

TRIED AND APPROVED.

BUCKEYE COOKERY

AND

PRACTICAL HOUSEKEEPING.

REVISED AND ENLARGED.

"Bad dinners go hand in hand with total depravity, while a properly fed man is already half saved."

EIGHTIETH THOUSAND.

BUCKEYE PUBLISHING COMPANY,
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1880.

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FRANKLIN TYPE FOUNDRY
Electrotypers,
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TO THOSE

PLUCKY HOUSEWIVES

WHO MASTER THEIR WORK INSTEAD OF ALLOWING IT TO MASTER THEM,

THIS BOOK IS DEDICATED.

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PREFACE.

FORTUNATELY it is becoming fashionable to economize, and housekeepers are really finding it a pleasant pastime to search out and stop wastes in household expenses, and to exercise the thousand little economies which thoughtful and careful women understand so readily and practice with such grace. Somebody has said that a well-to-do French family would live on what an American household in the same condition of life wastes, and this may not be a great exaggeration. Here, the greatest source of waste is in the blunders and experiments of the inexperienced. Women are slow to learn by the experience of others. Every young housekeeper must begin at the beginning (unless her mother was wise enough to give her a careful training), and blunder into a knowledge of the practical duties of the household, wasting time, temper and money in mistakes, when such simple instructions as any skillful housewife might readily give would be an almost perfect guide. Lately there have been attempts to gather such instructions as are needed into a book, but they have been partial failures, because the authors have been good book-makers, but poor bread-makers, or because, while practically familiar with the subjects treated, they have failed to express clearly and concisely the full processes in detail. In compiling this new candidate for favor, the one aim has been to pack between its covers the greatest possible amount of practical information of real value to all, and especially to the inexperienced. It is not a hap-hazard collection of recipes, gathered at random from doubtful sources, but has

been made up, without sparing time, labor, or expense, from the choicest bits of the best experience of hundreds who have long traveled the daily round of household duties, not reluctantly like drudges, but lovingly, with heart and hand fully enlisted in the work. Those housewives, especially, whose purses are not over-plethoric will, it is believed, find its pages full of timely and helpful suggestions in their efforts to make the balance of the household ledger appear on the right side, without lessening the excellence of the table or robbing home of any comfort or attraction.

The arrangement of subjects treated, whenever practicable, has been made in the simple order of the alphabet, and for the sake of still more ready reference a very full alphabetical index has been added. The instructions which precede the recipes of each department have been carefully made up, and are entirely trustworthy, and the recipes themselves are new to print and well indorsed. Several suggestive articles have also been introduced, which, though not belonging strictly to cookery, bear such close relations to it that the fitness of their appearance in the connection is evident.

There has been no attempt at display or effect, the only purpose being to express ideas as clearly and concisely as possible, and to make a thoroughly simple and practical work. In the effort to avoid the mistakes of others, greater errors may have been committed; but the book is submitted just as it is to the generous judgment of those who consult it, with the hope that it may lessen their perplexities, and stimulate that just pride without which work is drudgery and great excellence impossible.

BREAD-MAKING.

THE old saying, "bread is the staff of life," has sound reason in it. Flour made from wheat, and meal from oats and Indian corn, are rich in the waste-repairing elements, starch and albumen, and head the list of articles of food for man. Good bread makes the homeliest meal acceptable, and the coarsest fare appetizing, while the most luxurious table is not even tolerable without it. Light, crisp rolls for breakfast, spongy, sweet bread for dinner, and flaky biscuit for supper, cover a multitude of culinary sins; and there is no one thing on which the health and comfort of a family so much depends as the quality of its home-made loaves.

Opinions as to what constitutes good bread differ, perhaps, as much as tastes and opinions concerning any thing else, but all will agree that bread, to be good, ought to be light, sweet—that is, free from any perceptible acid or yeasty taste—flaky, granular or not liable to become a doughy mass, and as white as the grade of flour used will allow. If members of the family have delicate digestive powers, they will not use new bread, and therefore must have such as will keep with little change of texture and none of quality or taste, for several days. To obtain these qualities in bread, use the best flour, as in families where no bread is wasted, the best is cheapest. The good old Genesee Valley white winter wheat, of Western New York, makes a flour unsurpassed in quality. The Michigan, Ohio, Indiana and Missouri white winter wheat grades are much the same, but the Minnesota hard spring wheat "new process" flour is the equal of the best, and is so much superior in strength that one-eighth less is used in all recipes for bread and cake. The common or "straight" brands are used by the great majority of families, and from all of them good, uniform and palatable bread may be made.

Housekeepers seldom select flour by examination. They usually take some tried brand, or select on the recommendation of their furnisher. No rule can be given by which an inexperienced person can determine the grade of flour with accuracy, but a few hints will enable any one to know what not to buy. Good flour adheres to the hand, and, when pressed, shows the imprint of the lines of the skin. Its tint is cream white. Never buy that which has a blue-white tinge. Poor flour is not adhesive, may be blown about easily, and sometimes has a dingy look, as though mixed with ashes.

Flour should be bought in quantities corresponding to the number in the family, that it may not become damaged by long keeping. In a family of five, a barrel, or even a half-barrel sack of flour, excellent when first bought, will become much deteriorated before being used up. A small family should always buy in twenty-five pound, or at largest, fifty pound sacks. Flour should be kept dry, cool and entirely beyond the reach of marauders, big or little, especially the latter, for the infinitesimal meal moth is far more to be dreaded than rats or mice. Therefore every receptacle of flour should be thoroughly and frequently cleansed, to guard against animal as well as vegetable parasites. A single speck of mold, coming from old or damp flour in an obscure corner of the flour-box, will leaven the whole as rapidly and strongly as ten times its weight in yeast. In no event should flour be used without being sifted.

Bread-making seems a simple process enough, but it requires a delicate care and watchfulness, and a thorough knowledge of all the contingencies of the process, dependent on the different qualities of flour, and the varying kinds and conditions of yeast, and the change of seasons; the process which raises bread successfully in winter making it sour in summer. There are many little things in bread-making which require accurate observation, and, while valuable recipes and well-defined methods in detail are invaluable aids, nothing but experience will secure the name merited by so few, though earnestly coveted by every practical, sensible housekeeper—"an excellent bread-maker." Three things are indispensable to success: good flour, good yeast, and watchful care. Never use flour without sifting; and a large tin or wooden pail with a tight-fitting cover, kept full of sifted flour, will be found a great conven-

ience. All kinds of flour and meal, except buckwheat and Graham—and Graham, too, when coarse—need sifting, and all, like wheat flour, should be bought in small quantities, as they become damp and musty by long standing.

THE YEAST.

After the flour, the yeast or leaven is the next essential element in bread. For regular fare most, especially women, prefer “yeast bread,” but men who can not forget “how their mother used to cook,” have a liking for “salt-rising” bread, and the latter deserves the acquaintance of the housekeeper and a frequent welcome on the family table. The dry hop yeast, such as Twin Bros., Stratton’s, National, Eagle, Gillett’s, and many others, are all good, if fresh, and always available, for they are found in every grocery. Many housekeepers use baker’s yeast, and buy for a penny or two what will serve each baking of bread. Potato yeast has two advantages over other kinds; bread made from it keeps moist longer, and there is no danger that an excess of yeast will injure the flavor of the bread.

THE SPONGE.

This is made from warm water or milk, yeast and flour (some add mashed potatoes) mixed together in the proportion of one pint wetting (water or milk) to two pints of sifted flour. If milk is used it should be new, and must be first scalded, and then cooled to blood heat. The scalding tends to prevent souring. In using water bring it to blood heat. If the “wetting” is too hot, the bread will be coarse. When water is used a tablespoon* of lard or butter makes the bread more tender. Bread made from milk is, of course, more tender and nutritious, but it has not the sweet taste of the wheat, and will not keep as long as that made from water. When mixed with milk it requires less flour and less kneading. In summer, care must be taken not to set sponge too early, at least not before eight or nine o’clock in the evening. (Sponge mixed with bran water, warm in winter and cold in summer, makes sweeter bread. Boil bran in the proportion of one pint to a quart of water and strain.) In very hot weather, sponge may be made with cold water. In winter, mix the batter with water or milk, at blood warmth, testing

*Whenever, in this book, the words cupful, coffee-cupful, tea-cupful, table-spoonful, etc., occur, the termination “ful” is dropped, for the sake of brevity.

it with the finger, and making it as warm as can be borne; stir in the flour, which will cool it sufficiently for the yeast; cover closely and place in a warm and even temperature. A good plan is to fold a clean blanket several times, and cover with it, providing the sponge is set in a very large crock or jar, so that there is no danger of its running over. As a general rule, one small tea-cup of yeast and three pints of "wetting" will make sponge enough for four ordinary loaves. In all sponges add the yeast last, making sure that the sponge is not hot enough to scald it; when placed to rise, always cover closely. In cold weather the temperature runs down very quickly, in many kitchens, after the fire is out, and the bread should be set earlier in the evening, and in a warmer place; a temperature of eighty or ninety degrees is right. When it rises well for the first two hours, it will go on rising unless the temperature falls below the freezing point. It is an improvement to beat the sponge thoroughly, like batter for a cake, for fifteen minutes. Never set sponge in tin, but always in stoneware, because a more steady and uniform heat can be maintained in a stone jar than in tin.

TO MAKE GOOD BREAD,

Always be

"Up in the morning early, just at the peep of day,"

in summer time, to prevent the sponge becoming sour by too long standing, and in winter to be getting materials warmed and in readiness for use. A large, seamless tin dish-pan with handles and a tight-fitting cover, kept for this purpose alone, is better than a wooden bowl for bread. It should be thoroughly washed and scalded every time it is used. Measure and sift the flour. It is convenient to keep two quart cups, one for dry and the other for liquid measuring. In winter always warm the flour (by placing it in a pan in a *warm* oven for a few minutes or by setting it over night where it will be kept at the same temperature as the sponge) and also the sponge. Put the flour in a bread pan, make a large well in the center, into which pour the sponge, adding two level tea-spoons of salt (this is the quantity for four loaves of bread); mix well, being careful not to get the dough too stiff; turn out on the bread-board, rub the pan clean, and add the "rubbings" to the bread. Knead for from forty-five minutes to one hour, or until the dough ceases to stick to

either the board or hands. Do not stop kneading until done. Any pause in the process injures the bread. The process of kneading is very important. Use just as little flour in kneading as will prevent sticking, and practice will enable one to make a little flour go a great way. Some good bread-makers knead with the palm of the hands until the dough is a flat cake, then fold once, repeating this operation until the dough is perfectly smooth and elastic; others close the hands and press hard and quickly into the dough with the fists, dipping them into the flour when the dough sticks; or, after kneading, chop with the chopping knife and then knead again; others still knead with a potato-masher, thinking it a great saving of strength. Another method, used by good bread-makers, is to raise the whole mass and drop or dash it with considerable force upon the mixing-board or table for several minutes. No exact directions can be given, but experience and practice will prove the best guides. After the bread is thoroughly kneaded, form into a round mass or large loaf, sprinkle the bread-pan well with flour, and, having placed the loaf in it, sprinkle flour lightly on the top (some grease the top with salted lard or butter instead of sprinkling with flour); cover closely, and set to rise in a warm temperature; let it rise to twice its original size this time, say from one to two hours, differing in time with the season of the year. Then knead down in the pan, cut into equal parts, place one at a time on the board, mold each into a smooth, oblong loaf, not too large, and put one after another into a well-greased baking-pan; grease the tops of the loaves with salted lard or butter, and set to rise. Or the loaves may be made by buttering the hands, and taking enough from the mass to form a loaf, molding it into shape *in the hands*, without using flour. This insures a nice, brown, tender crust. Loaves made in the French style, long and narrow, are about half crust, and more easily digested, the action of heat anticipating part of the digestive process. In molding, do not leave any lumps or loose flour adhering to the outside, but mold until the loaves are perfectly smooth. No particular directions can be given in regard to the time bread should stand after it is molded and placed in the pans, because here is the point where observation and discretion are so indispensable. In hot weather, when the yeast is very good and the bread very light, it

must not stand over fifteen minutes before placing to bake. If it is cold weather, and the yeast is less active, or the bread not perfectly raised, it may sometimes stand an hour in the pans without injury. When it is risen so as to seam or crack, it is ready for the oven; if it stands after this it becomes sour, and even if it does not sour it loses its freshness and sweetness, and the bread becomes dry sooner after baking. Bread should undergo but two fermentations; the saccharine or sweet fermentation, and the vinous, when it smells something like foaming beer. The housewife who would have good, sweet bread, must never let it pass this change, because the third or acetous fermentation then takes place. This last can be remedied by adding soda in the proportion of one tea-spoon to each quart of wetting; or, which is the same thing, a tea-spoon to four quarts of flour; but the bread will be much less nutritious and healthful, and some of the best elements of the flour will be lost. Always add salt to all bread, biscuit, griddle-cakes, etc., but *never* salt sponge. A small quantity of white sugar is an improvement to all bread dough. Bread should always be mixed as *soft as it can be handled*, but in using the "new process" flour, made from spring wheat, the dough requires to be much harder than is necessary when using that made from winter wheat.

TO BAKE BREAD.

Here is the important point, for the bread may be perfect thus far and then be spoiled in baking. No definite rules can be given that apply equally well to every stove and range; but one general rule must be observed, which is, to have a steady, moderate heat, such as is more minutely described in the directions for baking large cakes. The oven must be just hot enough; if too hot, a firm crust is formed before the bread has expanded enough, and it will be heavy. To test the heat, place a teaspoon of flour on an old piece of crockery (to secure an even heat), and set in middle of the oven; if it browns in one minute the heat is right. An oven in which the bare hand and arm can not be held longer than to count twenty moderately, is hot enough. The attention of stove-makers seems never to have been directed to the fact that there is no accurate means of testing the heat of ovens, but it is to be hoped that in the

near future some simple device may be found which will render unnecessary such inaccurate and untrustworthy tests as must now be used, and thus reduce baking to a science. To test whether the bread is done, break the loaves apart and press gently with the finger; if elastic it is done, but if clammy, not done, and must be returned to the oven; or, if the loaves are single, test with a straw plucked from a broom. Break off the branches and thrust the larger end into the loaf; if it is sticky when withdrawn, the bread is not done, but if free from dough it is ready to be removed from the oven. The little projections on the straw, where the branches have been broken off, catch and bring out the dough, when not thoroughly baked.

The time required for baking is not less than three-quarters of an hour, and bread baked a full hour is more wholesome and is generally considered more palatable. "The little fairy that hovers over successful bread-making is heat, not too little nor too much, but uniform."

When removed from the oven, take the loaves out of the pan, grease the entire outer crust with melted butter, and tilt them on edge, so as to secure a free circulation of air. It is better not to cover bread while warm, unless with a light cloth to keep off flies. Thoroughly exposed to the air *the surface cools first*, insuring a crisp crust and the retention of the moisture in the loaf. There are those, however, who follow successfully the plan of wrapping the bread, as soon as it is removed from the oven, in a coarse towel or bread-cloth. Never put warm bread next to wood, as the part in contact will have a bad taste. Spread a cloth over the table before placing the bread on it.

Good bread-makers differ widely as to the number of times bread should rise, some insisting that the rule of our good grandmothers, who only allowed it to rise once, insures the sweetest and most nutritious bread, and that in all subsequent fermentations, a decomposition takes place that is damaging to the wholesome qualities of the "staff of life."

If by accident or neglect the bread is baked too hard, rub the loaf over with butter, wet a towel and wrap it in it, and cover with another dry towel. In winter, bread dough may be kept sweet

several days by placing it where it will be cold without freezing, or by putting it so deep into the flour barrel as to exclude it entirely from the air. When wanted for use, make into bread, or, by adding the proper ingredients, into cake, rusk, biscuit, apple dumplings, chicken pie, etc.

When *the bread is cold*, place in a stone jar or tin box, which must be thoroughly washed, scalded and dried each baking day. A still better receptacle for bread is a tin wash-boiler with a close cover, kept for this purpose alone. When small, single loaf pans are used, the bread may be removed to cool, the pans washed and dried, and the loaves afterwards replaced each in its pan, and then set away in a box or boiler. The pan helps to keep the bread moist and palatable for several days.

The best pan for bread is made of Russia iron (which is but little more costly than tin and will last many times as long), about four by ten inches on the bottom, flaring to the top, and about four and one-half inches deep. The pan should be greased very lightly for bread.

Attention to neatness, important in all cookery, is doubly important in bread-making. Be sure that the hair is neatly combed and put up (which ought to be done before the dress is put on every morning), and that the hands, arms and finger-nails are scrupulously clean. A neat calico apron with bib, and sleeves of dress well-tucked up and fastened so that they will not come down, add much to the comfort of this the most important task of the kitchen queen.

There are three critical points in the process of bread-making: the condition of the yeast, which must never be used if sour; the temperature where the bread is set to rise, which must not be so hot as to scald; and the temperature of the oven, which must be uniform, neither too hot nor too cold.

In cutting warm bread for the table, heat the knife, and, whether hot or cold, cut only as much as will be eaten. It is better to replenish the bread-plate once or even twice *during a meal* than to have slices left over to dry up and waste.

When using coal, put into the fire-box enough to finish the baking; adding more during the process is apt to render the oven-heat

irregular. When wood is used, make a good *hot* fire, see that the stove has a good, free draft, and *let it cool* to an even, steady heat before putting the bread in the oven. The finest bread may be completely spoiled in baking, and a *freshly-made* fire can not be easily regulated.

The patent iron shelves, made to be attached to the pipes of stoves and ranges, are very convenient places for placing bread to rise. They give the necessary warmth, and the height is convenient for watching.

The proportion of gluten in wheat, and consequently in flour, varies greatly in different varieties. Flour in which gluten is abundant will absorb much more liquid than that which contains a greater proportion of starch, and consequently is stronger; that is, will make more bread to a given quantity. Gluten is a flesh-former, and starch a heat-giver, in the nutritive processes of the body. Flour containing a good proportion of gluten remains a compact mass when compressed in the hand, while starchy flour crumbles and lacks adhesive properties. Neither gluten or starch dissolve in *cold* water. The gluten is a grayish, tough, elastic substance. In yeast-bread, the yeast, in fermenting, combines with the sugar in the flour and the sugar which has been added to the flour, and carbonic acid gas and alcohol are produced. The gas tries to escape, but is confined by the elastic, strong gluten which forms the walls of the cells in which it is held, its expansion changing the solid dough into a light, spongy mass. The kneading process distributes the yeast thoroughly through the bread, making the grain even. The water used in mixing the bread softens the gluten, and cements all the particles of flour together, ready for the action of the carbonic acid gas. In baking, the loaf grows larger as the heat expands the carbonic acid gas, and converts the water into steam and the alcohol into vapor, but it, meantime, loses one-sixth of its weight by the escape of these through the pores of the bread. Some of the starch changes into gum, the cells of the rest are broken by the heat, the gluten is softened and made tender, and the bread is in the condition most easily acted upon by the digestive fluids.

There is a great difference of opinion as to the comparative merits of bread made from fine flour, and Graham, or whole wheat

flour. The latter is undoubtedly best for persons who lead sedentary lives, as the coarse particles stimulate the digestive organs, causing the fluids to flow more freely; while for those who follow active, out-of-door pursuits, the fine flour bread is probably best, as being more nutritious and economical, because wholly digested.

There is an old and true saying, that "she who has baked a good batch of bread has done a good days work." Bread-making should stand at the head of domestic accomplishments, since the health and happiness of the family depends immeasurably upon good bread; and there is certain to come a time in the experience of every true, thoughtful woman when she is glad and proud of her ability to make nice, sweet loaves, free from soda, alum, and other injurious ingredients, or bitter regret that she neglected to learn, or was so unfortunate as not to have been taught, at least the first requisites of good bread-making.

GRAHAM AND CORN BREAD.

It is very desirable that every family should have a constant supply of bread made of unbolted flour, or rye and Indian corn. Most persons find it palatable, and it promotes health. For these coarse breads, always add a little brown sugar or molasses, and the amount given in the recipes may be increased according to taste. They rise quicker and in a less warm atmosphere than without sweetening. A little lard or butter improves bread or cakes made of Graham or Indian meal, rendering them light and tender. Graham rises rather more quickly than fine flour (as the whole wheat flour contains a larger proportion of gluten, and fermentation is more rapid), and should not be allowed to rise quite as light. The pans should be greased more thoroughly for Graham and corn bread than for that made from fine flour. The fire should be steady and sufficient to complete the baking, and the oven hot when the bread is put in. A fresh blaze will burn the crust, while a steady fire will sweeten it. Graham bread bakes more slowly than fine-flour bread, and corn bread requires more time and a hotter oven than either. Use either yellow or white corn, ground coarse, for mush, and white, ground fine, for bread, etc. In cutting the latter while warm, heat the knife, and hold it perpendicularly. Rye is

said to absorb more moisture from the air than any other grain; hence, all bread from this meal needs a longer application of heat, and keeps moister after being baked than that made from other grain.

SPONGE FOR WINTER USE.

Peel and boil four or five medium-sized potatoes in two quarts of water (which will boil down to one quart by that time the potatoes are cooked): when done, take out and press through a colander, or mash very fine in the crock in which the sponge is to be made; make a well in the center, into which put one cup of flour, and pour over it the boiling water from the potatoes; stir thoroughly, and when cool add a pint of tepid water, flour enough to make a *thin* batter, and a cup of yeast. This sponge makes very moist bread.

BREAD SPONGE.

Six potatoes boiled and mashed while hot, two table-spoons of white sugar, two of butter, one quart tepid water; into this stir three cups flour; beat to a smooth batter, add six table-spoons yeast; set over night, and, in the morning, knead in sufficient flour to make a stiff, spongy dough; knead vigorously for fifteen minutes, set away to rise, and, when light, knead for ten minutes; mold out into moderate-sized loaves, and let rise until they are like delicate or light sponge-cake.—*Mrs. George H. Rust, Minneapolis, Minn.*

BREAD SPONGE AND BREAD.

Five pints warm water, five quarts sifted flour, one coffee-cup yeast; mix in a two-gallon stone jar, cover closely, and set in a large tin pan, so that if the sponge rises over the top of the jar, the drippings may fall into the pan. Set to rise the evening before baking. In winter be careful to set in a warm place. In the morning sift six quarts flour into a pail, pour the sponge into a bread-pan or bowl, add two table-spoons of salt, then the flour gradually; mix and knead well, using up nearly all the flour. This first kneading is the most important, and should occupy at least twenty minutes. Make the bread in one large loaf, set away in a warm place, and cover with a cloth. It ought to rise in half an hour, when it should be kneaded thoroughly again for ten minutes. Then

take enough dough for three good-sized loaves (a quart bowl of dough to each), give five minutes kneading to each loaf, and place to rise in a dripping-pan well greased with lard. The loaves will be light in five or ten minutes, and will bake in a properly heated oven in half an hour. Make a well in the center of the remaining dough, and into it put a half tea-cup of white sugar, one tea-cup of lard, and two eggs, which mix thoroughly with the dough, knead into one large loaf, set in a warm place about fifteen minutes to rise, and, when light, knead five minutes and let rise again for about ten minutes, when it should be light. Take out of pan, and knead on bread-board, roll about an inch in thickness, cut out with a biscuit-cutter, and place in dripping-pan; let rise five minutes and bake twenty minutes. In winter more time must be allowed for rising. This makes three loaves and ninety biscuit.—*S. A. Melching, Marysville, Ohio.*

BREAD WITH BUTTERMILK.

The evening before baking, bring to the boiling point two quarts of buttermilk (or boil sour milk and take the same quantity of the whey), and pour into a crock in which a scant tea-cup of sifted flour has been placed. Let stand till sufficiently cool, then add half a cup of yeast, and flour to make a thick batter; the better and longer the sponge is stirred the whiter will be the bread. In the morning sift the flour into the bread-pan, pour the sponge in the center, stir in some of the flour, and let stand until after breakfast; then mix, kneading for about half an hour, the longer the better; when light, mold into loaves, this time kneading as little as possible. The secret of good bread is having good yeast, and not baking too hard. This makes four loaves and forty biscuit.—*Mrs. M. C. Moore, Granville, Ohio.*

GOOD BREAD.

For four small loaves boil four large potatoes; when done, pour off the water, and when it cools add to it a yeast cake; mash the potato very fine, put through a sieve, pour boiling milk on as much flour as is needed, let stand until cool, add the potato and yeast, a large tea-spoon of salt and one table-spoon of sugar; stir very stiff, adding flour as is needed. Let stand in a warm place until light,

dissolve one tea-spoon of soda in a little hot water, mix well through with the hands, mold into loaves, and let rise again. When sufficiently raised place in a moderately hot oven, keeping up a steady fire.—*Mrs. Governor Hardin, Missouri.*

HOP-YEAST BREAD.

One tea-cup yeast, three pints warm water; make a thin sponge at tea time, cover and let it remain two hours or until very light. By adding the water to the flour first and having the sponge quite warm, it is never necessary to put the sponge over hot water or in an oven to make it rise. Knead into a loaf before going to bed; in the morning mold into three loaves, spreading a little lard between as they are put in the pan. When light, bake one hour, having oven quite hot when the bread is put in, and very moderate when it is done. (Bread made in this way is never sour or heavy.) To have fine, light biscuit, add shortening at night, and in the morning make into biscuit and bake for breakfast. By this recipe bread is baked before the stove is cold from breakfast, and out of the way for other baking.

To cool bread there should be a board for the purpose. An oaken board, covered with heavy white flannel, is the best; over this spread a fresh linen bread-cloth, and lay the bread on it right side up, with nothing over it except a very thin cover to keep off the flies. It should be placed immediately in the fresh air or wind to cool; when cool, place immediately in a tin box or stone jar, and cover closely. Bread cooled in this way will have a soft crust, and be filled with pure air.—*Mrs J. T. Liggett, Detroit, Michigan.*

BREAD WITH POTATO SPONGE.

Pare and boil four or five potatoes, mash fine, and add one pint of flour; pour on the mixture first boiling water enough to moisten well, then about one quart of cold water, after which add flour enough to make a stiff batter. When cooled to "scarcely milk warm," put in one-half pint (or more will do no harm) of yeast, and let it stand in a warm place over night; in the morning add to this sponge one cup of lard, stir in flour, and knead well. The more kneading the finer and whiter the bread will be; pounding also with a potato-masher improves the bread greatly, and is rather

easier than so much kneading. When quite stiff and well worked and pounded, let it rise again, and when light, make into loaves or biscuit, adding no more flour except to flour the hands and board—merely enough to prevent the bread from sticking. Let it rise again, then bake; and immediately after taking from the oven, wrap in a wet towel until partly cold, in order to soften the crust. If *yeast* and *flour* are good (*essentials* in all cases), the above process will make good bread.—*Mrs. Clara Morey, Marysville, Ohio.*

POOR-MAN'S BREAD.

One pint of buttermilk or sour milk, one level tea-spoon soda, a pinch of salt, and flour enough to make as stiff as soda-biscuit dough; cut into three pieces, handle as little as possible, roll an inch thick, place in dripping-pan, bake twenty or thirty minutes in a hot oven, and, when done, wrap in a bread cloth. Eat while warm, breaking open like a biscuit. Each cake will be about the size of a pie.—*Mrs. D. B.*

BREAD WITH POTATOES.

To one quart of blood-warm water or milk (if milk is used, it must first be scalded and then cooled to blood heat), take two quarts sifted flour and one teacup fresh potato yeast. Put the milk or water into a one-gallon stone crock and stir the flour gradually into it, then add the yeast, beating it vigorously for fifteen minutes; set to rise in a warm place, putting the crock in a pan (to catch the drippings if it should run over). If in winter, mix it as early as six or seven o'clock in the evening. Cover very closely with a clean white cloth, with a blanket over it, kept purposely for this (the cloths used for bread should not be taken for any thing else). In the morning, sift three quarts of flour into the bread-pan, setting it in the oven for a few minutes to bring it to the same temperature as the sponge. Pare six medium-sized potatoes, and boil them in three pints of water; when thoroughly cooked, remove the potatoes and pour the boiling hot water (which will now be about one quart) over the flour, stirring it with a spoon. Mash the potatoes very fine, and beat them as if for the table; mix them in the flour, and when cooled to blood heat, pour in the sponge, and mix well. Add more wetting or flour if needed, rub off all that adheres to the sides

of the pan, and mix with the dough, kneading it from forty-five minutes to one hour; then place the pan to rise, cover closely with the cloth and blanket, setting it where there is no draft (this is imperative). When it has risen to twice its size, knead down in the pan, take one quart of dough for each loaf, knead each five minutes with quick, elastic movements, grease the sides of the loaves with sweet, melted butter if two or more are placed in the same pan; or the loaves may be greased all over lightly before placing in the pan, a process which adds much to the sweetness of the crust. The pan should be thoroughly but lightly greased. Let rise until as large again as when molded, then bake. Have your oven moderately heated at first, with a fire in the stove that will keep it of a uniform temperature. (For manner of testing oven, see general instructions for bread-making.) Bake from three-quarters of an hour to one hour and a quarter, according to the size of the loaves, during which time the bread should be carefully watched to see that the proper degree of heat is steadily kept up. Before browning they will have risen to double their size when placed in the oven. The heat of the oven is all important, for if too hot the loaves will not rise sufficiently; if too cold they will rise too much, and the bread will be coarse and porous. When done, place on side, and cool without covering. Never use flour without sifting, as sifting enlivens and aerates the flour, and makes both mixing and rising easier and quicker. Quick rising makes whiter bread, and it is very necessary that in all its different risings, bread should be mixed as soon as ready.—*Huldah, Sheboygan, Me.*

BREAD RAISED ONCE.

No other yeast is made with so little trouble as potato yeast. Bread made from it keeps moist longer, and there is no danger of injuring the flavor of the bread by using too much. When plentifully used, a beautiful, light, sweet, fine-grained bread is produced by only one rising, thus saving not only time and trouble, but also, what is more important, the sweet flavor and nutritious qualities which greatly suffer by the second fermentation, almost universally practiced. When this fact is thoroughly understood, every one will appreciate the importance of checking excessive fermentation, dur-

ing which decomposition actually takes place, and the delicate, foamy loaves, "yeasted to death," which so many families now use and call the "staff of life," will give place to the sweet, substantial home-made loaves, such as our good mothers and grandmothers kneaded with their own skilled hands.

Take care that the yeast is good and "lively," for, without this, failure is certain. To make three loaves of bread, warm and lightly grease the baking-pans, sift three quarts or more of flour into the bread-pan, press down the middle, and into it put two small table-spoons of fine salt; pour in slowly one quart of milk-warm water, constantly stirring with one hand in the flour, until a thin batter is formed; add a pint or more of potato yeast or one tea-cup of hop yeast. (If compressed yeast is used, a yeast cake, dissolved in warm water, or a piece of compressed yeast as large as a walnut, dissolved in the same manner, is sufficient.) Mix thoroughly, adding more and more flour, until a stiff dough is formed; place on the bread-board, knead vigorously for twenty minutes or more, flouring the board frequently to prevent the dough from sticking to it, divide into loaves of a size to suit pans, mold into a comely shape, place in pans, rub over the top a light coating of sweet, drawn butter, set in a warm, not too hot place to rise, cover lightly to keep off dust and air, watch and occasionally turn the pans around when necessary to make the loaves rise evenly; when risen to about double the original size, draw across the top of each lengthwise with a sharp knife, making a slit half an inch deep, place them in a moderately heated oven, and bake one hour, watching carefully from time to time to make certain that a proper degree of heat is kept up. Before browning they will rise to double the size of loaf which was placed in the oven, and pans must be provided deep enough to retain them in shape. Bake until well done and nicely browned. Nothing adds more to the sweetness and digestibility of wheaten bread than thorough baking. When done, remove from pans immediately, to prevent the sweating and softening of the crust.—*Mrs. L. B. Lyman, Antioch, Cal.*

BREAD RAISED TWICE.

Measure out four quarts of sifted flour, take out a pint in a cup, and place remainder in a bread-pan. Make a well in the middle, into which turn one table-spoon sugar, one of salt, and one cup of yeast; then mix in one pint of milk which has been made blood-warm by adding one pint of boiling water; beat well with a strong spoon, add one table-spoon lard, knead for twenty to thirty minutes, and let rise over night; in the morning knead again, make into loaves, let them rise one hour, and bake fifty minutes. Water may be used instead of the pint of milk, in which case use twice as much lard.

BREAD RAISED THREE TIMES.

Begin about 5 P. M., plan for six loaves, somewhat larger than bakers' loaves; take two little cakes of yeast, put them into a pint of tepid water, and, when soft, beat in thoroughly enough flour to make a thick batter, and put in a warm place. If the excellent "Farmer's Yeast," the recipe for which is given hereafter, is used, take half a tea-cup and stir into the batter. A good dish for this purpose is a large bowl, a broad open pitcher, or a bright three-quart tin pail, and it should be clean in the strictest sense. This should rise in about two hours; and when nearly light, take six or eight medium-sized potatoes, pare neatly, rinse clean, and boil in three pints of water till well done, mash very fine in the water while hot. Have ready a bread-pan of sifted flour, into which put a tea-spoon of salt, half a cup of white sugar, and a bit of lard as large as an egg; then riddle the potato mash, hot as it is, through a sieve or fine colander into the flour, and stir with a kitchen spoon into a stiff dough. This scalds about half the flour used in the batch of bread. This mass must cool till it *will not scald the yeast*, which may now be mixed in and put in a warm, not hot, place for second rising, which will be accomplished by morning, when the kneading may be done. Kneading is the finest point of bread-making, and contains more of the art than any other; it requires skill, time, patience, and hard work. Work in flour no faster than is required to allow thorough kneading, which can not be done in less than forty-five minutes, but should not be worked much over an

hour; one hour is a good uniform rule. The mechanical bakers use sets of rollers driven by steam power, between which the dough is passed, coming out a sheet an inch thick; it is folded together several times and rolled again and again. This process should be imitated somewhat by the hands in the family kitchen. The working of the dough gives grain and flakiness to the bread. The dough when kneaded should be soft, but not sticky—stiff enough to retain its roundness on the board. Put back into the pan for the third rising, which will require but little time, and when light, cut off enough for each loaf by itself. Knead but little, and put into the baking-pans. If the first kneading has been well done, no more flour will be needed in molding into loaves. These must remain in the baking-pans till nearly as large as the loaves ought to be, when they may be put into a well-heated oven. If the oven is a trifle too hot, or if it tends to bake hard on the top, a piece of brown paper may be put over the loaves (save some clean grocer's paper for this purpose), and from forty to sixty minutes will cook it thoroughly. After the loaves are put into the baking-pans, avoid jarring them, as it will make portions of them heavy.

If the yeast is "set" at 5 P. M., the bread will be ready for dinner next day; if in the morning, the baking will be done early in the evening, or twelve hours after, with fair temperature and good yeast. Bread made in this way will be good for a week, and, with fair weather and careful keeping, even two weeks. When dry, a slice toasted will be as crisp, sweet, and granular as Yankee ginger-bread.—*Mrs. H. Young, Minneapolis, Minn.*

BREAD, IN SUMMER OR WINTER.

In summer take three pints of cold or tepid water, four table-spoons of yeast, one tea-spoon of salt; stir in flour enough to make a thick sponge (rather thicker than griddle-cakes). Let stand until morning, then add more flour, mix stiff, and knead ten minutes; place in a pan, let rise until light, knead for another ten minutes; mold into four loaves, and set to rise, but do not let it get too light; bake in a moderate oven one hour. If bread is mixed at six o'clock in the morning, the baking ought to be done by ten o'clock.

In winter take one pint of buttermilk or clabbered milk; let it

scald (not boil); make a well in the center of the flour, into it turn the hot milk, add one tea-spoon of salt, enough flour and water to make sufficient sponge, and one tea-cup of yeast; let stand until morning, and then prepare the bread as in summer. This is more convenient to make in winter, since a hot fire is needed to heat the milk.—*Mrs. D. Buxton, Marysville, Ohio.*

SALT-RISING BREAD.

The leaven for this bread is prepared thus: Take a pint of warm water—about 90°—(if a little too hot defeat is certain) in a perfectly clean bowl and stir up a thick batter, adding only a tea-spoon of salt; a thorough beating of the batter is important. Set in a pan of warm water to secure uniformity of temperature, and in two to four hours it will begin to rise. The rising is much more sure if coarse flour or “shorts” is used instead of fine flour.

When your “rising” is nearly light enough, take a pint of milk and a pint of boiling water, (a table-spoon of lime water added is good, and often prevents souring), mix the sponge in the bread-pan, and when cooled to about milk-warm, stir in the rising. The sponge thus made will be light in two to four hours, with good warmth. The dough requires less kneading than yeast-raised dough. The bread is simpler, but not so certain of rising, and you leave out all the ingredients save the flour, water (milk is not essential), and a pinch of salt. It should be made more frequently as it dries faster than bread containing potatoes. Some object to it because of the odor in rising, which is the result of acetous fermentation, but the more of that the more sure you are of having sweet bread when baked.—*Mrs. H. Young, Minneapolis, Minn.*

ANOTHER SALT-RISING BREAD.

In summer take at night one (scant) pint of new milk, half as much hot water, a tea-spoon salt, one of sugar, and a *very little* soda. Mix all in a nice, sweet pitcher (it must be perfectly clean and sweet), stir in one table-spoon of corn meal, and add flour enough to make a medium batter; stir well, place the pitcher in an iron kettle with quite warm water, using so much water that the pitcher will barely rest on the bottom of the kettle; cover closely and leave all night (on the stove if the fire is nearly out) where it will be

kept warm, not hot, for an hour or two. If the pitcher is not too large, it will probably be full in the morning; if not, add a spoon of flour, stir well, warm the water in the kettle, replace the pitcher, cover, and keep it *warm* until light. Have ready two quarts of sifted flour in a pan, make a hole in the center, put in an even tea-spoon of salt, a tea-cup of nearly boiling water; add one pint of new milk, and stir a batter there in the center of the flour, add the "emptyings" from the pitcher, and stir well (there will be a good deal of flour all round the batter; this is right); cover with another pan, keep warm until light—it will rise in an hour or even less—when it is ready to be *well kneaded*, and made directly into loaves, which place in the baking-pans, keep well covered and *warm* until light, when it is ready to bake. The secret of success is to keep it *warm* but not at all *hot*. This bread is good if no milk is used; indeed, some prefer it made with water alone instead of milk and water. In cold weather, if kitchen is cold at night, do not set "emptyings" over night, but make early in the morning.—*Havillah, Farina, Ill.*

BOSTON BROWN BREAD.

One heaping coffee-cup each of corn, rye and Graham meal. The rye meal should be as fine as the Graham, or rye flour may be used. Sift the three kinds together as closely as possible, and beat together thoroughly with two cups New Orleans or Porto Rico molasses, two cups sweet milk, one cup sour milk, one dessert-spoon soda, one tea-spoon salt; pour into a tin form, place in a kettle of *cold* water, put on and boil four hours. Put on to cook as soon as mixed. It may appear to be too thin, but it is not, as this recipe has never been known to fail. Serve warm, with baked beans or Thanksgiving turkey. The bread should not quite fill the form (or a tin pail with cover will answer), as it must have room to swell. See that the water does not boil up to the top of the form; also take care it does not boil entirely away or stop boiling. To serve it, remove the lid and set it a few moments into the open oven to dry the top, and it will then turn out in perfect shape. This bread can be used as a pudding, and served with a sauce made of thick *sour* cream, well sweetened and seasoned with nutmeg; or it is good toasted the next day.—*Mrs. H. S. Stevens, Minneapolis, Minn.*

EASTERN BROWN BREAD.

One pint each of rye or Graham and Indian meal, one cup molasses, three-fourths cup sour milk, one and one-half tea-spoons soda, one and one-half pints cold water. Put on stove over *cold* water (all brown breads are better when put on to steam over cold water, which is afterwards brought to the boiling point and kept constantly boiling until bread is done); steam four hours, and brown over in the oven.

BROWN BREAD.

Two and one-half cups sour milk, and one-half cup molasses; into these put one heaping tea-spoon soda, two cups corn meal, one cup Graham flour and one tea-spoon salt. Use coffee cups. Steam three hours, and afterwards brown in oven.—*Mrs. D. Bassett, Minneapolis, Minn.*

BROWN BREAD WITH HORSFORD'S BREAD PREPARATION.

One and a fourth cups sweet milk, one cup each corn meal and Graham, one-half cup molasses, and one measure (measures are furnished with the Horsford) each of Horsford's Bread Preparation. Use coffee cups.

BREAD WITH MUSH.

Pour two quarts hot corn-meal mush, made as for eating, over two quarts flour (wheat or Graham); when cool, add one quart sponge, one coffee cup molasses, one tea-spoon salt, half tea-spoon soda; mix well together; add more flour if needed, and knead thoroughly; mold into small loaves; let rise and bake in small dripping pans (a loaf in a pan), or pie-tins, in a moderate oven; when done, rub over with butter, place on the side, wrap in a cloth, and when cold put in a jar or box. This recipe makes three good-sized loaves and keeps moist longer than all Graham bread.—*Mrs. W. W. Woods, Marysville, Ohio.*

BOSTON CORN BREAD.

One cup sweet milk, two cups sour milk, two-thirds cup molasses, one cup flour, four cups corn meal, two tea-spoons soda; steam three hours, and brown a few minutes in the oven.—*Mrs. Canby, Bellefontaine, Ohio.*

MRS. B.'s CORN BREAD.

One quart sour milk, three eggs, two table-spoons lard or butter (or half and half), one table-spoon sugar, a pinch of salt, handful of wheat flour, and enough corn meal (sifted) to make a good batter; add one heaping tea-spoon soda, stir thoroughly, and bake in long dripping pan.

BOILED CORN BREAD.

One and one-fourth pints each of sweet milk and buttermilk or sour cream, half a pint molasses, one tea-spoon soda, three tea-spoons cream tartar, one even table-spoon salt, one and a fourth pints each of corn meal and flour; sift the soda and cream tartar in the flour; mix all the ingredients thoroughly together and put in a buttered tin pail; cover closely, place in a kettle two-thirds full of boiling water; cover, and boil steadily for three hours, replenishing when needful with boiling water. To be eaten hot with butter.—*Mrs. I. N. Burritt in "In the Kitchen."*

CORN BREAD.

One pint corn meal sifted, one pint flour, one pint sour milk, two eggs beaten light, one-half cup sugar, piece of butter size of an egg; add, the last thing, one tea-spoon soda in a little milk; add to the beaten egg the milk and meal alternately, then the butter and sugar. If sweet milk is used, add one tea-spoon cream tartar; bake twenty minutes in a hot oven.—*Mrs. H. B. Sherman, Milwaukee, Wisconsin.*

CORN BREAD.

Take one quart buttermilk, and one heaping pint corn meal, one tea-spoon soda, one of salt, one table-spoon sugar and three eggs; have the stove very hot, and do not bake in too deep a pan. The batter seems too thin, but bakes very nicely.—*Mrs. J. H. Shearer, Marysville, Ohio.*

THE BREAD OF OUR FOREFATHERS.

Put in a pan two quarts of meal, a half-pint of flour, stir up well; pour in the center a pint of boiling water, stir up enough of the meal to make a thin batter; when cool, put in a cup of yeast, a tea-spoon of salt and enough warm water to make a thick batter; let rise, then place in a deep, well-greased pan, cover with another

pan, and place in a moderate oven. When nearly done, remove the cover, and bake slowly until done. Excellent when cold.

All baking-pans for bread should be made with covers, made of the same material, and high enough to permit the bread to rise to its full size. If pan is deep enough to permit the bread to rise without touching it, a flat piece of tin or sheet-iron will answer for the cover, or a cover may be made of paper, or another pan may be inverted over the bread. The office of the cover is to prevent the crust from browning hard before the expansion of the gases has made the bread light and porous.—*Mrs. C. V. Collier, Litchfield, Minnesota.*

PLAIN CORN BREAD.

One well-heaped pint corn meal, one pint sour or buttermilk, one egg, one tea-spoon soda, one of salt; bake in dripping or gem pans. If preferred, one heaping table-spoon of sugar may be added.

STEAMED CORN BREAD.

Two cups each corn meal, Graham flour and sour milk, two-thirds cup molasses, one tea-spoon soda; steam two hours and a half.—*Mrs. Jennie Guthrie Cherry, Newark.*

GRAHAM BREAD.

Take a little over a quart of warm water, one-half cup brown sugar or molasses, one-fourth cup hop yeast, and one and one-half tea-spoons salt; thicken the water with unbolted flour to a thin batter; add sugar, salt and yeast, and stir in more flour until quite stiff. In the morning add a small tea-spoon soda, and flour enough to make the batter stiff as can be stirred with a spoon; put it into pans and let rise again; then bake in even oven, not too hot at first; *keep warm while rising*; smooth over the loaves with a spoon or knife dipped in water.—*Mrs. H. B. Sherman, Plankinton House, Milwaukee, Wisconsin.*

GRAHAM BREAD.

Mix three quarts Graham flour, one quart warm water, half pint yeast, a quarter-pint molasses, and one table-spoon salt, thoroughly; put in well-buttered pans, and leave in a warm place to rise, or let it rise over night at 60°. If left to rise slowly, let it remain in the bowl in which it was mixed, and unless *very* light when put in

pans, let it stand fifteen or twenty minutes before putting in the oven.

GRAHAM BREAD.

To one and a half pints of tepid water add one heaping tea-spoon of salt and one-half cup of sugar; stir in one-half pint or more of the sponge made of white flour, as in recipe for "Bread with Potato Yeast;" add Graham flour until almost *too stiff to stir*; put in the baking-pan and let rise well, which will take about two hours, bake in a moderate oven, and when done, wrap in a wet towel until cool.—*Mrs. Clara Woods Morey.*

QUICK GRAHAM BREAD.

One and a half pints sour milk, half cup New Orleans molasses, a little salt, two tea-spoons soda dissolved in a little hot water, and as much Graham flour as can be stirred in with a spoon; pour in well-greased pan, put in oven as soon as mixed, and bake two hours.—*Mrs. E. J. W.*

RYE AND INDIAN BREAD.

One quart of rye meal or rye flour, two quarts of Indian meal, scalded (by placing in a pan and pouring just enough *boiling* water over it, stirring constantly with a spoon, to merely wet it, but not enough to make it into a batter), one-half tea-cup molasses, two tea-spoons salt, one of soda, one tea-cup yeast; make as stiff as can be stirred with a spoon, mixing with warm water, and let rise all night; then put in a large pan, smooth the top with the hand dipped in cold water, let it stand a short time, and bake five or six hours. If put in the oven late in the day, let it remain all night. Graham may be used instead of rye, and baked as above. In the olden time it was placed in kettle, allowed to rise, then placed on the hearth before the fire, with coals on top of lid, and baked.—*Mrs. Charles Fullington, Marysville, Ohio.*

RYE BREAD.

Make a sponge of one quart warm water, one tea cup yeast, thickened with rye flour; put in warm place to rise over night; scald one pint corn meal; when cool add it to sponge, and add rye flour till thick enough to knead, *knead but little*, let rise, mold into

loaves, place in deep pie-tins or small pudding-pans, let rise and bake; or, thicken the sponge with rye flour, and proceed as above. Wheat sponge may be used instead of rye.—*Mrs. Eliza T. Carson, Delaware, Ohio.*

RYE BREAD.

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

BREAKFAST AND TEA CAKES.

To make biscuit, take a part of the dough left from bread-making when it is ready to mold into loaves, work in the lard and any other ingredients desired, such as butter, eggs, sugar, spice, etc., also using a little more flour; let rise once, then mix down and let rise again, turn out on the bread-board, knead a few minutes, roll, and cut out with a biscuit-cutter or mold with the hand. Place in a well-greased dripping-pan, and when light bake in a quick oven from fifteen to twenty minutes. To make them a nice color, wet the top with warm water just before placing in the oven. To glaze, brush lightly with milk and sugar, or the well-beaten yolk of an egg sweetened, and a little milk added.

Biscuit may be baked in eight minutes by making the oven as hot as can be without burning, and allowing it to cool off gradually as they bake; this makes them very light, but one has to watch closely to keep them from being scorched. Any kind of bread or pastry mixed with water requires a hotter fire than that mixed with milk.

Biscuit and rolls should be allowed to rise one-half longer than bread loaves, because the loaves of the former, being smaller, are penetrated sooner by the heat, and, of course, the fermentation is stopped sooner, and the rolls do not rise so much in the oven.

Biscuit for tea at six must be molded two hours before, which will give ample time for rising and baking. Parker House rolls for breakfast at eight must be made ready at five. Many think it

unnecessary to knead down either bread or biscuit as often as here directed; but if attention is given to the dough at the right time, and it is not suffered to become *too light*, it will be much nicer, whiter, and of a finer texture if these directions are followed.

The almost universal custom is to set the sponge at night, but many excellent bread-makers differ widely from this in practice, and their objections deserve candid consideration in this nineteenth century, when so much is written of dyspepsia and its causes. Some medical authorities assert that cancer in the stomach has its origin in dyspepsia, which, in the beginning, is caused by the use of indigestible yeast bread, in which the process of fermentation has been allowed to go so far that a certain amount of actual decomposition has taken place. This is not the fault of such recipes as are given in BUCKEYE COOKERY, but from failure to mix the bread at each successive rising *at the proper time*. The objection to setting sponge at night is, that it stands too long. Bread, to be white, sweet, and digestible, must be mixed immediately after the sponge has risen to the proper point, *which may be known by its puffy appearance, usually rising higher in the middle than at the sides of the crock; if it sinks in the center, it has stood too long*.

The process of bread-making discovered by Prof. Horsford, of Harvard College, deserves the attention of all housekeepers. It is claimed, and with good reason, that the Horsford process prevents all decomposition, saves all the nutritious properties of the bread, and, by the addition of acid phosphate, renders it more easy of digestion. Besides this, the use of Horsford's Bread Preparation saves times, simplifies the whole process of bread-making, saves labor, and reduces the chances of failure to the minimum. These are considerations of great moment, especially to inexperienced housekeepers, leaving entirely out of consideration the fact that this bread may be eaten with impunity by persons whose delicate digestive organs are impaired by the use of ordinary yeast bread. It is certain that for rolls, biscuits, griddle-cakes, and the whole list of "Breakfast and Tea Cakes," the "Bread Preparation" is superior to yeast or soda, or any of the baking-powders in common use.

Soda biscuit must be handled as little and made as rapidly as possible; mix soda and cream tartar or baking-powder in the flour

(with sweet milk use baking-powder or soda and cream tartar, with sour milk soda alone), so that the effervescence takes place in the mixture. One tea-spoon soda and two of cream tartar, or three tea-spoons baking-powder, to every three pints of flour, is about the right proportion. Bake in a quick oven as soon as made, and they rise more quickly if put into hot pans. Gems of all kinds require a hot oven, but the fire should be built some time before they are put into the oven, and allowed to go down by the time they are light, as the heat necessary to raise them will burn them in baking if kept up.

All biscuit and bread, except brown and Graham bread, should be pricked with a fork before putting them in the oven.

Soda and raised biscuit and bread or cake, when stale, can be made almost as nice as fresh by plunging for an instant into cold water, and then placing in a pan in the oven ten or fifteen minutes; thus treated they should be used immediately.

Waffle-irons should be heated, then buttered or greased with lard, and one side filled with batter, closed and laid on the fire or placed on the stove, and after a few minutes turned on the other side. They take about twice as long to bake as griddle-cakes, and are delicious with a dressing of ground cinnamon. Muffins are baked in muffin-rings. In eating them, do not cut but break them open.

The success of these recipes, and all others in this book in which soda and cream tartar are used, will depend on the purity of these ingredients. Always buy the *pure* English bicarbonate of soda, and the *pure* cream tartar. They are higher-priced, but cheaper in the end, and are free from injurious substances. When not found at the grocer's, they may generally be had at the druggist's.

BAKING POWDER.

Sixteen ounces corn starch, eight of bicarbonate of soda, five of tartaric acid; mix thoroughly.—*Mrs. Dr. Allen, Oberlin, Ohio.*

Eight ounces flour, eight of English bicarbonate of soda, seven of tartaric acid; mix thoroughly by passing several times through a sieve.—*Mrs. Trimble, Mt. Gilead, Ohio.*

BREAKFAST CAKE.

Two table-spoons sugar, two of butter, two eggs, one cup milk, one (scanty) quart flour, one tea-spoon soda, two of cream tartar; bake twenty minutes in a quick oven.—*Mrs. Emily L. Burnham, South Norwalk, Conn.*

CINNAMON CAKE.

When yeast bread is ready to knead from the sponge, knead and roll out three-fourths of an inch thick, put thin slices of butter on the top, sprinkle with cinnamon, and then with sugar; let rise well and bake.—*Mrs. M. E. Wilcox, Selma, Alabama.*

BUNS.

Break one egg into a cup and fill with sweet milk; mix with it half cup yeast, half cup butter, one cup sugar, enough flour to make a soft dough; flavor with nutmeg. Let rise till very light, then mold into biscuit with a few currants. Let rise a second time in pan; bake, and, when nearly done, glaze with a little molasses and milk. Use the same cup, no matter about the size, for each measure.—*Mrs. W. A. James.*

BUTTERED TOAST.

Although toast is commonly used, few know how to prepare it nicely. Take bread not too fresh, cut thin and evenly, trim off the crust-edges for the crumb-jar; first warm each side of the bread, then present the first side again to the fire until it takes on a rich, even, brown color; treat the other side in the same way; butter and serve immediately. The coals should be bright and hot. Toast properly made is very digestible, because all the moisture is extracted, and the bread has become pure farina of wheat; but when it is exposed to a hot fire and the outside charred, the inside remains as moist as ever, and butter applied to it while warm does not penetrate, but floats on the surface in the form of rancid oil. Or, beat one cup of butter and three table-spoons flour to a *cream*, pour over this one and a half pints *boiling* water; place over a kettle of *boiling* water for ten minutes, dip into it the toast, and serve hot.

Or, dip each slice of toast in boiling hot water (slightly salted), spread with butter, cover and keep hot.

EXCELLENT TOAST.

Cut slices of a uniform thickness, of half an inch; move around over a brisk fire, to have all parts toasted alike; keep only so near the coals that the pieces will be heated through when both sides are well browned. If the slightest point is blackened or charred, scrape it off, or it will spoil the flavor of the whole. If covered with an earthen bowl, it will keep both warm and moist. A clean towel or napkin will answer if it is to go at once to the table. Stale bread may be used for milk-toast; sour bread may be improved by toasting it through, but sweet, light bread, only a day old or less, makes the best toast.

BREAKFAST TOAST.

Add to one-half pint of sweet milk two table-spoons sugar, a little salt and a well-beaten egg; dip in this slices of bread (if dry, let it soak a minute), and fry on a buttered griddle until it is a light brown on each side. This is a good way to use dry bread.—*Mrs. Dr. Morey, Marysville, Ohio.*

Mennonite TOAST.

Beat up three eggs well, add a pint of sweet milk and a pinch of salt; cut slices an inch thick from a loaf of baker's bread, remove crust, dip slices into the eggs and milk, fry like doughnuts in *very hot lard* or drippings, till a delicate brown, butter and sprinkle with powdered sugar, and serve hot.—*Mrs. J. P. Rea, Lancaster, Pa.*

BREAD PUFFS.

If the wheat bread is light enough for the oven at breakfast time, have ready some hot lard in a deep kettle; with the thumb and two fingers pull up some of the dough quite thin, and cut it some two or three inches in length; as these pieces are cut, drop them in the lard and fry like doughnuts. At table they are eaten like biscuit; they may also be served in a vegetable dish with a dressing of hot cream, seasoned with pepper and salt.—*In the Kitchen.*

LUCY'S POP-OVERS.

Two tea-cups sweet milk, two tea-cups sifted flour, heaped a little, butter size of a walnut, two eggs, and one table-spoon sugar, a little salt; bake in hot gem-pans, filled half full, for twenty minutes, and serve immediately.—*Mrs. W. A. James, Marshall, Mich.*

POCKET-BOOKS.

Warm one quart new milk, add one cup butter or lard, four table-spoons sugar, and two well-beaten eggs; stir in flour enough to make a moderately stiff sponge, add a small cup of yeast, and set in a warm place to rise, which will take three or four hours; then mix in flour enough to make a soft dough and let rise again. When well risen, dissolve a lump of soda size of a bean in a spoon of milk, work it into the dough and roll into sheets one-half inch in thickness; spread with thin layer of butter, cut into squares, and fold over, pocket-book shape; put on tins or in pans to rise for a little while, when they will be fit for the oven. In summer the sponge can be made up in the morning, and rise in time to make for tea. In cool weather it is best to set it over night.—*Mrs. J. H. Shearer.*

RUSK.

Two tea-cups raised dough, one tea-cup sugar, half cup butter, two well-beaten eggs, flour enough to make a stiff dough; set to rise, and when light, mold into high biscuit, and let rise again; sift sugar and cinnamon over the top, and place in oven.—*Mrs. Mary Lee Gere, Champaign, Ill.*

RUSK.

One pint milk, three eggs, one tea-cup each of butter and sugar, and one coffee-cup potato yeast; thicken with flour, and sponge over night; in the morning stir down, let rise, and stir down again; when it rises make into a loaf, and let rise again; then roll out like soda biscuit, cut and put in pans, and, when light, bake carefully. Or when baking take four cups dough, one-half cup butter, one cup sugar, three eggs; mix thoroughly, adding enough flour to mold easily; let rise, make into rather high and narrow biscuit, let rise again, rub the tops with a little sugar and water, then sprinkle over them dry sugar. Bake twenty minutes.

LEBANON RUSK.

One cup mashed potatoes, one of sugar, one of home-made yeast, three eggs; mix together; when raised light, add half cup butter or lard, and flour to make a soft dough, and, when quite light, mold into small cakes, and let them rise again before baking. If wanted for tea, set about nine A. M.—*Mrs. J. S. Stahr, Lancaster, Pa.*

BISCUIT.

Dissolve one rounded table-spoon of butter in a pint of hot milk; when lukewarm stir in one quart of flour, add one beaten egg, a little salt, and a tea-cup of yeast; work into dough until smooth. If winter, set in a warm place; if summer, in a cool one to rise. In the morning work softly and roll out one-half inch and cut into biscuit and set to rise for thirty minutes, when they will be ready to bake. These are delicious.

BISCUIT.

Take one quart sifted flour (loosely put in), one measure each of the acid and soda (or two heaping teaspoons acid and one moderately heaping teaspoon soda) of Horsford's Bread Preparation, one teaspoon salt, three gills of water; shape with a spoon and the floured hand.

HARD TEA BISCUIT.

Two pounds of flour, one-fourth pound butter, one salt-spoon salt, three gills milk; cut up the butter and rub it in the flour, add the salt and milk, knead dough for half an hour, cut cakes about as large as a small tea-cup, and half an inch thick, prick with a fork, and bake in a moderate oven until they are a delicate brown.—*Mrs. Denmead, Columbus, Ohio.*

HIGH BISCUIT.

On baking days, reserve one small loaf and mix a rounded table-spoon butter, a level table-spoon sugar and one egg into it by pulling it to pieces with the hands; knead into a loaf, let it rise, then, by rolling between the hands, make into balls the size of a small hen's egg, place in rows in very well greased dripping-pan; when half full raise the end that is empty almost perpendicular, and shake gently until the balls slide compactly together, then add more, and continue doing so until the pan is full; rub over the top with melted butter, let rise until very light, and bake.—*Mildred.*

MAPLE BISCUIT.

To the well-beaten yolks of twelve eggs, add half pound of powdered or granulated sugar and half a cup of sweet milk; mix one tea-spoon baking-powder in a (scant) half pound of sifted flour, then sift the

flour gently into the batter and add flavoring, bake in biscuit pans, spreading the batter one and a half to two inches thick in the pan. If rightly made it will be very light. Do not bake too fast, and have the oven about as for sponge cake. When cold, cut into slices three inches long and one inch wide. Ice the sides, ends and top with white, pink and chocolate icing. Dry in oven, and then, if desired, the bottom may be iced. Build in square blocks and place on table. Serve a plate of the white, one of the pink, and one of the brown, or they may be mixed in building.—*Mrs. J. S. Sperry, Nashville, Tenn.*

SOUTH CAROLINA BISCUIT.

One quart sweet cream or milk, one and a half cups butter or fresh lard, two table-spoons white sugar, one good tea-spoon salt; add flour sufficient to make a stiff dough, knead *well* and mold into neat, small biscuit with the hands, as our grandmothers used to do; add one good tea-spoon cream tartar if preferred; bake well, and you have good sweet biscuit that will keep for weeks in a dry place, and are very nice for traveling lunch. They are such as we used to send to the army, and the "boys" relished them "hugely."—*Mrs. Colonel Moore, Hamilton, Ohio.*

SODA BISCUIT.

Put one quart of flour, before sifting, into sieve, with one tea-spoon soda and two of cream tartar (or three of baking powder), one of salt, and one table-spoon white sugar; mix all thoroughly with the flour, run through sieve, rub in one level table-spoon of lard or butter (or half and half), wet with half pint sweet milk, roll on board about an inch thick, cut with biscuit cutter, and bake in a quick oven fifteen minutes. If you have not milk, use a little more butter, and wet with water. Handle as little and make as rapidly as possible.—*M. Parloa.*

SPOON-BISCUIT.

One quart sour milk or buttermilk, one tea-spoon soda, a little salt, two table-spoons melted lard, and flour enough for a stiff batter; drop in a hot gem-pan and bake in a quick oven.—*Mrs. A. B. Morey.*

SALLY LUNN.

Sift into a pan a pound and a half of flour, put in two ounces of butter warmed in a pint of new milk, one salt-spoon salt, three eggs well beaten, and two table-spoons of good yeast. Mix well together, and put the whole into a tin pan well greased, and set to rise all night. Bake a little brown in a quick oven. Warm the milk and butter over water until the butter is melted; beat the eggs in a two-quart tin-pail, and if the milk is not *hot* pour it over them. Stir in half the flour, then add the yeast, stirring thoroughly with the rest of the flour. Let rise over night. Some add two table-spoons sugar and use a tea-spoon soda and two of cream tartar instead of the yeast.—*Rhoda, Ballsville, Va.*

TEA CAKE.

One quart flour, one cup sour milk, one tea-spoon soda, one-half pound lard, one-half pound chopped raisins or currants; roll two inches thick and bake in a quick oven; split open, butter, and eat while hot.—*Mrs. Canby, Bellefontaine.*

BREAKFAST ROLLS.

Mix the dough in the evening, according to directions in the recipe for "Bread Raised Once;" add a table-spoon of butter, and set where it will be a little warm until morning; cut off pieces, and carefully shape them into rolls of the desired size by rolling them between the hands, but do not knead them; dip the sides of each into drawn butter when they are shaped, and place them in the baking-pan (the butter prevents their sticking together when baked, and they will be smooth and perfect when separated). Rub them over the top with drawn butter, and dust a *little* fine salt over the top; set in a warm place, and they will quickly rise ready for baking. These are delicious.

LONG BREAKFAST ROLLS.

Three and one-half cups sweet milk, one cup butter and lard mixed in equal proportions, one cup potato yeast, flour enough to make into dough. Let rise over night; in the morning add one beaten egg. Knead thoroughly, and let rise again. With the hands, make into balls as large as a small hen's egg; then roll

between the hands to make long rolls (about three inches), place close together in even rows in the pans. Let rise until light, and bake delicately.

COFFEE ROLLS.

Work into a quart of bread dough a rounded table-spoon of butter, and a half tea-cup of white sugar; add some dried currants (well washed and dried in the oven), sift some flour and sugar over them, work into the other ingredients, make into small rolls, dip into melted butter, place in tins, let rise a short time, and bake.

DINNER OR FRENCH ROLLS.

Make dough as directed in recipe for "Long Breakfast Rolls," make into balls as large as a medium-sized hen's egg, place on a well-floured board, flour a small rolling-pin (three-quarters of an inch in diameter), press down so as nearly to divide each ball of dough in the center, place in baking-pans so as not to touch each other, grease the space made by the rolling pin with melted butter, let rise until light, and bake. These rolls are so small and bake so quickly, that they have the delicious sweet taste of the wheat. Some grease the hands with butter while making the rolls. Bread dough, by adding the other ingredients, may be used for these rolls.

EGG ROLLS.

Two tea-cups sweet milk, two eggs, a little salt, three and a half scant cups of sifted flour. Bake in hot gem-pans.—*Mrs. L. S. W., Jamestown, N. Y.*

EVERY-DAY ROLLS.

Take a piece of bread dough on baking day, when molded out the last time, about enough for a small loaf, spread out a little, add one egg, two table-spoons of sugar, and three-fourths cup of lard; add a little flour and a small tea-spoon soda if the least bit sour; mix well, let rise, mold into rolls or biscuits, set to rise again, and they will be ready for the oven in twenty or thirty minutes.

FRENCH ROLLS.

Peel six medium-sized mealy potatoes, boil in two quarts of water, press and drain both potatoes and water through a colander; when cool enough so as not to scald, add flour to make a thick

batter, beat well, and when lukewarm, add one-half cup potato yeast. Make this sponge early in the morning, and when light turn into a bread pan, add a tea-spoon salt, half cup lard, and flour enough for a soft dough; mix up, and set in a warm, even temperature; when risen, knead down and place again to rise, repeating this process five or six times; cut in small pieces and mold on the bread-board in rolls about one inch thick by five long; roll in melted butter or sweet lard, and place in well-greased baking pans (nine inches long by five wide and two and a half in depth, makes a convenient-sized pan, which holds fifteen of these rolls; or, if twice the width, put in two rows); press the rolls closely together, so that they will only be about half an inch in width. Let rise a short time and bake twenty minutes in a hot oven; if the top browns too rapidly, cover with paper. These rolls, if properly made, are very white, light and tender.

Or, make rolls larger, and just before putting them in the oven, cut deeply across each one with a sharp knife. This will make the cleft roll, so famous among French cooks.—*Mrs. J. W. Robinson, Marysville, Ohio.*

ITALIAN ROLLS.

A pound of bread dough, quarter-pound softened butter; work the butter well into the dough, and roll out about half an inch thick; cut into strips nearly an inch wide and seven or eight inches long; sift over them fine corn meal, place them apart on a buttered pan, and when light bake in a quick oven.—*In the Kitchen.*

MINNESOTA ROLLS.

Rub one-half table-spoon of lard into one quart of flour, make a well in the middle, put in one-half cup baker's yeast—or one cup of home-made—two tea-spoons sugar, one-half pint cold boiled milk; do not stir, but let stand over night; in the morning knead well, after dinner knead again, cut out, put in pans, and let rise until tea time. Bake in a quick oven.—*Mrs. Judge West, Bellefontaine.*

PARKER HOUSE ROLLS.

Rub one-half table-spoon of butter, and one-half table-spoon of lard into two quarts of sifted flour; into a well in the middle pour one pint of cold boiled milk, and add one-half cup of yeast, one-half

cup of sugar, and a little salt. If wanted for tea, rub the flour and butter, and boil the milk, and cool it the night before; add sugar, yeast and salt, and turn all into the flour, but do not stir. Let stand over night; in the morning stir up, knead, and let rise till near tea-time; mold and let rise again, and bake quickly. To mold, cut with cake-cutter; put a little melted butter on one-half and lap nearly over on the other half. Place them in the pan about three-quarters of an inch apart.—*Mrs. V. G. Hush, Minneapolis, Minn.*

WEDDING SANDWICH ROLLS.

Late in the evening make a rather stiff potato sponge (see directions under "Bread-Making"), and in the morning mix in as much flour as will make a soft dough, knead well, and place to rise; when sufficiently light, knead down again, repeating the operation two or three times, remembering not to let the dough become sour by rising too light; mold into common-sized loaves, place in your dripping-pan to rise, and bake very carefully, so as to secure the very slightest brown crust possible. On taking out of the oven, roll in a cloth tightly wrung out of water, with a large bread-blanket folded and wrapped around all. Let cool three or four hours, cut lengthwise of the loaf (not using the outside piece), first spreading lightly with good sweet butter, then cutting in slices not more than a quarter of an inch, or just as thin as possible, using for this purpose a very thin, sharp knife; lay on cold boiled ham cut in very thin shavings (no matter if in small pieces), roll up very slowly and carefully, and place where it will not unroll. Treat each sandwich in the same manner, always spreading the bread with butter before cutting. If by chance the bread is baked with too hard a crust, cut off a thin shaving of the brownest part very smoothly before making into sandwiches. These sandwiches are truly delicious if properly made, but they require great care, experience, and good judgment. Served on an oblong platter, piled in pyramid style, row upon row, they will resemble nicely rolled dinner napkins. They must be made and served the same day.—*Mrs. James W. Robinson.*

WINTER ROLLS.

Put three quarts of flour into a large crock or jar, scald one quart of buttermilk, add one cup of lard, and pour all over the flour,

beating it up well; then add one quart of cold water, stir and add one-half cup of potato yeast, or one cup of brewer's; beat in well and set in a warm place to rise over night. In the morning add salt and flour enough to make a moderately stiff dough; set in a warm place to rise, and, when risen, knead down and set to rise again. This time knead down and place in a large stone crock or bowl, covered tightly with a tin pan to prevent the surface from drying, and set away in a cool place. When needed, turn out on a bread-board, cut off a piece as large as you wish to use, roll out to the thickness of ordinary soda biscuit, cut, and put in the oven to bake immediately. Set away the rest of the dough as before, and it will keep a week in winter, and is very convenient for hot breakfast-rolls.—*Mrs. D. Buxton.*

VIENNA ROLLS.

Have ready in a bowl a table-spoon of butter or lard, made soft by warming a little, and stirring with a spoon. Add to one quart of unsifted flour two heaping tea-spoons baking powder; mix and sift thoroughly together, and place in a bowl with butter. Take more or less sweet milk as may be necessary to form a dough of usual stiffness, according to the flour (about three-fourths of a pint), put into the milk half a tea-spoon of salt, and then stir it into the flour, etc., with a spoon, forming the dough, which turn out on a board and knead sufficiently to make smooth. Roll out half an inch thick, and cut with a large round cutter; fold each one over to form a half round, wetting a little between the folds to make them stick together; place on buttered pans, so as not to touch, wash over on top with milk to give them a gloss, and bake immediately in a hot oven about twenty minutes. It will do them no harm to stand half an hour before baking, if it is desired.

CRACKNELLS.

To one pint of rich milk put two ounces butter and spoon of yeast. Make it warm, and mix enough fine flour to make a light dough; roll thin and cut in long pieces, two inches broad. Prick well, and bake in slow oven.—*Effie A. Adams, Quincy, Ills.*

ENGLISH CRUMPETS.

One quart warm milk, one teaspoon salt, half cup yeast, flour enough for a not very stiff batter. When light add half a cup

melted butter, let stand twenty minutes, and bake in muffin rings or cups.—*Mrs. G. W. M.*

WHEATEN GEMS.

Mix one tea-spoon baking-powder and a little salt into one pint flour; add to the beaten yolks of two eggs one tea-cup sweet milk or cream, a piece of butter (melted) half the size of an egg, the flour with baking-powder and salt mixed, and the well-beaten whites of the two eggs. Beat well, bake immediately in gem-pans in a hot oven, and take out and send to the table immediately.—*Mrs. Gib Hillock, New Castle, Ind.*

WHEAT MUFFINS.

Mix one pint milk, two eggs, three table-spoons yeast, and salt-spoon of salt, with flour enough to make a stiff batter; let rise four or five hours and bake in muffin-rings in a hot oven, for about ten minutes. This recipe may be made with Graham flour, by adding two table-spoons of molasses, and is excellent.—*Mrs. G. W. Marchant.*

WAFFLES.

Take one quart of flour, a tea-spoon of salt, a table-spoon of melted butter, and milk enough to make a thick batter. Mix thoroughly. Add two well-beaten eggs, and one measure each of acid and soda (or two heaping tea-spoons acid and one moderately heaping tea-spoon soda) of Horsford's Bread Preparation; stir well, and bake at once in waffle-irons.

QUICK WAFFLES.

Two pints sweet milk, one cup butter (melted), sifted flour to make a soft batter; add the well-beaten yolks of six eggs, then the beaten whites, and lastly (just before baking) four tea-spoons baking-powder, beating very hard and fast for a few minutes. These are very good with four or five eggs, but much better with more.—*Mrs. C. W. Morey.*

RAISED WAFFLES.

One quart flour, one pint sweet, luke-warm milk, two eggs, a table-spoon melted butter, tea-spoon salt, half tea-cup good yeast.—*Mrs. L. S. Williston, Heidelberg, Germany.*

RICE WAFFLES.

Boil half a pint of rice and let it get cold, mix with it one-fourth pound butter and a little salt. Sift in it one and a half pints flour, beat five eggs separately, stir the yolks together with one quart milk, add whites beaten to a stiff froth, beat hard, and bake at once in waffle-iron.—*Mrs. S. C. Lee, Baltimore, Md.*

SWEET WAFERS.

One pint flour, one tea-cup sugar, three eggs, one table-spoon butter, flavor with lemon, mix into a batter same as for cake, and bake in wafer-irons.

FRENCH CRACKERS.

One and a half pounds each of flour and sugar, three-fourths pound butter, whites of five eggs; before cooking wash over with egg and dip in sugar.

EGG CRACKERS.

Six eggs, twelve table-spoons sweet milk, six table-spoons butter, half tea-spoon soda; mold with flour half an hour, and roll thin.—*Mrs. J. S. Robinson.*

CORN DODGERS.

To one quart corn meal add a little salt and a small table-spoon lard; scald with boiling water and beat hard for a few minutes; drop a large spoonful in a well-greased pan. The batter should be thick enough to just flatten on the bottom, leaving them quite high in the center. Bake in a hot oven.

CORN MUFFINS.

One quart sifted Indian meal, a heaping tea-spoon butter, one quart milk, a salt-spoon salt, a third cup yeast, a table-spoon of molasses; let it rise four or five hours, and bake in muffin-rings.—*Mrs. G. W. Marchant, Buffalo, N. Y.*

CORN ROLLS.

One pint of corn meal, two table-spoons sugar, one tea-spoon salt, one pint boiling milk; stir all together and let stand till cool. Add three eggs well beaten, and bake in gem-pans.—*Mrs. Capt. J. P. Rea, Minneapolis, Minn.*

CORN MUSH.

Put four quarts fresh water in a kettle to boil, salt to suit the taste; when it begins to boil stir in one and one-half quarts meal, letting it sift through the fingers slowly to prevent lumps, adding it a little faster at the last, until as thick as can be conveniently stirred with one hand; set in the oven in the kettle (or take out into a pan), bake an hour, and it will be thoroughly cooked. It takes corn meal so long to cook thoroughly that it is very difficult to boil it until done without burning. Excellent for frying when cold. Use a hard wood paddle, two feet long, with a blade two inches wide and seven inches long, to stir with. The thorough cooking and baking in oven afterwards, takes away all the raw taste that mush is apt to have, and adds much to its sweetness and delicious flavor.—*Mrs. W. W. Woods.*

FRIED MUSH.

A delicious breakfast relish is made by slicing cold mush thin and frying in a little hot lard. Or dip in beaten eggs salted to taste, then in bread or cracker crumbs, and drop in *hot* lard, like dough-nuts.—*Miss A. W. S., Nashville, Tenn.*

ALABAMA JOHNNY-CAKE.

Cook a pint of rice till tender, add a table-spoon butter; when cold add two beaten eggs and one pint meal, and when mixed spread on an oaken board and bake by tipping the board up before the fire-place. When done on one side turn over. The dough should be spread half an inch thick.

JOHNNY-CAKE.

Two-thirds tea-spoon soda, three table-spoons sugar, one tea-spoon cream of tartar, one egg, one cup sweet milk, six table-spoons Indian meal, three table-spoons flour, and a little salt. This makes a thin batter.

COLD-WATER GEMS.

With very cold or ice-water and Graham flour, and a little salt, make a rather stiff batter; heat and grease the irons, and bake twenty minutes in a hot oven.—*Mrs. O. M. Scott.*

GOOD GRAHAM GEMS.

Three cups sour milk, one tea-spoon soda, one of salt, one table-spoon brown sugar, one of melted lard, one beaten egg; to the egg

add the milk, then the sugar and salt, then the Graham flour (with the soda mixed in), together with the lard; make a stiff batter, so that it will drop, not pour, from the spoon. Have gem-pans very hot, grease, fill, and bake fifteen minutes in a hot oven.—*Mrs. J. H. S.*

MRS. BUXTON'S GRAHAM GEMS.

Take one egg and beat well, add pinch of salt, one quart butter-milk or sour milk, and Graham flour enough to make a stiff batter; add one heaping tea-spoon soda and stir thoroughly with a spoon; heat and grease gem-irons, and after dipping the spoon in cold water, drop a spoonful of batter in each pan, repeating until all are filled; bake in a quick oven half an hour. This measure will make a dozen.

SWEET-MILK GEMS.

Beat one egg well, add a pint new milk, a little salt, and Graham flour until it will drop off the spoon nicely; heat and butter the gem-pans before dropping in the dough; bake in a hot oven twenty minutes.—*Mrs. R. L. Partridge.*

GRAHAM MUFFINS.

Two cups of sour milk, two table-spoons brown sugar, a little salt, one tea-spoon soda, sufficient Graham flour to make moderately stiff. If not convenient to use sour milk, use sweet, adding cream of tartar.—*Mrs. H. B. Sherman.*

GRAHAM MUSH.

Sift meal slowly into boiling salted water, stirring briskly until it is as thick as can be stirred with one hand; serve with milk or cream and sugar, or butter and syrup. It is much improved by removing from the kettle to a pan as soon as thoroughly mixed, and steaming for three or four hours. It may also be eaten cold, or sliced and fried like corn mush.

OAT-MEAL MUSH.

To two quarts boiling water, well salted, add one and a half cups best oat meal (Irish, Scotch, Canadian or Akron are best); stir in meal by degrees, and after stirring up a few times to prevent its settling down in a mass at the bottom, leave it to cook three hours *without stirring*. While stirring in meal put inner kettle directly on

stove. (Cook in a custard-kettle with water in outer kettle). To cook for breakfast it may be put on over night, allowing it to boil an hour or two in the evening, but it is better when freshly cooked. Serve with cream and sugar. This is unsurpassed as a breakfast-dish, especially for growing children, who need bone and muscle-producing food. To be wholesome it must be *well cooked*, and not the pasty, half-cooked mass usually served at boarding-houses. There are a few persons with very delicate digestive powers, who should eat oat-meal only when thoroughly pearled, as the outer husks of the grain irritate the coatings of the stomach. In lieu of a custard-kettle the mush may be made in a pan or small tin bucket, and then placed in a steamer and steamed three hours.

STEAMED OAT-MEAL.

To one tea-cup oat-meal add one quart cold water, put in steamer over a kettle of cold water, and steam one hour after meal begins to cook.

CRACKED WHEAT.

Two quarts salted water to two cups best white winter wheat; boil two or three hours in a custard-kettle: Or, soak over night and boil at least three-fourths of an hour: Or, put boiling water in a pan or small tin bucket, set on stove, stir in wheat, set in steamer and steam four hours: Or, make a strong sack of thick muslin or drilling, moisten wheat with cold water, add a little salt, place in sack, leaving half the space for wheat to swell in. Fit a round sheet of tin, perforated with holes half an inch in diameter, to the inside of ordinary kettle, so that it will rest two or three inches from the bottom; lay sack on the tin, put in water enough to reach tin, and boil from three to four hours, supplying water as it evaporates. Serve with butter and syrup, or cream and sugar. When cold, slice and fry; or warm with a little milk and salt in a pan greased with a little butter; or make in griddle-cakes with a batter of eggs, milk, and a little flour, and pinch of salt.

FINE WHITE HOMINY OR GRITS.

Take two cups to two quarts salted water, soak over night, and boil three quarters of an hour in a custard kettle; serve with milk and sugar, or when cold slice and fry.

FRITTERS.

Make fritters quickly and beat thoroughly. A good rule for them is two eggs, one half-pint milk, one tea-spoon salt, and two cups flour; have the lard in which to cook them nice and sweet and hot. Clarified fat boils at about five hundred degrees—more than double the heat of boiling water—and fat actually boiling will burn to a cinder any thing that is dropped into it. The proper cooking heat is three hundred and seventy-five degrees, and is indicated by a blue smoke arising from the surface of the fat. When this point is reached, the fat may be held at that degree of heat, and prevented from burning by dropping into it a peeled potato or a piece of hard bread, which furnishes something for the fat to act on. The heat may also be tested by dropping in a tea-spoon of the batter; if the temperature is right it will quickly rise in a light ball with a splutter, and soon brown; take up carefully *the moment* they are done, with a wire spoon; drain in a hot colander, and sift powdered sugar over them; serve hot. Pork fritters are made by dipping thin bits of breakfast-bacon or fat pork in the batter: fruit fritters by chopping any kind of fresh or canned fruit fine and mixing it with batter, or by dipping quarters or halves in batter. The fruit may be improved in flavor by sprinkling sugar and grated lemon peel over it, and allowing it to remain two or three hours, after which drain and dip as above. Batters for fritters should be made an hour before using, as the grains of flour swell by standing after being moistened, and thus become lighter. Add the whites of eggs just before frying. It is better not to use sugar in batter, as it tends to make it heavy. Sprinkle over them in the dish when just ready to serve.

APPLE FRITTERS.

Three eggs beaten very light, one quart of milk; make a thin batter; add a little salt and the grated rind of one lemon; pare, core and slice thin one quart nice tart apples; add, and drop in spoonfuls in boiling lard; serve with sauce.—*Mrs. E. L. Fay, Washington Heights, New York.*

APPLE FRITTERS.

Make a batter in proportion of one cup sweet milk to two cups flour, a heaping tea-spoon baking powder, two eggs beaten separately, one table-spoon sugar, and salt-spoon salt; heat the milk a little more than milk-warm, add slowly to the beaten yolks and sugar, then add flour and whites of eggs; stir all together, and throw in thin slices of good sour apples, dipping the batter up over them; drop in boiling lard in large spoonfuls with piece of apple in each, and fry to a light brown. Serve with maple syrup or a nice syrup made of sugar.—*Mrs. James Henderson.*

CLAM FRITTERS.

Take raw clams, chopped fine, and make a batter with juice, an equal quantity of sweet milk, four eggs to each pint of liquid, and flour sufficient to stiffen; fry like other fritters.—*Mrs. H. B. S.*

CORN OYSTERS.

To one quart grated corn add three eggs and three or four grated crackers, beat well and season with pepper and salt; have ready in skillet butter and lard or beef-drippings in equal proportions, hot but not scorching; drop in little cakes about the size of an oyster (for this purpose using a tea-spoon); when brown turn and fry on the other side, watching constantly for fear of burning. If the fat is just the right heat, the oysters will be light and delicious, but if not, heavy and "soggy." Serve hot and keep dish well covered. It is better to beat whites of eggs to a stiff froth and add just before frying.—*Mrs. V. G. Hush, Minneapolis, Minn.*

CREAM FRITTERS.

One and a half pints flour, one pint milk, six well-beaten eggs, one-half nutmeg, two tea-spoons salt, one pint cream; stir the whole enough to mix the cream; fry in small cakes.—*Mrs. M. K. P.*

LEMON FRITTERS.

One-fourth pound of eggs, one-half pound flour, one-fourth pound sugar (pulverized); beat the yolks well, add the flour and enough fresh milk to make a stiff batter (about a gill of milk); beat the whites stiff with the sugar, the juice of a lemon and some of the yellow peel grated off, or a spoon of extract of lemon.

When ready to cook beat the whites well into the batter and proceed to cook. Have plenty of *good* lard, heated slowly; just as it *begins to smoke*, after bubbling, drop in by spoonfuls enough fritters to fill the vessel without crowding. The cold batter will lower the temperature of the fat sufficiently to keep it at proper cooking heat. The fritters will begin to brown very quickly, and should be turned with a wire spoon. If they begin to color dark brown check the heat immediately. If these directions are followed accurately, they may be lifted from the fat and laid upon a napkin or folded paper comparatively free from grease. Dust the fritters well with sugar and nutmeg, if agreeable. For supper eat them so, but for dinner some nice sauce should be served. Some persons substitute honey or maple syrup for sauce. Fritters bear a bad reputation, but when *properly* made, and eaten occasionally for a change, are quite as wholesome as many of the messes recommended as food for dyspeptics.

VANITIES.

Beat two eggs, stir in a pinch of salt and a half tea-spoon rose-water, add sifted flour till just thick enough to roll out, cut with a cake-cutter, and fry quickly in hot lard. Sift powdered sugar on them while hot, and when cool put a tea-spoon of jelly in the center of each one. Nice for tea or dessert.—*Mrs. D. C. Harrington, Westfield, N. Y.*

GRIDDLE-CAKES.

Griddle-cakes should be well beaten when first made, and are much lighter when the eggs are separated, whipping the yolks to a thick cream, and adding the whites beaten to a stiff froth just before baking. Some never stir buckwheat cakes after they have risen, but take them out carefully with a large spoon, placing the spoon when emptied in a saucer, and not back again into the batter. In baking griddle-cakes have the griddle clean, and, if the cakes stick, sprinkle on salt and rub with a coarse cloth before greasing. Some prefer griddles made of soap-stone, which need no

greasing. They need to be very hot, but greasing spoils them. They are more costly and more easily broken than iron. Iron griddles, if properly cared for, need washing but seldom. Immediately after use they should be carefully wiped and put away out of the dust, never to be used for any other purpose. Never turn griddle-cakes the second time while baking, as it makes them heavy, and serve the same side up as when taken from griddles.

BUCKWHEAT CAKES.

Buckwheat flour, when properly ground, is perfectly *free from grits*. The grain should be run through the smutter with a strong blast before grinding, and the greatest care taken through the whole process. Adulteration with rye or corn cheapens the flour, but injures the quality. The pure buckwheat is best, and is unsurpassed for griddle-cakes. To make batter, warm one pint sweet milk and one pint water (one may be cold and the other boiling); put half this mixture in a stone crock, add five tea-cups buckwheat flour, beat *well* until smooth, add the rest of the milk and water, and last a tea-cup of yeast. Or, the same ingredients and proportions may be used except adding two table-spoons of molasses or sugar, and using one quart of water instead of one pint each of milk and water.—*Miss S. A. Melching*.

HORSFORD BUCKWHEAT CAKES.

Mix “over night,” with warm water, a little salt, and a table-spoon molasses, one pint buckwheat flour, to the usual consistency of griddle-cakes. When ready to bake for breakfast, add one measure each of acid and soda (or two heaping tea-spoons acid and one moderately heaping tea-spoon soda) of Horsford’s Bread Preparation—thinning the batter if necessary—and bake immediately on a hot griddle.

FRENCH PANCAKES.

Beat together till smooth six eggs and half a pound of flour, melt four ounces butter and add to the batter, with one ounce of sugar and half a pint of milk, and beat until smooth. Put a table-spoon at a time into a hot frying-pan slightly greased, spreading the batter evenly over the surface of the pan by tipping it about, fry to a light

brown, spread with jelly, roll it up, dust it with powdered sugar, and serve hot.

BATTER CAKES.

Make a batter of one quart each of flour and sour milk, three eggs beaten separately, a table-spoon of butter, and two level tea-spoons soda. Pulverize the soda very fine before measuring, then thoroughly mix with the flour. Add whites of eggs just before baking on the griddle. Sweet milk may be used (with the other ingredients in same quantity) with Horsford's Bread Preparation, one measure each of soda and acid, which must be thoroughly mixed with the flour. These may also be made without eggs.

BREAD CAKES.

Take stale bread and soak over night in sour milk; in the morning rub through a colander, and to one quart add the yolks of two eggs, one tea-spoon salt, one tea-spoon soda, two table-spoons sugar, and flour enough to make a batter a little thicker than for buck-wheat cakes; add last the well-beaten whites of the eggs, and bake.

CRUMB GRIDDLE-CAKES.

The night before using put some bread crumbs to soak in one quart of sour milk; in the morning rub through a sieve, and add four well-beaten eggs, two tea-spoons soda dissolved in a little water, one table-spoon melted butter, and enough corn meal to make them the consistency of ordinary griddle-cakes. It is better to beat yolks and whites separately, stirring the whites lightly in just before baking.—*Mrs. W. E. Scobey, Kankakee, Ill.*

CORN CAKES.

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

FLANNEL CAKES.

Make hot a pint of sweet milk, and into it put two heaping table-spoons butter, let melt, then add a pint of cold milk, the well-beaten yolks of four eggs—placing the whites in a cold place—a tea-spoon of salt, four table-spoons potato yeast, and sufficient flour to make a stiff batter; set in a warm place to rise, let stand three

hours or over night; before baking add the beaten whites; fry like any other griddle-cakes. Be sure to make batter just stiff enough, for flour must not be added in the morning unless it is allowed to rise again.

GRAHAM GRIDDLE-CAKES.

One quart Graham flour, one tea-spoon baking powder, three eggs, and milk or water enough to make thin batter.

INDIAN PANCAKES.

One pint Indian meal, one tea-spoon salt, small tea-spoon soda; pour on boiling water until a little thinner than mush; let stand until cool, add the yolks of four eggs, half a cup of flour in which is mixed two tea-spoons cream tartar; stir in as much sweet milk or water as will make the batter suitable to bake; beat the whites well, and add just before baking.—*Mrs. W. W. Woods.*

RICE GRIDDLE-CAKES.

Boil half a cup rice; when cold mix one quart sweet milk, the yolks of four eggs, and flour sufficient to make a stiff batter; beat the whites to a froth, stir in one tea-spoon soda, and two of cream tartar; add a little salt, and lastly the whites of eggs; bake on a griddle. A nice way to serve is to spread them while hot with butter, and almost any kind of preserves or jelly; roll them up neatly, cut off the ends, sprinkle them with sugar, and serve immediately.—*Mrs. Walter Mitchell, Gallipolis.*

Y E A S T .

The best is potato yeast, because bread made with it is moister, and there is no danger of injuring the flavor of the bread by an excess of yeast. Dry yeast should be made in May or June for summer use, and in October for winter use. In hot and damp weather, dry yeast sometimes loses its vitality; however, many use it on account of its convenience, since there is no danger of its souring in summer or freezing in winter. Soft hop or potato yeast

will keep in a cool place one or two weeks in warm weather, and in cold weather five or six weeks, care being taken that it does not freeze. Never add soda to yeast; if it becomes sour it will do to start fresh yeast, but will *never* make good bread. Make yeast in a bright tin pan, kept for this purpose alone. When it is risen sufficiently, a thick white scum rises to the top. Keep in a stone jar with a close-fitting cover, or in a jug, on the cellar bottom, or in ice-chest, or in some other cool place. Always shake the jug before taking out yeast for use. Leave cork loose for first twelve hours. Extreme heat or freezing kills the plant, which grows while fermentation goes on. The jar or jug, when emptied, should be washed first in cold water, then in soap and water, and afterward in hot water, which may be allowed to stand a half hour, when pour out. Let jar cool, and it is ready for use. The cork or cover needs the same careful attention. Many times the yeast is spoiled by want of care and neatness in washing the yeast jar. Keep hops in a paper sack in a dry, cool place. One pint of potato yeast, one tea-cup of hop yeast, a piece of compressed yeast size of a walnut, and one yeast cake, or two-thirds of a tea-cup of yeast crumbs, are equal in strength.

DRY YEAST.

Boil two large potatoes and a handful of hops (the latter in a bag) in three pints water; when done, take out potatoes, mash well, add one pint flour, and pour boiling hot water over all; beat well together, adding one table-spoon salt, one of ginger, and one-half cup sugar; when luke-warm add one cup good yeast and let stand two days (or only one day, if very warm weather), stirring down frequently; add good white corn meal until thick enough to make into cakes about half an inch in thickness; place to dry in the shade (never expose to the sun or to stove heat) where the air will pass freely, so as to dry them as soon as possible, as the fermentation goes on as long as there is any moisture; turn the cakes frequently, breaking them up somewhat, or even crumbling, so they will dry out evenly and quickly; when thoroughly dried put in a paper sack, and keep in a dry place. A small cake will make a sponge sufficient to bake five or six ordinary loaves.—*Mrs. E. T. Carson.*

FARMERS' YEAST.

A yeast which is especially good for the use of farmers, and others who use a great deal of bread and bake frequently, is made as follows: Take a handful of unpressed or two ounces of pressed hops (those showing the pollen dust are best), put them in one quart of water, with four ordinary potatoes, and boil till the potatoes are well cooked; mash all together, and strain through a linen strainer, add flour enough to make a thick batter; a tea-spoon salt, a table-spoon pulverized ginger and half a cup sugar; set it back on the fire and let it come to a boil, stirring constantly, and set by to cool; when only milk warm add a cup of old yeast, or two cakes grocers' dry hop yeast, or half a cup bakers'. This will be light in two or three hours. The yeast may be made perpetual, by saving a cup when started, but it must be kept from freezing in winter and in a cool place in summer. This is a good mode, and acceptable to all who prefer yeast bread.—*Mrs. H. Young, Minneapolis, Minn.*

HOP YEAST.

Place a handful of hops in two quarts of cold water, boil slowly for a half hour, strain boiling hot on one pint flour and one table-spoon salt (gradually at first in order to mix smoothly); when lukewarm add a half pint of yeast, and set in a warm place to rise. When light, cover and keep in a cool place.—*Mrs. M. J. Woods.*

POTATO YEAST WITHOUT HOPS.

Four good-sized potatoes peeled, boiled and mashed, four table-spoons white sugar, one of ginger, one of salt, two cups flour; pour over this a pint of boiling water, and beat till all the lumps disappear. After it has cooled, add to it one cup good yeast, and set away to rise; when risen put in glass or stone jar, cover and set away in a cool place.—*Mrs. George H. Rust, Minneapolis, Minn.*

POTATO YEAST.

Boil one cup hops in a sack in two quarts water for fifteen minutes; remove sack with hops, add *immediately* after grating (to prevent their darkening) five good-sized Irish potatoes, peeled and grated raw, one cup white sugar, one table-spoon salt, and one of ginger; stir occasionally and cook from five to ten minutes, and it will boil

up thick like starch; turn into a jar, and when just tepid in summer, or quite warm in winter, add one-half pint good yeast (always save some to start with); set jar in a large tin pan, and as often as it rises stir down until fermentation ceases, when it will be quite thin. Cover closely, and set away in a cool place, and it will keep two weeks. When yeast smells sour but does not taste sour it is still good; if it has no smell it is dead. One cup will make six good-sized loaves.—*Mrs. D. Buxton.*

POTATO YEAST.

Take as many hops as can be grasped in the hand twice, put one-half gallon water over them in a new coffee-pot kept for that purpose, boil slowly for one hour. Do not tie them in a cloth to boil, as that keeps the pollen (an important rising property) out of the yeast. Pare and grate half a dozen large potatoes into a two gallon stone crock, add a half cup sugar, table-spoon each of salt and ginger, pour over this a half gallon of the boiling hop-water, stirring all the time. When milk-warm, add one cup of good lively yeast, set in a warm place until it rises, and remove to the cellar or some other cool place. The boiling hop-water must be added to potatoes *immediately* or they will darken, and darken the yeast. A good way to prevent the potatoes from darkening is to grate them into a pan half filled with cold water. As grated the potatoes sink to the bottom; when done grating, pour off the water and add the boiling hop-water. This is an excellent recipe, and the method given for boiling hops is especially recommended.

