stir it till cold to prevent its curdling. The above may be baked in cups, or in a dish with a rim of puff paste put round.

Common Custard.—Boil a pint of milk with a bit of cinnamon and lemon-peel, mix one table spoonful of potatoe flour with two of cold milk, put it in a sieve and pour the boiling milk upon it, let it run in a basin, mix in by degrees the well beaten yolks of three eggs, sweeten, and stir it over the fire a few minutes to thicken.

Baked Custards.—Boil a pint of rich milk with a little mace and cinnamon; when cold, take four eggs, leaving out two of the whites, a little rosewater, nutmeg, and sugar to your taste; mix them well together, and bake them in cups.

Another way.—Boil in a pint of milk a little cinnamon and lemon-peel, sweeten with four ounces of loaf sugar, and mix it with a pint of cold milk; beat well eight eggs for ten

minutes, and add the other ingredients; strain it through a sieve, and let it stand some time. Skim off the froth from the top, fill it in earthen cups, and bake them about ten minutes in a pretty hot oven.

Lemon Custards.—Put the juice of four lemons, with three ounces of pounded loaf sugar, into a deep dish. Boil the grated peel of one lemon, and two ounces of pounded loaf sugar in a quart of cream, and pour it over the juice and sugar. It will keep four days.

Rice Custard.—Mix a pint of milk, half a pint of cream, an ounce of sifted ground rice, two table spoonfuls of rose-water, sweeten with loaf sugar, and stir all well together till it nearly boils; add the well beaten yolks of three eggs, stir and let it simmer for about a minute, pour it into a dish or serve it in cups, with sifted loaf sugar and a little nutmeg over the top.

Custard to turn out.—Mix with the well beaten yolks of four eggs a pint of new milk, half an ounce of dissolved isinglass, sweeten with loaf sugar and stir it over a slow fire till it thickens; pour it into a basin, and stir it till a little cooled, then pour it in cups to turn out when quite cold. Add spice as you like to the beaten eggs.

PIES.

Lemon Mince Pies.—Weigh one pound fine large lemons, halve them, squeeze out the juice, and pick the pulp from the skins; boil them in water till tender, and pound them in a mortar; add half a pound of white sugar, the same of nice currants and fresh beef suet minced, a little grated nutmeg, and citron cut small. Mix all these ingredients well, and fill the plates with rather more of the mince than you would of beef mince.

Beef Mince Pies.—Weigh two pounds of nicely boiled beef, one and a half of suet picked and chopped, then add one pound of currants, two pounds of apple, the peel and juice of two lemons, half a pint of brandy, the same of molasses, and sugar to your taste. Add cloves, mace, and a little pimento nicely powdered; press the whole into a deep pan when well mixed, and let it stand over night. Cut little pieces of butter over the mince before laying on the top crust, if you wish it very rich.

Egg Mince Pies.—Boil six eggs hard, shred them small, take double the quantity of suet; then put one pound of

currants washed and picked, one lemon-peel and juice, six spoonfuls of sweet wine, mace, nutmeg, sugar, a little salt, orange, lemon, and citron candied. Make a light paste for them.

Currant and Raspberry Pies.—For tarts, put sugar and fruit, lay bars across, and bake.

Lemon Pie.—Two eggs, one lemon grated, and a piece of butter half the size of a table-spoon; sugar it like custard.

Prune Tart.—Give prunes a scald, take out the stones and break them; put the kernels into a little cranberry-juice with the prunes and sugar; simmer; when cold, make a tart of the sweetmeat.

Apple Puffs.—Pare the fruit, and either stew them in a stone jar on a hot hearth, or bake them. When cold mix the pulp of the apple with sugar and lemon-peel, taking as little of the apple-juice as you can. Bake them in a thin paste in a quick oven; a quarter of an hour will do them if small. Quince marmalade is a great improvement added to the apple.

Raspberry Tart with Cream.—Roll out some thin paste, lay it in a pan of what size you choose; put in raspberries, strow 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.

Lemon Puffs —Beat and sift a pound and a quarter of double refined loaf sugar; grate the rind of two large lemons and mix them well with sugar—then beat the whites of three new laid eggs, 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.

Icing 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 the white of an egg, wash the paste, and sift white sugar.

Icing for Cake.—For a large cake, beat and sift eight ounces of fine sugar, put it into a mortar with four spoonfuls of rosewater, and the whites of two eggs beaten and strained, whisk it well, and when the cake is almost cold, dip a feather in the icing and cover the cake well; set it

in the oven to harden, but do not let it remain long enough to dissolve. Keep the cake in a dry place.

JAMS AND JELLIES.

Peach Jam.—Gather the peaches when quite ripe, peel and stone them, put them in a preserving pan and mash them over the fire till hot; rub them through a sieve, and add to a pound of pulp the same weight of pounded loaf sugar and half an ounce of bitter almonds, blanched and pounded; let it boil ten or twelve minutes, stir it and skim it well.

Raspberry Jam.—Weigh equal proportions of pounded loaf sugar and raspberries; put the fruit into a preserving-pan and with a silver spoon mash it well; let it boil six minutes; add the sugar and stir it well with the fruit; when it boils skim it and let it boil for fifteen minutes.

Strawberry Jam.—Gather the scarlet strawberries when perfectly ripe, bruise them well, and add the juice of other strawberries; take an equal weight of lump sugar, pound and sift it, stir it thoroughly into the fruit and set it on a slow fire; boil it twenty minutes, taking off the scum as it rises, pour it into glasses or jars, and when cold tie them down.

White or red Currant Jam.—Pick the fruit very nicely, and allow an equal quantity of finely powdered loaf sugar; put a layer of each alternately into a preserving-pan, and boil for ten minutes; or they may be boiled the same length of time in sugar previously clarified and boiled like candy.

Apple Jelly.—Pare, core, and cut thirteen good apples into small bits; as they are cut throw them into two quarts of cold water; boil them in this, with the peel of a lemon till the substance is extracted and nearly half the liquor wasted; drain them through a hair sieve, and to a pint of the liquid, add one pound of loaf sugar pounded, the juice of one lemon, and the beaten whites of one or two eggs; put it into a saucepan, stir it till it boils, take off the scum and let boil till clear, and then pour it into a mould.