YEAST.

Pare and boil four ordinary-sized potatoes, boiling at the same time in a separate vessel a good handful of hops. When the potatoes are done, mash fine and add, after straining, the water in which the hops were boiled; put into this one cup white sugar and one-half cup salt, and add sufficient water to make one gallon; when cold add one cup of good yeast, let stand in a warm place for a few hours until it will "sing" on being stirred, when it is ready for use. Keep covered in a cellar or cool place.—*Mrs. C. M.*

YEAST WITHOUT YEAST.

This requires no yeast to raise it, and has been called the "best yeast in the world." Monday morning, boil one pint hops in two gallons water for half an hour, strain into a crock and let the liquid become luke-warm, add two even tea-spoons salt and half a pint best brown sugar; mix half a pint flour smooth with some of the liquor, and stir all well together. On Wednesday, add three pounds potatoes boiled and mashed, stir well and let stand till Thursday, then strain and put in stone jugs, but for the first day or two leave the corks quite loose. Stir the yeast occasionally while making, and keep near the fire. It should be made two weeks before using, and will keep any length of time, improving with age. Keep it in a cool place, and shake the jug before pouring from it, but with the cork out, holding the palm of the hand over the mouth to prevent the escape of the yeast.

CAKE-MAKING.

“Let all things be done decently and in order,” and the first to put in order when you are going to bake is yourself. Secure the hair in a net or other covering, to prevent any from falling, and brush the shoulders and back to be sure none are lodged there that might blow off; make the hands and finger nails clean, roll the sleeves up above the elbows, and put on a large, clean apron. Clean the kitchen table of utensils and every thing not needed, and provide every thing that will be needed until the cake is baked, not forgetting even the broom-splints previously picked off the new broom and laid away carefully in a little box. (A knitting-needle may be kept for testing cake instead of splints.) If it is warm weather, place the eggs in cold water, and let stand a few minutes, as they will then make finer froth; and be sure they are fresh, as they will not make a stiff froth from any amount of beating if old. The cake-tins should be prepared before the cake, when baking powder is used, as it effervesces but once, and there should be no delay in baking, as the mixture should be made firm by the heat, while the effervescing process is going on. Grease the pans with fresh lard, which is much better than butter; line the bottom with paper, using six or eight thicknesses if the cake is large, and greasing the top one well. (In some ovens, however, fewer thicknesses of paper would be needed on the bottom, and in some the sides also should be lined with one or two thicknesses.) Sift flour and sugar (if not pulverized), and measure or weigh. Firkin or very salt but-

ter should be cut in bits and washed to freshen a little; if very hard, warm carefully, but in no case allow any of it to melt. Good butter must be used, as the heat develops any latent bad qualities. Use pulverized sugar for all delicate cakes; for rich cakes coffee-crushed, powdered and sifted; for dark cakes, the best brown sugars are best; for jelly-cakes, light fruit-cakes, etc., granulated and coffee "A" are best and most economical. Beat the yolks of eggs thoroughly, and strain; set the whites away in a cool place until the cake is ready for them, then beat them vigorously in a cool room, till they will remain in the dish when turned upside down. Sift a part of the measured flour with the baking-powder or soda and cream tartar through a hand-sieve (which should be among the utensils of every housekeeper), and mix thoroughly with the rest of the flour. In using new flour for either bread or cake-making, it can be "ripened" for use by placing the quantity intended for baking in the hot sun for a few hours, or before the kitchen fire. In using milk, note this: that sour milk makes a spongy, light cake; sweet milk, one that cuts like pound cake; remembering that with sour milk soda alone is used, while with sweet milk baking powder or soda and cream tartar are to be added.

Having thus gathered the material, cut butter (in cold weather) into small pieces, and warm, *not melt*; beat the butter and sugar to a cream, add the milk in small quantities (never use fresh and stale milk in same cake), next the yolks of eggs, then a part of the flour, then a part of the whites, and so on until the whole is used; lastly, add the flavoring. Many good cake-makers first stir the milk and flavoring into the creamed butter and sugar, then the yolks, next the whites, and lastly the flour, first taking about two-thirds of it and thoroughly mixing the baking powder through it; the remainder of the flour is then left to be used at discretion. A little more or less flour may be needed, according to the climate, or to the kind of flour used, as the "New Process" flour requires one-eighth less than other brands. There is great "knack" in beating cake; don't *stir*, but *beat* thoroughly, bringing the batter up from the bottom of the dish at every stroke; in this way the air is driven into the cells of the batter, instead of out of them—but the cells will be finer if beaten more slowly at the last, remembering that the motion

should always be upward. In winter it is easier to beat with the hand, but in summer a wooden spoon is better. An iron spoon turns the mixture dark. Never beat a cake in tin, but use earthen or stoneware. Unskillful mixing, too rapid or unequal baking, or a sudden decrease in heat before it is quite done, will cause streaks in the cake. Always bake a small cake first, fill a patty pan, or cover to a baking-powder can, one-third full, and bake; then add more or less flour as required. If the cake is hard and solid, it needs a few tea-spoons of milk; if more flour is needed it will fall in the middle and be spongy and crumbly. Powdered sugar may be sifted on the top of any cake while it is a little warm; if it dissolves add more when it is cold, keep some for that purpose in a spice box with a perforated top. The white portion of orange or lemon-peel should never be used; grate only the yellow. When recipes call for soda and cream of tartar, baking powder may be used by taking the same quantity as required of both, or Horsford's Bread Preparation will be found excellent. "Milk" always means *sweet* milk. "A cup" always means a *tea* cup, not a coffee cup. Sour milk may always be used instead of sweet, by using soda only. The proportions of rising-powder to one quart of flour are three tea-spoons baking-powder, or one tea-spoon soda and two tea-spoons cream tartar, or one measure each of Horsford's Bread Preparation, or one pint sour milk and one level tea-spoon soda.

FRUIT CAKE.

Most ladies think fruit cake quite incomplete without wine or brandy, but it can be made equally good on strictly temperance principles, by substituting one-third of a cup of molasses for a wine-glass of brandy. The objection to the use of liquor in sauces does not, however, hold good against that used in cake-making, as the alcohol is converted to vapor by the heat and passes off with the other gases. There are many, however, who object to the use of liquors in any way, and to keeping them in the house, and such will find the above an excellent and cheap substitute.

Raisins should never be mashed, as it is difficult to dry out the moisture absorbed by them, and every particle of moisture retained tends to make the cake heavy. To remove the stems and extraneous matter, place the raisins in a coarse towel and rub them in

this until as clean as rubbing will make them; then pick over carefully, remove any stems or other defects which may be left. The raisins should be prepared before the cake, and added the last thing before putting in the oven, as, being heavy, they sink to the bottom if allowed to stand. To seed, clip with the scissors, or cut with a sharp knife. Do not chop too fine; if for light fruit cake, seeding is all that is necessary. Slice the citron thin, and do not have the pieces too large, or they will cause the cake to break apart in cutting. Currants should be kept prepared for use as follows: Wash in warm water, rubbing well, pour off water, and repeat until the water is clear; drain them in a sieve, spread on a cloth and rub dry; pick out bad ones, dry carefully in a cool oven or in the "heater" (or in the sun and wind, with a thin gauze over them to keep off flies, insects and dust), and set away for use. When the fruit is all mixed, cream the butter and sugar—this is very important in all cakes—add the spices, molasses, or liquors, then the milk (if any used), next the eggs well beaten, adding whites with the flour, as previously directed. Always beat whites and yolks separately if many eggs are used, but if only a few, it is just as well to beat both together. Next add the flour (which in making black fruit cake may be browned), prepared with baking powder or soda and cream tartar, then the flavoring (lemon and vanilla, in equal parts, make the best flavoring), and lastly the fruit dredged with a *very little* flour. Some prefer to *mix* the fruit with all the flour. When but little fruit is used it may be dropped into the dough after it is in the pan, and pushed just beneath the surface, which prevents it from settling to the bottom. The batter for fruit cake should be quite stiff.

In making very large cakes that require three or four hours to bake, an excellent way for lining the pan is the following: Fit three papers carefully, grease thoroughly, make a paste of equal parts Graham and fine flour, wet with water just stiff enough to spread easily with a spoon, place the first paper in the pan with the greased side down, and spread the paste evenly over the paper about as thick as pie-crust. In covering the sides of the pan, use a little paste to stick a portion of the paper to the top of the pan to keep it from slipping out of place, press the second paper carefully into its

place, with the greased side up, and next put in the third paper as you would into any baking-pan, and pour in the cake. Earthen pans are used by some, as they do not heat so quickly and are less liable to burn the cake.

When using a milk-pan or pans, without stems, a glass bottle filled with shot to give it weight, and greased, may be placed in the center of the pan, or a stem may be made of paste-board, rolled up, but the latter is more troublesome to keep in place. The cake is apt to burn around the edges before it is done unless there is a tube in the center.

All except layer cakes should be covered with a paper cap, (or a sheet of brown paper, which the careful housewife will save from her grocers' packages), when first put into the oven. Take a square of brown paper large enough to cover well the cake pan, cut off the corners, and lay a plait on four sides, fastening each with a pin so as to fit nicely over the pan. This will throw it up in the center, so that the cover will not touch the cake. Save the cap, as it can be used several times.

Before commencing, clean out the stove, take off the lids and brush inside, rake it out underneath, get all the ashes out of the corners, have the best of fuel at hand. Don't build a *baking* fire before it is needed, have it only moderate, and add the extra fuel in time to get it nicely burning.

THE OVEN.

Too much care can not be given to the preparation of the oven, which is oftener too hot than too cool; however, an oven too cold at first will ruin any cake. Cake should rise and begin to bake before browning much, large cakes requiring a good, steady, solid heat, about such as for baking bread; layer cakes, a brisk hot fire, as they must be baked quickly. A good plan is to fill the stove with hard wood (ash is the best for baking), let it burn until there is a good body of heat, and then turn damper so as to throw the heat to the bottom of oven for fully ten minutes before the cake is put in. In this way a steady heat to start with is secured. Generally it is better to close the hearth when the cake is put in, as this stops the draft and makes a more regular heat. Keep adding wood in small quantities, for if the heat becomes slack the cake will be

heavy. Great care must be taken, for some stoves need to have the dampers changed every now and then, but as a rule more heat is needed at the bottom of the oven than at the top. Many test their ovens in this way: if the hand can be held in from twenty to thirty-five seconds (or while counting twenty or thirty-five), it is a "quick" oven, from thirty-five to forty-five seconds is "moderate," and from forty-five to sixty seconds is "slow." Sixty seconds is a good oven to begin with for large fruit cakes. All systematic housekeepers will hail the day when some enterprising Yankee or Buckeye girl shall invent a stove or range with a thermometer attached to the oven, so that the heat may be regulated accurately and intelligently. If necessary to move the cake while baking, do it very gently. Do not open the oven door until the cake has had time to form, and do not open it oftener than necessary, then be careful to close it quickly and gently, so as not to jar the cake. Be sure the outside door of the kitchen is closed so that no cold air may strike it. If the oven bakes too hard on the bottom, place the grate under the pan; if too hot on top, set a pie-pan of water on the top grate. If one side bakes faster than the other, turn *very* gently. Be careful not to remove from the oven until done; test *thoroughly* before removing, for if the cooler air strikes it before it is done, it is certain to fall. Allow about thirty minutes for each inch of thickness in a quick oven, and more time in a slow one. Test with a broom-splint or knitting-needle, and if the dough does not adhere, it is done. Settling away from the pan a little, and stopping its "singing," are other indications that the cake is ready to leave the oven. When removed, set the cake, while in the pan, on an inverted sieve to cool; this secures a free circulation of air all round it, and cools it evenly. It should remain in the pan at least fifteen minutes after taking from the oven, and it is better to leave the "cap" on until the cake is carefully removed from the pan and set away, *always* right side up. A tin chest or stone jar is best to keep it in. Coffee cake should be put away before it is cold, and so closely wrapped in a large napkin that the aroma will not be lost.

SPONGE AND WHITE CAKES.

The good quality of all delicate cake, and especially of sponge-cake, depends very much upon its being made with fresh eggs. It can

never be perfect unless pulverized sugar is used. It must be quickly put together, beaten with rapidity, and baked in a rather quick oven. It is made "sticky" and less light by being stirred long. There is no other cake so dependent upon care and good judgment in baking as sponge-cake. In making white cake, if not convenient to use the yolks that are left, they will keep for several days if *thoroughly* beaten and set in a cool place. The whites of eggs, when not used, must not be beaten, but will keep for several days if set in a cool place. The white or yolk of a medium-sized egg weighs one ounce, a fact that it is convenient to know, as sometimes the white or yolk of one or more eggs is wanted from several that have been put away together. Whenever it is necessary to cut a cake while warm, do it with a *warm* knife. To prepare cocoa-nut, cut a hole through the meat at one of the holes in the end, draw off the milk, pound the nut well on all sides to loosen the meat, crack, take out meat, and set the pieces in the heater or in a cool, open oven over night, or for a few hours, to dry, then grate; if all is not used, sprinkle with sugar (after grating) and spread out in a cool, dry place, and it will keep for weeks.

ANGEL'S FOOD.

Use the whites of eleven eggs, one and a half tumbler of sifted granulated sugar, one tumbler sifted flour, one tea-spoon of vanilla, one tea-spoon of cream tartar; sift the flour four times, then add the cream tartar and sift again,—but measure it before putting in the cream of tartar—sift the sugar and measure it; beat the eggs to a stiff froth on a large platter; on the same platter add the sugar lightly, then the flour very gently, then the vanilla; do not stop beating until you put it in the pan to bake. Bake forty minutes in a moderate oven, try with a straw and if too soft let it remain a few minutes longer. Do not open the oven until the cake has been in fifteen minutes. Turn the pan upside down to cool, and when cold, take out by loosening around the sides with a knife, and then ice; use a pan that has never been greased. The tumbler for measuring must hold two and one-fourth gills. The pans have feet.

ICING.—Whites of two eggs, two tea-cups granulated sugar; boil the sugar until clear with just enough water to moisten it. Having beaten the eggs to a stiff froth, pour boiling syrup very

slowly over them. Dissolve one-half tea-spoon of citric acid in a small table-spoon of water, and put enough in to make a pleasant tart—add a little essence of lemon.

BUCKEYE CAKE.

One cup butter, two of white sugar, four of sifted flour, five eggs beaten separately, one cup sour milk, tea-spoon soda, pound seeded raisins chopped a little; beat the butter and sugar to a cream, add the yolks and milk, and stir in the flour with soda well mixed through it; then add the white of the eggs beaten to a stiff froth, and lastly the raisins dredged with a little flour; bake one and one-half hours. Use coffee-cups to measure. This makes a cake for a six quart pan.—*Mrs. W. W. Woods.*

ALMOND, HICKORY-NUT OR COCOA-NUT CAKE.

One pound flour, half tea-spoon salt, fourth pound butter, pound of sugar, tea-cup sour cream, four eggs, lemon flavor to taste, and a tea-spoon soda dissolved in two tea-spoons hot water; mix all thoroughly, grate in the white part of a cocoa-nut, or stir in a pint of chopped hickory-nuts, or a pint of blanched almonds pounded.—*Mrs. J. W. Grubbs, Richmond, Ind.*

BLACK CAKE.

One pound powdered white sugar, three-quarters pound butter, pound sifted flour (brown or not as preferred), twelve eggs beaten separately, two pounds raisins stoned and part of them chopped, two of currants carefully cleaned, half pound citron cut in strips, quarter ounce each of cinnamon, nutmeg and cloves mixed, wine-glass wine and one of brandy; rub butter and sugar together, add yolks of eggs, part of flour, the spice, and whites of eggs well beaten; then add remainder of flour, and wine and brandy; mix all thoroughly together; cover bottom and sides of a four-quart milk-pan with buttered white paper, put in a layer of the mixture, then a layer of the fruit (first dredging the fruit with flour), until pan is filled up three or four inches. A small cup of Orleans molasses makes the cake blacker and more moist, but for this it is not necessary to add more flour. Bake three and one-half or four hours in a slow oven. This is excellent.—*Mrs. M. M. Munsell, Delaware.*

BLACK CAKE.

One pound flour, one of currants, one of raisins, one of sugar, half pound citron, half pound chopped figs, three-fourths pound butter, ten eggs leaving out two whites, tea-cup molasses, one of sour cream and soda, one gill brandy or good whisky, half cup cinnamon, two table-spoons allspice and cloves, four table-spoons jam.—*Mrs. Gov. Kirkwood, Iowa.*

BLACK CAKE.

Two cups brown sugar, one and one-half cups of butter, six eggs beaten separately, three cups flour (brown the flour), two table-spoons molasses, one of cinnamon, one tea-spoon mace, one of cloves, two cups sweet milk, two pounds raisins, two of currants, a half pound citron, one tea-spoon soda, two of cream tartar. Bake three hours.—*Mrs. A. B. Morey.*

BREAD CAKE.

Three coffee-cups yeast dough, light enough to bake for bread, two and two-thirds cups sugar, one cup butter, three eggs, one nutmeg; put all together, and work with the hands until smooth as pound-cake. It is very important that all should be mixed very thoroughly with the light dough. Add raisins and as much fruit as desired, and let rise half an hour in the pans in which you bake. The oven should be about right for bread. This is easily made, and is quite as nice as common loaf-cake.—*Mrs. Chas. Fullington.*

BREAD CAKE.

Two cups light bread dough, one and one-half cups sugar, half cup butter, three table-spoons sour milk in which has been dissolved half tea-spoon soda, half a grated nutmeg, tea-spoon cinnamon, cup raisins chopped a little and floured; stir all well together, adding fruit lastly; let rise half an hour and bake in a moderate oven.—*Mrs. Hartle, Massillon.*

BRIDE'S CAKE.

Whites of twelve eggs, three cups sugar, small cup butter, a cup sweet milk, four small cups flour, half cup corn starch, two tea-spoons baking powder, lemon to taste. Adding a cup citron sliced

thin and dusted with flour, makes a beautiful citron cake.—*Mrs. Harvey Clark, Piqua.*

WHIPPED-CREAM CAKE.

One cup sugar, two eggs, two table-spoons softened butter and four of milk; beat all well together; add a cup of flour in which has been mixed tea-spoon cream tartar and half tea-spoon soda. Bake in rather small square dripping-pan. When cake is cool have ready a half pint sweet cream whipped to a stiff froth, sweeten and flavor to taste, spread over cake and serve while fresh. The cream will froth easier to be made cold by setting on ice before whipping.—*Mrs. Wm. Brown, Massillon.*

CORN-STARCH CAKE.

Two coffee-cups pulverized sugar, three-fourths cup butter, cup corn starch dissolved in a cup of sweet milk, two cups flour, whites of seven eggs, two tea-spoons cream tartar, tea-spoon soda mixed thoroughly with the flour; cream butter and sugar, add starch and milk, then add the whites and flour gradually until all is used. Flavor with lemon or rose.—*Mrs. W. P. Anderson.*

COFFEE CAKE.

Two cups brown sugar, one of butter, one of molasses, one of strong coffee as prepared for the table, four eggs, one tea-spoon saleratus, two of cinnamon, two of cloves, one of grated nutmeg, pound raisins, one of currants, four cups flour.—*Mrs. Wm. Skinner, Battle Creek, Mich.*

COFFEE CAKE.

One cup brown sugar, cup molasses, half cup butter, cup strong coffee, one egg or yolks of two, four even cups flour, heaping tea-spoon soda in the flour, table-spoon cinnamon, tea-spoon cloves, two pounds raisins, fourth pound citron. Soften the butter, beat with the sugar, add the egg, spices, molasses, and coffee, then the flour, and lastly the fruit dredged with a little flour. Bake one hour in moderate oven, or make in two small loaves which will bake in a short time. This may be made without the egg.—*Mrs. D. Buxton.*

COCOA-NUT CAKE.

One cup butter, three of sugar, one of sweet milk, four and a half of flour, four eggs with whites beaten to a stiff froth, a tea-spoon soda, two of cream tartar, one grated cocoa-nut.—*Mrs. J. Holland, New Castle, Ind.*

CARMEL CAKE.

One cup butter, two of sugar, a scant cup milk, one and a half cups flour, cup corn starch, whites of seven eggs, three tea-spoons baking powder in the flour; bake in a long pan. Take half pound brown sugar, scant quarter pound chocolate, half cup milk, butter size of an egg, two tea-spoons vanilla; mix thoroughly and cook as syrup until stiff enough to spread; spread on cake and set in the oven to dry.—*Mrs. George Bever.*

CINCINNATI CAKE.

Pour over one pound fat salt pork, chopped fine and free from lean and rind, one pint boiling water, let stand until nearly cold; add two cups brown sugar, one of molasses, one table-spoon each of cloves and nutmeg, and two of cinnamon, two pounds raisins, fourth pound citron, half glass brandy, three tea-spoons of baking powder, and seven cups of sifted flour. Bake slowly two and a half hours. This is excellent, and requires neither butter or eggs.—*Mrs. G. E. Kinney.*

CHOCOLATE CAKE.

One cup butter, three of brown sugar, one of sweet milk, four of flour, yolks of seven eggs, nine table-spoons grated Baker's chocolate, three tea-spoons baking powder. This may be baked as a layer cake, making a white cake of the whites of the eggs, baking in layers, and putting them together with frosting, alternating the layers.—*Mrs. Frank Woods Robinson, Kenton.*

DELICATE CAKE.

Three cups flour, two of sugar, three-fourths cup sweet milk, whites of six eggs, half cup butter, tea-spoon cream tartar, half tea-spoon of soda. Flavor with lemon. Good and easily made.—*Miss Mary E. Miller.*

EVERLASTING CAKE.

Beat together the yolks of six eggs and three-fourths of a pint white sugar, add one and a half pints blanched and shelled almonds, half pound sliced citron well floured, and the whipped whites with one and a half pints sifted flour; pour one and a half inches thick in well-greased dripping pans, bake in a quick oven, and, when done, cut slices one inch thick across the cake, turn each slice over on its side, return to oven and bake a short time. When cold place in a tin box. These will keep a year and a half or more, and are nice to have in store.—*Mrs. J. S. Williams, Brooklyn.*

EGGLESS CAKE.

One and a half tea-cups sugar, one of sour milk, three (level) of sifted flour, half cup butter, tea-spoon soda, half tea-spoon cinnamon, half tea-spoon grated nutmeg, tea-cup raisins chopped and well floured.—*Miss Louise Skinner.*

OLD HARTFORD ELECTION CAKE.

Five pounds sifted flour, two of butter, two of sugar, three gills distillery yeast or twice the quantity of home brewed, four eggs, gill of wine, gill of brandy, one quart sweet milk, half an ounce of nutmeg, two pounds raisins, one of citron; rub the butter and flour together very fine, add half the sugar, then the yeast and half the milk (hot in winter, blood-warm in summer), then add the eggs, then remainder of the milk, and the wine; beat well and let rise in a warm place all night; in the morning beat a long time, adding brandy, sugar, spice, and fruit well floured, and allow to rise again very light, after which put in cake pans and let rise ten or fifteen minutes; have the oven about as hot as for bread. This cake will keep any length of time. For raised cakes use potato yeast if fresh made; it is always a perfect success. This recipe is over one hundred years old.—*Mrs. Eliza Burnham, Milford Center.*

APPLE FRUIT CAKE.

One cup butter, two of sugar, one of milk, two eggs, tea-spoon soda, three and a half cups flour, two of raisins, three of dried apples soaked over night and then chopped fine and stewed two hours in two cups molasses; beat butter and sugar to a cream, add milk, in which dissolve soda, then the beaten eggs and flour, and

lastly the raisins and apples well stirred in; pour in pan and bake an hour and a half.—*Mrs. C. M. Ingman.*

FRUIT CAKE.

One cup butter, one of brown sugar, half pint molasses, two eggs, cup sour milk, tea-spoon soda, pound of flour, one of currants, one and a half pounds raisins. Flavor to taste. This has been thoroughly tested, and is a great favorite.—*Mrs. M. E. Nicely.*

FRUIT CAKE.

Twelve eggs, one and a half pounds each of butter, sugar and flour, two pounds each of raisins and currants, one pound citron, one half-pint molasses, one ounce each of nutmeg, mace and cloves, one and a half glasses of jelly (grape is best), one-fourth pint each of wine and brandy, more flour if needed. Put dough in pans, set in steamer, taking care that the cover is made to fit very tight; if necessary put cloth under the lid and shut it down on it, taking care that it does not touch the cake, or lay several thicknesses of cloth over the lid. Steam two hours and bake one hour.—*Chas. Cyphers, Minneapolis, Minn.*

FRUIT LOAF CAKE.

One cup butter, two of brown sugar, one of New Orleans molasses, one of sweet milk, three eggs, five cups sifted flour, two tea-spoons cream tartar in the flour, tea-spoon soda in the milk, table-spoon cinnamon, one nutmeg, one pound raisins, one of currants, quarter pound citron (citron may be omitted, and half the quantity of raisins and currants will do). Put flour in a large crock, mix well with cream tartar, make a well in the center, put in other ingredients, having warmed the butter and molasses a little; mix well together with the hands, putting in the fruit last after it has been floured; bake two hours in a moderate oven. This will make two common-sized loaves.—*Mrs. N. S. Long.*

FRUIT CAKE.

Three pounds butter, three of brown sugar, beaten to a cream, three of flour, six of currants, six of raisins, after seeds are removed, one of citron sliced thin, three glasses brandy, twenty-eight eggs, one ounce cinnamon, one of grated nutmeg, three-quarters ounce cloves, half ounce mace; roll the raisins, currants and citron in part of the flour.—*Miss H. D. Martin, New York City.*

FRUIT CAKE.

One pound brown sugar, one of butter, one of eggs, one of flour, two of raisins, two of currants, half pound citron, a nutmeg, table-spoon cloves, one of allspice, half pint brandy, and two tea-spoons baking-powder. After baking, while yet warm, pour over cake a half pint wine. This makes the cake delicious.—*Miss Angie Skinner, Somerset.*

EXCELLENT FRUIT CAKE.

One and a half pounds raisins, one and a fourth pounds currants, three-fourths pound citron, pound butter, pound sugar, one and a fourth pounds flour, ten eggs, two table-spoons lemon, two tea-spoons yeast powder; mix a fourth pound of the flour in the fruit.—*Mrs. J. W. Grubbs, Richmond, Ind.*

POOR MAN'S FRUIT CAKE.

One and a half cups brown sugar, two of flour, one each of butter and chopped raisins, three eggs, three table-spoons sour milk, half tea-spoon soda, half cup blackberry jam. This is excellent as well as economical.—*Mrs. J. S. Robinson, Chicago, Ill.*

SCOTCH FRUIT CAKE.

A cup butter, two of white sugar, four of sifted flour, three-fourths cup sour milk, half tea-spoon soda, nine eggs beaten separately, one pound raisins, half pound currants, a fourth pound citron; cream the butter and sugar, add milk gradually, then beaten yolks of eggs, and lastly, while stirring in flour, the whites well whipped. Flavor with one tea-spoon lemon, and one of vanilla extract, and have raisins chopped a little, or, better still, seeded, and citron sliced thin. Wash and dry currants before using, and flour all fruit slightly. In putting cake in pan, place first a thin layer of cake, then sprinkle in some of the three kinds of fruit, then a layer of cake, and so on, always finishing off with a thin layer of cake. Bake in a moderate oven for two hours. Tested by many and has never failed.—*Mrs. J. H. Shearer.*

THANKSGIVING FRUIT CAKE.

Six pounds flour, three of butter, three and a half of sugar, an ounce mace, two glasses wine, two glasses brandy, four pounds raisins, half pound citron, six eggs, one pint yeast, small tea-spoon

soda put in at last moment. After tea, take all the flour (except one plate for dredging raisins), a small piece butter, and a quart or more of milk, and mix like biscuit; then mix butter and sugar, and at nine o'clock in the evening, if sufficiently light, put one-third of butter and sugar into dough; at twelve add another third, and very early in the morning the remainder; about eleven o'clock, if light enough, begin kneading, and continue for an hour, adding meanwhile all the other ingredients. This will make seven loaves.—*Mrs. Woodworth, Springfield, Mass.*

CHOICE FIG CAKE.

A large cup butter, two and a half of sugar, one of sweet milk, three pints flour with three tea-spoons baking-powder, whites of sixteen eggs, a pound and a quarter of figs well floured and cut in strips like citron; no flavoring.—*Mrs. A. B. Morey.*

GROOM'S CAKE.

Ten eggs beaten separately, one pound butter, one of white sugar, one of flour, two of almonds blanched and chopped fine, one of seeded raisins, half pound citron, shaved fine; beat butter to a cream, add sugar gradually, then the well-beaten yolks; stir all till very light, and add the chopped almonds; beat the whites stiff and add gently with the flour; take a little more flour and sprinkle over the raisins and citron, then put in the cake-pan, first a layer of cake batter, then a layer of raisins and citron, then cake, and so on till all is used, finishing off with a layer of cake. Bake in a moderate oven two hours.—*Mary Wilcox, Dalton.*

HARD-MONEY CAKE.

Gold Part.—Yolks of eight eggs, scant cup butter, two of sugar, four of flour, one of sour milk, tea-spoon soda, table-spoon corn starch; flavor with lemon and vanilla.

Silver Part.—Two cups sugar, one of butter, four (scant) of flour, one of sour milk, tea-spoon soda, table-spoon corn starch, whites of eight eggs; flavor with almond or peach. Put in pan, alternately, one spoonful of gold and one of silver.—*Miss Emma Fisher.*

HAYES CAKE.

One cup sugar, half cup butter, three eggs beaten well together, level tea-spoon soda stirred in half cup sour milk, two small cups

flour; flavor with lemon, pour in small dripping-pan, bake half an hour, and cut in squares. This cake is always elected for a "second term."—*Miss Flora Ziegler, Columbus.*

HICKORY-NUT CAKE.

Two cups sugar, one of milk, two-thirds cup butter, three of flour, three eggs, two tea-spoons baking-powder, a cup nut-kernels cut fine. Tried, and not found wanting.—*Mrs. Judge West, Bellefontaine.*

HICKORY-NUT CAKE.

A cup butter, two of sugar, three of flour, one of sweet milk, whites of seven and yolks of two eggs, a tea-spoon soda, two of cream tartar, one pint hickory-nut meats rolled and sprinkled with flour; beat the whites to a stiff froth. Rich and excellent.—*Mrs. A. B. Morey.*

IMPERIAL CAKE.

One pound butter and one of sugar beaten to a cream, one pound flour, the grated rind and juice of a lemon, nine eggs, one and a quarter pounds almonds before they are cracked, half pound citron, half pound raisins; beat the yolks light, add sugar and butter, then the whites beaten to a stiff froth, and the flour, reserving a part for the fruit, and, lastly, the nuts blanched, cut fine and mixed with fruit and the rest of the flour. This is very delicious, and will keep for months.—*Mrs. E. R. May, Minneapolis, Minn.*

LADY'S CAKE.

One-half cup butter, one and a half of sugar, two of flour, nearly one of sweet milk, half tea-spoon soda, one of cream tartar, whites of four eggs well beaten; flavor with peach or almond.—*Miss M. E. W., Madison.*

YELLOW LADY'S CAKE.

One and a half cups flour, one of sugar, half cup butter, half cup sweet milk, tea-spoon soda, two tea-spoons cream tartar, yolks of four eggs, tea-spoon vanilla.—*Olivia S. Hinman, Battle Creek, Mich.*

LEMON CAKE.

One pound flour, one of sugar, three-fourths pound butter, seven eggs, juice of one and rind of two lemons. The sugar, butter and yolks of eggs must be beaten a long time, adding, by degrees, the

flour, and the whites of eggs last. A tumbler and a half of sliced citron many be added. This keeps well.—*Miss M. B. Fullington.*

AUNT HETTIE'S LOAF CAKE.

Two cups sugar and one of butter beaten to a cream, three eggs, the whites beaten separately, three cups flour with one tea-spoon cream tartar stirred in, yolks of the eggs stirred well with the sugar and butter; now add two cups more flour with one tea-spoon cream tartar, one cup sweet milk and the whites of the eggs, and then stir again; add one nutmeg, one pound raisins or currants dredged with flour, one tea-spoon soda dissolved in four table-spoons of water. This makes two nice loaves, and is excellent.

FRENCH LOAF CAKE.

Five cups sugar, three of butter, two of milk, ten of flour, six eggs, three nutmegs, pound seeded raisins, a grated lemon, small tea-spoon soda, wine-glass wine, one of brandy, or, two-thirds of a cup of Orleans molasses.—*Mrs. A. S. Chapman.*

OLD-FASHIONED LOAF CAKE.

Three pounds (three quarts sifted and well heaped) flour, one and a fourth pounds (a rounded pint of soft) butter, one and three-fourths pounds (one quart) sugar, five gills new milk, half pint yeast, three eggs, two pounds raisins, tea-spoon soda, gill of brandy or wine, or a fourth pint of molasses, two tea-spoons cinnamon and two of nutmeg. Scald the milk, cool to blood warm, add the yeast, then the flour, to which all the butter and half the sugar have been added; then mix together, and let rise until light. It is better to set this sponge over night, and in the morning add the other ingredients (flouring raisins), and let rise again. When light, fill baking-pans and let rise again. Bake in a moderate oven. This recipe makes three large loaves, and is a standard, economical loaf-cake.—*Mrs. Ex-Gov. John J. Bagley, Mich.*

MARBLE CAKE.

White Part.—Whites of seven eggs, three cups white sugar, one of butter, one of sour milk, four of flour, sifted and heaping, one tea-spoon soda; flavor to taste.

Dark Part.—Yolks of seven eggs, three cups brown sugar, one of butter, one of sour milk, four of flour, sifted and heaping, one

table-spoon each of cinnamon, allspice and cloves, one tea-spoon soda; put in pans a spoonful of white part and then a spoonful of dark, and so on. Bake an hour and a quarter. Use coffee-cups to measure. This will make one large and one medium cake. The white and dark parts are alternated, either by putting in a spoonful of white, then of dark, or a layer of white and then of dark part, being careful that the cake may be nicely "marbleized."—*Mrs. M. E. Smith, Cleveland.*

MARBLED CHOCOLATE CAKE.

Make a batter as for white cake, take out one tea-cup, add to it five table-spoons of grated chocolate, moisten with milk, and flavor with vanilla; pour a layer of the white batter into the baking-pan, then drop the chocolate batter with a spoon in spots, and spread the remainder of the white batter over it.—*Mrs. Sarah Phelps, Springfield, Ohio.*

ONE-EGG CAKE.

One cup butter, one and a half cups sugar, three of flour, one of sweet milk, one egg, tea-spoon soda, two tea-spoons cream tartar in the flour, cup raisins chopped fine.—*Mrs. A. S. C.*

ORANGE CAKE.

Two cups sugar, four eggs, leaving out the whites of two, half cup butter, one of water, two tea-spoons baking-powder, three cups flour, juice, grated rind, and pulp of one orange; use the remaining whites for frosting the top.—*Mrs. D. Buxton.*

CITRON POUND CAKE.

One pound sugar, one of flour, three-fourths pound butter, eight large or ten small eggs, one and a fourth pound citron finely shredded; cream butter and sugar, add the yolks, the nthe flour and well-whipped whites; put layer of batter in cake-pan and sprinkle thickly with citron, then another layer of batter, etc., till pan is filled. Bake slowly one and a half to two hours.—*Mrs. J. M. Southard.*

PYRAMID POUND CAKE.

One pound sugar, one of butter, one of flour, ten eggs; bake in a dripping-pan one inch in thickness; cut when cold into pieces three and a half inches long by two wide, and frost top and sides;

form on the cake stand in pyramid before the icing is quite dry by laying, first in a circle, five pieces with some space between them; over the spaces between these lay five other pieces, gradually drawing in the column and crowning the top with a bouquet of flowers.—*Mrs. Dr. Thompson.*

WHITE POUND CAKE.

One pound sugar, one of flour, half pound butter, whites of sixteen eggs, tea-spoon baking-powder sifted thoroughly with the flour; put in cool oven with gradual increase of heat. For boiled icing for the cake, take three cups sugar boiled in one of water until clear; beat whites of three eggs to very stiff froth, and pour over them the boiling liquid, beating all the time for ten minute; frost while both cake and icing are warm.—*Mrs. Ada Estelle Bever, Cedar Rapids, Iowa.*

RICE CAKE.

One pound sugar, a pound of ground rice, half pound butter, nine eggs, rose-water to taste; add a little salt, beat butter and sugar together, add rose-water, salt and eggs, lastly the rice; bake in shallow pans.—*Governor Rice, Mass.*

SPONGE CAKE.

Three eggs, one and a half cups powdered sugar, two of sifted flour, two tea-spoons cream tartar, half cup cold water, tea-spoon soda, grated rind and half the juice of one lemon; bake in dripping-pan.—*Mrs. Eliza J. Starr.*

SPONGE CAKE.

Twelve eggs, pint pulverized sugar, one of flour, measured before sifting, small tea-spoon salt, heaping tea-spoon baking powder, essence of lemon for flavor; beat the whites to a very stiff froth, and add sugar; beat the yolks, strain and add them to the whites and sugar, and beat the whole thoroughly; mix baking-powder and salt in the flour and add last, stirring in small quantities at a time; bake one hour in a six-quart pan in a moderate oven. This makes one very large cake. By weight use one pound pulverized sugar and three-fourths pound flour.—*Miss S. Alice Melching.*

SPONGE CAKE.

One pound sugar, one of flour, ten eggs; stir yolks of eggs and sugar till perfectly light; beat whites of eggs and add them with

the flour after beating together lightly; flavor with lemon. Three tea-spoons baking-powder in the flour will add to its lightness, but it never fails without. Bake in a moderate oven.—*Mrs. Mary Reynolds, Hamilton.*

MRS. JENNISON'S SPONGE CAKE.

One lemon, three gills flour, one pint sugar, eight eggs; beat the yolks of the eggs thoroughly, add the sugar little by little, and the grated rind of the lemon; beat the whites of the eggs to a stiff froth, and add them alternately with the flour, beating very gently and barely long enough to mix well; when part of the flour is in, add the lemon juice. Bake twenty minutes, in small loaves.—*In the Kitchen.*

PHIL SHERIDAN CAKE.

Four cups fine white sugar, five of sifted flour, one of butter, one and a half of sweet milk, one tea-spoon soda dissolved in the milk, two of cream tartar, whites of sixteen eggs; stir sugar and butter to a cream, then add whites of eggs beaten to a stiff froth, next add flour, then the milk and soda; stir several minutes, and then add cream tartar and flavoring. This makes a large cake.—*Mrs. Mary S. Moore, Granville.*

SPICE CAKE.

Three pounds seedless raisins, one and a half pounds citron, one pound butter, two and a half coffee-cups sugar, two of sweet milk, four of flour, six eggs, two large tea-spoons baking-powder, three tea-spoons cinnamon, two of mace.—*Mrs. Gov. Potts, Montana.*

SNOW CAKE.

Half tea-cup butter, one of sugar, one and a half of flour, half cup sweet milk, whites of four eggs, tea-spoon baking-powder; flavor with lemon.—*Mrs. Wm. Patrick, Midland, Mich.*

SNOW CAKE.

Whites of ten eggs beaten to a stiff froth, sift lightly on this one and a half cups fine white or pulverized sugar, stir well, and add cup flour mixed with tea-spoon baking-powder; flavor with lemon or vanilla.—*Mrs. Dr. Koogler, Connersville Ind.*

TEN-MINUTE CAKE.

One-fourth pound butter, a little less than a pound flour, the same of sugar, six eggs beaten separately; flavor with mace and bake in muffin-rings.—*Mrs. S. C. Lee, Baltimore, Md.*

TILDEN CAKE.

One cup butter, two of pulverized sugar, one of sweet milk, three of flour, half cup corn starch, four eggs, two tea-spoons baking-powder, two of lemon extract. This is so excellent that a "barrel" would not be too much of it.—*Mrs. T. B., Chicago, Ill.*

TIN-WEDDING CAKE.

Rub one cup butter and three of sugar to a cream; add one cup milk, four of flour, five eggs, one tea-spoon cream tartar, half tea-spoon soda, one-fourth pound citron. This makes two loaves.—*Mrs. J. H. Ferris, South Norwalk, Conn.*

WATERMELON CAKE.

White Part.—Two cups white sugar, one of butter, one of sweet milk, three and a half of flour, whites of eight eggs, two teaspoons cream tartar, one of soda dissolved in a little warm water.

Red Part.—One cup red sugar, half cup butter, third cup sweet milk, two cups flour, whites of four eggs, tea-spoon cream tartar, half tea-spoon soda, tea-cup raisins; be careful to keep the red part around the tube of the pan and the white around the edge. It requires two persons to fill the pan. This is a very attractive and ornamental cake.—*Mrs. Baxter.*

WEDDING CAKE.

Fifty eggs, five pounds sugar, five of flour, five of butter, fifteen of raisins, three of citron, ten of currants, pint brandy, fourth ounce cloves, ounce cinnamon, four of mace, four of nutmeg. This makes forty-three and a half pounds, and keeps twenty years. This cake is unequaled.—*Mrs. C. H. D., Northampton, Mass.*

WHITE CAKE.

One cup butter, two of sugar, one of sweet milk, three of flour, whites of five eggs, two tea-spoons baking powder. Easily made, and very good.—*Mrs. Daniel Miller.*

WHITE PERFECTION CAKE.

Three cups sugar, one of butter, one of milk, three of flour, one of corn starch, whites of twelve eggs beaten to a stiff froth, two tea-spoons cream tartar in the flour, and one of soda in half the milk; dissolve the corn starch in the rest of the milk, and add it to the sugar and butter well beaten together, then the milk and soda, and the flour and whites of eggs. This cake is rightly named "Perfection."—*Mrs. C. Jones, Bradford, Vt.*

LAYER-CAKES.

In baking layer-cakes it is important to thoroughly grease the tins—to make it emphatic, we will say thoroughly grease and then grease again—and after using rub off with a coarse towel, taking care that they are perfectly free from all small particles of cake, grease and fill again, thus obviating the necessity of washing every time they are filled. If jelly is used to spread between the layers, it is a good plan to beat it smoothly and spread it before the cakes are quite cool. In "building," an inverted jelly-tin furnishes a perfectly level surface on which to lay and spread the cake, and it may be allowed to remain on it until perfectly cold, when it should be set away in a tin cake-box, in a cool place. In cutting, it is better to first make a round hole in the center, with a knife, or a tin tube, about an inch and a quarter in diameter. This prevents the edge of the cake from crumbling in cutting. In making the custard or "filling" for layer-cake, place in a custard-kettle or in a tin pail. Set in boiling water to cook, to avoid all danger of burning.

To blanch almonds, pour boiling water over them, let stand a moment, drain and throw them into cold water, slip off the skins, and pound.

ALMOND CAKE.

Two cups sugar, three-fourths cup butter, one of sweet milk, two of flour, and one of corn starch well mixed, whites of six eggs, two

tea-spoons cream tartar in the flour, one tea-spoon soda in the milk; cream the butter and sugar, add milk gradually, then the whites of eggs together with the flour, and bake in jelly-tins. To put between layers, take two pounds almonds, blanch and pound fine in a mortar (or a cloth will do), beat whites and yolks of two eggs together lightly, add a cup and a half sugar, then the almonds, with one table-spoon vanilla.—*Mrs. Harvey Wood.*

ALMOND CREAM CAKE.

On beaten whites of ten eggs, sift one and a half goblets pulverized sugar, and a goblet flour through which has been stirred a heaping tea-spoon cream tartar; stir very gently and do not heat it; bake in jelly-pans. For cream, take a half pint sweet cream, yolks of three eggs, table-spoon pulverized sugar, tea-spoon corn starch; dissolve starch smoothly with a little milk, beat yolks and sugar together with this, boil the cream, and stir these ingredients in as for any cream-cake filling, only make a little thicker; blanch and chop fine a half pound almonds and stir into the cream. Put together like jelly cake while icing is soft, and stick in a half pound of almonds split in two.—*Mrs. Paris Gibson, Minneapolis, Minn.*

BOSTON CREAM PUFFS.

Put half pint hot water and two-thirds cup butter over the fire; when boiling, stir in one and a half cups flour, and continue stirring until smooth and the mixture leaves the sides of the sauce-pan; remove from fire, cool, and beat thoroughly into it five well-beaten eggs. Drop on warm greased tins (or a dripping-pan), a table-spoon in a place, leaving space between to prevent touching, brush over with the white of an egg, and bake ten or fifteen minutes in a quick oven. When cakes are done, they will be hollow. When cold, slice off the top, fill space with the cream, and replace top.

Cream for Inside.—Take one pint milk, place one-half in a tin pail and set in boiling water; reserve from the other half two table-spoons to mix with eggs, and into the rest, while cold, mix one cup of flour until smooth; when the milk is hot, pour in the flour, and stir until thicker than boiled custard; then beat well together the two table-spoons milk, two eggs, one cup granulated sugar, a level

table-spoon butter, and a tea-spoon vanilla or lemon; add gradually, and continue stirring briskly until so thick that when cold it will drop, not pour, from the spoon. The puffs may be kept on hand. Make the cream fresh, let it cool, and fill as many as are wanted.—*Mrs. Ex-Governor Noyes, Cincinnati, Ohio.*

BUCKEYE CREAM PUFFS.

Five eggs, whites and yolks beaten separately, one and a half cups each of white sugar and sifted flour, two tea-spoons baking powder in the flour; bake in tea-cups, filling about half full. The cream is prepared by placing a small tin pail containing a pint sweet milk in a kettle of boiling water; beat the whites and yolks of two eggs separately; stir in the milk while boiling, a half tea-cup sugar, a large table-spoon corn starch dissolved in a little sweet milk, then the beaten yolks and a piece of butter the size of a large walnut; flavor with lemon or vanilla. When done, cut the cakes open, put in a spoonful of the cream, place together again, roll in the whites, and then in coarse granulated sugar.—*Mrs. A. S. Chapman.*

FRENCH CREAM CAKE.

Three eggs, one cup granulated sugar, one and a half cups flour, two table-spoons cold water, tea-spoon baking powder. This is enough for two cakes baked in pie-pans, to be split while warm, spreading the hot custard between them, or for four cakes baked in jelly-pans, with the hot custard spread between them, the latter being the preferable plan. For custard, boil nearly one pint sweet milk; mix two table-spoons corn starch with a half tea-cup sweet milk, add two well-beaten eggs; when milk has boiled add nearly a cup sugar, and add gradually the corn starch and eggs, stirring briskly; add a half cup butter, stirring until dissolved, flavor with one tea-spoon vanilla, and spread between cakes while hot. This cake can be used as a pudding by pouring over each piece a spoonful of the custard that is left.—*Mrs. Charles Morey.*

GOLDEN CREAM CAKE.

Cream one cup sugar and one-fourth cup butter, add half cup sweet milk, the well beaten whites of three eggs, one and a half cups flour, with half a tea-spoon soda, and a tea-spoon cream tartar

sifted with it; bake in three deep jelly-tins; beat very light the yolks of two eggs, one cup sugar, and two table-spoons rich sweet cream, flavor with vanilla, and spread on cakes; or to yolks add one and a half table-spoons corn starch, three-quarters cup sweet milk and small lump butter; sweeten and flavor to taste, cook in a custard-kettle till thick, let cool, and then spread.—*Mrs. J. M. Southard.*

ICE-CREAM CAKE.

Make good sponge-cake, bake half an inch thick in jelly-pans, and let them get perfectly cold; take a pint thickest sweet cream, beat until it looks like ice-cream, make very sweet, and flavor with vanilla; blanch and chop a pound almonds, stir into cream, and put very thick between each layer. This is the queen of all cakes.—*Miss Mattie Fullington.*

ICE-CREAM CAKE.

One-fourth pound each butter and powdered sugar, half pint milk, half pound flour, six eggs, one glass wine, one nutmeg; bake quickly in iron gem-pans. They raise light with hollow center. When cold, cut a round hole in top (as you would "plug" a melon), fill with ice-cream just before serving, so that it will not have time to melt.—*Mrs. A. C. Glazier, Chicago, Ill.*

COCOA-NUT CAKE.

To the well-beaten yolks of six eggs, add two cups powdered white sugar, three-fourths cups butter, one of sweet milk, three and a half of flour, one level tea-spoon soda and two of cream tartar, whites of four eggs well beaten; bake in jelly-cake pans. For icing, grate one cocoa-nut, beat whites of two eggs, and add one tea-cup powdered sugar; mix thoroughly with the grated cocoa-nut, and spread evenly on the layers of cake when they are cold.—*Miss Nettie Miller, Columbus.*

CARAMEL CAKE.

One and a half cups sugar, three-fourths cup butter, half cup milk, two and a fourth cups flour, three eggs, one and a half heaping tea-spoons baking-powder, or a small tea-spoon soda, and two tea-spoons cream tartar; bake in jelly-tins. Make caramel as follows: Butter size of an egg, pint brown sugar, half cup milk or

water, half cake chocolate; boil twenty minutes (or until thick enough), and pour over cakes while warm, piling the layers one upon the other. For frosting for top of cake, take whites of two eggs, one and a half cups sugar, tea-spoon vanilla, three heaping tea-spoons grated chocolate.—*Mrs. Ella Snider, Minneapolis, Minn.*

DELICIOUS CHOCOLATE CAKE.

The whites of eight eggs, two cups sugar, one of butter, three full cups flour, one of sweet milk, three tea-spoons baking-powder; beat the butter to a cream, stir in the sugar, and beat until light; add the milk, then the flour and beaten whites. When well beaten, divide into equal parts, and into half grate a cake of sweet chocolate. Bake in layers, spread with custard, and alternate the white and dark cakes. For custard for the cake, add a table-spoon of butter to one pint of milk, and let it come to a boil; stir in two eggs beaten with one cup of sugar, add two teaspoons of corn starch dissolved in a little milk.—*Mrs. J. M. Riddle, Bellefontaine.*

CHOCOLATE CAKE.

One cup butter, two of sugar, one of milk, five eggs, leaving out the whites of three, four cups sifted flour, two tea-spoons baking-powder, or one small tea-spoon soda and two of cream tartar in the flour; bake in three layers in deep jelly-tins. For icing, take whites of three eggs, beaten stiff, one and a half cups powdered sugar, six table-spoons grated chocolate, two tea-spoons vanilla.—*Mrs. J. H. Shearer.*

CUP CAKE.

Three cups sugar, one of butter, six of flour, two-thirds pint sour cream, seven eggs (leaving out the whites of two for icing), one even tea-spoon soda in the cream, tea-spoon soda in the flour, one of cream tartar, and one of lemon or vanilla. Bake in pans one inch deep, and when done spread one with icing, and lay the other on top of it, allowing two layers for each cake.—*Mrs. Dr. Thompson.*

DOMINOES.

Make "Mrs. Jennison's sponge cake," bake in long pie-tins (two such tins will make twelve dominoes, and if no more are required, the rest of the batter may be baked in a loaf). The batter in the pie-tins should not be more than one-third of an inch deep; spread it evenly, and bake in a quick oven. Have a brown paper nearly

twice the size of the cake on the table, and the moment one of the cakes comes from the oven turn it upside down in the center of the paper, spread it with a thin layer of currant jelly, and lay the other cake on it upside down, cut it with a hot, sharp knife lengthwise, directly through the center, then divide it across in six equal parts, push them with the knife about an inch apart, and ice them with ordinary white icing, putting a large dessert-spoonful on every piece; the heat of the cake will soften it, and with a little help the edges and sides will be smoothly covered. All of the icing that runs over on the paper may be carefully taken up and used again. It must then dry, which it will do very quickly. Make a horn of stiff white paper about five inches long, one and a half inches across the top, and one-eighth of an inch at the other end; put in it a dessert-spoon of dark chocolate icing, close the horn at the top, and pressing out the icing from the small opening, draw a line of it across the center of every cake, and then make spots like those on ivory dominoes; keep the horn supplied with icing.—*In the Kitchen.*

FIG CAKE.

Silver Part.—Two cups sugar, two-thirds cup butter, not quite two-thirds cup sweet milk, whites of eight eggs, three heaping tea-spoons baking-powder thoroughly sifted, with three cups flour; stir sugar and butter to a cream, add milk and flour, and last white of eggs.

Gold Part.—One cup sugar, three-fourths cup butter, half cup sweet milk, one and a half tea-spoons baking-powder sifted in a little more than one and a half cups flour, yolks of seven eggs thoroughly beaten, and one whole egg, one tea-spoon allspice, and cinnamon until you can taste it; bake the white in two long pie-tins. Put half the gold in a pie-tin, and lay on one pound halved figs (previously sifted over with flour), so that they will just touch each other; put on the rest of the gold, and bake. Put the cakes together with frosting while warm, the gold between the white ones, and cover with frosting.—*Miss Tina Lay, Clyde, O.*

HARD-TIMES CAKE.

Half a cup of butter, two of sugar, one of sour cream, three of flour, three eggs, half tea-spoon of soda; bake in layers and spread with jelly.—*Mrs. R. M. Henderson.*

HICKORY-NUT CUSTARD CAKE.

Cream one pound sugar and half pound butter; add five eggs beaten separately, one cup sweet milk, one pound flour, three tea-spoons baking powder, flavor with lemon, and bake in jelly-pans. For custard, place one pint milk in a tin pail and set in boiling water; add a table-spoon of corn starch dissolved in a little milk, two eggs, one-half cup sugar, two cups chopped hickory-nut meats, well mixed together to the boiling milk; stir, and put between the layers of the cake, while both cake and custard are warm. This is excellent.

ROLLED JELLY CAKE.

Beat twelve eggs and one pound pulverized sugar together very lightly, then stir in three-fourths pound of flour, making batter as light as for sponge-cake, and thin enough to spread nicely when poured; make up as quickly as possible. Have shallow tin-pans prepared (about twelve by eighteen inches and an inch deep) by lining with thin brown paper, using no grease on pan or paper; pour in batter, spread out with a knife as thin as possible (about half an inch thick), and bake in solid oven. When done, remove from oven, let cool a few minutes, and while still warm, but not hot, turn out of pan upside down. With a brush or soft cloth wet in cold water, brush over the paper and pull it off; spread cake thin with jelly and roll it up, being careful to place the outer edge of roll against something so that it will not unroll until cold. Sprinkle with powdered sugar and serve. If baked in pans such as are described above, the recipe will make two rolls, each twelve inches long, which should be cut in two, making four rolls. Use no baking-powder, as it makes the cake too brittle. Many use none in sponge-cake. The paper lining should be larger than pan, to lift out the cake by taking hold of the projecting edges. This never fails.—*C. W. Cyphers, Minneapolis.*

KELLY ISLAND CAKE

One cup butter, two of sugar, three of flour, four eggs, half cup milk, three tea-spoons baking-powder; bake in jelly-tins. For filling, stir together a grated lemon, a large grated tart apple, an egg, and a cup sugar, and boil four minutes. A very excellent cake.—*Miss Greeley Grubbs.*

LEMON CAKE.

One and one-half cups sugar, one of butter, two and one-half of flour, five eggs beaten separately, four tea-spoons sweet milk, tea-spoon cream tartar, half tea-spoon soda.

For Jelly.—Take coffee-cup sugar, two table-spoons butter, two eggs, and the juice of two lemons: beat all together and boil until the consistency of jelly. For orange cake use oranges instead of lemons.—*Miss Minnie Brown.*

LADY'S FINGERS.

One and one-eighth pound of flour, one of powdered sugar, ten eggs; beat eggs and sugar as light as for sponge-cake; sift in with flour one tea-spoon baking-powder and stir slowly. Make a funnel-shaped bag of heavy ticking or strong brown paper; through the hole in the small end push a funnel-shaped tin tube, one-third inch in diameter at small end and provided with a flange at the other to prevent it from slipping quite through; tie the small end of bag firmly around the tube, and you have a funnel-shaped sack with a firm nozzle projecting slightly from the small end. Into this bag pour the batter, over which gather up the bag tightly so that none will run out, press and run the dough out quickly through the tube into a pan lined with light brown paper (not buttered), making each about a finger long, and about as thick as a lead-pencil, being careful not to get them too wide. Sprinkle with granulated sugar, bake in a quick oven, and, when cool, wet the under side of the paper with a brush, remove and stick the fingers together back to back. The bag, when made of ticking, will be useful in making macaroons and other small cakes. Unsurpassed.—*Charles W. Cyphers, Minneapolis, Minn.*

MINNEAPOLIS CAKE.

One and a half cups granulated sugar, half cup butter stirred to a cream, whites of six eggs, or three whole eggs, two tea-spoons cream tartar stirred in two heaping cups sifted flour, one tea-spoon soda in half cup sweet milk; bake in three layers. For filling, take a tea-cup sugar and a little water boiled together until it is brittle when dropped in cold water, remove from stove and stir quickly into the well-beaten white of an egg; add to this a cup of stoned

raisins chopped fine, or a cup of chopped hickory-nut meats, and place between layers and over the top. A universal favorite.—*Mrs. E. W. Herrick, Minneapolis, Minn.*

METROPOLITAN CAKE.

Two cups sugar, one of butter, one of milk, nearly four cups flour, whites of eight eggs, three tea-spoons baking-powder, flavor with lemon. Take a little more than three-fifths of this mixture in three jelly-tins, add to the remaining batter one table-spoon ground allspice, one and a half table-spoons cinnamon, tea-spoon cloves, fourth pound each of sliced citron and chopped raisins; bake in two jelly-tins and put together with frosting, alternating dark and light.—*Mrs. Dr. D. H. Moore, Wesleyan College, Cincinnati.*

NEAPOLITAN CAKE.

Black Part.—One cup brown sugar, two eggs, half cup butter, half cup molasses, half cup strong coffee, two and a half cups flour, one of raisins, one of currants, a tea-spoon each of soda, cinnamon and cloves, and half tea-spoon mace.

White Part.—Two cups sugar, half cup butter, one of milk, two and a quarter of flour, one of corn starch, whites of four eggs, small tea-spoon cream tartar; make frosting of whites of two eggs to put between the layers.—*Mrs. Calista Hawks Gortner, Goshen, Ind.*

ORANGE CAKE.

One cup butter, one of water, two of sugar, four of flour, three eggs, three tea-spoons baking-powder; bake in layers. Take the juice of two large or three small oranges, coffee-cup pulverized sugar, one egg; mix yolk of egg, sugar, and juice together; beat whites to a stiff froth, stir in and spread between the layers.—*Mrs. W. B. Brown, Washington D. C.*

ORANGE CAKE.

Two cups sugar, half cup butter, three and a half cups sifted flour, half cup sweet milk, three eggs beaten separately, three tea-spoons baking-powder mixed in flour; bake in jelly pans. For jelly take the juice and grated rind of two oranges, two table-spoons cold water, two cups sugar; set in a pot of boiling water, and, when scalding hot, stir in the yolks of two well-beaten eggs, and

just before taking from the fire stir in the white of one egg slightly beaten, and when cold put between the layers of cake. Frost the top with the other egg.—*Miss Mardie Dolbear, Cape Girardeau, Mo.*

ORANGE CAKE.

Two-thirds cup butter, two small cups sugar, one cup milk, three tea-spoons baking-powder, the yolks of five eggs, three small cups flour; bake in jelly-tins. Whites of three eggs beaten to a stiff froth, juice and grated peel of one orange, sugar to consistency; put this between the layers with white frosting on the top.—*Mrs. Gov. Pillsbury, Minnesota.*

PEACH CAKE.

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

RIBBON CAKE.

Two and a half cups sugar, one of butter, one of sweet milk, tea-spoon cream tartar, half tea-spoon soda, four cups flour, four eggs; reserve a third of this mixture, and bake the rest in two loaves of the same size. Add to third reserved, one cup raisins, fourth pound citron, a cup of currants, two table-spoons molasses, tea-spoon each of all kinds of spice; bake in a tin the same size as other loaves; put the three loaves together with a little icing or currant jelly, placing the fruit loaf in the middle; frost the top and sides.—*Miss Alice Trimble, Mt. Gilead.*

FAVORITE SNOW-CAKE.

Beat one cup butter to a cream, add one and a half cups flour and stir very thoroughly together; then add one cup corn starch, and one cup sweet milk in which three tea-spoons baking-powder have been dissolved; last, add whites of eight eggs and two cups sugar well beaten together; flavor to taste, bake in sheets, and put together with icing.—*Walter Moore, Hamilton.*

THANKSGIVING CAKE.

Make batter as for cocoa-nut cake (*Miss Nettie Miller's*). Bake five layers in jelly-tins; make frosting of whites of three eggs, three

tea-spoons baking powder, and three-fourths pound of pulverized sugar; with frosting for first layer mix rolled hickory-nut meats, with that for second layer mix fine-sliced figs, for third with hickory-nut meats, for fourth with figs, and on the top spread the plain frosting, and grate cocoa-nut over thickly.—*Mrs. J. S. Robinson.*

VELVET SPONGE CAKE.

Two cups sugar, six eggs leaving out the whites of three, one cup boiling hot water, two and one half cups flour, one table-spoon baking-powder in the flour; beat the yolks a little, add the sugar and beat fifteen minutes; add the three beaten whites, and the cup of boiling water just before the flour; flavor with a tea-spoon lemon extract and bake in three layers, putting between them icing made by adding to the three whites of eggs beaten to a stiff froth, six dessert-spoons of pulverized sugar to each egg, and lemon to flavor.—*Mrs. Wm. Brown, Massillon.*

VANITY CAKE.

One and a half cups sugar, half cup butter, half cup sweet milk, one and a half cups flour, half cup corn starch, tea-spoon baking-powder, whites of six eggs; bake in two cakes, putting frosting between and on top.—*Olivia S. Hinman, Battle Creek, Mich.*

WHITE MOUNTAIN CAKE.

Two cups pulverized sugar, half cup butter beaten to a cream; add half cup sweet milk, two and a half cups flour, two and a half tea-spoons baking-powder in the flour, whites of eight eggs; bake in jelly-tins and put together with icing made by boiling a half tea-cup of water and three tea-cups sugar till thick; pour it slowly over the well-beaten whites of three eggs, and beat all together till cool. Beat before putting on each layer.

Sprinkle each layer thickly with grated cocoa-nut, and a handsome cocoa-nut cake will result.—*Mrs. Dr. Stall, Union City, Ind.*

DIRECTIONS FOR FROSTING.

Beat whites of eggs to a stiff froth, add powdered sugar gradually, *beating well all the time*. (There are various opinions about the length of time frosting should be beaten, some giving half an hour, others a much shorter time). Or, break the whites into a broad platter, and *at once* begin adding powdered and sifted sugar, keep adding gradually, beating well all the while until the icing is perfectly smooth (thirty minutes beating ought to be sufficient); lastly, add flavoring (rose, pineapple or almond for white or delicate cake, and lemon or vanilla for dark or fruit cake). Have the frosting ready when the cake is baked; beat the white of one egg to a stiff froth, then stir in ten heaping tea-spoons pulverized sugar (well heaped, but not all that you can lift on the spoon) and one of corn starch; be sure that it is thoroughly beaten before taking the cake from the oven. If possible, have some one beating while you take out the cake. Now invert a common tin milk-pan, placing it on a clean paper, so if any falls off it can be used again, then place the cake on the pan and apply frosting; it will run over the cake, becoming as smooth as glass, and adhere firmly to it. If but one person is engaged in preparing cake and frosting, and must necessarily stop beating while getting the cake in readiness, it will be best to beat the frosting a few minutes again before placing on cake. As eggs vary in size, some common sense must be used in the quantity of the sugar. Practice only will teach how stiff icing ought to be. In preparing for a large party, when it is inconvenient to frost each cake as it is taken from the oven, and a number have become cold, place them in the oven to heat before frosting. If the cake is rough or brown when baked, dust with a little flour, rub off all loose particles with a cloth, put on frosting, pouring it around the center of the cake, and smooth off as quickly as possible with a knife. If the frosting is rather stiff, dip the knife in cold water. If the flavor is lemon juice, allow more sugar for the additional liquid. It is nice, when the frosting is almost cold, to take a knife and mark the cake in slices. Any ornaments, such as gum drops, candies, orange flowers

or ribbons should be put on while the icing is moist. When dry ornament with piping, which is a stiff icing squeezed through a paper funnel, and may be tinted with colored sugars. If the above directions are followed, the icing will not crumble. The recipe for "Centennial Drops" (see index) is excellent for icing. In frosting sponge-cake it is an improvement to grate orange peel over the cake before frosting.

ALMOND FROSTING.

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

BOILED FROSTING.

Whites of three eggs beaten to a stiff froth, one large cup granulated sugar moistened with four table-spoons hot water; boil sugar briskly for five minutes or until it "jingles" on the bottom of the cup when dropped into cold water, or "ropes" or threads when dropped from the end of the spoon. Then, with left hand, pour the boiling syrup upon the beaten eggs in a small stream, while beating hard with right hand. This is an excellent frosting. If preferred, add half pound sweet almonds blanched and pounded to a paste, or a cup of hickory-nut meats, chopped fine, and it will be perfectly delicious. This amount will frost the top of two large cakes.—*Mrs. A. S. C.*

CHOCOLATE FROSTING.

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

FROSTING.

Beat whites of two eggs to a stiff froth, add gradually half pound best pulverized sugar, beat well for at least half an hour, flavor with lemon juice (and some add tartaric acid, as both

whiten the icing). To color a delicate pink, use strawberry, currant or cranberry; or the grated peeling of an orange or lemon moistened with the juice and squeezed through a thin cloth, will color a handsome yellow. This amount will frost one large cake.—*Mrs. W. W. W.*

FROSTING WITH GELATINE.

Dissolve large pinch gelatine in six table-spoons boiling water; strain and thicken with sugar and flavor with lemon. This is enough to frost two cakes.—*Mrs. W. A. J.*

FROSTING WITHOUT EGGS.

To one heaping tea-spoon Poland starch and just enough cold water to dissolve it, add a little hot water and cook in a basin set in hot water till very thick (or cook in a crock; either will prevent its burning or becoming lumpy). Should the sugar be lumpy roll it thoroughly, and stir in two and two-thirds cups while the starch is hot; flavor to taste, and spread on while the cake is a little warm. This should be made the day before using, as it takes longer to harden than when made with eggs, but it will never crumble in cutting. This is excellent.—*Mrs. Ola Kellogg Wilcox.*

MINNESOTA FROSTING.

Beat whites of three eggs until frothy, not white, add one and a third pints powdered sugar gradually with one hand, beating briskly with the other. Flavor with a tea-spoon of vanilla. It is better not to beat the whites of the eggs until stiff before adding sugar, as it makes the icing very hard to dry.—*Mrs. C. J., Winona, Minn.*

ORNAMENTAL FROSTING.

Draw a small syringe full of the icing and work it in any design you fancy; wheels, Grecian borders, flowers, or borders of beading look well.—*Mrs. M. J. W.*

YELLOW FROSTING.

The yolk of one egg to nine heaping tea-spoons pulverized sugar, and flavor with vanilla. Use the same day it is made.—*Mrs. J. S. W.*

ROSE COLORING.

Mix together one-fourth ounce each of powdered alum and cream tartar, one ounce powdered cochineal, four ounces loaf-sugar, and

a salt-spoon soda. Boil ten minutes in a pint pure soft water; when cool bottle and cork for use. This is used for jellies, cake, ice-cream, etc.—Mrs W. E. H., Minneapolis.

CRULLERS AND DOUGHNUTS.

To cook these properly the fat should be of the right heat. When hot enough it will cease to bubble and be perfectly still; try with a bit of the batter, and if the heat is right the dough will rise in a few seconds to the top and occasion a bubbling in the fat, the cake will swell, and the under side quickly become brown. Clarified drippings of roast meat are more wholesome to fry them in than lard. A good suet may be prepared as follows for those who are sensible enough not to like greasy doughnuts or who Herbraically oppose lard. Use only beef suet, which is quite as cheap, cleanly, and healthy. Buy from the meat markets, speaking before hand, and securing nice, whole, clean leaves, which cut up in small pieces, put into a dinner-pot, which will hold well about ten pounds. Put in a pint of water, and after the first hour stir frequently; it takes about three hours with a good heat to render it. Drain through a coarse towel, and if the suet is good it will require but little squeezing, and leave but little scrap or cracklings. Put to cool in pans or jars, and you have an element into which, when well heated, you can drop the twisted goodies, with the assurance that they will not only be "done brown," but that they will emerge with a flavor and grain that will commend them to the favor of an epicure. Doughnuts thus cooked are more digestible and of better flavor than if cooked in lard, and the most fastidious will not need to peel them before eating. Make the dough *as soft as it can be handled*; if cut about half an inch thick, five to eight minutes will be time enough to cook, but it is better to break one open as a test. When done, drain well in a skimmer, and place in a colander. The use of eggs prevents the dough from absorbing the fat. Doughnuts should be watched closely while frying, and the fire must be regu-

lated very carefully. When you have finished frying, cut a potato in slices and put in the fat to clarify it, place the kettle away until the fat "settles," strain into an earthen pot kept for this purpose, and set in a cool place. The sediment remaining in the bottom of the kettle may be used for soap-grease. Fry in an iron kettle, the common skillet being too shallow for the purpose. Do not eat doughnuts between April and November. Crullers are better the day after they are made. If lard is not fresh and sweet, slice a raw potato, and fry before putting in the cakes.

CRULLERS.

Two coffee-cups sugar, one of sweet milk, three eggs, a heaping table-spoon butter, three tea-spoons baking-powder mixed with six cups flour, half a nutmeg, and a level tea-spoon cinnamon. Beat eggs, sugar and butter together, add milk, spices and flour; put another cup flour on molding-board, turn the dough out on it, and knead until stiff enough to roll out to a quarter inch thick; cut in squares, make three or four long incisions in each square, lift by taking alternate strips between the finger and thumb, drop into hot lard, and cook like doughnuts.—*Mrs. A. F. Ziegler, Columbus, Ohio.*

FRIED CAKES.

One coffee-cup of not too thick sour cream, or one of sour milk and one table-spoon of butter, two eggs, a little nutmeg and salt, one tea-cup sugar, one small tea-spoon soda dissolved; mix soft.—*Mrs. S. Watson, Upper Sandusky.*

CORN MEAL DOUGHNUTS.

A tea-cup and a half boiling milk poured over two tea-cups meal; when cool add two cups flour, one of butter, one and one-half of sugar, three eggs; flavor with nutmeg or cinnamon; let rise till very light; roll about half an inch thick, cut in diamond shape, and boil in hot lard.

CREAM DOUGHNUTS.

Beat one cup each of sour cream and sugar and two eggs together, add level tea-spoon soda, a little salt, and flour enough to roll.—*Mrs. Hattie Meade, Minneapolis, Minn.*

DOUGHNUTS.

One egg, a cup rich milk, a cup sugar, three pints flour, three tea-spoons baking powder, (or one and a half measures Horsford's Bread Preparation). These are made richer by adding one egg, and one tea-spoon butter.—*Mrs. Jenks, Bellefontaine, Ohio.*

NORTH STAR DOUGHNUTS.

One and a half cups sugar, one of sour milk, half cup butter, three eggs, a level tea-spoon soda, spice to taste, and flour to roll.—*Mrs. A. J. Palmes, Minneapolis, Minn.*

RAISED DOUGHNUTS.

Peel and boil four good sized potatoes; mash fine, and pour boiling water over them until of the consistency of gruel; let cool, add a yeast cake, and a little flour; let rise till light, then add one pint sweet milk, one and a half cups sugar, one-fourth cup (large measure) lard, a salt-spoon salt, a little nutmeg and cinnamon; stir in flour until stiff, let rise again, then add a half tea-spoon soda dissolved in a little milk, pour out on molding board, mix stiff enough to cut out, and roll to half an inch thickness; cut in long strips two inches wide and divide diagonally into pieces three inches long, set where it is warm, let rise on the board until light, and then fry. These do not cook through as easily as others, and it is safer to drop in one, and, by breaking it open, learn the time required for them to fry. A very nice variation of this recipe may be made as follows: Roll part of the dough about half an inch thick, cut into small biscuit, let rise, and when light, roll down a little, lay a few raisins rolled in cinnamon in the center, wet the edges by dipping the finger in cold water and passing it over them; draw them together and press *firmly*, and drop them in the hot fat. A tea-spoon of apple-butter or any kind of jam may be used instead of the raisins. When made with the raisins, they are the real German "Olly Koeks."—*Mrs. J. L. H., Milwaukee, Wis.*

BERLIN PANCAKES.

Roll out dough *slightly* sweetened and shortened, as if for very plain doughnuts; cut in circles like biscuit, put a tea-spoon currant jam or jelly on the center of one, lay another upon it, press the edges tightly together with the fingers, and fry quickly in boiling

fat. They will be perfect globes when done, a little smaller than an orange.—*Mrs. L. S. Williston, Heidelberg, Germany.*

TRIFLES.

A quart flour, a cup sugar, two table-spoons melted butter, a little salt, two tea-spoons baking powder, one egg, and sweet milk sufficient to make rather stiff; roll out in thin sheets, cut in pieces about two by four inches; make as many cuts across the short way as possible, inserting the knife near one edge and ending the cut just before reaching the other. Pass two knitting-needles under every other strip, spread the needles as far apart as possible, and with them hold the trifles in the fat until a light brown. Only one can be fried at a time.—*Miss Ettie Dalbey, Harrisburg.*

 COOKIES AND JUMBLES.

These require a quick oven. A nice “finishing touch” can be given by sprinkling them with granulated sugar and rolling over lightly with the rolling pin, then cutting out and pressing a whole raisin in the center of each; or when done a very light brown, brush over while still hot with a soft bit of rag dipped in a thick syrup of sugar and water, sprinkle with currants and return to the oven a moment.

 ADA'S SUGAR CAKES.

Three cups sugar, two of butter, three eggs well beaten, one tea-spoon soda, flour sufficient to roll out.

COOKIES.

One cup butter, two of sugar, one of cold water, half tea-spoon soda, two eggs and just flour enough to roll.—*Mrs. Mary F. Orr.*

EGGLESS COOKIES.

Two cups sugar, one of milk, one of butter, half tea-spoon nutmeg, half tea-spoon soda, flour to make thick enough to roll.

GOOD COOKIES.

Two cups sugar, one of butter, one of sour cream or milk, three eggs, one tea-spoon soda; mix soft, roll thin, sift granulated sugar over them, and gently roll it in.—*Mrs. Judge West, Bellefontaine, Ohio.*

LEMON SNAPS.

A large cup sugar, two-thirds cup butter, half tea-spoon soda dissolved in two tea-spoons hot water, flour enough to roll thin; flavor with lemon.—*Mrs. E. L. C., Springfield.*

NUTMEG COOKIES.

Two cups white sugar, three-fourths cup butter, two-thirds cup sour milk, nutmeg or caraway seed for flavor, two eggs, half tea-spoon soda, and six cups of flour, or enough to roll. Roll thin, and bake in a quick oven.

PEPPER-NUTS.

One pound sugar, five eggs, half pound butter, half tea-cup milk, two tea-spoons baking-powder, flour enough to roll.—*Mrs. Emma G. Rea.*

SAND TARTS.

Two cups sugar, one of butter, three of flour, two eggs, leaving out the white of one; roll out thin and cut in square cakes with a knife; spread the white of egg on top, sprinkle with cinnamon and sugar, and press a blanched almond or raisin in the center.—*Miss Clara G. Phellis.*

COCOA-NUT JUMBLES.

Two cups sugar, one cup butter, two eggs, half a grated cocoa-nut; make just stiff enough to roll out; roll thin.—*Mrs. Ida M. Donaldson, Springdale, Col.*

JUMBLES.

One and a half cups white sugar, three-fourths cup butter, three eggs, three table-spoons sweet milk, half tea-spoon soda and one of cream tartar; mix with sufficient flour to roll; roll and sprinkle with sugar; cut out and bake.—*Mrs. Mollie Pilcher, Jackson, Mich.*

GINGER-BREAD.

If in making ginger-bread the dough becomes too stiff before it is rolled out, set it before the fire. Snaps will not be crisp if made on a rainy day. Ginger-bread and cakes require a moderate oven, snaps a quick one. If cookies or snaps become moist in keeping, put them in the oven and heat them for a few moments. Always use New Orleans or Porto Rico molasses, and never syrups. Soda is used to act on the "spirit" of the molasses. In making the old-fashioned, soft, square cakes of ginger-bread, put a portion of the dough on a well-floured tin sheet, roll evenly to each side, trim off evenly around the edges, and mark off in squares with a floured knife or wheel cutter. In this way the dough may be softer than where it is necessary to pick up to remove from board after rolling and cutting. Always have the board well covered with flour before rolling all kinds of soft ginger-breads, as they are liable to stick, and should always be mixed as soft as they can be handled.

ALUM GINGER-BREAD.

Pint molasses, tea-cup melted lard, table-spoon ginger, table-spoon salt, tea-cup boiling water; in half the water dissolve table-spoon pulverized alum, and in the other half a heaping table-spoon soda; stir in just flour enough to knead, roll about half inch thick, cut in oblong cards, and bake in a tolerably quick oven.—*Mrs. Wm. Patrick, Midland, Mich.*

GINGER-BREAD.

One gallon molasses or strained honey, one and a quarter pounds butter, quarter pound soda stirred in a half tea-cup sweet milk, tea-spoon alum dissolved in just enough water to cover it, flour to make it stiff enough to roll out; put the molasses in a very large dish, add the soda and butter melted, then all the other ingredients; mix in the evening and set in a warm place to rise over night; in the morning knead it a long time like bread, roll into squares half an inch thick, and bake in bread-pans in an oven heated about right for bread. To make it glossy, rub over the top just before putting

it into the oven the following: One well-beaten egg, the same amount or a little more sweet cream, stirring cream and egg well together. This ginger-bread will keep an unlimited time. The recipe is complete without ginger, but two table-spoons may be used if preferred.—*Over fifty years old, and formerly used for general muster days.*

EXCELLENT SOFT GINGER-BREAD.

One and a half cups Orleans molasses, half cup brown sugar, half cup butter, half cup sweet milk, tea-spoon soda, tea-spoon allspice, half tea-spoon ginger; mix all together thoroughly, add three cups sifted flour and bake in shallow pans.—*Mrs. S. Watson.*

SPONGE GINGER-BREAD.

One cup sour milk, one of Orleans molasses, a half cup butter, two eggs, one tea-spoon soda, one table-spoon ginger, flour to make as thick as pound cake; put butter, molasses and ginger together, make them quite warm, add the milk, flour, eggs and soda, and bake as soon as possible.—*Mrs. M. M. Munsell.*

GINGER COOKIES.

Two cups molasses, one of lard, one of sugar, two-thirds cup sour milk, table-spoon ginger, three tea-spoons soda stirred in the flour and one in the milk, two eggs.—*Miss Tina Lay, Clyde.*

GINGER COOKIES.

One egg, one cup sugar, one cup molasses, one table-spoon soda, one of vinegar, one of ginger; roll thin and bake quickly.

GINGER CAKES.

One quart Orleans molasses, pint lard or butter, pint buttermilk, two table-spoons soda, two table-spoons ginger, flour enough to make a stiff batter; pour the molasses and milk boiling hot into a large tin bread-pan in which have been placed the ginger and soda (the pan must be large enough to prevent running over); stir in all the flour possible, after which stir in the lard or butter; when cold, mold with flour and cut in cakes. Care must be taken to follow these directions implicitly or the cakes will not be good; remember to *add the lard or butter last*, and buttermilk, not sour milk, must be used; boil the molasses in a skillet, and after pouring it into the pan, put the buttermilk in the same skillet, boil and pour it over

the molasses, ginger and soda. This excellent recipe was kept as a secret for a long time by a professional baker.—*Mrs. R. M. Henderson.*

GINGER DROP-CAKES.

Take three eggs, one cup lard, one of baking molasses, one of brown sugar, one large table-spoon ginger, one table-spoon soda dissolved in a cup of boiling water, five cups unsifted flour; drop table-spoons of this mixture into a slightly greased dripping-pan about three inches apart.—*Mrs. L. McAllister.*

BEST GINGER-DROPS.

Half cup sugar, a cup molasses, half cup butter, one tea-spoon each cinnamon, ginger and cloves, two tea-spoons soda in a cup boiling water, two and a half cups flour; add two well-beaten eggs the last thing before baking. Baked in gem-tins or as a common ginger-bread, and eaten warm with a sauce, they make a nice dessert.—*Mrs. C. Hawks, Goshen, Ind.*

GINGER-SNAPS.

Two cups molasses, one of lard, one table-spoon soda, one of ginger, flour to roll stiff.—*Miss Mary Gallagher.*

GINGER-SNAPS.

One pound and six ounces flour, four of sugar, eight of butter, six of preserved orange peel, half pint of molasses, one tea-spoon soda dissolved in two table-spoons boiling water, one tea-spoon cloves, two of ginger. Soften the butter and mix it with the sugar and molasses, add the spices, orange peel and soda, beat well and stir in the flour, flour the board and roll the paste as thin as possible, cut in circles and bake in a very quick oven. This quantity makes one hundred and twenty-nine snaps, about three inches across.—*In the Kitchen.*

HOTEL GINGER-SNAPS.

One gallon molasses, two pounds brown sugar, one quart melted butter, half cup each ground cloves, mace, cinnamon and ginger, one cup soda.—*Mrs. Hattie Clemmons.*

MOLASSES CAKE.

One cup each of butter, sugar, sour milk and molasses, five cups flour, two eggs, one table-spoon soda, one of ginger.—*Mrs. A. J. Palmes.*

CREAMS AND CUSTARDS.

For creams and custards eggs should never be beaten in tin, but always in stone or earthen ware, as there is some chemical influence about tin which prevents their attaining that creamy lightness so desirable. Beat quickly and sharply right through the eggs, beating whites and yolks separately. When gelatine is used for creams, it is better to soak it for an hour in a little cold water or milk, set in a warm place; (it is convenient to place in a bowl set in the top of the boiling tea-kettle to dissolve;) when dissolved, pour into the hot custard just after removing from the stove. For custards the common rule is four eggs, one cup sugar, and one small half tea-spoon salt to each quart of milk. Bake in a baking-dish until firm in the center, taking care that the heat is moderate or the custard will turn in part to whey. The delicacy of the custard depends on its being baked *slowly*. It is much nicer to strain the yolks, after they are beaten, through a small wire strainer kept for this purpose by every good housekeeper. For boiled custards or floats the yolks alone may be used, or for economy's sake the entire eggs. Always place the milk to boil in a custard-kettle (made of iron with another iron kettle inside, the latter lined with tin), or, in a pan or pail set within a kettle of *boiling* water; when the milk reaches the boiling point, which is shown by a slight foam rising on top, add the sugar, which cools it so that the eggs will not curdle when added. Or, another convenient way is to mix the beaten and strained yolks with the sugar in a bowl, then add gradually several spoons of the boiling milk, until the eggs and sugar are

heated through, when they may be slowly stirred into the boiling milk. Let remain a few moments, stirring constantly until it thickens a little, but not long enough to curdle, then either set the pail immediately in cold water or turn out into a cold dish, as it curdles if allowed to remain in a hot basin; add flavoring extracts after removing from the stove. Peach leaves or vanilla beans give a fine flavor, but must be boiled in the milk and then taken out before the other ingredients are added. Boiled custards are very difficult to make, and must have the closest attention until they are finished. The custards may be prepared as above, mixing the milk, eggs and sugar, and then placing in pan to steam instead of boiling.

In making *charlotte-russe* it is not necessary to add gelatine. The filling may be made of well-whipped cream, flavored and sweetened, using a "whip-churn" or the "Dover Egg-beater" to do the whipping. Fill the mold (which should be first wet with cold water for *charlotte-russe* and *blanc mange*, and all creams) and set on ice to harden. If preferred, it may be made up in several small molds, one for each person. In the use of spices it is well to remember that allspice and cloves are used with meats, and nutmegs and cinnamon in combination with sugar. The white part of lemon rind is exceedingly bitter, and the outer peel only should be used for grating. A better way is to rub the rind off with hard lumps of sugar. The sugar thus saturated with the oil of the lemon is called "zest," and is used, pounded fine, for creams, etc.

BOHEMIAN CREAMS.

One quart cream, two table-spoons sugar, one ounce gelatine soaked in water until dissolved; whip half the cream (rich milk may be substituted for cream) to a stiff froth; boil the other half with the sugar and a vanilla bean until a flavor is extracted (or vanilla extract may be added just after it is removed from the fire), take off the fire, add the gelatine, and when cooled a little stir in the well-beaten yolks of the four eggs. As soon as it begins to thicken, stir steadily until smooth, when add the whipped cream, beating it in lightly. Mold and set on ice until ready to serve.

To flavor with strawberries, strain two pounds berries through a

colander, sweeten to taste, add to the dissolved gelatine, set on ice, and when it thickens stir until smooth, add the whipped cream as above, and mold.

To flavor with peach, boil a dozen and a half choice fruit, sweeten and strain through a colander; add the dissolved gelatine and a tea-cup of cream, set on ice, and when it thickens stir until smooth, add the whipped cream, and mold.

To flavor with pine-apple, cut fine, boil with half a pound pulverized sugar, strain through a colander, add the dissolved gelatine, set on ice, and when it thickens stir until smooth, add the whipped cream, and mold. Canned pine-apples may be used instead of fresh. In all these never add whipped cream until the mass is cool and begins to thicken.—*Mrs. W. R. Jones, Pittsburgh, Pa.*

CHARLOTTE-RUSSE.

Cut stale sponge-cake into slices about half an inch thick and line three molds with them, leaving a space of half an inch between each slice; set the molds where they will not be disturbed until the filling is ready; take a deep tin pan and fill about one-third full of either snow or pounded ice, and into this set another pan that will hold at least four quarts. Into a deep bowl or pail (a whip-churn is better) put one and a half pints of cream (if the cream is thick take one pint of cream and a half pint of milk), whip to a froth, and when the bowl is full, skim the froth into the pan which is standing on the ice, and repeat this until the cream is all froth; then with the spoon draw the froth to one side, and you will find that some of the cream has gone back to milk; turn this into the bowl again, and whip as before; when the cream is all whipped, stir into it two-thirds cup powdered sugar, one tea-spoon vanilla, and half a box gelatine, which has been soaked in cold water enough to cover it for one hour and then dissolved in boiling water enough to dissolve it (about half a cup), stir from the bottom of the pan until it begins to grow stiff; fill the molds and set them on the ice in the pan for one hour, or until they are sent to the table. When ready to dish them, loosen lightly at the sides and turn out on a flat dish; have the cream ice-cold when you begin to whip it, and it is a good plan to put a lump of ice into the cream while whipping it.—*M. Parloa.*

CHARLOTTE-RUSSE.

Split two dozen lady-fingers (slices of sponge or other cake may be used), lay them in a mold, put one-third of a box of gelatine into half pint of milk, place it where it will be warm enough to dissolve. Whip three pints of cream to a froth, and keep it cool, beat the yolks of three eggs, and mix with half pound powdered sugar, then beat the whites very stiff, and add to it, strain the gelatine upon these, stirring quickly; then add the cream, flavor with vanilla or lemon, pour over the cake, let stand upon ice two hours. Serve with whipped cream. Some add a layer of jelly at bottom of mold.—*Mrs. Ida M. Donaldson, Springdale, Col.*

CHARLOTTE-RUSSE.

One ounce gelatine dissolved in two gills of boiling milk, whites of four eggs beaten to a stiff froth, one and a half cups white powdered sugar, one pint thick cream whipped to a froth, and rose-water or vanilla for flavoring; line a large mold with thick slices of sponge-cake, mix the gelatine, sugar, cream and flavoring together, add lightly the frothed whites of the eggs, pour into mold, set away on ice till required for use. This is an easy and excellent mode of making this most delicate dessert.—*Mrs. V. G. Hush, Minneapolis, Minn.*

HAMBURG CREAM.

Stir together the rind and juice of two large lemons, and one cup sugar, add the well-beaten yolks of eight eggs; put all in a tin pail, set in a pot of boiling water, stir for three minutes, take from the fire, add the well-beaten whites of the eggs, and serve, when cold, in custard-glasses.—*Mrs. C. Fullington.*

ITALIAN CREAM.

Soak one-third box gelatine half an hour in cold milk, put a quart milk on to boil, and when boiling stir in yolks of eight eggs well beaten, add one cup and a half of sugar and the gelatine; when the custard begins to thicken, take it off and pour into a deep dish in which the eight whites have been beaten to a stiff froth; mix well together and flavor to taste; put in molds, and allow four hours to cool. This cream is much more easily made in winter than in summer.—*Mrs. N. P. Wiles, Ripley.*

ROCK CREAM.

Boil one cup rice in a custard-kettle in sweet milk until soft, add two table-spoons loaf-sugar, a salt-spoon salt; pour into a dish and place on it lumps of jelly; beat the whites of five eggs and three table-spoons pulverized sugar to a stiff froth, flavor to taste, add one table-spoon rich cream, and drop the mixture on the rice.—*Miss Libbie S. Wilcox, Madison.*

RASPBERRY CREAM.

One quart good cream, one pint fresh raspberries; mash and rub the fruit through a fine sieve or strainer, to extract the seeds, bring the cream to a boil (having reserved one pint for froth), and add it to the berries while it remains hot, sweeten with powdered sugar to taste, let it become cold. Now raise cream which has been reserved to a froth with a beater, take off the froth and lay it on a sieve to drain; fill dish or glasses with the cream and place froth on top. Very nice. Any kind of berries, jam or jelly is good, and *can* be used without straining.

SPANISH CREAM.

One box Coxe's gelatine dissolved in a pint of cold milk; into two quarts boiling milk stir one and a half cups sugar and the yolks of eight eggs; pour all upon the dissolved gelatine, stirring well. When cool add half a pint wine, or flavor with lemon or vanilla, place in dishes and cover with a meringue made of the beaten whites, the juice of one lemon, and one cup sugar; brown in oven two minutes and eat ice-cold.—*Susan R. Howard, Brooklyn, New York.*

TAPIOCA CREAM.

Soak over night two table-spoons tapioca in one-half tea-cup milk (or enough to cover); bring one quart milk to boiling point; beat well together the yolks of three eggs, half tea-cup sugar, and one tea-spoon lemon or vanilla for flavoring, add the tapioca, and stir the whole into the boiling milk, let boil once, turn into the dish, and immediately spread on the whites. Serve when *cold*.—*Mrs. R. M. Henderson.*

WHIPPED CREAM.

Place cream over ice until thoroughly chilled, and whip with an egg-beater or whip-churn until it froths. While whipping place

froth on a sieve, and return to bowl to be re-whipped all that passes through. When cream is difficult to whip, add to it and beat with it the white of an egg. Sweetened and flavored this is a choice dessert alone, but it may be served in various ways. Baked apples, and fresh or preserved berries are delicious with it. Jelly-glasses, one-third full of jelly and filled up with cream, make a very wholesome and delicious dessert.

WHIPPED CREAM.

One and one-half pints good rich cream sweetened and flavored to taste, three tea-spoons vanilla; whip to a stiff froth. Dissolve three-fourths ounce best gelatine in a small tea-cup hot water, and when cool pour into the cream; stir thoroughly, pour in molds and set on ice, or in very cool place.—*Mrs. Emma Craig, Washington, D. C.*

APPLE CUSTARD.

One pint of mashed stewed apples, one pint sweet milk, four eggs, one cup sugar and a little nutmeg; bake slowly.—*Mrs. G. W. Hensel, Quarryville Pa.*

APPLE SNOW.

Pare, core and bring to boil in as little water as possible six tart apples, cool and strain, beat well and add the well-whipped whites of three eggs, sweeten to taste and beat thoroughly until a dish of snow is the result, flavor with lemon or vanilla, or add the grated rind of a lemon; serve with sweetened cream. Or, make custard of yolks, sugar, and a pint milk, place in a dish, and drop the froth on it in large flakes.—*Mrs. T. J. Buxton, Minneapolis, Minn.*

BLANC-MANGE.

Dissolve three heaping table-spoons corn starch and three of sugar in one pint of milk; add to this three eggs well beaten, and pour the mixture into one pint of boiling milk, stirring constantly until it boils again; just before taking from the stove flavor to suit the taste and pour into cups or small molds; when cool take out and place on a glass dish with a mold of jelly in the center. Serve a spoon of jelly and a sauce of sweetened cream with each mold. Or, put one quart milk (reserving three table-spoons with which mix three heaping table-spoons corn-starch) with a pinch of salt and five

table-spoons sugar. When milk is hot, pour in the mixed corn-starch, and stir until it is a thick batter; pour this on the well-beaten whites of four eggs, add two tea-spoons vanilla, pour into molds wet in cold water, and set on ice; when cold, turn from the mold, and serve in a custard made as follows: Put one pint milk in a basin over boiling water, mix in a tea-cup two even tea-spoons corn-starch in two of cold milk, beat in the four yolks of eggs and two and a half table-spoons of sugar. When the milk is hot pour part of it into the cup and stir well, pour it back into the basin and stir until as thick as desired; put on ice until chilled thoroughly. Blanc-mange may be colored green with spinach juice, or pink with the juice of strawberry, currant or cranberry, or a handsome yellow with the grated peel of an orange or lemon, moistened with the juice and strained through a cloth. Very pretty half-pint molds may be made as follows: Tilt the mold in a pan of snow or pounded ice, color one-fourth the blanc-mange pink, another fourth green; wet the molds and pour into them a little of the colored blanc-mange, putting only one color into each mold and filling it so that when tilted the blanc-mange reaches nearly to the top and covers about two-thirds of the bottom; when cold set mold level, and fill with the white blanc-mange, which has, meantime, been kept in so warm a place as not to harden. If the molds are made to imitate roses or fruit, the fruit may be green, and roses pink; if corn, yellow; and various ways of combining colors and forms will suggest themselves to the ingenious housewife.

CHOCOLATE BLANC-MANGE.

Half box gelatine, soaked till dissolved in as much cold water as will cover it, four ounces sweet chocolate grated, one quart sweet milk, one cup sugar; boil milk, sugar and chocolate five minutes, add gelatine, and boil five minutes more, stirring constantly; flavor with vanilla, put in molds to cool and eat with cream. If wanted for tea, make in the morning; if for dinner, the night before. For a plain blanc-mange omit the chocolate.—*Mrs. Dr. Houston, Urbana.*

RASPBERRY BLANC-MANGE.

Stew nice fresh raspberries, strain off the juice and sweeten it to taste, place over the fire, and when it boils stir in corn starch wet

in cold water, allowing two table-spoons of corn starch for each pint of juice; continue stirring until sufficiently cooked, pour into molds wet in cold water and set away to cool; eat with cream and sugar. Other fruit can be used instead of raspberries.—*Mrs. J. P. Rea, Minneapolis, Minn.*

BOILED CUSTARD.

One quart milk, two table-spoons corn starch, two eggs, one-fourth tea-spoon salt, butter size of a hickory-nut; wet the starch in a little of the milk, heat the remainder to near boiling, in a tin pail set in a pot of boiling water. The proper heat will be indicated by a froth or film rising to the top; add the starch till it thickens, stirring constantly, then add the eggs well-beaten with four table-spoons of sugar, let it cook, stirring briskly, take off and beat well; flavor; served with grated cocoa-nut it is elegant.

CHOCOLATE CUSTARD.

Break two sections chocolate in a half-dozen pieces, put it in a pan over boiling water, with milk enough to barely cover it; mash and stir perfectly smooth, then add the rest of the milk (one quart in all, reserving three table-spoons in which to dissolve the corn starch,) one cup sugar, yolks of six eggs, a heaping table-spoon corn starch; beat the yolks, add the sugar and corn starch (dissolved in milk), stir all slowly in the boiling milk, in which the chocolate is dissolved, add a pinch of salt, and let cook a few minutes, stirring constantly; eat cold with white cake.—*Miss Burnie Johnson.*

FLOATING ISLAND.

Make a custard of the yolks of six eggs, one quart milk, a small pinch of salt, sugar to taste; beat and strain yolks before adding to the milk; place custard in a large tin pan, and set in stove, stirring *constantly* until it boils, then remove, flavor with lemon or rose, and pour into a dish (a shallow, wide one is best), spread smoothly over the boiling hot custard the well-beaten whites, grating some loaf-sugar (some add grated cocoa-nut) on the top. Set the dish in a pan of ice-water and serve cold. Some prepare the whites by placing a table-spoon at a time on boiling water, lifting them out carefully, when cooked, with a skimmer and laying them gently on the float. This is the "old reliable recipe."—*Mrs. W. W. W.*

GOOD BAKED CUSTARD.

Eight well-beaten eggs, leaving two whites for the top, three pints milk; sweeten and flavor to taste; bake for two hours in a slow oven. Beat the reserved whites to stiff froth with two table-spoons sugar, spread over the top and return to oven to brown.

GELATINE CUSTARD.

To one-third package Coxe's gelatine, add a little less than one pint boiling water; stir until gelatine is dissolved, add the juice of one lemon, and one and a half cups sugar; strain through a jelly-strainer into dish for the table, and set in a cool place. For custard, to one and a half pints milk add the yolks of four eggs (reserving the whites), and four table-spoons sugar; cook and flavor when cool. When required for the table, cut gelatine into small squares, and over them pour the custard. Add four table-spoons powdered sugar to the whites of four eggs well beaten, and when ready for the table place over the custard with a spoon.—*Mrs. W. A. James.*

LEMON CUSTARD.

Beat the yolks of eight eggs till they are white, add pint boiling water, the rinds of two lemons grated, and the juice sweetened to taste; stir this on the fire till it thickens, then add a large glass of rich wine, and one-half glass brandy; give the whole a good boil, and put in glasses. To be eaten cold. Or, put the thin yellow rind of two lemons, with the juice of three, and sugar to taste, into one pint of warm water. As lemons vary in size and juiciness, the exact quantity of sugar can not be given. Ordinary lemons requires three gills. It will be safe to begin with that quantity, more may be added if required. Beat the whites to a stiff froth, then the yolks; then beat both together, pour in gradually while beating the other ingredients; put all in a pail, set in a pot of boiling water, and stir until thick as boiled custard; strain it in a deep dish; when cool place on ice. Serve in glasses.—*Mrs. Belle R. Liggett, Detroit, Mich.*

SNOW CUSTARD.

Half a package of Coxe's gelatine, three eggs, two cups of sugar, juice of one lemon; soak the gelatine one hour in a tea-cup of cold water, add one pint boiling water, stir until thoroughly dissolved,

add two-thirds of the sugar and the lemon juice; beat the whites of the eggs to a stiff froth, and when the gelatine is quite cold, whip it into the whites, a spoonful at a time, from half an hour to an hour. Whip steadily and evenly, and when all is stiff, pour in a mold, or in a dozen egg-glasses previously wet with cold water, and set in a cold place. In four or five hours turn into a glass dish. Make a custard of one and one-half pints milk, yolks of eggs, and remainder of the sugar, flavor with vanilla, and when the meringue or snow-balls are turned out of the mold, pour this around the base.—*Mrs. Gov. Thayer, Wyoming Territory.*

MOONSHINE.

This dessert combines a pretty appearance with palatable flavor, and is a convenient substitute for ice-cream. Beat the whites of six eggs in a broad plate to a very stiff froth, then add gradually six table-spoons powdered sugar (to make it thicker use more sugar up to a pint), beating for not less than thirty minutes, and then beat in about one heaping table-spoon of preserved peaches cut in tiny bits (or some use one cup jelly), and set on ice until thoroughly chilled. In serving, pour in each saucer some rich cream sweetened and flavored with vanilla, and on the cream place a liberal portion of the moonshine. This quantity is enough for seven or eight persons.—*Mrs. H. C. Meredith, Cambridge City, Ind.*

ORANGE FLOAT.

One quart water, the juice and pulp of two lemons, one coffee-cup sugar; when boiling, add four table-spoons corn starch, let boil fifteen minutes, stirring all the time; when cold pour it over four or five peeled and sliced oranges, and over the top spread the beaten whites of three eggs; sweeten and add a few drops of vanilla.—*Mrs. Wm. Skinner.*

HIDDEN MOUNTAIN.

Six eggs, a few slices citron, sugar to taste, three-quarters of a pint of cream, a layer of any kind of jam; beat the whites and yolks of the eggs separately, then mix and beat again, adding the citron, the cream and sugar; when well beaten put in a buttered pan and fry, cover with the jam and garnish with slices of citron; to be eaten cold.—*Mrs. J. C. Gould.*

ORANGE SOUFFLE.

Peel and slice six oranges, put in a high glass dish a layer of oranges, then one of sugar, and so on until all the orange is used, and let stand two hours; make a soft boiled custard of the yolks of three eggs, one pint of milk, sugar to taste, with grating of the orange peel for flavor, and pour over the oranges when cool enough not to break the dish; beat the whites of the eggs to a stiff froth, stir in sugar, and put over the pudding. Praised by all.—*Mrs. Mary A. Livermore, Melrose, Mass.*

PRUNE WHIP.

Sweeten to taste and stew three-quarters of a pound of prunes; when *perfectly cold*, add the whites of four eggs beaten stiff; stir all of this together till light, put in a dish, and bake twenty minutes; when cold, serve in a larger dish, and cover well with good cream.—*Mrs. Belle R. Liggett, Detroit, Mich.*

CONFECTIONERY.

There are very few modern kitchens in which some cooking utensil may not be found convenient for making candy. A sauce-pan of tinned iron, with a handle and flaring sides, and a lip to facilitate the pouring of the contents, will be found best adapted to such use; or a small iron or brass kettle will do if kept *quite clean*.

Dissolve four pounds white sugar in one quart water; place this in a porcelain kettle over a slow fire for half an hour, pour into it a small quantity of gelatine and gum-arabic dissolved together; all the impurities which rise to the surface skim off at once. Instead of gelatine and gum-arabic, the white of an egg may be used as a substitute with good results. To make the clarifying process still more perfect, strain through a flannel bag. To make rock candy, boil this syrup a few moments, allow to cool, and crystallization takes place on the sides of the vessel. To make other candies, bring the syrup very carefully to such a degree of heat that the "threads," which drop from the spoon when raised into the colder air, will snap like glass. When this stage is reached, add a teaspoon of vinegar or cream tartar to prevent "graining," and pour into pans as directed in the recipes which follow. To make round stick candies, pull, and roll into shape with well-floured hands as soon as cool enough to be handled. In pulling candy, some grease the hands, others flour them slightly. Colored candies are often *injurious*, and sometimes even *poisonous*, and should be avoided.

In baking macaroons and kisses, use washed butter for greasing the tins, as lard or salt butter gives an unpleasant taste. Bake in

a moderate oven, or let dry in a cool oven for two hours. After buttering, sprinkling lightly with flour and then shaking it off, is an excellent way to prepare the pan. When powdered almonds are to be used, they should be thoroughly dried in an open oven, after blanching, and they will pulverize more easily. In making macaroons or drops, or pulling butter-scotch or taffy, grease hands lightly with butter to prevent sticking. Flouring the hands is apt to give an unpleasant taste to candy.

ALMOND MACAROONS.

Pour boiling water on half a pound almonds, take skins off and throw into cold water for a few moments, then take out and pound (adding a table-spoon essence lemon) to a smooth paste, add one pound of pulverized sugar and whites of three eggs, and work the paste well together with back of spoon; dip the hands in water and roll mixture into balls the size of a nutmeg, and lay on buttered paper an inch apart; when done, dip the hands in water and pass gently over the macaroons, making the surface smooth and shining; set in a cool oven three-quarters of an hour. If this recipe is strictly followed, the macaroons will be found equal to any made by professional confectioners.—*Mrs. L. S. W.*

BUTTER-SCOTCH.

Three pounds "coffee A" sugar, fourth pound butter, half tea-spoon cream tartar, eight drops extract of lemon; add as much cold water as will dissolve the sugar; boil without stirring till it will easily break when dropped in cold water, and when done, add the lemon; have a dripping-pan well buttered and pour in one-fourth inch thick, and when partly cold, mark off in squares. If pulled, when partly cold, till very white, it will be like ice-cream candy.—*Mrs. J. S. R.*

BUCKEYE KISSES.

Beat the whites of four small eggs to a high, firm froth, stir into it half a pound pulverized sugar, flavor with essence lemon or rose, continue to beat until very light; then drop half the size of an egg, and a little more than an inch apart, on well-buttered letter-paper; lay the paper on a half-inch board and place in a moderate oven; watch, and as soon as they begin to look yellowish take them out;

or, beat to a stiff froth the whites of two eggs, stirring into them very gradually two tea-cups powdered sugar and two table-spoons corn starch; bake on buttered tins fifteen minutes in a warm oven, or until slightly brown. Chocolate puffs are made by adding two ounces grated chocolate mixed with the corn starch.—*Mrs. W. W. W.*

CANDY OF ANY FLAVOR.

Three and a half pounds refined sugar, one and a half pints water, one tea-spoon cream tartar; mix in a vessel large enough to hold the candy when expanded by the heat; boil over a brisk fire, taking care that it does not burn. The heat should be applied at bottom and not at the sides. After boiling fifteen minutes, remove a small portion of the melted sugar with a spoon, and cool by placing in a saucer set in cold water. When cool enough, take a portion between thumb and finger, and if it forms a "string" or "thread" as they are separated, the process is nearly done, and great care must be used to control the heat so that the boiling may be kept up without burning. Test *frequently* by dropping a bit into cold water placed near; if it becomes hard and brittle, snapping apart when bent, it is done and must be removed at once, and the flavoring stirred in. Then pour into shallow earthen dishes, thoroughly but lightly greased, and cooled until it can be handled; pull, roll into sticks or make into any desired shape.

CENTENNIAL DROPS.

White of one egg beaten to a stiff froth, quarter pound pulverized sugar, half tea-spoon baking-powder; flavor with lemon; butter tins and drop with tea-spoon about three inches apart; bake in a slow oven and serve with ice-cream. This is also a very nice recipe for icing.—*Miss Alice Trimble, Mt. Gilead, Ohio.*

CHOCOLATE CARAMELS.

One cup of chocolate shaved fine, one cup molasses, half cup milk, one cup sugar; when nearly done add a piece of butter size of a walnut. Stir until perfectly dissolved, but not after it begins to boil, as that will make it grain. It is done when it hardens and becomes brittle when dropped in cold water, but do not make too hard. Grease plates with butter, pour it on about half an inch thick, when nearly cool cut with a greased knife into small squares.

CHOCOLATE CARAMELS.

One and a half cups grated chocolate, four of brown sugar, one and a half of cold water, piece of butter size of an egg, table-spoon of very sharp vinegar; flavor with two table-spoons vanilla just before removing from fire. Do not stir, but shake the vessel gently while cooking. Boil on the top of stove over a brisk fire until it becomes brittle when tried in water; pour into a well buttered and floured dripping-pan, and check off in squares while soft.—*Miss Emma Collins, Urbana.*

CHOCOLATE DROPS.

Two and a half cups pulverized or granulated sugar (or maple sugar may be used), one-half cup cold water; boil four minutes, place the sauce-pan in cold water, and beat till cold enough to make into little balls; take half a cake of Baker's chocolate, shave off fine and set it in a bowl set in top of boiling tea-kettle to melt, and when balls are cool enough, roll in the chocolate with a fork. This makes eighty. Or while making into balls, mold an almond-meat into the center of each ball, roll in coarse sugar, and you have delicious "cream almonds." Or, mold the unbroken halves of walnut-meats into the soft sugar, and when cold, roll in the chocolate. When finished, take out and lay on buttered paper until cold.—*Mrs. O. M. Scott.*

COCOA-NUT CARAMELS.

One pint milk, butter size of an egg, one cocoa-nut grated fine (or dessicated cocoa-nut may be used), three pounds white sugar, two tea-spoons lemon, boil slowly until stiff (some then beat to a cream), pour into shallow pans, and when partly cold cut in squares.—*Miss Nettie Brewster, Madison.*

COCOA-NUT DROPS.

One pound cocoa-nut, half pound powdered sugar, and the white of an egg; work all together and roll into little balls in the hand; bake on buttered tins.—*C. W. Cyphers, Minneapolis, Minn.*

EVERTON ICE-CREAM CANDY.

Squeeze the juice of one large lemon into a cup. Boil one and one-half pounds moist white sugar, two ounces butter, one and a half tea-cups water, together with half the rind of the lemon, and when done (which may be known by its becoming quite crisp when

dropped into cold water) set aside till the boiling has ceased, and then stir in the juice of the lemon, butter a dish and pour in about an inch thick. When cool take out peel (which may be dried), pull until white, draw out into sticks and check about four inches long with a knife. If you have no lemons, take two table-spoons vinegar and two tea-spoons lemon extract. The fire must be quick and the candy stirred all the time.—*Mrs. J. S. R.*

HICKORY-NUT MACAROONS.

Take meats of hickory-nuts, pound fine and add mixed ground spice and nutmeg; make frosting as for cakes, stir meats and spices in, putting in enough to make it convenient to handle; flour the hands and make the mixture into balls the size of nutmegs, lay them on buttered tins, giving room to spread, and bake in a quick oven. These are delicious.—*Mrs. Walter Mitchell, Gallipolis, Ohio.*

HICKORY-NUT CAKES.

One egg, half cup flour, a cup sugar, a cup nuts sliced fine; drop on buttered tins one tea-spoonful in a place, two inches apart. Or, roll and bake like sand tarts.—*Mrs. Lamb, Bellefontaine, Ohio.*

HOREHOUND CANDY.

Boil two ounces of dried horehound in a pint and a half water for about half an hour; strain and add three and a half pounds brown sugar. Boil over a hot fire until it is sufficiently hard, pour out in flat, well-greased tin trays, and mark into sticks or small squares with a knife, as soon as it is cool enough to retain its shape.

LEMON CANDY.

Take a pound loaf-sugar and a large cup water, and after cooking over a slow fire half an hour, clear with a little hot vinegar, take off the scum as it rises, testing by raising with a spoon, and when the "threads" will snap like glass pour into a tin pan, and when nearly cold mark in narrow strips with a knife. Before pouring into the pans, chopped cocoa-nut, almonds, hickory-nuts, or Brazil-nuts cut in slices, may be stirred into it.—*Mrs. J. K. W.*

MERINGUES.

One pound granulated sugar, whites of nine eggs. Whip eggs until dish can be inverted without their falling off, and then simply add the sugar, incorporating it thoroughly, but stirring as little as

possible. Prepare boards three-fourths of an inch thick, to fit oven, and cover them with strips of heavy brown paper about two and a half inches wide; on these drop the mixture from the end of a dessert-spoon (or use the meringue-bag described in recipe for lady's fingers), giving the meringue the form of an egg, and dropping them about two inches apart on the paper, and bake till a light brown. Take up each strip of paper by the two ends, turn it gently on the table, and with a small spoon take out the soft part of each meringue, strew over them some sifted sugar, and return to oven bottom side up to brown. These shells may be kept for weeks. When wanted for table, fill with whipped cream, place two of them together so as to inclose the cream, and serve. To vary their appearance, finely-chopped almonds or currants may be strewn over them before the sugar is sprinkled over, and they may be garnished with any bright-colored preserve. Great expedition is necessary in making them, as, if the meringues are not put into the oven as soon as the sugar and eggs are mixed, the former melts, and the mixture runs on the paper instead of keeping egg-shape. The sweeter the meringues are made the crisper will they be; but if there is not sufficient sugar added they will be tough.—*Miss Sarah Gill, Columbus, O.*

MOLASSES CANDY.

Take equal quantities brown sugar and Orleans molasses (or all molasses may be used), and one table-spoon sharp vinegar, and when it begins to boil skim well and strain, return to the kettle and continue boiling until it becomes brittle if dipped in cold water, then pour on a greased platter. When cool enough, begin to throw up the edges and work, by pulling until bright and glistening like gold; flour the hands occasionally, draw into stick size, rolling to keep round, until pulled out and cold. With a greased knife press nearly through them at proper lengths, and they will easily snap; flavor just before pouring out to cool.—*Sterling Robinson.*

AUNT TOP'S NUT-TAFFY.

Two pints maple sugar, half pint water, or just enough to dissolve sugar; boil until it becomes brittle by dropping in cold water; just before pouring out add a tablespoon vinegar; having prepared the hickory-nut meats, in halves, butter well the pans, line with the meats, and pour the taffy over them.—*Estelle and Hattie Hush.*

CANNING FRUITS.

Cleanse the cans thoroughly and test to see if any leak or are cracked. If tin cans leak, send them to the tinner; if discolored inside they may be lined with writing-paper just before using. In buying stoneware for canning purposes, be sure that it is well glazed, as fruits canned in jars or jugs imperfectly glazed sometimes become poisonous. Never use defective glass cans, but keep them for storing things in the pantry; and in buying them, take care that they are free from flaws and blisters, else the glass will crumble off in small particles when subjected to heat. Self-sealers are very convenient, but the heat hardens the rubber rings, which are difficult to replace, so that in a year or two they are unfit for use. For this reason many prefer those with a groove around the top for sealing with wax or putty. The latter is very convenient, as jars sealed with it can be opened readily with a strong fork or knife, and are much more easily cleaned than when wax-sealed. Putty may be bought ready for use, and is soon made soft by molding in the hand. In using it should be worked out into a small roll, and pressed firmly into the groove with a knife, care being taken to keep it well pressed down as the can cools. In canning, provide a wide-mouthed funnel (made to set into the can), and pour the fruit into a funnel from a bright tin dipper (if old or rusty it will discolor the fruit) or a small pitcher, heated before putting in the hot fruit to prevent breaking. Pour fruit as quickly as possible, and screw down top immediately.

Fruit should be selected carefully, and all that is imperfect rejected. Large fruits, such as peaches, pears, etc., are in the best

condition to can when not quite fully ripe, and should be put up as soon as possible after picking; small fruits, such as berries, should never stand over night if it is possible to avoid it. The highest-flavored and longest-keeping fruits are best put up without paring, after having carefully removed the down with a fine but stiff brush. Use only the best sugar in the proportion of half a pound of sugar to a pound of good fruit, varying the rule, of course, with the sweetness of the fruit. Or, in canning for pies omit sugar, as the natural flavor is better preserved without it, and some prefer this method for all purposes. It is economical, and well worthy of experiment. Cans put up in this way should have a special mark so as to distinguish them from the rest. When ready to can, first place the jars (glass) in a large pan of warm water on the back of the stove, make ready the syrup in a nice clean porcelain kettle, add the fruit—it is better to prepare only enough fruit or syrup for two or three cans at a time—and by the time it is done, the water in the pan will be hot and the cans ready for use. Take them out of the water and set them on a hot platter, which answers the double purpose of preventing their contact with any cold surface like the table, and saving any fruit that may be spoiled. Fill as full as possible, and set aside where no current of air will strike them; or, better, wring out a towel wet in hot water and set them on it; let stand a moment or two or until wiped off, when the fruit will have shrunk away a little; fill up again with hot syrup, or if you have none, boiling water from the tea-kettle will do, and then seal. In canning peaches, the flavor is improved by adding two or three whole peaches, or dropping in the center of the can a few of the stones. For peaches, pears and berries, some sweeten as for eating, let stand until sugar is dissolved (using no water), place on stove in porcelain kettle and keep at boiling point long enough to heat the fruit, and then can in glass jars as directed.

There are several other ways of preparing glass cans for fruit, among them the following: Wring a towel from cold water, double and wrap closely about and under the can so as to exclude the air, and put a cold silver spoon inside and fill; or, put a towel in a steamer, set in the cans, and place over a kettle of *cold* water, boil the water, and when ready to fill, remove the cans and wrap in a

towel wrung from warm water, put a table-spoon rinsed in hot water inside, and fill; or, wash the cans in tepid water, place an iron rod inside, and at once pour in the boiling fruit, but not too fast. In using glass cans with tops which screw on, be sure that the rubbers are firm and close-fitting, and throw away all that are imperfect. When the can is filled to overflowing, put on the top at once and screw down tightly, and as the fruit and cans cool, causing contraction of the glass, turn down again and again until perfectly air-tight. Wrap as soon as cold with brown wrapping-paper, unless the fruit-closet is *very dark*. Light injures all fruit, but especially tomatoes, in which it causes the formation of citric acid, which no amount of sugar will sweeten. The place where canned fruits are kept should also be dry and *cool*, for if too warm the fruit will spoil. In canning, use a porcelain-lined kettle, silver fork or broom splint and wire spoon or dipper; a steel fork discolors the fruit.

Cans should be examined two or three days after filling, and if syrup leaks out from the rim, they should be unsealed, the fruit thoroughly cooked and kept for jam or jelly, as it will have lost the delicacy of color and flavor so desirable in canned fruits. Pint cans are better for berries than quart. Strawberries keep their color best in stone jars; if glass cans are used for them, they should be buried in sand. If syrup is left after canning berries, it may, while thin, be flavored with vinegar, boiled a moment, and then bottled and corked for a drink mixed with ice-water.

In using self-sealing cans the rubber ring must show an even edge all round, for if it slips back out of sight at any point, air will be admitted. On opening tin cans, remember to pour *all* the fruit out into an earthen or glass dish. If any part is not used at the time, re-cook, and return to dish, and it will keep for a day or two, many of the less perishable fruits longer. Wines, cider, shrubs, etc., must be bottled, well corked, sealed, and the bottles placed on their sides in a box of sand or sawdust. To can maple syrup, pour hot into cans or jugs, and seal well.

The fine display of canned fruits at the Centennial Exhibition was prepared as follows: The fruits were selected with great care, of uniform size and shape, and *all perfect*. They were carefully

peeled with a thin, sharp, silver fruit-knife, which did not discolor them, and immediately plunged into cold water in an earthen or wooden vessel to prevent the air from darkening them. As soon as enough for one can was prepared, it was put up by laying the fruit piece by piece in the can, and pouring syrup, clear as crystal, over it, and then, after subjecting the whole to the usual heat, sealing up.

The following table gives the time required for cooking and the quantity of sugar to the quart for the various kinds of fruit.

	Time for boiling fruit.	Quant. sugar to qt.		Time for boiling fruit.	Quant. sugar to qt.
Cherries.....	5 min.	6 oz.	Peaches, whole.....	15 min.	4 oz.
Raspberries.....	6 "	4 "	Pine apples, sliced.....	15 "	6 "
Blackberries.....	6 "	6 "	Siberian crab-apples....	25 "	8 "
Strawberries.....	8 "	8 "	Sour apples, quartered...	10 "	5 "
Plums.....	10 "	10 "	Ripe currants.....	6 "	8 "
Whortleberries.....	5 "	8 "	Wild grapes.....	10 "	8 "
Pie-Plant, sliced.....	10 "	8 "	Tomatoes.....	20 "	none.
Small sour pears, whole	30 "	4 "	Gooseberries.....	8 "	8 "
Bartlett pears, halved...	20 "	6 "	Quinces, sliced.....	15 "	10 "
Peaches.....	8 "	4 "			

CANNED BERRIES.

Select those the skins of which have not been broken, or the juice will darken the syrup; fill cans compactly, set in a kettle of cold water, with a cloth beneath them, over an even heat; when sufficiently heated, pour over the berries a syrup of white sugar dissolved in boiling water (the richer the better for keeping, though not for preserving the flavor of the fruit), cover the cans closely to retain heat on the top berries. To insure full cans when cold, have extra berries heated in like manner to supply the shrinkage. If the fruit swims, pour off surplus syrup, fill with hot fruit, and seal up as soon as the fruit at the top is thoroughly scalded.—*Miss L. Southwick.*

PLAIN CANNED BERRIES.

Pick out stems or hulls if any—if gathered carefully the berries will not need washing, put in porcelain kettle on the stove, adding a small tea-cup water to prevent burning at first. When they come to a boil, skim well, add sugar to taste (for pies it may be omitted), let boil five minutes, fill in glass, stone, or tin cans, and seal with putty unless self-sealers are used. This rule applies to

raspberries, blackberries, currants, gooseberries, or any of the small berries.

CANNED CURRANTS.

Look them over carefully, stem and weigh them, allowing a pound of sugar to every one of fruit; put them in a kettle, cover, and leave them to heat slowly and stew gently for twenty or thirty minutes; then add the sugar, and shake the kettle occasionally to make it mix with the fruit; do not allow it to boil, but keep as hot as possible until the sugar is dissolved, then pour it in cans and secure the covers at once. White currants are beautiful preserved in this way.—*Mrs. Wm. Patrick, Midland, Mich.*

GREEN GOOSEBERRIES.

Cook the berries in water until white, but not enough to break them; put into cans with as little water as possible, fill up the can with boiling water and seal; when opened pour off water and cook like fresh berries.—*Mrs. O. M. S.*

CANNED PEACHES.

Pour boiling water over one peck of large clingstone peaches to remove the fuzz; make a syrup of three pounds sugar and one pint vinegar, using a little water if required to cover the peaches; cook until pretty soft, and can as usual.—*Mrs. Frank Stahr, Lancaster, Pa.*

CANNED PEACHES.

Have one porcelain kettle with boiling water and another with a syrup made sweet enough with white sugar for the peaches; pare, halve, and drop them into the boiling water, let them remain until a silver fork will pierce them, lift them out with a wire spoon, fill can, pour in all the boiling syrup the can will hold, and seal immediately. Continue in this way, preparing and sealing only one can at a time, until done; boil down the water in first kettle with the syrup, if any is left; if not, add more sugar, and quite a nice marmalade will result. This manner of canning peaches has been thoroughly tested, and is pronounced by the experienced the best of all methods.—*Mrs. R. A. Sharp, Kingston.*

CANNED PEACHES STEAMED.

To peel, place in a wire basket, to the handle of which a cord has been tied, let down into boiling water for a moment, then into

cold water, and strip off the skin (this saves both fruit and labor). The fruit must be at a certain stage to be prepared in this way, for if too green it will not peel, and if too ripe it will be too much softened by the hot water. After peeling, seed and place in a steamer over a kettle of boiling water, first laying a cloth in bottom of steamer; fill about half full of fruit, cover tightly, make a syrup in a porcelain kettle for fruit alone, let the fruit steam until it can be easily pierced with a silver fork, drop gently for a moment into the hot syrup, place in the cans, fill, cover, and seal. The above recipe is for canning a few at a time. This recipe, with the exception of mode of peeling, applies equally well to pears.

CANNED PEACHES.

Pare, halve and seed; make a syrup of a pint granulated sugar to a quart water, place on stove in a porcelain kettle (enough for two quart cans). When syrup boils, drop in enough fruit for one can; watch closely, testing with a silver fork, so that the moment they are done they may be removed. When the peaches are tender, lift very gently with a wire spoon, and place in the can previously heated, according to instructions for preparing glass cans. When full of peaches pour in the hot syrup, place the cover on and seal at once; then add more peaches to the hot syrup for next can, and repeat the operation. If there are more peaches than will fill the can, place them in another can and *keep hot* until more are ready, and so on until all are canned. Skim the syrup before adding peaches, making only enough syrup at one time for two cans.—*Mrs. W. W. W.*

CANNED PEARS.

Prepare and can precisely like peaches in preceding recipe, except that they require longer cooking. When done they are easily pierced with a silver fork.

CANNED PIE PLANT.

Cut the pie plant in pieces, two inches long, put over a slow fire with its weight in sugar; when sugar is dissolved let it boil slowly until clear, but do not let it cook long enough to become dark colored. Put up in air-tight cans.

CANNED PINE-APPLE.

Peel and slice, make syrup in proportion of two and a half pounds

best white granulated sugar to nearly three pints of water; boil five minutes; skim or strain; add fruit and let it boil; have cans hot; fill and seal up as soon as possible.

CANNED PLUMS.

Wash and put whole into a syrup made in the proportion of a pint of water and a pound of sugar to every two pounds of fruit; boil for eight minutes, can, and seal immediately. If pricked with a fork before placing in syrup, they will be less liable to burst. Cherries are canned in the same way.

RASPBERRIES WITH CURRANT JUICE.

Ten pounds of red or black raspberries, twelve pounds of granulated sugar, one quart currant juice. Make syrup of the sugar and juice; when boiling add the fruit, and continue for ten minutes. Put in glass cans and fasten immediately.

CANNED STRAWBERRIES.

Fill glass jars with fresh whole strawberries, sprinkled with sugar in the proportion of half pound sugar to a pound of berries, lay covers on lightly, stand them in a wash boiler filled with water to within an inch of tops of cans (the water must not be more than milk-warm when the cans are placed in it). When it has boiled for fifteen minutes, draw to back of stove, let steam pass off, roll the hand in a towel, lift out cans, and place on a table. If the berries are well covered with their own juice, take a table-spoon and fill up the first can to the very top of the rim from the second, wipe the neck, rub dry, and screw the top down firmly, observing carefully the general directions for canning berries. Fill another from the second can, and so on until all are finished. Great care must be taken to keep the berries whole and round; as the cans cool invert them occasionally, to prevent the fruit from forming in a mass at one end.

CANNED STRAWBERRIES.

For every quart of *fresh* strawberries, take one coffee-cup of white sugar; add a table-spoon or two of water to the fruit if there is no juice in the bottom, to prevent burning before the heat brings out the juice. As soon as the fruit boils, add the sugar, and stir gently for a few minutes until it boils up again, and can immedi-

ately. It is better not to cook any more fruit than can be put into one glass fruit-jar. Usually a few spoonfuls of the syrup will be left with which to begin the next can. Strawberries are considered difficult to keep, but there need be no trouble if the fruit is fresh and the can is closed air-tight in glass, and kept as directed in general directions for canning fruits.—*Mrs. H. S. Huntington, Galesburg, Ill.*

CANNED CORN.

Dissolve an ounce tartaric acid in half tea-cup water, and take one table-spoon to two quarts of sweet corn; cook, and while boiling hot, fill the cans, which should be tin. When used turn into a colander, rinse with cold water, add a little soda and sugar while cooking, and season with butter, pepper and salt.—*Miss Lida Cartmell.*

CANNED CORN AND TOMATOES.

Scald, peel, and slice tomatoes (not too ripe) in the proportion of one-third corn to two-thirds tomatoes; put on in a porcelain kettle, let boil fifteen minutes, and can immediately in tin or glass (if glass keep in the dark). Some take equal parts of corn and tomatoes, preparing them as above. Others, after cutting the corn from the cob, cook it twenty minutes, adding a little water and stirring often, then prepare the tomatoes as above, cooking in a separate kettle five minutes, and then adding them to the corn in the proportion of one-third corn to two-thirds tomatoes, mixing well until they boil up once, and then canning immediately.—*Mrs. D. Buxton.*

STRING-BEANS.

String fresh string-beans, break in several pieces, cook in boiling water ten minutes, and can like tomatoes.—*Mrs. L. W. C., Cincinnati.*

CANNED TOMATOES.

The tomatoes must be entirely fresh and not overripe; pour over them boiling water, let stand a few minutes, drain off, remove the skins, and slice crosswise into a stone jar, cutting out all the hard or defective portions; cook for a few minutes in their own juice, skimming off the scum which rises, and stirring with a wooden spoon or paddle; have the cans on the hearth filled with hot water;

empty, and fill with the hot tomatoes; wipe the moisture from the tops with a soft cloth, and put on and secure the covers. If tin cans are used, press down the covers, and pour hot sealing wax into the grooves. If put up in glass jars, set away in a dark place. Either tin, glass or stone cans may be used, and all may be sealed with putty instead of wax, it being much neater and more convenient. (See general instructions for canning fruit.)

CANNED WATERMELON.

Cut the melons, and after taking out the cores, peel all the green part off carefully, cut the rind into small pieces two or three inches long, and boil until tender enough to pierce with a fork; have a syrup made of white sugar, allowing half pound sugar to a pound fruit; skim out the melon and place in this syrup together with a few pieces of race ginger, let cook a few minutes, put in cans and seal hot.—*Mrs. C. T. C.*

CATSUPS AND SAUCES.

Always select perfect fruit; cook in porcelain, never in metal. In making catsup, instead of boiling, some sprinkle the tomatoes with salt and let them stand over night, then strain and add spices, etc., and a little sugar. Bottle in glass or stone, and never use tin cans; keep in a cool, dry, dark place. If, on opening, there is a leathery mold on top, carefully remove every particle of it, and the catsup will not be injured. To prevent this molding, some do not fill the bottles quite to the top with catsup, but fill up with hot vinegar. If there are white specks of mold all through the catsup it is spoiled. If, on opening and using a part, there is danger that the rest may sour, scald, and, if too thick, add vinegar. Sauces should always be made with great care in a pan set in hot water, having the sauce pan *clean* if a delicate flavor is desired, especially if the sauce is drawn butter. Butter and those sauces containing eggs should never boil. Wooden spoons must be used for stirring. An excellent thickening for soups, sauces and gravies is prepared as follows: Bring butter just to the boiling point in a small stew-pan, dredge in flour, stirring together until well cooked. This, when not cooked brown, is "White Roux," and when browned, "Brown Roux." Thin this with a part of the soup, sauce or gravy, and add it to the whole, stirring thoroughly. The flour may be browned before using if intended for brown gravies or sauces. Melted butter may be used in place of oil in all recipes where the latter is named.

Mint, when used in recipes, usually means "spearmint" or "green mint," though pennyroyal and peppermint are of the same

family. The young leaves of from one to six inches in length are the parts used. It grows on any good garden soil, but comes forward earlier in a warm, sunny spot. It is propagated by cuttings or dividing the roots of old plants in the spring, is very prolific, and ought to find a place in every garden. Those who have conservatories should keep a root in pots, to use with spring lamb before the leaves would appear in the open air. Mint leaves for drying should be cut from the stalks just before the plant blossoms, and spread out thinly in some dry, shady place, where they can dry slowly. When dry, put up in paper bags and keep in a dry place until wanted.

CUCUMBER CATSUP.

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

CURRANT CATSUP.

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

GOOSEBERRY CATSUP.

Nine pounds gooseberries, five pounds sugar, one quart vinegar, three table-spoons cinnamon, one and a half each allspice and cloves. The gooseberries should be nearly or quite ripe. Take off blossoms, wash and put them into a porcelain kettle, mash thoroughly, scald and put through the colander, add sugar and spices, boil fifteen minutes, and add the vinegar cold; bottle immediately before it cools. Ripe grapes prepared by same rule, make an excellent catsup.—*Mrs. Col. W. P. Reid, Delaware, Ohio.*

TOMATO CATSUP.

Half bushel tomatoes, four ounces salt, three ounces ground black pepper, one ounce cinnamon, half ounce ground cloves, one drachm

cayenne pepper, one gallon vinegar; slice the tomatoes and stew in their own liquor until soft, and rub through a sieve fine enough to retain the seeds; boil the pulp and juice down to the consistency of apple-butter (very thick), stirring steadily all the time to prevent burning; then add the vinegar with which a small tea-cup sugar and the spices have been mixed, boil up twice, remove from fire, let cool and bottle. Those who like the flavor of onions may add about half a dozen medium-sized ones, peeled and sliced, fifteen minutes before the vinegar and spices are put in.—*Mrs. M. M. Munsell, Delaware, Ohio.*

TOMATO CATSUP.

Take one bushel of firm ripe tomatoes—the Feejee Island, known by their pink or purple color, and the “Trophy,” are the best and richest varieties for catsup and canning. Wipe them off nicely with a damp cloth, cut out the cores, and put them in a porcelain-lined iron kettle or a genuine bell-metal one. Place over the fire, and pour over them about three pints of water, throw in two large handfuls of peach leaves, with ten or twelve onions or shallots cut fine. Boil until the tomatoes are done, which will take about two hours; then strain through a coarse-mesh sieve, pour the liquid back again into the boiling kettle and add half a gallon of good strong cider vinegar; have ready two ounces ground spice, two ounces ground black pepper, two ounces mustard (either ground or in the seed, as you prefer), one ounce ground cloves, two grated nutmegs, two pounds light brown sugar, and one pint of salt; mix these ingredients well together before putting in the boiler; then boil two hours, stirring continually to prevent burning. If you like the catsup “hot,” add cayenne pepper to your taste. When cool, fill bottles (reeded bottles are the nicest, they can be procured at the house furnisher’s, and a set will last some time; they look better than ones of all sizes and styles). Cork and seal with bottle-wax so as to exclude the air. Keep in a cool, dry place for future use. This recipe is preferred to all others—it has been used for years. It keeps well, and has been pronounced by competent judges superior to all others.—*G. D., Baltimore, Md.*

BREAD SAUCE.

Place a sliced onion and six pepper-corns in half a pint of milk over boiling water, until onion is perfectly soft; pour it on half a pint of bread crumbs without crust, and leave it covered for an hour; beat it smooth, add pinch of salt, and two table-spoons butter rubbed in a little flour; add enough sweet cream or milk to make it the proper consistency, and boil a few minutes. It must be thin enough to pour.—*Mrs. J. L. T., Denver, Col.*

BREAD SAUCE.

Half pint grated bread crumbs, one pint sweet milk, and one onion; boil until the sauce is smooth, take out onion and stir in two spoons butter with salt and pepper; boil once and serve with roast duck or any kind of game.—*Mrs. H. C. E.*

CRANBERRY SAUCE.

After removing all soft berries, wash thoroughly, place for about two minutes in scalding water, remove, and to every pound fruit add three-quarters of a pound granulated sugar and a half pint water; stew together over a moderate but steady fire. Be careful to cover and not to stir the fruit, but occasionally shake the vessel, or apply a gentler heat if in danger of sticking or burning. If attention to these particulars be given, the berries will retain their shape to a considerable extent, which adds greatly to their appearance on the table. Boil from five to seven minutes, remove from fire, turn into a deep dish, and set aside to cool. If to be kept, they can be put up at once in air-tight jars. Or, for strained sauce, one and a half pounds of fruit should be stewed in one pint of water for ten or twelve minutes, or until quite soft, then strained through a colander or fine wire sieve, and three-quarters of a pound of sugar thoroughly stirred into the pulp thus obtained; after cooling it is ready for use. Serve with roast turkey or game. When to be kept for a long time without sealing, more sugar may be added, but its too free use impairs the peculiar cranberry flavor. For dinner-sauce half a pound is more economical, and really preferable to three-quarters, as given above. It is better, though not necessary, to use a porcelain kettle. Some prefer not to add the sugar till the fruit is almost done, thinking this plan makes it more tender, and preserves the color better.—*C. G. & E. W. Crane, Caldwell, N. J.*

CELERY SAUCE.

Scrape the outside stalks of celery and cut in pieces an inch long, let stand in cold water half hour, then put in boiling water enough to cover, and cook until tender; drain off water and dress with butter, salt, and milk or cream, thickened with a little flour: Or, make a dressing by adding to half pint milk or cream, the well-beaten yolks of two eggs, a bit of butter, and a little salt and pepper or grated nutmeg; bring just to boiling point, pour over stewed celery, and serve with roast duck.—*Mrs. A. Wilson.*

CREAM SAUCE.

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

CURRY POWDER.

An ounce of ginger, one of mustard, one of pepper, three of coriander seed, three of turmeric, one-half ounce cardamom, quarter ounce cayenne pepper, quarter ounce cumin seed; pound all fine, sift and cork tight. One tea-spoon of powder is sufficient to season any thing. This is nice for boiled meats and stews.—*Mrs. C. Fullington.*

CHILI SAUCE.

Twelve large ripe tomatoes, four ripe or three green peppers, two onions, two table-spoons salt, two of sugar, one of cinnamon, three cups vinegar; peel tomatoes and onions, chop (separately) very fine, add the peppers (chopped) with the other ingredients, and boil one and a half hours. Bottle and it will keep a long time. Stone jugs are better than glass cans. One quart of canned tomatoes may be used instead of the ripe ones. This Chili sauce is excellent and much better and more healthful than catsups.—*Mrs. E. W. Her-
rick, Minneapolis, Minn.*

CAPER SAUCE.

To a pint of drawn butter, add three table-spoons of capers. Serve with boiled or roast mutton. Another method is the following: Fifteen minutes before the mutton is done, melt two table-spoons butter in a sauce-pan, stir into it one table-spoon flour; when thoroughly mixed add half a pint of the liquor in which the mut-

ton is boiling, and half a pint of milk, season with pepper and salt, cook a few minutes (to swell the grains of the flour), and just before serving (in order that their color may not be lost by standing) add two heaped table-spoons capers.

CAPER BUTTER.

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

DRAWN BUTTER.

Rub a small cup of butter into half a table-spoon flour, beating it to a cream, adding, if needed, a little salt; pour on it half a pint boiling water, stirring it fast, and taking care not to let it *quite* boil, as boiling makes it *oily* and unfit for use. The boiling may be prevented by placing the sauce-pan containing it in a larger one of boiling water, covering and shaking frequently until it reaches the boiling point. A great variety of sauces which are excellent to eat with fish, poultry, or boiled meats, can be made by adding different herbs, such as parsley, mint, or sweet marjoram, to drawn butter. First throw them into boiling water, cut fine, and they are ready to be added, when serve immediately, with two hard-boiled eggs, chopped fine. This makes a nice sauce to serve with baked fish. The chopped inside of a lemon with the seeds out, to which the chicken liver has been added, makes a good sauce for boiled chicken. For anchovy sauce, add two tea-spoons of anchovy extract or paste (kept by all grocers) to a half pint of drawn butter sauce, and stir well. For lobster sauce, chop the meat of the tail and claws of a good-sized lobster into pieces (not too small). Half an hour before dinner, make half a pint of drawn-butter, add the chopped lobster, a pinch of coral, another of cayenne, and a little salt. When done it should not be a solid mass, but the pieces of lobster should appear distinctly in the thin cream.

GREEN TOMATO SAUCE.

Cut up two gallons of green tomatoes; take three gills black mustard seed, three table-spoons dry mustard, two and a half of black pepper, one and a half allspice, four of salt, two of celery

seed, one quart each of chopped onions and sugar, and two and a half quarts good vinegar, a little red pepper to taste. Beat the spices and boil all together until well done.

HOLLANDAISE SAUCE.

Beat half a tea-cup butter in a bowl to a cream, add yolks of two eggs, one by one, then juice of half a lemon, a pinch of cayenne pepper, half a tea-spoon salt; place this in a sauce-pan of boiling water, beat with an egg beater, for a minute or two, until it begins to thicken, then add one-half cup of boiling water, beating all the time. When like soft custard it is done. It will take five minutes to cook if the bowl is thin and the water boils all the time.

LEMON SAUCE.

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

MAYONNAISE SAUCE.

Mix in a two-quart bowl one even tea-spoon ground mustard, one of salt, and one and a half of vinegar; beat in the yolk of a raw egg, then add very gradually half a pint pure olive-oil (or melted butter), beating briskly all the time. The mixture will become a very thick batter. Flavor with vinegar or fresh lemon-juice. Closely covered it will keep for weeks in a cold place, and is delicious.

MINT SAUCE.

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

OYSTER SAUCE.

Set a basin on the fire with half pint oysters, from which all bits of shell have been picked, and one pint boiling water; let boil three minutes, skim well, and then stir in half a cup butter beaten to a cream, with two table-spoons flour; let this come to a boil, and serve with boiled turkey. Or, make drawn butter, add a few drops lemon-juice, a tablespoon of capers, or a few drops vinegar, add oysters drained of the liquor, and let come to boiling point. The sauce is richer if cream instead of water is used in making the drawn butter, but in this case do not add the lemon-juice or vinegar.—*Mrs. H. C. M.*

ONION SAUCE.

Boil three or four white onions till tender, mince fine; boil half pint milk, add butter half size of an egg, salt and pepper to taste, and stir in minced onion and a table-spoon of flour which has been moistened with milk.—*E. H. W.*

ROMAN SAUCE.

Put one tea-cup water and one tea-cup milk on fire to scald, and when hot stir in a table-spoon flour, previously mixed smooth with a very little cold water, add three eggs well beaten and strained, season with salt and pepper, two table-spoons butter and a little vinegar; boil four eggs hard, slice and lay over the dish; pour over sauce, and serve with boiled fish.—*Mrs. E. T. E.*

TARTARE SAUCE.

Yolks of two eggs, gill of salad-oil (or melted butter), salt-spoon salt, half a salt-spoon pepper, a table-spoon good cider vinegar, half tea-spoon mustard, a table-spoon of gherkins. Beat together in a small bowl lightly the vinegar and yolks, add to these, drop by drop, the salad-oil or melted butter, taking care to stir the same way all the time; when this is done, season the mixture with pepper, salt and mustard; add also the gherkins finely chopped (or capers may be substituted), and serve in a gravy boat with boiled salmon or cold meats.

TOMATO SAUCE.

Stew ten tomatoes with three cloves, and pepper and salt, for fifteen minutes (some add a sliced onion and sprig of parsley), strain through a sieve, put on the stove in a saucepan in which a lump of

butter the size of an egg and level table-spoon flour have been well mixed and cooked; stir all until smooth and serve. Canned tomatoes may be used as a substitute.

PREPARED MUSTARD.

Take three tea-spoons ground mustard, one of flour (two if the mustard seems very strong), half tea-spoon of sugar; pour boiling water on these and mix into a smooth, thick paste; when cold add vinegar enough to make ready for use, and serve with salt. This resembles the French mustard.—*Mrs. Mary Herbert Huntington.*

TO PREPARE HORSE-RADISH FOR WINTER.

In the fall, mix the quantity wanted in the following proportions: A coffee-cup of grated horse-radish, two table-spoons white sugar, half tea-spoon salt, and a pint and a half cold vinegar; bottle and seal. To make horse-radish sauce, take two table-spoons of the above, add one dessert-spoon olive oil (or melted butter or cream), and one of prepared mustard.

DRINKS.

To avoid adulteration, buy coffee in the grain, either raw or in small quantities freshly roasted. The best kinds are the Mocha and Java, and some prefer to mix the two, having roasted them separately in the proportion of one-third of the former to two-thirds of the latter. West India coffee, though of a different flavor, is often very good.

Roast coffee with the greatest care—for here lies the secret of success in coffee-making—and in small quantities, for there is a peculiar freshness of flavor when newly roasted. Pick over carefully, wash and dry in a moderate oven, increase the heat and roast quickly, either in the oven, or on top of the stove or range; in the latter case, stir *constantly*, and in the oven stir *often*, with a wooden spoon or ladle kept for this purpose. The coffee must be thoroughly and evenly roasted to a dark rich brown (not black) throughout, and must be free from any burnt grains, a few of which will ruin the flavor of a large quantity. It must be tender and brittle, to test which take a grain, place it on the table, press with the thumb, and if it can be crushed, it is done. Stir in a lump of butter while the coffee is hot, or wait until about half cold and then stir in a well-beaten egg. The latter plan is very economical, as coffee so prepared needs no further clarifying. Keep in a closely-covered tin or earthen vessel. Never attempt other work while roasting coffee, but give it the entire attention. Do not grind too fine, and only in quantities as needed, for the flavor is dissipated if it is long unused after grinding, even when under cover. If properly roasted, coffee will grind into distinct, hard, and gritty particles, and not into a powder.

Physicians say that coffee without cream is more wholesome, particularly for persons of weak digestion. There seems to be some element in the coffee which, combining with the milk, forms a leathery coating on the stomach, and impairs digestion.

If soft water is used for making tea, tea should be added as soon as it boils, as boiling expels all the gases from the water, but if soft water can not be had, and hard water is used, boil it from twenty to thirty minutes before using. The boiling drives off the gases in this case, but it also causes the lime and mineral matters, which render the water hard, to settle, thus softening it.

MAKING COFFEE.

“One for the pot” and a heaping table-spoon of ground coffee for each person, is the usual allowance. Mix well, either with a part or the whole of an egg (or codfish skin, washed, dried, and cut in inch pieces, may be used instead of egg), and enough cold water to thoroughly moisten it, place in a well-scalded coffee-boiler, pour in half the quantity of boiling water needed, allowing one pint less of water than there are table-spoons of coffee. Roll a cloth tightly and stop up the nose or spout, thus keeping in all the coffee flavor. Boil rather fast five minutes, stirring down from the top and sides as it boils up, and place on back part of stove or range where it will only simmer for ten or fifteen minutes longer. When ready to serve add the remainder of the boiling water. Or, another method of making coffee without clearing, is to stir the coffee directly into the boiling water, boil and simmer as above, then pour out a large cupful, and, holding it high over the pot, pour it in again; repeat this, and set it on stove where it will keep hot, without simmering. The coffee will be clear, if instructions are carefully followed. Coffee boiled a long time is strong, but not so well flavored or agreeable as when prepared as above.

To keep the coffee-pot or tea-pot thoroughly pure, boil a little borax in them, in water enough to touch the whole inside surface, once or twice a week, for about fifteen minutes. No dish-water should ever touch the inside of either. It is sufficient to rinse them in two or three waters; this should be done as soon after they are used as possible; drain dry, and when ready to use scald out in

two waters. These precautions will aid in preserving the flavor of the tea and coffee. In selecting coffee, choose that which is dry and light; if it feels dense and heavy it is green.

FILTERED COFFEE.

The French coffee biggin furnishes the easiest means for filtering coffee. It consists of two cylindrical tin vessels, one fitting into the other; the bottom of the upper one is a fine strainer, another coarser strainer is placed on this with a rod running upwards from its center; the finely ground coffee is put in, and then another strainer is slipped on the rod, over the coffee, the boiling water is poured on the upper sieve and falls in a shower upon the coffee, filtering through it to the coarse strainer at the bottom, which prevents the coffee from filling up the holes of the finer strainer below it. The coffee thus made is clear and pure.

The National Coffee-pot is so widely known as not to need description here, but the "gude wife" can improvise one equally as desirable and much simpler. Make a sack of fine flannel, or canton flannel, as long as the coffee-pot is deep, and a little larger than the top; stitch up the side seam to within an inch and a half of the top, bend a piece of small but rather stiff wire in a circle and slip it through a hem made around the top of the sack, bringing the ends together at the opening left at the top of the side seam. Having put the coffee in the sack, lower it into the coffee-pot with the ends of the wire next the handle, spread the ends of the wire apart slightly, and push it down over the top of the pot. The top of the sack will then be turned down a little over the outside of the pot, a part of it covering the "nose," and keeping in all the aroma, the elasticity of the wire causing it to close tight around the pot, holding the sack close to its sides. Instead of a wire (which must be removed to wash the sack after using), a tape may be used by tying the ends after turning the top of sack down. When the sack, with the coffee in it is in its place, pour the boiling water over the coffee, close the lid tightly, and let simmer (not boil) fifteen minutes to half an hour. In pouring for the table raise the sack off the nose but not out of the pot. This makes good coffee without eggs or any thing else to settle it.

MAKING TEA.

“Polly, put the kettle on, and we’ll all take Tea.”

Of all “cups that cheer,” there is nothing like the smoking-hot cup of tea, made with *boiling* water, in a *thoroughly scalded* tea-pot. Put into the pot the required amount of tea, pour over it boiling water, cover the tea-pot so that no steam may escape, and allow the tea to stand and infuse for seven minutes, when it should be poured at once into the cups. If allowed to infuse longer than this time, which is sufficient to draw out the strength of the leaf, the tannin is developed, which gives an acrid, bitter taste, and being a powerful astringent, is destructive to the coating of the stomach. To insure “keeping hot” while serving, in a different tea-pot from that in which the tea is made, the simple contrivance known as the “bonnet” is warranted a sure preventive against that most insipid of all drinks—a warmish cup of tea. It is merely a sack, with a loose gathering-tape in the bottom, large enough to cover and encircle the tea-pot, with a small opening to fit the spout, and a slit through which the handle will be exposed. Make it with odd pieces of silk, satin or cashmere, lined, quilted or embroidered; draw this over the tea-pot as soon as the tea is poured into it; draw up the gathering-string tightly at the bottom, and the tea will remain piping hot for half an hour. One tea-spoon of tea and one tea-cup of hot water is the usual allowance for each person. *Freshly* boiled soft water is the best for either tea or coffee. Always have a water-pot of hot water on the waiter with which to weaken each cup if desired. Tea should never boil. The most elegant mode of serving tea is from the tea-urn, various forms and designs of which are made in silver and plated ware. The best tea-pot is that which retains heat longest, and this is a *bright* metal one, as it radiates the least heat, but the metal must be kept bright and polished. Serve both tea and coffee with the best and richest cream, but in the absence of this luxury, a tolerable substitute is prepared as follows: Take fresh, new milk, set in a pan or pail in boiling water where it will slowly simmer, but not boil or reach the boiling point, stir frequently to keep the cream from separating and rising to the top, and allow to simmer until it is rich, thick and creamy. In absence

of both cream and milk, the white of an egg beaten to a froth, with a small bit of butter well mixed with it, may be used. In pouring coffee, it must be turned on gradually so as not to curdle it.

ARMY COFFEE.

Coffee or tea may be made quickly by placing the required quantity of cold water in the pot, and adding the coffee, tied up in a sack of fine gauze, or piece of muslin; bring to boiling point, boil five minutes and serve. Make tea in the same way, except that the tea is put loose in the water, and simply allowed to boil up once.

COFFEE WITH WHIPPED CREAM.

For six cups of coffee of fair size, take one cup sweet cream whipped light with a little sugar; put into each cup the desired amount of sugar and about a table-spoon boiling milk; pour the coffee over these and lay upon the surface of the hot liquid a large spoonful of the frothed cream, giving a gentle stir to each cup before serving. This is known to some as *meringued* coffee, and is an elegant French preparation of the popular drink. Chocolate served in this way is delicious.—*Marion Harland.*

COFFEE FOR ONE HUNDRED.

Take five pounds roasted coffee, grind and mix with six eggs; make small muslin sacks, and in each place a pint of coffee, leaving room for it to swell; put five gallons boiling water in a large coffee urn or boiler having a faucet at the bottom; put in part of the sacks and boil two hours; five or ten minutes before serving raise the lid and add one or two more sacks, and if you continue serving several times add fresh sacks at regular intervals, taking out from time to time those first put in and filling up with boiling water as needed. In this way the full strength of the coffee is secured and the fresh supplies impart that delicious flavor consequent on a few moments boiling.

To make coffee for twenty persons, use one and a half pints ground coffee and one gallon of water.—*Mrs. C. S. Ogden.*

STEAMED COFFEE.

Put coffee into the pot, pour the boiling water on it; place this pot (which is made to fit) into the top of the tea-kettle, and let cook from ten to twenty minutes, while water in kettle is kept

boiling all the time. This makes a clear, delicious coffee. Some persons hold that by first wetting the coffee with cold water, bringing it to boiling point, and then pouring in water, more of the strength is extracted.

VIENNA COFFEE.

Filter instead of boiling the coffee, allowing one table-spoon ground coffee to each person and "one for the pot;" put a quart of cream into a custard-kettle or pail set in boiling water, and put it where it will keep boiling; beat the white of an egg to a froth, and mix well with three table-spoons cold milk. As soon as the cream is hot, remove from fire, add the mixed egg and milk, stir together briskly for a minute, and then serve.

Another method is to pour boiling water over the coffee, cover closely, boil one minute, remove to the side of the stove a few minutes to settle, and serve. Allow two heaping table-spoons coffee to a pint of water. The less time the coffee is cooked the more coffee is required, but the finer the flavor. The late Professor Blot protested against boiling the coffee at all, as in his opinion the aroma was evaporated, and only the bitter flavor left.

CHOCOLATE.

Take six table-spoons scraped chocolate, or three of chocolate and three of cocoa, dissolve in a quart of boiling water, boil hard fifteen minutes, add one quart of rich milk, let scald and serve hot; this is enough for six persons. Cocoa can also be made after this recipe. Some boil either cocoa or chocolate only one minute and then serve, while others make it the day before using, boiling it for one hour, and when cool skimming off the oil, and when wanted for use, heat it to the boiling point and add the milk. In this way it is equally good and much more wholesome. Cocoa is from the seed of the fruit of a small tropical tree. There are several forms in which it is sold, the most nutritious and convenient being chocolate, the next cocoa, then cocoa nibs, and last cocoa shells. The ground bean is simply cocoa; ground fine and mixed with sugar it is chocolate; the beans broken into bits are "nibs." The shells are the shells of the bean, usually removed before grinding. The beans are roasted like coffee, and ground between hot rollers.

VIENNA CHOCOLATE.

Put into a coffee-pot set in boiling water, one quart of new milk (or a pint each of cream and milk), stir into it three heaping table-spoons grated chocolate mixed to a paste with cold milk, let it boil two or three minutes, and serve at once. To make good chocolate, good materials are required.

CIDER.

Cider should be made from ripe apples only, and for this reason, and to prevent fermentation, it is better to make it late in the season. Use only the best-flavored grafted fruit, rejecting all that are decayed or wormy. The best mills crush, not grind, the apples. The utmost neatness is necessary throughout the process. Press and strain juice as it comes from the press through a woollen cloth into a perfectly clean barrel; let stand two or three days if cool, if warm not more than a day; rack once a week for four weeks, put in bottles and cork tightly. This will make perfect unfermented cider. Do not put any thing in it to preserve it, as all so-called preservatives are humbugs. Lay the bottles away on their sides in sawdust.—*C. T. Carson, Mt. Pleasant Farm.*

BOTTLED CIDER.

Take good sweet cider (if a tart flavor is wished, let it just begin to ferment), put on stove, *skim thoroughly* (as the great secret is to remove all pumice from the cider), heat to boiling point, but do not allow it to boil, and then pour in bottles or jugs and seal while hot. Some put two or three raisins in each bottle or jug. This keeps all winter. It certainly makes a richer drink than when fresh, and as cider is pronounced a great remedy for colds, all should know this simple way of keeping it.

GRANDMOTHER'S HARVEST DRINK.

One quart of water, table-spoon sifted ginger, three heaping table-spoons sugar, half pint vinegar.

LEMONADE.

Roll six lemons well, slice thin in an earthen vessel, put over them two tea-cups white sugar; let stand fifteen minutes, add one gallon water and lumps of ice, pour into pitcher and serve. Some add soda after the glasses are filled, and stir rapidly for "sparkling lemonade."

RASPBERRY SHRUB.

Place red raspberries in a stone jar, cover them with good cider vinegar, let stand over night; next morning strain, and to one pint of juice add one pint of sugar, boil ten minutes, and bottle while hot.—*Mrs. Judge West.*

SHERBET.

One pine apple, four lemons, two quarts water, two tea-cups sugar; steep the pine-apple in the water for two hours; strain and add the juice of the lemons and sugar; whip the whites of five eggs, add to them three table-spoons of sugar; place all in freezer, freeze at once. Adding the sugar to the whites gives body to the sherbet; it is excellent.—*Mrs. M. B. Sperry, Nashville, Tenn.*

SODA BEER.

Two pounds white sugar, whites of two eggs, two ounces tartaric acid, two table-spoons flour, two quarts water and juice of one lemon; boil two or three minutes, and flavor to taste. When wanted for use, take a half tea-spoon soda, dissolve in half a glass of water, pour into it about two table-spoons of the acid, and it will foam to the top of the glass.—*Mrs. Geo. W. Sampson.*

LEMON SYRUP.

Take the juice of twelve lemons, grate the rind of six in it, let it stand over night, then take six pounds of white sugar, and make a thick syrup. When it is quite cool, strain the juice into it, and squeeze as much oil from the grated rind as will suit the taste. A table-spoonful in a goblet of water will make a delicious drink on a hot day, far superior to that prepared from the stuff commonly sold as lemon syrup.—*Miss Abbie G. Backus, West Killingly, Conn.*

ICED TEA.

Prepare tea in the morning, making it stronger and sweeter than usual; strain and pour into a clean stone jug or glass bottle, and set aside in the ice-chest until ready to use. Drink from goblets without cream. Serve ice broken in small pieces on a platter nicely garnished with well-washed grape-leaves. Iced tea may be prepared from either green or black alone, but it is considered an improvement to mix the two. Tea made like that for iced tea (or that left in the tea-pot after a meal), with sugar to taste, a slice or two of lemon, a little of the juice, and some pieces of cracked ice, makes a delightful drink. Serve in glasses.

EGGS.

The fresher they are the better and more wholesome, though new-laid eggs require to be cooked longer than others. Eggs over a week old will do to fry, but not to boil. In boiling, they are less likely to crack if dropped in water not quite to the boiling point. Eggs will cook soft in three minutes, hard in five, *very hard* (to serve with salads, or to slice thin—seasoned well with pepper and salt—and put between thin slices of bread and butter) in ten to fifteen minutes. There is an objection to the ordinary way of boiling eggs not generally understood. The white, under three minutes rapid cooking, is toughened and becomes indigestible, and yet the yolk is left uncooked. To be wholesome, eggs should be cooked evenly to the center, and this result is best reached by putting the eggs into a dish having a tight cover (a tin pail will do), and pouring boiling water over them in the proportion of two quarts to a dozen eggs; cover, and set away from the stove; after cooking about seven minutes remove cover, turn the eggs, replace cover, and in six or seven minutes they will be done if only two or three eggs; if more, in about ten minutes. The heat of the water cooks the eggs slowly to a jelly-like consistency, and leaves the yolk harder than the white. The egg thus cooked is very nice and rich. To fry eggs, after frying ham, drop one by one in the hot fat and dip it over them, until the white is set; dust with pepper and salt, and serve hot; cook from three to five minutes, according to taste.

Put eggs in water in a vessel with a smooth level bottom, to tell good from bad; those which lie on the side are good, but reject

those which stand on end as bad; or, look through each egg separately toward the sun, or toward a lamp in a darkened room; if the white looks clear, and the yolk can be easily distinguished, the egg is good; if a dark spot appears in either white or yolk, it is stale; if they appear heavy and dark, or if they gurgle when shaken gently, they are "totally depraved." The best and safest plan is to break each egg in a saucer before using. For preserving eggs for winter use, always secure *fresh* ones; after packing, cover closely and keep in a cool place.

TO MAKE OMELETS.

To make an omelet, beat the yolks lightly (twelve beats is said to be the magic number), as too much beating makes them thin and destroys the appearance of the omelet, then add the milk, the salt, pepper, and flour if any is used, and lastly the whites beaten to a stiff froth. Have the skillet as hot as it can be without scorching the butter; put in a table-spoon of butter and pour in the omelet, which should at once begin to bubble and rise in flakes. Slip under it a thin, broad-bladed knife, and every now and then raise it up to prevent burning. As soon as the under side is hard enough to hold together, and the eggs begin to "set," fold over, shake the skillet so as to entirely free the omelet, carefully slide it on a hot platter, and serve at once. It should be cooked in from three to five minutes. To bake an omelet, place in the frying-pan on top of stove until it begins to "set" in the middle, then place in a rather hot oven; when slightly browned, fold if you like, or turn a hot dish on top of the pan, upset the latter with a quick motion, and so dish the omelet with the under side uppermost. It should be baked in from five to ten minutes. Where a large quantity of eggs are used, instead of making into one large omelet, divide and make several, sending each to the table as soon as done. Three eggs make a good-sized omelet. Ham, chicken, and all kinds of meat omelets, are made by chopping the meat fine and placing between the folds before dishing. In making vegetable (asparagus, tomatoes, cauliflower, etc.) omelets, cook the vegetables as if for the table; place them in the center of the omelet just before folding.

For a plain, easily-made omelet, take three table-spoons milk and

a pinch of salt for each egg; beat the eggs lightly for three or four minutes, pour them into a hot pan in which a piece of butter the size of a walnut has just been melted, cook three or four minutes, fold over and serve at once. Some scald a little parsley, pour off the water, chop it, and mix with the omelet just before pouring into the pan. Old cheese, grated and added to a plain omelet, is a favorite dish. To make a bread omelet, remove all crust from a large slice of light, white bread, moisten with sweet milk, rub through a sieve, add to the yolks, beat very thoroughly, and season with salt and pepper to taste, adding beaten whites last.

BOILED EGGS.

Put them on in cold water, and when it has boiled, the eggs will be done, the whites being soft and digestible, as they are not when put on in boiling water.

BAKED EGGS.

Break eight eggs into a well-buttered dish, put in pepper and salt, bits of butter, and three table-spoons cream; set in oven and bake about twenty minutes; serve very hot.

BIRDS' NEST.

Boil eggs hard, remove shells, surround with force-meat; fry or bake them till nicely browned, cut in halves, and place in the dish with gravy.

CURRIED EGGS.

Slice two onions and fry in butter, add a table-spoon curry-powder and one pint good broth or stock, stew till onions are quite tender, add a cup of cream thickened with arrowroot or rice flour, simmer a few moments, then add eight or ten hard-boiled eggs, cut in slices, and beat them well, but do not boil.—*Mrs. E. L. Fay, Washington Heights.*

ESCALOPED EGGS.

Moisten bread-crumbs with milk or meat broth; place a layer of this in a well-buttered dish; slice some hard-boiled eggs, and dip each slice in a thick-drawn butter sauce to which a well-beaten egg has been added; put a layer of them upon the crumbs, then a slight layer of minced ham, veal or chicken, then bread, etc., fin-

ishing with dry, sifted bread-crumbs; bake until well heated; or, mix equal parts minced ham and fine bread-crumbs, season with salt, pepper and melted butter, adding milk to moisten till quite soft; half fill buttered gem-pans or small patty-pans with this mixture, and break an egg carefully upon the top of each, dust with salt and pepper, sprinkle finely powdered crackers over all, set in the oven and bake eight minutes; serve immediately.

FRIZZLED HAM AND EGGS.

Take bits of either boiled or fried ham, chop fine, and place in skillet prepared with butter or beef drippings; take four to six well-beaten eggs, pour over ham, and when heated through, season well with pepper and salt; stir together, cook until done brown, and turn over without stirring.

PUFF OMELET.

Stir into the yolks of six eggs, and the whites of three beaten very light, one table-spoon of flour mixed into a tea-cup of cream or milk, with salt and pepper to taste; melt a table-spoon butter in a pan, pour in the mixture and set the pan into a hot oven; when it thickens, pour over it the remaining whites of eggs well beaten, return it to the oven and let it bake a delicate brown. Slip off on large plate, and eat as soon as done.—*Mrs. W. D. Hall, Hawley, Minn.*

POACHED EGGS.

Break and drop them one at a time in salted water, to which some add a small lump of butter; some say drop in when simmering, others when boiling, not letting it boil again after putting in the eggs; others have water boiling, salt, then place it where it will stop boiling, drop in eggs, and let simmer gently till done. Always take great care in keeping the yolk whole. To preserve the egg round, muffin rings may be placed in the water, or stir with a spoon and drop in the eddy thus made, stirring till egg is cooked. To serve them, toast squares of bread three-quarters of an inch thick, put a very little melted butter upon each slice, place on a heated platter, lay an egg on each square, and sprinkle with pepper and salt. Some put a bit of butter on each egg. Serve with Worcester sauce if desired. Some poach eggs in milk, serving them in

sauce dishes with some of the milk, and seasoning with pepper and salt.

PICKLED EGGS.

Pint strong vinegar, half pint cold water, tea-spoon each of cinnamon, allspice, and mace; boil the eggs till very hard and take off the shell; put on the spices tied in a white muslin bag, in the cold water, boil, and if the water wastes away, add enough so as to leave a half pint when done; add the vinegar, and pour over the eggs, put in as many eggs as the mixture will cover, and when they are used, the same will do for another lot. Or, after boiling (hard) and removing shell, place in jar of beet pickles, and the white will become red; cut in two in serving.

SCRAMBLED EGGS.

In a deep earthen pie-plate, warm sweet milk, allowing two table-spoons to each egg (or less, with a large number of eggs), add a bit of butter size of a walnut, and a little salt and pepper. When nearly to boiling point drop in the eggs, broken one at a time in a saucer; with a spoon or thin-bladed knife gently cut the eggs, and scrape the mixture up from the bottom of the plate as it cooks. If it begins to cook dry and fast at the bottom, move the dish back instantly, for success depends wholly on cooking gently and evenly, proportions being of secondary importance. Take from stove before it has quite all thickened, and continue turning it up from bottom of dish a moment longer. If served in another dish (it keeps warmer served in same) have it well heated. The mixture should be in large flakes of mingled white and yellow, and as delicate as baked custard. Some prefer them scrambled without the milk.—*Mrs. L. S. Willis-ton, Jamestown, N. Y.*

STUFFED EGGS.

Cut in two, hard-boiled eggs, remove yolks, chop, and mix with them chopped cold chicken, lamb, or veal (some add a little minced onion or parsley and a few soaked bread-crumbs), season, and add gravy or the uncooked yolk of an egg, form, fill in the cavities, level, put the two halves together, roll in beaten egg and bread-crumbs, put in wire egg-basket, and dip in boiling lard; when slightly brown, serve with celery or tomato sauce.

TO KEEP EGGS.

Put a two inch layer of salt in bottom of stone jar, then a layer of *fresh* eggs, small end down; then salt, then eggs, and so on till jar is full, with a layer of salt at top; cover and put in a cool place, but not where they will freeze. This is a simple, easy, and inexpensive way, and has been tested for years. Or, dip the eggs in melted wax, or a weak solution of gum, or in flax-seed oil, or rub over simply with lard, each of which renders the shell impervious to air, and pack away in oats or bran. For one's own use the latter is a good method, keeping the eggs perfectly, but it discolors the shells, and renders them unfit for market.

There has always existed a great difference of opinion as to which end down eggs should be placed in packing for winter use. W. H. Todd, the well known Ohio breeder of poultry, gives what seems to be a sound reason for packing them larger end down. He says: "The air-chamber is in the larger end, and if that is placed down the yolk will not break through and touch the shell, and thereby spoil. Another thing, if the air-chamber is down, the egg is not as liable to shrink away. These are two important reasons deducted from experiments, and they materially affect the keeping of eggs."

F I S H .

Fish is easier of digestion but less nutritious than meats, if salmon is excepted, which is extremely hearty food, and should be eaten sparingly by children and those whose digestion is not strong. Fish must be fresh, the fresher the better—those being most perfect which go straight from their native element into the hands of the cook. The white kinds are least nutritious; and the oily, such as salmon, eels, herrings, etc., most difficult of digestion. When fish are in season, the muscles are firm and they boil white and curdy; when transparent and bluish, though sufficiently boiled, it is a sign that they are not in season or not fresh.

As soon as possible after fish are caught, remove all scales (these may be loosened by pouring on hot water), and scrape out entrails and every particle of blood and the white skin that lies along the backbone, being careful not to crush the fish more than is absolutely necessary in cleaning. Rinse thoroughly in cold water, using only what is necessary for perfect cleanliness, drain, wipe dry, and place on ice until ready to cook. To remove the earthy taste from fresh-water fish, sprinkle with salt, and let stand over night, or at least a few hours, before cooking; rinse off, wipe dry, and to completely absorb all the moisture, place in a folded napkin a short time. Fresh-water fish should never be soaked in water except when frozen, when they may be placed in ice-cold water to thaw, and then cooked immediately. Salt fish may be soaked over night in cold water, changing water once or twice if very salt. To freshen fish, always place it skin-side up, so that the salt may have free course to the bottom of pan, where it naturally settles.

Fish should always be well cooked, being both unpalatable and unwholesome when underdone. For boiling, a fish-kettle is almost indispensable, as it is very difficult to remove a large fish without breaking from an ordinary kettle. The fish-kettle is an oblong boiler, in which is suspended a perforated tin plate, with a handle at each end, on which the fish rests while boiling, and with which it is lifted out when done. From this tin it is easily slipped off to the platter on which it goes to the table. When no fish-kettle is at hand, wrap in a cloth, lay in a circle on a plate, and set in the kettle. When done the fish may be lifted out gently by the cloth and thus removed to the platter.

In frying by dipping into hot fat or drippings (or olive oil is still better), a wire basket in which the fish is placed and lowered into the fat, is a great convenience.

One of the most essential things in serving fish, is to have every thing hot, and quickly dished, so that all may go to the table at once. Serve fresh fish with squash and green pease, salt fish with beets and carrots, salt pork and potatoes and parsnips with either.

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

Nearly all the larger fresh fish are boiled, the medium-sized are baked or broiled and the small are fried. The very large ones are cut up and sold in pieces of convenient size. The method of cooking which retains most nourishment is broiling, baking is next best, and boiling poorest of all. Steaming is better than boiling. In baking or boiling place a fish as nearly as possible in the same position it occupies in the water. To retain it there, shape like the letter "S," pass a long skewer through the head, body, and tail, or tie a cord around tail, pass it through body, and tie around the head.

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

In boiling fish, allow five to ten minutes to the pound, according to thickness, after putting into the boiling water. To test, pass a knife along a bone, and if done the fish will separate easily. Remove the moment it is done, or it will become "woolly" and insipid. The addition of salt and vinegar to water in which fish is boiled, seasons the fish, and at the same time hardens the water, so that it extracts less of the nutritious part of the fish. In boiling fish always plunge it into boiling water, and then set where it will simmer gently until done. In case of salmon, put into *tepid* water instead of hot, to preserve the rich color. Garnishes for fish are parsley, sliced beets, fried smelts (for turbot), lobster coral (for boiled fish). For hints on buying fish, see "Marketing."

BAKED FISH.

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

BAKED SHAD.

Open and clean the fish, cut off head (or not as preferred) cut out the backbone from the head to within two inches of the tail, and fill with the following mixture: Soak stale bread in water, squeeze dry; cut a large onion in pieces, fry in butter, chop fine, add the bread, two ounces of butter, salt, pepper, and a little parsley or sage; heat thoroughly, and when taken from the fire, add two yolks of well-beaten eggs; stuff, and, when full, wind the fish several times with tape, place in baking-pan, baste slightly with butter, and cover the bottom of pan with water; serve with the following sauce: Reduce the yolks of two hard-boiled eggs to a smooth paste, add two table-spoons olive-oil, half tea-spoon mustard, and pepper and vinegar to taste.—*Miss H. D. M.*

BAKED SALMON, TROUT OR PICKEREL.

Clean thoroughly, wipe carefully, and lay in a dripping-pan with hot water enough to prevent scorching (a perforated tin sheet or

rack fitting loosely in the pan, or several muffin-rings may be used to keep the fish from the bottom of the pan, and the fish may be made to form a circle by tying head and tail together); bake slowly, basting often with butter and water. When done have ready a cup of sweet cream into which a few spoons of hot water have been poured, stir in two table-spoons melted butter and a little chopped parsley, and heat in a vessel of boiling water; add the gravy from the dish and boil up once. Place the fish in a hot dish, and pour over the sauce.—*Mrs. Theo. Brown, Cape Girardeau, Mo.*

CODFISH A LA MODE.

Tea-cup codfish picked up fine, two cups mashed potatoes, one pint cream or milk, two eggs well beaten, half tea-cup butter, salt and pepper; mix well, bake in baking-dish from twenty to twenty-five minutes.—*Mrs. E. L. Fay, New York City.*

BOILED FISH.

To boil a fish, fill with a rich dressing of rolled crackers seasoned with butter, pepper, salt and sage, wrap it in a well-floured cloth, tie closely with twine or sew, and place in well-salted boiling water. Place where it will simmer from eight to ten minutes to the pound, according to size and thickness of fish.—*Mrs. Henry C. Farrar, Cleveland, Tenn.*

BOILED CODFISH.

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

BOILED FRESH COD.

Put the fish in fish-kettle (or tie up in cloth) in boiling water with some salt and scraped horse-radish, let simmer till done, place a folded napkin on a dish, turn fish upon it, and serve with drawn butter, oyster or egg-sauce. When cold, chop fine, pour over it drawn butter or egg-sauce, and add pepper to taste, warm thoroughly, stirring to prevent burning, make up in rolls or any other form, and brown before the fire.

BOILED SALT MACKEREL.

After freshening wrap in a cloth and simmer for fifteen minutes; it will be almost done as soon as the water reaches the boiling point; remove, lay on it two hard-boiled eggs sliced, pour over it drawn butter, and trim with parsley leaves. Boiling salt-fish hardens it.

BOILED WHITE FISH.

Dress the fish nicely, and cover in fish-kettle with boiling water seasoned well with salt; remove the scum as it rises, and simmer, allowing from eight to ten minutes time to every pound; when about half done, add a little vinegar or lemon juice, take out, drain, and dish carefully, pouring over it drawn butter; or garnish with sprigs of parsley, and serve with egg-sauce.—*Mrs. M. Smith, Pittsburgh.*

BROILED WHITE FISH.

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

BROOK TROUT.

Wash and drain in a colander a few minutes, split nearly to the tail, flour nicely, salt, and put in pan, which should be hot but not burning; throw in a little salt to prevent sticking, and do not turn until brown enough for the table. Trout are nice fried with slices of salt pork.

CODFISH BALLS.

Soak codfish cut in pieces about an hour in lukewarm water, remove skin and bones, pick to small pieces, and return to stove in cold water. As soon as it begins to boil, change the water, and bring to a boil again. Have ready potatoes boiled tender, well mashed, and seasoned with butter. Mix thoroughly with the potatoes half the quantity of codfish while both are still hot, form into flat, thick cakes or round balls, fry in hot lard or drippings, or dip in hot fat, like doughnuts. The addition of a beaten egg before making into balls renders them lighter. Cold potatoes may be used, by reheating, adding a little cream and butter, and mixing while hot.—*Mrs. J. H. Shearer.*

CANNED SALMON.

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

FISH CHOWDER.

The best fish for chowder are haddock and striped bass, although any kind of fresh fish may be used. Cut in pieces over an inch thick and two inches square; place eight good-sized slices of salt pork in the bottom of an iron pot and fry till crisp; remove the pork, leaving the fat, chop fine, put in the pot a layer of fish, a layer of split crackers, and some of the chopped pork with black and red pepper and chopped onions, then another layer of fish, another of crackers and seasoning, and so on. Cover with water, and stew slowly till the fish is perfectly done; remove from the pot, put in dish in which you serve it and keep hot, thicken the gravy with rolled cracker or flour, boil it up once and pour over the chowder. Some add a little catsup, port wine and lemon juice to the gravy just before taking up, but I think it nicer without them.—*Mrs. Woodworth, Springfield, Mass.*

FRIED FISH.

Clean thoroughly, cut off the head, and, if large, cut out the backbone, and slice the body crosswise into five or six pieces; dip in Indian meal or wheat flour, or in a beaten egg, and then in bread crumbs (trout and perch should never be dipped in meal), put into a thick-bottomed skillet, skin side uppermost, with hot lard or drippings (never in butter, as it takes out the sweetness and gives a bad color), fry slowly, and turn when a light brown. The roe and the backbone, if previously removed, may be cut up and fried with the other pieces. A better way is to dredge the pieces in the flour, brush with beaten egg, roll in bread-crumbs, and fry in hot lard or drippings enough to completely cover them. If the fat is *very hot*, the fish will not absorb it, and will be delicately cooked. When brown on one side, turn over in the fat and brown the other, and when done let them drain. Slices of large fish may be cooked in the same way. Serve with tomatoe sauce or slices of lemon.

KATY'S CODFISH.

Soak pieces of codfish several hours in cold water, or wash thoroughly, heat in oven and pick fine, and place in skillet with cold water; boil a few minutes, pour off water and add fresh, boil again (if not very salt the second boiling is not necessary), and drain off as before; then add plenty of sweet milk, a good-sized piece of butter, and a thickening made of a little flour (or corn starch) mixed with cold milk until smooth like cream. Stir well, and just before taking from the fire drop in an egg, stir very briskly, and serve.—*Mrs. Helen M. Stevenson.*

BAKED HERRING.

Soak salt herring over night, roll in flour and butter, and place in a dripping-pan with a very little water over them; season with pepper.—*Mrs. E. J. Starr.*

POTTED FRESH FISH.

Let the fish lie in salt water for several hours; then for five pounds fish take three ounces salt, two of ground black pepper, two of cinnamon, one of allspice, and a half ounce cloves; cut fish in slices, and place in the jar in which it is to be cooked, first a layer of fish, then the spices, flour and bits of butter sprinkled on, repeating till done. Fill the jar with equal parts vinegar and water, cover closely with a cloth well floured on top so that no steam can escape, and bake six hours. Let it remain in jar until cold, cut in slices, and serve for tea.—*Mrs. L. Brown.*

PAN-FISH.

Place in pan with heads together, and fill spaces with smaller fish; when ready to turn, put a plate over, drain off fat, invert pan, and the fish will be left unbroken on the plate. Put the lard back in the pan, and when *hot*, slip back the fish, and when the other side is brown, drain, turn on plate as before, and slide them on the platter to go to the table. This improves the appearance, if not the flavor. The heads should be left on, and the shape preserved as fully as possible.

STEAMED FISH.

Place tail of fish in its mouth and secure it, lay on a plate, pour over it a half pint of vinegar, seasoned with pepper and salt; let

stand an hour in the refrigerator, pour off the vinegar, and put in a steamer over boiling water; steam twenty minutes, or longer if the fish is very large (when done the meat easily parts from the bone); drain well, and serve on a napkin garnished with curled parsley. Serve drawn butter in a boat.—*Mrs. E. S. Miller.*

STEWED FISH.

Cut a fish across in slices an inch and a half thick, and sprinkle with salt; boil two sliced onions until done, pour off water, season with pepper, add two tea-cups hot water and a little parsley, and in this simmer the fish until thoroughly done. Serve hot. Good method for any fresh-water fish.

TURBOT.

Take a white fish, steam till tender, take out bones, and sprinkle with pepper and salt. For dressing, heat a pint of milk, and thicken with a quarter pound of flour; when cool, add two eggs and a quarter pound of butter, and season with onion and parsley (very little of each); put in the baking-dish a layer of fish, then a layer of sauce, till full, cover the top with bread-crumbs, and bake half an hour.—*Mrs. Robert A. Liggett, Detroit, Mich.*

FRUITS.

The arrangement of fresh fruits for the table affords play for the most cultivated taste and not a little real inventive genius. Melons, oranges, and indeed all kind of fruits, are appropriate breakfast dishes; and a raised center-piece of mixed fruits furnishes a delicious dessert, and is an indispensable ornament to an elegant dinner-table. Melons should be kept on ice, so as to be thoroughly chilled when served. Clip the ends of water-melons, cut them across in halves, set up on the clipped ends on a platter, and serve the pulp only, removing it with a spoon; or, cut across in slices, and serve with rind. Nutmeg melons should be set on the blossom end, and cut in several equal pieces from the stem downward, leaving each alternate piece still attached; the others may then be loosened, and the seeds removed, when the melon is ready to serve. Fruit should be carefully selected. Havana and Florida oranges are the best, but do not keep well, and on the whole, the Messina are preferable. A rough yellow skin covers the sweetest oranges, the smooth being more juicy and acid; a greenish tinge indicates that they were picked unripe. The Messina lemons, "November cut," are the best, and come into market in the spring. Freestone peaches with yellow meat are the handsomest, but not always the sweetest. California pears take the lead for flavor, the Bartlett being the best. The best winter pear is the "Winter Nellis." The "Pound" pear is the largest, but is good only for cooking. Fine-grained pears are best for eating. A pyramid of grapes made up of Malagas, Delawares, and Concorde, makes a showy center-piece and a delicious dessert. The Malaga leads all foreign grapes, and comes packed in cork-dust, which is a non-conductor of heat and absorbent of moisture, and so is always in

good condition. Of native grapes, the Delaware keeps longest. In pine-apples the "Strawberry" is best, while the "Sugar-Loaf" ranks next, but they are so perishable that to keep even for a few days they must be cooked. When served fresh they should be cut in small squares and sprinkled with sugar. Buy cocoa-nuts cautiously in summer, heat being likely to sour the milk. In almonds, the Princess is the best variety to buy in the shell; of the shelled, the "Jordan" is the finest, though the "Sicily" is good. For cake or confectionery, the shelled are most economical. In raisins, the "Seedless" rank first for puddings and fine cakes, but the "Valencia" are cheaper, and more commonly used; for table use, loose "Muscatels" and layer raisins (of which the "London Layer" is the choicest brand) take the preference. In melons, every section has its favorite varieties, any of which make a wholesome and luscious dessert dish. Sliced fruits or berries are more attractive and palatable sprinkled with sugar about an hour before serving, and then with pounded ice just before sending to the table. An apple-corer, a cheap tin tube, made by any tinner, is indispensable in preparing apples for cooking. They are made in two sizes, one for crab-apples and the other for larger varieties.

If the market is depended upon select the freshest berries; and sometimes it will be found that the largest are not the sweetest. If clean, and not gritty, do not wash them, but pick over carefully, place first a layer of berries then sprinkle sugar, and so on; set away in a cool place, and just before serving sprinkle with pounded ice. If they must be washed, take a dish of cold, soft water, pour a few in, and with the hand press them down a few times, until they look clean, then hull them. Repeat the process till all are hulled, sugar and prepare as above. Never drain in a colander. The French serve large fine strawberries without being hulled. Pulverized sugar is passed, the strawberry is taken by the hull with the thumb and finger, dipped into the sugar, and eaten. When berries are left, scald for a few minutes; too much cooking spoils the flavor. Some think many of the sour berries are improved by *slightly* cooking them with a little sugar before serving. If a part of the berries are badly bruised, gritty, etc. (but not sour or bitter), scald, and drain them through a fine sieve without pressing them. Sweeten

the juice and serve as a dressing for puddings, short-cakes, etc., or can for winter use.

AMBROSIA.

Six sweet oranges, peeled and sliced (seeds and as much of the core as possible taken out), one pine-apple peeled and sliced (the canned is equally good), and one large cocoa-nut grated; alternate the layers of orange and pine-apple with grated cocoa-nut, and sprinkle pulverized sugar over each layer. Or, use six oranges, six lemons, and two cocoa-nuts, or only oranges and cocoa-nuts, prepared as above.—*Mrs. Theo. Brown.*

APPLE COMPOTE.

Pare the apples, cut the core out, leaving them whole. Make a syrup, allowing three-fourths pound of sugar to a pound of fruit; when it comes to a boil put in the fruit and let cook until clear but remains whole. Remove the fruit to a glass bowl, and dissolve one-third of a box of gelatine in a half tea-cup of hot water, and stir briskly into the syrup, first taking off the fire. Then strain it over the apples, and set in a cool place to cool. When cold heap whipped cream over it. Some add sliced lemons to the syrup, and serve with a slice of the lemon on each apple.—*Mrs. A. H. Rhea, Nashville, Tenn.*

APPLE SAUCE.

Pare, core and cut in quarters apples that do not cut to pieces easily, and put on to stew in cold water with plenty of sugar. Cover close and stew an hour or more. The addition of the sugar at first preserves the pieces whole. If they are preferred finely mashed, add sugar after they are done.

BAKED APPLES.

Cut out the blossoms and stems of tart apples, in the stem end put some sugar; bake till soft; serve either warm or cold. Sweet apples require a longer time for baking than sour, and are better for adding a little water in pan when placed to bake. They require several hours, and when done are of a rich, dark brown color. If taken out too soon they are insipid. For an extra nice dish, pare and core tart apples, place in pan, put butter and sugar in cavity,

and sprinkle cinnamon over them, and serve warm with cream or milk. Or, pare and quarter tart apples, put a layer in earthen baking-dish, add lumps of butter, and sprinkle with cinnamon, then a layer of apples, etc., till dish is full; bake till soft. Or, quarter and core sour apples without paring. put in baking-dish, sprinkle with sugar and bits of butter, add a little water, and bake until tender. The proportion of sugar is a gill, and butter half-size of an egg, to three pints of apples, and a gill and a half of water.

ICED APPLES.

Pare and core one dozen large apples, fill with sugar and a little butter and nutmeg; bake until nearly done, let cool, and remove to another plate, if it can be done without breaking them (if not, pour off the juice). Ice tops and sides with caking-ice, and brown *lightly*; serve with cream.—*Mrs. R. C. Carson, Harrisburg.*

FRIED APPLES.

Quarter and core apples without paring; prepare frying-pan by heating it and putting in beef-drippings, lay the apples in the pan, skin side down, sprinkle with a little brown sugar, and when nearly done, turn and brown thoroughly. Or, cut in slices across the core, and fry like pancakes, turning when brown; serve with granulated sugar sprinkled over them.

BLACK CAPS.

Pare and core tart apples with apple-corer, fill the center with sugar, stick four cloves in the top of each, and bake in deep pie-plates, with a little water.

FRIED BANANAS.

Peel and slice lengthwise, fry in butter, sprinkle with sugar, and serve. Thus prepared they make a nice dessert. The bananas must be ripe.

ICED CURRANTS.

Wash and drain dry, large bunches of ripe currants, dip into beaten whites of eggs, put on sieve so they will not touch each other, sift powdered sugar thickly over them, and put in a warm place till dry. Cherries and grapes may be prepared in the same way.

GOOSEBERRY FOOL.

Stew gooseberries until soft, add sugar, and press through a colander (earthen is best), then make a boiled custard, or sweeten

enough rich cream (about one gill to each quart), and stir carefully into the gooseberries just before sending to table.—*Mrs. L. S. W.*

ORANGES IN JELLY.

Boil the smallest-sized oranges in water until a straw will easily penetrate them, clarify half a pound of sugar for each pound of fruit, cut in halves or quarters, and put them to the syrup, set over a slow fire until the fruit is clear; then stir into it an ounce or more of dissolved isinglass, and let it boil for a short time longer. Before taking it up try the jelly, and if it is not thick enough add more isinglass, first taking out the oranges into a deep glass dish, and then straining the jelly over them. Lemons may be prepared in the same manner.

ORANGE PYRAMID.

Cut the peel in six or eight equal pieces, making the incisions from the stem downward; peel each piece down about half way, and bend it sharply to the right, leaving the peeled orange apparently in a cup, from which it is removed without much difficulty. Pile the oranges so prepared in a pyramid on a high fruit-dish, and you have an elegant center-piece.

BAKED PEARS.

Bake washed, unpeeled pears in pan with only a tea-spoon or two of water; sprinkle with the sugar, and serve with their own syrup.

BAKED PIE-PLANT.

Cut in pieces about an inch long, put in baking-dish in layers with an equal weight of sugar, cover closely and bake.

BAKED PEACHES.

Wash peaches which are nearly or quite ripe, place in a deep dish, sprinkle with sugar, cover and bake until tender.

STEWED PIE-PLANT.

Make a rich syrup by adding sugar to water in which long strips of orange peel have been boiled until tender, lay into it a single layer of pieces of pie-plant three inches long, and stew gently until clear. When done remove and cook another layer. This makes a handsome dessert-dish, ornamented with puff-paste cut in fanciful shapes. Use one orange to two and a half pounds pie-plant.

PEACH PYRAMID.

Cut a dozen peaches in halves, peel and take out stones, crack half the seeds, and blanch the kernels; make a clear boiling syrup of one pound of white sugar, and into it put the peaches and kernels; boil very gently for ten minutes, take out half the peaches, boil the rest for ten minutes longer, and take out all the peaches and kernels; mix with the syrup left in the kettle the strained juice of three lemons, and an ounce of isinglass dissolved in a little water and strained; boil up once, fill a mold half full of this syrup or jelly, let stand until "set," add part of the peaches and a little more jelly, and when this is "set," add the rest of the peaches, and fill up the mold with jelly. This makes an elegant ornament.—*Miss E. Orissa Dolbear, Cincinnati.*

FROZEN PEACHES.

Pare and divide large, fresh, ripe and juicy peaches, sprinkle over them granulated sugar, freeze them like ice-cream for an hour; remove them just before serving, and sprinkle with a little more sugar. Canned peaches and all kinds of berries may be prepared in the same way.—*Mrs. A. G. Wilcox, Minneapolis, Minn.*

TO KEEP PINE-APPLES.

Pare and cut out the eyes of a ripe pine-apple, strip all the pulp from the core with a silver fork; to a pint of this add a pound of granulated sugar, stir occasionally until sugar is dissolved, put in glass fruit-cans, and turn down the covers as closely as possible. This will keep a long time.

BAKED QUINCES.

Wash and core ripe quinces, fill with sugar, and bake in baking-dish with a little water.

COMPOTE OF PEARS.

Pare and quarter eight nice pears, and put in a porcelain saucepan with water enough to cook; put on lid, and cook fruit until tender, then remove to a platter; make a syrup of a pound of sugar and a pint of pear-water; add juice of two lemons and the grated rind of one, and put in the pears; cook them for a few minutes in this syrup, then remove to the dish in which they are to be

molded. Soak an ounce of gelatine for an hour or two in enough water to cover it, and stir it into the hot syrup; let boil up once and turn it over fruit through a strainer. The mold should be dipped in cold water before putting in fruit. When cold, turn jelly into a dish and serve with whipped cream around the base, or pour sweet cream over it in saucers.

MOCK STRAWBERRIES.

Cut ripe peaches and choice well-flavored apples, in proportion of three peaches to one apple, into quarters about the size of a strawberry, place in alternate layers, sprinkle the top thickly with sugar, and add pounded ice; let stand about two hours, mix peaches and apples thoroughly, let stand an hour longer, and serve. —*Miss C. B., Newburyport, Mass.*

ORANGED STRAWBERRIES.

Place a layer of strawberries in a deep dish; cover the same thickly with pulverized sugar; then a layer of berries, and so on, until all are used. Pour over them orange juice, in the proportion of three oranges to a quart of berries. Let stand for an hour, and just before serving sprinkle with pounded ice. Some use claret, grape or currant wine instead of orange juice.

STRAWBERRIES WITH WHIPPED CREAM.

Prepare in layers as above, cover with one pint of cream, whites of three eggs and a tea-cup of powdered sugar, whipped together and flavored with strawberry juice.

SNOW FLAKES.

Grate a large cocoa-nut into a glass dish, and serve with cream, preserves, jellies or jams.

PEACH MERINGUE.

Put on to boil a quart of milk, omitting half a cup with which to moisten two table-spoons of corn starch; when the milk boils, add the moistened corn starch: stir constantly till thick, then remove from the fire; add one table-spoon butter, and allow the mixture to cool; then beat in the yolks of three eggs till the mixture seems light and creamy; add half a cup of powdered sugar. Cover the bottom of a well-buttered baking-dish with two or three layers

of rich, juicy peaches, pared, halved and stoned; sprinkle over three table-spoons powdered sugar; pour over them the custard carefully, and bake twenty minutes, then spread with the light-beaten whites, well sweetened, and return to the oven till a light brown. To be eaten warm with a rich sauce, or cold with sweetened cream.

PEACH CUSTARD.

Equal parts rich sliced peaches, green corn pulp and water. Sweeten to the taste, and bake twenty minutes.

RASPBERRY FLOAT.