Arrow Root Jelly.—Steep for some hours, in two table-spoonfuls of water, the peel of a lemon and three or four bitter almonds pounded; strain and mix it with three table-spoonfuls of arrow-root, the same quantity of lemon-juice, and one of brandy; sweeten and stir it over the fire till quite thick, and when cold put it into jelly-glasses.

Barberry Jelly.—Pick a pint of barberries, and put them into a stewpan with boiling water, cover it close and let it stand till nearly cold. Set on the fire some clarified sugar with a little water, (making a quart together;) when it begins to boil skim it well, put in the barberries, let them boil an hour; squeeze the juice of three lemons through a sieve into a basin, to this add the liquor from the barberries, and then the isinglass.

Calf's Feet Jelly.—Take four feet, slit them, take away the fat from between the claws, wash them well in lukewarm water; then put them in a large stewpan and cover them with water; when the liquor boils skim it well, and let it boil six or seven hours, that it may be reduced to about two quarts; then strain it through a sieve and skim off the oily substance that is on the surface of the liquor.

It is better to boil the calves feet the day before you make the jelly; as when the liquor is cold and firm, the oily part being on the top, it can be removed without wasting the liquor.

Put the liquor in a stewpan to melt, with a pound of lump sugar, the peel and juice of two lemons, whites and shells of six eggs beaten together, and a pint of Madeira or Sherry wine; whisk the whole together until it is on the boil; then let it simmer a quarter of an hour beside the fire, strain it through a jelly-bag; what is strained first must be poured through the bag again, till it is bright and clear as water; then put the jelly in moulds, to be cold and firm; if the weather is warm, it requires some ice.

When you wish it very stiff, half an ounce of isinglass may be added when the wine is put in. It may be flavored by the juice of various kinds of fruit, spices &c. and colored with saffron, cochineal, red beet juice, claret &c; sometimes cherry brandy, or noyau, or curacoa, instead of wine, is used.

Jellies of Grape, Currants and Raspberries, are all made in the same way. When the fruit is fully ripe gather it on a dry day; as soon as it is nicely picked put it in a jar and cover it very close.

Set the jar in a saucepan about three parts filled with cold water; put it on a gentle fire and let it simmer for about half an hour. Take the pan from the fire and pour the contents of the jar into a jelly-bag; pass the juice through a second time; do not squeeze the bag. To each

pint of juice add a pound and a half of very good lump sugar pounded; when it is dissolved, put it in a preserving-pan, set it on the fire and boil gently; stirring and skimming it the whole time (about 30 or 40 minutes) till no more scum rises and it is perfectly clear and fine; pour it while warm into pots, and when cold cover them with paper wet in brandy.

Those who wish jelly to turn out very stiff, dissolve isinglass in a little water, strain through a sieve and add it in the proportion of half an ounce to a pint of juice, and put it in with the sugar.

Peach Jelly. Cut ten or twelve peaches in halves, take out the stones and peel them; set a pint of smooth clarified sugar, diluted with water, on the fire; when it has boiled and been skimmed, put in the peaches; the kernels should be broken and put in with them; let them boil very gently for ten minutes, then take out four or five of the halves, lay them on a plate to be in readiness for garnishing the jelly; let the remainder of the peaches boil for ten minutes longer; while they are boiling take three lemons, cut off the rinds, squeeze the juice through a sieve in a basin, pass the liquor of the peaches into it and then the isinglass, running it through the sieve two or three times in order to mix it well; fill the mould half full of jelly, and when set, put in the peaches and a little more jelly, and when that is set fill up the mould. The reason why the lemons are peeled for this jelly is that the oil of the rind would rather spoil the flavor of the jelly than be any addition to it.

Quince Jelly. Quinces for jelly ought not to be quite ripe, they should however be of a fine yellow color; take off the down which covers them, quarter and core them, putting them in a saucepan with water enough to cover them; set them on the fire, and when soft, lay the pieces on a sieve to drain, pressing them very slightly; strain the liquor and measure it, clarify and boil an equal quantity of sugar, then take it off, add the liquor to it, stirring it well; when mixed put it on the fire, still stirring; as soon as the jelly spreads over the spoon and falls from it like molasses, take it from the fire and when cold put in pots.

Raspberry, Red Currant, and Strawberry Jellies, may be made by putting the fruit in an earthen pan, bruising it with a wooden spoon, adding a little cold water and some finely powdered loaf sugar. In an hour or two, strain it

through a jelly-bag and to a quart of the juice add one ounce of isinglass which has been dissolved in half a pint of water, well skimmed, strained and allowed to cool—mix all well and pour it into an earthen mould.

Lemon-juice should be added to jellies, in proportion to the acidity of the fruit.

PRESERVES.

To Preserve Citron.—Pare and cut open the citron, clean all out except the rind; boil it till soft. To a pound of citron add a pound of sugar and a lemon to each pound—put the sugar and lemon together and boil it till it becomes a syrup, skimming it well; then put the syrup and citron together and boil it an hour.

Preserved Apples.—Weigh equal quantities of good brown sugar and of apples; peel, core and mince them small. Boil the sugar, allowing to every three pounds a pint of water; skim it well and boil it pretty thick; then add the apples, the grated peel of one or two lemons, and two or three pieces of white ginger if you have it; boil till the apples fall and look clear and yellow. This preserve will keep for years.

Black Currants.—Gather the currants upon a dry day; to every pound allow half a pint of red currant juice and a pound and a half of finely pounded loaf sugar. With scissors clip off the heads and stalks; put the juice, currants, and sugar in a preserving-pan; shake it frequently till it boils; carefully remove the fruit from the sides of the pan; and take off the scum as it rises; let it boil for ten or fifteen minutes. This preserve is excellent eaten with cream.

Cherries.—To a pound of cherries allow three quarters of a pound of fine loaf sugar—carefully stone them, and as they are done, strow part of the sugar over them; boil them fast with the remainder of the sugar, till the fruit is clear and the syrup thick. Take off the scum as it rises.