Crush a pint of very ripe red raspberries with a gill of sugar; beat the whites of four eggs to a stiff froth and add gradually a gill of powdered sugar; press the raspberries through a fine strainer to avoid the seeds, and by degrees beat in the juice with the egg and sugar until so stiff that it stands in peaks.

GAME.

Of game birds the woodcock outranks all in delicate tenderness and sweet flavor. The thigh is especially deemed a choice tidbit. The leg is the finest part of the snipe, but generally the breast is the most juicy and nutritious part of birds.

White-meated game should be cooked to well-done; dark-meated game rare. The flesh of wild animals is harder and more solid, and has a less proportion of fat and juices to the lean, and is therefore less easy of mastication when eaten within a day, and more nutritious, and the flavor more concentrated. Their decided flavor recommends them to invalids or others who are satiated with ordinary food. Keeping game renders it more tender, and brings out its flavor. When birds have become tainted, pick clean as soon as possible and immerse in new milk for twenty-four hours, when they will be quite sweet and fit for cooking.

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

Broiling is a favorite method of cooking game, and all birds are exceedingly nice roasted. To broil, split down the back, open and

flatten the breast by covering with a cloth and pounding, season with pepper, and lay the inside first upon the gridiron; turn as soon as browned, and when almost done take off, place on a platter, sprinkle with salt, and return to the gridiron. When done, place in a hot dish, butter both sides well, and serve at once. The time required is usually about twenty minutes.

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

To lard game, cut fat salt pork into thin, narrow strips, thread a larding-needle with one of the strips, run the needle under the skin and a little of the flesh of the bird, and draw the pork half way through, so that the ends of the strips exposed will be of equal length. The strips should be about one inch apart. The larding interferes with the natural flavor of the bird, but renders it more juicy. Many prefer tying a piece of bacon on the breast instead.

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

If the "wild flavor" of the larger birds, such as pheasants, prairie chickens, etc., is disliked, they may be soaked over night in salt water, or two or three hours in soda and water, or parboiled with an onion or two in the water, and then cooked as desired. The coarser kinds of game, such as geese, ducks, etc., may lie in salt water for several hours, or be parboiled in it with an onion inside each to absorb the rank flavor, and afterwards thoroughly rinsed in clear water, stuffed and roasted; or pare a fresh lemon without breaking the thin, white, inside skin, put inside the game for a day or two, renewing the lemon every twelve hours. This will absorb unpleasant flavors from almost all meat and game. Some lay slices of onion over game while cooking, and remove before serving. In

preparing fat wild ducks for invalids, it is a good plan to remove the skin, and keep a day or two before cooking. Squirrels should be carefully skinned and laid in salt water a short time before cooking; if old, parboil. They are delicious broiled, and are excellent cooked in any way with thin slices of bacon. Venison, as in the days of good old Isaac, is still justly considered a "savoury dish." The haunch, neck, shoulder and saddle should be roasted; roast or broil the breast, and fry or broil the steaks with slices of salt pork. Venison requires more time for cooking than beefsteak. The hams are excellent pickled, smoked and dried, but they will not keep so long as other smoked meats.

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

BROILED PHEASANT OR PRAIRIE CHICKEN.

Scald and skin, cut off the breast and cut the rest up in joints, being careful to remove all shot; put in hot water all except the breast (which will be tender enough without parboiling), and boil until it can be pierced with fork, take out, rub over salt, pepper, and butter, and broil with breast over brisk fire; place a lump of butter on each piece, and set all in the oven for a few minutes. For breakfast, serve on fried mush, and for dinner on toast with a bit of currant jelly over each piece. Or it may be served with toast cut in pieces about two inches square, over which pour gravy made by thickening the liquor in which the birds were boiled, with a little butter and flour rubbed together and stirred in while boiling. Squirrels may be prepared the same way.—*Mrs. W. W. Woods.*

BROILED QUAIL.

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

JUGGED HARE.

Skin, wipe with a towel dipped in boiling water, to remove the loose hairs, dry thoroughly and cut in pieces, strew with pepper and

salt, fry brown, season with two anchovies, a sprig of thyme, a little chopped parsley, nutmeg, mace, cloves, and grated lemon peel. Put a layer of the pieces with the seasoning into a wide-mouthed jug or a jar, then a layer of bacon sliced very thin, and so on till all is used; add a scant half pint of water, cover the jug close and put in cold water, let boil three or four hours, according to the age of the hare; take the jug out of kettle, pick out the unmelted bacon and make a gravy of a little butter and flour with a little catsup. A tea-spoon of lemon peel will heighten the flavor.—*Mrs. Louise M. Lincoln.*

PRAIRIE CHICKENS.

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

QUAIL ON TOAST.

Dry-pick them, singe them with paper, cut off heads, and legs at first joint, draw, split down the back, soak in salt and water for five or ten minutes, drain and dry with a cloth, lard them with bacon or butter, and rub salt over them, place on broiler and turn often, dipping two or three times into melted butter; broil about twenty minutes. Have ready as many slices of buttered toast as there are birds, and serve a bird, breast upward, on each slice.—*Mrs. Emma L. Fay.*

ROAST QUAILS.

Pluck and dress like chickens, wipe clean, and rub both inside and out with salt and pepper; stuff with any good dressing, and sew up with fine thread; spread with butter and place in an oven with a good steady heat, turning and basting often with hot water seasoned with butter, salt and pepper; bake three-quarters of an hour. When about half done add a little hot water to the pan, and it is well to place a dripping-pan over them to prevent browning too much. Add to the gravy, flour and butter rubbed together, and water if needed.

ROAST HAUNCH OF VENISON.

Wash in warm water and dry well with a cloth, butter a sheet of white paper and put over the fat, lay in a deep baking-dish with a very little boiling water, cover with a close-fitting lid or with a coarse paste one-half inch thick. If the latter is used, a thickness or two of coarse paper should be laid over the paste. Cook in a moderately hot oven for from three to four hours, according to the size of the haunch, and about twenty minutes before it is done quicken the fire, remove the paste and paper or dish-cover, dredge the joint with flour and baste well with butter until it is nicely frothed and of a delicate brown color; garnish the knuckle-bone with a frill of white paper, and serve with a gravy made from its own dripping, having first removed the fat. Have the dishes on which the venison is served and the plates very hot. Always serve with currant jelly.

ROAST GOOSE.

The goose should not be more than eight months old, and the fatter the more tender and juicy the meat. A "green" goose (four months old) is the choicest. Kill at least twenty-four hours before cooking; cut the neck close to the back, beat the breast-bone flat with a rolling-pin, tie the wings and legs securely, and stuff with the following mixture: three pints bread crumbs, six ounces butter or part butter and part salt pork, two chopped onions, one tea-spoon each of sage, black pepper and salt. Do not stuff very full, and stitch openings firmly together to keep flavor in and fat out. If the goose is not fat, lard it with salt pork, or tie a slice on the breast. Place in a baking-pan with a little water, and baste frequently with salt and water (some add onion and some vinegar), turning often so that the sides and back may all be nicely browned. When nearly done baste with butter and a little flour. Bake two hours, or more if old; when done take from the pan, pour off the fat, and to the brown gravy left add the chopped giblets which have previously been stewed till tender, together with the water they were boiled in; thicken with a little flour and butter rubbed together, bring to a boil, and serve with currant jelly. Apple sauce and onion sauce are proper accompaniments to roast goose.—*Mrs. J. H. Shearer.*

ROAST DUCK.

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

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

BOILED DUCK.

Dress and rub well inside with salt and pepper, truss and tie in shape, drawing the legs in to the body, in which put one or two sage leaves, a little finely-chopped onion, and a little jellied stock or gravy; rub over with salt and pepper; make a paste in the proportion of one-half pound butter to one pound flour, in which inclose the duck, tie a cloth around all, and boil two hours or until quite tender, keeping it well covered with boiling water. Serve by pouring round it brown gravy made as follows: Put a lump of butter of the size of an egg in a sauce-pan with a little minced onion; cook until slightly brown, then adding a small table-spoon of flour, stir well, and when quite brown add a half pint stock or water; let cook a few minutes, strain, and add to the chopped giblets, previously stewed till tender.—*Mrs. L. S. Williston.*

REED BIRDS.

Roasting by suspending on the little wire which accompanies the roaster, is the best method; turn and baste frequently, or wash and peel with as thin a paring as possible large potatoes of equal size, cut a deep slice off one end of each, and scoop out a part of the potato; drop a piece of butter into each bird, pepper and salt, and put it in the hollows made in the potatoes; put on as covers the pieces cut off, and clip the other end for them to stand on. Set in a baking pan upright, with a little water to prevent burning, bake slowly, and serve in the dish in which they were baked.

Or, boil in a crust like dumplings.

RABBITS.

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

SNIPE.

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

SALMI OF DUCK.

Save remnants of cold duck or other game, trim meat off neatly, set aside; place all the remains (bones, gravy, etc.) in a sauce-pan and cover with cold water; bring gently to a boil; skim, add an onion that has been cut up and fried brown (*not burned*); simmer gently for about an hour, then set the sauce-pan in a cool place long enough to allow the fat to rise and “settle on top;” skim this off carefully—it will be nice to fry potatoes with. Now return the sauce-pan to the fire, and when about to boil strain off the liquid; set on again, add salt and skim. If the liquid looks cloudy, let it boil up, throw in a little cold water, and the scum will rise. Now put in the pepper and such spice as may be desired, also a bunch of herbs tied up in a piece of muslin, or very finely powdered. Take a large spoon of flour that has been baked in the oven and kept for gravy, mix it well with a lump of butter same size, put this and the meat all in together and stir well until it is just ready to boil again, but see that it *does not boil*; cover closely and set back where it may keep *very hot* without cooking. The safest plan is to put the sauce-pan in a vessel of *hot* water for ten or fifteen minutes.

FRIED WOODCOCK.

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

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

ICES AND ICE-CREAM.

Perfectly fresh sweet cream makes the most delicious ice-cream. A substitute is a preparation of boiled new milk, etc., made late in the evening if for dinner, in the morning if for tea, and placed on ice. One mixture is a custard made as follows: Take two quarts new milk, put on three pints to boil in a custard-kettle, or a pail set within a kettle of boiling water, beat yolks and whites of eight eggs separately, mix the yolks with the remaining pint and stir *slowly* into the boiling milk, boil two minutes, remove from the stove, *immediately* add one and a half pounds sugar, let it dissolve, strain while *hot* through a crash towel, cool, add one quart rich cream and two table-spoons vanilla (or season to taste, remembering that the strength of the flavoring and also the sweetness is very much diminished by the freezing). Set the custard and also the whites (not beaten) in a cool place until needed, and about three hours before serving begin the preparations for freezing. Put the ice in a coarse coffee-sack, pound with an ax or mallet until the lumps are no larger than a small hickory-nut; see that the freezer is properly set in the tub, the beater in and the cover secure; place around it a layer of ice about three inches thick, then a layer of coarse salt—rock salt is best—then ice again, then salt, and so on until packed full, with a layer of ice last. The proportion should be about three-fourths ice and one-fourth salt. Pack very solid, pounding with a broom-handle or stick, then remove the cover and pour the custard to which you have just added the well-whipped whites into the freezer, filling two-thirds full to give room for expansion; replace the cover and begin turning the freezer; after ten minutes pack the ice down again, drain off most of the water, add more ice and turn again, repeat-

ing this operation several times until the cream is well frozen, and you can no longer turn the beater. (The above quantity ought to freeze in half an hour, but the more pure cream used the longer it takes to freeze.) Brush the ice and salt from and remove the cover, take out the beater, scrape the cream down from the sides of freezer, beat well several minutes with a wooden paddle, replace the cover, fill the hole with a cork, pour off all the water, pack again with ice (using salt at the bottom, but none at the top of tub), heap the ice on the cover, spread over it a piece of carpet or a thick woolen blanket, and set away in a cool place until needed; or, if molds are used, fill them when you remove the beater, packing the cream in very tightly, and place in ice and salt for two hours. To remove the cream, dip the molds for an instant in warm water. When cream is used in making ice-cream, it is better to whip a part of it, and add just as the cream is beginning to set.

Coffee ice-cream should be thickened with arrowroot; the flavoring for almond cream should be prepared by pounding the kernels to a paste with rose-water, using arrowroot for thickening. For cocoa-nut cream, grate cocoa-nut and add to the cream and sugar just before freezing. The milk should never be heated for pineapple, strawberry, or raspberry cream. Berry flavors are made best by allowing whole berries to stand for awhile well sprinkled with sugar, mashing, straining the juice, adding sugar to it, and stirring it into the cream. For a quart of cream, allow a quart of fruit and a pound of sugar. In addition to this, add whipped cream and sweetened whole berries, just as the cream is beginning to set, in the proportion of a cup of berries and a pint of whipped cream to three pints of the frozen mixture. Canned berries may be used in the same way. A pint of berries or peaches, cut fine, added to a quart of ordinary ice-cream, while in process of freezing, makes a delicious fruit ice-cream.

Freeze ice-cream in a warm place (the more rapid the melting of the ice the quicker the cream freezes), always being careful that no salt or water gets within the freezer. If cream begins to melt while serving, beat up well from the bottom with a long wooden paddle. Water-ices are made from the juices of fruits, mixed with water, sweetened, and frozen like cream. In making them, if they

are not well mixed before freezing, the sugar will sink to the bottom, and the mixture will have a sharp, unpleasant taste. It is a better plan to make a syrup of the sugar and water, by boiling and skimming when necessary, and, when cold, add the juice of the fruit.

The following directions for making "self-freezing ice cream" are from "Common Sense in the Household." After preparing the freezer as above, but leaving out the beater, remove the lid carefully, and with a long wooden ladle or flat stick beat the custard as you would batter steadily for five or six minutes. Replace the lid, pack two inches of pounded ice over it; spread above all several folds of blanket or carpet, and leave it untouched for an hour; at the end of that time remove the ice from above the freezer-lid, wipe off carefully and open the freezer. Its sides will be lined with a thick layer of frozen cream. Displace this with the ladle or a long knife, working every part of it loose; beat up the custard again firmly and vigorously for fifteen or twenty minutes, until it is all smooth, half-congealed paste. The perfection of the ice-cream depends upon the thoroughness of the beating at this point. Put on the cover again, pack in more ice and salt, turn off the brine, cover the freezer entirely with the ice, and spread over all the carpet. At the end of two or three hours more, again turn off the brine and add fresh ice and salt, but do not open the freezer for two hours more. At that time take the freezer from the ice, open it, wrap a towel wet in hot water about the lower part, and turn out a solid column of ice-cream, close grained, firm, delicious. Any of the recipes for custard ice-cream may be frozen in this way.

Ice-creams may be formed into fanciful shapes by the use of molds. After the cream is frozen, place in mold, and set in pounded ice and salt until ready to serve. Cream may be frozen without a patent freezer, by simply placing it in a covered tin pail, and setting the latter in an ordinary wooden bucket, and proceed exactly as directed for self-freezing ice-cream, packing into the space between them, very firmly, a mixture of one part salt to two parts of snow or pounded ice. When the space is full to within an inch of the top, remove cover.

CHOCOLATE ICE-CREAM.

Scald one pint new milk, add by degrees three-quarters of a pound sugar, two eggs, and five table-spoons chocolate, rub smooth in a little milk. Beat well for a moment or two, place over the fire and heat until it thickens well, stirring constantly, set off, add a table-spoon of thin, dissolved gelatine, and when cold, place in freezer; when it begins to set, add a quart of rich cream, half of it well whipped.

To make a mold of chocolate and vanilla, freeze in separate freezers, divide a mold through the center with card-board, fill each division with a different cream, and set mold in ice and salt for an hour or more.

To make chocolate fruit ice-cream, when almost frozen, add a coffee-cup of preserved peaches, or any other preserves, cut in fine pieces.

EGGLESS ICE-CREAM.

A scant tea-cup flour to two quarts new milk; put three pints on to boil (in tin pail set in a kettle of boiling water), mix the flour with the other pint till smooth, then stir it in the boiling milk; let it boil ten or fifteen minutes, and, just before taking it from the fire, stir in one and a half pounds pulverized sugar (any good white sugar will do). Care must be taken to stir all the time after putting in the sugar, only letting it remain a moment, or just long enough to dissolve it; take from stove, and strain at once through a crash towel. When cold, add one quart cream. Flavor with vanilla, in the proportion of one and a fourth table-spoons to a gallon.—*Mrs. Libbie Dolbear.*

FRUIT FRAPÉES.

Line a mold with vanilla ice-cream, fill the center with fresh berries, or fruit cut in slices, cover with ice-cream, cover closely, and set in freezer for half an hour, with salt and ice well packed around it. The fruit must be chilled, but not frozen. Strawberries and ripe peaches are delicious thus prepared.—*Mrs. J. C. P., Stockbridge, Mass.*

ICE-CREAM.

Three pints sweet cream, quart new milk, pint powdered sugar, the whites of two eggs beaten light, table-spoon vanilla; put in

freezer till thoroughly chilled through, and then freeze. This is very easily made.—*Mrs. Cogswell, New York.*

ICE-CREAM.

One quart new milk, two eggs, two table-spoons corn starch; heat the milk in a dish set in hot water, then stir in the corn starch mixed smooth in a little of the milk; let it boil for one or two minutes, then remove from stove and cool, and stir in the egg and a half pound sugar. If to be extra nice, add a pint of rich cream, and one-fourth pound sugar, strain the mixture, and when cool add the flavoring, and freeze as follows: Prepare freezer in the usual manner, turn the crank one hundred times, then pour upon the ice and salt a quart boiling water from the tea-kettle. Fill up again with ice and salt, turn the crank fifty times one way and twenty-five the other (which serves to scrape the cream from sides of freezer); by this time it will turn very hard, indicating that the cream is frozen sufficiently.—*Mrs. Wm. Herrick, Minneapolis, Minn.*

LEMON ICE-CREAM.

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

PINE-APPLE ICE-CREAM.

Three pints cream, two large ripe pine-apples, two pounds powdered sugar; slice the pine-apples thin, scatter the sugar between the slices, cover and let the fruit stand three hours, cut or chop it up in the syrup, and strain through a hair-sieve or double bag of coarse lace; beat gradually into the cream, and freeze as rapidly as possible; reserve a few pieces of pine-apple unsugared, cut into square bits, and stir through cream when half frozen, first a pint of well-whipped cream, and then the fruit. Peach ice-cream may be made in the same way.—*Mrs. L. M. T., New York City.*

STRAWBERRY ICE-CREAM.

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

sweetened. It may then be put in a mold and imbedded in ice, or kept in the freezer; or mash with a potato-pounder in an earthen bowl one quart of strawberries with one pound of sugar; rub it through a colander, add one quart of sweet cream and freeze. Or, if not in the strawberry season, use the French bottled strawberries (or any canned ones), mix juice with half a pint of cream, sweeten and freeze; when partially set add whipped cream and strawberries.

KENTUCKY CREAM.

Make a half gallon rich boiled custard, sweeten to taste, add two table-spoons gelatine dissolved in a half cup cold milk; let the custard cool, put it in freezer, and as soon as it begins to freeze, add one pound raisins, one pint strawberry preserves, one quart whipped cream; stir and beat well like ice-cream. Blanched almonds or grated cocoa-nut are additions. Some prefer currants to raisins, and some also add citron chopped fine.—*Mrs. Gov. J. B. McCreary, Kentucky.*

APPLE ICE.

Grate, sweeten and freeze well-flavored apples, pears, peaches or quinces. Canned fruit may be mashed and prepared in the same way.

CURRANT ICE.

Boil down three pints of water and a pound and a half sugar to one quart, skim, add two cups of currant juice. and when partly frozen, add the whites of five eggs.

LEMON ICE.

To one pint of lemon juice, add one quart of sugar, and one quart of water, in which the thin rind of three lemons has been allowed to stand until highly flavored. When partly frozen add the whites of four eggs, beaten to a stiff froth.

ORANGE ICE.

Boil three-quarters of a pound of sugar in one quart of water; when cool add the juice of six oranges; steep the rinds in a little water, strain, and flavor to taste with it. The juice and rind of one or two lemons added to the orange is a great improvement. Freeze like ice-cream.

STRAWBERRY ICE.

Mash two quarts of strawberries with two pounds of sugar; let

stand an hour or more, squeeze in a straining cloth, pressing out all the juice; add an equal measure of water; and when half frozen, add the beaten whites of eggs in the proportion of three eggs to a quart.

TEA ICE-CREAM.

Pour over four table-spoons of Old Hyson tea, a pint of cream, scald in a custard-kettle, or by placing the dish containing it in a kettle of boiling water, remove from the fire, and let stand five minutes; strain it into a pint of cold cream, put on to scald again, and when hot mix with it four eggs and three-fourths pound sugar, well beaten together; let cool and freeze. —*Miss A. C. L., Pittsfield, Mass.*

WATER ICE.

To a quart of water, add one pound of sugar, flavor to taste, and freeze.

JELLIES AND JAMS.

Jellies were formerly reputed nourishing, digestible, and fit food for sick and delicate persons, but modern investigation places them second to the lean part of animals and birds. When made of gelatine, they have no nutrition, and are simply used to carry a palatable flavor.

Always make jellies in a porcelain kettle, if possible, but brass may be used if scoured very bright and the fruit is removed immediately on taking from the fire. Use the best refined or granulated sugar, and do not have the fruit, especially currants and grapes, overripe.

To extract the juice, place fruit in kettle with just enough water to keep from burning, stir often, and let remain on the fire until thoroughly scalded; or a better but rather slower method is to place it in a stone jar set within a kettle of tepid water, boil until the fruit is well softened, stirring frequently, and then strain a small quantity at a time through a strong coarse flannel or cotton bag wrung out of hot water, after which let it drain, and squeeze it with the hands as it cools, emptying the bag and rinsing it off each time it is used. The larger fruits, such as apples and quinces, should be cut in pieces, cores removed if at all defective, water added to just cover them, boiled gently until tender, turned into bag and placed to drain for three or four hours, or over night. Make not over two or three pints of jelly at a time, as larger quantities require longer boiling. As a general rule allow equal measures juice and sugar. Boil juice rapidly ten minutes from the first moment of boiling, skim, add sugar, and boil ten minutes longer; or spread the sugar

in a large dripping-pan, set in the oven, stir often to prevent burning, boil the juice just twenty minutes, add the hot sugar, let boil up once, and pour into the jelly-glasses immediately, as a thin skin forms over the surface which keeps out the air; cover with brandied tissue paper, cut to fit glass closely, cool quickly and set in a dry, cool, dark place. Jelly should be examined toward the end of summer, and if there are any signs of fermentation, reboil. Jelly needs more attention in damp, rainy seasons than in others. To test jelly, drop a little in a glass of very cold water, and if it immediately falls to the bottom it is done; or drop in a saucer, and set on ice or in a cool place; if it does not spread, but remains rounded, it is finished. Some strain through the bag into the glasses, but this involves waste, and if skimming is carefully done is not necessary. A little butter or lard, rubbed with a cloth on the outside of glasses or cans, will enable one to pour in the boiling fruit or liquid, the first spoon or two slowly, without breaking the glass. If jelly is not very firm, let it stand in the sun covered with bits of window-glass or pieces of mosquito netting, for a few days. Never attempt to make jelly in damp or cloudy weather if firmness and clearness are desired. Use a wooden or silver spoon to stir, dip with earthen cup, and cook in porcelain-lined kettles. Currants and berries should be made up as soon as picked; never let them stand over night. When ready to put away, cover with pieces of tissue or writing-paper cut to fit and pressed closely upon the jelly, and put on the lid or cover with thick paper, brushed over on the inside with the white of an egg, and turned down on the outside of glass.

APPLE OR BLACKBERRY JELLY.

Prepare nice, tart, juicy apples as in general directions, using three quarters of a pint of sugar to a pint of juice. Prepare blackberry jelly according to general directions for berries.

CALF'S-FOOT JELLY.

Cut across the first joint, and through the hoof, place in a large sauce-pan, cover with cold water, and bring quickly to the boiling point; when water boils, remove them, and wash thoroughly in cold water. When perfectly clean put into a porcelain-lined sauce-pan, add cold water in the proportion of three pints to two calf's

feet, put sauce-pan over fire, and when water boils, set aside to a cooler place, where it will simmer very slowly for five hours; strain the liquor through a fine sieve, or a coarse towel, let it stand over night to set, remove the fat that has risen to the top, dip a towel in boiling water, and wash the surface, which will be quite firm. Now place in a porcelain-lined sauce-pan, and melt, add juice of two lemons, rinds of three cut into strips, one-fourth pound of cut loaf-sugar, ten cloves, and one inch of cinnamon stick. Put the whites of three eggs, together with the shells (which must first be blanched in boiling water), into a bowl, beat them slightly, and pour them into the sauce-pan, continuing to use the egg-beater until the whole boils, when the pan should be drawn aside where it will simmer gently for ten minutes, skimming off all scum as it rises. While simmering, prepare a piece of flannel by pouring through it a little warm water; and when the jelly has simmered ten minutes, pour it through this bag into a bowl, and repeat the process of straining until it is perfectly clear, when add a half gill of sherry (or brandy, or brandy and sherry mixed in equal proportions), stir well, pour into molds, and place upon ice or in a cool place until jelly sets and becomes firm enough to turn out and serve.

CURRENT JELLY.

Do not pick from the stem, but carefully remove all leaves and imperfect fruit, place in a stone jar, and follow general directions; or place one pint currants, picked off the stem, and one pint sugar, in the kettle on the stove, scald well, skim out currants, and dry on plates; or make into jam with one-third currants and two-thirds raspberries, straining juice after sweetening, and cooking until it "jellies." After currants are dried put them in stone jars and cover closely.—*Mrs. A. B. M.*

CRANBERRY JELLY.

Prepare juice as in general directions, add one pound sugar to every pint, boil and skim, test by dropping a little into cold water (when it does not mingle with the water it is done), rinse glasses in cold water before pouring in the jelly to prevent sticking. The pulp may be sweetened and used for sauce.—*C. G. & E. W. Crane, Caldwell, N. J.*

CRAB APPLE JELLY.

Wash and quarter large Siberian crabs, but do not core, cover to the depth of an inch or two with cold water, and cook to a mush; pour into a coarse cotton bag or strainer, and when cool enough, press or squeeze hard, to extract all the juice. Take a piece of fine Swiss muslin or crinoline, wring out of water, spread over a colander placed over a crock, and with a cup dip the juice slowly in, allowing plenty of time to run through; repeat this process twice, rinsing out the muslin frequently. Allow the strained juice of four lemons to a peck of apples, and three quarters of a pound of sugar to each pint of juice. Boil the juice from ten to twenty minutes; while boiling sift in the sugar slowly, stirring constantly, and boil five minutes longer. This is generally sufficient, but it is always safer to "try it," and ascertain whether it will "jelly." This makes a very clear, sparkling jelly.—*Mrs. Carol Gaytes, Riverside, Ill.*

COFFEE JELLY.

Half box Coxe's gelatine soaked half an hour in a half tea-cup cold water (as little water as possible), one quart strong coffee, made as if for the table and sweetened to taste; add the dissolved gelatine to the hot coffee, stir well, strain into a mold rinsed with cold water just before using, set on ice or in a very cool place, and serve with whipped cream. This jelly is very pretty, formed in a circular mold with tube in center; when turned out fill the space in center with whipped cream heaped up a little.—*Mrs. A. Wilson, Rye, N. Y.*

EASTER JELLY.

Color calf's-foot jelly a bright yellow by steeping a small quantity of dried saffron leaves in the water. Pare lemons in long strips about the width of a straw, boil in water until tender, throw them into a rich syrup, and boil until clear. Make a blanc-mange of cream, color one-third pink with poke-berry syrup, one-third green with spinach, and leave the other white. Pour out eggs from a hole a half inch in diameter in the large end, wash and drain the shells carefully, set them in a basin of salt to fill, and pour in the blanc-mange slowly through a funnel, and place the dish in a refrigerator for several hours. When ready to serve, select a round, shallow

dish about as large as a hen's nest, form the jelly in it as a lining, scatter the strips of lemon peel over the edge like straws, remove the egg-shells carefully from the blanc-mange, and fill the nest with them.—*Mrs. C. M. Coates, Philadelphia.*

FOUR-FRUIT JELLY.

Take equal quantities of ripe strawberries, raspberries, currants, and red cherries, all should be fully ripe, and the cherries must be stoned, taking care to preserve the juice that escapes in stoning, and add it to the rest. Mix the fruit together, put it into a linen bag, and squeeze it thoroughly; when it has ceased to drip, measure the juice, and to every pint allow a pound and two ounces of the best loaf-sugar, in large lumps. Mix the juice and sugar together; put them in a porcelain-lined preserving kettle, and boil for half an hour, skimming frequently. Try the jelly by dipping out a spoonful, and holding it in the open air; if it congeals readily it is sufficiently done. *This jelly is very fine.—Mrs. E. S. Miller.*

GRAPE JELLY.

Prepare fruit and rub through a sieve; to every pound of pulp add a pound of sugar, stir well together, boil slowly twenty minutes, then follow general directions; or, prepare the juice, boil twenty minutes, and add one pound of sugar to one pound of juice after it is reduced by boiling; then boil ten or fifteen minutes. Or put on grapes just beginning to turn, boil, place in jelly-bag and let drain; to one pint juice add one pint sugar, boil twenty minutes, and just before it is done add one tea-spoon dissolved gum-arabic.

LEMON JELLY.

Three good-sized lemons sliced, half a pound white sugar, two ounces isinglass or gelatine dissolved in two quarts of cold water, a stick of cinnamon, and a little grated nutmeg. Beat the whites of three or four eggs, and when the gelatine is all dissolved stir them well with the other ingredients; boil five minutes, strain through a flannel jelly-bag into molds and set on ice; or the eggs, cinnamon and nutmeg may be omitted.—*Miss Ella L. Starr.*

ORANGE JELLY.

Two quarts water, four ounces gelatine, nine oranges and three lemons, a pound sugar, whites of three eggs; soak gelatine in a pint

of water, boil the three pints water and sugar together, skim well, add dissolved gelatine, orange and lemon juice, and beaten whites; let come to a boil, skim off carefully all scum, boil until it jellies, and pour jelly into mold. Strain, scum and add to mold.

PEACH JELLY.

Crack one-third of the kernels and put them in the jar with the peaches, which should be pared, stoned and sliced. Heat in a pot of boiling water, stirring occasionally until the fruit is well broken. Strain, and to every pint of peach juice add the juice of a lemon. Measure again, and to every pint of peach juice add a pound of sugar. Heat the sugar very hot, and add when the juice has boiled twenty minutes. Let it come to a boil and take instantly from the fire. This is very fine for jelly cake.

QUINCE JELLY.

Rub the quinces with a cloth until perfectly smooth, cut in small pieces, pack tight in a kettle, pour on cold water until level with the fruit, boil until very soft; make a three-cornered flannel bag, pour in fruit and hang up to drain, occasionally pressing on the top and sides to make the juice run more freely, taking care not to press hard enough to expel the pulp. There is not much need of pressing a bag made in this shape, as the weight of the fruit in the larger part causes the juice to flow freely at the point. To a pint of juice add a pint of sugar and boil fifteen minutes, or until it is jelly; pour into tumblers, or bowls, and finish according to general directions. If quinces are scarce, the parings and cores of quinces with good tart apples, boiled and strained as above, make excellent jelly, and the quinces are saved for preserves.—*Mrs. M. J. W.*

TRANSCENDENT CRAB-APPLE JELLY.

Transcendents or any variety of crab-apples, may be prepared as cultivated wild plums, adding flavoring of almond, lemon, peach, pine-apple or vanilla to the jelly in the proportion of one tea-spoon to two pints, or more if it is wished stronger, just before it is done.

PLUM JELLY.

If plums are wild (not cultivated) put in pan and sprinkle with soda and pour hot water over them, let stand a few moments and stir through them; take out and put on with water just to cover, or less if plums are very juicy; boil till soft, dip out juice with a china

cup; then strain the rest through small salt-bags (by the way, keep them for jelly-bags as they are just the thing), do not squeeze them. Take pound for pound of juice and sugar, or pint for pint, and boil for eight or ten minutes. Jelly will be nicer if only one measure or a measure and a half is made at one time; if more, boil longer; some boil juice ten or fifteen minutes, then add sugar and boil five minutes longer. It can be tested by dropping in a saucer and placing on ice or in a cool place; if it does not spread but remains rounded it is finished. If the plums are the cultivated wild plum, make as above without using the soda. Take the plums that are left and press through a sieve, then take pint for pint of sugar and pulp, boiling the latter half an hour and then adding sugar, boiling ten or fifteen minutes more. Half a pint sugar to a pint, makes a rich marmalade, and one-third pint to pint, boiling it longer, is nice canned, and used for pies, adding milk, eggs and sugar as for squash pies.

Plum-apple jelly may be made by preparing the juice of apples and plums as above (a nice proportion is one part plums to two parts apples; for instance, one peck of plums to two pecks apples); then mixing the juice and finish without flavoring. The marmalade is made in the same way as above. Some add a little ginger root to it. One bushel of apples and one peck of plums make forty pints of jelly, part crab-apple and part mixed, and sixteen quart glass cans of mixed marmalade. In making either kind of jelly the fruit may be squeezed and the juice strained twice through swiss or crinoline and made into jelly. The pulp can not then be used for marmalade.

PIE-PLANT JELLY.

Wash the stalks well, cut into pieces an inch long, put them into a preserving-kettle with enough water to cover them, and boil to a soft pulp; strain through a jelly-bag. To each pint of this juice add a pound of loaf-sugar; boil again, skimming often, and when it jellies on the skimmer remove it from the fire and put into jars.

J A M S .

In making jams, the fruit should be carefully cleaned and *thoroughly* bruised, as mashing it before cooking prevents it from becoming hard. Boil fifteen or twenty minutes before adding the sugar, as the flavor of the fruit is thus better preserved (usually allowing three-quarters of a pound of sugar to a pound of fruit), and then boil half an hour longer. Jams require almost constant stirring, and every house-keeper should be provided with a small paddle with handle at right angles with the blade (similar to an apple-butter "stirrer," only smaller), to be used in making jams and marmalades. Jams are made from the more juicy berries, such as blackberries, currants, raspberries, strawberries, etc.; marmalades from the firmer fruits, such as pine-apples, peaches and apricots. Both require the closest attention, as the slightest degree of burning ruins the flavor. They must be boiled sufficiently, and have plenty of sugar to keep well.

To tell when any jam or marmalade is sufficiently cooked, take out some of it on a plate and let it cool. If no juice or moisture gathers about it, and it looks dry and glistening, it is done thoroughly. Put up in glass or small stone jars, and seal or secure like canned fruits or jellies. Keep jellies and jams in a cool, dry, and dark place.

CURRANT JAM.

Pick from stems and wash thoroughly with the hands, put into a preserving kettle and boil fifteen or twenty minutes, stirring often, and skimming off any scum that may arise; then add sugar in the proportion of three-fourths pound sugar to one pound fruit, or, by measure, one coffee-cup of sugar to one pint mashed fruit; boil thirty minutes longer, stirring almost constantly. When done, pour in small jars or glasses, and either seal or secure like jelly, by first pressing paper, cut to fit the glasses, down close on the fruit, and then larger papers, brushed on the inside with white of eggs, with the edges turned down over the outside of the glass.

GOOSEBERRY JAM.

Stew the berries in a little water, press through a coarse sieve, return to the kettle, add three-fourths pound sugar to each pound of the pulped gooseberry; boil three-quarters of an hour, stirring constantly; pour in jars or bowls, and cover as directed for currant jams.

GRAPE OR PLUM JAM.

Stew in a little water, and press the fruit through a colander or coarse sieve, adding a little water to plums to get all the pulp through; add sugar, and finish as in other jams.

RASPBERRY JAM.

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

Make blackberry jam like raspberry, except that it should not be mixed with currants.

Strawberry jam is made exactly like blackberry.

MEATS.

Inattention to the temperature of the water and too early application of salt cause great waste in boiling meats. To make fresh meat rich and nutritious it should be placed in a kettle of *boiling* water (pure soft water is best), skimmed well as soon as it begins to boil again, and placed where it will *slowly* but constantly boil. The meat should be occasionally turned and kept well under the water, and fresh hot water supplied as it evaporates in boiling. Plunging in hot water hardens the fibrine on the outside, encasing and retaining the rich juices—and the whole theory of correct cooking, in a nut-shell, is to retain as much as possible of the nutriment of food. No salt should be added until the meat is nearly done, as it extracts the juices of the meat if added too soon. Boil gently, as rapid boiling hardens the fibrine and renders the meat hard, tasteless, and scarcely more nutritious than leather, without really hastening the process of cooking, every degree of heat beyond the boiling point being worse than wasted. There is a pithy saying: “The pot should only smile, not laugh.” The bubbles should appear in one part of the surface of the water only, not all over it. This differs from “simmering,” as in the latter there is merely a sizzling on the side of the pan. Salt meat should be put on in cold water so that it may freshen in cooking. Allow twenty minutes to the pound for fresh, and thirty-five for salt meats, the time to be modified, of course, by the quality of the meat. A pod of red pepper in the water will prevent the unpleasant odor of boiling from filling the house.

Roasting proper is almost unknown in these days of stoves and ranges—baking, a much inferior process, having taken its place. In roasting the joint is placed close to a brisk fire, turned so as to expose every part to the heat, and then moved back to finish in a more moderate heat. The roast should be basted frequently with the drippings, and, when half cooked, with salt and water.

To roast in oven, the preparations are very simple. The fire must be bright and the oven hot. The roast will need no washing if it comes from a cleanly butcher; wiping with a towel dampened in cold water is all that is needed; if washing is necessary, dash over quickly with cold water and wipe dry. If meat has been kept a little too long, wash in vinegar, wipe dry, and dust with a *very little* flour to absorb the moisture. Place in pan, on a tripod, or two or three clean bits of wood laid cross-wise of pan, to keep it out of the fat. If meat is very lean, add a table-spoon or two of water; if fat, the juices of the meat will be sufficient, and the addition of the water renders it juiceless and tasteless. While the meat is in the oven, keep the fire hot and bright, baste several times, and when about half done turn it, always keeping the thick part of the meat in the hottest part of the oven. Take care that every part of the roast, including the fat of the tenderloin, is cooked so that the texture is changed.

If the fire has been properly made, and the roast is not large, it should not require replenishing, but, if necessary, add a little fuel at a time, so as not to check the fire, instead of waiting until a great deal must be added to keep up the bright heat. Most persons like roast beef and mutton underdone, and less time is required to cook them than for pork and veal or lamb, which must be very well done. Fifteen minutes to the pound and fifteen minutes longer is the rule for beef and mutton, and twenty minutes to the pound and twenty minutes longer for pork, veal and lamb. The directions for beef apply equally well to pork, veal, mutton and lamb. Underdone meat is cooked throughout, so that the bright red juices follow the knife of the carver; if it is a livid purple it is raw, and unfit for food. When done, the roast should be a rich brown, and the bottom of the pan covered with a thick glaze. Remove the joint, sift *evenly* over with fine salt, and it is

ready to serve. Never salt before or while cooking, as it draws out the juices. To prepare the gravy, pour off the fat gently, holding the pan steadily so as not to lose the gravy which underlies it; put pan on the stove, pour into it half a cup of boiling water (vary the quantity with the size of the roast; soup of any kind is better than water if at hand), add a little salt, stir with a spoon until the particles adhering to the sides of the pan are removed and dissolved, making a rich, brown gravy (some mix flour and water, and add as thickening).

In roasting all meats, success depends upon basting frequently (by dipping the gravy from the pan over the meat with a large spoon), turning often so as to prevent burning, and carefully regulating the heat of the oven. Allow fifteen to twenty-five minutes to the pound in roasting, according as it is to be rare or well done, taking into consideration the quality of the meat. Roasts prepared with dressing require more time. In roasting meats many think it better not to add any water until the meat has been in the oven about half an hour, or until it begins to brown.

Broiling is the most wholesome method of cooking meats, and is most acceptable to invalids. Tough steak is made more tender by pounding or hacking with a dull knife, but some of the juices are lost by the operation; cutting it across in small squares with a *sharp* knife on both sides is better than either. Tough meats are also improved by laying for two hours on a dish containing three or four table-spoons each of vinegar and salad oil (or butter), a little pepper, but no salt; turn every twenty minutes. The action of the oil and vinegar softens the fibers without extracting their juices. Trim off all superfluous fat, but never wash a freshly-cut steak. Never salt or pepper steak or chops before or while cooking, but if very lean, dip in melted butter. Place the steak on a hot, well-greased gridiron, turn often so that the outside may be seared at once; when done, which will require from five to ten minutes, dish on a hot platter, season with salt and pepper and bits of butter, cover with a hot platter and serve at once. A small pair of tongs are best to turn steaks, as piercing with a fork frees the juices. If fat drips on the coals below, the blaze may be extinguished by sprinkling with salt, always withdrawing the gridiron to prevent the

steak from acquiring a smoky flavor. Always have a brisk fire, whether you cook in a patent broiler directly over the fire, or on a gridiron over a bed of live coals. Broiling steak is the very last thing to be done in getting breakfast or dinner; every other dish should be ready for the table, so that this may have the cook's undivided attention. A steel gridiron with slender bars is best, as the common broad, flat iron bars fry and scorch the meat, imparting a disagreeable flavor. In using the patent broilers, such as the "American" and the later and better "Dover," care must be used to keep all doors and lids of stove or range closed during the process. The dampers which shut off the draft to the chimney should be thrown open before beginning, to take the flames in that direction. Never take the lid from broiler without first removing it from over the fire, as the smoke and flames rush out past the meat and smoke it.

Frying is properly cooking in fat enough to cover the article, and when the fat is hot, and properly managed, the food is crisped at the surface, and does not absorb the fat. The process of cooking in just enough fat to prevent sticking has not yet been named in English, and is *sautéeing*, but is popularly known as frying, and ought to be banished from all civilized kitchens. The secret of success in frying is what the French call the "surprise." The fire must be hot enough to sear the surface and make it impervious to the fat, and at the same time seal up the rich juices. As soon as the meat is browned by this sudden application of heat, the pan may be moved to a cooler place on the stove, that the process may be finished more slowly. For instructions as to heating the fat, see what is said under head of "Fritters." When improperly done, frying results in an unwholesome and greasy mess, unfit for food, but with care, plenty of fat (which may be used again and again), and the right degree of heat, nothing is easier than to produce a crisp, delicious, and healthful dish.

To thaw frozen meat, place in a warm room over night, or lay it for a few hours in cold water—the latter plan being the best. The ice which forms on the surface as it thaws is easily removed. If cooked before it is entirely thawed, it will be tough. Meat once frozen should not be allowed to thaw until just before cooking.

The most economical way to cut a ham is to slice, for the same meal, from the large end as well as from the thickest part; in this way a part of best and a part of the less desirable is brought on, and the waste of the meal is from the poorest, as the best is eaten first. After cutting a ham, if not to be cut from again soon, rub the cut side with corn meal; this prevents the ham from becoming rancid, and rubs off easily when the ham is needed again.

Beef in boiling loses rather more than one-quarter; in roasting it loses one-third; legs of mutton lose one-fifth in boiling, and one-third in roasting, and a loin of mutton in roasting loses rather more than a third.

Beef suet may be kept a long time in a cool place without freezing, or by burying it deep in the flour barrel so as to entirely exclude the air.

The garnishes for meats are parsley, slices of lemon, sliced carrot, sliced beets, and currant jelly.

For hints on buying meats, see "Marketing."

BROILED BEEFSTEAK.

Lay a thick tender steak upon a gridiron well greased with butter or beef suet, over hot coals; when done on one side have ready the warmed platter with a little butter on it, lay the steak, without pressing it, upon the platter with the cooked side down so that the juices which have gathered may run on the platter, quickly place it again on gridiron, and cook the other side. When done to liking, put on platter again, spread lightly with butter, season with salt and pepper, and place where it will keep warm (over boiling steam is best) for a few moments, but do not let butter become oily. Serve on hot plates. Many prefer to *sear* on one side, turn immediately and sear the other, and finish cooking, turning often; garnish with fried sliced potatoes, or with browned potato balls the size of a marble, piled at each end of platter.—*Mrs. W. W. W.*

FRIED BEEFSTEAK.

When the means to broil are not at hand, the next best method is to heat the frying pan very hot, put in steak previously hacked, let remain a few moments, loosen with a knife and turn quickly several times; repeat this, and when done transfer to a hot platter,

salt, pepper, and put over it bits of butter; pile the steaks one on top of another, and cover with a hot platter. This way of frying is both healthful and delicate. Or, heat the skillet, trim off the fat from the steak, cut in small bits and set on to fry; meanwhile pound steak, then draw the bits of suet to one side and put in the steak, turn quickly over several times so as to sear the outside, take out on a hot platter previously prepared with salt and pepper, dredge well, return to skillet, repeating the operation until the steak is done; dish on a hot platter, covering with another platter, and place where it will keep hot while making the gravy. Place a table-spoon dry flour in the skillet, being sure to have the fat boiling hot, stir until brown and free from lumps (the bits of suet may be left in, drawing them to one side until the flour is browned), pour in about half a pint boiling water (milk or cream is better), stir well, season with pepper and salt, and serve in a gravy tureen. Spread bits of butter over steak and send to table at once. This is more economical, but not so wholesome as broiling.

BEEFSTEAK SMOTHERED IN ONIONS.

Slice the onions thin and drop in cold water: put steak in pan with a little suet. Skim out onions and add to steak, season with pepper and salt, cover tightly, and put over the fire. When the juice of the onions has dried up, and the meat has browned on one side, remove onions, turn steak, replace onions, and fry till done, being careful not to burn.

BOILED CORNED BEEF.

Soak over night if very salt, but if beef is young and properly corned this is not necessary; pour over it cold water enough to cover it well, after washing off the salt. The rule for boiling meats is twenty-five minutes to a pound, but corned beef should be placed on a part of the stove or range where it will simmer, not boil, uninterruptedly from four to six hours, according to the size of the piece. If to be served cold, some let the meat remain in the liquor until cold, and some let tough beef remain in the liquor until the next day, and bring it to the boiling point just before serving. Simmer a brisket or plate-piece until the bones are easily removed, fold over, forming a square or oblong piece, place sufficient weight on

top to press the parts closely together, and set where it will become cold. This gives a firm, solid piece to cut in slices, and is a delightful relish. Boil liquor down, remove the fat, season with pepper or sweet herbs, and save it to pour over finely minced scraps and pieces of beef; press the meat firmly into a mold, pour over it the liquor, and place over it a close cover with a weight upon it. When turned from the mold, garnish with sprigs of parsley or celery, and serve with fancy pickles or French mustard.—*Mrs. S. H. J.*

BEEF A LA MODE.

In a piece of the rump, cut deep openings with a sharp knife; put in pieces of pork cut into dice, previously rolled in pepper, salt, cloves and nutmeg. Into an iron stew-pan lay pieces of pork, sliced onions, slices of lemon, one or two carrots and a bay-leaf; lay the meat on and put over it a piece of bread-crust as large as the hand, a half-pint wine and a little vinegar, and afterwards an equal quantity of water or broth, till the meat is half covered; cover the dish close and cook till tender. Then take it out, rub the gravy thoroughly through a sieve, skim off the fat, add some sour cream, return to the stew-pan and cook ten minutes. Instead of the cream, capers or sliced cucumber pickles can be added to the gravy if preferred, or a handful of grated ginger-bread or rye bread. The meat can also be laid for some days before in a spiced vinegar or wine pickle.—*Mrs. L. S. Williston, Heidelberg, Germany.*

BOILED BEEF TONGUE.

Wash clean, put in the pot with water to cover it, a pint of salt, and a small pod of red pepper; if the water boils away, add more so as to keep the tongue nearly covered until done; boil until it can be pierced easily with a fork, take out, and if needed for present use, take off the skin and set away to cool; if to be kept some days, do not peel until wanted for table. The same amount of salt will do for three tongues if the pot is large enough to hold them, always remembering to keep sufficient water in the kettle to cover all while boiling. Soak salt tongue over night, and cook in same way, omitting the salt. Or, after peeling, place the tongue in saucepan with one cup water, one-half cup vinegar, four table-spoons sugar, and cook till liquor is evaporated.—*M. J. W.*

RAGOUT OF BEEF.

For six pounds of the round, take half dozen ripe tomatoes, cut up with two or three onions in a vessel with a tight cover, add half a dozen cloves, a stick of cinnamon, and a little whole black pepper; cut gashes in the meat, and stuff them with half pound of fat salt pork, cut into square bits; place the meat on the other ingredients, and pour over them half a cup of vinegar and a cup of water; cover tightly, and bake in a moderate oven; cook slowly four or five hours, and, when about half done, salt to taste. When done, take out the meat, strain the gravy through a colander and thicken with flour.—*Mrs. D. W. R., Washington City.*

ROAST BEEF WITH PUDDING.

Bake exactly as directed for ordinary roast for the table; then make a Yorkshire pudding, to eat like vegetables with the roast, as follows: For every pint of milk take three eggs, three cups of flour, and a pinch of salt; stir to a smooth batter, and pour into the dripping-pan under the meat, half an hour before it is done.—*Mrs. C. T. Carson.*

ROAST BEEF.

Take a rib-piece or loin-roast of seven to eight pounds. *Beat* it thoroughly all over, lay it in the roasting dish and baste it with melted butter. Put it inside the well-heated oven, and baste frequently with its own fat, which will make it brown and tender. If, when it is cooking fast, the gravy is growing too brown, turn a glass of German cooking wine into the bottom of the pan, and repeat this as often as the gravy cooks away. The roast needs about two hours time to be done, and must be brown outside but inside still a little red. Season with salt and pepper. Squeeze a little lemon juice over it, and also turn the gravy upon it, after skimming off all fat.—*Mrs. L. S. Williston, Heidelberg, Germany.*

A BROWN STEW.

Put on stove a rather thick piece of beef with little bone and some fat; four hours before needed, pour on just *boiling* water enough to cover, cover with a close-fitting lid, boil gently, and as the water boils away add only just enough from time to time to keep from burning, so that when the meat is tender, the water may

all be boiled away, as the fat will allow the meat to brown without burning; turn occasionally, brown evenly over a slow fire, and make a gravy, by stirring flour and water together and adding to the drippings; season with salt an hour before it is done.—*Mrs. Ceba Hull.*

STEWED BEEF.

Take a piece of the rump, pound it till tender, lay in an iron vessel previously lined with slices of pork and onions, with a few pepper-corns, dredge it with salt, and baste with melted butter. Cover close, over a good heat, and when it has fried a nice brown, add one pint German cooking wine and as much more good soup stock, and stew it till soft. Before serving, take out the meat, skim off the fat, add a table-spoon of flour mixed smooth with broth, add gradually still more broth, strain it through a sieve and turn over the previously dished meat. The meat can be laid for some days before in vinegar, or in a spiced pickle, or be basted with either occasionally instead of lying in it.

SPICED BEEF TONGUE.

Rub into the tongue a mixture of half a pint of sugar, a piece of saltpeter the size of a pea, and a table-spoon of ground cloves; immerse it in a brine made of three-fourths pound salt to two quarts water, taking care that it is kept covered; let lie two weeks, take out, wash well, and dry with a cloth; roll out a thin paste made of flour and water, wrap the tongue in it, and put it in pan to bake; bake slowly, basting well with lard and water; when done, remove paste and skin, and serve.

FRIED LIVER.

Cut in thin slices and place on a platter, pour on boiling water and immediately pour it off (this seals the outside, takes away the unpleasant flavor, and makes it much more palatable); have ready in skillet on the stove, some hot lard or beef drippings, or both together, dredge the liver with rolled crackers or dried bread-crumbs rolled fine and nicely seasoned with pepper and salt, put in skillet, placing the tin cover on, fry slowly until both sides are dark-brown, when the liver will be thoroughly cooked. The time required is about a quarter of an hour.

LARDERED LIVER.

Lard a calf's liver with bacon or ham, season with salt and pepper, tie a cord around the liver to keep in shape, put in a kettle with one quart of cold water, a quarter of a pound of bacon, one onion chopped fine, and one tea-spoon sweet marjoram; let simmer slowly for two hours, pour off gravy into gravy-dish, and brown liver in kettle. Serve with the gravy.—*Mrs. E. L. Fay, Washington Heights, New York City.*

FRIED TRIPE.

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

To fricassee tripe, cut it in narrow strips, add water or milk to it, and a good bit of butter rolled in flour, season with pepper and a little salt, let simmer slowly for some time, and serve hot garnished with parsley.

SOUSED TRIPE.

After preparing it according to directions in "How to cut and cure meats," place in a stone jar in layers, seasoning every layer with pepper and salt, and pour over boiling vinegar, in which, if desired, a few whole cloves, a sprinkle of mace, and a stick of cinnamon have been boiled; or cover with the jelly or liquor in which the tripe was boiled. When wanted for table, take out of jar, scrape off the liquid, and either broil, fricassee, fry in butter, or fry plain.—*Mrs. Eliza T. Carson, Mt. Pleasant Farm.*

TOAD-IN-THE-HOLE.

Mix one pint flour and one egg with milk enough to make a batter (like that for batter-cakes), and a little salt; grease dish well with butter, put in lamb chops, add a little water with pepper and salt, pour batter over it, and bake for one hour.

BOILED MUTTON WITH CAPER SAUCE.

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

LAMB STEWED WITH PEASE.

Cut the neck or breast in pieces, put it in a stew-pan with some salt pork sliced thin, and enough water to cover it; cover close and let stew until the meat is tender, then skim free from scum, add a quart of green pease shelled, and more hot water, if necessary; cover till the pease are done tender, then add a bit of butter rolled in flour, and pepper to taste; let simmer for a few minutes and serve.

MUTTON CHOPS.

Season with salt and pepper, put in skillet, cover closely, and fry five minutes, turning over once; dip each chop in beaten egg, then in cracker or bread-crumbs, and fry till tender or nicely browned on each side; or put in oven in a dripping-pan, with a little water, salt and pepper; baste frequently and bake until brown. To broil lamb chops, trim neatly, broil over a clear fire, season with pepper and salt, and serve with green pease.

LEG OF MUTTON A LA VENISON.

Remove all rough fat from a leg of mutton, lay in a deep earthen dish, and rub into the meat very thoroughly the following mixture: One table-spoon salt, one each of celery, salt, brown sugar, black pepper, made mustard, allspice, and sweet herbs mixed and powdered. After these have been rubbed into all parts of meat, pour over it slowly a tea-cup good vinegar, cover tightly and set in a cool place for four or five days, turning ham, and basting it with liquid three or four times a day. To cook, leave in a clean kettle a quart boiling water, have in kettle an inverted tin-pan or rack made for the purpose; on it lay ham just as taken out of pickle; cover kettle tightly, and stew for four hours. Do not allow water to touch the meat. Add a tea-cup of hot water to the pickle,

and baste the ham with it. When ready to serve, thicken the liquid in the kettle with flour, strain through a fine strainer, and serve the meat with it and a relish of currant jelly.

FROGS.

Frogs may be broiled, or made into a fricassee seasoned with tomato catsup. The hind legs alone are eaten, and are a great delicacy.

FRICATELLI.

Chop raw fresh pork very fine, add a little salt, plenty of pepper, and two small onions chopped fine, half as much bread as there is meat, soaked until soft, two eggs; mix well together, make into oblong patties, and fry like oysters. These are nice for breakfast; if used for supper, serve with sliced lemon.—*Mrs. W. F. Wilcox.*

BONED HAM.

Having soaked a well-cured ham in tepid water over night, boil it till perfectly tender, putting it on in warm water; take up in a wooden tray, let cool, remove bone carefully, press the ham again into shape, return to boiling liquor, remove pot from fire, and let the ham remain in it till cold. Cut across and serve cold.—*Miss L. L. Richmond.*

BOILED HAM.

Pour boiling water over it and let stand until cool enough to wash, scrape clean (some have a coarse hair-brush on purpose for cleaning hams), put in a thoroughly cleansed boiler with cold water enough to cover; bring to the boiling point and then place on back part of stove to *simmer* steadily for six or seven hours or till tender when pierced with a fork (if the ham weighs twelve pounds); be careful to keep water at boiling point, and not to allow it to go much above it. Turn the ham once or twice in the water; when done take up and put into a baking-pan to skin; dip the hands in cold water, take the skin between the fingers and peel as you would an orange; set in a moderate oven, placing the lean side of the ham downward, and if you like, sift over pounded or rolled crackers; bake one hour. The baking brings out a great quantity of fat, leaving the meat much more delicate, and in warm weather it will keep in a dry, cool place a long time; if there is a tendency to mold, set it a little while into the oven again. Or, after the ham is boiled

and peeled, cover with the white of a raw egg, and sprinkle sugar or fine bread-crumbs over it; or cover with a regular cake-icing, place in the oven and brown; or, quarter two onions, stick whole allspice and black pepper in the quarters, with a knife make slits in the outside of the ham in which put the onions, place in dripping-pan, lay parsley around, and bake till nicely browned. Or, after boiling and peeling, dust with sugar, and pass a hot knife over it until it forms a caramel glaze, and serve without baking. A still nicer way is to glaze with strong meat jelly or any savory jelly at hand, boiled down rapidly (taking great care to prevent burning) until it is like glue. Brush this jelly over the ham when cool, and it makes it an elegant dish. The nicest portion of a boiled ham may be served in slices, and the ragged parts and odds and ends chopped fine for sandwiches, or by adding three eggs to one pint of chopped ham a delicious omelet may be made. If the ham is very salt, it should lie in water over night.

BROILED HAM.

Cut the ham in slices of medium thickness, place on a hot gridiron, and broil until the fat readily flows out and the meat is slightly browned, take from the gridiron with a knife and fork, drop into a pan of cold water, then return again to the gridiron, repeat several times, and the ham is done; place in a hot platter, add a few lumps of butter, and serve at once. If too fat, trim off a part; it is almost impossible to broil the fat part without burning, but this does not impair the taste. Pickled pork and breakfast bacon may be broiled in the same way.—*Mrs. A. E. Brand, Minneapolis, Minn.*

DELICIOUS FRIED HAM.

Place the slices in boiling water and cook till tender; put in frying-pan and brown, and dish on a platter; fry some eggs by dripping gravy over them until done, instead of turning; take up carefully and lay them on the slices of ham.—*Mrs. J. F. Woods, Milford Center.*

BAKED PIG.

Take a pig about six weeks old, nicely prepared, score in squares, and rub lard all over it; make a dressing of two quarts of corn meal salted as if for bread, and mix to a stiff bread with boiling water; make into pans and bake. After this is baked brown, break it up, and add to it one-fourth pound of butter, pepper to taste,

and thyme. Fill the pig till plump, sew it up, and place it on its knees in the pan, which fill with as much water as will cook it. Baste it very frequently with the gravy, also two red pepper pods. Turn while baking same as turkey, and continue to baste till done. Some use turkey-dressing instead of above.—*Mrs. M. L. Blanton, Nashville, Tenn.*

SPARE-RIB POT-PIE.

Cut the spare-ribs once across and then in strips three or four inches wide, put on in kettle with hot water enough to cover, stew until tender, season with salt and pepper, and turn out of kettle; replace a layer of spare-ribs in the bottom, add a layer of peeled potatoes (quartered if large), some bits of butter, some small squares of baking-powder dough rolled quite thin, season again, then another layer of spare-ribs, and so on until the kettle is two-thirds full, leaving the squares of crust for the last layer; then add the liquor in which the spare-ribs were boiled, and hot water if needed, cover, boil half to three-quarters of an hour, being careful to add hot water so as not to let it boil dry. The crust can be made of light biscuit dough, without egg or sugar, as follows: Roll thin, cut out, let rise, and use for pie, remembering to have plenty of water in the kettle, so that when the pie is made and the cover on, it need not be removed until dished. If, after taking up, there is not sufficient gravy, add hot water and flour and butter rubbed together; season to taste, and serve. To warm over pot-pie, set it in a dripping-pan in the oven, add lumps of butter with gravy or hot water; more squares of dough may be laid on the top.—*Mrs. W. W. W.*

PIGS'-FEET SOUSE.

Cut off the horny parts of feet and toes, scrape, clean, and wash thoroughly, singe off the stray hairs, place in a kettle with plenty of water, boil, skim, pour off water and add fresh, and boil until the bones will pull out easily; do not bone, but pack in a stone jar with pepper and salt sprinkled between each layer; cover with good cider vinegar. When wanted for the table, take out a sufficient quantity, put in a hot skillet, add more vinegar, salt, and pepper if needed, boil until thoroughly heated, stir in a smooth thickening of flour and water, and boil until flour is cooked; serve hot as a nice breakfast dish. Or, when the feet have boiled until perfectly

tender, remove the bones and pack in stone jar as above; slice down cold when wanted for use. Let the liquor in which the feet are boiled stand over night; in the morning remove the fat and prepare and preserve for use as directed in the Medical Department.

PIG'S-HEAD CHEESE.

Having thoroughly cleaned a hog's or pig's head, split it in two, take out the eyes and the brain; clean the ears, throw scalding water over the head and ears, then scrape them well; when very clean, put in a kettle with water to cover it, and set it over a rather quick fire; skim it as any scum rises; when boiled so that the flesh leaves the bones, take it from the water with a skimmer into a large wooden bowl or tray; then take out every particle of bone, chop the meat fine, season to taste with salt and pepper (a little pounded sage may be added), spread a cloth over the colander, put the meat in, fold cloth closely over it, lay a weight on it so that it may press the whole surface equally (if it be lean use a heavy weight, if fat, a lighter one); when cold take off weight, remove from colander, and place in crock. Some add vinegar in proportion of one pint to a gallon crock. Clarify the fat from the cloth, colander, and liquor of the pot, and use for frying.

FRIED PORKSTEAKS.

Fry like beefsteaks, with pepper and salt; or sprinkle with dry powdered sage if the sausage flavor is liked.—*Mrs. B. A. Fay.*

FRIED SALT PORK.

Cut in rather thin slices, and freshen by letting lie an hour or two in cold water or milk and water, roll in flour and fry till crisp (if in a hurry, pour boiling water on the slices, let stand a few minutes, drain, roll in flour and fry as before); drain off most of the grease from frying-pan, stir in while hot one or two table-spoons of flour, about half a pint new milk, a little pepper, and salt if not salt enough already from the meat; let boil and pour into gravy dish. This makes a nice white gravy when properly made.

ROAST PORK.

A small loin of pork, three table-spoons bread-crumbs, one onion, half a tea-spoon chopped sage, half tea-spoon salt, half tea-spoon pepper, one ounce chopped suet, one table-spoon drippings. Sepa-

rate each joint of the loin with the chopper, and then make an incision with a knife into the thick part of the pork in which to put the stuffing. Prepare the stuffing by mixing the bread-crumbs together with the onion, which must have previously been finely chopped. Add to this the sage, pepper, salt and suet, and when all is thoroughly mixed, press the mixture snugly into the incision already made in the pork, and sew together the edges of the meat with needle and thread, to confine the stuffing. Grease well a sheet of kitchen paper, with drippings, place the loin into this, securing it with a wrapping of twine. Put to bake in a dry baking-pan, in a brisk oven, basting immediately and constantly as the grease draws out, and roast a length of time, allowing twenty minutes to the pound and twenty minutes longer. Serve with apple-sauce or apple-fritters.—*Miss M. L. Dods.*

ROAST SPARE-RIB.

Trim off the rough ends neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper, fold over, stuff with turkey-dressing, sew up tightly, place in dripping-pan with pint of water, baste frequently, turning over once so as to bake both sides equally until a rich brown.

YANKEE PORK AND BEANS.

Pick over carefully a quart of beans and let them soak over night; in the morning wash and drain in another water, put on to boil in cold water with half a teaspoon of soda; boil about thirty minutes (when done the skin of a bean will crack if taken out and blown upon), drain, and put in an earthen pot first a slice of pork and then the beans, with two or three table-spoons of molasses. When the beans are in the pot, put in the center half or three-fourths of a pound of well-washed salt pork with the rind scored in slices or squares, and uppermost, season with pepper and salt if needed; cover all with hot water, and bake six hours or longer in a moderate oven, adding hot water as needed; they can not be baked too long. Keep covered so that they will not burn on the top, but remove cover an hour or two before serving, to brown the top and crisp the pork. This is the Yankee dish for Sunday breakfast. It is often baked the day before, allowed to remain in the oven all

night, and browned in the morning. Serve in the dish in which they are cooked, and always have enough left to know the luxury of cold beans, or baked beans warmed over. If salt pork is too robust for the appetites to be served, season delicately with salt, pepper, and a little butter, and roast a fresh spare-rib to serve with them.

FRIED VEAL CUTLETS.

Make a batter of half pint of milk, a well-beaten egg, and flour; fry the veal brown in sweet lard or beef-drippings, dip it in the batter and fry again till brown; drop some spoonfuls of batter in the hot lard after the veal is taken up, and serve them on top of the meat; put a little flour paste in the gravy with salt and pepper, let it come to a boil and pour it over the whole. The veal should be cut thin, pounded, and cooked nearly an hour. Cracker crumbs and egg may be used instead of batter, but the skillet should then be kept covered, and the veal cooked slowly for half an hour over a moderate fire. If a gravy is wanted sprinkle a little flour in the pan, add salt and pepper and a little water, let come to a boil, and pour over the cutlets; or, pound well, squeeze juice of lemon over the slices, let stand an hour or two, dip in beaten egg and then in fine bread-crumbs (if no stale bread is at hand dry slices in a cool oven), plunge at once into *hot* fat enough to cover. The slices will brown before they are thoroughly cooked, and the pan should be drawn aside to a cooler place to "finish" more slowly.

Fish may be fried in the same way; when done the meat will separate readily from the bone when a knife is inserted. They may be dipped in milk and then in flour, instead of in egg and bread-crumbs; sift salt evenly over the meat or fish just before serving. The bread-crumbs should be fine; if coarse, they crumble off with the egg in cooking.

VEAL LOAF.

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

ROAST LOIN OF VEAL.

Wash and rub thoroughly with salt and pepper, leaving in the kidney, around which put plenty of salt; roll up, let stand two hours; in the meantime make dressing of bread-crumbs, salt, pepper, and chopped parsley or thyme moistened with a little hot water and butter—some prefer chopped salt pork—also add an egg. Unroll the veal, put the dressing well around the kidney, fold, and secure well with several yards white cotton twine, covering the meat in all directions; place in the dripping-pan with the thick side down, put to bake in a rather hot oven, graduating it to moderate heat afterward; in half an hour add a little hot water to the pan, baste often; in another half hour turn over the roast, and when nearly done, dredge lightly with flour, and baste with melted butter. Before serving, carefully remove the twine. A four-pound roast thus prepared will bake thoroughly tender in about two hours. To make the gravy, skim off fat if there is too much in the drippings, dredge some flour in the pan, stir until it browns, add some hot water if necessary, boil a few moments and serve in gravy-boat. This roast is very nice to slice down cold for Sunday dinners. Serve with green pease and lemon jelly.

STEWED KIDNEY.

Boil kidneys the night before till very tender, turn meat and gravy into a dish and cover over. In the morning, boil for a few moments, thicken with flour and water, add part of an onion chopped very fine, pepper, salt, and a lump of butter, and pour over toasted bread well buttered.—*Mrs. E. L. F.*

VEAL STEW.

Boil two and a half pounds of the breast of veal one hour in water enough to cover, add a dozen potatoes, and cook half an hour; before taking off the stove, add one pint of milk and flour enough to thicken; season to taste. If preferred, make a crust as for chicken-pie, bake in two pie-pans, place one of the crusts on the platter, pour over the stew, and place the other on top.—*Kate Thompson, Millersburg, Ky.*

SWEET-BREADS.

These are great delicacies. There are two in a calf, one from neck called "throat sweet-bread," the other from near the heart called "heart sweet-bread." The latter is most delicate. Select the largest. The color should be clear and a shade darker than the fat. Before cooking let the sweet-breads lie for half an hour in luke-warm water, then throw into boiling water to blanch and harden, and then into cold water to cool; after which draw off the outer casing, remove the little pipes, and cut into thin slices. Sweet-breads do not keep well, and should be fresh, and must be kept in a cold, dry place. They should be thoroughly cooked. In larding sweet-bread, take deep, long stitches, or they will break out.

To broil, prepare as above, spread plenty of butter over them, and broil on a gridiron over hot coals, turning often.

To fricassee, cut up the remnant of a cooked sweet-bread in small pieces, prepare a gravy by melting two table-spoons butter and stirring in a table-spoon flour, and adding a tea-cup of soup stock or water; lay pieces of sweet-bread in pan with gravy, season with pepper and salt, and boil up once. Garnish with sliced lemon or pieces of fried bread. If sweet-breads are fresh, cut into thin slices, let simmer slowly in the gravy for three-quarters of an hour, and add a well-beaten egg, two table-spoons cream, and a spoonful chopped parsley; stir all together for a few minutes, and serve immediately.

To fry, parboil five minutes, wipe dry, lard with narrow strips of salt fat pork with a larding-needle, put a very little butter or lard into a frying-pan, lay in the sweet-breads when it is hot, and fry to a crisp brown, turning often. Or, slice thin, sprinkle over grated nutmeg and chopped parsley, dip into a batter made of one cup milk, one egg, one cup of flour, a pinch of salt, and a half tea-spoon baking-powder, and fry like fritters.

To roast, parboil large ones, and, when cold, lard with salt pork as above. Roast brown in a moderate oven, basting often with butter and water. Serve with white sauce or tomato sauce poured over them. For sweet-breads with green pease, lard five sweet-breads with strips of salt pork (project evenly about half an inch on the upper side), put on the fire with a half pint water, and let stew

slowly for half an hour, take out and put in a small dripping-pan with a little butter and a sprinkle of flour; brown slightly, add half a gill of mingled milk and water, and season with pepper; heat a half pint of cream, and stir it in the gravy in the pan. Have pease ready boiled and seasoned, place the sweet-breads in the center of the dish, pour the gravy over them, and put the pease around them.

VEAL WITH OYSTERS.

Two pounds of tender veal cut in thin bits, dredge with flour, and fry in sufficient hot lard to prevent sticking; when nearly done add one and a half pints of fine oysters, thicken with a little flour, season with salt and pepper, and cook until both are done. Serve very hot in a covered dish.—*In the Kitchen.*

PASTRY.

Butter or lard for pastry should be sweet, fresh and solid. When freshly-made butter can not be had, wash well, kneading while under cold water, changing the water two or three times, and then wiping dry with a napkin. The board on which the butter is rolled should be hard and smooth, and never used for any other purpose.

A very nice paste for family use may be made by reducing the quantity of shortening to even so little as a half pound to a quart of flour, especially when children or dyspeptics are to be considered. With the exception of mince-pies, which are warmed over before serving, all pies should be eaten the day they are baked. In warm weather, when not ready to bake immediately after making up paste, keep it in the ice-chest till wanted, several days if necessary, and, in any event, it is better to let it thus remain for one or two hours. Roll always with a *well-floured* rolling-pin.

To prevent the juice of pies from soaking into the under crust, beat an egg well, and with a bit of cloth dipped into the egg, rub over the crust before filling the pies.

For a more wholesome pie-crust shortening, boil beans or potatoes until soft, make into a broth, work through a colander, mix as much into the flour as can be done and preserve sufficient tenacity in the dough. Knead moderately stiff, and roll a little thicker than crust shortened with lard. It is a good plan to make a puff-paste for the top crust, and for the under crust use less shortening.

When using green currants, pie-plant, gooseberries, or other fruits which require the juice to be thickened, fill the lower crust, sprinkle

corn starch evenly over, and put on the upper crust. This prevents the juice from running over, and, when cold, forms a nice jelly. Do not sprinkle with sugar until the fruit is placed in the crust, as the sugar sets the juice free. In all pies with top crust, make air-holes, or the crust will burst. These may be arranged in any fanciful shape, and are best made by the point of the bowl of an inverted tea-spoon pressed *through* the crust while on the board, and gently drawn apart when taken up to put over the fire. Meringue, for pies or puddings, is made in the proportion of one table-spoon sugar to white of one egg, with flavoring added. Never fill pies until just before putting them in the oven. Always use tin pie-pans, since, in earthen pans, the under crust is not likely to be well baked. Just before putting on the upper crust, wet the rim of the lower with the finger dipped in water, or with a thick paste of flour and water, or egg and flour, and press the two crusts firmly together; this will prevent that bane of all pastry cooks—a burst pie. Bake fruit pies in a moderate oven, having a better heat at the bottom than at the top of the oven, or the lower crust will be clammy and raw. When done, the crust will separate from the pan, so that the pie may be easily removed. Remove at once from the tins, or the crust will become “soggy.”

The secret of success in making puff-paste is to secure the greatest possible number of layers of butter and dough (alternately) as the result of folding and rolling. This is best accomplished, as will readily be perceived, by increasing the quantity of butter; the more you use, the greater the number of layers before the butter is exhausted by absorption into the dough. On the other hand, too much butter produces equally bad results; a quantity of butter equal to the flour is the most, and three-fourths pound of butter to a pound of flour the least, that can be used in puff-paste with good results. For pastry for the family table the proportion of butter may be reduced to one-fourth as much butter as flour, and lard or suet may be substituted for butter.

In making puff-paste, it is a mistake to suppose that lessening the quantity of butter is economical. For instance, tartlets cut one-fourth of an inch thick from paste made with half a pound of butter to a pound of flour, will not be any thicker or higher when

baked than those cut from paste half as thick made with three-fourths pound butter to a pound of flour. Thus, by using one-fourth more butter double the bulk results, besides the satisfaction of having good light pastry. In washing or egging pastry, be careful not to allow the egg or milk, or whatever is used, to run down over the edges, or, as it sets by the heat of the oven, it will bind the edges and prevent them from opening fully. In rolling, use the rolling-pin as lightly as possible, and take care that the pressure is even. The layers will be even or uneven just in proportion as the pressure is even or uneven. Be careful not to break the dough, or the butter will be forced through, and thus destroy the evenness of the layers. If the dough breaks, cover it with a piece of "plain dough," dust it well with flour, and continue rolling. (It is well to keep a piece of plain dough in reserve for this purpose.)

AUNTY PHELPS' PIE CRUST.

To one pint of sifted flour, add one even tea-spoon baking powder, and sweet cream enough to wet the flour, leaving crust a little stiff. This is enough for two pies.

GOOD COMMON PASTE.

One coffee-cup lard, three of sifted flour, and a little salt. In winter soften the lard a little (but not in summer), cut it well into the flour with a knife, then mix with cold water quickly into a moderately stiff dough, handling as little as possible. This makes four common-sized covered pies. Take a new slice of paste each time for top crust. After rolling spread with a tea-spoon, butter, fold and roll again, using the trimmings, etc., for under crust.—*Miss Katy Rupp.*

GRAHAM PASTE.

Mix lightly half a pound Graham flour, half a pint sweet cream, half a teaspoon salt, roll, and bake like other pastry.

PUFF PASTE.

Take three-fourths pound of butter (be sure that it is of the best quality), free it from salt (by working it in water), form it in a square lump, and place it in flour for half an hour to harden; place one pound of flour in a bowl, take two ounces of butter and rub it "fine" into the flour, wet the flour into dough with cold water,

making it as near as possible the same consistency as the butter (so that the two will roll out evenly together); now place the dough on the pastry board, dust it under and over with flour, and roll it out in a piece say twelve inches long and six wide; now flour butter well, and roll that out in a sheet about eight inches long and five wide, (this will cover about three-fourths of the dough, leaving one-fourth of the dough, and about half an inch around the sides and top edge, without butter). Place the sheet of butter on the dough as described; take half a tea-spoon cream tartar, mix it with twice its bulk of flour, and sprinkle it evenly over the butter; now fold the one-fourth not covered with butter, over on the butter, then fold the other part with the butter on it over on that, and you will then have three layers of dough and two of butter. Roll out to its original size, dust with flour, fold it as before, roll out again, dust with flour, and fold again; repeat twice more, giving it four rollings and foldings; when rolled out for the last time, cut it through in two even pieces, and place one on the other, and the paste is ready to roll in any shape desired.

In warm weather it is necessary to place it in a cool place after every second rolling; in very warm weather after each rolling, and sometimes on ice. A good, firm, tough butter is best for the purpose. Take care not to use carbonate of soda or saleratus instead of cream tartar; use a *sharp* cutter to cut out tartlets; give a rapid downward cut so that it will cut, not drag through, so that the layers may not be pressed together, so as to prevent their opening readily when baking, thus preventing the tartlets from raising fully. After they are cut, place them on the pans or in the patty-pans upside down, because the cutter in dividing the paste presses downward toward the board, closing the layers, and if placed in oven right side up, the edges pressed somewhat closely together can not open fully, consequently do not rise well, but, if inverted, the layers open more evenly at the edges.—*C. H. King, Orange, N. J.*

PUFF PASTE.

One heaping pound superfine sifted flour, one of butter, which has first been folded in a napkin and gently pressed to remove all

moisture; place the flour on board (or marble slab is better), make a well in center, squeeze in juice of half a lemon, and add yolk of one egg, beaten with a little ice-water; stir with one hand and drop in ice-water with the other, until the paste is as hard as the butter; roll paste out in a smooth square an inch thick, smooth sides with a rolling-pin, spread the butter over half the paste; lay the other half over like an old-fashioned turn-over, leave it for fifteen minutes in a cold place, then roll out in a long strip, keeping the edges smooth, and double it in three parts, as follows: Fold one-third over on the middle third, roll it down, then fold over the other outside third, roll out in a long strip and repeat the folding process—rolling across this time so that the butter may not run “in streaks” by being always rolled the same way; let it lie for fifteen minutes, and repeat this six times, allowing fifteen minutes between each rolling to cool, otherwise the butter will “oil,” and the paste is ready for use. Handle as little as possible through the whole process. All the flour used must be of the very best quality, and thoroughly sifted. The quantity of water depends on the capacity of the flour to absorb it, which is quite variable. Too little makes the paste tough, and too much makes it thin, and prevents the flakiness so desirable. Rich paste requires a quick oven. This may be made in one-fourth the quantity given above, and is then much more easily handled.—*Mrs. V. G. Hush, Minneapolis, Minn.*

PASTE WITH SUET.

Roll a half-pound of the best suet, with very little membrane running through it, on a board for several minutes, removing all the skin and fibers that appear when rolling; the suet will be a pure and sweet shortening, looking like butter; or the suet may be chopped fine and the fibers removed. Rub the suet into a pound of flour, add a tea-spoon salt, and mix it with a half pint of ice-water; roll out for the plates, and put on a little butter in flakes, rolling it in as usual. Some add a tea-spoon baking-powder.

APPLE MERINGUE PIE.

Pare, slice, stew and sweeten ripe, tart and juicy apples, mash and season with nutmeg, (or stew lemon peel with them for flavor), fill crust and bake till done; spread over the apple a thick meringue

made by whipping to froth whites of three eggs for each pie, sweetening with three table-spoons powdered sugar; flavor with vanilla, beat until it will stand alone, and cover pie three-quarters of an inch thick. Set back in a quick oven till well "set," and eat cold. In their season substitute peaches for apples.

APPLE CUSTARD PIE.

Peel sour apples and stew until soft, and not much water is left in them, and rub through a colander. Beat three eggs for each pie. Put in in proportion of one cup butter, and one of sugar for three pies. Season with nutmeg.—*Mrs. D. G. Cross.*

DRIED APPLE PIE.

Very good pies may be made of the "Alden" dried apples, by stewing in a very little water; sweeten and make like any other. The *home dried* apples are best when stewed very soft, and mashed through a colander. When stewing put in two or three small pieces of lemon or orange peel (previously dried and saved for cooking purposes); flavor with a *very little* spice of any kind. Sweeten and season before putting into the pie-pan. A beaten egg may be stirred in. Bake with two crusts, rolled thin, and warm slightly before eating.

SLICED-APPLE PIE.

Line pie-pan with crust, sprinkle with sugar, fill with tart apples sliced very thin, sprinkle sugar and a very little cinnamon over them, and add a few small bits of butter, and a table-spoon water; dredge in flour, cover with the top crust, and bake half to three-quarters of an hour; allow four or five table-spoons sugar to one pie. Or, line pans with crust, fill with sliced apples, put on top crust and bake; take off top crust, put in sugar, bits of butter and seasoning, replace crust and serve warm. It is delicious with sweetened cream. Crab-apple pie, if made of "Transcendents," will fully equal those made of larger varieties of the apple.—*Mrs. D. Buxton.*

BANANA PIE.

Slice raw bananas, add butter, sugar, allspice and vinegar, or boiled cider, or diluted jelly; bake with two crusts. Cold boiled sweet potatoes may be used instead of bananas, and are very nice.

CORN STARCH PIES.

One quart milk, yolks of two eggs, two table-spoons corn starch, two cups sugar; mix starch in a little milk, boil the rest of the milk to a thick cream, beat the yolks and add starch, put in the boiled milk and add sugar; bake with an under crust, beat whites with two table-spoons sugar, and put on top of pies, and, when done, return to oven and brown.—*Mrs. J. W. Grubbs, Richmond, Indiana.*

CREAM PIE.

Beat thoroughly together the white of one egg, half tea-cup sugar, and table-spoon of flour; then add tea-cup rich milk (some use part cream), bake with a bottom crust, and grate nutmeg on top.—*Mrs. Luther Liggett.*

CREAM PIE.

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

WHIPPED CREAM PIE.

Sweeten with white sugar one tea-cup very thick sweet cream, made as cold as possible without freezing, and flavor with lemon or vanilla to taste; beat until as light as eggs for frosting, and keep cool until the crust is ready; make crust moderately rich, prick well with a fork to prevent blistering, bake, spread on the cream, and to add finish put bits of jelly over the top. The above will make two pies.—*Mrs. A. M. Alexander, Harrisburg.*

CRUMB PIE.

Soak in a little warm water one tea-cup bread-crums half an hour, add three table-spoons sugar, half a table-spoon butter, half a cup of cold water, a little vinegar, and nutmeg to suit the taste; bake with two crusts, made the same as for other pies.—*Miss Sylvia J. Courter.*

COCOA-NUT PIE.

One pint milk, a cocoa-nut, tea-cup sugar, three eggs; grate cocoa-nut, mix with the yolks of the eggs and sugar, stir in the milk, filling the pan even full, and bake. Beat whites of eggs to froth,

stirring in three table-spoons pulverized sugar, pour over pie and bake to a light brown. If prepared cocoa-nut is used, one heaping tea-cup is required.—*Miss N. B. Brown, Washington City.*

CUSTARD PIE.

Heat one quart good rich milk in a tin-pan set in a skillet of hot water; take five eggs, four large table-spoons sugar, and a little salt, beat sugar and eggs a little, and pour in the milk; flavor to suit the taste and have oven hot when put in to bake. Then cook slowly so as not to boil, as that spoils it; test with a knife, when done it will not stick to blade. Without the crust, this makes a delicious baked custard. Bake in a deep tin—*Mrs. C. B. Boody, Kirkhoven, Minn.*

CUSTARD PIE.

For a large pie, take three eggs, one pint of milk, half cup sugar, and flavor. The crust for custard pies may be baked (not too hard) before putting in the custard; prick it before putting it in oven to prevent blistering. This prevents it from becoming soggy.—*Mrs. N. S. Long.*

CHESS PIE.

Three eggs, two-thirds cup sugar, half cup butter (half cup milk may be added if not wanted so rich); beat butter to a cream, then add yolks and sugar beaten to a froth with the flavoring; stir all together rapidly, and bake in a nice crust. When done, spread with the beaten whites, and three table-spoons sugar and a little flavoring. Return to oven, and brown slightly. This makes one pie, which should be served immediately.—*Mrs. J. Carson, Glendale.*

GREEN CURRANT PIE.

Line an inch pie-dish with good pie-crust, sprinkle over the bottom two heaping table-spoons sugar and two of flour (or one of corn starch) mixed; then pour in one pint green currants washed clean, and two table-spoons currant jelly; sprinkle with four heaping table-spoons sugar, and add two table-spoons cold water; cover and bake fifteen or twenty minutes.—*Miss S. Alice Melching.*

RIPE CURRANT PIE.

One cup mashed ripe currants, one of sugar, two table-spoons water, one of flour beaten with the yolks of two eggs; bake, frost

the top with the beaten whites of the eggs and two table-spoons powdered sugar, and brown in oven.—*Mrs. W. E. H., Minneapolis.*

CHERRY PIE.

Line a pie-tin with rich crust; nearly fill with the carefully seeded fruit, sweeten to taste, and sprinkle evenly with a tea-spoon corn-starch or a table-spoon flour, add a table-spoon of butter cut into small bits and scattered over the top; wet edge of crust, put on upper crust, and press the edges closely together, taking care to provide holes in the center for the escape of the air. Pies from blackberries, raspberries, etc., are all made in the same way, regulating the quantity of the sugar by the tartness of the fruit.

LEMON PIE.

One lemon grated, one cup sugar, the yolks of three eggs, small pieces butter, three table-spoons milk, two tea-spoons corn starch; beat all together and bake in a rich crust; beat the whites with three table-spoons sugar, place on the pie when done, and then brown in the oven.—*Mrs. W. E. Scobey.*

LEMON PIE.

Four eggs, one and a half cups sugar, two-thirds cups water, two table-spoons flour, one lemon. Beat the yolks of eggs until very smooth (beat the yolks a long time and whip the whites well), add the grated peel of lemon and the sugar, beat well, stir in the flour, and add the lemon juice (if lemons are small two may be necessary), and lastly the water; stir well, and pour in pie-pans lined with paste. When baked, take from oven, and spread over them the whites of the eggs beaten dry and smooth with four table-spoons pulverized sugar; return to oven and brown slightly. The above recipe is for two pies.—*Mrs. Virginia C. Meredith.*

APPLELESS MINCE-MEAT.

Chop fine eight pounds green tomatoes, add six pounds sugar, one ounce each of cloves, cinnamon and allspice, simmer slowly till tomatoes are clear, then put away in a covered jar. For pies in winter, take in the proportion of two-thirds tomatoes and one-third meat, and season with butter, boiled cider, sugar if needed, etc., as regular mince pies would be seasoned.

MINCE-MEAT.

Take five or six pounds scraggy beef—a neck piece will do—and put to boil in water enough to cover it; take off the scum that rises when it reaches the boiling point, add hot water from time to time until it is tender, then remove the lid from the pot, salt, let boil till almost dry, turning the meat over occasionally in the liquor, take from the fire, and let stand over night to get thoroughly cold; pick bones, gristle, or stringy bits from the meat, chop very fine, mincing at the same time three pounds of nice beef suet; seed and cut four pounds raisins, wash and dry four pounds currants, slice thin a pound of citron, chop fine four quarts good-cooking tart apples; put into a large pan together, add two ounces cinnamon, one of cloves, one of ginger, four nutmegs, the juice and grated rinds of two lemons, one table-spoon salt, one tea-spoon pepper, and two pounds sugar. Put in a porcelain kettle one quart boiled cider, or, better still, one quart currant or grape juice (canned when grapes are turning from green to purple), one quart nice molasses or syrup, and, if you have any syrup left from sweet pickles, add some of that, also a good lump of butter; let it come to boiling point, and pour over the ingredients in the pan after having first mixed them well, then mix again thoroughly. Pack in jars and put in a cool place, and, when cold, pour molasses over the top an eighth of an inch in thickness, and cover tightly. This will keep two months. For baking, take some out of a jar, if not moist enough add a little hot water, and strew a few whole raisins over each pie. Instead of boiled beef, a beef's-heart or roast meat may be used; and a good proportion for a few pies is one-third chopped meat and two-thirds apples, with a little suet, raisins, spices, butter, and salt.

The above is a good formula to use, but, of course, may be varied to suit different tastes or the material at hand. If too rich, add more chopped apples; in lieu of cider, vinegar and water in equal proportions may be used; good preserves, marmalades, spiced pickles, currant or grape jelly, canned fruit, dried cherries, etc., may take the place of raisins, currants and citrons. Wine or brandy is considered by many a great improvement, but if "it causeth thy brother to offend" do not use it. Lemon and vanilla extracts are often used, also preserved lemon or orange peel. The

mince-meat is better to stand over night, or several days, before baking into pies, as the materials will be more thoroughly incorporated. Many prefer to freeze their pies after baking, heating them as needed.

MINCE-MEAT.

Two bowls chopped apples, one of chopped meat, with one-fourth pound suet, grated rind and juice of one lemon, two tea-cups molasses, one large tea-spoon each of cinnamon and cloves, one nutmeg, one pound raisins, half pound currants, one-fourth pound citron cut fine, one quart cider, and sugar and salt to taste.—*Mrs. J. R. Wilcox, New Haven, Conn.*

MOCK MINCE-PIE.

Twelve crackers rolled fine, one cup hot water, half cup vinegar, one cup molasses, one of sugar, one of currants, one of raisins, spice to taste; measure with a tea-cup. Some use one cup dried bread-crumbs, and also add a small cup butter. This is for four pies.—*Mrs. Annie E. Gillespie, Indianapolis, Ind.*

ORANGE PIE.

Grated rind and juice of two oranges, four eggs, four table-spoons sugar, and one of butter; cream the butter and sugar, add the beaten eggs, then the rind and juice of the oranges, and, lastly, the whites beaten to a froth, and mixed in lightly. Bake with an under crust.—*Gov. Stearns, Florida.*

PIE-PLANT PIE.

Mix half tea-cup white sugar and one heaping tea-spoon flour together, sprinkle over the bottom crust, then add the pie-plant cut up fine; sprinkle over this another half tea-cup sugar and heaping tea-spoon flour; bake fully three-quarters of an hour in a slow oven. Or, stew the pie-plant, sweeten, add grated rind and juice of a lemon and yolks of two eggs, and bake and frost like lemon pie.—*Mrs. D. Buxton.*

PEACH PIE.

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

Treat strawberries, raspberries, etc., in the same way.—*Mrs. F. L. T., New Orleans.*

PEACH PIE.

Line a pie-tin with puff-paste, fill with pared peaches in halves or quarters, well covered with sugar; put on upper crust and bake; or make as above without upper crust, bake until done, remove from the oven, and cover with a meringue made of the whites of two eggs, beaten to a stiff froth with two table-spoons powdered sugar; return to oven and brown slightly. Canned peaches may be used instead of fresh, in the same way.

DRIED-PEACH PIE.

Stew peaches until perfectly soft, mash fine, and add, for two pies, half tea-cup sweet cream, and one tea-cup sugar; bake with two crusts. Or, omit cream, and add half tea-cup boiling water, and butter size of a hickory-nut.

POTATO PIE.

A common-sized tea-cup of grated raw potato, a quart sweet milk; let milk boil and stir in grated potato; when cool add two or three eggs well beaten, sugar and nutmeg to taste; bake without upper crust; eat the day it is baked. This recipe is for two pies.—*Miss Sarah Thomson, Delaware.*

POTATO PIE.

Boil either Irish or sweet potatoes until well done, mash and rub through a sieve; to a pint of pulp, add three pints sweet milk, table-spoon melted butter, tea-cup sugar, three eggs, pinch of salt, and nutmeg or lemon for flavor. Use rich paste for under crust.—*Mrs. R. C. Carson, Harrisburg.*

PUMPKIN PIE.

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

PINE-APPLE PIE.

A cup of sugar, a half cup butter, one of sweet cream, five eggs, one pine-apple grated; beat butter and sugar to a cream, add beaten yolks of eggs, then the pine-apple and cream, and, lastly, the beaten whites whipped in lightly. Bake with under crust only.—*Mrs. Wm. Smith, Jacksonville, Florida.*

PRESERVE PUFFS.

Roll out puff-paste very thin, cut into round pieces, and lay jam on each, fold over the paste, wet edges with white of an egg, and close them; lay them on a baking sheet, ice them, and bake about fifteen minutes.—*Mrs. H. A. E.*

PLUM COBBLER.

Take one quart of flour, four table-spoons melted lard, half tea-spoon salt, two tea-spoons baking-powder; mix as for biscuit, with either sweet milk or water, roll thin, and line a pudding-dish or dripping-pan, nine by eighteen inches; mix three table-spoons flour and two of sugar together, and sprinkle over the crust; then pour in three pints canned damson plums, and sprinkle over them one coffee-cup sugar; wet the edges with a little flour and water mixed, put on upper crust, press the edges together, make two openings by cutting two incisions at right angles an inch in length, and bake in a quick oven half an hour. Peaches, apples, or any kind of fresh or canned fruit, can be made in the same way.—*Miss S. Alice Melching.*

SOUTHERN TOMATO PIE.

For one pie, peel and slice green tomatoes, add four table-spoons vinegar, one of butter, three of sugar; flavor with nutmeg or cinnamon; bake with two crusts slowly. This tastes very much like a green apple pie.—*Mrs. Ceba Hull.*

VINEGAR PIE.

One egg, one heaping table-spoon flour, one tea-cup sugar; beat all well together, and add one table-spoon sharp vinegar, and one tea-cup cold water; flavor with nutmeg and bake with two crusts.—*Mrs. B. A. Fay.*

BINA'S STRAWBERRY SHORTCAKE.

Two heaping tea-spoons baking powder sifted into one quart flour, scant half tea-cup butter, two table-spoons sugar, a little salt, enough sweet milk (or water) to make a soft dough; roll out almost as thin as pie-crust, place one layer in a baking-pan, and spread with a very little butter, upon which sprinkle some flour, then add another layer of crust and spread as before, and so on until crust is all used. This makes four layers in a pan fourteen inches by seven. Bake about fifteen minutes in a quick oven, turn out upside down, take off the top layer (the bottom when baking), place on a dish, spread plentifully with strawberries (not mashed) previously sweetened with pulverized sugar, place layer upon layer, treating each one in the same way; and when done you will have a handsome cake, to be served warm with sugar and cream. The secret of having light dough is to handle it as little and mix it as quickly as possible. Shortcake is delicious served with charlotte-russe or whipped cream. Raspberry and peach shortcakes may be made in the same way.

ORANGE SHORTCAKE.

One quart flour, two table-spoons butter, two tea-spoons baking powder thoroughly mixed with the flour; mix (not very stiff) with cold water, work as little as possible, bake, split open, and lay sliced oranges between; cut in squares and serve with pudding sauce. Berries may be used instead of oranges.—*Mrs. Canby, Bellefontaine.*

APPLE TARTS.

Pare, quarter, core, and boil in a half tea-cup of water until very soft, ten large tart apples; beat till *very* smooth, then add the yolks of six eggs or three whole eggs, juice and grated rind of two lemons, half cup butter, one and a half cups sugar, or more if not sweet enough; beat all thoroughly, line little tart-tins with puff-paste, and fill with the mixture, bake five minutes in a hot oven. If wanted very nice, take the whites of the six eggs (when the yolks of six are used), mix with six table-spoons pulverized sugar, spread on the top of the tarts, return to oven and brown slightly.

For almond tarts, beat to a cream the yolks of three eggs and a quarter of a pound of sugar, add half a pound of shelled almonds

pounded slightly, put in tart-tins lined with puff-paste; bake eight minutes.

For cocoa-nuts, dissolve half pound sugar in quarter of a pint water, add half a grated cocoa-nut, let this boil slowly for a few minutes, and when cold, add the well-beaten yolks of three eggs and the white of one; beat all well together, and pour into patty-pans lined with a rich crust; bake a few minutes.

When removed from oven, cover the tarts with a *meringue* made of the whites of the three eggs, mixed with three table-spoons sugar; return to oven, and brown delicately.

TART SHELLS.

Roll out thin a nice puff-paste, cut out with a glass or biscuit cutter, with a wine-glass or smaller cup cut out the center of two out of three of these, lay the rings thus made on the third, and bake immediately; or shells may be made by lining patty-pans with paste. If the paste is light, the shells will be fine, and may be used for tarts or oyster patties. Filled with jelly and covered with meringue (table-spoon sugar to white of one egg), and browned in oven, they are very nice to serve for tea.

PUDDINGS AND SAUCES.

No ingredient of doubtful quality should enter into the composition of puddings. Suet must be *perfectly sweet*, and milk should be fresh and without the least unpleasant flavor. Suet when over kept and milk soured or curdled in the slightest degree, ruins a pudding which would otherwise be most delicious. Dried currants, such as are sold in the market, need very careful and thorough washing (after which they must be dried in a napkin), and raisins should be rubbed in a coarse towel to remove stems and all dirt from the outside, and afterward carefully seeded. Almonds and spices must be very finely pounded, and the rinds of oranges or lemons rasped or grated *lightly* off (the white part of the peel has no flavor and is an injury).

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

Boiled puddings are lighter when boiled in a cloth and allowed full room to swell, but many use either a tin mold or bowl with cloth tied over it; grease the former well on the inside with lard or butter, and in boiling do not let the water reach quite to the top. The pudding-bag should be made of firm drilling, tapering from top to bottom, and rounded on the corners; stitch and fell the

seams, which should be outside when in use, and sew a tape to the seam, about three inches from top. Wring the bag out of hot water, flour the inside well, pour in the pudding (which should be well beaten the instant before pouring), tie securely, leaving room to swell (especially when made of Indian meal, bread, rice, or crackers), and place in a kettle with a saucer at the bottom to prevent burning; immediately pour in enough boiling water to entirely cover the bag, which must be turned several times, keeping it boiling constantly, filling up from the tea-kettle when needed. If the pudding is boiled in a bowl, grease, fill, and cover with a square of drilling wrung out of hot water, floured and tied on. To use a pan, tie a cloth tightly over the rim, bringing the ends back together, and pinning them over the top of the pan; the pudding may then be lifted out easily by a strong fork put through the ends or corners of the cloth. Open bag a little to let steam escape, and serve immediately, as delay ruins all boiled pudding. For plum puddings, invert the pan when put in the kettle, and the pudding will not become water-soaked. When the pudding is done, give whatever it is boiled in a quick plunge into cold water, and turn out at once, serving immediately. As a general rule, boiled puddings require double the time required for baked. Steaming is safer than either boiling or baking, as the pudding is sure to be light and wholesome. Put on over cold water and do not remove cover while steaming. In making sauces, do not boil after the butter is added. Use brown or powdered sugar for sauces. In place of wine or brandy, flavor with juice of the grape, or any other fruit prepared for this purpose in its season by boiling and bottling and sealing while hot. Pudding cloths, however coarse, should never be washed with soap, but in clear, clean water, dried as quickly as possible, and kept dry and out of dust in a drawer or cupboard free from smell. Dates are an excellent substitute for sugar in Graham or any other pudding. Fruit for preserving should always be gathered in perfectly dry weather and be free from dust and the morning and evening dew. Never use tin, iron or pewter spoons or skimmers for preserves.

APPLE ROLEY POLEY.

Peel, quarter and core sour apples, make rich soda-biscuit dough, (or raised-biscuit dough may be used if rolled thinner), roll to half an inch thick, slice the quarters, and lay on the prepared paste or crust, roll up, tuck ends in, prick deeply with a fork, lay in a steamer and place over a kettle of boiling water, cook an hour and three-quarters. Or, wrap in a cloth, tie up the ends and baste up sides, put in kettle of boiling water, and boil an hour and a half or more, keeping the water boiling constantly. Cut across, and eat with sweetened cream or butter and sugar. Cherries, dried fruit, any kind of berries, jelly, or apple-butter (with the two last raisins may be added), can be used.—*Mrs. T. B. J.*

ORANGE ROLEY POLEY.

Make a light pastry as for apple dumplings, roll in oblong sheets and lay oranges peeled, sliced, and seeded, thickly all over it; sprinkle with white sugar; scatter over all a tea-spoon or two of grated orange-peel, and roll up, folding down the edges closely to keep the syrup from running out; boil in a cloth one and one-half hours. Eat with lemon-sauce prepared as follows: Six eggs, leaving out the whites of two, half pound butter, one pound sugar, juice of two lemons and rind of both grated; place over a slow fire, stir till it thickens like honey. Very nice.—*Mrs. A. E. Walsh, Nashville, Tenn.*

BOILED APPLE DUMPLINGS.

Add to two cups sour milk one tea-spoon soda, and one of salt, half cup of butter, lard, flour enough to make dough a little stiffer than for biscuit; or make a good baking-powder crust; peel and core apples, roll out crust, place apples on dough, fill cavity of each with sugar, encase each apple in coating of the crust, press edges tight together, (it is nice to tie a cloth around each one), put into kettle of boiling water slightly salted, boil half an hour, taking care that the water covers the dumplings. They are also very nice steamed. To bake, make in same way, using a soft dough, place in a shallow pan, bake in a hot oven, and serve with cream and sugar, or place in a pan which is four or five inches deep (do not have the dumplings touch each other); then pour in hot water, just leaving top of dumplings uncovered. To a pan of four or five dumplings, add

one tea-cup sugar and half a tea-cup butter; bake from half to three-quarters of an hour. If water cooks away too much, add more. Serve dumplings on platter and the liquid in sauce-boat for dressing. Fresh or canned peaches may be made in the same way.

ROLLED APPLE DUMPLINGS.

Peel and chop fine tart apples, make a crust of one cup rich buttermilk, one tea-spoon soda, and flour enough to roll; roll half an inch thick, spread with the apple, sprinkle well with sugar and cinnamon, cut in strips two inches wide, roll up like jelly-cake, set up the rolls in a dripping-pan, putting a tea-spoon butter on each, put in a moderate oven, and baste them often with the juice.

BIRD'S-NEST PUDDING.

Pare and core without quartering enough quick-cooking tart apples to fill a pudding-pan; make a custard of one quart milk and the yolks of six eggs; sweeten, spice, pour over apples, and bake; when done, use the whites of eggs beaten stiff with six table-spoons white sugar; spread on the custard, brown lightly, and serve either hot or cold. If necessary, apples may be baked a short time before adding custard.

BROWN BETTY.

Put a layer of sweetened apple sauce in a buttered dish, add a few lumps butter, then a layer of cracker crumbs sprinkled with a little cinnamon, then layer of sauce, etc., making the last layer of crumbs; bake in oven, and eat hot with cold, sweetened cream.—*Mrs. T. J. Buxton, Minneapolis.*

RICE APPLES.

Boil half a pound rice in a custard-kettle till tender in one quart milk, sweetened with half tea-cup sugar; pare and core with apple-corer seven or eight good-cooking apples, place in slightly buttered baking-dish, put a tea-spoon of jam or jelly into each cavity, and fill with rich cream; put the rice in around apples, leaving top uncovered; bake thirty minutes, then cover with the whites of two eggs, sift on sugar, and return to the oven for ten minutes. Serve with sweetened cream.—*Mrs. S. M. Guy, Mechanicsburg.*

BREAD PUDDING.

One quart sweet milk, quart bread-crumbs, four eggs, four table-spoons sugar; soak bread in half the milk until soft; mash fine,

add the rest of milk, the well-beaten eggs and sugar, and a tea-cup raisins; bake one hour, serve warm with warm sauce or maple sugar hard sauce; or, slice, butter, and spread bread with preserves or jelly, place nicely in a baking-dish. Make a custard of one pint of sweet milk, three eggs, and sugar to taste, and while boiling pour it over bread. Place in oven and bake till brown, eat with or without sauce.

BLACKBERRY MUSH.

To two quarts ripe berries add one and a half pints boiling water, and one pound sugar; cook a few moments, then stir in a pint of wheat flour, boil a few moments longer, put in greased mold to cool, and serve with cream or hard sauce.—*Miss H. D. Martin, New York City.*

CORN-STARCH PUDDING.

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

To make a chocolate pudding, flavor the above pudding with vanilla, remove two-thirds of it, and add half a cake of chocolate softened, mashed, and dissolved in a little milk. Put a layer of half the white pudding into the mold, then the chocolate, then the rest of the white; or two layers of chocolate may be used with a white between; or the center may be cocoa (made by adding half a cocoa-nut grated fine), and the outside chocolate; or pine-apple chopped fine (if first cooked in a little water, the latter makes a nice dressing), or strawberries may be used.—*Mrs. D. Buxton.*

CREAM PUDDING.

Stir together one pint cream, three ounces sugar, the yolks of three eggs, and a little grated nutmeg; add the well-beaten whites, stirring lightly, and pour into a buttered pie-plate on which has been sprinkled the crumbs of stale bread to about the thickness of an ordinary crust; sprinkle over the top a layer of bread-crumbs and bake.

COTTAGE PUDDING.

One cup sugar, half cup butter, one egg, cup sweet milk, tea-spoon soda dissolved in milk, two tea-spoons cream tartar in the flour, three cups flour, half tea-spoon extract of lemon. Sprinkle a little sugar over the top just before putting in the oven, bake in a small bread-pan, and when done cut in squares, and serve with sauce made of two table-spoons butter, cup sugar, table-spoon flour wet with a little cold water and stirred until like cream; add a pint boiling water, let boil two or three minutes, stirring all the time. After taking from the fire, add half tea-spoon extract of lemon. Nutmeg may be used in place of lemon. What is left of the pudding and sauce may be served cold for tea.—*Mrs. Howard Vosbury.*

CHOCOLATE PUDDING.

One quart sweet milk, three ounces grated chocolate, one cup sugar, yolks of five eggs; scald milk and chocolate together, and, when cool, add sugar and eggs, and bake. When done, put beaten whites and five table-spoons sugar on top, and set in oven to brown. Or, boil one pint milk, add half cup butter, one of sugar, and three ounces grated chocolate; pour this over two slices of bread soaked in water; when cool, add the well-beaten yolks of four eggs, bake, and when done, spread over the whites beaten with sugar, and brown in oven. Serve hot or cold.—*Miss Greeley Grubbs, Richmond, Indiana.*

COCOA-NUT PUDDING.

Grate one cocoa-nut, saving the milk if perfectly sweet, boil a quart of milk, and pour upon it, adding five eggs beaten with one cup of sugar and one table-spoon butter, add a little salt, two tea-spoons vanilla extract, and milk from nut, and bake in a pudding-dish lined with rich paste. This is excellent baked like pie with

under crust only. A plainer yet good pudding is made by pouring one and one-half pints boiling milk over one pint bread-crumbs and one cup dessicated cocoa-nut mixed ; add two table-spoons sugar and nutmeg to flavor ; bake.—*Mrs. T. B. Johnson, Lagrange, Tenn.*

ENGLISH CARROT PUDDING.

One pound grated carrots, three-fourths pound chopped suet, half pound each raisins and currants, four table-spoons sugar, eight table-spoons flour, and spices to suit the taste. Boil four hours, place in the oven for twenty minutes, and serve with wine sauce.—*Mrs. E. A. W., Washington, D. C.*

DELMONICO PUDDING.

A quart milk, three table-spoons corn-starch dissolved in cold milk, the yolks of five eggs beaten well, six table-spoons sugar. Boil three or four minutes, pour into a pudding-dish and bake about half an hour ; beat whites of eggs with six table-spoons sugar, put over top, and return pudding to oven until it is a delicate brown.—*Mrs. J. Holland, New Castle, Ind.*

ESTELLE PUDDING.

Three eggs well beaten, two and a half table-spoons sugar, two of butter, three-fourths cup sweet milk, one of raisins chopped fine, one table-spoon baking powder, flour to make it the consistency of cake batter ; or, one-half measure each of Horsford's Bread Preparation and one coffee-cup flour ; steam thirty-five minutes, and serve with cold cream sauce.—*Mrs. Andrew Wilson, Rye, N. Y.*

SIMPLE FRUIT PUDDINGS.

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

This pudding is delicious made with Boston or milk crackers, split open, and stewed apricots or peaches, with plenty of juice, arranged as above. Or another way is to toast and butter slices of bread, pour over it hot stewed fruit in alternate layers, and serve warm with rich hot sauce.—*Mrs. L. S. W.*

FIG PUDDING.

Half pound figs, quarter pound grated bread, two and a half

ounces powdered sugar, three ounces butter, two eggs, one tea-cup milk; chop figs fine and mix with butter, and by degrees add the other ingredients; butter and sprinkle a mold with bread-crumbs, pour in pudding, cover closely, and boil for three hours; serve with lemon sauce.—*Florence Woods Hush.*

HALF-HOUR PUDDING.

Beat four table-spoons butter to a cream with half a pint powdered sugar; add the yolks of three eggs, beating them in thoroughly, then a rounded half pint of corn meal, and the whites of the eggs beaten to a stiff froth. Mix well, and bake in a pudding dish, well buttered. Serve hot with sauce.

BOILED INDIAN PUDDING.

Warm a pint of molasses and pint of milk, stir well together, beat four eggs, and stir gradually into molasses and milk; add a pound of beef suet chopped fine, and Indian meal sufficient to make a thick batter; add a tea-spoon pulverized cinnamon, nutmeg and a little grated lemon-peel, and stir all together thoroughly; dip cloth into boiling water, shake, flour a little, turn in the mixture, tie up, leaving room for the pudding to swell, and boil three hours; serve hot with sauce made of drawn butter, wine, and nutmeg.—*Mrs. A. E. Brand, Minneapolis, Minn.*

BAKED INDIAN PUDDING.

A quart sweet milk, an ounce butter, four well-beaten eggs, tea-cup corn meal, half pound raisins, fourth pound sugar; scald milk and stir in meal while boiling; let stand until blood warm, stir all well together; bake one and a half hours, and serve with sauce.—*Mrs. Carrier.*

KISS PUDDING.

Boil one quart sweet milk in custard-kettle, stir into it four heaping table-spoons sugar and four table-spoons corn starch, dissolved in a little cold water or milk, and added to the well-beaten and strained yolks of four eggs. Have the whites of eggs beaten to a stiff froth with tea-cup pulverized sugar and one tea-spoon essence of vanilla, spread on top of pudding, set in a quick oven, and brown; take out, sprinkle with grated cocoa-nut, set dish away in a cool

place; serve cold after three or four hours. The sweet liquor which settles to the bottom in cooling, serves as a sauce.—*Mrs. W E. Baxter.*

LEMON PUDDING.

Stir into yolks of six eggs one cup sugar, half a cup water, and the grated yellow rind and juice of two lemons; soften in warm water six crackers or some slices of cake, lay in bottom of a baking-dish, pour custard over them, bake till firm; beat whites of eggs to a froth, add six table-spoons sugar, and beat well; when custard is done, pour frosting over it, return to the oven and brown. Eat either warm or cold.—*Mrs. Walter Mitchell, Gallipolis.*

DELICIOUS LEMON PUDDING.

The juice and grated rind of one lemon, cup sugar, yolks of two eggs, three well rounded table-spoons flour, a pinch of salt, one pint rich milk; mix the flour and part of the milk to a smooth paste, add the juice and rind of lemon, the cup of sugar, yolks well-beaten, the rest of the milk (after having rinsed out the egg with it), line plate with puff-paste one-fourth inch thick, pour in custard, bake in a quick oven until done. Beat whites to a stiff froth, add two table-spoons sugar, spread over the top, return to oven and brown. Serve with very cold cream; or, for a very nice dish, add whipped cream. This is a rich and not an expensive pudding. The recipe makes sufficient for six.—*Mrs. Col. Woods, Greensburg, Pa.*

MARCH PUDDING.

One cup dried apples, cup molasses, one and one-fourths cup flour, fourth cup butter, one egg, one tea-spoon each of soda and cinnamon, half tea-spoon cloves; wash and soak apples over night, cut fine and mix with water in which they were soaked, add molasses and spice; mix egg, butter and flour together; stir soda with apples and molasses; add and bake immediately; serve hot with sauce made of half cup butter and one cup sugar, beaten smooth and flavored with nutmeg, lemon or vanilla.—*Miss Lizzie March.*

MINUTE PUDDING.

Take sweet milk, or half water and milk, a pinch of salt, let boil, stir in wheat flour, as in making corn-meal mush, until same thickness as mush; remove from fire, and serve at once with sweetened

cream flavored with nutmeg. Some think it improved by adding blackberries, raspberries or cherries, either canned or fresh, just before taking from stove.—*Yankee Girl*.

MOLASSES PUDDING.

Three cups of flour, one each of molasses, melted butter and hot water; one tea-spoon soda; steam three hours; serve with a sauce of butter and sugar worked to a cream, with hot water added to make it the proper consistency, and flavored with vanilla. Some add a tea-cup raisins.—*Mrs. Jenks, Bellefontaine*.

ONE-TWO-THREE-FOUR PUDDING.

One cup butter, two of sugar, three of flour, four eggs (beaten separately), one cup sweet milk, and two tea-spoons baking-powder; flavor with nutmeg, and bake in pudding or cake mold; leave in mold till next day, when steam for three-quarters of an hour over a kettle of boiling water and serve with hot sauce.—*Mrs. C. A. Malin*.

ORANGE PUDDING.

Two large oranges pared and cut in pieces one inch square, put in bottom of pudding dish, pour over them one cup white sugar, then make a plain corn starch pudding without sugar, and pour it over the orange and sugar. Let stand and cool.

PEACH ROLLS.

Stew dried fruit, sweeten, and flavor to taste; make a good baking-powder crust, roll very thin, spread fruit on, putting thin slices of butter on the fruit, roll crust up, place in a pan four or five inches deep, to three or four rolls add one cup sugar, and a half cup butter; pour in hot water enough to cover them. Bake half an hour.—*Mrs. J. D. Simmons, Pontoloc, Miss.*

CHRISTMAS PLUM PUDDING.

One quart seeded raisins, pint currants, half pint citron cut up, quart of apples peeled and chopped, a quart of fresh and nicely chopped beef-suet, a quart of sweet milk, a heaping quart of stale bread-crumbs, eight eggs beaten separately, pint sugar, grated nutmeg, tea-spoon salt; flour fruit thoroughly from a quart of flour, then mix remainder as follows: In a large bowl or tray put the eggs with sugar, nutmeg and milk, stir in the fruit, bread-crumbs

and suet, one after the other until all are used, adding enough flour to make the fruit stick together, which will take about all the quart; dip pudding-cloth in boiling-water, dredge on inside a thick coating of flour, put in pudding and tie tightly, allowing room to swell, and boil from two to three hours in a good-sized pot with plenty of hot water, replenishing as needed from tea-kettle. When done, turn in a large flat dish and send to table with a sprig of holly, or any bit of evergreen with bright berries, stuck in the top. Serve with any pudding-sauce. This recipe furnishes enough for twenty people, but if the family is small, one-half the quantity may be prepared, or it is equally good warmed over by steaming. For sauce, cream a half pound sweet butter, stir in three-quarters pound brown sugar, and the beaten yolk of an egg; simmer for a few moments over a slow fire, stirring almost constantly; when near boiling add a half pint bottled grape-juice, and serve after grating a little nutmeg on the surface.—*Mrs. Ex-Gov. Coke, Texas.*

ENGLISH PLUM PUDDING.

Beat six yolks and four whites of eggs very light, and add to them a tumbler of sweet milk; stir in gradually one-fourth pound grated or chopped stale bread, a pound flour, three-quarters pound sugar, and a pound each of beef-suet chopped very fine, currants nicely washed and dried, and stoned raisins, well floured; stir well, then add two nutmegs, a table-spoon mace, one of cinnamon or cloves, a wine-glass brandy, a tea-spoon salt, and finally another tumbler of milk. Boil in bowls or molds five hours, and serve with sauce made of drawn butter, wine, sugar, and nutmeg. These will keep for months; when wanted, boil one hour before using. A pound of citron or blanched sweet almonds adds to the richness of the pudding, but may be omitted.—*Mrs. Collier, Bellefontaine.*

EGGLESS PLUM PUDDING.

Heaping cup bread-crumbs, two cups flour, one of suet chopped fine, one of raisins, one of molasses, one of sweet milk, table-spoon soda, tea-spoon salt, one of cloves, and one of cinnamon; boil two and a half hours in a two-quart pail, set in a kettle of boiling water or steam for the same time. For sauce take one cup white sugar, butter size of an egg, grated rind of one lemon, and white of an egg.—*Mrs. Mary Lee Gere.*

PRAIRIE PLUM PUDDING.

Stew together a tea-cup raisins and half tea-cup citron; prepare dish with butter, put in layer of sponge-cake (any kind of cake will do, or Boston crackers, sliced and buttered may be used, or even stale Graham bread-crumbs), then a layer of fruit, and so on, with cake or bread for last layer; pour over it custard made of a quart of milk and yolks of four eggs, sweetened to taste; bake until on inserting a knife the milk has become water. Make a frosting of the whites of four eggs and four table-spoons pulverized sugar, spread on pudding, brown in oven, and serve with sauce made of one tea-cup white sugar, two-thirds pint water, one table-spoon butter, one tea-spoon corn-starch mixed smoothly with a little cold milk; let sugar and water boil, add the rest, and allow to boil a few moments, then add the white of one well-beaten egg with one tea-spoon vanilla essence.—*Mrs. M. E. Godard.*

PLUM PUDDING.

Beat together half cup sugar, two eggs and one tea-spoon butter, add three pints sweet milk, a little salt, six crackers rolled fine, one cup raisins, and a half sheet gelatine dissolved in a little water; season with nutmeg or cinnamon. Bake in a pudding-dish.—*Mrs. Dr. Stall, Union City.*

POOR MAN'S PUDDING.

A quart of milk, half tea-cup rice, salt to taste, and one tea-cup sugar (some add table-spoon butter); place in oven while cold, stirring occasionally while the rice is swelling. Bake quite slowly two hours or more. It should be cream-like when done, and must be taken immediately from oven. A good test is to tip dish; if rice and milk move together it is done; if not sufficiently cooked the milk runs; if neither move it is done too much. To vary this, a small cup raisins and a tea-spoon lemon or vanilla may be added. This is a delicious pudding when properly baked, and may be eaten warm or cold with sugar or cream.—*Mrs. Louise Lincoln, New Rutland, Ill.*

PINE-APPLE PUDDING.

Butter a pudding-dish, and line the bottom and sides with slices of stale cake (sponge-cake is best), pare and slice thin a large pineapple, place in the dish first a layer of pine-apple, then strew with

sugar, then more pine-apple, and so on until all is used, pour over a small tea-cup water, and cover with slices of cake which have been dipped in cold water; cover the whole with a buttered plate, and bake slowly for two hours.—*Mrs. Wm. Smith, Jacksonville, Fla.*

POTATO PUDDING.

Boil six good mealy potatoes, mash very fine, beat well with the yolks of five eggs, half pound white sugar, quarter pound butter; beat whites of eggs to stiff froth, add the grated rind and juice of one lemon, stir well, and add a little salt and a pint of good milk or cream; bake an hour and a half; reserve some of the whites of eggs, mix with sugar, and ice the top.—*Mrs. Ex-Governor Ingersoll, Connecticut.*

PRUNE PUDDING.

Scald one pound French prunes, let them swell in the hot water till soft, drain and extract the stones, spread on a dish and dredge with flour; take a gill milk from a quart, stir into it gradually eight table-spoons sifted flour; beat six eggs very light and stir by degrees into the remainder of quart of milk, alternating with the batter; add prunes, one at a time, stir the whole very hard, boil two hours, and serve with wine sauce or cream.—*Mrs. Emma L. Fay.*

QUICK PUFF PUDDING.

Stir one pint flour, two tea-spoons baking-powder, and a little salt into milk until very soft; place in steamer well-greased cups, put in each a spoonful of batter, then one of berries, steamed apples, or any sauce convenient, cover with another spoonful of batter and steam twenty minutes. This pudding is delicious made with fresh strawberries, and eaten with a sauce made of two eggs, half cup butter and cup of sugar, beaten thoroughly with a cup boiling milk and one of strawberries.—*Mrs. B. T. Skinner, Battle Creek, Mich.*

QUEEN OF PUDDINGS.

One pint fine sifted bread-crumbs, one quart milk, one cup sugar, yolks of four eggs, a piece of butter the size of an egg (some add grated rind of lemon); bake until done—but do not allow to become watery—and spread with a layer of jelly. Whip whites of eggs to a stiff froth with five table-spoons sugar, and juice of one lemon, spread on the top and brown. Good with or without sauce, and

very good cold. Make a hard sauce for it as follows: One cup very light brown sugar, half cup butter, half grated rind and the juice of one lemon; beat until very light. Vanilla may be used instead of the lemon.

Or, for cocoa-nut pudding, soak half cup dessicated cocoa-nut in boiling hot milk for half an hour or more, and add to the pudding, baking and finishing as above; or for orange pudding add a half dozen grated oranges.—*Mrs. Prof. R. P. Kiddler, Cape Girardeau, Missouri.*

RICE PUDDING.

To a cup of rice boiled in a custard-kettle in a pint of water (seasoned well with salt) until dry, add a pint of milk in which a little corn starch has been dissolved, and boil again; add the yolks of two eggs beaten with half a cup of sugar, stir well together, and lastly add the juice and grated rind of one lemon. Place in a dish, and bake slowly in the oven; when done, spread over the top the whites beaten with two table-spoons sugar, and brown in oven. A cup of raisins may be added just before baking. Or, after boiling the rice with the milk, eggs, and sugar, add a lump of butter and place a layer of the rice, about an inch thick, in a buttered dish sprinkled with bread-crumbs, then a layer of peaches (either fresh or canned), repeating until dish is full, leaving rice for the last layer; bake slowly for half an hour, and when done, cover with the beaten whites, as above. Or, after preparing the rice as above, add pine-apple, chopped fine, or oranges, or dried cherries; mix thoroughly, and bake and finish as above.—*Mrs. J. R. W., Madison, Wis.*

RICE SNOW BALLS.

Boil one pint rice until soft in two quarts water with a tea-spoon salt; put in small cups, and when perfectly cold place in a dish. Make a boiled custard of the yolks of three eggs, one pint sweet milk, and one tea-spoon corn-starch; flavor with lemon. When cold, pour over the rice-balls half an hour before serving. This is a very simple but nice dessert.—*Miss Louise Skinner.*

SAGO AND APPLE PUDDING.

Pare six apples and punch out the cores, fill holes with cinnamon and sugar, using two tea-spoons cinnamon to a cup of sugar; take

one table-spoon sago to each apple, wash it thoroughly and let soak an hour in water enough to cover the apples, pour water and sago over the apples, and bake an hour and a half.

PUDDING.

One cup molasses, one of sweet milk, one of suet chopped fine, or half a cup melted butter, one of raisins, half cup currants, two and a half cups flour, half tea-spoon soda; mix well, salt and spice to taste, and steam two hours.—*Mrs. S. W. Case, Minneapolis, Minn.*

APPLE TAPIOCA PUDDING.

To half tea-cup of tapioca, add one and one-half pints cold water, let it stand on the fire till cooked clear, stirring to prevent burning, remove, sweeten and flavor with wine and nutmeg; pour the tapioca into a deep dish in which have been placed six or eight pared and cored apples, bake until apples are done, and serve cold with cream.—*Mrs. S. C. Lee.*

WHORTLEBERRY PUDDING.

One quart berries, pint molasses, cup milk, tea-spoon soda, one pound and two ounces flour, one tea-spoon cloves, one of cinnamon, and one nutmeg; boil two and a half hours.—*Mrs. Emma Fay.*

GRANDMA THOMSON'S WHITE PUDDING.

Weigh equal quantities of best beef suet and sifted flour, shave down suet and rub into fine particles with the hands, removing all tough and stringy parts, mix well with the flour, season very highly with pepper, salt to taste, stuff loosely in beef-skins (entrails cleansed like pork-skins for sausage), half a yard or less in length, secure the ends, prick every two or three inches with a darning-needle, place to boil in a kettle of cold water hung on the crane; boil three hours, place on table until cold, after which hang up in a cool place to dry; tie up in a clean cotton bag, and put away where it it will be *both dry and cool*. When wanted for use, cut off the quantity needed, boil in hot water until heated through, take out and place before the fire to dry off and "crisp." The above was considered an "extra" dish at all the "flax scutchings," "quilting frolics," and "log rollings" of a hundred years ago.

The same by measure is as follows: One pint best beef suet to

two pints flour; mix thoroughly, season very highly with pepper and salt, sew up little sacks of cotton cloth half a yard long and three inches wide, fill nearly full, put to boil in hot water, boil from four to six hours; when done, take out, drain, let cool, hang in a dry, cool place, and when wanted for table, cut off as much as needed, put on hot water, boil until cooked through, take out, peel off cloth, put in a pie-pan, set in oven to dry and brown.—*Mrs. E. T. Carson, Mt. Pleasant Farm.*

SAUCES.

BUTTERLESS SAUCE.

Place one half a gill of milk in a pan in boiling water; when scalding put in half a pint of powdered sugar mixed with the yolks of two eggs, stir until thick as boiled custard, take off; when cool add flavoring. Just before serving mix the well-beaten whites lightly with the sauce.

CIDER SAUCE.

Mix two table-spoons butter with an even table-spoon of flour; stir in half a pint of brown sugar, and half a gill of boiled cider; add a gill of boiling water, mix well, let it simmer a few moments; serve hot.

COCOA-NUT SAUCE.

Two table-spoons butter, cup of sugar, table-spoon of flour, milk of one cocoa-nut, with a small piece grated.

CREAM SAUCE.

One tea-cup powdered white sugar, scant half tea-cup butter, half tea-cup rich cream; beat butter and sugar thoroughly, add cream, stir the whole into half tea-cup boiling water, place on stove for a few moments, stirring it constantly, take off and add flavoring.

COLD CREAM SAUCE.

Beat together one cup sugar and half cup butter, and add a cup rich cream. Stir all to a cream, flavoring with vanilla or lemon, and place where it will get very cold before serving.—*Mrs. A. Wilson.*

PLAIN CREAM SAUCE.

One pint cream, three table-spoons brown sugar, and half a small nutmeg grated.

EVERY-DAY SAUCE.

To one pint boiling water, add heaping tea-cup sugar, table-spoon butter (see General Directions), pinch of salt, and table-spoon corn starch dissolved in cold water; season with nutmeg or vanilla, boil half an hour, and if good and well cooked it will be very clear. Or, to a table-spoon of currant jelly, add a table-spoon of hot water; beat well and add to the above just before serving, omitting all other flavoring. Or, add a tea-spoon of raspberry syrup.

FOAMING SAUCE.

Beat whites of three eggs to a stiff froth; melt tea-cup of sugar in a little water, let it boil, stir in one glass wine, and then the whites of the three eggs; serve at once.—*Mrs. Carrie Glazier, Chicago, Ill.*

JELLY SAUCE.

Melt one ounce of sugar and two table-spoons grape jelly over the fire in a half pint of boiling water, and stir into it half a tea-spoon corn starch dissolved in a half cup cold water, let come to a boil, and it will be ready for use. Any other fruit jelly may be used instead of grape.

LEMON SAUCE.

Two cups sugar, two eggs, juice and rind of two lemons; beat all together, and just before serving add pint boiling water; set on stove, and when at boiling point, serve. Never boil sauce after adding lemon, as it makes it bitter. Some add one-third cup butter and table-spoon corn starch.

MAPLE SUGAR SAUCE.

Melt over a slow fire, in a small tea-cup of water, half a pint maple sugar; let it simmer, removing all scum; add four table-spoons butter mixed with a level tea-spoon flour, and one of grated nutmeg; boil for a few moments, and serve with boiled puddings. Or, make a "hard sauce" of one table-spoon butter to two of sugar.

MINNEHAWA SAUCE.

Beat, in a two quart bowl, four table-spoons butter and two thirds pint brown sugar, to a cream, with a wooden spoon; then add four table-spoons sweet cream, then the juice and grated rind

of a large lemon; place the bowl on top of the tea-kettle half full of boiling water; when melted to a thick creamy froth, serve.

ORANGE HARD SAUCE.

Select a thin orange, cut the skin into six equal parts, by cutting through the skin at the stem end and passing the knife around the orange to nearly the blossom end; loosen and turn each piece down and remove the orange. Extract juice and mix it with yellow sugar (prepared by dropping a drop or two of "gold coloring" on white sugar while stirring it) till a ball can be formed, which place inside the orange-peel and serve. The "gold coloring" may be omitted. Lemon sauce may be made in the same way.

PINE-APPLE SAUCE.

Mix two table-spoons butter and four heaping table-spoons sugar (some add white of an egg), flavor with pine-apple (or any other flavoring), form a pyramid, and with a tea-spoon shape it like a pine-apple. Or, to a grated pine-apple add a very little water, simmer until quite tender, mix with it, by degrees, half its weight in sugar, boil gently for five minutes, and serve.

STRAWBERRY SAUCE.

Half tea-cup of butter, one and a half tea-cups of sugar, and one pint of strawberries mashed till juicy. (Canned berries may be substituted for fresh ones). Beat the butter and sugar to a cream; then stir in the berries and the beaten white of an egg.

VINEGAR SAUCE.

One and a half cups sugar, one and a half table-spoons flour in a little water, two table-spoons vinegar, quarter of a grated nutmeg, and a pinch of salt; pour over this one and a half pints boiling water, and boil ten minutes; just before taking from stove add one dessert-spoon of butter.—*Mrs. G. W. Collins, Urbana.*

WHIPPED CREAM SAUCE.

Whip a pint of thick sweet cream, add the beaten whites of two eggs, sweeten to taste; place pudding in center of dish, and surround with the sauce; or pile up in center and surround with molded blanc-mange, or fruit puddings.—*Mrs. Geo. Bever, Cedar Rapids, Ia.*

PRESERVES.

Preserves, to be perfect, must be made with the greatest care. Economy of time and trouble is a waste of fruit and sugar. The best are made by putting only a small amount of fruit at a time in the syrup, after the latter has been carefully prepared and clarified, and the fruit neatly pared. Peel peaches, pears, quinces and apples, and throw into cold water as you peel them to prevent their turning dark. It is difficult to watch a large quantity so as to insure its being done to a turn.

The old rule is "a pound of sugar to pound of fruit;" but since the introduction of cans, three-quarters of a pound of sugar to a pound of fruit is sufficient, and even less is sometimes used, the necessity for an excess of sugar having passed away, as preserves may be less sweet, with no risk of fermentation, if sealed. Either tin or glass cans may be used, care being taken to make the sealing perfect.

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

ened. Another approved method of hardening fruit is to skim it out of syrup after cooking a few minutes, and lay it in the hot sun two or three hours, and then pour over it the boiling syrup. Long protracted boiling destroys the pleasant natural flavor of the fruit, and darkens it.

Preserves should boil gently to avoid the danger of burning, and in order that the sugar may thoroughly penetrate the fruit. A good syrup is made in the proportion of half pint water to a pound of sugar. Use loaf or granulated sugar. Put the sugar and water over the fire in a porcelain kettle, and, just before it boils, stir in the white of an egg beaten lightly with two table-spoons water; and, as it begins to boil, remove the scum with great care; boil until no more scum arises, and then add fruit. Or the white of the egg may be mixed thoroughly with the dry sugar in the kettle, and the boiling water poured over, when all impurities will immediately rise to the surface with the egg, then boil slowly, or rather simmer, until the preserves are clear. Take out each piece with a skimmer and lay on a flat dish to cool, or else put in the jars at once. Stew the syrup, skimming off the scum which rises, until it "ropes" from the spoon. If the preserves are already in the jar pour the syrup over them and seal; if on dishes, return them to the syrup and boil up once before putting up. This is merely a matter of choice, and we have never found any difference in the results of the two methods. Preserves may be made from canned fruit (and some prefer to do this rather than make in the hot season), using less sugar than the rule. When preserving canned peaches or apples, it is an improvement to add a few sliced oranges or lemons. When berries or small fruits are done, take up with a little strainer, and place in cans; if a cup is used, it is impossible to free them from the syrup.

Marmalades, or the different butters, will be smoother and better flavored, and will require less boiling, if the fruit (peaches, quinces, oranges and apples make the best) is well cooked and mashed before adding either sugar or cider. It is important to stir constantly with an apple-butter stirrer.

In making either preserves or marmalades, follow the directions as regards kettle, sugar, and putting up, already given for jellies and jams, covering at once, but not putting away till cold. When

preserves are candied, set jar in kettle of cold water, and let boil for an hour; or put them in a crock kept for that purpose, set in oven and boil a few minutes, watching carefully to prevent burning. When specks of mold appear, take them off carefully, and scald preserves as above directed.

Dried fruits are much better and require less boiling, if clean soft water is poured over them and allowed to stand over night. In the morning boil until tender in the water, sweetening five minutes before removing from the stove.

To dry corn or fruits nicely, spread in shallow boxes or box covers, and cover with mosquito netting to prevent flies reaching them. When dry, put up in jars and cover closely, or in paper sacks. Dried peaches are better when halved and the cavities sprinkled with sugar in drying. The fruit must be good, however, as poor fruit can not be redeemed by any process. Another excellent way is to dry them in the oven, and, when about half done, place in a crock a layer of peaches alternately with a layer of sugar. Cherries and currants are excellent dried as follows: Put in jars first a layer of fruit, then a layer of sugar, in the proportion of half a pound sugar to pound of fruit, let stand over night, place them to boil, skimming off all scum, let boil ten or fifteen minutes, skim out and spread on dishes to dry in the sun, or by the fire, turning frequently until dry; then place on pans in oven, stirring with the hand often until the heat is too great to bear. They may then be packed in jars with sugar, or put away in paper sacks, or stone crocks with a cloth tied close over the top, and are an excellent substitute for raisins in puddings or mince-pies.

The secret of keeping dried fruit is to *exclude the light*, and to keep in a *dry and cool* place. Paper sacks, or a barrel or box lined with paper, are secure against moths. Reheating fruit makes it dark in color, and impairs its flavor. Always fill a fruit-can, and keep for present use, to avoid opening the large jars often.

APPLE PRESERVES.

Take three-quarters of a pound sugar to each pound apples; make a syrup of the sugar and water in which root ginger (bruised and

tied in a bag) has been boiled until the strength is well extracted, add a little lemon-juice or sliced lemon, skim off all scum, and boil in the syrup a few apples at a time, until they are transparent, and place in jar. When all are done, boil the syrup until thick, pour, boiling hot, over the apples, and cover closely. Well-flavored fruit, not easily broken in cooking, should be used. The ginger may be omitted if disliked.

CARROT SWEETMEATS.

Boil small fine-grained carrots in water till tender; peel and grate, add sugar, slips of citron, spices if preferred, and wine; simmer slowly together and put away in jars. Very wholesome for children and very much liked. The juice from any canned fruit sold would take the place of the simple wine used here—the alcoholic mixtures sold in America being utterly unfit for household consumption.—*Mrs. S. Williston, Heidelberg, Germany.*

CHERRY PRESERVES.

Choose sour ones—the early Richmond is good—seed all very carefully, allow an amount of sugar equal to the fruit; take half the sugar, sprinkle over the fruit, let stand about an hour, pour into a preserving-kettle, boil slowly ten minutes, skim out the cherries, add rest of sugar to the syrup, boil, skim and pour over the cherries; the next day drain off the syrup, boil, skim if necessary, add the cherries, boil twenty minutes, and seal up in small jars.—*Mrs. J. M. Southard.*

CITRON PRESERVES.

Pare off rind, seed, cut in thin slices two inches long, weigh, and put in preserving kettle with water enough to cover; boil one hour, take out the melon, and to the water in kettle add as much sugar as there is melon by weight, boil until quite thick, replace melon, add two sliced lemons to each pound of fruit, boil twenty minutes, take out, boil syrup until it is very thick molasses, and pour it over the fruit.—*Mrs. J. H. Robinson, Kenton, Ohio.*

FIG PRESERVES.

Gather fruit when fully ripe, but not cracked open; place in a perforated tin bucket or wire basket, and dip for a moment into a deep kettle of hot and moderately strong lye (some prefer letting

them lie an hour in lime-water and afterwards drain); make a syrup in proportion of one pound sugar to one of fruit, and when the figs are well drained, put them in syrup and boil until well cooked; remove, boil syrup down until there is just enough to cover fruit; put fruit back in syrup, let all boil, and seal up while hot in glass or porcelain jars.—*Ex-Gov. Stearns, Florida.*

GRAPE PRESERVES.

Pick grapes from the stems, pop pulps from the skins, doing two at a time, one in each hand between the thumb and forefinger. Put pulp in a porcelain kettle and stew gently until the seeds are loosened; then strain and rub it through a sieve, weigh it with the skins, and to every pound of this allow one pound of granulated sugar. Put skins and juice in kettle, cover closely, and cook slowly until the skins are tender; while still boiling add the sugar, and move the kettle back, as it must not boil again; keep very hot for fifteen minutes, then, seeing that the sugar is thoroughly dissolved, pour the fruit in cans, and screw down the covers as soon as possible.

PEAR PRESERVES.

Pare, cut in halves, core and weigh (if hard, boil in water until tender, and use the water for the syrup), allow three-quarters pound sugar for each pound fruit, boil a few moments, skim, and cool; when luke-warm add pears, and boil gently until syrup has penetrated them and they look clear; some of the pieces will cook before the rest, and must be removed; when done, take out, boil down syrup a little and pour over them; a few cloves stuck here and there in the pears add a pleasant flavor. Put in small jars with glass or tin tops, and seal with putty.—*Miss Florence Williams.*

PEACH PRESERVES.

Take any fine peaches that do not mash readily in cooking, pare carefully and remove pits; take sugar equal in weight to fruit, (or if to be sealed, three-quarters pound sugar to the pound of fruit), and water in proportion of a half pint to each pound of sugar. Boil pits in the water, adding more as it evaporates, to keep the proportion good, remove pits, add the sugar, clarify, and when the scum ceases to rise, add the fruit, a small quantity at a time; cook slowly about ten minutes, skim out into a jar, add more, and so on

until all are done, and then pour the boiling syrup over all. The next day drain off and boil syrup a few minutes only, and pour back, repeating daily until the fruit looks clear. Two or three times is generally sufficient. The last time put up the preserves in small jars, and secure with paper as directed for jellies. If to be sealed in cans, the first boiling is sufficient, after which put ² into cans and seal immediately. The latter plan is preferable, as it takes less trouble and less sugar, while the natural flavor of the fruit is better retained. Many think peach preserves much nicer if made with maple sugar. Clingstone peaches are preserved in the same way whole, except that they must be put on in clear water and boiled until so tender that they may be pierced with a silver fork before adding the sugar.

PLUM PRESERVES.

Allow equal weights sugar and plums; add sufficient water to the sugar to make a thick syrup, boil, skim, and pour over the plums (previously washed, pricked and placed in a stone jar), and cover with a plate. The next day drain off syrup, boil, skim, and pour in over plums; repeat this for three or four days, place plums and syrup in the preserving-kettle, and boil very slowly for half an hour. Put up in stone jars, cover with papers like jellies, or seal in cans.—*Mrs. J. H. Shearer.*

PLUM SWEETMEATS.

When Damson plums are perfectly ripe, peel and divide them, taking out the stones; put them over a gentle heat to cook in their own juice; when soft rub them through a sieve, and return to the stove, adding just enough sugar to sweeten, a little cinnamon, and, when nearly done, wine in quantity to suit the taste. This is done more to keep the sweetmeats than for the flavor, as self-sealing cans are not used here, and all preserves are pasted up with the white of eggs. The common wine of the country is thin and sour and is much used in cookery.—*Mrs. L. S. Williston, Heidelberg, Germany.*

QUINCE AND APPLE PRESERVES.

Take equal weights of quinces and sugar, pare, core, leave whole or cut up, as preferred, boil till tender in water enough to cover, carefully take out and put on a platter, add sugar to the water,

replace fruit and boil slowly till clear, place in jars and pour syrup over them. To increase the quantity without adding sugar, take half or two-thirds in weight as many fair sweet apples as there are quinces, pare, quarter, and core; after removing quinces, put apples into the syrup, and boil until they begin to look red and clear, and are tender; place quinces and apples in jar in alternate layers, and cover with syrup. For the use of parings and cores, see "Quince Jelly." Apples alone may be preserved in the same way.

STRAWBERRY PRESERVES.

Put two pounds of sugar in a bright tin-pan over a kettle of boiling water, and pour into it half a pint of boiling water; when the sugar is dissolved and hot, put in fruit, and then place the pan directly on the stove or range; let boil ten minutes or longer if the fruit is not clear, gently (or the berries will be broken) take up with a small strainer, and keep hot while the syrup is boiled down until thick and rich; drain off the thin syrup from the cans, and pour the rich syrup over the berries to fill, and screw down the tops immediately. The thin syrup poured off may be brought to boiling, and then bottled and sealed, to be used for sauces and drinks.

TOMATO PRESERVES.

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

WATERMELON PRESERVES.

Pare off outside green rind, cut in pieces two inches long, weigh, throw into cold water, skim out, add a heaping tea-spoon each of salt and pulverized alum to two gallons of rinds, let stand until salt and alum dissolve, fill the kettle with cold water, and place on top of stove where it will slowly come to boiling point, covering with a large plate so as to keep rinds under; boil until they can be easily pierced with a fork, drain them from the water, and put into a syrup

previously prepared as follows : Bruise and tie in a muslin bag four ounces of ginger-root, and boil in two or three pints of water until it is strongly flavored. At the same time boil in a little water until tender, in another pan, three or four sliced lemons ; make a syrup of the sugar and the water in which the lemons and the ginger-root were boiled, add the rinds and slices of lemon to this and boil slowly half to three-quarters of an hour. Citrons may be prepared in the same way, by paring, coring and slicing, or cutting into fanciful shapes with tin cutters made for the purpose.

APPLE BUTTER.

Boil one barrel of new cider down half, peel and core three bushels of good cooking apples ; when the cider has boiled to half the quantity, add the apples, and when soft, stir constantly for from eight to ten hours. If done it will adhere to an inverted plate. Put away in stone jars (not earthen ware), covering first with writing-paper cut to fit the jar, and press down closely upon the apple butter ; cover the whole with thick brown paper snugly tied down.—*Miss Sarah Thomson, Delaware.*

EGG BUTTER.

Boil a pint of molasses slowly about fifteen or twenty minutes, stirring to prevent burning, add three eggs well beaten, stirring them in as fast as possible, boil a few minutes longer, partially cool, and flavor to taste with lemon.—*Mrs. Colbert, Broadway.*

LEMON BUTTER.

Tea-cup white sugar, three eggs, butter the size of half an egg, beat well together ; add juice and grated rind of one large lemon, place in a pan set in a kettle of hot water, stir well until thick. This may be made up in quantity, kept for a long time in bottles or jars, and used as needed for filling tarts, etc.

PUMPKIN BUTTER.

Take the seeds out of one pumpkin, cut in small pieces and boil soft ; take three other pumpkins, cut them in pieces and boil them soft, put them in a coarse bag and press out juice ; add juice to first pumpkin, and let boil ten hours or more, to become of the thickness of butter ; stir often. If the pumpkins are frozen, the juice will come out much easier.

PIE-PLANT BUTTER.

Allow one pound of sugar to each pound of peeled and cut up rhubarb ; let the rhubarb and sugar simmer gently for an hour, or more if the rhubarb is old and tough. This is a nice preserve, and children should be encouraged to eat it during the winter.

ORANGE MARMALADE.

Twelve pounds sour oranges, twelve pounds crushed sugar ; wash the oranges and pare them as you would apples ; put the peel in a porcelain-lined kettle with twice its bulk or more of cold water ; keep it covered, and boil until perfectly tender ; if the water boils away, add more ; the peel is generally very hard, and requires several hours boiling ; cut the oranges in two crosswise, and squeeze out the juice and the soft pulp, have a pitcher with a strainer in the top, place in a two-quart bowl, squeeze the thin juice and seeds in the strainer and the rest with the pulp in the bowl, drawing the skin as you squeeze it over the edge of the tin strainer, to scrape off the pulp, then pour all the juice and pulp on the sugar ; the white skins must be covered with three quarts of cold water, and boiled half an hour, drain the water on the sugar, put the white skins in the colander, four or five together, and pound off the soft part, of which there must be in all two pounds and four ounces, put this with the sugar and juice ; when the peel is tender drain it from the water, and choose either of these three modes : Pound it in a mortar, chop it in a bowl, or cut it in delicate shreds with a pair of scissors. There is still another way, which saves the necessity of handling the peel after it is boiled ; it is to grate the yellow rind from the orange, then tie it in a muslin bag, and boil until soft, which you can tell by rubbing a little of it between the thumb and finger ; it is then ready for the other ingredients ; put the whole in a porcelain kettle, or in a bright tin preserving-pan, and boil about an hour ; when it begins to thicken it must be tried occasionally, by letting a little cool in a spoon laid on ice. To prevent its burning, pass the spoon often over the bottom of the kettle ; when it is thick as desired put it in tumblers and cover with paper.—*Mrs. Elizabeth S. Miller in "In the Kitchen."*

PEACH MARMALADE.

Choose ripe, well-flavored fruit, and it is well to make with pre-

serves, reserving for marmalade those that are too soft. The flavor is improved by first boiling the pits in the water with which the syrup is to be made. Quarter the peaches and boil thirty minutes before adding sugar, stirring almost constantly from the time the peaches begin to be tender; add sugar in the proportion of three-fourths pound sugar to one pound fruit, continue to boil and stir for an hour longer, and put up in jars, pressing paper over them as directed for jellies.

QUINCE MARMALADE.

Pare, quarter and core quinces, cut in little squares, measure and allow an equal amount of sugar; place the fruit in a porcelain kettle with just water enough to cover, boil till tender, and skim out carefully; make a syrup of the sugar and the water in which the quinces were boiled, let come to boiling point, skim well, and drop the quinces gently in; boil fifteen minutes and dip out carefully into jelly-bowls or molds. The syrup forms a jelly around the fruit so that it can be turned out on a dish, and is very palatable as well as ornamental. In this way quinces too defective for preserves may be used.—*Mrs. Mary A. Cooper.*

DRIED APPLE SAUCE.

Look over, wash thoroughly and soak fifteen minutes in clean warm water; drain, cover with cold soft water, place on the stove, let boil slowly two to four hours, mash fine, sweeten, and season with cinnamon very highly. Never add sugar until about five minutes before removing from the stove, otherwise the fruit will be toughened and hardened. Follow the same direction in preparing dried peaches, only do not mash or season so highly. Cook in porcelain, and do not stir while cooking.

BOILED CIDER APPLE SAUCE.

Pare, quarter and core apples sufficient to fill a gallon porcelain kettle, put in it a half gallon boiled cider, let it boil. Wash the apples and put in kettle, place a plate over them, and boil steadily but not rapidly until they are thoroughly cooked, testing by taking one from under the edge of the plate with a fork. Do not remove the plate until done, or the apples will sink to the bottom and burn. Apples may be cooked in sweet cider in the same way.—*Mrs. W. W. W.*

PRESERVED CITRON.

Boil the citron in water until it is clear and soft enough to be easily pierced with a fork; take out, put into a nice syrup of sugar and water, and boil until the sugar has penetrated it. Take out and spread on dishes to dry slowly, sprinkling several times with powdered sugar, and turning until it is dried enough. Pack in jars or boxes with sugar between the layers.

TOMATO FIGS.

Scald and skin pear-shaped (or any small-sized) tomatoes, and to eight pounds of them add three pounds brown sugar; cook without water until the sugar penetrates and they have a clear appearance, take out, spread on dishes, and dry in the sun, sprinkling on a little syrup while drying; pack in jars or boxes, in layers with powdered sugar between. Thus put up they will keep for any length of time, and are nearly equal to figs. Peaches may be preserved in the same way.—*Mrs. John Samuels, Covington, Ky.*

DRIED CURRANTS.

One pint sugar to a pint of stemmed ripe currants; put them together in a porcelain kettle, a layer of currants at the bottom; when the sugar is dissolved, let them boil one or two minutes, skim from the syrup, and spread on plates to dry in a partly cooled oven. Boil the syrup until thickened, pour it over the currants, and dry it with them. Pack in jars and cover closely. Blackberries may be dried in the same manner. An economical way of making jelly is to boil liquid, skimming well, after currants are taken out, until it becomes jelly, and then put away in jelly glasses.

PICKLES.

In making pickles use none but the best cider vinegar, and boil in a porcelain kettle—never in metal. A lump of alum size of a small nutmeg, to a gallon of cucumbers, dissolved and added to the vinegar when scalding the pickles the first time, renders them crisp and tender, but too much is injurious. Keep in a dry, cool cellar, in glass or stoneware; look at them frequently and remove all soft ones; if white specks appear in the vinegar, drain off and scald, adding a liberal handful of sugar to each gallon, and pour again over the pickles; bits of horse-radish and a few cloves assist in preserving the life of the vinegar. If put away in large stone jars, invert a saucer over the top of the pickles, so as to keep them well under the vinegar. The nicest way to put up pickles is bottling, sealing while hot, and keeping in a cool, dark place. Many think that mustard-seed improves pickles, especially chopped, bottled, and mangoes, but use it, as well as horse-radish and cloves, sparingly. Never put up pickles in any thing that has held any kind of grease, and never let them freeze. Use an oaken tub or cask for pickles in brine, keep them well under, and have more salt than will dissolve, so that there will always be plenty at the bottom of the cask. The brine for pickles should be strong enough to bear an egg; make it in the proportion of a heaping pint of coarse salt to a gallon of water. Use coarse salt, and test pickles by tasting before putting on vinegar (they should be of a pleasant saltness); if not salt enough, add salt to brine and allow them to stand until they have acquired the proper flavor; if too salt, cover with weak vinegar, and let stand for two or three days, drain, adding strong vinegar, either hot or cold according to recipes, and finish as directed. In the case of kegs of cucumbers kept in brine for a long time, to be used when needed, it is better to err in using too much salt, as this may be corrected by adding the weak vinegar, but if not sufficiently salted the pickles will be insipid. In scalding

cucumber pickles to green them, some use cabbage leaves, covering bottom, sides, and top of kettle. A medium spicing for a quart of pickles is a level tea-spoon of peppercorns (whole black peppers), the same of allspice, a table-spoon of broken stick cinnamon, half a tea-spoon of cloves, mustard seed, or horse-radish chopped fine, and one piece of ginger root, an inch long. If ground cayenne pepper is used instead of whole peppers, an eighth of a tea-spoon is enough. A better substitute for peppercorns is garden-peppers cut in rings, in proportion of two rings of green and one of red without seeds, or a level tea-spoon, when finely chopped, to a quart of pickles. These proportions may be increased or decreased to suit the taste, taking care not to put in so much of any one as to make its flavor predominate. Ginger is the most wholesome of the spices. Cloves are the strongest, mace next, then allspice and cinnamon, and, of course, less of the stronger should be used. Pickles are not famous for wholesome qualities, even when made with the greatest care, but if they must be eaten, it is best to make them at home. Those sold in market are often colored a beautiful green with sulphate of copper, which is a deadly poison, or are cooked in brass or copper vessels, which produces the same result in an indirect way. Scalding or parboiling articles to be pickled makes them absorb the vinegar more easily, but does not add to their crispness. Before putting them in vinegar, after parboiling, they should be cold and *perfectly dry*. Always use strong vinegar, or the pickles will be insipid, and it should be scalding hot when poured on, as raw vinegar becomes ropy and does not keep well. The fact that the heating causes it to lose some strength is an additional reason why it should be very strong in the beginning. Keep pickles from the air, and see that the vinegar is at least two inches over the top of pickles in the jar. A *dry* wooden spoon or ladle should be used in handling pickles, and is the only one that should touch pickles in the jars. If the vinegar loses its strength it should be replaced by good, poured over scalding hot.

PICKLED ARTICHOKEs.

Rub off outer skin with a coarse towel, and lay in salt water for a day, drain and pour over them cold spiced vinegar, adding a tea-spoon of horse-radish to each jar.

BEAN PICKLES.

Pick green beans of the best variety, when young and tender, string, and place in a kettle to boil, with salt to taste, until they can be pierced with a fork, drain well through a colander, put in a stone jar, sprinkle with cayenne pepper, and cover with strong cider vinegar; sugar may be added if desired.

BOTTLED PICKLES.

Wash and wipe a half bushel of medium-sized cucumbers, suitable for pickling, pack close in a stone jar, sprinkle over the top one pint of salt, pour over a sufficient quantity of boiling water to cover them, place a cloth over the jar, and let stand until cold (if prepared in the evening, let stand all night), drain off the water, and place the pickles on stove in cold vinegar, let them come to a boil, take out, place in a stone jar, and cover with either cold or hot vinegar. They will be ready for use in a few days, and are excellent. It is an improvement to add a few spices and a small quantity of sugar.

To bottle them, prepare with salt and boiling water as above, drain (when cold), and place a gallon at a time on a stove in enough cold vinegar to cover level (need not be very strong), to which a lump of alum about the size of a small hickory-nut (too much is injurious) has been added. Have on stove, in another kettle, a gallon of the very best cider vinegar, to which add half a pint of brown sugar; have bottles cleansed and placed to heat on stove in a large tin-pan of cold water; also have a tin cup or small pan of sealing-wax heated; on table, have spices prepared in separate dishes, as follows: Green and red peppers sliced in rings; horse-radish roots washed, scraped, and cut in small pieces, black and yellow mustard seed (or this may be left out), each prepared by sprinkling with salt and pouring on some boiling water, which let stand fifteen minutes and then draw off; stick cinnamon washed free from dust, and broken in pieces, and a few cloves. When pickles come to boiling point, take out and pack in bottles, mixing with them the spices (use the cloves, horse-radish and mustard seed, sparingly); put in a layer of pickles, then a layer of spices, shaking the bottles occasionally so as to pack tightly; when full cover with the

boiling hot vinegar from the other kettle (using a bright funnel and bright tin cup), going over them a second time and filling up, in order to supply shrinkage, for the pickles must be entirely covered with the vinegar. Put in the corks, which should fit very snugly, lift each bottle (wrap a towel around it to prevent burning the hands), and dip the corked end into the hot sealing-wax; proceed in this manner with each bottle, dipping each a second time into the wax so that they may be perfectly secure. If corks seem too small, throw them in boiling water; if too large, pound the sides with a hammer. The tighter they fit in the bottles the better for the pickles. Glass cans, the tops or covers of which have become defective, can be used by supplying them with corks. Pickles thus bottled are far more wholesome than, and are really superior to, the best brand of imported pickles, and, by having materials in readiness, prepared as directed, the process is neither difficult nor tedious. It requires two persons to successfully bottle pickles.—*Mrs. Florence W. Hush, Minneapolis.*

CHOW CHOW PICKLES.

Let two hundred small cucumbers stand in salt and water closely covered for three days. Boil for fifteen minutes in half a gallon best cider vinegar, one ounce white mustard seed, one of black mustard seed, one of juniper berries, one of celery seed (tying each ounce separately in swiss bags), one handful small green peppers, two pounds sugar, a few small onions, and a piece alum half the size of a nutmeg; pour the vinegar while hot over the cucumbers, let stand a day, repeating the operation three or four mornings. Mix one-fourth pound mustard with the vinegar, pour over cucumbers, and seal up in bottles.—*Mrs. Ada Estelle Bever.*

CHOW CHOW.

One peck of green tomatoes, half peck string beans, quarter peck small white onions, quarter pint green and red peppers mixed, two large heads cabbage, four table-spoons white mustard seed, two of white or black cloves, two of celery seed, two of allspice, one small box yellow mustard, pound brown sugar, one ounce of turmeric; slice the tomatoes and let stand over night in brine that will bear an egg; then squeeze out brine, chop cabbage, onions and beans, chop

tomatoes separately, mix with the spices, put all in porcelain kettle, cover with vinegar, and boil three hours.—*Miss Lou Browne, Washington City.*

CAULIFLOWER PICKLES.

Choose such as are fine and of full size, cut away all the leaves, and pull away the flowers by bunches; soak in brine that will float an egg for two days, drain, put in bottles with whole black pepper, allspice, and stick cinnamon; boil vinegar, and with it mix mustard smoothly, a little at a time and just thick enough to run into the jars, pour over the cold cauliflower and seal while hot. An equal quantity or less of small white onions, prepared as directed in recipe for onion pickles, may be added before the vinegar is poured over.—*Mrs. Col. W. P. Reid, Delaware.*

CELERY PICKLES.

Put together in a porcelain-lined kettle two quarts chopped white cabbage, two quarts chopped celery, three quarts vinegar, half ounce each of crushed white ginger root and turmeric, fourth pound white mustard seed, two table-spoons salt, five of sugar; cook slowly several hours until cabbage and celery are tender.

CUCUMBER PICKLES.

Cover the bottom of cask with common salt; gather the cucumbers every other day, early in the morning or late in the evening, as it does not injure the vines so much then as in the heat of the day; cut the cucumbers with a short piece of the stem on, carefully laying them in a basket or pail so as not to bruise; pour cold water over and rinse, being careful not to rub off the little black briars, or in any way to bruise them, as that is the secret of keeping them perfectly sound and good for any length of time. Lay them in a cask three or four inches deep, cover with salt, and repeat the operation until all are in; pour in some water with the first layer—after this the salt will make sufficient brine. Now spread a cloth over them, then a board with a stone on it. When a new supply of cucumbers is to be added, remove stone, board and cloth, wash them very clean, and wipe every particle of scum from the top of the pickles and the sides of the cask; throw away any soft ones, as they will spoil the rest; now put in the fresh cucumbers, layer by layer, with salt to cover each layer. When cask is nearly full,

cover with salt, tuck cloth closely around the edges, placing the board and weight on top; cover cask closely, and the pickles will be perfect for two or three years. Cucumbers must always be put in the salt as soon as picked from the vines, for if they lie a day or two they will not keep. Do not be alarmed at the heavy scum that rises on them, but be careful to wash all off the board and cloth. When wanted for pickling, take off weight and board, carefully lift cloth with scum on it, wash stone, board and cloth clean, and wipe all scum off the cucumbers and sides of cask, take out as many as are wanted, return the cloth, board and weight, and cover closely. Place the cucumbers in a vessel large enough to hold two or three times as much water as there are pickles, cover with cold water (some use hot), change the water each day for three days, place the porcelain kettle on the fire, fill half full of vinegar (if vinegar is very strong add half water), fill nearly full of cucumbers, the largest first and then the smaller ones, put in a lump of alum the size of a nutmeg, let come to a boil, stirring with a wire or wooden spoon so as not to cut the cucumbers; after boiling one minute, take out, place in a stone jar, and continue until all are scalded, then pour over them cold vinegar. In two or three days, if the pickles are too salt, turn off the vinegar and put on fresh, add a pint of brown sugar to each two gallons pickles, a pod or two of red pepper, a very few cloves, and some pieces of horse-radish. The horse-radish prevents a white scum from rising.

CHOPPED PICKLES.

Take a peck green tomatoes, wash clean, cut away a small piece from each end, slice and place in a large wooden bowl, chop fine, place in a crock and mix salt with them (half pint to a peck), let stand twenty-four hours, and drain thoroughly; take twice or three times as much cabbage as there is chopped tomatoes, chop fine, mix salt in same proportions, add enough water to make moist, and let stand same time as tomatoes; drain, place again in separate jars, cover each with cold weak vinegar; after twenty-four hours drain well, pressing hard to extract all the juice; mix tomatoes and cabbage together, take a double handful at a time, squeeze as tightly as possible, and place in a dry crock; take the stone jar in which

they are to be pickled, place in it a layer of tomatoes and cabbage, scatter over with chopped peppers, whole mustard seed, and horse-radish, then another layer of tomatoes and cabbage, next spice, and so on until jar is almost full, occasionally sprinkling with cayenne pepper; cover with strong cider vinegar, to each gallon of which a tea-cup of sugar has been added. Place a saucer or pieces of broken china on the pickles to keep them under the vinegar. If a white scum rises, drain off vinegar, boil, skim, and pour hot over the pickles. Prepare mustard, peppers, and horse-radish, as follows: Take three green or ripe garden peppers (four table-spoons when chopped), cut in two, place in salt water over night, the next morning drain and chop quite fine; to two table-spoons mustard-seed add salt-spoon salt, pour in boiling water, let stand fifteen minutes and drain; two table-spoons horse-radish chopped fine. Tomatoes and onions are excellent prepared in the same way. For sliced pickles, take cucumbers and onions, or tomatoes and onions, and slice and prepare as above.—*Mrs. W. W. W.*

MANGOES.

Select green or half grown muskmelons; remove a piece the length of the melon, an inch and a half wide in the middle and tapering to a point at each end; take out seeds with a tea-spoon, secure one end of each piece to its own melon by a stitch made with a needle and white thread. Make a brine of salt and cold water strong enough to float an egg, pour it over them, and after twenty-four hours take them out. For filling, use chopped tomatoes, and chopped cabbage prepared as in "Chopped Pickles," small cucumbers, small white onions, and nasturtium pods, each prepared by remaining in salt water in separate jars twenty-four hours; add also green beans boiled in salt water until tender. For spice, use cinnamon-bark, whole cloves, chopped horse-radish, cayenne pepper, mustard seed, the latter prepared as directed in "Chopped Pickles." Prepare three or four times as much cabbage and tomatoes as of other articles, as any part left over may be placed in jar with vinegar poured over, and is ready for the table. Use one, or, if small, two cucumbers, two or three onions, and the same quantity of bean and nasturtium pods, placing them in mango first, with two or three

cloves, three or four sticks of cinnamon an inch long, and half a tea-spoon horse-radish, and filling up afterward with the chopped cabbage or tomatoes (mixing, or using them separately in alternate melons) pressing down very firmly, so that the mango is filled tight, sprinkling on the cayenne pepper last. Sew in the piece all around in its proper place with strong white thread; when all are thus prepared, place in a stone crock, cover with weak cider-vinegar, let remain over night; in the morning place the mangoes, and the vinegar in which they were soaked, in a porcelain kettle, boil half an hour, place in a jar, cover with good strong cider vinegar, let stand all night; in the morning drain off vinegar and boil it, adding one pint of sugar to each gallon, and pour boiling hot over the mangoes; drain off and boil the vinegar three or four times, and they are done. This is not the usual way of preparing mangoes, but it is much the best. To pickle nasturtiums, soak as collected in salt and water for twenty-four hours, drain, and put into cold vinegar; when all the seed is thus prepared, drain, and cover with fresh boiling-hot vinegar.

PEACH MANGOES.

Take unpared, fine, large peaches (free-stones); with a knife extract the stone from the side, place in jar, pour over them boiling water salted to taste, let stand twenty-four hours; drop into fresh cold water and allow to remain ten or fifteen minutes; wipe very dry, fill each cavity with grated horse-radish and white mustard-seed (prepared as directed in recipe for "Chopped Pickles), a small piece of ginger-root, and one or two cloves; sew up, and place in a stone jar as close together as possible. Make a syrup in proportion of one pint sugar to three pints vinegar; pour, boiling hot, over them. They will be ready for use in a week, and are very fine.

FRENCH PICKLES.

One peck green tomatoes sliced, six large onions sliced; mix these and throw over them one tea-cup of salt, and let them stand over night; next day drain thoroughly and boil in one quart vinegar mixed with two quarts of water, for fifteen or twenty minutes. Then take four quarts vinegar, two pounds brown sugar, half pound white mustard-seed, two table-spoons ground allspice, and the

same of cinnamon, cloves, ginger, and ground mustard; throw all together and boil fifteen minutes.—*Mrs. President R. B. Hayes, Washington, D. C.*

PICKLED ONIONS.

Select small silver-skinned onions, remove with a knife all the outer-skins, so that each onion will be perfectly white and clean. Put them into brine that will float an egg for three days, drain, place in jar, first a layer of onions three inches deep, then a sprinkling of horse-radish, cinnamon bark, cloves, and a little cayenne pepper; repeat until jar is filled, in proportion of half a tea-spoon cayenne pepper, two tea-spoons each chopped horse-radish and cloves, and four table-spoons cinnamon bark, to a gallon of pickles; bring vinegar to boiling point; add brown sugar in the proportion of a quart to a gallon, and pour hot over the onions.—*Estelle Woods Wilcox.*

PICCALILLI.

One large white cabbage, fifty small cucumbers, five quarts small string-beans, eight small carrots, one dozen sticks celery, five red peppers, three green peppers, two heads cauliflower; chop fine, soak over night in salt and water, wash well, drain thoroughly, and pour over them hot vinegar spiced with mace, cinnamon and all-spice; turn off vinegar and scald until safe to leave like common pickles; or seal in can while hot.—*Mrs. W. L.*

PYFER PICKLES.

Salt pickles down dry for ten days, soak in fresh water one day; pour off water, place in porcelain kettle, cover with water and vinegar, and add a tea-spoon pulverized alum (to each gallon); set over night on a stove which had fire in during the day; wash and put in a jar with cloves, allspice, pepper, horse-radish and onions or garlic; boil fresh vinegar and pour over all; in two weeks they will be ready for use. These pickles are always fresh and crisp, and are made with much less trouble than in the old-fashioned way by keeping in brine.—*Mrs. E. M. R.*

PICKLED PEPPERS.

Take large green ones (the best variety is the sweet pepper), make a small incision at the side, take out all the seeds, being careful not to mangle the peppers; soak in brine that will float an egg

for two days, changing water twice; stuff with chopped cabbage, or tomatoes seasoned with spice as for mangoes (omitting the cayenne pepper), or a mixture of nasturtiums, chopped onions, red cabbage, grapes, and cucumbers, seasoned with mustard-seed and a little mace. Sew up incision, place in jar, and cover with cold-spiced vinegar.

SPANISH PICKLES.

One dozen cucumbers, four heads of cabbage, one peck green tomatoes, one dozen onions, three ounces white mustard-seed, one ounce celery seed, one ounce turmeric, one box Coleman's mustard, two and a half pounds brown sugar. Let the cucumbers stand in brine that will float an egg three days; slice the onions, and chop cabbage and tomatoes, the day before making, and sprinkle with salt in the proportion of half pint to a peck. When ready to make, squeeze brine out of cucumbers, wipe them off, peel and cut them in slices, let all simmer slowly in a kettle together for half an hour, and then bottle.—*Mrs. J. W. Grubbs, Richmond, Ind.*

RIPE TOMATO PICKLES.

Pare ripe, sound tomatoes (do not scald), put in a jar; scald spices (tied in a bag) in vinegar, and pour while hot over them. This recipe is best for persons who prefer raw tomatoes.—*Mrs. Lewis Brown.*

VARIETY PICKLES.

One peck each of green tomatoes and cucumbers, and one quart onions; pare, slice and salt (using a rounded half pint for all) each in separate jars, letting them stand in the salt twenty-four hours, and drain well; sprinkle fresh green radish-pods and nasturtium seeds with salt, and let stand for the same length of time; boil in water salted to taste two quarts of half-grown, very tender bean pods, until they can be pierced with a silver fork, take out and drain. Now place each in a separate jar, cover with cold, weak vinegar for twenty-four hours, drain well, pressing hard to get out all the juice, and then mix all well together. In a stone jar place first a layer of the mixture, sprinkle with mustard-seed (prepared as directed in recipe for "Chopped Pickles)," horse-radish chopped fine, cinnamon bark, rings of garden peppers, and a few cloves, then

another layer of the mixture, then the spice with a light sprinkling of cayenne pepper. The spices used for this amount are nine table-spoons stick cinnamon, four and a half tea-spoons each of mustard-seed, cloves, and horse-radish, and twenty-seven rings of garden peppers. Cover with good cider vinegar, let stand over night, drain off vinegar, and boil in a porcelain kettle, adding brown sugar in the proportion of one pint to a gallon of vinegar; skim well, pour hot over the pickles, continue to drain off and boil for several days. If not sweet enough, add more sugar, although these are not intended for sweet pickles. The proportion of cucumbers may be double or even three times the quantity of tomatoes if desired.—*Mrs. W. W. Woods.*

VIRGINIA MIXED PICKLE.

One-half peck green tomatoes, twenty-five medium-sized cucumbers, fifteen large white onions, one-half peck small onions, four heads cabbages, one pint grated horse-radish, one-half pound white mustard-seed, one-fourth pound ground mustard, one-half tea-cup ground black pepper, one-half pint salad oil, one ounce celery seed, one-half ounce ground cinnamon, two ounces turmeric. Slice the tomatoes and large onions, cut cabbage as for slaw, quarter cucumbers lengthwise, cut in pieces two inches long, leaving the peel on, and add the small onions whole. Mix with salt thoroughly, let stand twenty-four hours; drain off the juice, and pour vinegar and water over pickles. Let stand a day or two, strain again as dry as possible; mix the spices well except the ground mustard, then boil one and one-half gallons fresh apple vinegar and pour boiling hot over the pickles; do this three mornings in succession, using the same vinegar each time. The third time add one pound of sugar to the vinegar and boil, pouring over as above; also mix the oil and ground mustard together with a small portion of the vinegar, and add when cold. Oil can be omitted if not relished.—*Mrs. M. B. Sperry, Nashville, Tenn.*

PICKLED WALNUTS.

Gather walnuts (or butternuts) when soft enough to be pierced by a needle (July), prick each with a large needle well through, holding in a cloth to avoid staining the hands, cover with strong salt water (a pint and a half salt to a gallon of water), let stand two

or three days, changing the brine every day; then pour over them a brine made by dissolving salt in boiling water (let it get cold before using), let stand three days, renew the brine and let it stand for three days more. Now drain and expose to the sun for two or three days or until they become black, or put in cold water for half a day, and pack in jars not quite full. The proportions are a hundred walnuts to each gallon of vinegar. Boil vinegar eight minutes, with a tea-cup sugar, three dozen each whole cloves and allspice, a dozen and a half pepper-corns, and a dozen blades of mace. Pour the vinegar over the walnuts scalding hot. In three days draw off the vinegar, boil and pour over the walnuts again while hot, and at end of three days repeat the process. They will be fit to eat in a month, and will keep for years.—*Mrs. C. T. Carson.*

SWEET PICKLES.

Sweet pickles may be made of any fruit that can be preserved, including the rinds of ripe melons and cucumbers. The proportion of sugar to vinegar for syrup is three pints to a quart. Sweet pickles may be made of any preserve by boiling over the syrup and adding spices and vinegar. Examine frequently, and re-scald the syrup if there are signs of fermentation. Plums and other smooth-skinned fruits should be well pricked before cooking. The principal spices for sweet pickles are cinnamon and cloves. Use "coffee C," best brown, or good stirred maple sugar.

SWEET PICKLED BEETS.

Boil them in a porcelain kettle till they can be pierced with a silver fork; when cool cut lengthwise to size of a medium cucumber; boil equal parts vinegar and sugar with half a table-spoon ground cloves tied in a cloth to each gallon; pour boiling hot over the beets.—*Mrs. Samuel Woods, Milford Center, Ohio.*

PICKLED CUCUMBERS.

Prepare and quarter ripe cucumbers, take out seeds, clean, lay in brine that will float an egg nine days, stirring every day, take

out and put in clear water one day, lay in alum-water (a lump of alum size of a medium hickory-nut to a gallon of water) over night, make syrup of a pint good cider vinegar, pound brown sugar, two table-spoons each broken cinnamon bark, mace, and pepper grains; make syrup (three pints of sugar to a quart of vinegar) enough to cover the slices, lay them in, and cook till tender.—*Mrs. M. L. France.*

CURRANT PICKLES.

Scald seven pounds ripe currants in three pounds sugar and one quart vinegar, remove currants to jar, boil for a few moments and pour over the fruit. Some add three pounds of raisins and spices. If not sweet enough, use only one pint vinegar.

PICKLED GRAPES.

Fill a jar with alternate layers of sugar and bunches of nice grapes just ripe and freshly gathered; fill one-third full of good cold vinegar, and cover tightly.—*Mrs. C. T. Carson.*

SPICED GRAPES.

Five pounds grapes, three of sugar, two tea-spoons cinnamon and allspice, half tea-spoon cloves; pulp grapes, boil skins until tender, cook pulps and strain through a sieve, add it to the skins, put in sugar, spices and vinegar to taste; boil thoroughly and cool.—*Miss Mae Stokes, Milford Center.*

SPICED GOOSEBERRIES.

Leave the stem and blossom on ripe gooseberries, wash clean; make a syrup of three pints sugar to one of vinegar, skim, if necessary, add berries and boil down till thick, adding more sugar if needed; when almost done, spice with cinnamon and cloves; boil as thick as apple butter.

SPICED NUTMEG MELON.

Select melons not quite ripe, open, scrape out the pulp, peel, and slice; put the fruit in a stone jar, and, for five pounds fruit, take a quart vinegar, and two and a half pounds sugar; scald vinegar and sugar together, and pour over the fruit; scald the syrup and pour over the fruit each day for eight successive days. On the ninth, add one ounce stick-cinnamon, one of whole cloves, and one of all-

spice. Scald fruit, vinegar and spices together, and seal up in jars. This pickle should stand two or three months before using. Blue plums are delicious prepared in this way.—*Mrs. Gen. Noyes.*

PEACH PICKLES.

Pare freestone peaches, place in a stone jar, and pour over them boiling-hot syrup made in the proportion of one quart best cider vinegar to three pints sugar; boil and skim, and pour over the fruit boiling hot, repeating each day until the fruit is the same color to the center, and the syrup like thin molasses. A few days before they are finished, place the fruit, after draining, in the jar to the depth of three or four inches, then sprinkle over bits of cinnamon bark and a few cloves, add another layer of fruit, then spice, and so on until the jar is full; scald the syrup each morning for three or four days after putting in the spice, and pour syrup boiling hot over fruit, and, if it is not sufficiently cooked, scald fruit with the syrup the last time. The proportion of spices to a gallon of fruit is, two tea-spoons whole cloves, four table-spoons cinnamon. To pickle clingstones, prepare syrup as for freestones; pare fruit, put in the syrup, boil until they can be pierced through with a silver fork; skim out, place in jar, pour the boiling syrup over them, and proceed and finish as above. As clings are apt to become hard when stewed in sweet syrup, it may often be necessary to add a pint of water the first time they are cooked, watching carefully until they are tender, or to use only part of the sugar at first, adding the rest in a day or two. Use the large White Heath clingstones if they are to be had. All that is necessary to keep sweet pickles is to have syrup enough to cover, and to keep the fruit well under. Scald with boiling syrup until fruit is of same color throughout, and syrup like thin molasses; watch every week, particularly if weather is warm, and if sun rises and syrup assumes a whitish appearance, boil, skim, and pour over the fruit. If at any time syrup is lacking, prepare more as at first.—*Mrs. M. J. Woods.*

PEAR PICKLES.

Prepare syrup as for peaches, pare and cut fruit in halves, or quarters if very large, and if small leave whole, put syrup in porcelain kettle, and when it boils put in fruit, cook until a silver fork

will easily pierce them ; skim out fruit first and place in jar, and last pour over syrup boiling hot ; spice like peach pickles, draining them each day, boiling and skimming the syrup, and pouring it boiling hot over the fruit until fully done. By cooking pears so much longer at first they do not need to be boiled so frequently, but they must be watched carefully until finished, and if perfectly done, will keep two or more years. Apple pickles may be made in the same way, taking care to select such as will not lose shape in boiling.

EUCHERED PLUMS.

Nine pounds blue plums, six pounds sugar, two quarts vinegar, one ounce cinnamon ; boil vinegar, sugar and spice together, pour over plums, draw off next morning and boil, pour back on plums, repeat the boiling five mornings, the last time boiling the fruit about twenty minutes.—*Mrs. Capt. W. B. Brown, Washington City.*

PICKLED RAISINS.

Leave two pounds raisins on stem, add one pint vinegar and half pound sugar ; simmer over a slow fire half an hour.—*Mrs. H. C. H.*

STRAWBERRY PICKLES.

Place strawberries in bottom of jar, add a layer of cinnamon and cloves, then berries, and so on ; pour over it a syrup made of two coffee-cups cider vinegar, and three pints sugar, boiled about five minutes ; let stand twenty-four hours, pour off syrup, boil, pour over berries, and let stand as before, then boil berries and syrup slowly for twenty-five minutes ; put in jars and cover. The above is for six quarts of berries. Pine apples can be made in same way, allowing six and a half pounds of fruit to above proportions.—*Mrs. T. W. Jones, Charleston, S. C.*

GREEN TOMATO PICKLE.

Take eight pounds of green tomatoes and chop fine, add four pounds brown sugar and boil down three hours, add a quart of vinegar, a teaspoon each of mace, cinnamon and cloves, and boil about fifteen minutes ; let cool and put into jars or other vessels. Try this recipe once and you will try it again.—*Mrs. W. A. Croffut, New York City.*

RIPE TOMATO PICKLE.

Pare and weigh ripe tomatoes and put into jars and just cover with vinegar; after standing three days pour off the vinegar and add five pounds coffee sugar to every seven of fruit; spice to taste and pour over tomatoes and cook slowly all day on the back of the stove. Use cinnamon, mace and a *little cloves*, or not any, as preferred.

WATERMELON PICKLE.

Pare off very carefully the green part of the rind of a good, ripe watermelon, trim off the red core, cut in pieces one or two inches in length, place in a porcelain-lined kettle, in the proportion of one gallon rinds to two heaping tea-spoons common salt and water to nearly cover, boil until tender enough to pierce with a silver fork, pour into a colander to drain, and dry by taking a few pieces at a time in the hand, and pressing gently with a crash towel. Make syrup, and treat rinds exactly as directed for pickled peaches. Continue adding rinds, as melons are used at table, preparing them first by cooking in salt water as above; when as many are prepared as are wanted, and they are nearly pickled, drain and finish as directed in peach pickles, except when the syrup is boiled the last time, put in melons and boil fifteen minutes; set jar near stove, skim out melons and put in jar a few at a time, heating gradually so as not to break it, then pour in syrup boiling hot. A rind nearly an inch thick, crisp and tender, is best, although any may be used. If scum rises, and the syrup assumes a whitish appearance, drain, boil and skim syrup, add melons, and boil until syrup is like thin molasses.

CLOVER VINEGAR.

Put a large bowl of molasses in a crock, and pour over it nine bowls of boiling rain-water; let stand until milk-warm, put in two quarts of clover blossoms, and two cups of baker's yeast; let this stand two weeks, and strain through a towel. Nothing will mold in it.—*Mrs. McAlister, Goshen, Ind.*

MINT VINEGAR.

Put into a wide-mouthed bottle enough fresh, clean peppermint, spearmint, or garden parsley leaves to fill it loosely; fill up with

good vinegar, stop closely, leave on for two or three weeks, pour off into another bottle, and keep well corked for use. This is excellent for cold meats, soups and bread-dressings for roasts; when mints can not be obtained, celery seed is used in the same way.—
Mrs. B. A. Fay.

SPICED VINEGAR.

Put three pounds sugar in a three gallon jar with a small mouth; mix two ounces each of mace, cloves, pepper, allspice, turmeric, celery seed, white ginger in small bits, and ground mustard; put in six small bags made of thin but strong muslin, lay in jar, fill with best cider vinegar, and use it in making pickles and sauces.

POULTRY.

Do not feed poultry for twenty-four hours before killing; catch them without frightening or bruising, tie the feet together, hang up on a horizontal pole, tie the wings together over the back with a strip of soft cotton cloth; let them hang five minutes, then cut the throat or cut off the head with a very sharp knife, and allow them to hang until the blood has ceased to drip. The thorough bleeding renders the meat more white and wholesome. Scald well by dipping in and out of a pail or tub of boiling water, being careful not to scald so much as to set the feathers and make them more difficult to pluck; place the fowl on a board with head towards you, pull the feathers away from you, which will be in the direction they naturally lie (if pulled in a contrary direction the skin is likely to be torn), be careful to remove all the pin-feathers with a knife or pair of tweezers; singe, but not smoke, over blazing paper, place on a meat-board, and with a sharp knife cut off the legs a little below the knee, to prevent the muscles from shrinking away from the joint, and remove the oil-bag above the tail; take out the crop, either by making a slit at the back of the neck or in front (the last is better), taking care that every thing pertaining to the crop or windpipe is removed, cut the neck-bone off close to the body, leaving the skin a good length if to be stuffed; cut around the vent, cut a slit three inches long from the tail upwards, being careful to cut only through the skin, put in the finger at the breast and detach all the intestines, taking care not to burst the gall-bag (situated near the upper part of the breast-bone, and attached to the liver; if broken, no washing can remove the bitter taint left on every spot it touches); put in the hand at the incision near the tail

and draw out carefully all intestines; trim off the fat from the breast and at the lower incision; split the gizzard and take out the inside and inner lining (throw liver, heart, and gizzard into water, wash well, and lay aside to be cooked and used for the gravy); wash the fowl thoroughly in cold water twice, (some wipe carefully with a wet cloth, and afterwards with a dry cloth to make perfectly clean, instead of washing), hang up to drain, and it is ready to be stuffed, skewered, and placed to roast. To make it look plump, before stuffing, flatten the breast-bone by placing several thicknesses of cloth over it and pounding it, being careful not to break the skin, and rub the inside well with salt and pepper. Stuff the breast first, but not too full or it will burst in cooking; stuff the body rather fuller than the breast, sew up both openings with strong thread, and sew the skin of the neck over upon the back or down upon the breast (these threads must be carefully removed before sending to the table). Lay the points of the wings under the back, and fasten in that position with a skewer run through both wings and held in place with a twine; press the legs as closely towards the breast and side-bones as possible, and fasten with a skewer run through the body and both thighs, push a short skewer through above the tail, and tie the ends of legs down with a twine close upon the skewer (or, if skewers are not used, tie well in shape with twine); rub over thoroughly with salt and pepper, then lard, in the following manner: Hold the breast over a clear fire for a minute or dip it in boiling water. To make the flesh firm, cut strips of firm fat bacon, two inches long, and an eighth of an inch wide, and make four parallel marks on the breast, put one of these strips of bacon-fat (called lardoons) securely into the split end of small larding-needle, and insert it at the first mark, bringing it out at the second, leaving an equal length of fat protruding at each end; continue inserting these strips, at intervals of half an inch down these two lines, and then do the same with the two others. For poultry use a small larding-needle; the large ones are used for larding beef or veal. The process is very simple, and any one who likes to bring out dainty dishes, will be more than repaid for the little trouble in learning how. All white-fleshed birds are improved by larding (as well as veal and sweet-bread). Small birds, such as

quails, may be more conveniently "barded" by placing a "barde," a slice of fat bacon, over the breast, and the same plan may be adopted in all cases where larding is inconvenient; or fat from the fowl itself may be used instead of bacon. When the flavor of bacon is disliked, put a table-spoon of butter in bits over the breast; never dredge with flour in the beginning. Now place to roast in an oven rather hot at first, and then graduate the heat to moderate until done, to test which insert a fork between the thigh and body; if the juice is watery and not bloody it is done. If not served at once, the fowl may be kept hot without drying up, by placing over a skillet full of boiling water (set on top of stove or range) and inverting a dripping-pan over it. Many persons roast fowls upon a wire rack or trivet placed inside the dripping-pan, or patty pans or muffin-rings may be used as rests. The pan should be three or even four inches deep, and measure at the bottom about sixteen by twenty inches, with sides somewhat flaring. Some put to roast in a dry pan, the larding or butter making sufficient drippings for basting; others add a very little water. In roasting a turkey, allow twenty minutes time for every pound, and twenty minutes longer. Some steam turkey before roasting, and a turkey-steamer may be easily improvised by placing the dripping-pan containing the turkey on top of two or three pieces of wood (hickory or maple is the best) laid in the bottom of a wash-boiler, with just enough water to cover the wood; put on the lid, which should fit tightly on the boiler, and as the water boils away add more. Add the liquor in the dripping-pan to the turkey when placed in the oven to roast (do not use the water from the boiler). In boiling fowl, put into hot water (unless soup is wanted, when place in cold); skim when it boils up first, and keep it just above the boiling point, but it must boil gently, not violently. A little vinegar added to the water in which they are boiled makes fowls more tender. For fuller directions see "Meats." Boil the giblets until tender in a separate dish, and add them, well chopped, together with water in which they were cooked, to the gravy.

TO CUT UP A CHICKEN.

Pick, singe, and draw; lay the chicken on a board kept for the purpose, cut off the feet at first joint; cut a slit in the neck, take

out the windpipe and crop, cut off the wings and legs at the joint which unites them to the body, separate the first joint of the leg from the second, cut off the oil-bag, make a slit horizontally under the tail, cut the end of the entrails loose, extend the slit on each side of the joint where the legs were cut off; then, with the left hand, hold the breast of the chicken, and, with the right, bend back the rump until the joint in back separates, cut it clear and place in water. Take out the entrails, using a sharp knife to separate the eggs (if any), and all other particles to be removed, from the back, being careful in removing the heart and liver not to break the gall-bag (a small sack of a blue-green color about an inch long attached to the liver); separate the back and breast; commence at the high point of the breast and cut downwards toward the head, taking off part of the breast with the wish-bone; cut the neck from that part of the back to which the ribs are attached, turn the skin off the neck, and take out all lumps and stringy substances; very carefully remove the gall-bag from the liver, and clean the gizzard by making an incision through the thick part and first lining, peeling off the fleshy part, leaving the inside whole and ball-shaped; if the lining breaks, open the gizzards, pour out contents, peel off inner lining, and wash thoroughly. After washing in second water, the chicken is ready to be cooked. When young chickens are to be baked, with a sharp knife cut open the back at the side of the back-bone, press apart, and clean as above directed, and place in dripping-pan, skin side up.

Chickens are stuffed and roasted in the same way as turkeys, and are much better for being first steamed, especially if over a year old. Roast for twenty or thirty minutes, or till nicely browned. Some prefer to broil or fry old chickens after first steaming until tender, but stewing or boiling is better. In broiling chickens the danger of under-cooking on the one hand, or burning on the other, is avoided by breaking the bones slightly with a rolling-pin so that the pieces are flattened. Covering with a sauce-pan will also concentrate the heat, and help cook them thoroughly without burning.

Some, in making chicken or meat pies, line the bottom of the dish with crust, and place in the oven until well "set," then line the sides, fill, cover, and bake; it is always difficult to bake the

crust on the bottom of dish unless this plan is adopted. A still better plan is to use no bottom crust, only lining the sides of the pan.

The garnishes for turkey and chicken are parsley, fried oysters, thin slices of ham, slices of lemon, fried sausages or forced-meat balls.

BAKED CHICKENS.

Dress the chickens and cut them in two, soak for half an hour in cold water, wipe perfectly dry and put in a dripping-pan, bone side down, without any water; have a hot oven, and, if the chickens are young, half an hour's cooking will be sufficient. Take out, and season with butter, salt and pepper; pack one above another as closely as possible, and place in pan over boiling water, covering them closely—this keeps them moist until served—boil the giblets in a little water, and, after the chickens are taken from the dripping-pan, put into it the water in which giblets were boiled, thicken it, and add the chopped giblets. This manner of baking chickens is fully equal to broiling them.—*Mrs. E. W. Herrick, Minneapolis, Minn.*

BAKED SPRING CHICKENS.

Cut each of four chickens into seven or nine pieces, wash thoroughly and quickly, and put in a colander to drain; put a half table-spoon each of lard and butter into a dripping-pan, lay in the pieces, and add half a pint hot water; place in oven and bake half an hour, turn, taking care that they get only to a light brown, and, just before taking up, add salt and pepper to taste; when done take out in a dish and keep hot. To make the gravy, add a half pint or more of water, set the dripping-pan on the stove, and add one table-spoon flour mixed with half cup of cream or milk, stirring slowly, adding a little of the mixture at a time. Let cook thoroughly, stirring constantly to prevent burning, and to make the gravy nice and smooth; season more if necessary.—*Mrs. L. Hush.*

BAKED CHICKEN WITH PARSNIPS.

Wash, scrape, and quarter parsnips, and parboil for twenty minutes; prepare a young chicken by splitting open at back, place in a dripping-pan, skin side up, lay parsnips around the chicken, sprinkle with salt and pepper, and add a lump of butter the size

of an egg, or two or three slices of good pickled pork ; put enough water in pan to prevent burning, place in oven and bake until chicken and parsnips are done to a delicate brown ; serve chicken separately on a platter, pouring the gravy in the pan over the parsnips.

CHICKEN CROQUETTES.

Boil two fowls weighing five pounds each till very tender, mince fine, add one pint cream, half pound butter, salt and pepper to taste ; shape oval in a jelly glass or mold. Fry in lard like doughnuts until brown.—*Mrs. E. L. Fay, New York City.*

BREADED CHICKEN.

Cut a tender chicken into seven pieces as if for frying, roll in beaten yolks of two eggs, then in finely grated bread crumbs seasoned with chopped parsley, pepper and salt ; place in dripping-pan, dot the pieces with bits of butter (one table-spoon in all), add a little water, bake slowly, basting often. When done, take out chicken and make gravy in the pan by adding a mixture of flour and butter, make smooth by stirring. Add either cream or milk to make sufficient gravy, which season to taste.

BROILED CHICKENS OR QUAILS.

Cut chicken open on the back, lay on the meat-board and pound until it will lie flat, lay on gridiron, place over a bed of coals, broil until a nice brown, but do not burn. It will take twenty or thirty minutes to cook thoroughly, and it will cook much better to cover with a pie-tin held down with a weight so that all parts of the chicken may lie close to the gridiron. While the chicken is broiling, put the liver, gizzard and heart in a stew-pan and boil in a pint of water until tender, chop fine and add flour, butter, pepper, salt, and stir a cup of sweet cream to the water in which they were boiled ; when the chicken is done, dip it in this gravy while hot, lay it back on the gridiron a minute, put it in the gravy and let boil for a half minute, and send to the table hot. Cook quails in the same way.—*Mrs. A. S. Chapman.*

CHILI COLORAD.

Take two chickens ; cut up as if to stew ; when pretty well done, add a little green parsley and a few onions. Take half pound large

pepper pods, remove seeds, and pour on boiling water; steam ten or fifteen minutes; pour off water, and rub them in a sieve until all the juice is out; add the juice to the chicken; let it cook for half an hour; add a little butter, flour and salt. Place a border of rice around the dish before setting on table. This dish may also be made of beef, pork or mutton; it is to be eaten in cold weather, and is a favorite dish with all people on the Pacific coast.—*Mrs. Gov. Bradley, Nevada.*

CHICKENS FOR LUNCH.

Split a young chicken down the back, wash and wipe dry, season with salt and pepper. Put in a dripping-pan, and place in a moderate oven; bake three-quarters of an hour. This is much better for traveling lunch than when seasoned with butter.—*Mrs. W. B. Brown, Washington, D. C.*

CHICKEN POT-PIE.