Damsons.—Prick them with a needle—allow to every pound of fruit, three quarters of a pound of pounded loaf sugar; put into jars alternately, a layer of damsons and one of sugar; tie them over with a bladder or strong paper, and put them in an oven after the bread is withdrawn and let them remain till the oven is cold. The next day strain off the syrup and boil it till thick. When cold put the

damsons one by one into small jars, and pour over them the syrup which must cover them. Tie them over with wet bladder.

Green Gages.—Put the plums into boiling water, pare off the skin and divide them; take an equal quantity of pounded loaf sugar, strow half of it over the fruit, let it remain some hours, and with the remainder of the sugar put it in a preserving-pan; boil till the plums look quite clear, take off the scum as it rises, and a few minutes before taking them off the fire, add the kernels.

Gooseberries —The tops and tails being removed from the gooseberries, allow an equal quantity of finely pounded loaf sugar, and put a layer of each alternately into a large deep jar; pour into it as much dripped red currant juice as will dissolve the sugar, adding its weight in sugar. The next day put all in a preserving-pan and boil it.

To boil Pears.—Parboil the pears in water; peel them. Clarify your sugar and boil them till they become red and clear; take the pears out, boil up the syrup, strain it and put it over the pears.

When you bake pears parboil them before putting them in the oven, peel them,—make a liquor from this water, well thickened with molasses, and put the pears into it and set them in the oven.

SICK COOKERY

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 you wish it—generally only salt is added.

Toast Water.—Toast slowly a thin piece of bread till quite brown and hard, but not the least black; plunge it in cold water and cover it over an hour before used. This is very serviceable used in weak bowels. It should be of a fine brown color before drinking it. Sweeten it with loaf sugar.

Water Gruel.—Mix a large spoonful of oatmeal by degrees into a pint of water, and when smooth, boil it.

Another, and better way.—Rub smooth a large spoonful of oatmeal, with two of water, and pour it into a pint of water boiling over the fire; stir it well and boil it quick; take care it does not boil over. In a quarter of an hour strain it off—add salt when eaten—a bit of butter if the stomach will bear it.

Drink in a Fever.—Put a little sage and balm together; pour boiling water over them; peel thin a small lemon and clean from the white; slice it and put a bit of the peel in, sweeten and cover it close; water to make the ingredients about a quart; dilute it as you wish.

White Wine Whey.—Put half a pint of new milk on the fire; the moment it boils up, pour enough wine to it, to completely turn it—let it boil up, then set the saucepan aside till the curd subsides, and do not stir it. Pour the whey off and add to it half a pint of boiling water and a bit of loaf sugar. Thus you will have whey free from milky particles and as weak as you choose to make it.

Milk Porridge.—Make a fine gruel of nice bolted indian meal, add a little cold milk and salt.

Sago.—Soak it in cold water an hour; pour that off and wash it well, then add more and simmer gently till the berries are clear, with lemon peel and nutmeg, if approved. Add wine and sugar and boil up all together.

Sago Milk.—Cleanse as above and boil it slowly and wholly in new milk. It swells so much that a small quantity will be enough for a quart and when done it will not be more than a pint. It requires no sugar nor flavoring.

Ground Rice Milk.—Boil one spoonful of ground rice rubbed smooth, with a pint and a half of milk, a bit of cinnamon, lemon-peel and nutmeg; sweeten when nearly done.

Egg and Wine.—An egg divided, and the yolk and white beaten separately, then mixed with a glass of wine, will afford two very wholesome draughts, and prove lighter than when taken together.

Eggs very little boiled, or poached, taken in small quantities, convey much nourishment. The yolk only should be eaten by invalids.

Broth.—Put two pounds of lean beef into a nice tin saucepan with five quarts of water, simmer to three quarts, and clear from the fat when cold. Veal or mutton may be made the same way. Add to the above half a cup of rice an hour before it is done boiling.

Boiled Chicken.—Clean them nicely, cover them with cold water, set them over a slow fire, and skim them well. Boil them very tender, and if you wish a broth, put a little rice in the water half an hour before you take them from the fire.

To mull Wine.—Boil some spice in a little water, till the

flavor is gained, then add an equal quantity of wine, some sugar and nutmeg; boil all together. Serve it with toasted bread for the patient.

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.

SOUPS.

Plain Oyster Soup.—Take two quarts of large oysters and strain their liquor into a soup-pan; season it with a tea-spoonful of whole pepper, a tea-spoonful of whole allspice, the same quantity of whole cloves, and seven or eight blades of mace. If the oysters are fresh, add a large tea-spoonful of salt; if they are salt oysters, none is requisite. Set the pan on hot coals, and boil it slowly, (skimming it when necessary,) till you find it is sufficiently flavored with the taste of the spice. In the meantime having cut out the head part, chop the oysters fine and season them with a grated nutmeg. Take the liquor from the fire, and strain out the spice from it. Then return it to the soup-pan, and put the chopped oysters into it, with whatever liquid may have continued about them; add a quarter of a pound of butter, divided into little bits and rolled in flour. Cover the pan, and let it boil hard about five minutes. If oysters are cooked too much, they become tough and tasteless.

Macaroni Soup.—This is made of clear gravy soup. Cut up and boil the macaroni by itself in a very little water, allowing a quarter of a pound to a quart of soup. The pieces should be about an inch long; put a small piece of butter with it. It must boil till tender but not till it breaks: throw it into the soup just before it goes to table, and give it one boil. Send to table with a plate or glass of rasped rich cheese, with a dessert spoon in it, that those who like may put it in their soup. While the macaroni is boiling, be careful that it does not get into lumps.

Veal Soup.—The knuckle or leg of veal is the best for soup. Wash it and break up the bones. Put it into a pot with a pound of ham cut into pieces and water enough to cover the meat. A set of calf's feet cut in half will greatly improve it; after it has stewed slowly, till all the meat drops in pieces, strain it, return it to the pot and put in a head of cellery cut small, three onions, a bunch of sweet marjoram,

a carrot and a turnip, cut into pieces, and two dozen of black pepper-corns, with salt to your taste. Add some small dumplings made of flour and butter. Simmer it another hour, or till all the vegetables are done, and send it to table. Thicken it with a paste made of flour and beaten eggs; or with green peas and asparagus tops.