Cut up a chicken and put on in hot water enough to cover, and take care that it does not cook dry; while boiling cut off a slice from bread dough, add a small lump of lard, and mix up like light biscuit, roll, cut out with cake-cutter and set by stove to rise; wash and pare potatoes of moderate size, and add them when chicken is almost done; when potatoes begin to boil, season with salt and pepper, add dumplings and season again. See that there is water enough to keep from burning, cover very tightly, and do not take cover off until dumplings are done. They will cook in half an hour, and may be tested by lifting one edge of the lid, taking out a dumpling and breaking it open. Or, the dumplings may be placed in steamer over cold water, taking care to leave some of the holes in steamer open, as if all are covered by the dumplings, the steam will not be admitted, and they will not cook well. If there are too many dumplings to lie on bottom without covering all holes, attach them to the side and upper edge of steamer by wetting dough and pressing it to the edge. When done remove to vegetable dish and pour hot gravy over them. Dish potatoes by themselves, and chickens and dumplings together. Make gravy by mixing two level table-spoons flour and a little butter together, and stir into the broth remaining in pot slowly, add more boiling water if needed and season with salt and pepper. Or, make dumplings with one pint

sour milk, two well-beaten eggs, half tea-spoon soda (mixed in part of the flour), and flour enough to make as stiff as can be stirred with a spoon; or baking-powder and sweet milk may be used. Drop in by spoonfuls, cover tightly, and boil as above. A pot-pie may be made from a good boiling piece of beef; if too much grease arises skim off.

CHICKEN PIE.

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

To make a gravy, add to the liquor left in pot (if not enough add hot water) a table-spoon of butter mixed to a paste with flour, and seasoned with pepper and salt. This should be stirred, a little at a time, into the liquor; let boil up once and serve.

CHICKEN PIE WITH OYSTERS.

Boil the chicken—a year old is best—until tender, drain off liquor from a quart of oysters, boil, skim, season with butter, pepper and salt, add oysters and boil up once; to the liquor left in pot from chicken, which should be about a half pint, add two even table-spoons flour mixed smooth in part of the oyster liquor, add the remainder of the oyster liquor, let boil up once and remove from the fire; add four table-spoons butter, half tea-spoon pepper, and salt to taste. Line the sides of a dish with a nice crust, put in a layer of chicken, pour over it a little of the gravy, then a layer of oysters with gravy, and repeat until dish is filled, adding any part of the gravy that may remain; now cover loosely with a

crust having an opening in the center to allow steam to escape. Bake forty minutes in a moderate oven.

CHICKEN PUDDING.

Dress and cut one chicken into small pieces, put it into a sauce-pan or kettle with a little water, season with salt and pepper, let boil until it begins to grow tender, then take out and put into a three-quart pudding dish; have ready one quart green corn grated or cut fine, to which add three eggs beaten light and one pint sweet milk; season with salt and pepper, and pour this mixture over the chicken, dredge thickly with flour, lay on bits of butter and bake until done.—*Mrs. A. Wilson, Rye, N. Y.*

DRESSING FOR CHICKEN OR BEEF.

Boil potatoes, mash as if for the table, except that they should be less moist, stuff the chicken or roast with this, and bake as ordinarily; for ducks add onions chopped fine; if the bread-dressing is wanted too, it may be laid in the corner of the pan.—*Mrs. Carrie Beck.*

FRICASSEED CHICKEN.

Cut up and put on to boil, skin side down, in a small quantity of water, season with salt, pepper, and slices of an onion if liked; stew gently until tender, remove chicken, add a half pint cream or milk to gravy, and thicken with butter and flour rubbed smoothly together (adding a little of the gravy to soften and help mix them), let boil two or three minutes, add a little chopped parsley and serve. Or, first fry the chicken brown in a little hot lard, take out chicken, add a table-spoon flour, and let cook a minute, stirring constantly; add a pint water (or stock if at hand), a little vinégar or Worcestershire sauce, season with salt and pepper; when it has boiled, remove from fire, strain, add the beaten yolk of an egg, pour over the chicken and serve. Or, put chicken in sauce-pan with barely enough water to cover, stew gently until tender; have a frying-pan prepared with a few slices of salt pork, drain chicken and fry with pork until it is a fine, rich brown; take chicken and bits of pork from the pan, pour in the broth, thicken with brown flour, mixed smooth with a little water, and season with pepper; now put chicken and pork back into gravy, let simmer a few minutes, and serve very hot.—*Mrs. J. H. S.*

FRIED SPRING CHICKEN.

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

FRIED GUMBO.

Cut up two young chickens, and fry in skillet; when brown but not scorched, put in a pot with one quart finely chopped okra, four large tomatoes, and two onions chopped fine; cover with boiling water, boil very slowly, and keep the kettle tightly closed; add boiling water as it wastes, and simmer slowly three hours; season with salt, pepper, and a little butter and flour rubbed together; serve with boiled rice.—*Mrs. J. H. S.*

JELLIED CHICKEN.

Cook six chickens in a small quantity of water, until the meat will part from the bone easily; season to taste with salt and pepper; just as soon as cold enough to handle, remove bones and skin; place meat in a deep pan or mold, just as it comes from the bone, using gizzard, liver and heart, until the mold is nearly full. To the water left in the kettle, add three-fourths of a box of Cox's gelatine (some add juice of lemon), dissolved in a little warm water, and boil until it is reduced to a little less than a quart, pour over the chicken in the mold, leave to cool, cut with a very sharp knife and serve. The slices will not easily break up if directions are followed.—*Mrs. Prof. Roberts, Cape Girardeau, Mo.*

PICKLED CHICKEN.

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

PRESSED CHICKEN.

Take one or two chickens, boil in a small quantity of water with a little salt, and when thoroughly done, take all the meat from the bones, removing the skin, and keeping the light meat separate from the dark; chop and season to taste with salt and pepper. If a meat presser is at hand take it, or any other mold such as a crock or pan will do; put in a layer of light and a layer of dark meat till all is used, add the liquor it was boiled in, which should be about one tea-cupful, and put on a heavy weight; when cold cut in slices. Many chop all the meat together, add one pounded cracker to the liquor it was boiled in, and mix all thoroughly before putting in the mold; either way is nice. Boned turkey can be prepared in the same way, slicing instead of chopping.

STEAMED CHICKEN.

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

BONED TURKEY.

With a sharp knife slit the skin down the back, and raising one side at a time with the fingers, separate the flesh from the bones with knife, until the wings and legs are reached. These unjoint from the body, and cutting through to the bone, turn back the flesh and remove the bones. When bones are removed, the flesh

may be re-shaped by stuffing. Some leave the bones in the legs and wings, as they are most difficult to remove. Stuff with force-meat, made of cold lamb or veal and a little pork, chopped fine and seasoned with salt, pepper, sage or savory, and the juice of one lemon; sew into shape, turn ends of wings under and press the legs close to the back, and tie all firmly so that the upper surface may be plump and smooth for the carver. Lard with two or three rows on the top, and bake until thoroughly done, basting often with salt and water, and a little butter. This is a difficult dish to attempt. Carve across in slices and serve with tomato-sauce.—*Mrs. J. Fleming, Philadelphia, Pa.*

BONED TURKEY.

Bone and stuff as in preceding recipe, roll tight in a strong, clean cloth, tie with tape in center and near the ends, and fasten ends firmly with strong twine, taking care to make the roll compact and perfectly secure; place in a rich stock, prepared by putting the bones in cold water with herbs, an onion peeled and stuck with ten cloves, and a sliced carrot and turnip, bringing to a boil, and skimming it until clear (if not enough to cover, add more boiling water), and boil four or five hours, take up, remove cloth, wash it in cold water, and replace turkey in it as before, place it between two platters under a heavy weight, and let stand over night to cool; strain the stock in which it was boiled, in the morning remove all fat, and put stock over the fire; add to it two ounces gelatine dissolved in a pint of cold water, and clarify as in general directions for "Soups." Strain through flannel until perfectly clear, pour it into two shallow molds, color one dark brown with caramel, and cool until the jelly is firm; place turkey on a dish and garnish with the jelly cut in fanciful shapes; or first place the turkey on a dish, and pour the jelly over it.

BOILED TURKEY.

Wash the turkey thoroughly and rub salt through it: fill it with a dressing of bread and butter, moistened with milk and seasoned with sage, salt and pepper, and mixed with a pint of raw oysters; tie the legs and wings close to the body, place in salted boiling water with the breast downward, skim often, boil about two hours, but not till the skin breaks; serve with oyster-sauce.—*Mrs. E. L. F., New York City.*

ROAST TURKEY.

After picking and singeing the turkey, plump it by plunging quickly three times into boiling water and then three times into cold, holding it by the legs; place to drain and dress as in general directions; prepare stuffing by taking pieces of dry bread and crust (not too brown) cut off a loaf of bread fully three or four days old (but not moldy); place crust and pieces in a pan and pour on a very little boiling water, cover tightly with a cloth, let stand until soft, add a large lump of butter, pepper, salt, one or two fresh eggs, and the bread from which the crust was cut, so as not to have it too moist. Mix well with the hands and season to suit taste; rub inside of turkey with pepper and salt, stuff it as already directed on page 272, and sew up each slit with a strong thread; tie the legs down firmly, and press the wings closely to the sides, securing them with a cord tied around the body (or use skewers if at hand), steam (page 273) from one to three hours (or until easily pierced with a fork), according to the size, then place turkey in pan with water from dripping-pan in which the turkey was steamed; lard the turkey, or place on the breast the pieces of fat taken from it before it was stuffed, sprinkle with salt and pepper, dredge well with flour; if not sufficient water in the pan, keep adding boiling water and baste often, as the excellence of the turkey depends much on this. Cook until a nice brown and perfectly tender; remove to a hot platter and serve with cranberry sauce and giblet gravy. To make the gravy, after the turkey is dished place the dripping-pan on the top of range or stove, skim off most of the fat, and add water if necessary; chop the heart, gizzard and liver (previously boiled for two hours in two quarts of water), and add to the gravy with the water in which they were boiled, season with salt and pepper, add a smooth thickening of flour and water, stir constantly until thoroughly mixed with the gravy, and boil until the flour is well cooked. Some, in making stuffing, try out the fat of the turkey at a low temperature, and use instead of butter; others use the fat of sweet-pickled pork chopped fine (not tried out), and a small quantity of butter, or none at all.

—*Mrs. Judge J. L. Porter.*

ROAST TURKEY.

Prepare and stuff as in preceding recipe, and lard as described in general directions; place in oven not quite as hot as for roasting meats (if the fire is very hot, lay a piece of brown paper, well greased, over the fowl, to prevent scorching); put a table-spoon of butter in bits on the breast; it will melt and run into the dripping-pan, and is used to baste the fowl as roasting progresses; baste often (once in ten minutes), watching the turkey as it begins to brown, very carefully, and turning it occasionally to expose all parts alike to the heat; it should be moist and tender, not in the least scorched, blistered or shriveled, till it is a golden brown all over. For the first two-thirds of the time required for cooking (the rule is twenty minutes to the pound and twenty minutes longer) the basting should keep the surface moistened so that it will not crisp at all; meantime the oven should be kept as close as possible. In basting use the door that opens to the left, so that the right hand may be used conveniently through a small opening; and a long gauntlet glove is a good thing to protect the hand and arm during the operation. In turning the pan, do it as quickly as possible; season with two tea-spoons salt when half done. In the last third of the time allowed for cooking, withdraw the pan partly from the oven (resting the end on a block of wood or a plain stool of the proper height kept for the purpose), and dredge the breast, upper portion and sides thoroughly, by sifting flour over the fowl from a fine sifter, return pan to oven, and let remain until the flour is well browned, then baste freely with drippings from the pan, and flour again, repeating the flouring and browning, and allowing the crust to grow crisper each time; there will probably be time to repeat the process three or four times before finishing. Take care not to wash off the flour by basting; give it time to brown on thoroughly, and do not take out of oven until all the flour of last dredging is thoroughly browned. If it is necessary to turn the turkey in the pan, use a towel, and never stick it with a fork, to allow the juice to escape. In roasting a large turkey, a liberal allowance of butter for cooking, including gravy for serving in two successive days, is one tea-cupful, but less may be used, according to taste or necessity for economy. When done the entire surface will be a

rich, frothy, brown crust, which breaks off in shells in carving, and makes the most savory of morsels. Dish the turkey.

To make the gravy, boil the heart, liver, gizzard and neck in two quarts of water for two hours, then take them up, chop gizzard, heart and liver, put them back again, thicken with one table-spoon of flour wet with cold water; season with salt and pepper; after the turkey has been taken up, pour into dripping-pan, set on the top of the stove, and boil five minutes, stirring constantly, scraping the sides of the pan until free from the rich, savory particles that adhere. Serve in a gravy-boat.

ROAST TURKEY WITH OYSTER DRESSING.

Dress and rub turkey thoroughly inside and out with salt and pepper, steam two hours or until it begins to grow tender, lifting the cover occasionally and sprinkling lightly with salt. Then take out, loosen the legs, and rub the inside again with salt and pepper, and stuff with a dressing prepared as follows: Take a loaf of stale bread, cut off crust and soften by placing in a pan, pouring on boiling water, draining off immediately and covering closely; crumble the bread fine, add half a pound melted butter, or more if to be very rich, and a tea-spoon each of salt and pepper, or enough to season rather highly; drain off liquor from a quart of oysters, bring to a boil, skim and pour over the bread-crumbs, adding the soaked crusts and one or two eggs; mix all thoroughly with the hands, and if rather dry, moisten with a little sweet milk; lastly, add the oysters, being careful not to break them; or first put in a spoonful of stuffing, and then three or four oysters, and so on until the turkey is filled; stuff the breast first. Flour a cloth and place over the openings, tying it down with a twine; spread the turkey over with butter, salt and pepper, place in a dripping-pan in a well-heated oven, add half a pint hot water, and roast two hours, basting often with a little water, butter, salt and pepper, kept in a tin for this purpose and placed on the back of the stove. A swab made of a stick with a cloth tied on the end, is better than a spoon to baste with. Turn until nicely browned on all sides, and about half an hour before it is done, baste with butter and dredge with a little flour—this will give it a frothy appearance.

When you dish the turkey if there is much fat in the pan, pour off most of it, and add the chopped giblets previously cooked until tender, and the water in which they were cooked, now stewed down to about one pint; place one or two heaping table-spoons flour (it is better to have half of it browned) in a pint bowl, mix smooth with a little cream, fill up bowl with cream or rich milk and add to the gravy in the pan; boil several minutes, stirring constantly, and pour into the gravy tureen; serve with currant or apple jelly. A turkey steamed in this way does not look so well on the table, but is very tender and palatable. It is an excellent way to cook a large turkey.

ENGLISH ROAST TURKEY.

Kill several days before cooking, prepare in the usual manner, stuff with bread-crumbs (not using the crusts) rubbed fine, moistened with butter and two eggs, seasoned with salt, pepper, parsley, sage, thyme or sweet marjoram; sew up, skewer, and place to roast in a rack within a dripping-pan; spread with bits of butter, turn and baste frequently with butter, pepper, salt and water; a few minutes before it is done glaze with the white of an egg; dish the turkey, pour off most of the fat, add the chopped giblets and the water in which they were boiled, thicken with flour and butter rubbed together, stir in the dripping-pan, let boil thoroughly and serve in a gravy-boat. Garnish with fried oysters, and serve with celery-sauce and stewed gooseberries. Choose a turkey weighing from eight to ten pounds. If it becomes too brown, cover with buttered paper.—*Mrs. C. T. Carson.*

SALADS.

Vegetables used for salads are: boiled asparagus, cabbage, red and white; lettuce, chicory, boiled cauliflower, celery, dandelion, purslane, water-cress, etc. Prepare carefully by freshening in cool water, cleaning thoroughly of all foreign matters, drying carefully in a towel (avoiding as much as possible crushing the leaves, as it causes them to wilt), and then shredding with the fingers instead of cutting or chopping with a knife. Lettuce is often served with the leaves entire, reserving the tender inner leaves of lettuce for garnishing; cover with a "dressing," which consists chiefly of oil, vinegar, salt, pepper, and mustard, mixed in various proportions. All the ingredients of the dressing should be the very best.

In preparing the dressing, powder the hard boiled eggs, either in a mortar or by mashing with the back of a silver spoon (if raw eggs are used beat well and strain), add the seasoning, then the oil, a few drops at a time, and, lastly and gradually, the vinegar. Always use the freshest olive salad oil, not the common sweet oil; if it can not be obtained, cream or melted butter is a good substitute and by some considered even more palatable, but when used it should be added last of all. In making chicken salad use the oil off the water in which the chickens were boiled. It is much nicer to pick the meat or cut it with a knife instead of chopping, always removing bits of gristle, fat and skin. The same is true of celery (in place of which celery seed may be used with white cabbage or nice head-lettuce, well chopped). To crisp celery, lettuce, cabbage, and all vegetables used for salads, put in ice-water for two hours before serv-

ing. Pour the dressing over the chicken and celery, mixed and slightly salted; toss up lightly with a silver fork, turn on a platter, form into an oval mound, garnish the top with slices of cold boiled eggs, and around the bottom with sprigs of celery, and set away in a cold place until needed. Salads should be served the day they are prepared. Vegetable salads should be stirred as little as possible, in order that their freshness may be preserved until they are served. To fringe celery stalks for use as a garnish for salads, meats, chicken, etc., cut the stalks into two-inch pieces; stick several coarse needles into the top of a cork; draw half of the stalk of each piece of celery through the needles several times. When all the fibrous parts are separated, lay the celery in some cold place to curl and crisp. Stir salads with a wooden fork or spoon. Many think turkey makes a nicer salad than chicken. Always make soup of the liquor in which turkey or chicken was boiled.

SIDNEY SMITH'S WINTER SALAD.

Two large potatoes, passed through kitchen sieve,
 Unwonted softness to the salad give;
 Of mordant mustard add a single spoon—
 Distrust the condiment which bites too soon;
 But deem it not, though made of herbs, a fault
 To add a double quantity of salt;
 Three times the spoon with oil of Lucca crown,
 And once with vinegar procured from town.
 True flavor needs it, and your poet begs
 The pounded yellow of two well-boiled eggs.
 Let onion atoms lurk within the bowl,
 And, half-suspected, animate the whole;
 And lastly, on the favored compound toss
 A magic tea-spoon of anchovy sauce.
 Then, though green turtle fail, though venison's tough,
 Though ham and turkey are not boiled enough,
 Serenely full, the epicure shall say,
 "Fate can not harm me—I have dined to day."

ASPARAGUS SALAD.

After having scraped and washed asparagus, boil soft in salt water, drain off water, add pepper, salt and strong cider vinegar, and then cool. Before serving, arrange asparagus so that heads will all lie in center of dish; mix the vinegar in which it was put

after removing from the fire with good olive oil or melted butter, and pour over the asparagus.—*Mrs. Lewis Brown.*

BEAN SALAD.

String young beans, break into half-inch pieces (or leave whole), wash and cook soft in salt water; drain well, add finely-chopped onions, pepper, salt and vinegar; when cool add olive-oil or melted butter. The onions may be omitted.

CABBAGE SALAD.

Two quarts finely-chopped cabbage, two level table-spoons salt, two of white sugar, one of black pepper, and a heaping one of ground mustard; rub yolks of four hard-boiled eggs until smooth, add half cup butter, slightly warmed; mix thoroughly with the cabbage, and add tea-cup good vinegar; serve with whites of the eggs sliced and placed on the salad.—*Mrs. Col. Hawkins.*

CABBAGE SALAD.

Put the milk and vinegar on to heat in separate sauce-pans; when the vinegar boils, add butter, sugar, salt and pepper, and stir in the chopped cabbage; cover, and let scald and steam—not boil—for a moment. meanwhile, remove hot milk from stove, cool a little, and stir in the well-beaten and strained yolks; return to stove, and boil a moment. Dish cabbage and pour custard over it, stir rapidly with a silver spoon until well mixed, and set immediately in a cold place.

CREAM SLAW.

One gallon cabbage cut very fine, pint vinegar, pint sour cream, half cup sugar, tea-spoon flour, two eggs, and a piece of butter the size of a walnut; put vinegar, sugar and butter in a sauce-pan and let boil; stir eggs, cream and flour, previously well mixed, into the vinegar, boil thoroughly and throw over the cabbage previously sprinkled with one table-spoon salt, one of black pepper and one of mustard.—*Mrs. Dr. Skinner, Somerset, Ohio.*

PLAIN COLD SLAW.

Slice cabbage very fine, season with salt, pepper, and a little sugar; pour over vinegar and mix thoroughly. It is nice served in the center of a platter with fried oysters around it.

CHICKEN SALAD.

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

CHICKEN SALAD.

Boil three chickens until tender, salting to taste; when cold cut in small pieces and add twice the quantity of celery cut up with a knife but not chopped, and four cold-boiled eggs sliced and thoroughly mixed through the other ingredients. For dressing, put on stove a sauce-pan with one pint vinegar and butter size of an egg; beat two or three eggs with two table-spoons mustard, one of black pepper, two of sugar, and a tea-spoon salt, and when thoroughly beaten together pour slowly into the vinegar until it thickens. Be careful not to cook too long or the egg will curdle. Remove, and when cold pour over salad. This may be prepared the day before, adding the dressing just before using. Add lemon juice to improve the flavor, and garnish the top with slices of lemon.—*Mrs. C. E. Skinner, Battle Creek, Mich.*

CHICKEN SALAD.

Boil one chicken tender; chop moderately fine the whites of twelve hard-boiled eggs and the chicken; add equal quantities of chopped celery and cabbage; mash the yolks fine, add two table-spoons butter, two of sugar, one tea-spoon mustard; pepper and salt to taste; and lastly, one half-cup good cider vinegar; pour over the salad, and mix thoroughly. If no celery is at hand, use chopped pickled cucumbers or lettuce and celery seed. This may be mixed two or three days before using.—*Mrs. Judge Lawrence, Bellefontaine.*

CHICKEN SALAD.

Four chickens; two bunches of celery to each chicken; one pint vinegar, two eggs, two table-spoons salad oil, two of liquid mustard, one of sugar, one of salt, one salt-spoon red pepper; make a custard of eggs and vinegar; beat oil, mustard, and red pepper together; stir into custard; add celery just before using. The above is sufficient for twenty persons.—*Mrs. J. W. G., Richmond, Indiana.*

CUCUMBER SALAD.

Peel and slice cucumbers; mix with salt, and let stand half an hour; mix two table-spoons sweet-oil or ham gravy with as much vinegar, and a tea-spoon sugar; add the cucumbers, which should be drained a little; add a tea-spoon pepper, and stir well. Sliced onions are an addition, if their flavor is liked.—*Mrs. H. C. Mahneke.*

HAM SALAD.

Cut up small bits of boiled ham, place in salad-bowl with the hearts and inside leaves of a head of lettuce. Make dressing as follows: Mix in a sauce-pan one pint sour cream, as free from milk as possible, and half pint good vinegar, pepper, salt, a small piece of butter, sugar, and a small table-spoon of mustard mixed smooth; boil, add the well-beaten yolks of two eggs, stirring carefully as for float, until it thickens to the consistency of starch, then set in a cool place or on ice, and when cold pour over salad and mix well.—*Mrs. S. Watson, Upper Sandusky, Ohio.*

HERRING SALAD.

Soak over night three Holland herrings cut in very small pieces; cook and peel eight medium potatoes, and when cold chop with two small cooked red beets, two onions, a few sour apples, some roasted veal, and three hard-boiled eggs; mix with a sauce of sweet-oil, vinegar, stock, pepper, and mustard to taste. A table-spoon of thick sour cream improves the sauce, which should stand over night in an earthen dish.—*Mrs. H. C. Mahneke.*

LETTUCE SALAD.

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

LOBSTER SALAD.

Put a large lobster over the fire in boiling water slightly salted; boil rapidly for about twenty minutes; when done it will be of a bright red color, and should be removed, as if boiled too long it will

be tough; when cold, crack the claws, after first disjointing, twist off the head (which is used in garnishing), split the body in two lengthwise, pick out the meat in bits not too fine, saving the coral separate; cut up a large head of lettuce slightly, and place on a dish over which lay the lobster, putting the coral around the outside. For dressing, take the yolks of three eggs, beat well, add four table-spoons salad-oil, dropping it in very slowly, beating all the time; then add a little salt, cayenne pepper, half tea-spoon mixed mustard, and two table-spoons vinegar. Pour this over the lobster, just before sending to table.—*Mrs. A. Wilson, Rye, N. Y.*

POTATO SALAD.

Boil four large Irish potatoes, peel and mash smooth; mince two onions, and add to the potato, make a dressing of the yolks of three hard-boiled eggs, one small tea-cup of vinegar, one tea-spoon black pepper, one dessert-spoon each of celery seeds and salt, one table-spoon each of prepared mustard and melted butter; mix well with potato, and garnish with slices of egg and celery or lettuce. Or, chop cold boiled potatoes fine with enough raw onions to season nicely; make a dressing as for lettuce salad, and pour over it.—*Mrs. James A. Jennings, Nashville, Tennessee.*

SALMON SALAD.

Set a can of salmon in a kettle of boiling water, let boil twenty minutes, take out of the can and put in a deep dish, pour off the juice or oil, put a few cloves in and around it, sprinkle salt and pepper over, cover with cold vinegar, and let it stand a day, take it from the vinegar and lay it on a platter. Prepare a dressing as follows: Beat the yolks of two raw eggs with the yolks of two eggs boiled hard and mashed fine as possible; add gradually a table-spoon mustard, three of melted butter, or the best of salad-oil, a little salt and pepper (either black or cayenne), and vinegar to taste. Beat the mixture a long time (some persons like the addition of lemon juice and a little brown sugar); cover the salmon thickly with a part of the dressing, tear up very small the crisp inside leaves of lettuce, put in the remainder of the mixture, and pour over with two or three larger pieces placed around the salmon, and serve.

TOMATO SALAD.

Take the skin, juice, and seeds from nice, fresh tomatoes, chop what remains with celery, and add a good salad-dressing.

SALAD DRESSING.

Yolks of two hard-boiled eggs rubbed very fine and smooth, one tea-spoon English mustard, one of salt, the yolks of two raw eggs beaten into the other, dessert-spoon of fine sugar. Add very fresh sweet-oil poured in by very small quantities, and beaten as long as the mixture continues to thicken, then add vinegar till as thin as desired. If not hot enough with mustard, add a little cayenne pepper.—*Mrs. Gov. Cheney, New Hampshire.*

SALAD DRESSING.

The yolks of two eggs beaten thoroughly, one level tea-spoon salt, one of pepper, two of white sugar, two tea-spoons prepared mustard, one table-spoon butter; stir in the mixture four table-spoons best vinegar, put dressing into a bowl, set it in a kettle of hot water, and stir constantly till it thickens; set away, and when cool it is ready for use. This is sufficient for one quart finely-chopped cabbage, and should be poured over while hot, and thoroughly mixed with the cabbage, which may then be placed upon a platter, formed into an oval mound, and served cold.

BOTTLED SALAD DRESSING.

Beat yolks of eight eggs, add to them a cup of sugar, one table-spoon each of salt, mustard, and black pepper, a little cayenne, and half a cup of cream; mix thoroughly; bring to a boil a pint and a half vinegar, add one cup butter, let come to a boil, pour upon the mixture, stir well, and when cold put into bottles, and set in a cool place. It will keep for weeks in the hottest weather, and is excellent for cabbage or lettuce.

CREAM DRESSING FOR COLD SLAW.

Two table-spoons whipped sweet cream, two of sugar, and four of vinegar; beat well and pour over cabbage, previously cut very fine and seasoned with salt.—*Miss Laura Sharp, Kingston.*

MAYONNAISE DRESSING.

Beat a raw egg (some use the yolks only) with a salt-spoon of salt (using a wooden-spoon) until it is thoroughly smooth, add a tea-spoon

mixed mustard made rather thicker than usual; when quite smooth add by degrees (a few drops only at a time) a half-pint of olive-oil, taking care to blend each portion of it with the egg before adding more. This ought to be as smooth as honey, and thick enough so that a spoon will stand up in it; dilute with vinegar until it assumes the consistency of thick cream. A little anchovy may be added if desired. Lemon juice may be used instead of vinegar, or a few drops may be added with the vinegar. This is the smoothest and richest of salad dressings. The oily flavor is entirely lost in combination with the raw egg. When you begin to add the oil, drop a very little at first as it may curdle the egg. This sauce keeps well, if bottled and corked with a glass stopper, and it may be made at any time in advance, if only yolks are used, when yolks are left over from baking. In summer, place oil and eggs in a cold place, half an hour before making.

SALAD-DRESSING WITH POTATO.

Peel one large potato, boil, mash until all lumps are out, and add the yolk of a raw egg, stir all well together and season with a teaspoon of mustard and a little salt; add about half a gill of olive-oil and vinegar, putting in only a drop or two at a time, and stirring constantly, as the success of the dressing depends on its smoothness. This dressing is very nice with celery or cabbage chopped fine, and seasoned with a little salt and vinegar.—*Mrs. E. L. Fay.*

SHELL-FISH.

There is not a lover of oysters in existence who does not heartily sympathize with the boy who wanted to spell August "O-r-g-u-s-t," in order to bring it into the list of the months which contain an "r," in all of which oysters are in season. The delicious bivalves furnish an important, and, in most localities, a not expensive article of food; and the ease with which they are prepared for the table, and the great variety of ways in which they may be cooked and served, make them a great favorite with housekeepers.

Oysters in the shell must be kept in a cool cellar, and occasionally sprinkled with salt water. When fresh, the shell is firmly closed; if open, the oyster is dead and unfit for use. The small-shelled oysters have the finest flavor. For the freshness of canned oysters it is necessary to trust to the dealer, but never buy cans the sides of which are swollen. In preparing them for cooking or for the table, carefully remove all bits of shell. Never salt oysters for soups or stews till just before removing them from the fire, or they will shrivel up and be hard, and do not add butter. In frying, a little *baking-powder* added to the cracker-dust or corn-meal in which they are rolled will greatly improve them. Roasting in the shell preserves the natural flavor. *Always serve immediately after cooking, no matter what method is used.*

As to nutritive qualities, oysters rank much below butcher's meats, and it is even questioned whether they contain the phosphorus, or brain food, which has been credited to them in company with the finny tribe in general. But, when properly cooked, they are easy of digestion, and very proper food for persons whose occupation is

sedentary, and whose duties do not call for heavy muscular exertion. Even for invalids, they are nutritious and wholesome, when delicately prepared.

CLAM CHOWDER.

Chop fifty clams, peel and slice ten raw potatoes, cut into dice six onions and a half pound fat salt pork, slice six tomatoes (if canned use a coffee-cup full), add a pound pilot crackers; first put pork in bottom of pot and fry out, partially cook onions in pork-fat, remove the mass from pot, and put on a plate bottom side up; make layers of the ingredients, season with pepper and salt, cover with water and boil an hour and a half, adding chopped parsley to taste.

CLAM PIE.

Take three pints of either hard or soft-shell clams (if large, chop slightly), put in a sauce-pan and bring to a boil in their own liquor, or add a little water if needed; have ready four medium-sized potatoes, boiled till done and cut into small squares; make a nice pie-paste with which line a medium-sized pudding-dish half way down the sides; turn a small tea-cup bottom up in middle of dish to keep up the top crust; put in first a layer of clams, and then a few potatoes, season with bits of butter and a little salt and pepper, and dredge with flour; add another layer of clams, and so on till dish is filled, adding juice of clams, and a little water if necessary (there should be about as much liquid as for chicken-pie). Cover with top-crust, cutting several slits for steam to escape, and bake three-quarters of an hour.—*Mrs. A. Wilson, Rye, N. Y.*

CLAM STEW.

Take half peck hard-shell clams, wash shells clean, and put in a kettle with about one tea-cup water; let steam until the shells open, when take out of shell, strain juice, and return it with clams to the fire; after they come to a boil, add one pint milk, a piece of butter size of an egg, three crackers rolled fine, pepper, and salt if any is needed.—*Mrs. A. W.*

FRIED CLAMS.

Remove from shell large soft-shell clams; beat an egg well and add two table-spoons water; have the clams dried in a towel, and dip them first in the egg, then in finely-rolled cracker or bread-

crumbs, and fry (longer than oysters) in sweet lard or butter. Oysters may be prepared for cooking in same way.—*Mrs. A. W.*

DEVILED CRABS.

Pick the meat from a boiled crab and cut in fine bits, add one-third as much bread-crumbs, two or three chopped hard-boiled eggs, and lemon juice; season with pepper, salt, and butter or cream. Clean the shells nicely and fill with the mixture, sprinkle over with bread-crumbs and small bits of butter, and brown in oven. Lobsters may be prepared in same way, and served in silver scallop-shells. Or, boil one pint milk, and thicken with one table-spoon corn starch mixed in a little cold milk, season with pepper (cayenne may be used) and salt, and pour over the picked-up lobster; put in baking-dish, and cover with bread-crumbs and a few pieces of butter, and brown in oven.—*Mrs. Col. S., Norfolk, Va.*

BOILED OYSTERS.

Wash shell-oysters perfectly clean, place in a small willow basket, drop in a kettle of boiling water, and when shells open, lift basket, and serve oysters on the half shell.

BROILED OYSTERS.

Dry large, selected oysters in a napkin, pepper and salt, and broil on a fine folding wire-broiler, turning frequently to keep the juice from wasting. Serve immediately in a hot dish with little pieces of butter on them. Or, pepper a cup of dry bread-crumbs, dry one quart of oysters in a napkin, dip each in butter previously peppered, roll well in the crumbs, and broil over a good fire for five to seven minutes. Serve immediately in a hot dish with butter, pepper and salt.

BROILED OYSTERS WITH PORK.

String a hair-pin shaped wire, first with an oyster, then with a thin slice of pork, and so on until the wire is filled; fasten ends of wire into a long wooden handle, and broil before the fire. Serve, with the pork, if you like, seasoning slightly with pepper.

OYSTER CROQUETTES.

Scald and chop fine hard part of the oysters (after taking the other part and liquor for a soup), add an equal weight of mashed potato; to one pound of this add lump of butter the size of an egg,

tea-spoon salt, half tea-spoon of pepper, and quarter of a tea-cup cream. Make in small cakes, dip in egg and then in bread-crumbs, and fry like doughnuts.

BROILED OYSTERS ON THE HALF-SHELL.

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

CURRIED OYSTERS.

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

DEVILED OYSTERS.

Wipe the oysters dry and lay in a flat dish, cover with a mixture of melted butter, cayenne pepper (or pepper sauce), and lemon juice. Let them lie in this for ten minutes, turning them frequently; take out, roll in cracker crumbs, then in beaten egg, then in crumbs, and fry in hot lard and butter, half and half.

ESCALOPEO OYSTERS.

Take crushed crackers, not too fine; drain liquor from a quart of oysters and carefully remove all bits of shell, butter a deep dish or pan, cover the bottom with crackers, put in a layer of oysters seasoned with salt and pepper and bits of butter in plenty, then a layer of crackers, then oysters, and so on until dish is full, finishing with the crackers covered with bits of butter; pour over the whole the oyster-liquor added to one pint of boiling water (boiled and skimmed), place in a hot oven, bake half an hour, add another pint of hot water, or half pint water and half pint of milk, in which a small lump of butter has been melted; bake another half hour, and, to prevent browning too much, cover with a tin or sheet-iron lid. All bread-crumbs, or a mixture of crackers and bread-crumbs may be used when more convenient. As the amount of liquor in oysters varies, and the proportion of crackers or bread-crumbs to the oysters also varies, the quantity of water must be

increased or diminished according to judgment and taste. Some prefer to cook half the time given above. Boiled macaroni may be used in place of cracker-crumbs.

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

FRIED OYSTERS.

Drain carefully, remove all bits of shell, and sprinkle with pepper and salt, and set in a cool place for ten or fifteen minutes. Then, if oysters are small, pour them into a pan of crackers rolled fine, add the liquor, mix well, and let stand five minutes, add a *little* salt and pepper, mold into small cakes with two or three oysters in each, roll in dry crackers until well encrusted, and fry in hot lard and butter, or beef-drippings. Serve hot in a covered dish.

Or, dip the oysters in the yolk of eggs, well seasoned and beaten, then in corn meal with a little baking powder mixed with it, and fry in hot lard like doughnuts; or if you have frying basket, place them on that and drop it in the hot lard. Test the heat as for doughnuts.

Or, drain thoroughly, put in a *hot* frying-pan, turn so as to brown on both sides. They cook in this way in a few moments, and the peculiar flavor of the oysters is well preserved. Serve on a hot covered dish, with butter, pepper and salt, or add a little cream just before serving, and serve on toast; or take two parts rolled crackers and one part corn meal, mix well, roll the oysters in it, and fry in equal parts butter and lard. Season with salt and pepper.—*Mrs. W. W. Woods.*

FRIED OYSTERS.

To fry oysters, take two dozen large oysters (they are sold under different names and brands in different markets), drain off liquor;

have prepared cracker dust (which may be made by rolling crackers under a rolling pin, or bought of almost any grocer), take one oyster at a time, roll in cracker dust, and lay on a meat board or platter by itself until all are so encased, and laid in rows; let remain fifteen minutes, now take the oyster first rolled in cracker dust and dip in beaten eggs (yolk and white beaten together), then the second oyster, and so on until all are dipped, then roll in cracker dust, following same order as before. Let them remain from half to three-quarters of an hour. It is important to follow the same order in each operation, to give the liquor of the oyster time to drain out and be absorbed by the cracker dust; now heat in a frying-pan one pound of clarified fat or lard; when the blue smoke arises (which indicates a heat of 375° , the proper cooking point), drop into it a peeled potato or piece of hard bread, which has the effect of preventing the fat growing hotter, drop in the oysters very lightly, and when a light brown turn to brown the other side; and then remove to a colander to drain a moment, or lay upon a piece of brown paper, which will absorb the superfluous grease. The time for cooking is about three minutes. Serve while *hot* on a hot platter. Fried oysters, to be at their best, must be eaten as soon as cooked; and when a second supply is likely to be needed, it should be cooked while the first is being served and eaten. It is better not to touch the oysters with the hand, as it tends to make them tough; all the rolling and dipping may be done with a fork, without mangling the oyster.

FRICASSEED OYSTERS.

Take a slice of raw ham (corned and not smoked), soak in boiling water for half an hour, cut in very small slices and put in a sauce-pan with two-thirds pint of veal or chicken broth well strained, the liquor from one quart oysters, one small onion minced very fine, a little chopped parsley, sweet marjoram and pepper. Let these simmer twenty minutes, boiling rapidly for two or three minutes. Then skim well and add one scant table-spoon of corn starch mixed smoothly in one-third cup of milk, stir constantly, and when it boils add the oysters and one ounce of butter; just let it come to a boil, remove oysters to a deeper dish, then beat one egg and add to it gradually some of the hot broth, and when cooked

stir it into the pan ; season with salt and pour all over the oysters. When placed upon the table some squeeze the juice of a lemon over it.

OYSTER FRITTERS.

Drain off liquor, boil, skim, and to a cupful add a cup of milk, two or three eggs, salt and pepper, and flour enough to make a rather thick batter. Have hot lard or beef drippings ready in a kettle, drop the batter into it with a large spoon, taking up one oyster for each spoonful. The oyster must be large and plump.

OYSTER OMELET.

Add to a half cup of cream six eggs beaten very light, season with pepper and salt, and pour into a frying-pan with a table-spoon of butter ; drop in a dozen large oysters cut in halves, or chopped fine with parsley, and fry until a light brown. Double it over, and serve immediately.—*Mrs. T. B. Johnson, Tusculumbia.*

PANNED OYSTERS.

Cut stale bread in thin slices, then round them, removing all crust. Make them to fit patty-pans ; toast them, butter, and place in pans. Moisten with three or four tea-spoons of oyster liquor ; then place on the toast a layer of oysters, sprinkle with pepper, and put on top a small piece of butter ; place pans in a baking pan and put in oven, covering with a tin lid, or if not large enough, another pan to keep in the steam and flavor ; have a quick oven, and when cooked seven or eight minutes, until "ruffled," remove cover and sprinkle with salt ; replace cover and cook one minute longer. Serve in the patty-pans. This is delicious.

OYSTER PIE.

Line a deep pie-dish with puff-paste ; dredge with flour, pour in one pint oysters, season well with bits of butter, salt and pepper, and sprinkle flour over ; pour on some of the oyster-liquor, and cover with a crust having an opening in the center to allow the steam to escape.

Or, line the pie-dish half way up with good pie-crust, fill the dish with pieces of stale bread, place a cover of paste over this, and bake about twenty minutes in a brisk oven. Take off crust, have ready some oysters prepared as for patties, fill the pie with them,

and replace the crust and serve at once; or line dish with a good puff-paste, place an extra layer around the edge, and bake in a brisk oven; fill with oysters, season with pepper, salt, and one table-spoon butter, sprinkle slightly with flour, and cover with a thin crust of paste; bake quickly; when the top crust is done, the pie will be ready to take up. Serve promptly, as the crust quickly absorbs the gravy. Some like this cold for picnics or traveling.—*Mrs. Carrie Beck.*

OYSTER PICKLES.

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

OYSTER ROLL.

Cut a round piece, say six inches across, from the top of a well-baked round loaf of bread, remove the inside from the loaf, leaving crust half an inch thick; make a rich oyster stew, and put in the loaf first a layer of it, then of bread-crumbs, then oysters, and so on; place cover over the top, glaze the loaf with the beaten yolk of an egg, and place in oven for a few moments. Serve very hot.

RAW OYSTERS.

Wash the shells, open, detaching the flat shell, loosen from the deep shell, but leave them in it, and serve half dozen on a plate, with a quarter of lemon in center. Eat with salt, pepper and lemon juice or vinegar.

In serving them without the shells the most attractive way is in a dish of ice, made by freezing water in a tin form shaped like a salad bowl, or in a block of ice from which a cavity has been melted with a hot flat-iron. They should first be drained well in a colander, sprinkled with plenty of pepper and salt, and placed on the ice and let remain in a cool place for half an hour or until time of serving.

A simpler and equally delicious way is to drain well, sprinkle with salt and pepper, and place the dish on ice or in a dish of cold

water for half an hour before serving, adding bits of ice. Serve with horse-radish, Chili sauce, slices of lemon, or simply vinegar.

OYSTERS IN THE SHELL.

Open the shells, keeping the deepest ones for use. Melt some butter, season with minced parsley and pepper. When slightly cooled, roll each oyster in it, using care that it drips but little, and lay in the shells. Add to each shell a little lemon juice, cover with grated bread-crumbs, place in a baking-pan and bake in a quick oven; just before they are done, add a little salt. Serve in the shells.

OYSTER STEW.

Put the liquor from the oysters on the stove, let boil, skim, and season with butter and pepper, add oysters, let *come to a boil only*, season with salt and serve. This is pronounced a "royal stew."

STEAMED OYSTERS.

Lay some oysters in the shell in some air-tight vessel, placing the upper shell downward so the liquor will not run out when they open. Set them over a pot of boiling water (where they will get the steam), and boil hard for twenty minutes; if the oysters are open they are done; if not, steam till they do open. Serve at once and eat hot, with salt and a bit of butter. Or, wash and drain one quart select oysters, put in pan and place in steamer over boiling water, cover and steam till oysters are plump with edges ruffled; place in heated dish with butter, pepper and salt, and serve.

WALLED OYSTERS.

Make a wall one and one-half inches high and three-quarters wide of one quart nicely mashed and seasoned potatoes, just inside raised edge of platter, glaze it by covering with beaten egg and placing in oven for a few minutes. Place the liquor from one quart oysters in porcelain kettle, let boil, skim well, then add oysters seasoned with salt, boil up once, skim out oysters (milk or water can be added to the liquor, then seasoned with butter and pepper, and served as soup), and add them to a cream dressing made by putting a tea-cup rich cream, butter size of half an egg, and a little pepper and tea-spoon salt in a pan placed within a vessel of boiling water; when hot add two ounces of flour mixed smooth in some cream or milk, and let cook till thickened, then place oysters and dressing within the potato and serve immediately.

SOUPS.

To make nutritious, healthful and palatable soup, with flavors properly commingled, is an art which requires study and practice, but it is surprising from what a scant allotment of material a delicate and appetizing dish may be produced. The best base for soup is lean uncooked meat, a pound of meat to a quart of water, to which may be added chicken, turkey, beef, or mutton bones well broken up; a mixture of beef, mutton and veal, with a bit of ham bone, all cut fine, makes a higher flavored soup than any single meat; the legs of all meats are rich in gelatine, an important constituent of soup. For white stock use veal or fowls instead of beef.

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

When remnants of cooked meats are used, chop fine, crush the bones, add a ham bone or bit of ham or salt pork (two or three cubic inches) and all ends of roasts and fatty parts, and the brown fat of the roast; make the day previous to use; strain, set away over night, skim off the fat (which clarify and save for drippings), and it is ready to heat and serve.

When soup is desired for a first course, daily, a soup-kettle should be especially provided, with a faucet to draw off the clear soup to be seasoned for each day; and all the bones and bits of meat left after dinner can be thrown into the kettle, also bits of vegetables and bread, and the gravies that are left from roast meats and cutlets. In this way there will be nothing lost, and the soups can be varied by seasonings and thickenings of different kinds. Every two or three days, however, the contents of the kettle should be turned out, after all the liquid has been drawn off, and the kettle

washed clean and scalded, for if this is not attended to, the soups will soon lose their piquant flavor and become stale.

In using fresh meat throw the pieces as cut into the required quantity of *cold* water and let stand until the juices of the meat begin to color it, then put on to boil; in this way the juices of the meat are more readily drawn out. The soup is done when the meat is juiceless.

The best herbs are sage, thyme, sweet marjoram, tarragon, mint, sweet basil, parsley, bay-leaves, cloves, mace, celery-seed and onions. Plant the seed of any of the seven first-mentioned in little boxes on the window sill, or in a sunny spot in the yard. Gather and dry them as follows: parsley and tarragon should be dried in June and July, just before flowering; mint in June and July; thyme, marjoram and savory in July and August; basil and sage in August and September; all herbs should be gathered in the sunshine, and dried by artificial heat; their flavor is best preserved by keeping them in air-tight tin cans, or in tightly-corked glass bottles.

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

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

to the soup just before serving. Vermicelli and macaroni should be broken up small, and washed thoroughly; boil in the soup half an hour.

If a soup is wanted without any addition of vegetables, but thickened, arrow-root or corn starch is used in the proportion of two round tea-spoons of the latter and two scant tea-spoons of the former to a quart of soup. Mix with a little water until smooth, and add when the soup is nearly done. Wheat flour is also used for thickening, but it requires three round table-spoons to the quart. If not thick enough to suit the taste more may be added. Browned flour does not thicken, the starchy property having been removed in the browning process.

Thickened soups require more seasoning than thin soups; if wanted very clear and delicate, strain through a hair sieve.

Always use cold water in making all soups; skim well, especially during the first hour. There is great necessity for thorough skimming, and to help the scum rise, pour in a little cold water now and then, and as the soup reaches the boiling point, skim it off. Use salt at first sparingly, and season with salt and pepper; allow one quart soup to three or four persons.

For a quick soup, crush the bone and cut the meat rather fine; when done, strain and serve. Every kitchen should be provided with a soup-kettle (which has a double bottom), or a large iron pot with a tight-fitting tin cover with a hole size of a large darning-needle in it at one side of the handle. Keep kettle covered closely, so that the flavor may not be lost, and simmer slowly, so that the quantity may not be much reduced by evaporation, but if it has boiled away (which may be the case when the meat is to be used for the table), pour in as much hot water as is needed, and add vegetables, noodles, or any thickening desired. Vegetables should be added just long enough before soup is done to allow them to be thoroughly cooked. An excellent soup for a small family may be made from the bones and trimmings cut from a steak before broiling. The bones from a rib roast, which are generally cut out and thrown away by the butcher, after weighing, should always be ordered sent with roast and used for soup.

For coloring and flavoring soups, use caramel, browned flour,

onions fried brown, meat with cloves in it, or browned with butter. Poached eggs are an excellent addition to some soups. They should be added just before serving, one for each person. They may be poached in water or dropped into the boiling soup, or two or three eggs, well-beaten and added just before pouring in tureen, make a nice thickening. Cayenne pepper or a bit of red pepper pod, Worcestershire, Halford, or Chili sauce, and catsups, are considered by many an improvement to soup, but must be cautiously used. Force-meat balls, made of the meat boiled for the soup, are also used.

SOUP STOCK.

To four pounds of lean beef (the inferior parts are quite as good for this purpose) put four quarts of cold water (soft is best), wash the meat and put it in the water without salt; let it come slowly to boiling point, skim well before the agitation of the water has broken the scum, add a little salt, and a dash of cold water, to assist the scum to rise, skim again, set back and let it boil gently on one side or in one place, and not all over ("the pot should smile, not laugh"), for six or eight hours, until the meat is in rags (rapid boiling hardens the fiber of the meat and the savory flavor escapes with the steam), add a little pepper, strain into a stone jar, let it cool, and remove all the grease. This stock will keep for many days in cold weather, and from it can be made all the various kinds of soups by adding onion, macaroni, celery, asparagus, green pease, carrot, tomato, okra, parsley, thyme, summer savory, sage, and slices of lemon; many of the herbs may be first dried, then pulverized and put in cans or jars for winter use. Celery and carrot seed may be used in place of the fresh vegetables. Macaroni should be first boiled in slightly salted water, cut in pieces one or two inches long, and added a short time before serving. To prepare soup for dinner, cut off a slice of the jelly, add water, heat and serve. Whatever is added to this, such as rice, tapioca, vegetables, etc., may first be cooked before being added, as much boiling injures the flavor of the stock.

A rich stock can also be made from a shank or shin of beef (knuckle of veal is next best); cut in several pieces, crack the bones, add four quarts water, boil up quickly, skim, add salt, skim, and let boil *gently* until the liquor is reduced one-half; strain, cool

and skim, and if boiled properly and long enough, an excellent jelly will result. Too violent boiling makes the stock cloudy and dark. To clarify stock that has been darkened by careless skimming and improper boiling, mix one egg and shell in a gill of cold water, add a gill of the boiling soup, then stir into the soup until it boils up; remove to back of stove, and let stand until the white and shell of the egg have collected the particles that color the soup, and strain once or twice until it looks clear. Stock should never be allowed to stand and cool in the pot in which it is cooked; pour into an earthen dish, let stand to cool uncovered, when all the fat should be removed and saved to clarify for drippings; the stock is then ready for use as wanted for soups or gravies. The flavor of stock may be varied by using in it a little ham, anchovy, sausage, sugar, or a calf's foot. Sprigs of herbs, and whole spices may be used in seasoning, and afterward strained out. Delicate flavors should be added just before serving, as boiling evaporates them. Stock made from meat without bone or gristle will not jelly, but will taste very like good beef-tea. Never boil vegetables with stock, as they will cause it to become sour.

An economical soup-stock may be made of steak or roast-beef bones, after cooking, adding a little piece of fresh meat, or none at all, and allowing it to simmer at least five hours; strain, remove all fat the next day, and it will be ready for use.

SOUP FROM STOCK.

To make soup from any stock, put on as much stock as needed (if in jelly, scrape the sediment from off the bottom), add seasoning, water and vegetables. The potatoes should be peeled, sliced, and laid in salt and water for half an hour, the cabbage parboiled and drained, and all others either sliced or cut fine, before adding them to the soup; boil until thoroughly dissolved, strain through a colander and serve at once.

ANOTHER WAY.

When stock is drawn off, season with celery salt. A little vermicelli boiled in it for fifteen minutes will give it more body—or some of the fancy letters, stars, triangles, etc., that are made particularly for soups can be used, or egg-balls can be made by mixing raw egg with just enough wheat flour or corn starch to make it into round

balls, then drop them into the soup and boil for ten minutes. A little milk, a tea-spoon to one egg, is an improvement; also a sprinkle of salt. These balls are sometimes called "noodles." If a richer soup is needed, take slices of raw veal and a little salt pork, and chop very fine with a slice of wheat bread. Season highly with pepper, salt, tomato catsup, and chopped lemon peel, moisten with two well-beaten eggs, and roll into balls as large as a walnut, with floured hands. Fry the balls in butter to a dark brown, and let them cool; turn into the soup and boil about ten minutes. Cut a lemon into very thin bits, slice two hard-boiled eggs, put them into the tureen; add a glass of claret or port wine to them and turn in soup; it is a very "dainty dish."

CLAM SOUP.*

First catch your clams—along the ebbing edges
 Of saline coves you'll find the precious wedges,
 With backs up, lurking in the sandy bottom;
 Pull in your iron rake, and lo! you've got 'em!
 Take thirty large ones, put a basin under,
 And cleave, with knife, their stony jaws asunder;
 Add water (three quarts) to the native liquor,
 Bring to a boil, (and, by the way, the quicker
 It boils the better, if you'd do it cutely.)
 Now add the clams, chopped up and minced minutely.
 Allow a longer boil of just three minutes,
 And while it bubbles, quickly stir within its
 Tumultuous depths where still the mollusks mutter,
 Four table-spoons of flour and four of butter,
 A pint of milk, some pepper to your notion,
 And clams need salting, although born of ocean.
 Remove from fire; (if much boiled they will suffer—
 You'll find that India-rubber is n't tougher.)
 After 'tis off, add three fresh eggs, well-beaten,
 Stir once more, and it's ready to be eaten.
 Fruit of the wave! O, dainty and delicious!
 Food for the gods! Ambrosia for Apicius!
 Worthy to thrill the soul of sea-born Venus,
 Or titillate the palate of Silenus!

AN ECONOMICAL SOUP.

Take a soup bone (any piece of beef not too fat will do), wash well, place in kettle with sufficient cold water for soup; let it boil,

* Written for "Buckeye Cookery and Practical Housekeeping," by W. A. CROFFUT, editor of "Daily Graphic," New York.

skim thoroughly and continue to boil slowly from three to six hours, according to size and quality of meat; one hour before dinner, put in cabbage cut in quarters, sprinkling it with salt; quarter of an hour after add turnips halved or quartered according to size; quarter of an hour after turnips, add potatoes whole, or cut in two if large (turnips and potatoes should be pared and laid in cold water half an hour before using). When done take out vegetables and meat, place in heater, or if you have no heater, place plates over a pot or skillet of boiling water. If there is not enough soup, add boiling water, stir in a little thickening of flour and water, let it boil thoroughly; season to the taste with salt and pepper and serve at once. The soup will be excellent and the vegetables very fine.

ASPARAGUS SOUP.

Cut the tops from about thirty heads of asparagus, about half an inch long, and boil the rest; cut off all the tender portions and rub through a sieve, adding a little salt; warm three pints soup stock, add a small lump of butter and a tea-spoon of flour previously cooked by heating the butter and slowly stirring in the flour; then add the asparagus pulp. Boil slowly a quarter of an hour, stirring in two or three table-spoons cream; color the soup with a tea-spoon of prepared spinach, made by pounding the spinach well, adding a few drops of water, squeezing the juice through a cloth and putting it over a good fire. As soon as it looks curdy, take it off, and strain the liquor through a sieve. What remains on the sieve is to be used for coloring the soup. Just before serving soup, add the asparagus tops which have been separately boiled.

BEEF SOUP.

Take the cracked joints of beef, and after putting the meat in the pot and covering it well with water, let it come to a boil, when it should be well skimmed. Set the pot where the meat will simmer slowly until it is thoroughly done, keeping it closely covered all the time. The next day, or when cold, remove the fat which hardens on the top of the soup. Peel, wash and slice three good-sized potatoes and put them into the soup; cut up half a head of white cabbage in shreds, and add to this a pint of Shaker corn that has been soaked over night, two onions, one head of celery, and tomatoes

if desired. When these are done, and they should simmer slowly, care being taken that they do not burn, strain (or not as preferred) the soup and serve. The different varieties of beef soup are formed by this method of seasoning and the different vegetables used in preparing it, after the joints have been well boiled. Besides onions, celery, cabbages, tomatoes and potatoes, many use a few carrots, turnips, beets, and force-meat balls seasoned with spice; rice or barley will give the soup consistency, and are to be preferred to flour for the purpose. Parsley, thyme and sage are the favorite herbs for seasoning, but should be used sparingly. To make force-meat balls, add to one pound chopped beef one egg, a small lump butter, a cup or less of bread-crumbs; season with salt and pepper, and moisten with the water from stewed meat; make in balls and fry brown, or make egg-balls by boiling eggs, mashing the yolks with a silver spoon, and mixing with one raw yolk and one tea-spoon flour; season with salt and pepper, make into balls, drop in soup just before serving.—*Mrs. H. B. Sherman.*

BEEF SOUP WITH OKRA.

Fry one pound "round" steak cut in bits, two table-spoons butter, and one sliced onion, till very brown; add to three or four quarts cold water in soup-kettle, and boil slowly one hour; then add pint sliced okra, and simmer three hours or more; season with salt and pepper, strain and serve.—*Mrs. T. B. J., Tusculumbia, Ala.*

BEEF SOUP.

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

BEAN SOUP.

Boil a small soup-bone in about two quarts water until the meat can be separated from the bone, remove bone, add a coffee-cup white beans soaked for two hours, boil for an hour and a half, add three potatoes, half a turnip and a parsnip, all sliced fine, boil half an

hour longer, and just before serving sprinkle in a few dry bread-crumbs; season with salt and pepper, and serve with raw onions sliced very fine for those who like them.—*Mrs. A. B. Morey.*

TURTLE BEAN SOUP.

Soak one pint black beans over night, then put them into three quarts water with beef bones or a small piece of lean salt pork, boil three or four hours, strain, season with salt, pepper, cloves and lemon juice. Put in a few slices of lemon, and if wished add slices of hard-boiled eggs. Serve with toasted bread cut into dice and placed in the tureen.—*Mrs. H. C. Clark, Kankakee, Ill.*

SATURDAY BEAN SOUP.

Baked beans and brown bread form a Sunday breakfast for so many that the following will be a useful and economical soup for Saturday dinner. Put on the pot with more beans than enough for Sunday's breakfast, with water, and slice of salt pork; parboil till beans are ready to be put in oven. Take out pork and part of beans, leaving enough for a bean soup; place the pot on back of stove and keep hot. Three-quarters of an hour before dinner heat soup, add more water and vegetables as in "Bean Soup."

MEATLESS BEAN SOUP.

Parboil one pint beans, drain off the water, add fresh, let boil until perfectly tender, season with pepper and salt, add a piece of butter the size of a walnut, or more if preferred; when done skim out half the beans, leaving the broth with the remaining half in the kettle, now add a tea-cup sweet cream or good milk, a dozen or more crackers broken up; let it boil up, and serve.

CARROT SOUP.

Put in soup-kettle a knuckle of veal, three or four quarts cold water, a quart finely-sliced carrots, one head celery; boil two and a half hours, add a handful rice, and boil an hour longer; season with pepper (or a bit of red pepper pod) and salt, and serve.

CELERY CREAM SOUP.

Boil a small cup rice in three pints milk, until it will pass through a sieve. Grate the white part of two heads of celery (three if small) on a bread-grater; add this to the rice milk *after* it has been

strained; put to it a quart of strong white stock; let boil until celery is perfectly tender; season with salt and cayenne, and serve. If cream is obtainable, substitute one pint for the same quantity of milk.

CHICKEN SOUP.

In boiling chickens for salads, etc., the broth (water in which they are boiled) may be used for soup. When the chickens are to be served whole, stuff and tie in a cloth. To the broth add a dozen tomatoes (or a quart can), and one thinly-sliced onion; boil twenty minutes, season with salt and pepper, add two well-beaten eggs, and serve.—*Mrs. Smythe, New York City.*

CLAM SOUP.

Wash clams, and place in just sufficient water for the soup, let boil, and as soon as they clear from shells, take out and place clams in a jar for pickling; throw into the broth a pint each of sweet milk and rolled crackers, add a little salt, boil five minutes, and just before taking from the fire, add one ounce butter beaten with two eggs. Serve, and let each person season to taste.

GREEN CORN SOUP.

One large fowl, or four pounds veal (the knuckle or neck will do), put over fire in one gallon cold water without salt, cover tightly and simmer slowly till meat slips from the bones, not allowing it to boil to rags, as the meat will make a nice dish for breakfast or lunch, or even for dinner. Set aside with the meat a cup of the liquor; strain the soup to remove all bones and rags of meat; grate one dozen ears of green corn, scraping cobs to remove the heart of the kernel, add corn to soup, with salt, pepper, and a little parsley, and simmer slowly half an hour. Just before serving add a table-spoon flour beaten very thoroughly with a table-spoon butter. Serve hot. To serve chicken or veal, put broth (which was reserved) in a clean sauce-pan, beat one egg, a table-spoon butter and a tea-spoon flour together very thoroughly, and add to the broth with salt, pepper, and a little chopped parsley. Arrange meat on dish, pour over dressing, boiling hot, and serve at once.

GUMBO.

Slice a large onion and put it with a slice of bacon or fat ham

into a skillet and brown it; skin and cut up two quarts tomatoes, cut thin one quart okra, put all together with a little parsley into a stew-kettle, adding about three quarts water, and cook slowly two or three hours, adding salt and pepper to taste.—*Mrs. E. A. W.*

MOCK TURTLE OR CALF'S-HEAD SOUP.

Lay one large calf's head well cleaned and washed, and four pig's feet, in bottom of a large pot, and cover with a gallon of water; boil three hours, or until flesh will slip from bones; take out head, leaving the feet to be boiled steadily while the meat is cut from the head; select with care enough of the fatty portions in the top of the head and the cheeks to fill a tea-cup, and set aside to cool; remove brains to a saucer, and also set aside; chop the rest of the meat with the tongue very fine, season with salt, pepper, powdered marjoram and thyme, a teaspoon of cloves, one of mace, half as much allspice and a grated nutmeg. When the flesh falls from the bones of the feet, take out bones, leaving the gelatinous meat; boil all together slowly, without removing the cover, for two hours more; take the soup from the fire and set it away until the next day. An hour before dinner set the stock over the fire, and when it boils strain carefully and drop in the meat reserved, which should have been cut, when cold, into small squares. Have these all ready as well as the force-meat balls, to prepare which rub the yolks of five hard-boiled eggs to a paste in a wedgewood mortar, or in a bowl with the back of a silver spoon, adding gradually the brains to moisten them, also a little butter and salt. Mix with these, two eggs beaten very light, flour the hands and make this paste into balls about the size of a pigeon's egg: throw them into the soup five minutes before taking it from the fire; stir in a large tablespoon browned flour rubbed smooth in a little cold water, and finish the seasoning by the addition of a glass and a half of sherry or Maderia wine, and the juice of a lemon. It should not boil more than half an hour on the second day. Serve with sliced lemons.

MUTTON SOUP.

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

table-spoon flour wet with cold water.—*Mrs. E. R. Fay, New York City.*

NOODLE SOUP.

Add noodles to beef or any other soup after straining; they will cook in fifteen or twenty minutes, and are prepared in the following manner: To one egg add as much sifted flour as it will absorb, with a little salt; roll out as thin as a wafer, dredge very lightly with flour, roll over and over into a large roll, slice from the ends, shake out the strips loosely and drop into the soup.

OKRA SOUP.

Take a nice joint of beef filled with marrow, one gallon water, one onion cut fine, two sprigs parsley, half a peck of okra, one quart tomatoes; boil the meat six hours, add vegetables and boil two hours more.—*Mrs. E. L. F.*

OYSTER SOUP WITH MILK.

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

PLAIN OYSTER SOUP.

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

POT AU FEU.

Take a good-sized beef-bone with plenty of meat on it, extract the marrow and place in a pot on the back of the range, covering the beef with three or more quarts of cold water; cover tightly, and allow to simmer slowly all day long. The next day, before heating, remove the cake of grease from the top, and add a large onion (previously stuck full of whole cloves, and then roasted in the

oven till of a rich-brown color), adding tomatoes or any other vegetables which one may fancy. A leek or a section of garlic adds much to the flavor. Rice may be added, or vermicelli for a change. Just before serving, burn a little brown sugar and stir through it. This gives a peculiar flavor and rich color to the soup.—*Mrs. Col. Clifford Thompson, New York City.*

GREEN PEA SOUP.

Boil three pints shelled pease in three quarts of water; when quite soft, mash through a colander, adding a little water to free the pulp from the skins; return pulp to the water in which it was boiled, add a head of lettuce chopped, and half a pint young pease; boil half an hour, season with salt and pepper, and thicken with two table-spoons butter rubbed into a little flour. Serve with bits of toasted bread. The soup, when done, should be as thick as cream. Some omit the lettuce.

POTATO SOUP.

To one gallon of water add six large potatoes chopped fine, one tea-cup rice, a lump of butter size of an egg, one table-spoon flour. Work butter and flour together, and add one tea-cup sweet cream just before taking from the fire. Boil one hour.—*Miss Lida Canby.*

SWISS SOUP.

Five gallons water, six potatoes and three turnips sliced; boil five hours until perfectly dissolved and the consistency of pea soup, filling up as it boils away; add butter size of an egg, season with salt and pepper, and serve. A small piece salt pork, a bone or bit of veal or lamb, and an onion, may be added to vary this soup.

TOMATO SOUP.

Skim and strain one gallon of stock made from nice fresh beef; take three quarts tomatoes, remove skin and cut out hard center, put through a fine sieve, and add to the stock; make a paste of butter and flour, and, when the stock begins to boil, stir in half a tea-cup, taking care not to have it lumpy; boil twenty minutes, seasoning with salt and pepper to taste. Two quarts canned tomatoes will answer.—*Mrs. Col. Reid, Delaware.*

MEATLESS TOMATO SOUP.

One quart tomatoes, one of water; stew till soft; add tea-spoon soda, allow to effervesce, and add quart of boiling milk, salt, butter, and pepper to taste, with a little rolled cracker; boil a few minutes and serve.—*Mrs. D. C. Conkey, Minneapolis, Minn.*

TURKEY-BONE SOUP.

After a roasted turkey has been served a portion of the meat still adheres to the bones, especially about the neck; "drumsticks" are left, or parts of the wings, and pieces rarely called for at table. If there is three-fourths of a cupful or more left cut off carefully and reserve for force-meat balls. Break the bones apart and with stuffing still adhering to them, put into a soup-kettle with two quarts water, a table-spoon salt, a pod of red pepper broken into pieces, three or four blades of celery cut into half inch pieces, three medium-sized potatoes, and two onions all sliced. If the dinner hour is one o'clock the kettle should be over fire before eight o'clock in the morning; or if the dinner is at six in the evening, it should be on by twelve o'clock. Let it boil slowly but constantly until about half an hour before dinner; lift out bones, skim off fat, strain through colander, return to soup-kettle. There will now be but little more than a quart of the soup. If more than this is desired, add a pint of hot milk or milk and cream together; but it will be very nice without this addition even though a little more water be added. Prepare the force-meat balls by chopping the scraps of turkey very fine; take half a tea-spoon cracker-crumbs, smoothly rolled, a small salt-spoon of cayenne pepper, about double the quantity of salt, a little grated lemon peel and half a tea-spoon powdered summer-savory or thyme; mix these together and add a raw beaten egg to bind them. Roll mixture into balls about the size of a hickory-nut, and drop into the soup ten minutes before serving. Have ready in tureen a large table-spoon of parsley, cut very fine. Pour in soup, and send to table hot. If force-meat balls are not liked, boil two eggs for half an hour, cut in slices, put them in tureen with the parsley, and pour the soup over them; or slices of bread (not too thick) can be toasted, buttered on both sides, cut into inch squares, and substituted for the sliced eggs.—*Mrs. R. N. Hazard, Kirkwood, Mo.*

VEGETABLE SOUP.

After boiling a soup bone or piece of beef until done, add to the broth boiling water to make the amount of soup wanted, and when boiling again add a large handful of cabbage cut fine as for slaw, a half pint of tomatoes, canned or fresh; peel and slice and add three large or four small onions, and two or three potatoes (some use a half tea-cup of dried or half pint of green corn; if dried corn is used, it should be soaked). Let boil from half to three-quarters of an hour; if you like a little thickening, stir an egg yolk with a large spoonful of milk and a tea-spoon of flour, put in five or ten minutes before taking off; this makes it very rich. Serve with crackers.—*Mrs. H. C. Vosbury.*

VEGETABLE SOUP.

Three onions, three carrots, three turnips, one small cabbage, one pint tomatoes; chop all the vegetables except the tomatoes very fine, have ready in a porcelain kettle three quarts boiling water, put in all except cabbage and tomatoes and simmer for half an hour, then add the chopped cabbage and tomatoes (the tomatoes previously stewed), also a bunch of sweet herbs. Let soup boil for twenty minutes, strain through sieve, rubbing all the vegetables through. Take two table-spoons of best butter and one of flour and beat to a cream. Now pepper and salt soup to taste, and add a tea-spoon of white sugar, a half cup of sweet cream if you have it, and last stir in the butter and flour; let it boil up and it is ready for the table. Serve with fried bread-chips, or poached eggs one in each dish.—*Mrs. H. H. Herbert, Benson, Minn.*

VEAL SOUP.

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

BREAD-DICE FOR SOUPS.

Take slices of stale bread, cut in small squares, throw in hot lard and fry till brown, skim out, drain, and put in the soup-tureen before serving the soup. Crackers crisped in the oven are nice to serve with oyster soup.—*Mrs. V. G. H.*

CARAMEL FOR SOUPS.

For caramel, put one tea-cup sugar and two tea-spoons water in a sauce-pan over the fire, stir constantly till it is a dark color, then add a half tea-cup water and a pinch of salt, let boil for a few moments, take off, and when cold bottle.

To brown flour, put one pint in a sauce-pan on the stove, and when it begins to color, stir constantly till it is a dark brown, being careful that it does not burn. When cold put away in a tin can or jar covered closely, and keep in a dry place where it is always ready for soups or gravies. As it requires more of this for thickening than of unbrowned flour, it may be well sometimes to take half of each.

A few cloves may be stuck in the meat for soup; or it may first be fried in a sauce-pan with a little butter, turning till brown on all sides; or sliced onions may be fried brown and added to soup.

VEGETABLES.

All vegetables are better cooked in soft water, provided it is clean and pure; if hard water is used, put in a small pinch of soda. The water should be freshly drawn, and should only be put over fire in time to reach the boiling point before the hour for putting in vegetables, as standing and long boiling frees the gases and renders the water insipid. The fresher all vegetables are, the more wholesome. After being washed thoroughly, they should be dropped in cold water half an hour before using. Peel old potatoes and let them stand in cold water over night, or for several hours, putting them in immediately after being peeled, as exposure to the air darkens them. Before putting on to boil, take out and wipe each dry with a towel. New potatoes are best baked. Full-grown, fair, ripe tomatoes may be either boiled or baked. Medium-sized and smooth potatoes are best; the kind varies with the season. Green corn and pease should be prepared and cooked at once. Put all vegetables into plenty of salted water, boiling hot (excepting egg plant and old potatoes, which some put on in salted cold water), and boil rapidly, without cover, skimming carefully until thoroughly done, draining well those that require it. Onions should be soaked in warm salt water, to remove the rank flavor for one hour before cooking. Never split onions, turnips and carrots, but slice them in rings cut across the fiber, as they thus cook tender much quicker. If the home garden furnishes the supply of pease, spinach, green beans, asparagus, etc., pick them in the morning early, when the dew is on, and let stand in cold water till ready for use. Some put salt in the water, but in that case only let them remain ten or fif-

teen minutes, unless doubts are entertained as to their freshness (if from the market), in which case they can remain longer, afterward draining them in a colander. Do not allow vegetables to remain in the water after they are done, but drain them in a colander and dress as directed in the various recipes. In preparing greens, lettuce, etc., first wash them leaf by leaf in warm water, rather more than tepid, having a dish of cold water to place them in immediately. The warm water more certainly cleans the leaf and does not destroy the crispness if they are placed *at once* in cold water. But whether washed in warm or cold water, take them leaf by leaf, breaking the heads off, not cutting them. Horse-radish tops are considered choice for greens. Pease should not be shelled until just before the time of cooking.

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

Always add both salt and a little soda to the water in which greens are cooked, as soda preserves color; for the same purpose French cookery books recommend a small pinch of carbonate of ammonia. A little sugar added to turnips, beets, pease, corn, squash and pumpkin is an improvement, especially when the vegetables are poor in quality. Sweet potatoes require a longer time to cook than the common variety. In gathering asparagus, never cut it off, but snap or break it; in this way you do not get the white, woody part, which no boiling can make tender. Do the same with rhubarb, except being careful that it does not split, and take it very close to the ground. Put rice on to cook in boiling salted water, having first soaked for about an hour and dried off the surplus moisture on a large towel; or steam, or cook in custard-kettle.

A piece of red pepper the size of finger-nail, dropped into meat or vegetables when first beginning to cook, will aid greatly in killing the unpleasant odor. Remember this for boiled cabbage, green beans, onions, mutton and chicken. All vegetables should be thoroughly cooked, and require a longer time late in their season. Potatoes, when old, are improved by removing the skin before

baking, and either Irish or sweet potatoes, if frozen, must be put in to bake without thawing. Cabbage, potatoes, carrots, turnips, parsnips, onions and beets are injured by being boiled with fresh meat, and they also injure the flavor of the meat. When vegetables are to be served with salt meat, the meat should be cooked first and then removed, and the vegetables cooked in the liquor.

Small-sized white turnips contain more nutrition than large ones, but in ruta-bagas the largest are best. Potatoes vary greatly in quality; varieties which are excellent early in the season lose their good qualities, and others, which are worthless in the fall, are excellent late in the spring. Those raised on gravelly or sandy soil, not over rich, are best.

Old potatoes, may be greatly improved by being soaked in cold water several hours after peeling, or all night, being particular to change the water once or twice. Peel very thinly, as the best part of the potato is nearest the skin. Cut large potatoes, if to be steamed, or boiled, in four, and small ones in two pieces, and remove the core if defective. If to be boiled (steaming is much preferable) put them on in clear fresh boiling water. Keep closely covered and at a steady boil for at least twenty minutes, five or ten minutes more may be requisite, according to the quality of the potato. Watch carefully, and the very instant they present a mealy and broken surface remove them from the stove, raise the cover just enough to admit the draining off of the water. This may be accomplished successfully and quickly, after a little practice, and is far better than turning them into a colander, thus suddenly chilling them and arresting the further development of the starch, which, after all, is the main point to be accomplished. Drain the water off thoroughly and quickly, sprinkle in sufficient salt for seasoning, cover the vessel closely, give it a shake and set back on the stove, being careful not to have it too hot. In a minute or so give it another shake to stir up the potatoes, throw in a little hot cream or rich milk with a lump of butter and a sprinkle of pepper, cover immediately and leave on the stove for another minute. This last process adds greatly to the good cooking of potatoes. They are ready now to be dished whole or mashed. Some skill is required to mash them properly, simple as the operation may appear. The old fashioned

wooden masher possesses advantages over the new perforated iron plate with handle so nearly representing the old time churn dasher. Mashed potatoes should be dipped out lightly into a hot covered dish and literally coaxed into a delicate mealy heap, instead of being stirred and patted and packed and cheesed into a shapely mass.

If potatoes are very watery and they must be used for food, a small lump of lime added to the water while boiling will improve them. More so than any other vegetable does this one differ in quality, according to variety and manner of culture. However the main crop may be raised, every farmer's wife should secure for late Spring use a supply of a choice variety cultivated entirely in rotten wood soil, or in soil where wood ashes and gypsum are used as fertilizers.

The great point in cooking potatoes is, to take them up *as soon* as they are done. Of course it is important to begin to cook them at the proper time. When boiled, baked, fried or steamed, they are rendered watery by continuing to cook them after they reach the proper point. For this reason, potatoes, to bake or boil, should be selected so as to have them nearly the same size. Begin with the largest first, and continue to select the largest till all are gone. Be careful that the water does not stop boiling, as thus the potatoes will be watery. Never boil them very hard, as it breaks them. Medium-sized potatoes, when young, will cook in from twenty to thirty minutes; when old, it requires double the time. When peeled, they boil fifteen minutes quicker. In baking old potatoes with meat, now, it is better also to halve them. Leave them in the water until the meat is within half an hour of being done. See that the pan contains plenty of drippings, and with proper heat the potatoes will be brown and crisp without and white and mealy within. They may be fried in the meat gravy, or warmed up in butter for breakfast. The secret of having potatoes mealy and palatable is to cook them rapidly. Steam until the skin cracks, and a fork easily penetrates the center. If not to be served at once, continue steaming, as they become solid sooner than when boiled.

New potatoes should always be boiled in two waters, and old ones are better for it. Put on two kettles of water, set potatoes

in one, when hot, in a wire basket, and when about half done transfer to the other.

ASPARAGUS.

Wash clean; cut off the white part except a mere end, put into slightly salted boiling water, boil five minutes, pour off water, add more boiling hot; boil ten to fifteen minutes, then put in a lump of butter, salt and pepper (some stir in a thickening made of one tea-spoon flour mixed up with cold water); cut and toast two or three thin slices of bread, spread with butter and put in a dish, and over them turn asparagus and gravy. The water must be boiled down until just enough for the gravy, which is made as above.

Or, cut the asparagus, when boiled, into little bits, leaving out white end, make gravy as above, put the cut asparagus into a hot dish, and turn the gravy over it and serve.

A simple manner of boiling asparagus is to tie in a bundle, or first wrap in cotton cloth and then tie, and set upright in a saucepan containing boiling water enough to reach nearly to the tender tips; boil rapidly till tender; lay a napkin on a hot platter, take out asparagus, drain for a moment, place on napkin, unwrap, and fold over the asparagus the corners of the napkin, and serve in this form, with white sauce in a gravy-boat.

Or, boiled asparagus may be made cold in ice-box, and served with a sauce made of vinegar, pepper, and salt.

AMBUSHED ASPARAGUS.

Cut off the tender tops of fifty heads of asparagus; boil and drain them. Have ready as many stale biscuits or rolls as there are persons to be served, from which you have cut a neat top slice and scooped out the inside. Set them in the oven to crisp, laying the tops beside them, that all may dry together. Meanwhile put into a sauce-pan a sugarless custard made as follows: A pint or less of milk, and four well-whipped eggs; boil the milk first, then beat in the eggs; set over the fire and stir till it thickens, when add a table-spoon of butter, and season with salt and pepper. Into this custard put the asparagus, minced fine. Do not let it boil, but remove from the fire as soon as the asparagus is fairly in. Fill the

rolls with the mixture, put on the tops, fitting them carefully; set in the oven three minutes, after which arrange on a dish. To be eaten hot.

EGGS AND ASPARAGUS.

Cut tender asparagus into pieces half an inch long, and boil twenty minutes, then drain till dry, and put into a sauce-pan containing a cup of rich drawn butter; heat together to a boil, season with pepper and salt, and pour into a buttered dish. Break half a dozen eggs over the surface, put a bit of butter upon each, sprinkle with salt and pepper, and put in the oven until the eggs are set.

FRIED ASPARAGUS.

Blanch the asparagus a couple of minutes, and then drain it; dip each piece in batter and fry it in hot fat. When done, sprinkle with salt and serve hot. This is nice and easy to prepare.

BOILED DINNER.

Put meat on, after washing well, in enough boiling water to just cover the meat; as soon as it boils, set kettle on the stove where it will simmer or boil very slowly; boil until almost tender, put in vegetables in the following order: Cabbage cut in quarters, turnips of medium size cut in halves, and potatoes whole, or if large cut in two; peel potatoes and turnips, and allow to lie in cold water for half an hour before using. The meat should be well skimmed before adding vegetables; boil together until thoroughly done (adding a little salt before taking out of kettle), when there should be left only just enough water to prevent burning; take up vegetables in separate dishes, and lastly the meat; if there is any juice in kettle, pour it over cabbage. Boil cabbage an hour, white turnips and potatoes half an hour, ruta-bagas an hour and a half to two hours. A soup plate or saucer turned upside down, or a few iron table-spoons are useful to place in bottom of kettle to keep meat from burning. Parsnips may be substituted in place of cabbage and turnips, cooking them three-quarters of an hour.

BEETS.

Remove leaves, wash clean, being careful not to break off the little fibers and rootlets, as the juices would thereby escape and they would lose their color; boil in plenty of water, if young, two hours,

if old, four or five hours, trying with a fork to see when tender; take out, drop in a pan of cold water, and slip off the skin with the hands; slice those needed for immediate use, place in a dish, add salt, pepper, butter, and if not very sweet a tea-spoon sugar, set over boiling water to heat thoroughly, and serve hot with or without vinegar; put those which remain into a stone jar whole, cover with vinegar; keep in a cool place, take out as wanted, slice and serve. A few pieces of horse-radish put into the jar will prevent a white scum on the vinegar. Or, roast in hot ashes, or bake in oven, (turning often in the pan with a knife, as a fork causes the juice to flow), and when tender, peel, slice, and dress with salt, pepper, butter and vinegar. Or, after beets are boiled and skinned, mash together with boiled potatoes, and season to the taste with salt; add a large lump of butter (do not use any milk); place in a dish, make a hole in center in which put in a generous lump of butter; sprinkle with pepper and serve at once. This is a New England dish, and very delicious for harvest time, when beets are young and sweet.

BEEF GREENS.

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

BUTTER BEANS.

With a knife cut off the ends of pods and strings from both sides, being very careful to remove every shred; cut every bean lengthwise, in two or three strips, and leave them for half an hour in cold water. Much more than cover them with boiling water; boil till perfectly tender. It is well to allow three hours for boiling. Drain well, return to kettle, and add a dressing of half a gill cream, one and a half ounces butter, one even tea-spoon salt, and half a tea-spoon pepper. This is sufficient for a quart of cooked beans.

DRY LIMA BEANS.

Wash one quart of dry lima beans in two warm waters, soak three hours, drain, and put on to cook in enough boiling water to cover them; cover pot with tin lid, adding more hot water as it boils away, boiling rapidly for one and a half hours, when there should be only water enough to come up to top of the beans—just sufficient to make a nice dressing. Five minutes before taking up, season with salt and pepper, and stir in a dressing made of one table-spoon each of flour and butter, rubbed together until smooth. This is a delicious dish.

STRING BEANS.

String, snap and wash two quarts beans, boil in plenty of water about fifteen minutes, drain off and put on again in about two quarts boiling water; boil an hour and a half, and add salt and pepper just before taking up, stirring in one and a half table-spoons butter rubbed into two table-spoons flour and half pint sweet cream. Or, boil a piece of salted pork one hour, then add beans and boil an hour and a half. For shelled beans boil half an hour in water enough to cover, and dress as above.

STEWED CARROTS.

Take any quantity desired, divide the carrots lengthwise, and boil until perfectly tender, which will require from one to two hours. When done, have ready a sauce-pan with one or two table-spoons butter, and small cup cream; slice the carrots very thin, and put in the sauce-pan; add salt and pepper, and let stew ten or fifteen minutes, stirring gently once or twice, and serve in a vegetable dish. Some add more milk or cream; when done, skim out carrots, and to the cream add a little flour thickening, or the beaten yolks of one or two eggs. When it boils, pour over the carrots and serve. Carrots may also be boiled with meat like turnips or parsnips, but they take longer to cook than either.—*Mrs. C. T. C.*

BOILED CORN.

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

STEWED CORN.

Cut with a sharp knife through the center of every row of grains, and cut off the outer edge; then with the back of the blade push out the yellow eye, with the rich, creamy center of the grain, leaving the hull on the cob. To one quart of this add half a pint rich milk, and stew until cooked in a covered tin pail, in a kettle one-third full of boiling water; then add salt, white pepper, and two or three ounces butter; allow two hours for cooking; it seems a long time, but there is no danger of burning, and it requires no more attention than to stir it occasionally and to keep good the supply of water. If drier than liked, add more milk or cream. Or, after cutting corn from the cob, boil the cobs ten or fifteen minutes and take out and put corn in same water; when tender, add a dressing of milk, butter, pepper and salt, and just before serving, stir in beaten eggs, allowing three eggs to a dozen ears of corn.

BINA'S STEWED CORN.

Shave corn off the ear, being careful not to cut into the cob; to three pints corn add three table-spoons butter, pepper and salt, and just enough water to cover; place in a skillet, cover and cook rather slowly with not too hot a fire, from half to three-quarters of an hour, stir with a spoon often, and if necessary add more water, for the corn must not brown; if desired, a few moments before it is done, add half cup sweet cream thickened with tea-spoon flour; boil well and serve with roast beef, escaloped tomatoes and mashed potatoes. Some stew tomatoes, and just before serving mix them with the corn.

DRIED CORN.

For a family of eight, wash a pint of corn through one water, and put to soak over night in clean cold water (if impossible to soak so long, place over a kettle of hot water for two or three hours); when softened, cook five to ten minutes in water in which it was soaked, adding as soon as boiling, two table-spoons butter, one of flour, and a little salt and pepper. Another good way to finish is the following: Take the yolk of one egg, one table-spoon milk, pinch of salt, thicken with flour quite stiff so as to take out with a tea-spoon, and drop in little dumplings not larger than an

acorn ; cover tightly and cook five or ten minutes ; have enough water in kettle before adding dumplings, as cover should not be removed until dumplings are done.

HOMINY.

Soak one quart of ground hominy over night, put over the fire in a tin pail, set in boiling water with water enough to cover, boil gently for five hours, as it can not be hurried. After the grains begin to soften on no account stir it. The water put in at first ought to be enough to finish it, but if it proves too little, add more carefully, as too much makes it sloppy. Salt just before taking from the stove, as too early salting makes it dark. If properly done, the grains will stand out snowy and well done, but round and separate.

PRESERVED CORN.

Scald corn just enough to set the milk, cut from cob, to every four pints of corn add one pint salt, mix thoroughly, pack in jars, with a cloth and weight over corn ; when wanted for use put in a stew-pan or kettle, cover with cold water ; as soon as it comes to a boil pour off and put on cold again, and repeat until it is fresh enough for taste, then add a very little sugar, sweet cream, or butter, etc., to suit taste.—*Mrs. S. M. Guy.*

GREEN CORN PUDDING.

Draw a sharp knife through each row of corn lengthwise, then scrape out the pulp ; to one pint of the corn add one quart of milk, three eggs, a little suet, sugar to taste, and a few lumps of butter ; stir it occasionally until thick, and bake about two hours.

BOILED CAULIFLOWER.

To each half gallon water allow heaped table-spoon salt ; choose close and white cauliflower, trim off decayed outside leaves, and cut stock off flat at bottom ; open flower a little in places to remove insects which generally are found about the stalk, and let cauliflowers lie with heads downward in salt and water for two hours previous to dressing them, which will effectually draw out all vermin. Then put into boiling water, adding salt in above proportion, and boil briskly for fifteen or twenty minutes over a good fire, keeping the sauce-pan uncovered. The water should be well

skimmed. When cauliflowers are tender, take up, drain, and if large enough, place upright in dish; serve with plain melted butter, a little of which may be poured over the flowers, or a white sauce may be used made as follows:

Put butter size of an egg into the sauce-pan, and when it bubbles stir in a scant half tea-cup of flour; stir well with an egg-whisk until cooked; then add two tea-cups of thin cream, some pepper and salt. Stir it over the fire until perfectly smooth. Pour the sauce over the cauliflower and serve. Many let the cauliflower simmer in the sauce a few moments before serving. Cauliflower is delicious served as a garnish around spring chicken, or with fried sweet-breads, when the white sauce should be poured over both. In this case it should be made by adding the cream, flour, and seasoning to the little grease (half a tea-spoon) that is left after frying the chickens or sweet-breads.—*Mrs. W. P. Anderson.*

ESCALOPED CAULIFLOWER.

Boil till very tender, drain well and cut in small pieces; put it in layers with fine chopped egg and this dressing: half pint of milk thickened over boiling water, with two table-spoons of flour and seasoned with two tea-spoons of salt; one of white pepper and two ounces of butter; put grated bread over the top, dot it with small bits of butter, and place it in the oven to heat thoroughly and brown. Serve in same dish in which it was baked. This is a good way to use common heads. A nicer way is to boil them, then place them whole in a buttered dish with stems down. Make a sauce with a cup of bread-crumbs beaten to froth with two table-spoons of melted butter and three of cream or milk, one well-beaten egg and salt and pepper to taste. Pour this over the cauliflower, cover the dish tightly and bake six minutes in a quick oven, browning them nicely. Serve as above.

HEIDELBERG CABBAGE.

Select two small, solid heads of hard red cabbage; divide them in halves from crown to stem; lay the split side down, and cut downwards in thin slices. The cabbage will then be in narrow strips or shreds. Put into a sauce-pan a table-spoon of clean drippings, butter or any nice fat; when fat is hot, put in cabbage a tea-spoon of salt, three table-spoons vinegar (if the latter is very strong, use

but two), and one onion, in which three or four cloves have been stuck, buried in the middle; boil two hours and a half; if it becomes too dry and is in danger of scorching, add a very *little* water. This is very nice.—*Mrs. L. S. Williston, Heidelberg, Germany.*

CREAMED CABBAGE.

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

DELICATE CABBAGE.

Remove all defective leaves, quarter and cut as for coarse slaw, cover well with cold water, and let remain several hours before cooking, then drain and put into pot with enough boiling water to cover; boil until thoroughly cooked (which will generally require about forty-five minutes). add salt ten or fifteen minutes before removing from fire, and when done, take up into a colander, press out the water well, and season with butter and pepper. This is a good dish to serve with corned meats, but should not be cooked with them; if preferred, however, it may be seasoned by adding some of the liquor and fat from the boiling meat to the cabbage while cooking. Or, cut the cabbage in two, remove the hard stock, let stand in cold water two hours, tie in thin netting or piece of muslin, and boil in salted water for a longer time than when it is cut finely. Drain, remove, and serve in a dish with drawn butter or a cream dressing poured over it.—*Mrs. E. T. Carson.*

FRIED CABBAGE.

Cut the cabbage very fine, on a slaw cutter, if possible; salt and pepper, stir well, and let stand five minutes. Have an iron kettle smoking hot, drop one table-spoon lard into it, then the cabbage, stirring briskly until quite tender; send to table immediately. One half cup sweet cream, and three table-spoons vinegar—the vinegar added after the cream has been well stirred, and after taken

from the stove, is an agreeable change. When properly done an invalid can eat it without injury, and there is no offensive odor from cooking.—*Mrs. J. T. Liggett, Detroit, Mich.*

SOUTHERN CABBAGE.

Chop or slice one medium-sized cabbage fine, put it in a stew-pan with boiling water to well cover it, and boil fifteen minutes; drain off all water, and add a dressing made as follows: Half tea-cup wine-vinegar, two-thirds as much sugar, salt, pepper, half tea-spoon mustard, and two tea-spoons salad oil; when this is boiling hot, add one tea-cup cream, and one egg stirred together; mix thoroughly and immediately with the cabbage, and cook a moment. Serve hot.—*Mrs. P. T. Morey, Charleston, S. C.*

STUFFED CABBAGE.

Take a large, fresh cabbage and cut out heart; fill vacancy with stuffing made of cooked chicken or veal, chopped very fine and highly seasoned and rolled into balls with yolk of egg. Then tie cabbage firmly together (some tie a cloth around it), and boil in a covered kettle two hours. This is a delicious dish and is useful in using up cold meats.—*Mrs. W. A. Croffut, New York City.*

DANDELIONS.

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

EGG PLANT.

Peel and cut in slices the purple kind, sprinkle with salt and pepper, and let drain on a tipped plate for three-quarters of an hour; make a light batter with one egg, flour and a little water, dip the slices into it and fry in butter or lard. Eggs and cracker may be used instead of the batter. Or, peel the egg-plant, boil till done, then pour off the water, mash fine, and pepper, butter and salt to taste, put in a shallow pudding-pan, and over the top place a thick layer of crushed cracker. Bake half an hour in a moderate oven.

EGG PLANT.

Peel and slice one or two medium-sized egg-plants, put on in cold water, boil till tender, drain, mash fine, season with salt and pepper, and add a beaten egg and a table-spoon of flour; fry in little cakes in butter or butter and lard in equal parts; or cut in slices, lay in cold well-salted water for an hour or two, roll in egg and cracker crumbs, and fry with a little butter. Parsnips and salsify or oyster-plant may be cooked in the same way, but the oyster-plant is made in smaller cakes to imitate oysters.

WILTED LETTUCE.

Place in a vegetable dish lettuce that has been very carefully picked and washed each leaf by itself, to remove all insects. Cut across the dish four or five times, and sprinkle with salt. Fry a small piece of fat ham until brown, cut it in small pieces; when very hot add cup of good vinegar, and pour it boiling hot over the lettuce; mix it well with a fork, and garnish with slices of hard-boiled eggs. Be certain to have the fat so hot that when vinegar is poured in, it will boil immediately. Add half a cup or a cup of vinegar according to strength of vinegar and quantity of lettuce.

BAKED MACARONI.

Take about three ounces macaroni and boil till tender in a stew-pan with a little water; take a pudding dish or pan, warm a little butter in it, and put in a layer of macaroni, then a layer of cheese grated or cut in small bits, and sprinkle over with salt, pepper and small pieces of butter, then add another layer of macaroni, and so on, finishing off with cheese; pour on rich milk or cream enough to just come to the top of the ingredients, and bake from one-half to three quarters of an hour. Rice may be used instead of macaroni by first cooking as follows: Pick and wash a cup of rice, put in a stew-kettle with three cups boiling water, and set over the fire—the boiling water makes the kernels retain their shape better than when cold water is used. When done put a layer of rice, cheese, etc., alternately as you would macaroni, and bake in the same way.

BOILED MACARONI.

Pour one pint boiling water over five ounces macaroni, let stand half an hour, drain and put in a custard-kettle with boiling milk or

milk and water to cover, cook till tender, drain, add a table-spoon butter, and a tea-cup cream, and season with salt and pepper; grate cheese over the top and serve.—*Ms. S. R. T.*

MACARONI WITH TOMATOES.

Take three pints of beef soup, clear, and put one pound of macaroni in it, boil fifteen minutes, with a little salt; then take up the macaroni—which should have absorbed nearly all the liquid—and put it on a flat plate, and sprinkle grated cheese over it thickly, and pour over all plentifully a sauce made of tomatoes, well boiled, strained, and seasoned with salt and pepper.

ITALIAN MACARONI.

Place two pounds of beef, well larded with strips of salt pork, and one or two chopped onions, in a covered kettle on the back of the stove, until it throws out its juice and is a rich brown; add a quart of tomatoes seasoned with pepper and salt, and allow the mixture to simmer for two or three hours. Take the quantity of macaroni desired and boil in water for twenty minutes, after which put one layer of the boiled macaroni in the bottom of a pudding dish, cover with some of the above mixture, then a layer of grated cheese, and so on in layers till the dish is filled, having a layer of cheese on the top; place in the oven an hour, or until it is a rich brown. Commence early in the morning to prepare this dish.

BOILED OKRA.

Put the young and tender pods of long, white okra in salted boiling water in a porcelain or tin-lined sauce-pan (as iron discolors it), boil fifteen minutes, take off stems, and serve with butter, pepper, salt, and vinegar if preferred; or, after boiling, slice in rings, season with butter, dip in batter and fry; season and serve, or stew an equal quantity of tomatoes, and tender sliced okra, and one or two sliced green peppers; stew in porcelain kettle fifteen or twenty minutes, season with butter, pepper and salt, and serve.—*Miss M. E. W., Selma, Ala.*

BAKED ONIONS.