Beef Soup.—Be careful that the beef has not too much fat about it. Cut off all the meat and break the bones. Allow eight or nine hours for boiling, and a pint and a half of water to each pound; skim it well; add no additional water but keep it boiling steadily. After the soup is done let it stand fifteen minutes to settle; strain it, if you wish it very clear. Add to this soup whatever vegetables you like, but if you wish it clear do not boil them with the meat.

Rich Brown Soup.—Take six pounds of lean, fresh beef cut from the bone. Stick it over with four dozen cloves; season it with a tea-spoonful of salt, a tea-spoonful of pepper, a tea-spoonful of mace, and a beaten nutmeg. Slice half a dozen onions; fry them in butter, chop them and spread them over the meat after you have put it in the soup-pot, pour in five quarts of water, and stew it slowly for five or six hours, skimming it well. When the meat has dissolved into shreds, strain it and return the liquor to the pot; then add a tumbler and a half of claret or port wine; simmer it again slowly till dinner time. When the soup is reduced to three quarts it is done enough. Put it in a tureen and send it to table.

MISCELLANEOUS RECEIPTS, AND REMARKS.

If you have meat to boil put it in cold water: meat boiled quick will be hard. Care must be taken, however, that it is kept in a continual simmer, or it will be under done.

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

Vegetables should not be dressed with the meat, except parsnips or nicely washed potatoes with boiled beef.

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; just from the pickle, two or three hours, according to the size.

A leg of pork, or lamb, takes full twenty minutes to the pound.

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. Meat should be often basted, and when nearly done floured to make it frothy.

In roasting meat, it is a good plan to put a little salt and water into the dripping-pan and baste a little while with this, before using its own dripping.

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

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

To dress Venison.—A haunch of buck will take three hours and a half to roast. It should be rather under, than over done.

Spread a sheet of white paper with butter, and put it over the fat, first sprinkle it with a little salt; then lay a course paste on strong paper and cover the haunch; tie it with fine pack thread 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 made thus: cut off the fat from two or three pounds of loin of old mutton, and set it in steaks on the gridiron for a few minutes, just to brown on one side; put them into a sauce-pan with a quart of water, cover it quite close for an hour and simmer it gently; then uncover and stew till the gravy is reduced to a pint; season it with salt only. Currant jelly sauce must be served with it.

To Alamo de Beef.—Make a stuffing of grated bread, suet, sweet herbs, quarter of an ounce of nutmeg, a few cloves pounded, yolk of an egg. Cut holes in the round of beef, and put in half the stuffing, leaving the rest to be made into balls. Tie the leaf up in a cloth, just cover it with water, let it boil an hour and a half; turn and let it boil as long the other side; then turn out the water, put some skewers across the bottom of the pot and lay the beef upon it to brown on all sides. Put a pint of wine, some allspice

and cloves into the liquor and boil the balls made of the stuffing in it.

It is an error to esteem white meats, on account of their apparent delicacy, as the best for feeble people. Generally, it may be esteemed a safe rule that veal, pork, fowl, and turkey are less digestible and afford less nourishment, than the redder fleshed animals.

To Preserve Eggs.—Apply with a brush, a solution of gum arabic to the shells, or immerse the eggs therein, let them dry, and afterwards pack them in dry charcoal dust. This prevents their being affected by any change of temperature.

To Preserve Bees from Worms and Insects.—About the first of May, raise the hive up, and strow some fine salt under the edges.

To Kill Cockroaches.—Strow a few leaves of elder on the floor of a room infested with cockroaches, and they will disappear.

To Destroy House-flies.—Take half a spoonful of black pepper in powder, one tea-spoonful of brown sugar, and one table-spoonful of cream; mix them well together, and place them in a room on a plate, where the flies are troublesome, and they will soon disappear.

To Destroy Rats.—Fried cork well saturated with grease, is said to exterminate rats sooner than poison.

To make old Feathers better than new.—Empty the contents of the bed in a hogshead, wash them in warm soap-suds, agitated by a stick to reach the bottom. They are then to be pressed dry by the hand, and put upon the floor of an empty, well lighted room, and now and then stirred up; when thoroughly dry replace them in your ticks, and they are better than new.

To take Stains out of Mahogany.—Mix six ounces of spirit of salts, and half an ounce of rock salt of lemon, powdered together. Drop a little on the stain, and rub it with a cork till it disappears. Wash it off with cold water.

To make a Puff Paste.—Take a quarter of a peck of flour and rub into it a pound of butter very fine; make it up into a light paste, just stiff enough to work it up. Roll it, then put on a layer of butter, roll it again, double all the edges inside, put another layer of butter and roll it again. It is then fit for use.

To make a Short Crust.—Put six ounces of butter to eight ounces of flour and work them well together; then mix it

up with as little water as possible so as to have it a stiff paste; then roll it out thin for use.

To make Paste for Tarts.—Put an ounce of loaf sugar, beat and sifted, to one pound of fine flour; make it into a stiff paste, with a gill of boiling cream and three ounces of butter. Work it well and roll it very thin.

To make Ice Creams.—To a pound of any preserved fruit add a quart of good cream, squeeze the juice of two lemons into it and some sugar. Let the whole be rubbed through a fine hair sieve, and if raspberry, strawberry, or any red fruit, add a little cochineal to heighten the color; have the freezing pot very nice, put the cream into it and cover it; then put it into the tub with ice beat small and some salt; turn the freezing pot quick, and as the cream sticks to the sides, scrape it down with an ice-spoon, until it is frozen. The more the cream is worked to the side with the spoon, the smoother and better flavored it will be. After it is well frozen, take it out and put it into moulds, being careful that no salt adheres to any part of them.

To Pickle Cucumbers.—Put them in cold vinegar enough to cover them—let them stand four days, then scald the vinegar and pour it over them; let them stand four days longer, then pour out the old vinegar, boil a new supply with your spice-bag, skim it well, cover them tight and they will keep without further trouble.

Peppers may be done in the same way, only cut them with a knife that the vinegar may penetrate.

To Make the Teeth White.—A mixture of honey with the purest charcoal, proves an admirable cleanser.

Chicken Salad.—Take two large cold fowls, either boiled or roasted, the yolks of nine hard boiled eggs, half a pint of sweet oil, half a pint of vinegar, a gill of mixed mustard, a small tea-spoonful of cayenne pepper, a small tea-spoonful of salt, two large heads, or four small ones of celery cut fine. Cut the meat of the fowls from the bones, in pieces not exceeding an inch in size; cut the white part of the celery about an inch long, then mix the chicken and celery well together; cover them and set them away. Mash the yolks of the eggs with the back of a wooden spoon till they are a perfectly smooth paste; mix them with the oil, vinegar, mustard, cayenne and salt; stir them till they are thoroughly mixed and quite smooth; the longer they are stirred the better. When this dressing is sufficiently mix-

ed, cover it and set it away. Five minutes before the salad is to be eaten, pour the dressing over the chicken and salad, and mix all well together. If the dressing is put on a long time before it is wanted, the salad will be tough and hard. This salad is very excellent made of turkey instead of chicken.

Receipt for Sore Eyes.—Take an ounce of white copperas, dissolve it in a quart of water, and apply it to the corners of the eyes three or four times in the day. The eyes will smart much during the application of the lotion. A table-spoonful for an adult, a tea-spoonful for a child, of cream of tartar, dissolved in half a tumbler of water, may be taken inwardly, once a day while using the above.

To Warm Beds.—Take all the black or blazing coals out of the pan, and scatter a little salt over the remainder; this will prevent the smell of sulphur, so disagreeable to delicate persons.

To Preserve Furs.—When laying up muffs and tippets for the summer, if a tallow candle be placed on or near them, all danger from moths will be obviated.

Cure for Chilblains.—Dip the feet every night and morning in cold water, withdrawing them in a minute or two, and drying them by rubbing them hard with a coarse towel. If the feet are frosted put them in a pail of brine.

Warts.—Touch them lightly with aquafortis applied by a pen to the wart. After a few repetitions the wart will be found so loose as to drop off, or can be rubbed away with the finger.

Ringworms.—Rub mercurial ointment on the ringworm before going to bed; let it remain till morning. If persevered in, it will effect a cure sometimes in a week.

The effects of laudanum may sometimes be counteracted by a cup of the strongest coffee.

For Inflamed Eyes.—Foment frequently with decoction of poppy heads; when the irritation and inflammation occur, a tea-spoonful of cogniac brandy, in four ounces of spring water, may be used three or four times in the course of the day as a strengthening lotion.

Musquito Bites.—Salt wet into a kind of paste with a little vinegar, and plastered on the bite, will immediately allay the pain, and if not rubbed, no mark will be seen the next day. It is well to keep salt and vinegar handy when-

ever these troublesome creature are near. The same receipt is good for the sting of a wasp or bee.

To remove Grease Spots from Silk and other Articles.—Take the yolk of an egg and put a little of it on the spot, then place over it a piece of white linen and wet it with boiling water; rub the linen with the hand and repeat the process three or four times, at each time applying fresh boiling water; the linen is to be then removed and the part thus treated to be washed with clean cold water. This process is said not to affect the color of any substance.

To Clean Paint that is not Varnished.—Put upon a plate some of the best whiting, have ready some clear warm water and a piece of flannel, which dip into the water and squeeze nearly dry; then take as much whiting as will adhere to it, apply it to the paint, when a little rubbing will instantly remove any dirt or grease; wash well off with water, and rub it dry with a soft cloth. Paint thus cleaned looks equal to new, and, without doing the least injury to the most delicate color, it will preserve the paint much longer than if cleaned with soap, and it does not require more than half the time usually occupied in cleansing.

Penny Royal—Farmers might easily save the flesh of horses and cows, and confer great kindness on their animals in preventing the usual annoyance of flies, by simply washing the parts with the extract of penny royal. Flies will not alight a moment on the spot to which this has been applied. Every man who is compassionate to his beasts, ought to know this simple remedy, and every livery stable and country inn ought to have a supply on hand for travellers.

Cure for the Rheumatism.—Dissolve half an ounce of salt-petre in a pint of brandy, and take a table-spoonful every day. It is said by those who have tried the experiment, to be a most excellent antidote for that painful complaint.

To make good Black Ink.—Rasped logwood one ounce, nutgall three ounces, gum arabic two ounces, sulphate of iron (green copperas) one ounce, rain water two quarts. Boil the water and wood together until the liquid is reduced one half; then add the nutgalls coarsely bruised, and when nearly cold the sulphate of iron and gum; stir it frequently for a few days, then let it settle—then pour it off and cork it up close in a glass bottle.

Cure for the Summer Complaint—Blackberry Syrup.—We

are indebted to a friend for the following receipt for making blackberry-syrup. This syrup is said to be almost a specific for the summer complaint. In 1832 it was successful in more than one case of cholera.

Blackberry Syrup.—To two quarts of juice of blackberries, add one pound loaf sugar, half an ounce nutmegs, half an ounce cinnamon, pulverized, quarter of an ounce cloves, quarter of an ounce allspice, pulverized. Boil all together for a short time, and when cold add a pint of fourth proof brandy.

From a tea-spoonful to a wineglass, according to the age of the patient, till relieved, is to be given. It may spoil practice but it will save life.

Receipt for Preserving Tomatoes.—The following is an easy and safe mode for preserving tomatoes, to be used during the winter. Take the tomatoes and cut them open, and dry them in the oven, either upon the bottom of the oven or in pans; and when perfectly dried pack them away in some dry place, till wanted for use.