The large Spanish or Bermuda onions are best for this purpose. Wash the outside clean, put into a sauce-pan with slightly salted

water, and boil an hour, replenishing the water with more (boiling hot) as it boils away. Then turn off water; take out onions and lay upon a cloth that all moisture may be absorbed; roll each in a piece of buttered tissue-paper, twisting it at the top to keep it closed, and bake in a slow oven nearly an hour, or until tender all through. Peel, put in a deep dish, and brown slightly, basting freely with butter; this will take fifteen minutes more. Season with pepper and salt, and pour melted butter over the top.

BOILED OR FRIED ONIONS.

Wash and peel, boil ten minutes, pour off this water, again add boiling water, boil a few minutes and drain a second time; pour on boiling water, add salt and boil for one hour; place in a colander, turn a saucer over them, and press firmly to drive off all the water; place in a dish and add butter and pepper. Or, about half an hour before they are done, turn a pint of milk into the water in which they are boiling, and, when tender, season as above. Old onions require two hours to boil. To fry onions, slice and boil ten minutes each time in three waters, drain, fry in butter or beef drippings, stir often, season, and serve hot.

POTATOES BOILED OR BAKED IN JACKETS.

Wash clean (a brush is the best implement for cleaning potatoes), cut off the ends, let stand in cold water a few hours, put into boiling water, the larger ones first, and then in a short time adding the rest, cover, and keep boiling constantly; after fifteen minutes throw in another handful of salt and boil another fifteen minutes; try with a fork, and if it does not quite run through the potato, they are done (this is called "leaving a bone in them"). Drain, take to door or window and shake in open air to make them mealy; return to stove and allow to stand uncovered for a moment. Or, when washed, bake in a moderate oven fifty minutes; or, place in a steamer half an hour over water kept constantly boiling, serve immediately; or, wash and peel medium-sized ones, and bake in pan with roast meat, basting often with the drippings.

BREAKFAST POTATOES.

Peel, cut in very thin slices into a very little boiling water,

so little that it will be evaporated when they are cooked, add salt to taste, some cream, or a *very little* milk and a bit of butter. A little practice will make this a favorite dish in any family. The art is, to cook the potatoes with a very little water, so that it will be evaporated at the time the potatoes are done. They must be stirred occasionally while cooking.

POTATOES AND ONIONS.

Boil potatoes in skins, peel while hot and slice; about an hour before wanted, slice onions, and let stand in salt and water; while peeling potatoes, put onions in skillet with a little ham gravy or butter and a little water, and cook slightly; take out, put in vegetable dish a layer of onions, then potatoes, then onions, etc., with potatoes last; add a cup of vinegar to skillet (with ham gravy or butter), warm and pour over.

FRIED RAW POTATOES.

Wash, peel, and slice in cold water, drain in a colander, and drop in a skillet prepared with two table-spoons melted butter or beef-drippings, or one-half of each; keep closely covered for ten minutes, only removing to stir with a knife from the bottom to prevent burning; cook another ten minutes, stirring frequently until done and lightly browned. Sweet potatoes are nice prepared in the same manner.—*Mrs. M. E. Southard.*

FRIED WHOLE POTATOES.

Peel and boil in salted water, remove from the fire as soon as done so that they may remain whole; have ready one beaten egg, and some rolled crackers or bread-crumbs; first roll the potatoes in the egg, and then in the crackers, and fry in butter till a light brown, or drop in boiling lard. This is a nice way to cook old potatoes.

MASHED POTATOES.

Pare and boil till done, drain, and mash in the kettle until perfectly smooth; add milk or cream, and butter and salt; beat like cake with a large spoon, and the more they are beaten the nicer they become. Put in a dish, smooth, place a lump of butter in the center, sprinkle with pepper; or add one or two eggs well-beaten, pepper, mix thoroughly, put in baking dish, dip a knife in sweet

milk, smooth over, wetting every part with milk, and place in a hot oven twenty minutes. To warm over mashed potatoes, season with salt and butter, and a little cream or milk, place in a buttered pie-pan, smoothing and shaping the top handsomely, and making checks with a knife; brown in a stove or range oven; place tin on a second dish and serve on it. Or, add a little cream or milk to cold mashed potatoes, press evenly in a basin, set away, and in the morning slice and fry.

NEW POTATOES.

Wash, scrape, boil ten minutes, turn off water, and add enough more, boiling hot, to cover, also add a little salt; cook a few moments, drain, and set again on stove, add butter, salt, and pepper and a little thickening made of two table-spoons flour in about a pint of milk (a few small ones may be left in the kettle, and broken, not mashed with the potato-masher), put on the cover, and, when the milk has boiled, pour over potatoes and serve. Or, when cooked and drained, put in a skillet with hot drippings, cover, and shake till a nice brown.

POTATOES IN JACKETS.

Bake as many potatoes as are needed; when done, take off a little piece from one end to permit them to stand, from the other end cut a large piece, remove carefully the inside, and rub through a fine sieve, or mash thoroughly; put on the fire with half an ounce of butter and one ounce of grated cheese to every four fair-sized potatoes; and add boiling milk and pepper and salt as for mashed potatoes; fill the potato shells, and sprinkle over mixed bread-crumbs and grated cheese; and put in hot oven and brown. Many prefer to omit cheese and bread-crumbs, filling the shells heaping full and then browning.

POTATOES IN KENTUCKY STYLE.

Slice thin as for frying, let remain in cold water half an hour; put into pudding-dish or dripping-pan, with salt, pepper, and some milk—about half a pint to an ordinary dish; put into oven and bake for an hour: take out and add a lump of butter half the size of an egg, cut into small bits and scattered over the top. Slicing allows the interior of each potato to be examined, hence its value

where potatoes are doubtful, though poor ones are not of necessity required. Soaking in cold water hardens the slices, so that they will hold their shape. The milk serves to cook them through, and to make a nice brown on the top; the quantity can only be learned by experience; if just a little is left as a rich gravy, moistening all the slices, then it is right. In a year of small and poor potatoes, this method of serving them will be very welcome to many a house-keeper.—*Mrs. C. M. Nichols, Springfield.*

POTATOES A LA PARISIENNE.

Wash and rub new potatoes with a coarse cloth (avoid scraping if possible), drop into boiling water, boil briskly until done, taking care not to *over do* (if doubtful on this point press one of the potatoes with a fork against the side of the sauce-pan, if done it will yield to a gentle pressure). Have ready, in a sauce-pan, some cream and butter *hot*, but not boiling, a little green parsley, pepper and salt; pour off the water from the potatoes and add the cream and butter, let stand a minute or two over hot water, and serve.

POTATO SOUFFLÉ

Boil four good-sized mealy potatoes, pass them through a sieve; scald in a clean sauce-pan half tea-cup of sweet milk and table-spoon of good butter, add to the potato with a little salt and pepper, and beat to a cream; add one at a time, the yolks of four eggs, beating thoroughly, drop a small pinch of salt into the whites and beat them to a stiff froth, add them to the mixture, beating as little as possible; have ready a well-buttered baking-dish, large enough to permit the soufflé to rise without running over; bake twenty minutes in a brisk oven, serve at once, and in the same dish in which it was baked. It should be eaten with meats that have gravies.

POTATOES IN SEVEN WAYS.

Sunday, peel, steam, mash, add milk, butter and salt, and then beat like cake-batter, *the longer the better*, till they are nice and light. This steaming and beating will be found a great improvement.

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

Tuesday, peel and bake with roast of beef.

Wednesday, prepare in Kentucky style.

Thursday, peel, steam, and serve whole.

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

Saturday, potatoes boiled in their jackets.

RINGED POTATOES.

Peel large potatoes, cut them round and round in shavings, as you pare an apple. Fry with clean, sweet lard in a frying-pan till brown, stirring so as to brown all alike, drain on a sieve, sprinkle fine salt over them, and serve.

POTATO RISsoles.

Mash potatoes, salt and pepper to taste, if desired add a little parsley. Roll the potatoes into small balls, cover them with an egg and bread-crumbs, and fry in hot lard for about two minutes. Finely minced tongue or ham may be added with good effect, or even chopped onions when liked.

TEXAS BAKED IRISH POTATOES.

Boil some good Irish potatoes; when done, mash, season with salt, pepper and butter; mince a large onion fine, mix well through the potatoes, put in oven and brown nicely.—*Mrs. C. E. S., Galveston, Texas.*

SARATOGA POTATOES.

Pare and cut into thin slices on a slaw-cutter four large potatoes (new are best), let stand in ice-cold salt water while breakfast is cooking; take a handful of the potatoes, squeeze the water from them and dry in a napkin; separate the slices and drop a handful at a time into a skillet of boiling lard, taking care that they do not strike together, stir with a fork till they are a light brown color, take out with a wire spoon, drain well and serve in an open dish. They are very nice served cold.—*Mrs. Jasper Sager.*

SWEET POTATOES.

Wash clean and bake in a hot oven one hour; or place in steamer over a kettle of boiling water from half to three-quarters of an hour; or when almost done, take off, scrape or peel them, place in a dripping-pan, and bake half an hour; or cut in slices and fry in butter

or lard; or peel and slice when raw, and fry, a layer at a time, on griddle, or in a frying-pan, with a little melted lard, being careful not to cook too long, or they will become too hard; or drop in boiling lard in frying-pan, turning till a nice brown on both sides; or halve or quarter, and bake in pan with roast beef, basting them often with the drippings.

BAKED PARSNIPS.

Put four thin slices salt pork in a kettle with two quarts cold water, wash and scrape parsnips, and if large halve or quarter, and as soon as water boils place in kettle, boil about half an hour, remove meat, parsnips, and gravy to a dripping-pan, sprinkle with a little white sugar, and bake in oven a quarter of an hour, or until they are a light brown, and the water is all fried out. Add a few potatoes if liked. Those left over, fried in a hot skillet, with butter, ham fat or beef drippings, make a nice breakfast dish. It is better to dip each slice in a beaten egg before frying. Parsnips are good in March or April, and make an excellent seasoning for soups.

STEWED PARSNIPS.

Wash, scrape, and slice about half an inch thick; have a skillet prepared with a half pint hot water and a table-spoon butter, add the parsnips, season with salt and pepper, cover closely, and stew until the water is cooked away, stirring occasionally to prevent burning. When done, the parsnips will be of a creamy, light brown color.—*Mrs. D. B.*

GREEN PEASE.

Wash lightly two quarts shelled pease, put into boiling water enough to cover, boil twenty minutes, add pepper, salt, and more hot water if needed to prevent burning, and two table-spoons butter rubbed into two of flour; stir well, and boil five minutes. If pods are clean and fresh, boil first in water to give flavor, skim out and put in pease. Canned pease should be rinsed before cooking.

PEASE STEWED IN CREAM.

Put two or three pints of young green pease into a sauce-pan of boiling water; when nearly done and tender, drain in a colander, quite dry; melt two ounces of butter in a clean stew-pan, thicken evenly with a little flour, shake it over the fire, but do not let it

brown, mix smoothly with a gill of cream, add half a tea-spoon of white sugar, bring to a boil, pour in the pease, keep moving for two minutes until well heated, and serve hot. The sweet pods of young pease are made by the Germans into a palatable dish by simply stewing with a little butter and savory herbs.—*Mrs. W. A. Croffut.*

HOW TO BOIL RICE.

Rice should be carefully picked over, washed in warm water, rubbed between the hands, and then rinsed several times in cold water till white. Put one tea-cupful in a tin pan or porcelain kettle, add one quart boiling water; boil fifteen minutes, not stirring, but taking care that it does not burn; add one tea-spoon salt, pour into a dish and send to table, placing a lump of butter in the center. Cooked thus the kernels remain whole.

To boil rice in milk, put a pint rice into nearly two quarts of cold milk an hour before dinner, add two tea-spoons salt, boil very slowly and stir often; cook on back part of stove or range so as to avoid burning, and take it up into a mold or bowl wet in cold water a short time before serving.

Or, after cooking, drain carefully, stir in two well-beaten eggs, one table-spoon grated cheese, half a table-spoon butter, half a tea-spoon salt; bake a few minutes in shallow pans. Some soak rice an hour or two before cooking.

SOUTHERN RICE.

After thoroughly washing and rubbing the rice, put it in salted water enough to cover it twice over, in a custard-kettle, or tin pail set in a kettle of boiling water; cover the whole closely for fifteen or twenty minutes, until the grains of rice are full and plump but not "mushy;" drain off all the water possible, and replace rice in the kettle, allowing it to cook for half an hour longer, when it is ready to serve. The grains should be full and soft, and each one retain its form perfectly. During the last half hour it should be occasionally stirred lightly with a fork, and it is improved by standing on the back of the stove a few minutes before serving.—*Mrs. P. T. Morey, Charleston, S. C.*

SALSIFY OR VEGETABLE OYSTERS.

Wash thoroughly, scrape off skin with a knife, cut across in rather thin slices, stew until tender in water enough to cover them,

with a piece of salt codfish for seasoning. Before sending to table, remove codfish, thicken with flour and butter rubbed together, toast slices of bread, put in dish, and then add the vegetable oyster. This method gives the flavor of oysters to the vegetable, and adds much to its delicacy. Or, after stewing until tender in clear water, mash, season with pepper and salt, and serve.—*Mrs. Gov. J. J. Bagley, Michigan.*

SALSIFY OR VEGETABLE OYSTERS.

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

CYMLINGS OR SUMMER SQUASH.

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

WINTER SQUASH.

Cut up, take out inside, pare the pieces and stew in as little water as possible, cook an hour, mash in kettle, and if watery, let stand on the fire a few moments, stirring until dry; season with butter, cream, salt and pepper; be careful that it does not burn. Winter squashes are also cooked by cutting in pieces without paring, baking, and serving like potatoes; or they may be cooked in a steamer, and served either in the shell, or scraped out, put in pan, mashed, and seasoned with butter, cream, salt and pepper, and then made hot and served.

SUCCOTASH.

Take pint of shelled lima beans (green), wash, cover with hot water, let stand five minutes, pour off, place over fire in hot water, and boil fifteen minutes; have ready corn from six good-sized ears, and add to beans; boil half an hour, add salt, pepper and two table-spoons butter. Be careful in cutting down corn not to cut too deep; better not cut deep enough and then scrape; after corn is added, watch carefully to keep from scorching. Or, to cook with meat, boil one pound salt pork two hours, add beans, cook fifteen minutes, then add corn, omitting butter. Or, string beans may be used, cooking one hour before adding corn.

WINTER SUCCOTASH.

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

SPINACH.

Look over the spinach, wash in four waters and take off stalks, boil in a sauce-pan without water for thirty minutes, covering closely, drain in a colander and cut with a knife while draining; season with pepper, salt and a little butter, boil two eggs hard and slice over the top; serve hot. Or it may, when boiled soft, be rubbed through the colander, then put in frying-pan, with a lump of butter, seasoned with pepper and salt. When hot, beat in two or three table-spoons rich cream. Put thin slices of buttered toast (one for each person) on dish and on each piece put a cupful of spinach neatly smoothed in shape, with the half of a hard-boiled egg on the top, cut part uppermost.

BAKED TOMATOES.

Cut a thin slice from blossom side of twelve solid, smooth, ripe tomatoes, with a tea-spoon remove pulp without breaking shell;

take a small, solid head of cabbage and one onion, chop fine, add bread crumbs rubbed fine, and pulp of tomatoes, season with pepper, salt and sugar, add a tea-cup good sweet cream, mix well together, fill tomatoes, put the slice back in its place, lay them stem end down in a buttered baking-dish with *just enough* water (some cook without water), with a small lump of butter on each, to keep from burning, and bake half an hour, or until *thoroughly* done; place a bit of butter on each and serve in baking-dish. They make a handsome dish for a dinner-table.—*Mrs. S. Watson, Upper Sandusky.*

ESCALOPEO TOMATOES.

Put in a buttered baking-dish a layer of bread or cracker-crums seasoned with bits of butter, then a layer of sliced tomatoes seasoned with pepper, salt, and sugar if desired, then a layer of crumbs, and so on till dish is full, finishing with the crumbs. Bake from three-quarters of an hour to an hour. Onions, prepared by soaking over night in hot water, dried well, sliced in nearly half-inch slices, and browned on both sides in a frying-pan with butter, may be added, a layer on each layer of tomatoes.

FRIED TOMATOES.

Peel tomatoes and cut crosswise in large slices, salt and pepper, dip each slice into wheat flour, then into beaten egg, and fry at once in hot lard; serve hot. A cup of milk is sometimes thickened with a little flour and butter, boiled and poured over them.—*Estelle Woods Wilcox.*

MOTHER'S SLICED TOMATOES.

Prepare half an hour before dinner, scald a few at a time in boiling water, peel, slice, and sprinkle with salt and pepper, set away in a cool place, or lay a piece of ice on them. Serve as a relish for dinner in their own liquor. Those who desire may add vinegar and sugar.

STEWED TOMATOES.

Scald by pouring water over them, peel, slice and cut out all defective parts; place a lump of butter in a hot skillet, put in tomatoes, season with salt and pepper, keep up a brisk fire, and cook as rapidly as possible, stirring with a spoon or chopping up with a knife (in the latter case wipe the knife as often as used or

it will blacken the tomatoes). Cook half an hour. Serve at once in a deep dish lined with toast. When iron is used, tomatoes must cook rapidly and have constant attention. If prepared in tin or porcelain, they do not require the same care.—*Mrs. Judge Cole.*

TOMATO TOAST.

Run a quart of stewed ripe tomatoes through a colander, place in a porcelain stew-pan, season with butter, pepper and salt and sugar to taste; cut slices of bread thin, brown on both sides, butter and lay on a platter, and just as the bell rings for tea add a pint of good sweet cream to the stewed tomatoes, and pour them over toast.—*Mrs. S. Watson.*

TURNIPS.

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

TO COOK TURNIPS.

Pare, slice, cut in dice an inch square, boil till nearly done, in as little water as possible; to one quart of turnips, add one table-spoon sugar, salt to make it palatable; when they are boiled as dry as possible, add two or three spoons of cream and a beaten egg, and serve. Excellent.

	Mode of Preparation.	Time of	Time of
		Cooking	Digest ⁿ .
		H. M.	H. M.
Apples, sour, hard	Raw	2 30
Apples, sweet and mellow	Raw	1 30
Asparagus	Boiled	15 to 30	2 30
Beans, (pod)	Boiled	1 00	2 30
Beans with green corn	Boiled	45	3 45
Beef	Roasted	*	3 00
Beefsteak	Broiled	15	3 00
Beefsteak	Fried	15	4 00
Beef, salted	Boiled	*	35 4 15
Beets, fresh	Boiled	20	3 00
Beets, young	Boiled	2 00	3 45
Beets, old	Boiled	4 30	4 00
Bread, corn	Baked	45	3 15
Bread, wheat	Baked	1 00	3 30
Butter	Melted	3 30
Cabbage	Raw	2 30
Cabbage and vinegar	Raw	2 00
Cabbage	Boiled	1 00	4 30
Cauliflower	Boiled	1-2 00	2 30
Cake, sponge	Baked	45	2 30
Carrot, orange	Boiled	1 00	3 15
Cheese, old	Raw	3 30
Chicken	Fricassee ^d	1 00	3 45
Codfish, dry and whole	Boiled	*	15 2 00
Custard, (one quart)	Baked	30	2 45
Duck, tame	Roasted	1 30	4 00
Duck, wild	Roasted	1 00	4 50
Dumpling, apple	Boiled	1 00	3 00
Eggs, hard	Boiled	10	3 30
Eggs, soft	Boiled	3	3 00
Eggs	Fried	5	3 30
Eggs	Raw	2 00
Fowls, domestic, roasted or	Boiled	1 00	4 00
Gelatine	Boiled	2 30
Goose, wild	Roasted	*	20 2 30
Lamb	Boiled	*	20 2 30
Meat and vegetables	Hashed	30	2 30
Milk	Raw	2 15
Milk	Boiled	2 00
Mutton	Roast	*	25 3 15
Mutton	Boiled	20	3 00
Onions	Boiled	1-2 00	3 00
Oysters	Roasted	3 15
Oysters	Stewed	5	3 30
Parsnips	Boiled	1 00	3 00
Pig's feet	Soused	1 00
Pork	Roast	*	30 5 15
Pork	Boiled	*	25 4 30
Pork, raw or	Fried	4 15
Pork	Broiled	20	3 15
Potatoes	Boiled	30	3 30
Potatoes	Baked	45	3 30
Potatoes	Roasted	45	2 30
Rice	Boiled	20	1 00
Salmon, fresh	Boiled	8	1 45
Sausage	Fried	25	4 00
Sausage	Broiled	20	3 30
Soup, vegetable	Boiled	1 00	4 00
Soup, chicken	Boiled	2 00	3 00
Soup, oyster or mutton	Boiled	13 30	3 30
Spinach	Boiled	1-2 00	2 30
Tapioca	Boiled	1 30	2 00
Tomatoes	Fresh	1 00	2 30
Tomatoes	Canned	30	2 30
Trout, salmon, fresh, boiled or	Fried	30	1 30
Turkey, boiled or	Roasted	*	20 2 30
Turnips	Boiled	45	3 30
Veal	Broiled	20	4 00
Venison Steak	Broiled	20	1 35

* Minutes to the pound. † Mutton soup.
 The time given is the general average; the time will vary slightly with the quality of the article.

BILLS OF FARE.

These bills of fare are suggestions to assist the housekeeper in providing what is seasonable for daily fare and for extra occasions, rather than arbitrary rules. They are to be varied, divided, or subdivided to suit tastes, purses, and events.

FOR SPRING.

SUNDAY.—*Breakfast.*—Fried brook-trout; broiled ham; eggs on toast; baked beans and Boston brown bread; rice waffles; tea, coffee, chocolate. *Dinner.*—Chicken soup; boiled mutton with caper sauce; mashed potatoes, hominy, canned tomatoes, asparagus; lettuce, radishes, pickles; orange short cake, Delmonico pudding; figs, almonds; tea, coffee. *Lunch.*—Cold chicken; cold mutton; rusk; cheese; crackers; canned peaches; preserved cherries; dominoes; iced tea.

FIRST.—*Breakfast.*—Boiled ham; raw potatoes fried; boiled eggs; buck-wheat cakes with maple syrup; pickles; coffee. *Dinner.*—Beef-soup; boiled pork with potatoes and cabbage, salsify; apple sauce; catsup; pickles; bread; doughnuts; bread pudding; apples. *Supper.*—Dried beef; waffles, bread and butter; canned pears; ginger-snaps; cheese; cake; tea.

SECOND.—*Breakfast.*—Cold boiled ham, fried squirrels, ham omelet; potatoes with cream, asparagus with toast; muffins, Graham bread, corn bread; oranges; coffee, tea, chocolate. *Dinner.*—Macaroni soup; baked fish with dressing and sauce; boiled ham, roast veal; asparagus, potatoes, spinach, lettuce, radishes; lemon pie, cocoa-nut pie, queen of puddings; coffee. *Supper.*—Pickled tongue, pressed beef; waffles with maple syrup; spiced peaches, chow-chow, canned fruit, preserves; cake; coffee, tea.

THIRD.—*Breakfast.*—Fried ham; potatoes boiled in jackets; radishes; scrambled eggs; fried mush, Graham bread; coffee, tea, chocolate. *Dinner.*—Veal soup; roast lamb with mint sauce or currant jelly; potatoes; asparagus, spinach, lettuce, onions; Boston brown bread, bread; pickles; horse-radish; pie-plant pie; roly-poly pudding; apples. *Supper.*—Cold veal, catsup, piccalilli; canned blackberries; warm biscuit with maple syrup; sugar cakes and tea.

FOR SUMMER.

SUNDAY.—*Breakfast.*—Nutmeg melons; fried fish; boiled plover; Saratoga potatoes; sliced tomatoes; Minnesota rolls, bread; coffee and chocolate. *Dinner.*—Green corn soup; baked chicken, cold veal loaf; mashed potatoes, summer squash, green corn pudding, baked tomatoes; corn starch pudding, blackberry pies; peaches, melons; ice-cream; centennial drops; white cake; tea and coffee. *Lunch.*—Cold chicken and veal; bread, cheese; lemon jelly; blackberries; Minnehaha cake; lemonade.

FIRST.—*Breakfast.*—Fruit; fried fish; frizzled beef; milk toast; Graham gems; boiled eggs; tea and coffee. *Dinner.*—Mutton soup; roast mutton, currant jelly; potatoes fried whole, asparagus with toast; lettuce, onions, radishes; rolls, Graham bread; pie-plant pie; sponge-cake and lemonade. *Supper.*—Cold mutton with gooseberry catsup; sweet pickles; biscuit; radishes; ginger-snaps, sponge-cake; ice-cream, orange strawberries; tea.

SECOND.—*Breakfast.*—Oatmeal mush; veal cutlets, fried liver; fricassee potatoes, new onions; breakfast toast, hot pocket-books; asparagus, radishes; coffee and chocolate. *Dinner.*—Gumbo soup; roast lamb, mint sauce; fried chicken; pease, string beans, potatoes, cucumbers; lettuce, radishes; ripe currant pie; Bohemian cream, strawberries; lady's fingers, rolled jelly cake; coffee. *Supper.*—Cold lamb; cucumber salad; bread, strawberry short-cake with sweetened cream; gooseberry fool; tea.

THIRD.—*Breakfast.*—Blackberry mush; beefsteak; snipe on toast; sliced tomatoes, stewed corn; apple sauce; warm rolls; coffee, tea, or chocolate. *Dinner.*—Okra soup; roast lamb with caper sauce; chicken pot-pie; escaloped tomatoes, boiled okra, boiled corn on the cob, summer squash, potatoes in jackets; bread; apple tarts; peach cobbler, melons; coffee and tea. *Supper.*—Cold lamb, Chili-sauce; lobster salad; warm French rolls; peach short-cake, delicate cake; iced-milk and iced-tea.

FOR FALL.

SUNDAY.—*Breakfast.*—Quail on toast; fricattelli; fried oysters; Saratoga potatoes; Indian griddle cakes with syrup, Boston brown bread; coffee and Vienna chocolate. *Dinner.*—Swiss soup; roast spare-rib; escaloped oysters; mashed potatoes, turnips, baked sweet potatoes, canned corn; cream slaw, celery; pickles; biscuit, rye bread; snow pudding; fruit cake; raisins and nuts; coffee and tea. *Lunch.*—Canned salmon; pickled oysters; light biscuit; cold Saratoga potatoes; chow-chow; canned plums; cake; tea and cocoa.

FIRST.—*Breakfast.*—Oatmeal mush; hash and broiled liver, fried salt-pork; corn oysters, baked potatoes; Graham bread; stewed peaches; nutmeg-melons; coffee and chocolate. *Dinner.*—Potato soup; baked fish, egg sauce; mutton pie with tomatoes; broiled pheasants on toast with currant jelly; potato soufflé; stewed corn, egg plant, stuffed cabbage, boiled okra; Boston brown bread; cucumber and beet pickles; coffee jelly with whipped cream; marble cake; peach pyramid, melons and grapes; coffee and chocolate. *Supper.*—Sardines, pickled salmon; cold slaw; warm biscuit and honey; bread and cheese; potato salad; frozen peaches, melons, huckleberries; tea.

SECOND.—*Breakfast.*—Cracked wheat; broiled prairie chicken; codfish balls; pork fritters; fricasseed potatoes; brown bread; rice waffles with syrup; chocolate and coffee. *Dinner.*—Raw oysters; vegetable soup with poached eggs; roast duck; chicken pie with oysters; mashed potatoes browned; turnips, cauliflower, macaroni, lima beans; Estelle pudding with cream sauce; pine-apple ice-cream and cake; melons and grapes; coffee and chocolate. *Supper.*—Cold tongue, tomato catsup; fricasseed frogs; Saratoga potatoes; chicken salad (made of cabbage); cream slaw; baked sweet apples; dry toast; fruit cake; peach short-cake and cream; tea.

THIRD.—*Breakfast.*—Graham mush; fried trout; pork steak; beef croquettes; boiled Irish potatoes, baked sweet potatoes; corn rolls, bread; coffee and cocoa. *Dinner.*—Oyster soup; boiled white fish, Hollandaise sauce; boiled turkey, oyster sauce; potatoes, turnips, and egg-plant; macaroni with cheese; pickles; rye and Indian bread, biscuit, crackers; cocoa-nut pudding; apples and nuts; coffee and chocolate. *Supper.*—Raw oysters; escaloped turkey, currant jelly; baked pears; pop-overs, bread; nutmeg-melons, cake; tea.

FOR WINTER.

SUNDAY.—*Breakfast.*—Baked beans with pork, Boston brown bread; fried clams; ringed potatoes, apple fritters with syrup; bread; coffee and cocoa. *Dinner.*—Oyster soup; deviled crabs; roast turkey and cranberry sauce; potatoes, carrots, turnips, cabbage, boiled rice; plum cobbler; kiss pudding, Scotch fruit cake; coffee and chocolate. *Lunch.*—Raw oysters; sliced cold turkey, pickled chicken; light biscuit, rusk, crackers, cookies, cheese, almond tarts; peach preserves, cake.

FIRST.—*Breakfast.*—Oatmeal mush; veal cutlets breaded, fricasseed tripe; fried raw potatoes, fried onions; buckwheat cakes with syrup, bread; tea and coffee. *Dinner.*—Raw oysters; beef soup; boiled fresh cod, egg sauce; roast chicken; mashed potatoes; stewed sweet potatoes, Italian macaroni, turnips, squash or pumpkin pie; eggless plum pudding, plum preserves; oranges, raisins, figs; coffee. *Supper.*—Oyster stew; cold chicken; blackberry jelly; watermelon preserves; bread, crackers; apple sauce; floating island; almond cake; tea.

SECOND.—Breakfast.—Pork tenderloin fried, hash; fried apples, potatoes in Kentucky style; buckwheat cakes and syrup, bread, sliced oranges; coffee and chocolate. *Dinner.*—Tomato soup; baked beef with Yorkshire pudding; chicken pie with oysters; mashed potatoes, hominy, dried corn and lima beans; cream slaw, celery, bottled cucumbers; fig pudding with lemon sauce; apple pie; apples, figs, and nuts; coffee and tea. *Supper.*—Cold beef sliced, pickled oysters; chicken salad; raspberry jam; cheese; dry toast; canned peaches; cocoa-nut cake, preserve puffs; tea.

THIRD.—Breakfast.—Beefsteak, turkey hash, pig's feet sauce; boiled potatoes in jackets; Graham gems, buckwheat cakes and syrup; coffee and chocolate. *Dinner.*—Bean soup; boiled salmon; stuffed baked rabbit, escaloped oysters; mashed potatoes, canned corn and tomatoes, canned pease, baked winter squash; cold slaw, variety pickles, sweet pickled peaches and pears; bread, Graham bread; rice apples, delicious lemon pudding; buttered toast; apples and oranges; coffee and tea. *Supper.*—Steamed oysters; cold tongue; warm biscuit and syrup; apple jelly; ginger snaps, Buckeye cake, orange float; tea and coffee.

ECONOMICAL BREAKFASTS.—*First.*—Ham and eggs, hash, baked potatoes, hominy, Graham gems, coffee. *Second.*—Breakfast stew or fish, fried Graham mush, tomatoes, potatoes, apple sauce, corn bread or toast, coffee.

ECONOMICAL DINNERS.—*First.*—Spare ribs, roast potatoes, cabbage, rice, pudding, fruit. *Second.*—Codfish, egg sauce, meat-pie, parsnips, horse-radish, pickles, bread, custard pie. *Third.*—Boiled pork, beans, potatoes, greens, green currant pie. *Fourth.*—Fish, potatoe cakes, baked tomatoes, bread pudding, apple sauce. *Fifth.*—Boiled beef, lima beans, boiled potatoes, squash, sliced tomatoes, apple tapioca pudding. *Sixth.*—Meatless bean soup, roast beef and potatoes, macaroni with cheese, apple butter, custard pie. *Seventh.*—Meatless tomato soup, broiled chicken, fricasseed potatoes, turnips, tomato toast, fresh fruit.

LUNCHEONS.—*First.*—Escaloped oysters, chicken salad, ham sandwiches, deviled crabs; mixed pickles; cheese; coffee jelly with whipped cream; basket of mixed cakes; ice-cream; fruit, nuts; tea, chocolate with whipped cream. *Second.*—Chicken croquettes; cold slaw garnished with fried oysters; sardines with sliced lemons; lobster salad; cold Saratoga potatoes; walnut pickles; pickles; jelly; orange or lemon-ice; dominoes; coffee, chocolate with whipped cream.

THANKSGIVING DINNERS.—Oyster soup; boiled fresh cod with egg sauce; roast turkey, cranberry sauce; roast goose, bread sauce or currant jelly; stuffed ham, apple sauce or jelly, pork and beans; mashed potatoes and turnips, delicate cabbage, canned tomatoes and corn, baked sweet potatoes, boiled onions, salsify, macaroni and cheese; brown bread and superior biscuit; lobster salad; pressed beef, cold corned beef, tongue; celery, cream slaw; watermelon, peach, pear, or apple sweet-pickles; mangoes, cucumbers, chow-chow, and tomato catsup; stewed peaches or prunes; doughnuts and ginger cakes; mince, pumpkin, and peach pies; plum and boiled Indian puddings; apple, cocoa-nut, or almond tarts; vanilla ice-cream; old-fashioned loaf cake, pound cake, black cake, white perfection cake, ribbon cake, almond layer cake; citron, peach, plum, or cherry preserves; apples, oranges, figs, grapes, raisins, and nuts; tea and coffee.

CHRISTMAS DINNERS.—Lam soup; baked fish, Hollandaise sauce; roast turkey with oyster dressing and celery or oyster sauce, roast duck with onion sauce, broiled quail, chicken pie; plum and crab-apple jelly; baked potatoes in jackets, sweet potatoes, baked squash, turnips, southern cabbage, stewed carrots, canned corn, canned pease, tomatoes; Graham bread, rolls; salmon salad or herring salad, chili sauce, gooseberry catsup, mangoes, pickled cabbage; bottled, French, or Spanish pickles; spiced nutmeg-melon and sweet-pickled grapes, and beets; Christmas plum-pudding

with sauce, charlotte-russe; cocoa-nut, mince, and peach pies; citron, pound, French loaf, white Mountain and Neapolitan cakes; lady's fingers, pepper-nuts; centennial drops, almond or hickory-nut macaroons; cocoa-nut caramels, chocolate drops; orange or pine apple ice-cream; coffee, tea, and Vienna chocolate.

NEW YEAR'S DINNERS.—Raw oysters; mock turtle soup; boiled turkey with oyster sauce; roast haunch of venison, currant jelly; deviled crabs; potato soufflé, baked turnips, stuffed cabbage, beets, lima beans, dried corn, and canned pease; biscuit, French rolls, rye and Indian bread; chicken salad, cold sliced ham; celery, cold slaw garnished with fried oysters, pickled walnuts, variety pickles; sweet pickled cucumbers, peaches, and plums, spiced currants and gooseberries; canned pears or strawberries; English plum pudding; chess pie, potato pie, mince pie; orange soufflé, pyramid pound cake, black cake, Phil Sheridan cake; Bohemian cream; oranges, raisins, figs, nuts; tea, coffee, chocolate.

NEW YEAR'S TABLE.—When receiving calls on New Year's day, the table should be handsomely arranged and decorated, and provided with rather substantial dishes, such as would suit the taste of gentlemen. Too great profusion, especially of cakes, confectionery, and ices, is out of taste. Selections may be made from the following: Escaloped oysters; cold tongue, turkey, chicken, and ham, pressed meats, boned turkey, jellied chicken; sandwiches or wedding sandwich rolls; pickled oysters, chicken and lobster salads, cold slaw garnished with fried oysters; bottled pickles, French or Spanish pickles; jellies; charlotte-russe, ice-creams, ices; two large handsome cakes for decoration of table, and one or two baskets of mixed cake, fruit, layer, and sponge cake predominating; fruits; nuts; coffee, chocolate with whipped cream, lemonade.

REFRESHMENTS.—For small evening parties, sociables, receptions, etc., where the refreshments are handed round or are served on a sideboard, and are of a simple character, every thing should be excellent in the highest degree, delicately prepared, and attractively served. Sandwiches and coffee, chocolate or tea, a variety of nice cake, jellies, ice-cream or ices, and fruits are appropriate. For a more pretentious occasion, a simple table prettily decorated with flowers, and set with fruit, lobster salad, chicken croquettes, pickled oysters, and one or two kinds of ice-cream and cake, and coffee and tea is quite enough.

REFRESHMENTS FOR TWENTY.—For a company of twenty allow one gallon oysters, four chickens and eight bunches of celery for chicken salad, fifty sandwiches, one gallon of ice-cream, two molds charlotte-russe, two quarts of lemon jelly, one light and one dark fruit cake, two layer cakes, and one white or sponge cake; for coffee use one and a half pints ground coffee and one gallon of water; fruit cake especially, and, indeed, all rich cake, should be cut in thin slices with a keen-edged knife; a small piece of each variety is always preferred to a plate overloaded with one or two kinds.

REFRESHMENTS FOR A HUNDRED.—For a larger company of a hundred the refreshments may be more elaborate: Two gallons of pickled oysters; two large dishes of lobster salad; two small hams boiled and sliced cold, five cold tongues sliced thin, twelve chickens jellied or pressed, each dish garnished with sprigs of parsley, slices of lemon and red beets, or curled leaves of celery, or the tender center leaves of lettuce; two gallons of bottled pickles or a gallon and a half of home-made; twelve dozen biscuit sandwiches; five quarts jelly, four gallons ice-cream; fifteen large cakes, to be made from recipes for rich fruit, delicate, layer, and sponge cakes; twelve dozen each of almond macaroons and variety puffs; four large dishes of mixed fruits; five pounds roasted coffee and five gallons water, which should be served at the beginning, and six gallons of iced lemonade to serve at the close.

REFRESHMENTS FOR ONE HUNDRED AND SEVENTY-FIVE.—Six gallons oysters; three small hams, five large turkeys, ten tongues; six chickens and twelve bunches of celery for salad; three gallons pickles; seventeen dozen

buns, twelve loaves bread made in wedding sandwich rolls or in plain sandwiches; twenty-two large cakes; fifteen dozen large oranges sliced, seventeen dozen meringues, fifteen dozen pears, thirty pounds grapes; seven gallons ice-cream and four gallons lemon ice; coffee made of twelve pints ground coffee and eight gallons water; serve coffee at the beginning, and lemonade at the close.

FOR THE PICNIC.

In the "Sunny South," picnics are in order as early as April, but in the more northern latitudes should never be attempted before the latter part of May or June, and September and October are the crowning months for them around the northern lakes, where hunting and fishing give zest to the sports. First, be up "at five o'clock in the morning," in order to have the chicken, biscuit, etc., freshly baked. Provide two baskets, one for the provisions, and the other for dishes and utensils, which should include the following: Table-cloth and an oil-cloth to put under it, napkins, towels, plates, cups, forks, a few knives and table-spoons, tea-spoons, sauce dishes, tin cups (or tumblers, if the picnickers are of the over-fastidious variety); a tin bucket, for water, in which a bottle of cream, lemons, oranges, or other fruit may be carried to the scene of action; another with an extra close cover, partly filled with made chocolate, which may be readily reheated by setting in an old tin pail or pan in which water is kept boiling *a la* custard-kettle; a frying-pan; a coffee-pot, with the amount of prepared coffee needed tied in a coarse, white flannel bag; a tea-pot, with tea in a neat paper package; tin boxes of salt, pepper, and sugar; a tin box for butter (if carried) placed next to block of ice, which should be well wrapped with a blanket and put in a shady corner of the picnic wagon. For extra occasions, add a freezer filled with frozen cream, with ice well packed around it, and heavily wrapped with carpeting. To pack the basket, first put in plates, cups, and sauce dishes carefully with the towels and napkins, and paper if needed; then add the rest, fitting them in tightly, and covering all with the table-cloth, and over it the oil-cloth. Tie the coffee and tea-pots, well wrapped up, and the frying-pan to the handles. Pack provision basket as full as the law allows, or as the nature of the occasion and the elasticity of the appetites demand.

The following bills of fare may be picked to pieces and recombined to suit tastes and occasions:

SPRING PICNICS.—Cold roast chicken; ham broiled on coals; fish fried or broiled; sardines; tongue; hard boiled eggs; eggs to be fried or scrambled; Boston corn bread; buttered rolls; ham sandwiches prepared with grated ham; orange marmalade; canned peaches; watermelon and beet sweet-pickles; encased plums; variety or bottled pickles; chow-chow; quince or plum jelly; raspberry or other jams; Scotch fruit, rolled jelly, chocolate. Minnehaha, old-fashioned loaf, and marble cake; coffee, chocolate, tea; cream and sugar; salt and pepper; oranges.

SUMMER PICNICS.—Cold baked or broiled chicken; cold boiled ham; pickled salmon; cold veal loaf; Parker House rolls; light bread; box of butter; green corn boiled or roasted; new potatoes; sliced tomatoes; sliced cucumbers; French and Spanish pickles; peach and pear sweet-pickles; lemon or orange jelly; strawberries, raspberries, or blackberries; lemonade; soda-beer or raspberry vinegar; coffee and tea; ice-cream; lemon or strawberry-ice; sponge, white, Buckeye, or lemon cake; watermelon, muskmelon, nutmeg-melon.

FALL PICNICS.—Broiled prairie chicken; fish chowder; clam chowder; clams roasted or fried; beef omelet; cold veal roast; sardines; cold roast chicken; pot of pork and beans; rusk, Minnesota rolls, Boston brown bread; potatoes, Irish or sweet, roasted in ashes; egg sandwiches (hard-boiled eggs, sliced, sprinkled with pepper and salt, and put between buttered bread); mangoes; piccalilli; Chili sauce; quince marmalade; baked apples; musk and nutmeg-melon; crab apple jelly; grape jelly; black, orange, velvet, sponge, and three-ply cake; combination pie.

FRAGMENTS.

Mother's hash does n't taste of soap grease, rancid butter, spoiled cheese, raw flour, boarding-house skillets, hotel coffee, garden garlicks, bologna sausage, or cayenne pepper; neither is it stewed and simmered and simmered and stewed, but is made so nicely, seasoned so delicately, and heated through so quickly, that the only trouble is, "there is never enough to go round." Cold meat of any kind will do, but corned beef is best; always remove all surplus fat and bits of gristle, season with salt and pepper, chop fine, and to one-third of meat add two-thirds of chopped cold boiled potato, and one onion chopped very fine; place in the dripping-pan, dredge with a little flour, and pour in at the side of the pan enough water to come up level with the hash, place in oven, and do not stir; when the flour is a light-brown, and has formed a sort of crust, take out, add a lump of butter, stir it through several times, and you will have a delicious hash. Or, by cooking longer, it may be made of cold raw potatoes, which peel, slice, and let lie in salt and water a half hour before chopping. If of meat and potatoes, always use the proportions given above, and before chopping, season with pepper and salt, and a chopped onion if you like (if onions are not to be had, take them out of pickle jar), place in hot skillet with just enough water to moisten, add a little butter or some nice beef drippings, stir often until warmed through, cover and let stand on a moderately hot part of the stove fifteen minutes. When ready to dish, run the knife under and fold as you would an omelet, and serve hot with tomato catsup. In making hash meats may be combined if there is not enough of a kind. Do not make hash or any other dish greasy. It is a mistaken idea to think that fat and butter in large quantities are necessary to good cooking. Butter and oils may be melted without changing their nature, but when cooked they become much more indigestible and injurious to weak stomachs.

AFTER THANKSGIVING DINNER,

a most excellent hash may be made thus: Pick meat off turkey bones, shred it in small bits, add dressing and pieces of light biscuit cut up fine, mix together and put into dripping-pan, pour over any gravy that was left, add water to thoroughly moisten, but not enough to make it sloppy; place in a hot oven for twenty minutes, and, when eaten, all will agree that the turkey is better this time than it was at first; or warm the remnants of the turkey over after the style of escaloped oysters (first a layer of bread-crumbs, then minced turkey, and so on); or add an egg or two and make nice breakfast croquettes. The common error in heating over meats of all kinds is putting

into a cold skillet, and cooking a long time. This second cooking is more properly only heating, and should be quickly done. All such dishes should be served hot with some sort of tart jelly. Always save a can of currant juice (after filling jelly cups and glasses), from which to make jelly in the winter, and it will taste as fresh and delicious as when made in its season.

ALWAYS SAVE

all the currants, skimmings, pieces, etc., left after making jelly, place in a stone jar, cover with soft water previously boiled to purify it, let stand several days; in the meantime, take your apple peelings, without the cores, and put on in porcelain kettle, cover with water, boil twenty minutes, drain into a large stone jar; drain currants also into this jar, add all the rinsings from your molasses jugs, all dribs of syrups, etc., and when jar is full, drain off all that is clear into vinegar keg (where, of course, you have some good cider vinegar to start with). If not sweet enough, add brown sugar or molasses. cover the bung-hole with a piece of coarse netting, and set in the sun or by the kitchen stove. In making vinegar always remember to give it plenty of air, and it is better to have the cask or barrel (which should be of oak) only half full, so that the air may pass over as large a surface as possible. Vinegar must also have plenty of material, such as sugar, molasses, etc., to work upon. Never use alum or cream of tartar, as some advise, and never let your vinegar freeze. Paint your barrel or cask if you would have it durable. Company, sickness, or other circumstances may prevent making

SWEET PICKLES

in their season, but they can be prepared very nicely at any time, by taking pear, peach, plum, or apple preserves, and pouring hot spiced vinegar over them; in a few days they will make a delightful relish. It very often happens in putting up cucumber pickles that you can only gather or buy a few at a time; these can be easily pickled in the following manner: Place in a jar, sprinkle with salt, in the proportion of a pint salt to a peck cucumbers, cover with boiling water, let stand twenty-four hours, drain, cover with fresh hot water; after another twenty-four hours, drain, place in a jar, and cover with cold, not very strong vinegar; continue to treat each mess in this manner, using the two jars, one for scalding and the other as a final receptacle for the pickles, until you have enough, when drain and cover with boiling cider vinegar, add spices, and in a few days they will be ready for use. Never throw away even

A CRUMB OF BREAD,

but save it and put with other pieces; if you have a loaf about to mold, cut in thin slices, place all together in a dripping-pan and set in oven to dry. and you will find that when pounded and rolled it will be very nice for dressing, stuffing, puddings, griddle-cakes, etc. When to be used for breading meats, etc., it must be made *very fine*. Keep in a covered box, or in a paper bag tied securely and hung in a dry place. It is much more economical to prepare meats with a dressing of some kind, since they "go so much further."

SAUSAGE TOAST is made by scalding the sausages in boiling water, frying to light brown, chop fine, and spread on bits of toast.

HAM BALLS.—Chop fine, cold, cooked ham; add an egg for each person, and a little flour; beat together, make into balls, and fry brown in hot butter.

CORN-MEAL CAKE.—Two-thirds cup butter, one cup sugar, three eggs beaten separately, two and a half cups corn meal, one and a half of flour, two of sweet milk, two tea-spoons cream tartar, one of soda.

PHILADELPHIA SCRAPPLE.—Mix potatoes (or any cold vegetables) and meat, turn into a skillet with meat gravy from previous day. Stir up until dry and crisp, resembling a very dry hash; serve in small deep dish.

TO CLARIFY MOLASSES.—Heat over the fire and pour in one pint of sweet milk to each gallon of molasses. The impurities rise in scum to the top, which must be skimmed off before the boiling breaks it. Add the milk as soon as placed over the fire, mixing it thoroughly with the molasses.

CUCUMBER RELISH may be made of the large cucumbers. Pare and cut in two, take out seeds, and grate, strain out most of the water, season highly with pepper and salt, add a little sugar, and as much vinegar as you have cucumbers; put in small bottle and seal.

BEEFSTEAK TOAST.—Chop cold steak or tongue very fine, cook in a little water, put in cream or milk, thicken, season with butter, salt, and pepper, and pour it over slices of toast. Prepare boiled ham in the same way, adding the yolk of an egg.

BREAKFAST PUFFS may be made on baking day, by taking up a little dough, pulling out to thickness of doughnuts, cut two and one-half inches in length, drop in boiling lard, and fry like doughnuts; to be eaten with butter like biscuit.

SHELLED ALMONDS are more economical for use in cakes. One pound of unshelled almonds only makes six and one-half ounces or one coffee-cupful when shelled, while the unshelled are generally only double the price, and sometimes not that per pound.

MIXED SANDWICHES.—Chop fine, cold ham, tongue and chicken; mix with one pint of the meat half a cup melted butter, one table-spoon salad-oil, one of mustard if desired, the yolk of a beaten egg, and a little pepper; spread on bread cut thin and buttered. Ham alone may be prepared in this way.

STEAK PUDDING.—Mix one quart flour, one pound suet (shredded fine), a little salt, and cold water to make stiff as for pie-crust, roll out half an inch thick; have steak (beef or mutton) well seasoned with pepper and salt, lay them on the paste and roll it up, tie in a cloth, and boil three hours. Some add a few oysters and a sliced onion to the steak.

MUTTON PIE AND TOMATOES.—Spread the bottom of a baking-dish with bread-crumbs, and fill with alternate layers of cold roast mutton, cut in thin slices, and tomatoes, peeled and sliced; season each layer with pepper, salt and bits of butter. The last layer should be of tomatoes spread with bread-crumbs. Bake three-quarters of an hour, and serve immediately.

LANCASHIRE PIE.—Take cold beef or veal, chop, and season as for hash; have ready hot mashed potatoes seasoned as if for the table, and put in a shallow baking-dish first a layer of meat, then a layer of potatoes, and so on, till dish is heaping full; smooth over top of potatoes, and make little holes in which place bits of butter; bake until a nice brown.

BREAD-CRUMBS FOR PASTRY.—Many puddings that are commonly baked in a crust, such as cocoa-nut, potato, apple, and lemon, are equally as good and more wholesome, made by strewing grated bread-crumbs over a buttered pie-plate or pudding-dish to the usual depth of crust; pour in the pudding, strew another layer of bread-crumbs over the top, and bake.

SQUAB PIE.—Trim a deep dish with paste as for chicken pie, put in a layer of sliced sour apples, season with sugar and spice; add a layer of fresh, rather lean pork, sliced thin, seasoned with salt and pepper; and thus place alternate layers of apple and pork until the dish is nearly full; put in a little water and cover with paste; bake slowly until *thoroughly done*.

BEEF OMELET.—Three pounds beef chopped fine, three eggs beaten together, six crackers rolled fine, one table-spoon salt, one tea-spoon pepper, one table-spoon melted butter, sage to taste. Mix well and make like a loaf of bread; put a little water and bits of butter into the pan, invert a pan over it, baste occasionally, bake an hour and a quarter, and when cold slice very thin.

CHICKEN OR BEEF CROQUETTES.—Take cold chicken, or roast or boiled beef or veal, mince very fine, moisten with the cold gravy if at hand, or moisten well, and add one egg, season with pepper, salt and an onion or sage; make into small cakes, cover with egg and bread-crumbs, and fry in lard and butter. One cup fresh boiled rice may be added before making into cakes.

APPLE-BUTTER CUSTARD PIE.—Beat together four eggs, one tea-cup apple-butter, one of sugar, one level table-spoon allspice, add one quart sweet milk and pinch of salt; bake in three pies with an under-crust;—and, by the way, never omit a pinch of salt in custard and lemon pie; and, in fact, many kinds of fruit pies, such as green-apple, currant, gooseberry, and pie-plant, are improved by it.

SWEETIE'S FAVORITES.—Three eggs, one tea-spoon sugar, one coffee-cup sweet milk, one of warm water, four table-spoons potato yeast, flour enough to make stiff batter; beat yolks and sugar well, stir in milk, water, and yeast, and lastly flour, stir well, and set in warm place to rise; when light, beat whites to a stiff froth, and stir into batter with a pinch of salt; bake like batter cakes. These are splendid for breakfast if set the night before.

POTATO CAKES.—Mix thoroughly with cold, mashed potatoes left from dinner, the well-beaten yolk of an egg; make into cakes as you would sausages, place in skillet with a table-spoon hot ham or beef-drippings, cover tightly, and, in five minutes, when lower side is browned, turn, remove cover, fry until the other side is a nice brown; serve hot. Make up after dinner ready for frying for breakfast.

POTATOES A LA DUCHESSE are now the most fashionable, and, if a really good potato is capable of being improved, perhaps this is the best method. Take cold, mashed potatoes, roll out and form into little biscuit-shaped cakes (a little flour will be required to form them, but do not mix flour with the potato), arrange cakes on a pie-plate, glaze them over with beaten egg, and bake to a delicate brown.

ESCALOPED TURKEY.—Moisten bread-crumbs with a little milk, butter a pan and put in it a layer of crumbs, then a layer of chopped (not very fine) cold turkey seasoned with salt and pepper, then a layer of crumbs, and so on until pan is full. If any dressing or gravy has been left add it. Make a thickening of one or two eggs, half a cup of milk, and quarter cup butter and bread-crumbs; season and spread it over the top; cover with a pan, bake half an hour and then let it brown.

BREAKFAST STEW.—Cut three-fourths of a pound of cold roast beef into small pieces, heat slowly with half a pint cold water, one table-spoon Chili-sauce, a tea-spoon salt, and half a tea-spoon pepper. Rub two table-spoons flour with some butter and a little of the hot gravy, add to the beef; let cook until the flour is done, and then serve with bits of dry toast. Slices of onions may be first cooked and the meat added to them, with or without Chili-sauce.

BONNY CLABBER.—This dish is in perfection in the summer, when milk sours and thickens very quickly. It should be very cold when served. A nice way is to pour the milk before it has thickened into a glass dish, and when thick set on ice for an hour or two, and it is ready to serve, and is really a very pretty addition to the supper table. Serve in sauce dishes or deep dessert plates, sprinkle with sugar (maple is nice), and a little grated nutmeg if liked.

CORN MEAL WAFFLES.—To the beaten yolks of three eggs, add one quart of sour milk or butter-milk, corn meal to make a batter a little thicker

than for pan-cakes, one tea-spoon salt, one of soda dissolved in a little warm water, then the well-beaten whites; flour may be used instead of corn meal. This is also a good rule for pan-cakes, making the batter thinner. For dressing for waffles, put on the stove a half cup cream, a table-spoon butter, and two of sugar; when hot, put two table-spoons on each waffle when placed in the dish to serve.

EGGLESS SQUASH OR PUMPKIN PIE.—Stew the squash or pumpkin till very dry, and press through a colander; to each pint of this allow one table-spoon butter, beat in while warm one cup brown sugar or molasses; a little salt, one table-spoon cinnamon, one tea-spoon ginger, and one half tea-spoon soda; a little allspice may be added, but it darkens the pies; roll a few crackers very fine, and add a handful to the batter, or thicken with two table-spoons flour or one of corn starch. As the thickening property of pumpkin varies, some judgment must be used in adding milk.

SCRAPPLE.—Scrape and clean well a pig's-head as directed in "Pig's-head Cheese," put on to boil in plenty of water, and cook four or five hours—until the bones will slip easily from the meat; take out, remove bones, and chop the meat fine, skim off the grease from liquor in pot, and return the chopped meat to it; season highly with salt and pepper, and a little powdered sage if liked, and add corn meal till of the consistency of soft mush; cook slowly one hour or more, pour in pans, and set in a cool place. This is nice sliced and fried for breakfast in winter, and will answer in place of meat on many occasions.

FRICASSEED AND FRIED POTATOES.—Slice cold boiled potatoes, put into a dripping-pan, add milk, salt, pepper, and small lump of butter, allowing half a pint of milk to a dozen potatoes, place in oven for about fifteen minutes, stir occasionally with a knife to keep from burning; they should brown slightly on the top; or put in sauce-pan lump of butter, when melted add a level table-spoon flour, cook a few minutes and add a tea-cup new milk or cream, season with salt and pepper; when it boils, add sliced potatoes, and boil till potatoes are thoroughly heated. To fry, slice and fry in butter or ham or beef-drippings, using only enough fat to prevent sticking; sprinkle with salt, cover with tin lid so that they may both fry and steam.

WELSH RARE-BIT.—Cut thin slices of bread, remove the crust, and toast quickly; butter it, and cover with thin slices of rather new rich cheese, spread over a very little made mustard, and place on a pie-tin or plate in a hot oven till the cheese is melted, when cut in square pieces of any size desired, and serve at once on a hot platter, as it is quite spoiled if allowed to get cold. The mustard may be omitted if desired; and some think it more delicate to dip the toast quickly, after buttering, into a shallow pan of boiling water; have some cheese ready melted in a cup, and pour some over each slice. The best way to serve is to have little plates made hot, place a slice on each plate, and serve one to each person.

YANKEE DRIED BEEF.—Slice very thin, put in frying-pan with water to cover, let come to boiling point, pour off, and add pint of milk, lump of butter, and a thickening of a little flour and milk, stir well, and, just before serving, some add an egg, stirring it in quickly; or, chip very fine, freshen, add a lump of butter and six or eight eggs, stir well, and serve at once. Cold boiled or baked beef may be sliced and cooked in the same way. Or, after the freshening, first frizzle it in butter, dredge with flour, and add the milk. When ends or thin pieces of dried beef become too dry and hard, put in cold water and boil slowly six or eight hours, and slice when cold; or, soak over night in cold water, and boil three or four hours. Many think all dried beef is improved by this method.

CURD OR COTTAGE CHEESE.—Set a gallon or more of clabbered milk on the stove hearth or in the oven after cooking a meal, leaving the door open; turn it around frequently, and cut the curd in squares with a knife, stirring gently now and then till about as warm as the finger will bear, and the whey shows all around the curd; pour all into a coarse bag, and hang to drain in

a cool place for three or four hours, or over night if made in the evening. When wanted, turn from the bag, chop rather coarse with a knife, and dress with salt, pepper, and sweet cream. Some mash and rub thoroughly with the cream; others dress with sugar, cream, and a little nut-meg, omitting the salt and pepper. Another way is to chop fine, add salt to taste, work in a very little cream or butter, and mold into round balls.

POTATOES A LA LYONNAISE are much simpler than the name implies. Rub a lump of good butter over the inside of a clean, smooth, slightly warmed skillet, turn in some cold boiled potatoes cut up, add pepper, salt, a little chopped parsley, and perhaps the least bit of onion very fine. Shake from time to time and see that they *do not brown*. "Fried white" is the accepted slang in fashionable hotels for this very elegant mystification in the art of potato cooking. If, for your stomach's sake, you should prefer to have your potatoes actually fried a savory crisp brown, drop in smoking hot lard or nice drippings (never in butter, as it scorches too quickly; warm up or *sauti*—fry in a well-greased frying-pan—in butter, but fry, or rather boil, in lard or drippings).

STUFFED BEEFSTEAK is as nice for dinner as a much more expensive roast, and it can be prepared from a rather poor flank or round steak; pound well, season with salt and pepper, then spread with a nice dressing—may use some of the bread-crumbs—roll up and tie closely with twine (which always save from the grocer's parcels), put in a kettle with a quart boiling water, boil slowly one hour, take out and place in dripping-pan, adding water in which it was boiled, basting frequently until a nice brown, and making gravy of the drippings; or you may put it at once into the dripping-pan, omit the boiling process, skewer a couple slices salt pork on top, add a very little water, baste frequently, and, if it bakes too rapidly, cover with a dripping-pan. It is delicious sliced down cold.

HOW TO MAKE NICE GRAVY is a problem many housekeepers never solve. Remember that grease is not gravy, neither is raw flour. Almost any kind of meat-liquor or soup-stock, from which all fat has been removed, may be made into nice gravy, by simply adding a little seasoning and some thickening; if browned flour is used for the latter, the gravy will require but little cooking, but when thickened with raw flour, it must cook until thoroughly done, or the gravy will taste like so much gummy paste. It is best to brown a quart of flour at a time. Put in a skillet, set in the oven or on top of the stove, stir often until it is a light-brown, put into a wide-mouthed bottle, cork and keep for use. All gravies should be well stirred over a rather hot fire, as they must be quickly made, and must boil, not simmer.

POTATO FLOUR is an addition to many kinds of breads, cakes, and puddings, making them more light and tender. Wash, peel, and grate into an earthen pan, filled with pure, soft cold water; when the water begins to clear by the settling of the pulp to the bottom, pour off the water and add more, stir pulp with hand, rub through a hair sieve, pour on more water, let stand until clear, pour off and renew again, repeating several times until the farina is perfectly white and the water clear. The air darkens it, and it must be kept in the water as much as possible during the process. Spread the prepared farina before the fire, covering with paper to keep it from dust; when dry, pulverize it, sift, bottle, and cork tightly. Potato jelly may be made by pouring *boiling* water on the flour, and it will soon change into a jelly; flavor and sweeten to taste.

STEWs, if properly prepared, are very palatable. If made from fresh meat, they should be immersed in boiling water at first, and then placed where it will simmer slowly until done; season, add thickening, and flavor with an onion, or a tea-spoon of curry powder; or prepare a poor beefsteak by first trimming off all the fat and cutting in convenient pieces, fry in butter or drippings to a nice brown on both sides, then add a little sliced onion, carrots, or turnips, seasoning, a tea-spoon Chili-sauce, and one pint soup stock, or water; stew gently two or three hours, skim off any grease, and stir in a

little flour mixed with milk. To make a stew of cold meat, first make the gravy of stock, add a fried sliced onion, pepper and salt, and a tea-spoon catsup; let it boil, and set aside to cool; when nearly cold, put in thinly-cut slices of cold meat, and a few slices cold potatoes, and let heat gradually until it comes to the boiling point; serve with bread cut in dice and fried.

MEAT PIE.—Put a layer of cold roast beef or other bits of meat, chopped very fine, in bottom of dish, and season with pepper and salt, then a layer of powdered crackers, with bits of butter and a little milk, and thus place alternate layers until dish is full; wet well with gravy or broth, or a little warm water; spread over all a thick layer of crackers which have been seasoned with salt and mixed with milk and a beaten egg or two; stick bits of butter thickly over it, cover with a tin pan, and bake half to three-quarters of an hour; remove cover ten minutes before serving, and brown. Make moister if of veal. Or, another way of making the pie is to cover any bits or bones, rejected in chopping, with nearly a pint of cold water, and let them simmer for an hour or more; strain and add a chopped onion, three table-spoons Chili-sauce, a level table-spoon of salt, and the chopped meat; let simmer a few minutes, thicken with a table-spoon of flour mixed in water, let boil once, take off and let cool; put a layer of this in a pudding-dish, then a layer of sliced hard-boiled eggs and a few slices from cold boiled potatoes, then the rest of the meat, then eggs, etc.; cover with pie-crust or a baking-powder crust, make an opening in the center, and bake forty minutes.

To **STUFF A HAM**, wash and scrape the skin till very white, cut out a piece from thick part (use for frying), leaving the skin on the ham as far as possible, as it makes a casing for the stuffing; put in a boiler and steam for three hours; take out and score in thin slices all around the skin; fill the space cut out with a stuffing made of bread-crumbs, same as for poultry, only not quite so rich, seasoned rather highly with pepper and sage; wrap around a strip of cotton cloth to keep in place, and bake in the stove one and a half hours, turning so as to brown all sides nicely. The last half hour sift lightly with powdered sugar and cinnamon. (Some peel off the skin after steaming, stuff and roast as before.) What remains after once serving is delicious sliced down cold. The first we ever ate was at a thanksgiving dinner, cooked in a Southern kitchen, by an old-fashioned fire-place, in an iron bake-oven, and the savory flavor lingers still in our memory. Nicely cured boiled ham is a never-failing source of supply, from which quite a variety of dishes may be prepared.

GRATED HAM is one of the nicest relishes for supper or lunch, or for sandwiches. Cut a good-sized piece from the thickest portion of a boiled ham, trim off the fat, grate the lean part, and put in the center of a platter; slice some tiny slips of the fat and place around the edge, together with some tender hearts of lettuce-heads, and serve for supper or lunch.

To economize the scraps left from boiled ham, chop fine, add some of the fat also chopped, and put in a baking-plate, first a layer of bread-crumbs, then a layer of mixed fat and lean, then another layer of crumbs, and so on till all is used, putting a few bits of fat over the top; pour over it a little water, or a dressing of some kind, and set in oven till a nice brown. This is delicious for breakfast, or for a "picked up dinner," after having made a soup from the bone, well cracked and simmered for three hours with a few sliced potatoes and rice, or dried corn and beans which have first been soaked and parboiled. In boiling hams, always select an old ham; for broiling, one recently cured. After boiling and skinning a ham, sprinkle well with sugar and brown in oven.

THE CARE OF FAT AND DRIPPINGS is as necessary in any family as the care of last year's garden seeds or the "Family Record." Especially when much meat is used, there is a constant accumulation of trimmings of fat, drippings from meats, etc., which should be tried out once in two or three days in summer—in winter once a week will do. The fat which rises after

boiling beef, pork, and poultry, is used for shortening or frying. Cut up in small pieces, put in skillet, cover, try out slowly, stir occasionally, and skim well; add the cakes of fat saved from the top of meat liquor, slice a raw potato and cook in it to clarify it (some add a pinch of soda), strain all the clear part into a tin can or stone jar, or pour over drippings a quart of boiling water and strain through muslin or a fine sieve, let cool, take out the cake which forms on the top, scrape the refuse from the bottom, pour again into a skillet and heat until all the water is out, then pour into a jar, and you will find it very nice to use either alone or with butter and lard in frying potatoes, doughnuts, etc. The leaf fat of mutton should always be tried out by itself, and used for chapped hands and such purposes. The fat which is not nice enough for any of the above uses, should be tried out and placed in a jar, kettle, or soft wood cask of strong lye, to which all soap grease should be consigned. Remember that the fat from boiling ham or from boiling meats with vegetables is never fit for cooking purposes, but should be thrown into the soap grease. After skinning and trimming the boiled ham, the fat which remains may be tried out and used for drippings, and is as sweet as butter. Observe never to use for this soap grease lean meat or raw fat. Keep a stick with which to stir occasionally, and it will need but little boiling to make the best of soft soap.

Mother has many other valuable ideas on how to stop the numberless little "leaks," which keep many a family in want, while a little care and economy in these minor details would insure a fair competency; but she thinks it better to have the ideas she has already given thoroughly digested before clogging them with others. She says a neat clean home, a tidy table, and well cooked palatable meals, are safeguards against the evils of the ale-house, the liquor saloon, and the gambling-table. So that we may, with our frying-pans and soup-kettles, wage a mighty war against intemperance, for seldom is a well-fed man a drunkard; and thus our attempts at palatable and economical cooking may "kill two birds with one stone."

By the way, she has just taken up a paper from which she reads this item by Prof. Blot: "Wasting is carried on so far and so extensively in American kitchens that it will soon be one of the common sciences." "Just as I told you," says mother, as she folds her hands complacently together, looks down at the bright figures of the carpet, and repeats in her slow-measured way: "After all, whether we save or spend, the life is more than meat, and the body more than raiment."

HOUSEKEEPING.

Housekeeping, whatever may be the opinion of the butterflies of the period, is an accomplishment in comparison to which, in its bearing on woman's relation to real life and to the family, all others are trivial. It comprehends all that goes to make up a well-ordered home, where the sweetest relations of life rest on firm foundations, and the purest sentiments thrive. It is an accomplishment that may be acquired by study and experiment, but the young and inexperienced housekeeper generally reaches success only through great tribulation. It ought to be absorbed in girlhood, by easy lessons taken between algebra, music and painting. If girls were taught to take as much genuine pride in dusting a room well, hanging a curtain gracefully, or broiling a steak to a nicety, as they feel when they have mastered one of Mozart's or Beethoven's grand symphonies, there would be fewer complaining husbands and unhappy wives. The great lesson to learn is that work well-done is robbed of its curse. The woman who is satisfied only with the highest perfection in her work, drops the drudge and becomes the artist. There is no dignity in slighted work; but to the artist, no matter how humble his calling, belongs the honor which is inseparable from all man's struggles after perfection. No mother, who has the happiness of her daughter at heart, will neglect to teach her first the duties of the household; and no daughter who aspires to be queen at home and in her circle of friends, can afford to remain ignorant of the smallest details that contribute to the comfort, the peace and the attractiveness of home. There is no luck in housekeeping, however it may seem. Every thing works by exact rule, and even with thorough knowledge, eternal vigilance is the price of success. There must be a place for every thing and every thing in its place, a time for every thing and every thing in its time, and "patience, patience," must be written in glowing capitals all over the walls. The reward is sure. Your husband may admire your grace and ease in society, your wit, your school-day accomplishments of music and painting, but all in perfection will not atone for an ill-ordered kitchen, sour bread, muddy coffee, tough meats, unpalatable vegetables, indigestible pastry, and the whole train of horrors that result from bad housekeeping; on the other hand, success wins gratitude and attachment in the home circle, and adds luster to the most brilliant intellectual accomplishments.

One of the first ideas the young housekeeper should divest herself of, is, that because she is able, or expects some time to be able, to keep servants, it is therefore unnecessary to understand household duties, and to bear their responsibility. "Girls" are quick to see and note the ignorance or the incapacity of the mistress of the house, and few are slow to take whatever ad-

vantage it brings them, but the capacity of a mistress at once establishes discipline. The model house should not be large, nor too fine and pretentious for daily use. The mistress of many a fine mansion is the veriest household drudge. A great house, with its necessary retinue of servants, is not in keeping with the simplicity of a republic where trained servants are not known, and is seldom pleasant for the family or attractive to friends. Furniture should be selected for comfort rather than show. Most modern chairs put their occupants to torture, and throw them into attitudes any thing but graceful. Comfortable chairs should have broad seats, and a part at least, low seats for women and children. Nothing is more out of taste and "shoddy" than to crowd rooms with furniture, no matter how rich or elegant it may be. Nor is it by any means necessary to have things in *suites*; variety is preferable, and each room, especially, should have an individuality of its own. Just now the "Eastlake" style is in high favor, and perhaps there is danger of too strong a reaction from the "modern styles," most of which, however, are a hap-hazard collection of styles, without any unity of idea in them. The "Eastlake" is, in the main, a protest against the falsehoods and shams of modern fine furniture, and so far it is a real reform. In a table, for example, we usually have a foundation of pine, put together mostly with glue; this is covered with a veneer of mahogany, walnut, or other wood, and ornamented with carvings, which may mean something or nothing, and which are glued to the work. In a few years the pine framework warps and shrinks out of shape, the veneer peels, the carving gets chipped, and the whole becomes "shabby genteel." Eastlake and his followers would have the table *honest*, and be throughout what it appears to be on the surface, hence the table is made solid; and if a costly wood can be afforded—well; if not, take a cheaper wood, but let the table be just what it pretends to be; if braces or bars are needed for strength, let them show, and indicate why they are used; and if ornament is desirable, let it be worked in the material, and not glued on. A table of this kind will *last*, and may serve for several generations. Finding that our ancestors of a few centuries ago understood the matter of furniture better than the cabinet-makers of the present, Eastlake and the others reproduced many of the styles of bygone times, and with some dealers "Eastlake" is used for antique. But the matter does not depend so much upon antiquity of style, as solidity, honesty, and appropriateness. Sets are made of plain woods, such as ash and walnut, inlaid with procelain tiles, and ornamented with old-fashioned brass rings and handles. They are valued at from thirty to two hundred and fifty dollars. Bedroom sets of French and English walnut, with inlaid woods, gilt and bronze ornaments, and variegated marbles, are sold from thirty-five to fifteen hundred dollars. Parlor sets of rich, carved woods, and satin, damask, cashmere, brocade, and tapestry coverings, etc., range in price from one hundred to twelve hundred dollars. Ebony cabinets inlaid with ivory and richly ornamented, are worth from two to eighteen hundred dollars. Marquetry tables, work tables, library tables, Oriental chairs, lounges, easels, music racks, etc., of rich material and design, are valued at from ten to one hundred and fifty dollars. The

principal woods used are walnuts of various kinds, ash, bird's-eye maple, satinwood and kingwood. Kingwood is almost crimson in color. Book-cases are of all prices from twenty to fourteen hundred dollars, and side-boards from seventy-five to one thousand dollars. It is a good rule in selecting furniture, not to buy any thing not actually needed, to buy the best of its kind, and to pay cash or not buy. Never get any thing because some one else has it, and do not be afraid to wait for bargains. Wise young house-keepers buy furniture in single pieces or small lots, as they have means, rather than expend more than they can afford in entire sets, which are really less attractive.

Carpets should, as a rule, be of small patterns. The stoves—if grates or fire-places are not used—should be of the kind that may be thrown open or closed at pleasure. If a furnace is used, great care must be taken that the rooms are not kept too hot in winter, and that there is most thorough ventilation, as the health of the family depends as much on the quality of the air they breathe as the food they eat. To waste heat is not so bad as to waste health and vigor, and fuel is always cheaper, on the score of economy, than doctors' bills. In furnace-heated houses—and the furnace seems to be accepted as the best heater, though apparatus for steam and hot water seems likely to be so perfected as to supplant it by furnishing a milder and more agreeable heat, entirely free from noxious gases—there should always be grates or fire-places in living or sleeping rooms; and whenever the furnace heat is turned on, there should be a little fire, at least enough to start the column of air in the chimney and secure ventilation. It is a common mistake to buy too small a furnace or other heating apparatus. This ought to be ample for the *coldest* weather, so that ordinarily it need not be kept up to its full capacity. When a furnace is heated too hot, the little particles of dust afloat in the air are charred, and the air has a burnt flavor, as unwholesome as it is disagreeable. Without fire, chimneys are apt to draw down a current of cold air. If there are no grates or fire-places, do not rely on airing rooms from the halls, but throw open the windows and take in the outside air. This is especially necessary when a room is used as a study, or for an invalid. The air from the halls, although cold, is not pure. House-plants will not thrive in furnace-heated houses where gas is burned, and human beings, especially the young and delicate, need quite as pure air as plants. In a study, or other room much occupied, the windows may be dropped during meals, and the room warmed anew before it is needed again. There must also be plenty of sunlight, floods of it in every room, even if the carpets do fade; and the housekeeper must be quick to note any scent of decay from vegetables or meats in the cellar, or from slops or refuse carelessly thrown about the premises. Many a case of fatal diphtheria or typhoid fever may be traced directly to the noxious vapors arising from decaying matter in a cellar, the outside of which is fair to look upon, while the parlors and living rooms are kept with perfect neatness. Such houses are whited sepulchers, and the inmates are doomed to pay the penalty of ignorance or carelessness. Every room must be clean and sweet. In sickness, care in all these respects must be doubled. In

damp and chill autumn and spring days, a little fire is comfortable morning and evening. The food for the family must be fresh to be wholesome, and it is economy to buy the best as there is less waste in it. No housekeeper ought to be satisfied with any but the very best cooking, without which the most wholesome food is unpalatable and distressing; and no considerations of economy should ever induce her to place on the table bread with the slightest sour tinge, cake or pudding in the least heavy or solid, or meat with the slightest taint. Their use means disease and costly doctor's bills, to say nothing of her own loss of repute as an accomplished housekeeper. If children and servants do work improperly, she should quietly insist on its being done correctly, and in self-defense they will soon do it correctly without supervision. Order and system mean the stopping of waste, the practice of economy and additional means to expend for the table and for the luxuries and elegancies of life—things for which money is well expended. It requires good food to make good muscle and good brain, and the man or woman who habitually sits down to badly cooked or scanty dinners, fights the battle of life at a great disadvantage.

SWEEPING AND DUSTING.

The sweeping and dusting of a room seems simple enough, but is best done systematically. "Dusters," made of old prints, with which to cover books, statuettes, and such articles as are difficult to dust, and larger ones to cover beds, are indispensable in sweeping and dusting. "Carpet sweepers" are only fit for daily use, when thorough work is not required, a thorough sweeping once or twice a week sufficing even the tidiest of housekeepers. Before sweeping open the blinds and let in the light, and open the windows if it is not storming or too windy. Look on the ceiling for cobwebs, and sprinkle the carpet over with moistened bran, salt, damp coffee-grounds, or tea-leaves. Clean the corners and edges with a sharp-pointed stick and stiff whisk-broom. Brush down with the feather-duster all picture-cords, frames, and curtains, and remove all cob-webs with a broom about which a towel has been pinned, going through all rooms before removing the towel; then clear one corner of furniture and begin sweeping toward the center with a short, light stroke, going slowly and carefully so as to raise no dust, and drawing, not pushing, the broom. The second time over, increase the length and force of the stroke, and the third, brush with long and vigorous strokes, using care as the dirt at the center of the room is approached. In this way it will take twenty minutes to sweep a large room, but it will be *clean*, and the carpet will wear, bright and fresh, much longer than if the dirt were allowed to grind out the fabric. After the sweeping remove the "dusters" carefully, carrying them out of doors to shake, and rub, not simply wipe, off the furniture and other articles with a clean, soft, cotton cloth or an old silk handkerchief, or, better, a soft dusting-towel with fleecy surface which is sold expressly for this purpose, folding the dust in as it soils the cloth, and when it is filled with dust, shake thoroughly out of doors. Managed in this way, curtains, furniture and carpets will never be loaded with dust, but will remain bright, clean and fresh from one year's house-cleaning to another's. If

any spot of dust is too firmly fixed, wash in luke-warm soap-suds, and immediately rub dry with chamois-skin. If there is open-work carving, draw the cloth through, or dust with a paint-brush; and it will be found more convenient to blow out some of the places which are difficult to reach, for which purpose a small pair of bellows may be used. To clean and dust a piano, use half a yard best canton-flannel with a nap free from all specks and grit, brushing lightly over to remove the dust; if there are finger-marks or spots, rub up and down over them, always keeping the nap next to the instrument. Dust under the wires may be blown out with a pair of bellows. Keep the piano closed at night and in damp weather; open on bright days, and if possible let the sun shine directly upon the keys, as the light will keep them from turning yellow. Tune every spring and fall. As a last finishing touch to the rearranging of the parlor, leave late papers, magazines, a volume of poetry, or a stereoscope and views, where they will be readily picked up by callers.

THE SITTING-ROOM.

The sitting-room should be the pleasantest, because most used, of all in the house. Do not put down a Brussels carpet here, because it is too hard to sweep and holds too much dust. To prevent moths under the carpets, grind black pepper coarsely, mix with camphor-gum, and strew thickly about the edges and wherever they are to be found. To clean the oil-cloth, use warm water without soap, or, what is much better, milk and water. By keeping mats at the doors it will only be necessary to sweep the sitting-room thoroughly once a week, but occasionally, when very dusty, it may be cleaned by setting a pail of cold water by the door, wet the broom in it, knock off the drops, sweep a yard or so, then wash the broom as before, and sweep again, being careful to shake all the drops off the broom, and not to sweep far at a time. If done with care the carpet will be very nicely cleaned, and the quantity of dirt in the water will be surprising. The water must be changed several times. Snow sprinkled on and swept off before it has had time to melt (be careful to have rooms cool), is also nice for renovating a soiled carpet. A scrap bag hung on the end of the sewing-machine, for storing all bits of cloth and ravelings, and ends of thread, will save much sweeping. In summer, wire doors and mosquito-nettings in the windows will keep flies out, and at the same time admit the air. Washing windows and wiping off doors once a week after sweeping, keeps all tidy. To remove finger-marks, which are constantly appearing on doors about the knobs, use a damp cloth as soon as they are observed.

THE BED-ROOM.

The family bed-room should be on the first floor if possible, if the house is properly built and there is no dampness. Matting is better for the floor than carpet, because freer from dust, and this is the room used in case of sickness. If made properly it will wear for several years. Canton mattings are made on boats in pieces about two yards long, and afterward joined on shore into pieces of fifty yards. It is easy to see where these short pieces are joined; after cutting into lengths, first sew these places across and across

on the wrong side, then sew the breadths together and tack down like a carpet. Matting should never be washed with any thing except moderately-warmed salt and water, in the proportion of a pint of salt to a half pail of soft water. Dry quickly with a soft cloth. A bed-room matting should be washed twice during the season; a room much used, oftener. In this room there should be a medicine closet, high above the reach of children, where are kept camphor, hot drops, mustard, strips of old linen, etc., for sudden sickness or accident. There should also be a large closet, a part of which is especially set apart for children's use, with low hooks where they may hang their clothes, a box for stockings, a bag for shoes, and other conveniences, which will help to teach them system and order. The bedding should be the best that can be afforded. The inner husks of corn make a good under-bed. Oat straw is also excellent. Hair mattresses are best and, in the end, most economical. Mattresses of Spanish moss are cheaper than hair, but soon mat down. Those made of coarse wool are objectionable at first on account of the odor, but are serviceable and less costly than hair. When the woven-wire bed is used, a light mattress is all that is needed; and this combination makes the healthiest and best bed, because it affords the most complete exposure of the bedding to air. The best covering is soft woollen blankets. Comforters made of cotton should be used with great caution, as they need to be frequently exposed to sun and air. The best comforter is made of delaines, which may be partly worn, with wool instead of cotton quilted in. Beds are almost always made up too early. The thrifty house-keeper likes to have rooms put to rights in the morning, but it brings up the old adage of "the white glove" which "hides a dirty hand." The bed should lie open for several hours every morning, and at least once a week all the bedding should be thoroughly aired. Air pillows in wind, but not in sun.

THE GUEST-CHAMBER.

The bed of the guest-chamber, as well as in all sleeping-rooms, should stand so that when one opens the eyes in the morning the light from the window will not be directly upon them, as it is trying to weak eyes, and unpleasant to strong ones. Keep the bureau where the sun's rays will never strike the mirror, and where it will not be heated by the stove, as either will granulate the amalgam. Chambers should always be provided with transoms over the doors, and windows arranged so as to lower easily from the top. A light feather-bed, covered with a case like a pillow, may be either used over the mattress, or a comfort may be used over it, and the feather-beds under it. Tacked on the inside of the washstand-doors, two crotcheted pockets are nice for bathing sponges, and there should be plenty of towels, especially of those coarse, rough ones which make a morning bath such a luxury. A broad oil-cloth in front of the washstand is also a protection to the carpet in bathing, and is needed when there is no bath-room up stairs.

HOUSE-CLEANING.

When mother earth summons the stirring winds to help clear away the dead leaves and winter litter for the coming grass and flowers, every house-

keeper has a feeling of sympathy, and begins to talk of house-cleaning. The first bright sunshine of spring reveals unsuspected dust and cobwebs, and to her imagination even the scrubbing-brushes and brooms seem anxious to begin the campaign. In northern latitudes it is best, however, not to begin too soon. Do not trust entirely to appearances, for spring is almost certain to break her promises of pleasant weather, and give us a good many days when it will be any thing but pleasant to sit shivering in a fireless room, while the children become unmanageable and husband growls. So for the sake of health, peace, and comfort, do not remove the stoves before the middle of May.

Devote a week, at least, to preparations. See that all needed repairs are made about the house, and have all necessary tools on hand and in good order. Provide lime for whitewashing, carpet-tacks, good soap, sawdust, carbolic acid, copperas, and spirits of ammonia. Have closets, bureau drawers, etc., all thoroughly renovated. Reorganize sewing table, arrange bags for the odds and ends that have accumulated during the winter, having different ones for each article, and marking the outside in some way; for instance, for the button-bag, sew one on the outside, and so on. Put pieces of ribbon, velvet, lace, flowers, etc., in a box, and have it in readiness for the spring "fixing up." While this renovating is being done, have "the boys" cleaning the yard of the winter rubbish and debris, as this is far more important in a sanitary point of view than inside house-cleaning. When you begin, do not upset all the house at once, driving your husband to distraction, and the children to the neighbors. By cleaning one or two rooms at a time, and using a little womanly tact, the whole house may be renovated with little inconvenience.

If you are a "lone woman" you will need the help of one stout girl at the least, unless you are stouter than the average American woman, or your house is very small. Hire her at least the week before, so that she can get accustomed to the house and *your* way of doing work. Be sure you wash and iron *every thing* you can find that is soiled. Then, on Saturday, do an extra large baking, so you will have sufficient bread, cakes, etc., to do you the most of the next week. (Make Sunday *truly* a day of rest.) Then, on Monday, be up early; after breakfast leave the girl to wash the dishes, sweep, and put things in order up stairs, and you take a *man* and go to the cellar; first have every thing taken out of the cellar that does not actually belong there. The reason for cleaning the cellar *first* is, that it is generally left to the last when all are tired and nearly worn out, and is apt to get what is called a "lick and a promise." The cellar should be one of the most particular places about the house; therefore, do it first while fresh and strong. After all the surplus things are taken out, move the rest to one end, then give the end a good sweeping overhead, down the sides and under foot. Every particle of vegetable remnants should be removed, and the spot which may have been moistened by their presence thoroughly swept, and, if necessary, it should be scrubbed or sprinkled over with copperas water to sweeten it and to prevent malarial exhalations. Boxes, barrels, etc., should be removed into fresh

localities in the cellar, so that the places which have gathered dampness beneath them may become dry. All the gatherings of earth from stored vegetables, and all the bits and shreds of things that grow, must be cleared away, or they will become dangerous enemies when exhalations that always rise from such things upon heated days shall find their way up into sleeping apartments to poison the family with malarial gases. (The cellar should always be aired as early as possible after the intense cold is gone, and all summer long too much fresh air can not reach its dim recesses.)

Now wash the windows, and then whitewash every nook and corner with common whitewash made yellow with copperas. Do n't be saving, and all vermin will bid *your* cellar a long "good-bye." Now move the things back to that end and treat the other end the same way; when all is done, dust or wash out all boxes, barrels, etc., and return to their places, which should be arranged as handily as possible. Carry out all trash, wash down the steps, and you are ready to leave the door and windows open and go to the garret. Open the windows, gather up all papers and place in a box; next, if rags are lying around, pick them up and sort them, putting in sacks (paper sacks are best for woolen; if not torn, will keep out moths), tie each sack with a strip like the rags it contains, clean up all other trash and take down to burn, if of no other account. Now sweep good overhead, hang up sacks and other articles, sweep floor, moving all boxes, trunks, and bundles, then wash floor up lightly, just to remove the dust. If you have seen any signs of moths they must be attended to, as they will be in the cracks of the floor; it is no use to try to get rid of them down stairs while the garret is kept for a breeding house. Benzine is sure death to moths, but do not use it if there is fire in the house near, *for it is very dangerous*. If no fire, sprinkle the floor freely with it. The odor will soon escape at the open windows. Or take common lamp-oil and wash the floor all over; it "smells loud," but will all be gone in about two days and so will the moths. Now wash down the steps (other wood-work and windows should have been washed before the floor was), and you are done. The time taken will be in accordance with the size of the rooms and number of things to handle. Now for the bed-rooms. If there is a hall, move all the furniture out in it from the rooms, and put the bed out to sun. (Never clean house except in sunny weather; if cloudy in the morning, try to put it off till clear weather.)

Take down all pictures, ornaments, etc.; clean them and put them away in the closets. Clothes, carpeting, and "trumpery" stowed away, must be thoroughly dusted and aired in sunshine and wind. Take up carpet, fold it up by lifting one side, carrying it over to the other, and laying it down carefully, thus preventing straw and dust getting on the upper side. Carry it out and lay it on the grass or hang it on a clothes-line and beat it on the wrong side with canes—taking care that the canes have no sharp points. Then spread the carpet out and sweep well on the right side. There is more art in sweeping a carpet than a novice is apt to suppose. An old broom should never be used, and a new one should be kept especially for the carpets. With Brussels and velvet carpeting there are two ways to the pile, just

as in velvet, and they should always be swept with the pile. If a carpet is swept against the grain, it soon looks rough and scratched up. Wash out all grease spots with a little gall soap and clean water, after the dust is entirely beaten out. Take one or two pails of sawdust, wet thoroughly and scatter well over the floor; a very little dust will arise when you sweep it off, and it will not be necessary to clean the floor before washing wood-work and windows. If you can not get sawdust, use moist earth instead.

Wash and polish the windows, and if the walls are hard-finish, they may be washed off lightly with soap-suds, and wiped dry. Wash wood-work and floors with hot soap-suds, and rinse with strong, hot brine, or hot water with a strong mixture of cayenne pepper in it, to drive out mice, rats, and other vermin. Now take some *clean* old calico and put around a new broom and rub down every part of the paper; if it gets dirty, get a clean one, and wash that ready for the next room. If well rubbed, will make the paper look clean and bright. If new paper is needed or whitewash overhead, it is better to hire a man who makes that his daily work. The great secret of good floor-washing is never to do the whole room with the same water; change it two or three times in a small room, and more frequently in a large room. After washing, wipe with a flannel, wringing it frequently. In washing wood-work, do not slop water enough about to run a mill, for it can be done just as well without making any slop. Do not use soap if the paint is good; with rain-water, a soft rag, and a brush if there are any fancy moldings, give it time to *soak*, and you will find all dirt comes off, leaving the paint looking like new. Glass should be washed, wiped *nearly* dry, and finished with tissue paper. (Always save tissue paper for that purpose.) In washing the floor, do not forget the closets. If moths are in them, use benzine on the floor; also sprinkle the *room* floor with benzine, remembering that there must be no fire. When floor is dry, blow cayenne pepper into every crack and crevice, using a small pair of bellows for the purpose.

Now we are ready to go to the next room the same way. Then return to number one and put the carpet down. A carpet wears better if put down well, and it is better to have it done by experienced persons when the expense can be afforded and such help can be had. Moth-proof carpet lining is best, but several thicknesses of newspaper come next as a carpet preserver. The printer's ink is an excellent moth preventive, and the newspapers keep the carpet from rubbing on the boards. The good old-fashioned way of putting under good clean rye or oat straw is again in favor, for the reason that dust, so destructive to them, will pass through both carpet and straw to the floor. Begin at one corner, and nail down one of the sides at the *cut ends* of the breadths, continuing round the selvage side, and stretching it evenly and firmly without straining the fabric. When two sides are nailed, take next the other selvage side. The last side will require the most stretching in order to get rid of puckers.

For stair carpets, make a pad of coarse cotton cloth, nearly as wide as the carpet, and the full length of the stairs; fill with two or three layers of cotton-batting, sewed across to stay it about nine inches between seams. This

is best because not displaced so easily as paper. Have half a yard more carpeting than is needed in order to turn the carpet upside down, and change the positions of the places where the edge of the steps make a mark. When the carpet is new, leave it uncovered, and put down stair cloth after it begins to show wear. Linen over-carpet in the summer is both cool and pleasant; besides, it helps to keep away moths. After being swept and laid down on the floor, the carpet should be wiped. Have two pails, one of clean soap-suds, the other with lukewarm water, a clean flannel cloth, and two clean, coarse towels. Take the carpet by breadths, wring the flannel out of the lukewarm water and hold it so that you can turn and use it up and down three or four times on the same place. Rub both with and against the grain as hard as if you were scrubbing the floor, then throw the flannel into soap-suds, and rub the carpet dry with one of the dry towels. If you leave the carpet wet, the dust will stick to it and it will smell sour and musty. Wash the flannel clean in the soap-suds, wring it out of the warm water and proceed as before. If the carpet is very dirty or has much green in it, use fresh ox-gall in the lukewarm water in the proportion of a quart of gall to three quarts of water, and rub the carpet dry as already directed. This rubbing a carpet raises the pile and freshens the colors. When the carpet is nicely down and swept the room is ready for its customary furniture, unless the more thorough renovation of kalsomining and painting is to follow the cleaning. Before replacing, every article should be thoroughly cleaned, every button and tuft of the upholstered goods receiving its share of attention from the furniture-brush. Sofas and chairs should be turned down and whipped then carefully brushed, and all dust wiped off with a clean cloth slightly damped. Clean the pictures and hang them back. If photo or engraving, and dust under the glass, take them out and rub off with a clean cloth. Clean the glass by washing in weak ammonia water and wiping dry. If gilt frames, wash with a little flour of sulphur and rain-water; if rosewood or other dark wood and varnished, rub with furniture polish made as follows: Alcohol, eight ounces, linseed oil (raw) eight ounces, balsam fir, one-half ounce, acetic ether, one-half ounce. Dissolve the fir in the alcohol, then add the others and apply with a flannel cloth, and rub until dry. If oiled (not varnished), rub with a cloth wrung out of lamp (kerosene) oil and they will look like new. Go over all the furniture with the above polish or oil, according as they are oiled or varnished. If ever troubled with bed bugs, go over every part good with lamp-oil. Clean all the other rooms the same way, leaving the hall until the last. Wash the oil-cloth with water in which some borax is dissolved, and wipe with a cloth wrung out of sweet milk. Follow the above directions for the rooms down stairs; do not have more than two rooms torn up at once. Clean out all moths as you go, for they will soon ruin carpets, chairs, sofas, etc., if not killed. Polish the furniture as above, and do not raise any dust where it is for a few days. Ink stains can be taken out with oxalic acid. Wash in cold water, then in a solution of chloride of lime, than in water again; if white goods, warm them up in

salted milk, let them lie some time, and then wash in water. In cleaning paint, use water in which ammonia has been added, till it feels slippery, or use fine whiting—to be had at the paint or drug-stores. Take a flannel dipped in warm water, squeezed nearly dry; dip this in the whiting, and rub the paint with it; then wash off with warm water. For windows, use either of the above, or Indexical soap. For the natural wood, or grained work, use clear water and wipe off quickly, or cold tea.

Paint can be taken off where not wanted, with turpentine. Apply with a sponge, after a little time it will rub off; if cloth, rub between the hands and it will crumble off. White spots can be taken off varnished furniture by rubbing with a rag wet with spirits of camphor.

It should be remembered that ammonia, especially the stronger kinds, is dangerous, a few drops being enough to injure a person. When used for cleansing purposes it should be handled with great care, that the gas which is given off freely in a warm room, be not breathed in large quantities, and do injury to the delicate lining of the nose and mouth. Benzine is a liquid, in the handling of which much caution should be exercised. It is very volatile, and its vapor, as well as the liquid itself, inflammable. When employed for removing grease, or other stains, from clothing, gloves, etc., it should never be used at night, nor at any other time near the fire. Alcohol must also be used with great care, especially at night.

When the kitchen is cleaned, all the bake-pans, sauce-pans, tin-kettles, etc., should be plunged into a boiler filled with strong soda water; or, add to clear hot water some of the following fluid, which you have already prepared, as follows: One pound of sal-soda, one-half pound stone lime, five quarts soft water; boil a short time in copper or brass kettle, stirring occasionally; let settle, then pour off the clear fluid into a stone jug, and cork for use. After this, they are really purified, even if they are not scoured with sand, sapolio, or whatever burnishing material happens to be a favorite with the housewife. This process of cleaning the pots and pans is often performed by the tidy housewife, but it is especially appropriate at the time when the whole house is being purified of its half year's accumulation of soiling. A kitchen should have a painted wall that can be washed with a scrub-brush and water, or it should be whitewashed with lime. To clean the kitchen, kettle-closets and pantry, is usually the greatest dread of the spring campaign, but it need not be if the formalities of boiling the tins is going on while the walls and shelves are being scrubbed. Papers should be cut and fitted to the clean shelves. Try to have wire screens at all outside doors and all windows, and the one leading from the kitchen to the dining room, also the lower half of all windows. Keep plenty of husk mats and foot-scrapers at the doors, and learn to stop and use them. Have a place for every thing and always put it there; it will save work. Do not work so hard as to make yourself sick; better be a little dirty than have a spell of sickness. A kitchen and pantry need cleaning several times in a year, being used the most and should be kept the cleanest.