Shoe Blacking.—Perhaps the best in the world is elder berries. Mash the berries with your hand in a large kettle of water, set them in the shade a few days, filling it up with water. After it is cool strain and wring them through a coarse cloth, and then boil it down to the thickness of molasses. Put a small quantity with a feather on a brush, rub the shoe till there is a fine gloss. The same will make good writing ink.

To Prevent Tooth Ache, Ague and Sore Throat.—Wash the back part of your head and neck every morning in cold water—the colder the better, and afterwards rub them dry with a towel, and you will seldom, perhaps never be troubled with a painful affection of the teeth or throat.

Cure for a Burn.—Take common alum, pound and sift it, beat it with the white of an egg to a curd, anoint the place with a feather, and it will heal without further trouble.

Direction for Making Catsup.—The best sort of catsup is made from tomatoes. The tomatoes should be squeezed up in the hand, salt put to them, and set by for twenty-four hours. Then press them through a sieve, or coarse cloth, and to the juice thus obtained add cloves, allspice, pepper, and mustard-seed—and if you choose, mace and garlic—put it all into a large pitcher or jar and cover it close and set it into a kettle, with water sufficient

to reach half way up the jar, cover the kettle, and set it over the fire—let it boil two hours—then pass it through a sieve, to separate the spice from the liquid—pour the liquid into common earthen pie plates, and set it in a pretty hot oven to evaporate away—dry it away to the consistency of thick molasses, and put it into bottles or jars covered close—be sure that it is salt enough and it will keep well. It is delicious with roast meat gravy, and a little of it adds much to the richness of soup and chowder.

To Boil Calf's Head.—Clean it very nicely and soak it in water till it looks white; take out the brains to make a dish by themselves, or boil them and chop them to be added in the gravy. Boil the head extremely tender; then strow over it crumbs and chopped parsley—or leave one side plain if preferred. The brains must be mixed with melted butter—seasoned with sage, pepper and salt. If any of the head is left, it may be hashed next day and warmed in the gravy with some slices of buttered toast laid under it upon the dish.

Veal Sausages.—Chop equal quantities of lean and fat bacon, a handful of sage, a little pepper and salt 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.

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

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

Sausages.—Chop fat and lean pork together; season it with sage, pepper and salt—fill the skins that have been soaked and made extremely clean—prick them with a fork before you fry them.

To make good Meat of a Hog's Head—Spit 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; 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 a few allspice berries. Put the skin in a small pan, press 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 them with some of the liquor to keep it.

To Prepare Tongues to Eat Cold.—Salt a tongue with saltpetre and common salt for a week, turning it every day. Boil it tender enough to peel; when done, stew it in a moderately strong gravy; season with soy, mushroom cat-sup, cayenne, pounded cloves and salt if necessary. The roots must be taken off the tongue before salting.

Sauce for Fowls of any Sort.—Boil some veal gravy, pepper, salt, the juice of a lemon and an orange, and a quarter as much port wine as gravy; pour into the dish or a boat.

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 saucepan 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 fowl. Garnish with lemon.

Egg Sauce.—Boil the eggs hard, and cut them into small pieces; then put them in melted butter.

Onion Sauce.—Peel the onions and boil them tender; squeeze the water from them and chop them; add to them butter that has been melted rich and smooth; a little milk instead of water; boil it up once, and serve it for boiled rabbits, partridges, knuckle of veal or roast mutton. A turnip boiled with onions makes them milder.

Sauce for Hot or Cold Roast Beef.—Grate or scrape very fine, some horseradish, a little made mustard, some pounded white sugar and four large spoonfuls of vinegar.

Tomato Sauce for Hot or Cold Meats.—Put tomatoes when perfectly ripe into an earthen jar; 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 capisum vinegar and a few cloves of garlic pounded, which must both be proportioned to the quantity of fruit. Add powdered ginger and salt to your taste. Some white wine vinegar and cayenne may be used instead of capisum vinegar. Keep

the mixture in small wide-mouthed bottles, well corked and in a dry cool place.

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 and put them into melted butter, give it one boil and pour it over boiled fowls.

To Melt Butter Well.—Mix in the proportion of a tea-spoonful of flour to four ounces of the best butter; stir them well together, put it into a small saucepan, 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.

To Make Mustard.—Mix your mustard by degrees with boiling water, to a proper thickness, rubbing it perfectly smooth; add a little salt, and keep it in a small glass closely covered, making only the quantity you wish to use soon.

A Very Nice Dish.—Take the best end of a neck of lamb, cut it into steaks, and chop each bone so short as to make the steaks almost round; egg, and strow with crumbs, herbs and seasoning, fry them of the finest brown; mash some potatoes with a little butter and cream and put them into the middle of the dish raised high; then place the edge of one steak on another with the small bone upward, all round the potatoes.

Caper Sauce.—Take two large table-spoonfuls of capers and a little vinegar; stir them for some time into half a pint of thick melted butter. This sauce is for boiled mutton.

To Brown Flour.—Spread some fine flour on a plate and set it in the oven, stirring it that it may brown equally all through. Put it into a jar, cover it well, and keep it to stir into gravies to thicken and color them.

To Bake Beans.—Allow a pound of pork to a quart of beans. Put the pork in water before using it if very salt. Put the beans in a pot with cold water and let them hang all night over the embers. In the morning drain them off if soft, score the rind of the pork and put it in a pot with the beans, covering them with boiling water; put them in the oven and let them bake four hours.

To Make Buck-wheat Cakes.—Take a quart of buck-wheat meal, mix with it a tea-spoonful of salt, and add a handful of indian meal, pour a large table-spoonful of the best brew-

er's yeast, into the centre of the meal, then mix it gradually with cold water till it becomes a batter; cover it and put it in a warm place to rise; it will take about three hours. When it is quite light and covered with bubbles, it is fit to bake. Let the griddle be hot, and grease it between the baking of each cake; butter them as you take them off the griddle. If you mix them over night and they have soured, stir in half a tea-spoonful of pearlash, dissolved in warm water, and it will add to the lightness of the cakes.

Waffles.—Put two pints of rich milk into separate pans. Cut up and melt in one of them a quarter of a pound of butter, warming it slightly; when it is melted stir it about and set it away to cool. Beat eight eggs till very light, and mix them gradually into the other pan of milk alternately with half a pound of flour; then mix in by degrees the milk that has the butter in it; then stir in a table-spoonful of lively yeast; cover the pan and set it near the fire to rise. When the batter is quite light, heat the waffle-iron among some clear coals—grease it well, shut it close, and when the cake is done on one side turn it on the other; slip a knife underneath, to take it out more easily; butter it, strow white sugar and nutmeg over it, and send about six at once to table.

Dyspepsia Bread.—Three quarts of unbolted wheat meal, one quart of soft water, warm, but not hot, one gill of fresh yeast, one gill of molasses, or not, as suits the taste, one tea-spoonful of saleratus. This will make two loaves, and should remain in the oven at least one hour; and when taken out, placed where they will cool gradually. Dyspepsia crackers can be made with unbolted flour, water and saleratus.

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.

Beef.—If the flesh of ox-beef is young, it will have a fine, smooth, open grain, be of good red, and feel tender. The fat should look white rather than yellow; for when that is of a deep color the meat is seldom good; beef fed by oil cakes is in general so, and the flesh is flabby.

Veal.—The flesh of a bull-calf is the firmest, but not so white. The fillet of a cow-calf is generally preferred to

the udder. The whitest is the most juicy, having been made so by frequent bleeding, and having had whiting to lick

Mutton.—Choose this by the fineness of its grain, good color, and firm white fat.

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.

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.

Bacon.—If the rind is thin, the fat firm, and of a red tinge, the lean tender, of a good color, and adhering to the bone, you may conclude it good, and not old.

Hams.—Stick a sharp knife under the bone, if it comes out with a pleasant smell, the ham is good; but if the knife be daubed and has a bad scent, do not buy it.

Fowls.—The combs and legs are smooth when the fowl is young, and rough when it is old.

Geese.—The bills and feet of geese should be yellow and have but few hairs upon them. Their feet will be pliable when fresh or recently killed, and dry and stiff when they have been killed a long time.

Ducks.—The breast should be hard and plump, feet supple. The feet of a tame duck are yellowish, those of a wild one are reddish.

Pigeons.—They should be eaten while they are fresh; when they look flabby and discolored about the under part, they have been kept too long.

QUALITIES OF THE ANIMAL AND VEGETABLE FOOD COMMONLY USED IN DIET.

Beef.—When this is from the flesh of an animal of middle age, it affords good and strong nourishment and is well adapted to those who labor or take much exercise. It will often sit easy upon stomachs that can digest no other kind of food; and its fat is almost as easily digested as veal.

Veal, is a proper food for persons recovering from indisposition, and may sometimes be given to patients in a weak state, but it affords less nourishment than the flesh of the same animal in a state of maturity. The fat of it is lighter than that of any other animal, and shows the least disposition to putrescency. Veal is a very suitable food in costive habits, and of all meat it is the best calculated to remove acidity from the stomach.

Mutton, from the age of four to six years, is an excellent meat. It is between the firmness of beef and the tenderness of veal. The lean part of mutton is the most nourishing and conducive to health; the fat being hard of digestion.

Lamb is not so nourishing as mutton—but is lighter and suited to delicate stomachs.

Pork, affords rich and substantial nourishment, and its juices are wholesome when the animal is properly fed and has air and exercise. Pork is, however, very improper for those who are troubled with diseases of the skin. Stimulants taken with it harden the flesh and render it more indigestible.

Smoked Hams are rather fit for a relish than a diet. All salted meats are rather difficult of digestion, and smoking renders it more so.

Bacon is apt to turn rancid on weak stomachs.

Venison, or the flesh of deer, or that of hares, is of a nourishing quality, but it must be kept for a little time before it becomes tender.

Milk, where it agrees with the stomach, affords excellent nourishment for those who are weak and cannot digest other aliments. It is apt however to become sour on the stomach and thus produce flatulence, heartburn, and in some constitutions a tendency to diarrhœa.

Cream is very nourishing, but on account of its fatness, is difficult to be digested in weak stomachs.

Butter.—To obviate all the bad effects of butter it is a good practice first to eat some dry bread and chew it well, thus promoting such a quantity of saliva as is sufficient for the purposes of digestion.

Cheese is likewise reprobated by many as extremely unwholesome. It is not easy of digestion, and when eaten in great quantities, may over-load the stomach; but if taken sparingly its tenacity may be dissolved by the digestive juices, and it may yield a wholesome, though not very nourishing chyle. Toasted cheese is very indigestible.

Fowls.—The flesh of birds differs in quality, according to the food on which they live. Such as are fed upon grain generally afford good nourishment. Geese and ducks, however, are hard of digestion, particularly the former. Chickens are tender and delicate food for the invalid.

Turkeys afford a substantial nutriment, but are not so easy of digestion as chickens.

Eggs, are a simple and wholesome aliment. The white of eggs is dissolved in a warm temperature, but by much

heat it is rendered tough and hard. The yolk contains much nourishment, but has a strong tendency to putrefaction; on which account eggs are improper for people of weak stomachs, especially if they are not quite fresh. Eggs boiled hard or fried, are difficult of digestion, and are made still more so by the addition of butter. They should be eaten with considerable salt.

Fish.—Though some of them are light and easy of digestion, yet they afford less nourishment than vegetables. Salt water fish are in general the best; but when salted, though less disposed to putrescency, they become more difficult of digestion. Acid sauces and pickles should be eaten with fish.

Bread.—To render bread easy of digestion it ought to be well fermented and baked, and never used till it has stood twenty-four hours after being taken out of the oven—otherwise it occasions flatulence, heartburn, &c.

Pastry especially when hot, has all the disadvantages of hot bread and butter; and even buttered toast, though the bread be stale, is scarcely inferior in its effects on a weak stomach. Dry toast with butter, is by far the most wholesome breakfast. Brown wheaten bread, in which there is a good deal of rye, though not so nourishing as that made of fine flour, is both palatable and wholesome.

Potatoes are a wholesome food and yield nearly as much nourishment as any of the roots in use. The mealy kind is the best, and they are much improved by baking or toasting. Should never be eaten without salt. The salt should be boiled with them.

Green Peas, and Beans, are wholesome; when green, peas require twenty minutes to boil; beans more than as long again.

Salads being eaten raw require good digestive powers, especially those of a cooler kind; the addition of oil and vinegar, though qualified with mustard, hardly renders them fit for a weak stomach.

Spinach contains but little nourishment; sometimes produces acidity and looseness. It ought to be well beaten, and but little butter mixed with it.

Asparagus is a nourishing article of diet, but disposes a little to flatulence.

Cabbages do not afford much nourishment, but by many are reckoned an agreeable addition to animal food. They should be boiled from twenty minutes, to half an hour, according to size.

Turnips are a nutritious article of diet, provided the water

is well squeezed out of them. Common sized ones, require about forty minutes to boil.

Carrots are among the most flatulent of vegetable productions.

Parsnips should be boiled in two waters, if you are troubled with flatulency; this however diminishes their good qualities.

Celery affords a root, both wholesome and fragrant, but is difficult of digestion in its raw state. It gives an agreeable addition to the flavor of soups.

Radishes cannot be considered wholesome; if eaten they should be well scraped from the outside coat.

Apples are very wholesome. They agree best with the stomach either roasted or boiled. Apples boiled in molasses and water are a good acquisition to the tea-table. Let the juice be boiled down after the apples are taken out.

Peaches are particularly serviceable in bilious complaints. They are nourishing food.

Pears have a laxative tendency, but boiled or baked they are highly palatable.

Cherries, are in general a wholesome fruit, and are beneficial in many diseases of a putrid kind.

Cucumbers.—To prevent their being hurtful, the juice ought to be squeezed out after they are sliced, and the condiments added afterwards.

TABLE OF WEIGHTS AND MEASURES,

By which persons not having weights and scales at hand may readily measure the articles wanted to form any receipt without the trouble of weighing; allowance to be made for any extraordinary dryness or moisture of the articles weighed or measured.

Eggs,—ten eggs are one pound.

Brown Sugar, one pound two ounces, are one quart.

White Sugar powdered, one pound one ounce, is one quart.

Loaf Sugar broken, one pound, is one quart.

Indian meal, one pound two ounces, is one quart.

Wheat flour, one pound is one quart.

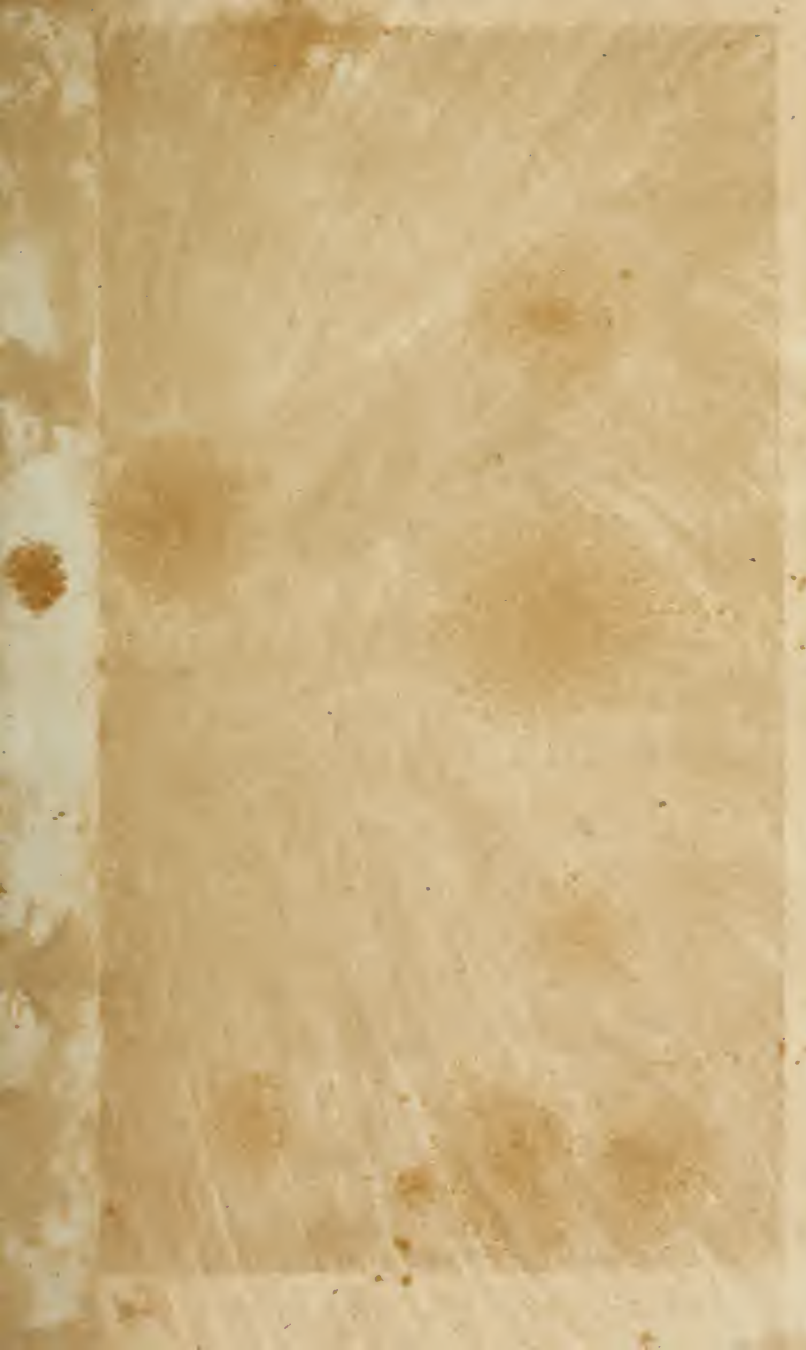
LIQUIDS.

Four large table-spoonfuls, are half a gill.

Eight large table-spoonfuls, are one gill.

A common sized tumbler holds half a pint.







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