Sinks, drains, and all places that become sour or impure, should be

cleansed with carbolic acid and water. This, or some other good disinfectant, should be kept in every house, and used frequently in warm weather. Another good disinfectant is copperas; ten cents' worth, dissolved in water, will deodorize your sink and other bad smelling places about the buildings. Probably there is nothing better for the purpose than copperas; it possesses no bad odor. Do not place carbolic powder boxes, nor sprinkle chloride of lime, etc., where your drain openings exist, merely to distract your nose's attention from the sewer gas, which is issuing from some leaking pipe or choked trap; by so doing you but ignore nature's warning, that like the premonitory smoke and rumblings of a volcano, advises you of the eruption of the disease to come. While house-cleaning, brighten up old furniture by rubbing well with kerosene oil; should it be marred or bruised, use the "Magic Furniture Polish" page 385. Take bedsteads to pieces, and saturate every crevice with strong brine; nothing is better to purify and cleanse, or to destroy bed-bugs. To clean mirrors, take clean warm rain-water, and put in just enough spirits of ammonia to make it feel slippery. If very dirty, rinse, if not, wipe dry and you will be surprised at the effect. Do not polish stoves until fall if you are going to put them away during the summer, but to keep them or any iron utensils from rusting, rub over with kerosene. When polishing, six or eight drops of turpentine added to blacking for one stove, brightens it and makes it easier to polish. To remove mortar and paint from windows, rub spots of mortar with hot, sharp vinegar; or, if nearly fresh, cold vinegar will loosen them. Rub the paint spots with camphene and sand. To remove spots from gray marble hearths rub with linseed oil.

Fall house-cleaning deserves no less attention, except that white-washing and painting can best be done in the mild days of spring, when the house may be thrown open to wind and sunshine. The best time is in the constant weather of October; and before beginning, all the dirty and heavy work for the winter, such as getting in coal and wood, should be completed, and the cellar made clean and sweet.

PROTECTION AGAINST MOTHS.

During the week before the "siege" of house-cleaning in spring or fall, look over all garments and articles to be put away, mend, remove all grease spots if possible. An effective mode for cleansing is to a table-spoon ammonia add a tea-cup boiling water; when cool enough saturate a piece of the goods or a sponge with it and rub the spot briskly, rinse with a clean cloth and fresh water, rubbing as before. Shape the garment with the hands so that the wet part will neither be stretched or shrunken; dry in the air or by a sunny window. If not out repeat process being careful to rub the goods with the nap, then beat with a limber cane and place on the line in the wind and sun for a day. Towards evening, before dampness finds its way into them, fold them up with pulverized camphor, cut tobacco or cedar chips, lay in their wrinkles, wrap them in newspaper, carefully tie and label them, and they are ready for the closet shelves. Or, have fixed a trunk, box, or chest that is thoroughly cleaned, and lay an old sheet, that has, however, no holes

in it, in this receptacle, so that the middle of the sheet is parallel with the bottom of the box. Lay the heaviest garment at the bottom with a plentiful supply of gum camphor in bits the size of a hickory-nut, or cedar shavings, strewn upon each garment; when the box is filled strew camphor or cedar shavings on top of the last garment, and all around the edges, and fold and pin the sheet over so that all of the edges lap over each other. Close the box, and set in closet in some part of the house which is frequented often during the warm weather, for the presence of any animated object is certain to disturb the moth. Always clear out all closets and trunks early in the spring. Wash with a sponge dipped in a mixture of ammonia and alcohol. Every thing the closets or trunks contain should be shaken and well aired.

Sometimes a heavy carpet, in a room seldom used, is not taken up at house-cleaning time. In this case lay a cloth along the edge of the carpet and pass slowly over it with a hot flat-iron. This will kill moths and their eggs. If moths are discovered in a carpet at a time when it is inconvenient to take it up, they may be killed in the same way. A carpet, particularly if turned under at edges, should not be left down longer than one year, even if not much used.

All moths work in the dark, hence clothing, furs or carpets exposed to the light are not in so much danger as when put away in the dark. The worms are torpid and do not work during the cold of the winter. Early in the spring they change into chrysalids, and again in about three weeks they transform into winged moths, when they fly about the house during the evening until May or June. Then they lay their eggs, always in dark places, and immediately after die. The eggs, which are too small to be detected with the naked eye, hatch out in about two weeks, and the young worms immediately proceed to work.

Furs should not be worn late in the season. They should be combed carefully with a dressing-comb, beaten and aired (but not in the hot sun), sprinkled with camphor gum, and wrapped in linen, sewed up, and then put in a paper bag. Newspaper is not strong enough; brown wrapping paper is better. Paper boxes may be used, but should be pasted securely so nothing can enter. Cedar chests will effectually keep out moths, but few are so fortunate as to possess these. Any article of fur, which has previously been troubled with moths, should be opened and examined in July, to make sure no moth is harbored in them, despite the precautions taken. This process, pursued resolutely year after year, will keep a house almost, if not entirely free, from the moth, and save much destruction and annoyance.

In the country remote from drug-stores, many housekeepers use the dried leaves of sage, thyme, spearmint and other highly scented herbs. These are gathered after the housewife has laid in all she may require for cooking and medicinal purposes, are tied in bunches and dried, and then laid among the clothes in the large wooden chest; or a pole is laid from rafter to rafter, and the clothing is hung over this, and casings of calico or old cotton quilts are carefully pinned around each garment, the bunches of herbs being also pinned at intervals about the clothing.

KALSOMINING.

If papering and painting, or kalsomining are to be done, do the last named first. Wash ceiling that has been smoked by the kerosene lamp, with a strong solution of soda. Fill all cracks in the wall with a cement made of one part water to one part silicate of potash mixed with common whiting. Put it in with a limber case-knife if you have no trowel. In an hour, after it has set, scrape off the rough places, and after kalsomining no trace of the crack will appear. For the wash, take eight pounds whiting and one-fourth pound white glue; cover glue with cold water over night, and heat gradually in the morning until dissolved. Mix whiting with hot water, add the dissolved glue and stir together, adding warm water until about the consistency of thick cream. Use a kalsomine brush, which is finer than a white-wash brush, and leaves the work smoother. Brush in, and finish as you go along. If skim-milk is used instead of water, the glue may be omitted.

PAINTING.

If painting has been required, a patient endurance of a sufficient number of drying days must be given over to this process. The smell of the turpentine will be very much diminished, and the unwholesomeness of paint almost destroyed, by placing in the apartments, and in the adjoining sleeping-rooms, several wash-bowls or pails filled with cold water. In the morning the top of the water will exhibit the material which it has absorbed, and which those who were breathing the same air would have taken into their systems. If but one coat of paint is to be placed upon an apartment, all the wood should be carefully washed with strong sal-soda water, and dried before painting it, to remove any oily or dingy spots that would otherwise soon show through a single layer of either white or color.

Any woman of a mechanical turn of mind can paint a room, buying the paint ready mixed. While painting keep the room well ventilated and eat acid fruits. When done, any spatters on the glass may be removed by the application of a mixture of equal parts of ammonia and turpentine, washed off with soap-suds. To polish the glass, wash in warm water, wipe with a soft cloth, put a little whiting on the center of the pane, and rub with chamois-skin or a soft cloth.

PAPERING.

In papering a hard-finished wall, a thin solution of white glue should be first applied with a white-wash brush. To make the paste, sift the flour, add one ounce pulverized alum to every pound of flour, mix it smoothly with cold water, and pour over it gently but quickly boiling water, stirring meantime constantly. When it swells and turns yellow it is done, but is not to be used until cool, and may be kept for some time without spoiling. Or, for paste, clear corn starch is sometimes used, made precisely as made for starching clothes. It is well to use a small quantity of carbolic acid in it, as a precaution against vermin. A thin paste of wheat, or what is better, rye flour, is, however, very good for any thing except the most delicate papers. The wall should be smooth, and if very smoky or greasy in spots, it should be washed with weak lye or soap-suds. Trim the paper close to the pattern on

one side. A pair of long shears is best for the purpose—allowing the roll to lie on the floor, and rolling up again on the lap as fast as trimmed. Provide a board wider than the paper, and a little longer than a single breadth when cut. Cut all the full breadths that will be required for the room, matching as you cut, and saving remnants for door and window spaces. Begin at the right hand and work to the left. The breadths may be laid one on another on the board, the top one pasted with a good brush, the top turned down, bringing the two pasted sides together, a foot or two from the other end. Carefully adjust the top to its place, gently pressing it with soft towels, first down the middle of the breadth and then to each edge. In turning a corner, paste only that part which belongs to one side, fasten it in place, and then paste and adjust the rest. The border may be tacked on; No. 4 tacks will not be visible at the top of a room, and it may be removed when the ceiling needs whitening. In selecting paper avoid contrasts in colors and large staring patterns, as they are out of taste and tiresome to the eye. Choose rather neutral tints and colors that harmonize and blend agreeably together, and with the general tone of carpets and furniture. Even with a bare floor and plain wooden chairs, the effect of a soft-tinted paper gives a vastly different impression than if the wall is disfigured with glaring figures and contrasting colors. If ceilings are low, heighten the appearance by a figure which runs perpendicularly through the wall-paper; the effect produced is very deceptive—the ceiling appearing much higher than it really is. Wall-paper is half a yard wide, and about eight yards to the roll, so that it is easy to estimate the quantity needed. It is wise always to get one extra roll for repairs. After papering a room build no fire in it until dry.

GENERAL SUGGESTIONS.

On Monday, wash: Tuesday, iron: Wednesday, bake and scrub kitchen and pantry: Thursday, clean the silver-ware, examine the pots and kettles, and look after store-room and cellar: Friday, devote to general sweeping and dusting: Saturday, bake and scrub kitchen and pantry floors, and prepare for Sunday. When the clothes are folded off the frame after ironing, examine each piece to see that none are laid away that need a button or a stitch. Clean all the silver on the last Friday of each month, and go through each room and closet to see if things are kept in order and nothing going to waste. Have the sitting-room tidied up every night before retiring. Make the most of your brain and your eyes, and let no one dare tell you that you are devoting yourself to a low sphere of action. Keep cool and self-possessed. Work done *quietly* about the house seems easier. A slamming of oven doors, and the rattle and clatter of dishes, tire and bewilder every body about the house. Those who accomplish much in house-keeping—and the same is true of every other walk in life—are the quiet workers.

SILVER-WARE, when set away, keeps best wrapped in blue tissue-paper.
 RAINY DAYS.—Make the house as bright and sunshiny as possible.

TO PREVENT HINGES CREAKING.—Rub with a feather dipped in oil.
 TO DRIVE OFF FLEAS.—Sprinkle about bed a few drops of oil of lavender.
 RED ANTS.—A small bag of sulphur kept in a drawer or cupboard will drive away red ants.

ICY WINDOWS.—Windows may be kept free from ice and polished by rubbing the glass with a sponge dipped in alcohol.

TO DESTROY COCKROACHES, ETC.—Sprinkle the floor with hellebore at night. They eat it and are poisoned.

LOST CHILDREN.—Label children's hats with the name and place of residence so that, if lost, they may be easily restored.

PARCELS.—When parcels are brought to the house, fold paper and put away in drawer, and roll the string on a ball kept for the purpose.

SOAP.—It is a great saving to have bars of soap dry. It should be bought by the quantity.

TO PREVENT PAILS FROM SHRINKING.—Saturate pails and tubs with glycerine, and they will not shrink.

TO KEEP FLIES OFF GILT FRAMES.—Boil three or four onions in a pint of water and apply with a soft brush.

TO REMOVE OLD PUTTY FROM WINDOW-FRAMES.—Pass a red-hot poker slowly over it, and it will come off easily.

TO SOFTEN HARD WATER.—Hard water becomes nearly soft by boiling. A piece of chalk will soften hard spring-water.

PROVIDE ON SATURDAY FOR MONDAY, so as not to take up the fire with cooking, or time in running errands on washing-day.

TO SOFTEN CISTERN-WATER.—Cistern-water that has become hard from long standing, can be softened by adding a little borax.

TO DESTROY THE SMELL OF FRESH PAINT.—Sprinkle hay with water in which chloride of lime has been mixed, and place on floor.

ANTS AND INSECTS.—Dissolve two pounds alum in three quarts water. Apply with a brush while hot to every crevice where vermin harbor.

TO CLEAN CHROMOS.—Dampen a linen rag slightly and go over them gently. If the varnish has become defaced, cover with a thin mastic varnish.

COAL ASHES make excellent garden walks. They become very hard by use and no weeds or grass will grow through them.

TO CLEANSE A SPONGE.—By rubbing a fresh lemon thoroughly into a soured sponge and rinsing it several times in lukewarm water, it will become as sweet as when new.

TO REMOVE GREASE SPOTS FROM CARPETS.—Cover spots with flour and then pin a thick paper over; repeat the process several times, each time brushing off the old flour into a dust-pan and putting on fresh.

MENDING.—Never put away clean clothes without examining every piece to see if they are in any way out of order. Stockings, particularly, should be carefully darned.

HARD WHITEWASH.—Ten cents worth of kalsomine, five cents worth of glue dissolved in warm water, two quarts of soft soap, and bluing. This will do for halls closets, fences, etc.

BAD SMELLS.—Articles of clothing, or of any other character, which have become impregnated with bad-smelling substances, will be freed from them by burying for a day or two in the ground. Wrap up lightly before burying.

CEMENT FOR CHINA.—To a thick solution of gum arabic add enough plaster of parts to form a sticky paste; apply with a brush, and stick edges together.

SHEETS.—When sheets are beginning to wear in the middle, sew the selvaige sides together and rip open the old seam, or tear in two and hem the sides.

TO MAKE ARTIFICIAL CORAL.—Melt together four parts yellow resin and one part vermilion. Dip twigs, cinders, or stones in this, and when dry they will look like coral.

TO SEW CARPET-RAGS ON A MACHINE.—Make the stitch short, run it ob-

liquely across the rags where they are to be joined, and sew a good many before cutting the thread.

A RUSTIC FRAME.—A neat rustic frame for pictures may be made of cattail rods. Hide the corners where they are joined with ivy, or a vine made of leather-leaves or handsome autumn leaves and the berries of bitter-sweet.

TO DESTROY WEEDS IN WALKS.—Boil ten pounds stone-lime, five gallons water and one pound flour of sulphur, let settle, pour off clear part, and sprinkle freely upon the weedy walks.

TO MEND TIN.—Scrape the tin about the hole free from grease and rust, rub on a piece of resin until a powder lies about the hole, over it lay a piece of solder, and hold on it a hot poker or soldering iron until it melts.

TO REMOVE GREASE FROM WOOD BEFORE PAINTING.—Whitewash the spots over night, and wash it off in the morning. When dry, the paint will stick. Slaked lime laid on the spots and wet a little, will do as well as whitewash.

TO CLEAN HEARTHES.—Soapstone or sandstone hearths are cleaned by washing in pure water, then sprinkling with powdered marble or soapstone, and rubbing with a piece of the stone as large as a brick, and having at least one flat surface.

LIGHTNING CREAM FOR PAINT OR CLOTHES.—Four ounces white castile soap, four of ammonia, two of ether, two of alcohol, one of glycerine; cut the soap fine, dissolve in one quart of soft water over the fire, and when dissolved add the other ingredients.

KEROSENE AND CARPETS.—When so unfortunate as to spill kerosene oil or other grease on a carpet, sprinkle buckwheat flour (wheat flour will do) lightly over it until it is completely covered, and let it lie without disturbing it for a week; brush off, and there will be no trace of oil left.

MAGIC FURNITURE POLISH.—Half pint alcohol, half ounce resin, half ounce gum-shellac, a few drops aniline brown; let stand over night and add three-fourths pint raw linseed oil and half pint spirits turpentine; shake well before using. Apply with cotton flannel, and rub dry with another cloth.

TO HANG PICTURES.—The cheapest and best material with which to hang pictures is copper wire, of a size proportioned to the weight of the picture. When hung, the wire is scarcely visible, and its strength and durability is wonderful.

LAMP-WICKS.—To insure a good light, wicks must be changed often, as they soon become clogged, and do not permit the free passage of the oil. Soaking wicks in vinegar twenty-four hours before placing in lamp insures a clear flame. Felt wicks are best.

TO TEMPER LAMP CHIMNEYS.—Lamp chimneys and glass-ware for hot water are made less liable to brake by putting in cold water, bringing slowly to boiling point, boiling for an hour, and allowing to cool before removing from water.

FURNITURE POLISH.—One and a half ounces each alcohol and butter of antimony, one-half ounce muriatic acid, eight ounces of linseed-oil, one-half pint vinegar. Mix cold. This has been tried for twelve years and has been regularly sold for \$10.

A CHEAP CARPET.—Make a cover for the floor of the cheapest cotton cloth. Tack it down like a carpet, paper it as you would a wall with paper resembling a carpet in figures, let it dry, varnish with two coats of varnish, and with reasonable usage it will last two years.

MENDING PLASTER OF PARIS.—Gum shellac makes an excellent strong cement for joining broken pieces together, and is more convenient than glue. The shellac should be flowed upon the surfaces to be joined, firmly pressed together, and carefully set away for about one hour.

TO MAKE RAG RUGS.—Cut rags and sew hit and miss, or fancy striped as you choose; use wooden needles, round, smooth, and pointed at one end, of any convenient length. The knitting is done back and forth (like old fashioned suspenders), always take off the first stitch.—*Anna F. Hisey.*

TO CLEAR CISTERN WATER.—Add two ounces powdered alum and two

ounces borax to a twenty barrel cistern of rain-water that is blackened or oily, and in a few hours the sediment will settle, and the water be clarified and fit for washing and even for cooking purposes.

TO MAKE OIL-CLOTHS MORE DURABLE.—Before or after putting down new oil-cloths, put on one or two coats of linseed-oil with a brush, and when thoroughly dry, add one or two coats of varnish. This makes the cloth softer and much more durable.—*Miss Eva Evans, Delaware.*

TO KEEP ICE-WATER.—Make a hat-shaped cover of two thicknesses of strong brown paper with cotton-batting quilted between, large enough to drop over and completely envelop the pitcher. This prevents the warm air from coming in contact with the pitcher, and the ice will last a long time.

TO SWEEP A RAG-CARPET.—Set a pail of water outside the door and dip the broom in it, shaking the water off, so there will be no wet streaks on the carpet; sweep but a small portion, and then dip the broom again; in this way the dust is taken up in the broom, instead of being sent whirling through the air.

TO START A FIRE IN DAMP, STILL WEATHER.—Light a few bits of shavings or paper placed upon the top of grate; thus by the heated air's forcing itself into the chimney and establishing there an upward current, the room is kept free from the gas and smoke which is so apt to fill it, and the fire can then be lighted from below with good success.

PUTTING AWAY CLOTHES.—Before putting away summer or winter clothes, mend, clean, brush, shake well, fold smoothly, sprinkle gum-camphor, on every fold, and on the bottom of trunks or closets (unless cedar chests are used). Fine dresses, cloaks, etc., should be wrapped in towels or sheets by themselves, and placed in the tray or a separate apartment of the trunk.

CEMENT FOR ATTACHING METAL TO GLASS.—Mix two ounces of a thick solution of glue with one ounce of linseed-oil varnish, and half an ounce of pure spirits of turpentine; boil the whole together in a close vessel. After it has been applied to the glass and metal, clamp together for two or three days till dry.

CANE CHAIR-BOTTOMS.—To clean and restore the elasticity of cane chair-bottoms, turn the chair bottom upward, and with hot water and a sponge wash the cane; work well, so that it is well soaked; should it be dirty use soap, let it dry well in the air, and it will be as tight and firm as new, provided none of the canes are broken.

TO PASTE PAPER ON TIN.—Make a thin paste of gum-tragacanth and water, to which add a few drops of oil of vitriol. Mix a pound each of transparent glue and very strong vinegar, one quart alcohol, a small quantity of alum, and dissolve by means of a water-bath. This is useful for uniting horn, pearl, shell, and bone.

TO CLEAN OIL-CLOTHS.—Take a pail of clean, soft, lukewarm water, a nice, soft piece of flannel, wash the oil-cloth and wipe *very dry* so that no drop of water is left to soak in and rot the fabric. After washing and drying, if a cloth is rung out of a dish of skim-milk and water, and the oil-cloth is rubbed over with this, and then again well dried, the freshness and luster of the cloth will well repay the extra labor.

HOW TO WASH CHAMOIS LEATHER.—Make a good, tepid suds with hard or soft soap, put in leather, rub it on the wash-board, put soap on skin and rub again on board, and wash in this way through one or two suds, or until perfectly clean; rinse in tepid water without bluing, squeeze dry (do not wring), hang in sun and keep snapping and pulling it till perfectly dry. The leather will be as soft as new if the snapping and pulling are done thoroughly.

A CHEAP FILTER.—The most impure water may be rendered pure by filtering through charcoal. Take a large flower-pot, put a piece of sponge or clean moss over the hole in the bottom, fill three-quarters full of equal parts clean sand and charcoal, the size of a pea; over this lay a linen or woollen cloth large enough to hang over the sides of the pot. Pour the water into the cloth, and it will come out pure.

TO CLEAN LOOKING GLASSES.—Divide a newspaper in two, fold up one-half in a small square, wet in cold water. Rub the glass first with the wet half of the paper, and dry with the other. Fly-specks and all other marks will disappear as if by magic. This is only true of the best quality of rag paper, such as is used by the best weekly papers. Paper which has wood or straw in it leaves a linty deposit on the glass.

TO CLEAN SILVER-WARE EASILY.—Save water in which potatoes have been boiled with a little salt, let it become sour, which it will do in a few days; heat and wash the articles with a woolen cloth, rinsing in pure water, dry and polish with chamois-leather. Never allow a particle of soap to touch silver or plated ware. For wiping silver, an old linen table-cloth cut up in pieces of convenient size, hemmed, and marked "silver," is very nice.

TO CLEAN SMOKE OFF MARBLE.—Wet a piece of flannel in strong ammonia and rub the marble quickly with it, and then wash off with hot soap-suds; or, make a paste of chloride of lime and water and brush over the whole surface that is smoky. Let it stand a minute, then wash with hot suds. A paste of crude potash and whiting brushed over a grease spot on marble will cleanse it perfectly.

ECONOMICAL MATS for use in front-doors, fire-places, bureaus, stands, etc., may be made of coffee-sacking, cut to any desired size, and worked in bright worsted or Germantown wool. Any simple pattern may be used or it may be entirely filled in with a plain green. The edges of the sacking may be fringed by raveling. To give it weight, line with an old piece of carpet or heavy cloth.

A GOOD CEMENT—For mending almost any thing, may be made by mixing litharge and glycerine to the consistency of thick cream or fresh putty. This cement is useful for mending stone jars, stopping leaks in seams of tin-pans or wash-boilers, cracks and holes in iron kettles, fastening on lamp-tops; in all cases the article mended should not be used till the cement has hardened. This cement will resist the action of water, hot or cold, acids, and almost any degree of heat.

TO PRESERVE BOOKS.—Bindings may be preserved from mildew by brushing them over with the spirits of wine. A few drops of any perfumed oil will secure libraries from the consuming effects of mold and damp. Russia leather which is perfumed with the tar of the birch-tree, never molds or sustains injury from damp. The Romans used oil of cedar to preserve valuable manuscripts. Russia-leather covered books, placed in a stationer's window, will destroy flies and other insects.

BADLY FITTING DOORS.—When blinds and doors no not close snugly, but leave cracks through which drafts enter, the simplest remedy is this: Place a strip of putty all along the jambs, cover the edge of the blind or door with chalk, and shut it. The putty will then fill all spaces which would remain open and be pressed out where it is not needed, while the excess is easily removed with a knife. The chalk rubbed on the edges prevents adhesion, and the putty is left in place, where it soon dries and leaves a perfectly fitting jamb.

CARE OF OIL PAINTINGS AND FRAMES.—Wash the picture, when necessary, in sweet milk and warm water, drying carefully. Or, clean the painting well with a sponge dipped in warm beer, and when perfectly dry, wash with a solution of the finest gum-dragon dissolved in pure water. To re-touch a gilt frame wet the rubbed spot with isinglass dissolved in weak spirits. When about dry, lay on gold-leaf, and when quite dry, polish with a very hard burnisher. Give the gilt frame when new a coat of white varnish, and all specks can then be washed off with water or suds without harm.

FINISH FOR ROOM.—A room with plain white walls is finished beautifully by placing a black walnut (or the same wood with which the room is finished) molding around the room where the border of paper is usually placed, at the junction of wall and ceiling. The molding, finished in oil, costs from

one to five cents a foot, and is easily put up. The upper edge should be rounded, and a space of a quarter inch left between it and ceiling. To hang pictures buy an S hook, sold at all hardware stores, place one hook over the molding, hang the picture cord on the other, and slip to the right or left to the desired position. This saves the wall from injury from picture-nails.

PERPETUAL PASTE.—Dissolve a tea-spoon of alum in a quart of water. When cold, stir in as much flour as will give it the consistency of thick cream, being particular to beat up all the lumps; stir in as much powdered rosin as will lay on a five-cent piece, and throw in half a dozen cloves to give it a pleasant odor. Have on the fire a tea-cup of boiling water, pour the flour mixture into it, stirring well at the time. In a few minutes it will be of the consistency of mush. Pour it into an earthen vessel, let it cool, lay a cover on, and put in a cool place. When needed for use, take out a portion and soften it with warm water. Paste made in this way will last a year. It is better than gum, as it does not gloss the paper.

TO CLEAN A PAPERED WALL.—Cut into eight pieces a large loaf of bread two days old, blow dust off wall with a bellows, rub down with a piece of the bread, in half yard strokes, beginning at the top of the room, until upper part is cleaned, then go round again repeating until all has been gone over. Or, better, take about two quarts of wheat bran, tie it in a bundle of coarse flannel, and rub it over the paper. It will clean the paper nicely. If done carefully, so that every spot is touched, the paper will look almost like new. Dry corn meal may be used instead of bread, applying it with a cloth. If grease spots appear, put blotting paper over spots and press with a hot flat-iron.

INK STAINS on mahogany, rosewood, or black walnut furniture may be removed by touching the stain with a feather wet in a spoonful of water in which six or eight drops of nitre have been mixed. As soon as the ink disappears, rub the place *immediately* with a cloth wet in cold water, or the nitre will leave a white stain. If the ink stain then remains, make the solution of nitre stronger, and repeat. Ink stains on paper may be removed by a solution made as follows: Dissolve a half pound chloride of lime in two quarts of soft water; let stand twenty-four hours and strain through a clean cotton cloth; add to an ounce of the lime-water a tea-spoon of acetic acid, apply to the blot, and the ink will disappear. Dry with blotting paper. Bottle the remainder of the lime-water closely, and keep for future use.

THE CARE OF MARBLE.—Never wash the marble tops of wash-stands, bureaus, etc., with soap. Use clean warm water (if very much soiled add a little ammonia) and a soft cloth, drying immediately with a soft towel. There is nothing that will *entirely* remove grease spots from marble, hence the necessity of avoiding them. To clean marble or marbleized slate mantels, use a soft sponge or chamois-skin, dampened in clean warm water *without soap*, then polish with dry chamois-skin. In dusting, use a feather-duster, and never a cloth, as it is likely to scratch the polished surface. Slate hearths are preferable to marble, as they are not so easily soiled. To wash them, use a clean cloth and warm water. Many oil them thoroughly when new with linseed oil; thus prepared they never show grease spots.

INDELIBLE INK.—Two drams lunar caustic, six ounces distilled or rain-water; dissolve, and add two drams gum-water. Wet the linen with the following preparation: Dissolve one-half an ounce prepared natron, four ounces water, add half ounce gum-water, (recipe below); after smoothing it with a warm iron, write with the ink, using a gold, quill, or a new steel pen. The writing must be exposed to a hot sun for twelve hours; do not wash for one week, then be particular to get out the stain which the preparation will make. If this is followed in every particular, there need never be a failure. Gum-water for the above is composed of two drams gum-arabic to four ounces water. One tea-spoon makes two drams, two table-spoons make one ounce. If at any time the ink becomes too pale add a little of pure lunar caustic. Never write without using the preparation, as it will rot the cloth.

TO EXTERMINATE BEDBUGS.—In March scald with boiling water *every crack* or suspected place where they find refuge, and then touch thoroughly every crack and seam where the bugs are likely to harbor, with kerosene. Great care must be taken not to injure fine varnished furniture. If any injury is done to varnish by the hot water, it may be restored by rubbing immediately with a rag wet in turpentine or oil. Beds should be examined again for vermin in July and August, and if measures are taken to exterminate them, there will be very little trouble. Another death-dealing method is to fill crevices with salt, and wash bedstead with strong brine, or use kerosene in the same way. Paris-green and mercurial ointment are deadly poisons to the bedbug, but as they are dangerous to have in the house, the first-named methods are preferable. One part quicksilver to twenty parts white of an egg, applied with a feather to every crack and crevice in bedstead and room, will kill them. Most people are unable to console themselves for sleepless nights as did the Irishman, who said: "Indade, I did quite as well as the bugs, for not one of them slept a wink all night," and the above recipes, are any of them certain to remove the pests if properly and faithfully applied.

FARMER'S DOOR MAT.—Every doorstep should be provided with a foot-scraper and a brush or broom, and every one, as he comes in, should take the time to use them before appearing on the carpet or clean floor. If a regular scraper—one made for the purpose—is not at hand, one can make one from a bit of hoop-iron, which is to be placed on a step or edge of the porch in a convenient place. It is well to provide a "mud-mat," which is simply strips an inch or so square—fence pickets will answer—screwed to three or four cross-pieces an inch apart, or a more elaborate one can be made by stringing the slats upon fence wires. One with muddy boots is very apt to stamp and rub them on the steps or floor of the porch; a mud-mat will clean them off more effectually, and save the porch hard wear. A very excellent mat may be made by boring holes in a board, and drawing corn husks through the holes. Careful persons change their foot-gear when they enter the house to remain any length of time—a custom conducive not only to neatness, but so greatly to comfort, that it is to be commended.

MOVING.—When about to move to another house, begin packing two weeks beforehand. Carefully pack small and fragile articles in boxes and barrels. In this way, china and glassware, and fragile ornaments may be stowed away with odd articles of clothing, bedding, etc. Books should be packed in boxes, or wrapped several in a package, in several thicknesses of newspaper, and tied with strong twine. They can thus be transported with very little handling. Larger pictures should be taken down and tied in couples, face to face, with rolls of soft paper between the corners to prevent rubbing. Small pictures may be packed with clothing in bureau-drawers and trunks. Take up carpets last. When about ready to move, select one room up-stairs into which remove every thing possible from the other rooms, and another below for the same purpose. If the occupant of the house into which you are to move will do the same, you can easily make some rooms there ready for occupancy. Of course each room must be swept down and scrubbed. As soon as the floors are dry, carpets may be put down in the more important rooms, and the furniture moved in. On the day the transfer is made, see that coal or fuel is provided, so that a fire may be started, and take along a basket, with matches, towels, napkins, knives and forks, sugar, tea, bread, and other materials for lunching. With all the caution you can exercise, you will find Franklin's old saying true, that "three removes are as bad as a fire." Houses that have been empty may become fever breeders when they come to be re-occupied. An English sanitary officer alleges that he has observed typhoid, diphtheria, or other zymotic affections to arise under these circumstances. The cause is supposed to be in the disuse of cisterns, pipes, and drains, the process of putrefaction going on in the impure air in them, the unobstructed access of this air to the house, while the closure of windows and doors effectually shuts out fresh air. Persons moving from the city to

their country homes for the summer, should see that the drains and pipes are in perfect order, that the cellars and closets are cleared of rubbish, and the whole house thoroughly aired before occupying. Copperas used freely in the cellar is a good and cheap disinfectant.

LABOR-SAVING CONTRIVANCES.—Every good housewife has neatly arranged cupboard and dish-closet. Every thing has its appropriate shelf and division. But there are other things for which provision should be made. A pile of books is sometimes seen in one part of the dining-room, a few newspapers in another, and a pair of shoes in a third. The inside of a closet is sometimes a mass of confusion—"a place for every thing," and every thing thrown promiscuously into it. Half a dozen garments are hung upon one nail, to crowd each other out of shape; others are thrown upon the floor amid heaps of boots and shoes. And so on to the end of the chapter of careless and slovenly disorder. There is no excuse for such carelessness, and no satisfaction in such housekeeping. Want of time is no excuse, for such want of system and order is the cause of the most prodigal waste of time. It is only necessary to use the brain a little to save the hands. Systematic habits, doing every thing well, and the hundred little contrivances which will suggest themselves to every neat and ingenious housekeeper, will save time, and establish order and cleanliness. Have shelves in the closet, and regular rows of hooks, and plenty of them; let one side be appropriated to one kind of clothing, with a hook for each article. If necessary to preserve the order, make a neat label, and paste over each hook. Make shoe-pockets (these pockets are made of about two and a half yards of calico; one yard of which makes the back, to be tacked to the door when done. Split the remaining yard and a half in two, lengthwise, and, placing the strips about one inch apart, make, across the back, three rows of pockets, by stitching first the ends of the strips to the sides of the back, and then gather the bottom of each strip to fit the back; then separate each strip into two, three, or four pockets, according to the use for which they are designed, and fasten by stitching a narrow "piping" of calico, from top to bottom of the back, between the pockets. All the work may be done on a machine. A border of leather, stitched on the edges of the back, and a narrow strip used instead of the calico "piping," make whole much stronger) on the inside of the doors, and never put any thing on the closet floor, where it will be trodden upon in entering for other articles. Never stuff any thing away out of sight in haste and disorder. Hiding dirtiness does not cure it. Those who write many letters should have a case, with "pigeon-holes" labeled and arranged alphabetically—a box for three or four letters is sufficient—in which to keep them, with one compartment for unanswered letters. When the case becomes crowded, or at the end of the year, wrap in packages, and label with letter and the year. Newspapers and magazines, when preserved, should be neatly filed in order and laid away, or sent away for binding. The work-basket, which is in daily use, is often a spectacle for gods and men—the very picture of confusion and disorder. When it can be afforded, one of the new ladies' adjustable work-tables, of which several admirable styles are made and widely advertised, will be found a great convenience, especially where there are children—whose little fingers delight in tumbling the contents of the basket. If a basket is used, it should be divided into compartments. A circular basket, with divisions about the edge for smaller articles, and larger spaces in the center, is convenient, and easily kept in order. All these, and hundreds of other devices like them, are labor-savers, which relieve housekeeping of a large share of its burdens. And a calculation of the time spent every year in hunting through closets for lost overshoes or slippers, or in cleaning up the scattered items in the sitting-room when company is coming in, and searching for missing letters among a miscellaneous pile thrown into a drawer, will give a startling result, and convey some adequate idea of the real money and time-value of that love of neatness and order which is one of the cardinal virtues in women.

HOUSEKEEPER'S ALPHABET.

- APPLES**—Keep in dry place, as cool as possible without freezing.
BROOMS—Hang in the cellar-way to keep soft and pliant.
CRANBERRIES—Keep under water, in cellar; change water monthly.
DISH of hot water set in oven prevents cakes, etc., from scorching.
ECONOMIZE time, health, and means, and you will never beg.
FLOUR—Keep cool, dry, and securely covered.
GLASS—Clean with a quart of water mixed with table-spoon of ammonia.
HERBS—Gather when beginning to blossom; keep in paper sacks.
INK STAINS—Wet with spirits turpentine; after three hours, rub well.
JARS—To prevent, coax "husband" to buy "Buckeye Cookery."
KEEP an account of all supplies, with cost and date when purchased.
LOVE lightens labor.
MONEY—Count carefully when you receive change.
NUTMEGS—Prick with a pin, and if good, oil will run out.
ORANGE and Lemon Peel—Dry, pound, and keep in corked bottles.
PARSNIPS—Keep in ground until spring.
QUICKSILVER and white of an egg destroys bedbugs.
RICE—Select large, with a clear, fresh look; old rice may have insects.
SUGAR—For general family use, the granulated is best.
TEA—Equal parts of Japan and green are as good as English breakfast.
USE a cement made of ashes, salt, and water for cracks in stove.
VARIETY is the best culinary spice.
WATCH your back yard for dirt and bones.
XANTIPPE was a scold. Do n't imitate her.
YOUTH is best preserved by a cheerful temper.
ZINC-LINED sinks are better than wooden ones.
& regulate the clock by your husband's watch, and in all apportionments of time remember the Giver.

THE DINING-ROOM.

It may not be amiss to give a page or two to the observances of formal dinners in "society," lest some reader—who may hope, if she becomes the rare housekeeper we expect, to be called to give such dinners as the wife of a Congressman, Governor, or even as mistress of the White House itself—should be taken unawares. In every house, great or small, the Dining Room should be as bright, cheerful and cosey as possible, and at the table the mistress should wear her brightest smile. If there are trials and troubles, do not bring them to the table. They impair digestion, and send husband and children out to business or school, glum and gloomy, instead of refreshed and strengthened. The plainest room may be made beautiful by taste, and the homeliest fare appetizing by neatness and skill. Little attentions to the decoration or pretty arrangement of the table charm the eye and whet the appetite, and make the home table powerfully attractive. The every-day observance of sensible and simple table manners ought always to be encouraged, because, in the long run, it promotes the comfort and the cultivation of the family, and takes the pain of embarrassment out of state occasions. Above all, the room, the table, and its furniture should be scrupulously neat and orderly. For formal dinners, a round table, five to seven feet in diameter, is the best fitted to display the dinner and its fine wares; but the extension table, about four feet wide and of any length desired, is generally used. At the round table, conversation is, of course, easily made general, the party being small. The table-cloth must be spotless, and an under-cover of white cloth or baize gives the linen a heavier and finer appearance. A center-piece of flowers is a pretty ornament (some even place upon the table a handsome vase filled with growing plants in bloom), but the flowers must be few and rare, and of delicate odors. Fruit in variety and tastefully arranged with green leaves, and surrounded with choice dessert-dishes, is always attractive and elegant. It is also a pretty custom to place a little bouquet by the side of each lady's plate, and to fold a bunch of three or four flowers in the napkin of each gentleman, to be attached to the left lapel of the coat as soon as seats are taken at the table. Napkins, which should never be starched, are folded and laid upon the plates, with a small piece of bread or a cold roll placed on the top, or half concealed by the last fold. Beside each plate are placed as many knives, forks and spoons as will be needed in all the courses (unless the lady prefers to have them brought with each new plate, which makes more work and confusion), and a glass, to be filled with fresh water just before dinner is announced. The plates which will be needed are counted out. Such as are to be filled with ready-prepared dessert-dishes are

filled and set in a convenient place. Dishes that need to be warm, not hot, are left on the top shelf of the range or elsewhere where they will be kept warm until needed. When the soup-tureen (with the soup at the boiling point) and the soup-plates are placed before the seat of the hostess, dinner may be *quietly* announced. The host or hostess has, of course, previously, indicated to each gentleman the lady with whose escort he is charged, the guest of honor, if a gentleman, escorting the hostess, and taking a seat at her right; if a lady, being escorted by the host to a seat at his right. Each gentleman offers the lady assigned to him his right arm, and escorts her to a seat at his left, passing her in front of him to her chair which he has gracefully drawn back. The distribution of seats will tax the tact of the hostess, as the moment of waiting to be assigned to place is extremely awkward. Of course, all should have been decided on beforehand, and the places should be designated with as little confusion as possible. The success of the dinner will depend largely upon the grouping of agreeable persons. The host leads the way to the dining-room, the hostess follows last, and all guests stand until she is seated. (In France, and at large dinner parties in this country, a card with the name of each guest is placed on the plate which is intended for him.) Once seated the rest is simple routine. Ease of manner of the host and hostess, and quiet and systematic movements in attendants, who should be well trained, alert and noiseless, but never in a hurry, are indispensable. Any betrayal of anxiety or embarrassment on the part of the former, or blundering by the latter, is a wet blanket to all enjoyment.

The attendant places each dish in succession before the host or hostess (the soup, salad and dessert only being served by the hostess) with the pile of plates. Each plate is supplied, taken by the attendant on a small salver, and set before the guest from the left. Any second dish which belongs to the course is presented at the left of the guest, who helps himself. As a rule the lady at the right of the host, or the oldest lady, should be served first. As soon as any one has finished, his plate is promptly removed, and when all are done, the next course is served in the same way. Before the dessert is brought on, all crumbs should be brushed from the cloth. The finger-bowls, which are brought in on the napkin on the dessert-plate and set off to the left of the plate, are used by dipping the fingers in lightly and drying them on the napkin. They should be half full of warm water with a bit of lemon floating in it. When all have finished dessert, the hostess gives the signal that dinner is ended by pushing back her chair, and the ladies repair to the drawing-room, the oldest leading and the youngest following last, and the gentlemen repairing to the library or smoking-room. In about half an hour, tea is served in the drawing-room with a cake-basket of crackers or little cakes, the gentlemen join the ladies, and after a little chat over their cups, all are at liberty to take leave.

It is, of course, presupposed that the host carves, and carves well. If he does not he should forego the pleasure of inviting his friends to dinner, or the dinner should be from chops, ribs, or birds which do not require carving.

In making up a dinner party, it is all important to know who will accept; and invitations, which may be written or printed, and should be sent by messenger and never mailed to persons in the same town, should receive a prompt reply, a day's delay being the extreme limit. The simplest form of invitation and reply is best, but both must be formal, this being one of the occasions on which the wings of genius must be promptly clipped. Ten minutes beyond the appointed time, is the utmost limit of tardiness admissible in a guest, and ten minutes early are quite enough.

THE HOST AND HOSTESS.

Those who entertain should remember it is vulgar hospitality, exceedingly annoying to guests, to overload plates, or to insist on a second supply. If the guest wants more, he knows that it is a delicate compliment to a dish to pass his plate the second time. Too great a variety of dishes is also a coarse display. A few cooked to a nicety and served with grace, make the most charming dinners. A sensible bill of fare is soup, fish with one vegetable, a roast with one or two vegetables and a salad and cheese, and a dessert. Parties should be made up of congenial persons, and the table should never be crowded. Novel dishes are great strokes of policy in dinners, but no wise housewife will try experiments on new dishes on such an occasion. The carver should serve meat as he cuts it, so far as possible, and not fill the platter with hacked fragments. It is ill-bred to help too abundantly, or to flood food with gravies, which are disliked by many. Above all, the plate should be served neatly. Nothing creates such disgust as a plate bedaubed with gravy or scattered food. It may be taken for granted that every one will take a piece of breast; and after that is served, it is proper to ask, "What part do you prefer?" The wings and legs should be placed crisp side uppermost, the stuffing should not be scattered, and the brown side or edge of slice should be kept from contact with vegetables or gravy, so that its delicacy may be preserved. Water should be poured at the right hand. Every thing else is served at the left. The hostess should continue eating until all guests have finished. Individual salt-dishes are used at breakfasts, but not at dinners,—a cruet, with salt dish and spoon, at each end of the table, being preferred as giving the table less of a hotel air. The salt dishes should be neatly filled. Jellies and sauces are helped on the dinner plate and not on side dishes. If there are two dishes of dessert, the host may serve the most substantial one. Fruit is served after puddings and pies, and coffee last. In pouring coffee, the sugar and cream is placed in the cup first. If milk is used, it should be scalding hot. Some prefer to make coffee strong, then weaken it with scalding hot milk, and pour into cups in which cream and sugar have previously been placed. For tea it is better to pour first and then add cream and sugar. In winter plates should be warmed, not made hot.

INDIVIDUAL MANNERS.

Manners, at table and elsewhere, are made for the convenience and comfort of men, and all social observances have now, or have had at some time, a good reason and sound common sense behind them. It must be remem-

bered, however, that the source of all good manners is a nice perception of, and kind consideration for, not only the rights, but the feelings and even the whims of others. The customs of society are adopted and observed to enable us to be more agreeable, or at least not disagreeable, to friends. And nowhere is the distinction between the gentleman and the boor more marked than at the table. Some persons are morbidly sensitive, and even slight improprieties create disgust; and every true gentleman is bound to respect their sensitiveness and avoid giving pain, whether in sympathy with the feeling or not.

As this is not an etiquette book, we can only give a few hints. Once seated at table, gloves are drawn off and laid in the lap under the napkin, which is spread lightly, not tucked in. Raw oysters are eaten with a fork; soup from the side of a spoon without noise, or tipping the plate. The mouth should not go to the food, but food to the mouth. Eat without noise and with the lips closed. Friends will not care to see how you masticate your food, unless they are of a very investigating turn of mind. Bread should be broken, not cut, and should be eaten by morsels, and not broken into soup or gravy. It is in bad taste to mix food on the plate. Fish must be eaten with the fork. Macaroni is cut and cheese crumbled on the plate, and eaten with a fork. Pastry should be broken and eaten with a fork, never cut with a knife. Game and chicken are cut, but never eaten with the bones held in the fingers. Oranges are peeled without breaking the inner skin, being held meantime on a fork. Pears are pared while held by the stem. Cherry-stones, or other substances which are to be removed from the mouth, are passed to the napkin held to the lips, and then returned to the plate. Salt must be left on the side of the plate, and never on the table-cloth. Cut with the knife, but never put it in the mouth; the fork must convey the food, and may be held in either hand as convenient. (Of course, when the old-fashioned two-tined fork is used, it would be absurd to practice this rule.) Food that can not be held with a fork should be eaten with a spoon. Never help yourself to butter or any other food with your own knife or fork. Never pick your teeth at table, or make any sound with the mouth in eating. Bread eaten with meat should not be buttered. Bread and butter is a dish for dessert. Eat slowly for both health and manners. Do not lean your arms on the table, or sit too far back, or lounge. Pay as little attention as possible to accidents. When asked "what do you prefer?" name some part at once. When done, lay your knife and fork side by side on the plate, with handles to the right. When you rise from your chair leave it where it stands. Of course, loud talking or boisterous conduct is entirely out of place at table, where each should appear at his best, practicing all he can of the amenities of life, and observing all he knows of the forms of good society.

BREAKFAST PARTIES.

Breakfast parties are becoming fashionable in cities, because less formal and expensive than dinners, and quite as agreeable to guests. The courses, which are usually fewer in number, are served precisely as described for din-

ners. Oatmeal porridge is a favorite and healthful first course, and oranges, melons, and all fruits are delicious breakfast dishes. The variety of omelets is also a great resource, and hundreds of other delicacies and substantial are described elsewhere. But in breakfast—and the same is true of dinners—it is better to have a few, a very few, dishes delicately and carefully cooked, than to attempt more and have them less perfect. In fact the trouble often lies in attempting too many, and the consequent hurry in the kitchen. At breakfast, the coffee is set before the mistress, with cups in their saucers in front of it, in one or two rows. The meat with plates is set before the master. For an ordinary table one castor in the center is sufficient. Fruit is served first; then oatmeal or cracked wheat, next meat and vegetables, followed by hot cakes and coffee. Meats are covered, and cakes are brought in between two plates. Butter is put on in small pats with lumps of ice about it. Honey or maple syrup, for cakes or hot biscuits, is served in saucers. A breakfast-table may be spread attractively with a white cloth, and a scarlet and white napkin under each plate, with white table-mats with a scarlet border.

For evening parties it is often less expense and trouble to place supper in the hands of a regular confectioner, but for small card or literary parties the trouble need not be great. For regular reception evenings, ices, cakes and chocolate are enough.

In all cases where no "help" is employed it is better to have some one of the family wait upon the table, the daughters taking turns in serving, as the pleasure of a meal is greatly marred by two or three persons jumping up every now and then, for articles needed.

TABLE OUTFIT.

In the selection of table-wares, there is a wide field for the exercise of taste, and those whose purses permit, need not be at a loss to find the most elegant and artistic designs. An admirable table outfit is an elegant dessert-set, all the pieces of which, except the plates, may decorate the table during the whole dinner, and the rest of white and gilt china. Some have table-ware decorated to match the colors of the dining-room, or sets of different patterns for each course, or harlequin sets in which each piece may be of different pattern or even of different ware. Chinese and Japanese sets are also fashionable. In every case, ware should be the best of its kind, and for economy's sake should be plain, so that broken pieces may be readily and cheaply replaced. Light knives and forks, heavy tea-spoons, and thin glasses for water are most elegant. The chairs should have no arms to interfere with ladies' dresses, and to prevent noise the legs should be tipped with rubber.

CLEARING THE TABLE.

Gather up the fragments that nothing be lost or wasted. When each meal is over, if you do not have a crumb-cloth under the table, which, when the chairs are removed, can be lifted carefully at the edges and the crumbs shaken into the center, it is best to take a broom and sweep the crumbs lightly under the table until the dishes and victuals are removed, then brush

on a dust pan. To clear the table, bring in a dish-pan, gather up all the silver, cups and saucers, butter and sauce plates, and glassware, carry to the kitchen, place them in the sink and return with the pan. Scrape the plates as clean as possible and put in, add platters and vegetable dishes, saving all the remnants of food that are to be kept, on smaller dishes, to be taken to the cellar or refrigerator. To wash the dishes, have clear hot water in the pan, and first wash the silver without soap or cloth, using only the hands; if any are greasy, wipe with a soft paper before putting in the water, rinse in clear hot water and wipe off immediately on a perfectly dry, soft, clean towel; in this way the silver is kept bright, and does not get scratched. Add some soap in the water, make a suds, wash the glassware, rinse and wipe dry. Next take cups and saucers and so on, leaving those most greasy till the last. Always keep a clean dish-cloth. One lady writes, "I have smelt a whole houseful of typhoid fever in one sour, dirty dish-rag." Many prefer the use of three dish-cloths, one for the nicest articles, one for the greasy dishes, and one for the pots and kettles, keeping each cloth perfectly sweet and clean, and, after using it, washing, rinsing, and hanging to dry on a small rack kept for this purpose. The towel for wiping dishes may also dry here. A dish mop or swab for washing small deep articles is convenient.

Let no one suppose that because she lives in a small house, and dines on homely fare, that the general principles here laid down do not apply to her. A small house is more easily kept clean than a palace; taste may be quite as well displayed in the arrangement of dishes on a pine table as in grouping the silver and china of the rich. Skill in cooking is as readily shown in a baked potato or a johnny-cake as in a canvass-back duck. The charm of good housekeeping lies in a nice attention to little things, not in a superabundance. A dirty kitchen and bad cooking have driven many a husband and son, and many a daughter too, from a home that should have been a refuge from temptation. "Bad dinners go hand in hand with total depravity; while a properly fed man is already half saved."

THE KITCHEN.

It is almost impossible to give any directions except in a general way regarding the kitchen, as there is an endless variety of plans and arrangement. In no other room in the house are sunlight and fresh, pure air so indispensable as in the room where the most important work must be done. A long, narrow, dark kitchen is an abomination. Always furnish the kitchen well first, and if there is any thing left to spend on the parlor, well; if not the money has been spent wisely. The main point is to systematize every thing, grouping such things as belong to any particular kind of work. For instance, in baking do not go to the china closet for a bowl, across the kitchen for the flour, and to the farther end of the pantry or store-room for an egg, when they may all just as well be within easy reach of each other. Study and contrive to bring order out of the natural chaos of the kitchen, and the head will save the hands and feet much labor.

If kitchen floors are made of hard wood and simply oiled two or three times a year, no grease spot is made when grease drops on them, for it can be easily wiped up—carpet or paint is not advisable. Neither paint nor paper the walls, but once a year apply a coat of the good old-fashioned whitewash. Do not have the wood-work painted; the native wood well oiled and varnished lightly is much the best finish. A wide, roomy dresser is a great convenience; it should have two wide closets below and three narrower ones above, with a row of drawers at top of lower closets. Here should be kept all pots and kettles, sauce-pans, waffle-irons, kitchen crockery, tins, etc., all arranged and grouped together so as to be convenient for use. If possible, have good sliding doors, and at top and bottom of same have a narrow sliding panel for a ventilator, which should be closed when sweeping. By this arrangement every article of kitchen ware can be inclosed from the dust and flies. A well-appointed sink is a necessity in every kitchen, and should be near both window and range, so as to have light, and also be convenient to the hot water. It should be provided with a "grooved" and movable dish-drainer, set so as to drain into the sink. Always have bracket or wall lamps placed at each end, or at the sides, so that the room may be well lighted in the evening. When possible, a long table at the end of the sink, and so close to it that water can not drip between, on which to dress vegetables, poultry, game, etc., saves time and steps; and the good light, which is a necessity in this part of the room, leaves no excuse for slighted or slovenly work. Under this table may be two drawers, with compartments in one for polishing materials, chamois leather, and articles needed for scouring tin and copper; and in the other, articles for keeping the stove or range in order.

Back of the table and sink, the wall should be ceiled with wood for three feet above them, and here may be put up galvanized iron hooks and nails on which to hang basting-spoons, ladles, cooking forks and spoons, the chopping-knife, cake-turner, etc. A set of drawers close at hand for salt, pepper, and spices is also convenient. There should never be bevel, beading, or molding on kitchen window or door frames; and the kitchen door, leading to the dining room, should be faced with rubber and closed with a not too strong spring. Not less than three large windows are desirable in every kitchen, which should be cheerful, pleasant, well ventilated, convenient and clean.

In houses of the old style there was either no pantry at all, the kitchen being furnished with a dresser and shelves, or it was merely a small closet to hold the articles in less common use. In modern houses the pantry is next in importance to the kitchen, and it should be so arranged as to accommodate all the appliances used in cookery, as well as the china, glass-ware, cutlery, and other articles for the table, unless a dresser is used as before suggested. In arranging a plan for building, the pantry should receive careful consideration, as next in importance to the kitchen; it should be sufficiently roomy, open into both the dining-room and the kitchen, and, in order to "save steps," should be as convenient to the range or cooking-stove as circumstances will allow. The window should be placed so as to give light without infringing on the shelving; the shelves should be so arranged as to not obstruct the light from it; the lower ones should be two and a half feet from the floor, and two feet or more in width, and project about three inches beyond the closets and drawers below; and the part near the window, where there is no shelving, may be used for molding and preparing pastry, and such other work as may be most conveniently done here. Other shelves, or a china closet, should be provided for the china and other table furniture in every-day use. The pantry should have an abundance of drawers and closets, of which it is hardly possible to have too many—the upper closets for the nicer china and glass, and the lower ones to hold pans and other cooking utensils in less frequent use. The drawers are for table-linen and the many uses the housekeeper will find for them. If possible the window should be on the north side, but in any case it should have blinds for shade, and a wire gauze or other screen to keep out flies.

Use a cloth to wash potatoes. It is no trouble to keep one for this purpose, and it will save hands and time. Some prefer a brush. Tie a strip of muslin on the end of a round stick, and use to grease bread and cake-pans, gem-irons, etc. Have two large pockets in your kitchen apron, and in one of them always keep a holder. A piece of clam or oyster shell is much better than a knife to scrape a kettle, should you be so unfortunate as to burn any thing on it. If you use a copper tea-kettle, keep an old dish with sour milk and a cloth in it, wash the kettle with this every morning, afterward washing off with clear water, and it will always look bright and new. Cut a very ripe tomato and rub over a kitchen table to remove grease. The juice will also remove stains from and whiten the hands.

If you use oil, buy the best kerosene. To test it, place a small quantity

in a tea-cup, and if it does not easily ignite when brought into contact with a lighted taper or match, it is good; poor oil will ignite instantly. Keep oil in a ten-gallon can, with a faucet at the lower part, so as to draw off into a smaller can or lamp-filler; set the large can in a cool, dark place; keep all the articles used for cleaning, filling, and trimming lamps by themselves. For these purposes provide an old waiter (to hold the things), a lamp-filler, pair of scissors or a lamp-trimmer, box of wicks, soap, washing soda, and several soft cloths and towels, also a wire hairpin with which to keep open the vent in the burner. When lamps need an extra cleaning, add one table-spoon soda to a quart of water, being careful that none of the bronze or gilding comes in contact with the soda. The wick should touch the bottom of the lamp and be trimmed square across. When the wick becomes too short to carry up the kerosene, and if you have not time to put in a new wick, a piece of cotton rag pinned on below will prove a good feeder. When the burners of lamps become gummy and prevent the wicks moving freely, boil them up in suds over the fire a short time, and they will become entirely clean and work well. Lamps may become incrustated inside with settlings from the oil, and ordinary washing will not remove it. Take soap-suds and fill the lamp about one-third full, then put in a little sharp sand, and shake vigorously. A few minutes will remove every particle of settlings. Always fill the lamps every day and in the day-time; never fill a lamp after dark near a lighted lamp. When lighting a lamp turn the wick up slowly so that the chimney is gradually heated. When taking a lamp from a warm room into a cold one, first turn down the wick; do not fill too full, as the heat expands the oil and drives it out making the lamp dirty and dangerous. Never light or burn an almost empty lamp, as the empty space is nearly always filled with a very explosive gas. Before putting out a lamp turn it down until the wick is below the top of tube; as if left above it the oil gradually works out through the wick and runs down over the burner and lamp. Turn the flame down low, and wave a fan, book, or paper across the top of the chimney. Blowing down a chimney is very dangerous when a lamp is nearly empty and turned up high. Never start a fire with the oil. Buy the best lamp chimneys by the dozen. The best are cheapest, and it is convenient to have fresh ones on hand when one is broken at an inopportune time. A piece of sponge fastened on the end of a stick or wire is the best thing with which to clean lamp chimneys. Or, hold them over the nose of the tea-kettle when the kettle is boiling furiously. One or two repetitions of this process will make them beautifully clear. Of course they must be wiped upon a clean cloth.

Fill new tin pans with boiling water (having a little soda in it), let stand on a warm part of the range for a while wash in strong soap-suds, rinse, and dry well. Scouring tins very often with whiting or ashes wears them out; if properly taken care of, washed in suds and thoroughly dried, they will not need scouring.

Boil ashes or a bunch of hay or grass in a new iron pot before cooking in it; scour well with soap and sand, then fill with clean water, and boil one or two hours. To remove the taste of wood, first scald the vessel well with

boiling water, letting the water remain in it till cold; then dissolve sal-soda or soda, (two pounds to a barrel of water) in lukewarm water, adding a little bit of lime to it, and wash the inside of the vessel well with this solution; afterward scald it well with plain hot water, and rinse it with cold water before you use it. Knives for the table should never be used to cook with; those for the former purpose may be a cheap plated set for every-day use, and should be kept by themselves, and never allowed to be used in the kitchen. Never place a range or cooking stove opposite a door or window if it can be avoided, as any draft will prevent the oven from baking well.

A necessity in the kitchen, because a great protection against clothes taking fire, is a large kitchen apron made full length with bib, and sleeves if wished, the skirt to button close around the dress-skirt. A wooden mat (made by laying down six pieces of lath eleven inches long, one inch wide, and an inch apart, and nailing, across these, at right angles, six other similar pieces, about the same distance apart) is a great protection to the kitchen table, which should be of ash. Hot kettles and pans from the stove may be set on this without danger, as the construction of the mat secures a circulation of air under it.

It is the "little foxes that spoil the vines" in the kitchen as well as elsewhere—the neglect of little things causes loss of time, patience and money. In building fires *concentration* is the important point: 1st, the fuel should be *concentrated*, that is, put together in a compact heap; and 2d, in a place on the grating where the draft can be *concentrated* upon it. These two points gained it is an easy matter to produce a brisk fire. When the kindling, which must be dry and in sufficient quantity, is well started, the wood or coal, as the case may be, is so put on that the draft and flame will pass directly through the fuel. In starting a fire, all depends upon having the conditions right, and great loss of time, and even patience, is incurred if they are not provided. Always have wood in the box. This can generally be done without taking special time for it, by remembering to bring some in when you pass the wood-pile without any thing in the hands. See that the wood-box is full at night, and the shavings and kindlings in their place. In the morning empty the ash-pan, or, better still, clean your stove or range at night. This can always be done, except in case of late suppers. When supper is ready, and there is no further use for the fire, open the oven doors, take all the covers partly off the holes, and by the time the supper dishes and needful work in the preparation for breakfast is done, if the fire has been properly attended to, the stove will be cool enough to clean out, which should be thoroughly done, removing all the ashes or cinders from every part of it. This is a very particular work, as the corners often secrete quite an amount of ashes that must be removed if you would have a perfectly cleaned stove. Rap on the sides of the pipes, to dislodge the soot and ashes that collect there, sweep all out with a long-handled brush-broom and the stove is ready to receive the shavings, kindlings and wood for the fire.

Where there is a large amount of cooking to be done, the ashes should be cleared from under the slides of the ovens as often as twice a week in large or small families; this will insure the oven to bake *well*, and always the *same*, if the fire is properly arranged.

Never on any account use coal-oil to make the fire burn more quickly. In making the fire, as soft wood burns more quickly than hard, it is better to have some with which to start it, filling up with hard wood. If the wood is good and properly placed you will have a bright clear flame, yielding a great amount of heat which should be utilized for cooking purposes, by so arranging the draught that none of it is wasted. This can only be done by one who so perfectly understands each part of it as to economize in the use of fuel. The fire needs constant attention, as it is poor economy to let the fire go partially out, as in adding fresh fuel the heat is wasted until the stove and oven are again heated to the right temperature for cooking.

Fill the tea-kettle full of water and place on the stove, and if the fire is good it will boil soon enough for use, and every time water is used, add cold, so as to keep the supply good. The habit is almost universal to put a small quantity of water in the tea-kettle, aiming to have just enough for certain things, and if an extra demand occurs the kettle is empty, the fire is out, and the delay occasions no little trouble to both cook and mistress. When water has been made to boil no matter what is cooking in it, the fire may be very much lessened, as but little heat is required to keep it boiling. Rapid boiling does not hasten cooking, and the articles cooked are much better when boiled slowly.

For general use copper and brass cooking utensils are not the best, because of the great care necessary to keep them clean and free from poisonous deposits, a work that *can never be trusted to servants*. Care should be used in cooking in tin vessels, as they are liable to be affected by acids, oils and salt, but not to the same extent as copper. For all ordinary cooking purposes, if tin vessels are kept clean and free from rust, no injury will result. A little whitening or dry flour may be used to polish tin with. If a kettle is to be used for cooking fish, heat it first over the fire; if an odor arises, it needs cleaning as above, before using. If the same gridiron has to be used for broiling steak, that has been used for fish, in addition to cleaning it as above, heat it over the fire, rub well with brown paper, then with an onion. In washing tin ware use soft water and soap, and wash well, rinse with hot water, wipe well, and put on the hearth or stove to dry perfectly; once a week wash tin-ware in water in which a little sal-soda has been dissolved; take the suds for the pots and kettles (if not hot add more hot water), and wash and rinse thoroughly on the inside. To wash the outside of pots, kettles and all iron ware, place in a tub or large dish-pan, and with soap on cloth, rub them briskly and hard; if necessary scrape with an iron spoon or old knife to get all dirt off, rinse in hot water, wipe, and place on stove to dry. If kept scrupulously clean, oysters, tomatoes, and even some delicacies that are usually cooked in porcelain and granite ware, may be cooked nicely in iron.

Enameled ware may be cleansed by filling the vessel with hot water, with soda dissolved in it—one ounce to a gallon; let it boil twenty minutes; then if the stain does not all come off, scour with fine sand or brick dust; rinse well with hot water and wipe dry. If by carelessness or accident, while making chow-chow, or any thing else, it becomes burned on the porcelain kettle, empty immediately, fill with water, put in about pint of wood-ashes to two gallons of water, let it boil twenty or thirty minutes; clean with sand or brick-dust as above, if it does not all come off. In either case, if unsuccessful the first time, repeat. To clean a brown porcelain kettle, boil peeled potatoes in it. The porcelain will be rendered nearly as white as when new.

To clean silver or plated ware, wash in clean hot water or lay in hot soda water a few minutes; then wipe dry with a canton flannel cloth, and polish with chamois skin. If silver powder is used for cleaning tarnished spots, care must be taken to brush out all the dust from the chased work on the plate. In the daily use of silver, wash in clean hot water and wipe dry with a canton flannel cloth. *Never* use soap in washing silver.

Steel knives and forks are best cleaned by being scoured with bath brick, but some good "kitchen maids" always use the common brick pulverized, with good success. Have a properly made knife-box, with board extending on which to lay the knife to scour, wet a cloth in hot water or soft soap and water, dip in the dust which has been previously shaved off; then rub briskly and hard until all spots are removed; wash and rinse in clean, hot water and wipe dry. *Never* put a knife in hot fat, as it destroys the temper, and the knife is useless.

The sink comes in for special notice. Wash it daily with soap and water, rinse with clean boiling water, *always rinsing with hot water after pouring suds into it*. This can not be insisted on too strongly, because of such great importance in the cleanliness of the kitchen. The old adage, "A time for every thing," applies here. On Mondays and Thursdays, during summer, pour hot water, containing a little chloride of lime, into the drains, and every Monday in winter. This will prevent all unpleasant or unhealthy odors. The use of soda in cleansing our wares greatly diminishes the quantity of soap needed. As a general thing, too much soap is used in washing dishes. Many good housekeepers do not allow soap used in washing dishes at all, except to clean tin and iron ware, dish cloths and sink. In cleaning an unpainted kitchen floor, if there are spots of grease on it, put some soft-soap (or lye, if to be had) in a tin-cup, kept for the purpose; place on the stove until boiling hot; then pour a little on each spot and scour with ashes; wash the floor with soft hot water, rinse well, and, if the grease is not out the first time, try it again when the floor needs cleaning. Always remember to rinse thoroughly, changing the water when it becomes too dirty. In cleaning floors, tables, or wood-work, remember to rub always with, and not across, the grain of the wood.

The breakage of dishes in some houses is fearful. There are very few families rich enough to bear it, much less the families of small means or just a competence. The mother is sick or wearied with the cares of the nursery,

and can not see to the putting away of the best china, which has been used because a friend dined with them. While conversing with her guest, she hears a crash in the kitchen. It is with difficulty she remains calm until the guest departs, when she finds a cup has fallen and cracked her nice tureen, and broke a nick out of two or three saucers; or several goblets, set in a careless place, have fallen and are broken. She is sick at heart, for it was but a few weeks before she had spent fifteen or twenty dollars to replace her broken, cracked, and nicked dishes. Little comfort does she get from Bridget, who replies: "La, madam, it was but a few of your dishes, and sure I could not help it. I would not think the likes of ye would make such a fuss." Every wise housekeeper will distinguish between carelessness and accidents. To correct this evil, and stop this great waste, the only way is to have help understand they must replace each broken or nicked dish (for a nick in a dish is as bad as a break), or have the cost of them deducted from their wages. This will cause two very valuable results. The servant will become more careful, which will add much to the comfort of the mistress, and will also form a habit of *carefulness* that will fit her to become a good housekeeper.

There is an old and true saying, that "a woman can throw out with a spoon faster than a man can throw in with a shovel." In cooking meats, for instance, unless watched, the cook will throw out the water without letting it cool to take off the fat, or scrape the dripping-pan into the swill-pail. This grease is useful in many ways. Bits of meat are thrown out which would make good hashed meat or hash; the flour is sifted in a wasteful manner, or the bread-pan left with dough sticking to it; pie-crust is left and laid by to sour, instead of making a few tarts for tea; cake-batter is thrown out because but little is left; cold puddings are considered good for nothing, when often they can be steamed for the next day, or, as in case of rice, made over in other forms; vegetables are thrown away that would warm for breakfast nicely; dish-towels are thrown down where mice can destroy them; soap is left in water to dissolve, or more used than is necessary; the scrub-brush is left in the water, pails scorched by the stove, tubs and barrels left in the sun to dry and fall apart, chamber-pails allowed to rust, tins not dried, and iron-ware rusted; nice knives are used for cooking in the kitchen, silver spoons used to scrape kettles, or forks to toast bread; cream is allowed to mold and spoil, mustard to dry in the pot, and vinegar to corrode the casters; tea, roasted coffee, pepper, and spices to stand open and lose their strength; the molasses-jug loses the cork and the flies take possession; vinegar is drawn in a basin and allowed to stand until both basin and vinegar are spoiled; sugar is spilled from the barrel, coffee from the sack, and tea from the chest; different sauces are made too sweet, and both sauce and sugar are wasted; dried fruit has not been taken care of in season, and becomes worny; the vinegar on pickles loses strength or leaks out, and the pickles become soft; potatoes in the cellar grow, and the sprouts are not removed until they become worthless; apples decay for want of looking over; pork spoils for want of salt, and beef because the brine wants scalding; hams become tainted or filled with

vermin, for want of the right protection; dried beef becomes so hard it can't be cut; cheese molds and is eaten by mice or vermin; bones are burnt that will make soap; ashes are thrown out carelessly, endangering the premises, and wasting them; servants leave a light and fire burning in the kitchen, when they are out all the evening; clothes are whipped to pieces in the wind; fine cambrics rubbed on the board, and laces torn in starching; brooms are never hung up, and are soon spoiled; carpets are swept with stubs hardly fit to scrub the kitchen, and good new brooms used for scrubbing; towels are used in place of holders, and good sheets to iron on, taking a fresh one every week; table linen is thrown carelessly down, and is eaten by mice, or put away damp and is mildewed; or the fruit-stains are forgotten, and the stains washed in; table-cloths and napkins used as dish-wipers; mats forgotten to be put under hot dishes; tea-pots melted by the stove; water forgotten in pitchers, and allowed to freeze in winter; slops for cows and pigs never saved; china used to feed cats and dogs on; and in many other ways a careless or inexperienced housekeeper wastes, without heeding, the hard-earned wages of her husband. Economy counts nowhere so well as in the kitchen.

TEA.—Keep tea in a close chest or canister.

BREAD.—Keep bread or cake in a tin box or stone jar.

NUTMEGS.—Always grate nutmegs at the blossom end first.

COFFEE.—Keep coffee by itself, and closely covered.

RED ANTS.—Scatter branches of sweet-fern where they congregate.

SALT FISH are quickest and best freshened by soaking in sour milk.

STAIN ON SPOONS from boiled egg is removed by rubbing with a little salt, or washing in water in which potatoes have been boiled.

TO PRESERVE MILK.—A spoonful of grated horse-radish will keep a pan of milk sweet for days.

THE TASTE OF FISH may be removed very effectively from steel knives and forks by rubbing them with fresh orange or lemon peel.

CORKS.—When corks are too large to go into a bottle, throw them into hot water a few moments, and they will soften.

CHARRED CASKS.—Water and salt meat may be preserved pure a long time if put up in casks with the inside charred.

TO KEEP CUTLERY FROM RUST.—Wipe dry, and wrap in coarse brown paper.

TIN TEA-KETTLES.—Kerosene oil will make tin tea-kettles as bright as new. Saturate a woolen rag and rub with it.

TO BEAT THE WHITES OF EGGS QUICKLY, put in a pinch of salt. The cooler the eggs, the quicker they will froth. Salt cools and also freshens them.

PASTRY.—Wash the upper crust of pies with milk just before putting them in the oven, and it will be a beautiful brown.

CORN STARCH is a good substitute for eggs in cookies and doughnuts. One table-spoonful of the starch is equal to one egg.

SALT will curdle new milk; hence, in preparing milk porridge, gravies, etc., the salt should not be added until the dish is prepared.

WIRE TABLE WARE—should never be scoured; it will remain bright if merely washed in clean water with a little soap added.

TO MAKE MEATS TENDER.—A spoonful of vinegar put into the water in which meats or fowls are boiled makes them tender.

ORANGES.—Oranges and lemons keep best wrapped in soft paper, and laid in a drawer. Lemons may be kept in cold water, which should be changed twice a week.

SILVER POLISH.—To one quart rain-water add two ounces ammonia and

three ounces of precipitated chalk. Put into a bottle, keep well corked and shake before using.

CEMENT FOR CHINA.—The whites of two eggs, and enough quicklime to form a thick paste. The quicklime should be finely powdered; this makes a good cement for mending broken china, marble, or glass-ware.

LEMONS.—Before using lemons for any purpose, always roll them awhile with your hand on a table. This will cause them to yield a large quantity of juice.

COVERING FOR JARS.—A good water-proof paper for covering jars used in preserving, etc., may be made by brushing over the paper with boiled linseed oil and suspending it over a line until dry.

TO REMOVE A TIGHT GLASS STOPPER.—Apply a cloth wet in hot water to the neck of the bottle; or wind a cord around once, and "saw" back and forth a few times. This will heat and expand the neck of the bottle.

TO CLEAN KNIVES.—Cut a good-sized, solid, raw potato in two; dip the flat surface in powdered brick-dust, and rub the knife-blades; or, use a cork, or a cloth in same way. Stains and rust will disappear.

GROUND TEA.—If tea be ground like coffee, or crushed, immediately before hot water is poured upon it, it will yield nearly double the amount of its exhilarating qualities.

TO FRESHEN WALNUTS.—When walnuts have been kept until the meat is too much dried to be good, let them stand in milk and water eight hours, and dry them, and they will be as fresh as when new.

CLINKERS may be removed from grates and range back, by throwing half a dozen broken oyster shells into the fire, when the coal is aglow, and covering them with fresh coal. When red-hot the clinkers become doughy and are easily removed.

A FIRE KINDLER.—Melt together three pounds resin and a quart of tar, and stir in as much saw-dust and pulverized charcoal as possible, spread the mass on a board to cool, and break into lumps the size of a walnut. Light one with a match, and it burns for some time with a strong blaze.

TO CLEAN SILVER.—"Indexical Soap" is the best thing for the purpose in use, not for every day, but when thorough cleaning is required. It is well, also, to keep it in a convenient dish, and rub on with a bit of flannel whenever a spot appears on the silver.

TO CLEAN BRASS KETTLE.—When much discolored, scour with soap and ashes, then put in a half pint vinegar and a handful of salt, put on stove, let come to a boil, take cloth, wash thoroughly, and rinse out with water. If using every day, the salt and vinegar and rinsing are sufficient.

TO SOFTEN WATER.—Hard water is rendered very soft and pure, rivaling distilled water, by merely boiling a two-ounce vial, say, in a kettle of water. The carbonate of lime and many impurities will be found adhering to the bottle. The water boils very much quicker at the same time.

RUST ON STEEL IMPLEMENTS OR KNIVES.—Cover the steel with sweet-oil, rubbing it on well. Let it remain for forty-eight hours, and then, using finely powdered unslaked lime, rub the steel until all the rust has disappeared.

TO PRESERVE LAMP CHIMNEYS FROM BREAKING.—Place a cloth in the bottom of a large pan, fill the pan with cold water, and place new chimney in it; cover the pan, and let its contents boil one hour: take from fire, and let chimney remain in the water until it is cold.

CEMENT FOR KNIFE HANDLES.—Set handle on end, and partly fill cavity with powdered resin, chopped hair or tow, chalk, whiting, or quicklime; heat the spike of the knife and force it into its place. Equal parts of sulphur, resin, and brick-dust also make an excellent cement.

WATER boiled in galvanized iron becomes poisonous, and cold water passed through zinc-lined iron pipes should never be used for cooking or drinking. Hot water for cooking should never be taken from hot-water pipes; take from cold-water pipes, and keep a supply heated for use in kettles.

TABLE COVER, to be thrown over table after it is set, is best made of calico. Pink mosquito netting is handsomer, but does not keep off dust when the table is set for next meal immediately after the dishes are washed—the most convenient plan where the dining-room is not used for other purposes.

VIENNA LIME.—Vienna lime and alcohol give a beautiful polish to iron or steel. Select the soft pieces of lime, such as will be easily crushed by the thumb and finger, as they are the most free from gritty particles. Apply with a cork, piece of soft pine wood, leather, chamois, etc.

HOT ALUM-WATER is the best insect-destroyer known. Put the alum into hot water, and let it boil till it is all dissolved; then apply the solution hot with a brush to all cracks, closets, bedsteads, and other places where any insects are found. Ants, bedbugs, cockroaches, and creeping things are killed by it, while it has no danger of poisoning.

TO PREVENT RUSTING OF TIN, rub fresh lard over every part of the dish, and then put in a hot oven and heat it thoroughly. Thus treated, any tin-ware may be used in water constantly, and remain bright and free from rust. To clean tin or other metallic vessels which have held petroleum—hot soap and water.

CABBAGE WATER.—Be careful that no cabbage water is poured down the kitchen-sink, as the smell of it—a singularly unpleasant one—is so strong that it will penetrate all over the house, and produce the suspicion of a bad drain. The water in which any vegetable has been boiled, should be thrown away out of doors, in a distant corner of the garden, if possible.

PULVERIZED CHARCOAL—should be kept in every house in a glass jar, with a wide mouth, containing a half pint. The coal should be freshly burned—the best is not from the hardest or the softest wood, but a medium—pulverized finely in a mortar while the coals are yet red. Cork tight; it is invaluable in preserving meats and poultry, and is sometimes even given as a remedy for indigestion.

THE SMELL OF ONIONS and other odors can be removed from kettles and sauce-pans. Put some wood ashes into the utensil, add boiling water, and let it stand a short time on the back part of the stove. Or, if you have no wood-ashes, use potash, soda, or concentrated lye with water, then wash in hot suds. All cooking utensils in which onions, cabbage, or turnips have been cooked should be thus cleansed.

BOILED POTATOES, to be at their best, should be served immediately when done, but if the "men folks" are late to dinner, take them up the moment they are done, wrap closely in a towel or cloth and lay them in the heater or some warm place, and they will suffer only a little damage. When baked or roasted potatoes are done, place in a cloth, and squeeze gently between the hands and serve. They will be the mealier for it. If not ready to serve, roll in cloth and keep warm until wanted.

POLISHING.—Flour of emery, which is cheap and is kept at all drug-stores, is excellent for polishing every thing except silver. Common water-lime, such as is used in plastering cisterns, is an excellent material for polishing knives, forks, and tin-ware. First rub tins with a damp cloth, then take dry flour and rub it on with the hands, and afterward take an old newspaper and rub the tin until bright. Keep in an old pepper-box, and apply with a damp cloth.

QUICK VINEGAR.—Fill a jug with cider, and turn into each gallon of cider a pint of molasses and a cupful of lively yeast. Have the jug full of the liquid, let it stand uncorked back of the cook-stove where it will keep warm. It will commence fermenting in twenty-four hours, and will not take over a week to make splendid sharp vinegar. It must be drawn off into another jug, leaving the dregs, and kept in a tight-corked jug or bottles, where it will not freeze.

TO WASH PRESERVE JARS.—Preserve jars or bottles should be carefully washed as soon as emptied, taking care that the stoppers and covers have their share of attention. It is well to put soda or ammonia into the jars or

bottles, fill up with water, and let stand an hour, putting the stoppers or covers into a bowl to soak in the same way. Then pour out and scald nicely, but not with boiling water, as that cracks the polished surface inside, wipe dry, set in the sun or wind to air, and then set away carefully.

COFFEE SYRUP.—Take half a pound of the best ground coffee; put it into a sauce-pan containing three pints of water, and boil it down to one pint; boil the liquor, put it into another sauce-pan, well scoured, and boil it again. As it boils add white sugar enough to give the consistency of syrup; take it from the fire, and when it is cool put in a bottle and seal. When traveling, if you wish for a cup of good coffee put two tea-spoons of the syrup into an ordinary cup, and pour boiling water upon it, and it is ready to use.

RHUBARB VINEGAR.—For ten gallons, take twenty-five ordinary sized stalks of rhubarb, pound or crush with a piece of wood in the bottom of a strong tub, add ten gallons water; let stand twenty-four hours; strain off the crushed rhubarb, and add eighteen pounds of sugar free from molasses, and a teacup best brewer's yeast; raise the temperature to 65 or 68°, and put the compound into a twelve-gallon cask; place it in a position where the temperature will not fall below 60°. In a month strain it off from the grounds, returning it to the cask again, and let it stand till it becomes vinegar.

WASHING DISHES.—In washing dishes, in addition to directions given in "Dining Room," care must be taken not to put tumblers which have had milk in them into hot water, as it drives the milk into the glass, whence it can never be removed. They should be first rinsed well in tepid water. Tumblers and goblets should be placed in hot soapy water, dipping the sides first, and turning them rapidly, thus heating the outside and inside at the same time and preventing breaking; when wiped, they should not be turned down until put away in a china closet.

TO KEEP TABLE CLOTHS CLEAN—for a long time. After clearing the table, place a clean towel under any spots that may have been made during dinner, and rub the spot with a fresh clean cloth wet with clean soap-suds, then rinse with clean water, dry with a clean dry towel, fold and lay under a heavy weight. In changing table cloths during the week, contrive to bring the fresh table cloth on first at dinner. Place a large napkin over each end of table cloth, to protect it from soiling in the process of serving the plates, removing when the crumbs are brushed.

WARMED-OVER COFFEE.—Save all that is left each meal, drain it off into a jar or earthen vessel, and when there is enough for a single meal, turn it into the coffee pot, beat an egg thoroughly and stir well into it on the stove, and let it just come to boiling, then take it off, pour in half a tea-cup of cold water, and if your coffee was good when first made, it will be just as good the second time.

When a large quantity of coffee has been made for a party, the grounds should be drained and put away in a stone jar; make coffee as usual except using double the quantity. It will keep good for weeks.

TO CLEAN COFFEE OR TEA-POTS.—Musty coffee-pots and tea-pots may be cleaned and sweetened by putting a good quantity of wood ashes into them and filling up with cold water. Set on the stove to heat gradually till the water boils. Let it boil a short time, then set aside to cool, when the inside should be faithfully washed and scrubbed in hot soap-suds, using a small brush that every spot may be reached; then scald two or three times, and wipe till well dried. Pots and pans or plates that have been used for baking and grown rancid, may be cleansed in the same way. Put the plates into a pan with wood ashes and cold water, and proceed as above stated. If no wood ashes can be had, take soda. Pie-plates and baking-dishes cleaned after this fashion will keep sweet all the time.

BEANS FOR WINTER.—String fresh green beans, and cut down the sides till within an inch of the end, boil in water fifteen minutes, take out and drain; when cold, pack in a stone jar, first putting two table-spoons of salt in the bottom, then a quart of beans, sprinkle with a table-spoon of salt, put in layer

after layer in this way till the crock is full, pour over a pint (if not filled the first time, beans may be added until filled, putting in no more water after this pint) of cold well-water, put on a cloth with a plate and weight, set away in a cool place, and in about a week take off the cloth, wash it out in a little salt water (there will be a scum upon it), put back as before, and repeat operation at the end of another week; then pack away, and when wanted for use, take out the quantity wanted and soak for half an hour, put in pot in cold water with a piece of fresh pork, cook half an hour, season with pepper and a little salt if needed; or cook without pork, and season with butter and pepper.

SOLDERING LIQUID.—In soldering tin-ware, especially in mending old ware, the use of soldering liquids will greatly help. There are several of these. The best is made as follows: Get any convenient vial about half full of muriatic acid; procure at the tin-shop some scraps of sheet zinc; if you have no strong shears, let the tinsmith cut the zinc into strips narrow enough to enter the vial. Place the vial out-doors, or under a shed, and add a strip or two of zinc. A great bubbling or boiling will take place as the zinc dissolves. As one piece of zinc dissolves add another, and when a piece remains without any action or bubbling of the liquid, it is done. Fit to the lower end of the cork a piece of stick to reach into the liquid; after the liquid is perfectly quiet, cork it. In soldering, wet the place where the solder is to go, with this liquid; the drop or two that the stick will take up is enough. Do not get this liquid on the clothing, or on the skin, as it may irritate it and make it feel very rough.

HORSFORD BISCUIT.—One quart flour, pint sweet milk, half tea-cup lard, heaping salt-spoon salt. Measure each of Horsford's Preparation, mixed in flour, and sifted twice through a sieve. Divide the flour in halves, add the salt; with one hand pour in the milk on the half of the flour, with the other mix to a thin paste, then add the lard and the rest of the flour, mixing it lightly. The dough will be soft, but can be rolled on a well-floured board, and cut with a common biscuit-cutter, then prick, and bake twenty minutes in a quick oven. Make crust as above (using two-thirds cup lard or butter instead of half-cup) for chicken-pie with oysters (see recipe in poultry); it is enough for a four-quart pan, where the sides only are lined. Some prefer not to cook the oysters, only boil and skim liquor, adding oysters raw. Reserve pint or pint and a half chicken-liquor (do not mix the oyster-liquor with that in the pot, but pour it in the pie by itself) in the kettle, place it on the stove, rub together table-spoon butter, two of flour, season very highly with pepper, stir it in the boiling chicken-liquor, salt to taste, cook until there is no raw taste to flour, serve in gravy-boat as dressing for pie.

DRYING CORN.—Select good ears of sweet corn, husk, take off silk carefully, but do not wash; shave with a sharp knife, not too close to the cob, into a large tin pan or wooden bowl, scrape cob to get all the milk of corn; when about three quarts are cut off, line a large dripping-pan with flour-sack paper, being careful to have sides and edges covered, pour in corn, spread, and put at once in moderate oven; stir frequently, and leave in oven fifteen or twenty minutes. Set a table out in the sun, cover with a cloth, pour the corn upon it, and spread out evenly and thinly. Before sunset bring the corn in and spread on a table in the house; in the morning, heat again in oven, and spread in sun as before. If directions are closely followed, the corn will be thoroughly dried on the evening of the second day, and when shaken will rattle; store in paper bag as soon as cooled. Prepare in small quantities, because it must not stand long after being shaven, but should at once go into oven to heat. When all is dried, put in oven for final heating; place to cool, pour into the bag, tie closely, and hang in a cool, dry, dark place.

DISH CLOTHS, WIPERS, TABLE LINENS, ETC.—Roller towels for the hands should be marked with the number of each, and also with the whole number; as 1-6, 2-6, etc., where the whole number is six. This shows at once

the whole number to be accounted for, and also makes it easy to use them in rotation, so that they may be worn equally. Of dish cloths, of which there should be six—two for the best dishes, two for greasy, and two for pots and kettles, the first two may be marked, "B-1-2" and "B-2-2;" the second two, "G-1-2" and "G-2-2;" the third, "P-1-2" and "P-2-2." Wiping towels, of which there should be six, two to be used each week, washing every day, may be marked in a similar way, which is equally good for napkins, table cloths, cloths for silver, etc. Never buy new cloth for dish cloths or wipers; buy Stevens' crash (or any other linen crash) for towels; when worn soft, take for dish-cloths and wipers; keep whole for dish wipers, and cut one of a yard in length into three, hem and place in kitchen for dish-cloths; you thus have one for pots and kettles, one for dishes, and one to wipe a knife, fork or spoon that you may be using while cooking, for the wipers should never be used for this purpose.

HOW TO KINDLE A COAL FIRE.—Hard coal will not ignite until it is thoroughly heated through and through, and as small coal will not require as much wood to heat it up as large, it is important, where the supply of kindling wood is limited, that the pieces of coal which touch the wood should be small. As wood in cities is more expensive than coal, economy suggests the use of as little as practicable. The coal, then, for kindling, should not only be as small as a pigeon's egg, called "chestnut coal" by the dealers, but to economize the wood, the pieces should not be over four inches long, so that they can be laid compactly, and the heat more concentrated on a given point of coal, and thus the sooner heat it through. If the wood is thus placed, and is covered with one layer of chestnut coal, it will redden with great rapidity and certainty. Now cover the reddened coal with another layer or two, and in a minute or two put on the larger size. Put a handful of shavings or paper in a grate compactly, then some splinters of dry wood, not larger than the little finger, and outside of that a layer of pieces an inch or more thick and three or four long; apply a match to the paper, and while it is catching put on small coal as above, and there will not be a failure during the winter, nor a growl in the household, for the want of a good and timely fire. To lessen a coal fire, press it from the top, so as to make the mass more compact, giving less room for air. To revive it, lay on small pieces tenderly; put on the blower, and when red, add larger pieces, and riddle out from below. Heaping on more coal, or letting out the ashes below, will certainly put out a low coal fire.

SAUER KRAUT.—Slice cabbage fine on a slaw-cutter; line the bottom and sides of an oaken barrel or keg with cabbage leaves, put in a layer of the sliced cabbage about six inches in depth, sprinkle lightly with salt, and pound with a wooden beetle until the cabbage is a compact mass; add another layer of cabbage, etc., repeating the operation, pounding well each layer, until the barrel is full to within six inches of the top; cover with leaves, then a cloth, next a board cut to fit loosely on the inside of barrel, kept well down with a heavy weight. If the brine has not raised within two days, add enough water, with just salt enough to taste, to cover the cabbage; examine every two days, and add water as before, until brine raises and scum forms, when lift off cloth carefully so that the scum may adhere, wash well in several cold waters, wring dry and replace, repeating this operation as the scum arises, at first every other day, and then once a week, until the acetous fermentation ceases, which will take from three to six weeks. Up to this time keep warm in the kitchen, then remove to a dry, cool cellar, unless made early in the fall, when it may be at once set in the pantry or cellar. One pint of salt to a full barrel of cabbage is a good proportion; some also sprinkle in whole black pepper. Or, to keep until summer: In April squeeze out of brine, and pack tightly with the hands, in a stone jar, with the bottom lightly sprinkled with salt; make brine enough to well cover the kraut in the proportion of a table-spoon salt to a quart of water; boil, skim, cool, and pour over; cover with

cloth, then a plate, weight, and another cloth tied closely down; keep in a cool place, and it will be good in June. Neither pound nor salt the cabbage too much, watch closely, and keep clear from scum for good sauer kraut.

HULLED CORN.—This old-fashioned luxury is really a delicious dish when properly prepared. Take a six-quart pail full of ashes (hard wood ashes, if possible, as they are stronger); put them into an iron kettle with three gallons of water; let them boil about five minutes, then set off from the fire, and turn in a pint of cold water to settle it. The water should then feel a little slippery. Turn off the lye and strain; put it into an iron kettle, and put in six quarts of shelled corn; put it over a brisk fire, and let it boil half an hour, skimming and stirring frequently (the outside skin of the kernels will then slip off); strain off the lye, and rinse thoroughly in several clear waters. When the lye is thus weakened, turn the corn into a large dish-pan, and turn in water enough to cover it; then rub thoroughly with the hands, till the black chits come off; rinse and strain off till the water looks clear; then put back into a clean kettle, with water enough to cover it, and let it boil; then turn off water, put on again, and parboil three or four times (it will swell to about double the first quantity); the last time boil till quite soft; it may be necessary to add water occasionally; stir often, so as not to burn at the bottom of the kettle; when quite soft, put in two large table-spoons of salt, and stir well; to be eaten with milk, or butter and sugar. It is a wholesome dish, and although there is trouble in preparing it, yet it is good enough to pay for the labor and trouble. It is good either hot or cold, and was considered by our grandparents to be one of the greatest luxuries of the table. Wheat hulled in the same way is considered a great delicacy, and a very beneficial diet for invalids, but is not so staple or nutritious as Indian corn. Smaller quantities can be prepared by using less lye and corn.

WATER.—Pure water is as necessary to health as pure air. Rain-water, filtered to remove any foreign matters caught from the roof or in the smoky atmosphere, is the purest attainable. It is a debatable question whether the mineral matters held in solution in hard water are injurious to health, but vegetable or animal matters are agreed by all chemists to be injurious, and, in many cases, rank poisons, breeding fatal fevers, and other violent diseases. Water that is at all doubtful, should be boiled before drinking, as the vegetable and animal matters are thus destroyed, and the mineral deposited on the bottom of the kettle. Wells, even in the country, are very doubtful sources from which to procure a supply of pure water. In cities the sources of well-supply are almost invariably poisoned by the numerous cesspools, vaults and drains that filter through the earth until they reach the underground streams of water, poisoning them as surely as they would a surface stream or pond. When it is remembered that all water in wells must come first from the surface, and that it dissolves all sorts of filth as it passes into the earth, carrying a good deal with it, particularly if the soil is sandy and porous, it will be readily understood that wells are apt to furnish impure water. People who throw dirty water or other slops near a well, poison the water as surely as if they scattered arsenic. Wells should be covered to exclude all leaves and vegetable matter. The ground should slope away from the well so as to carry away surface water, and it should be located as far as possible from barns and out-buildings where filth accumulates. There are various good filters in the market, but one may be easily and cheaply made as follows: Take a large flower pot, and insert a sponge in the hole in the bottom, fill the pot with alternate layers of sand, charcoal, and small pebbles. The flower pot thus filled up may then be placed on a jar or other convenient vessel, into which the water can be received as it filters through. Never use hot water drawn from a lead pipe, but take the cold and heat it on the stove.

HOW TO USE COAL ECONOMICALLY.—The "*Scientific American*" says: There is a great want of intelligence regarding the burning of coal, and it is not to be expected that servants should know how to save it. The grate or range is stuffed so full that the oven-top is loaded with it, so the fire will not die out or need looking after; then the draft is opened, and the money, or what is the same, the heat, goes flying up the chimney. With a little forethought all this could be prevented, and a ton of coal made to last three months instead of one. A good bright fire can be steadily maintained with coal, with less trouble than with any other kind of fuel, but not by raking, poking, and piling in green fuel continually.

After breakfast the fire should be cleared of ashes, if there are any, and fresh fuel put on to fill the grate moderately. Let the oven damper be turned up so as to heat it, and leave the small top door open, more or less, according to the intensity of heat required. In this way air enters over the top of the fire, and maintains a far better combustion, and consequently greater heat than when the draft-dampers are thrown down. A washing can be done, or "ironing" accomplished, with one-third less coal than is generally thought necessary to use.

There is also great waste in throwing away half-burned coal under the supposition that it is cinders. One who has experimented with coal for twenty years, both in the house and under the boiler, writes:

In cleaning the grate in the morning, you will find there is a quantity of unburned coal, which has been externally subjected to combustion. It is covered with ashes, and looks to the inexperienced eye like cinder. It is often relentlessly dumped into the ash-box. The fact, in many cases, is, that the lump is only roasted on the outside, not even coked, and is in a better condition for igniting than the fresh coal. We have stated that coal is a *condensed* form of carbon. The superficially burned lumps, found in our grates or among our ashes, sufficiently prove this. But take a lump of anthracite coal from the fire, red-hot and all alive, throw it into the water until the ashes are washed from it, and it is black externally and cool. Take it out, and break it open with a hammer, and you will find it red-hot and glowing inside. This shows that time, and a plentiful supply of air, are necessary to burn coal, and that large amounts of what we call ashes and cinders are really excellent fuel.

To prove this fact, let any one carefully sift his ashes, throwing out the inevitable slate, which can be readily detected, and start his coal-fire on wood or charcoal, kindling his coal-fire with the savings. He will find that he can get a good bed of incandescent coal sooner than with green coal on the kindlings.

Never, whether rich or poor, suffer cinders or unburned bits of coal to be wasted in the ash-barrel. Measure for measure, they are worth more than coal. Save them, soak them, try them. Water renovates the coke, and wet cinders upon a hot coal-fire will make it hotter, and keep it so longer than fresh coal. Saving cinders is not meanness, it is economy.

FLAVORING EXTRACTS, FRUIT-JUICES, ETC.—The following directions for the preparation at home of extracts, etc., are contributed by a trustworthy and experienced dealer, and may be relied upon. Of flavoring extracts put up for the general market, almond and peach are seldom pure, and are sometimes even poisonous. The other kinds are less liable to be adulterated.

To prepare vanilla, take one ounce of fresh vanilla beans, cut fine, and rub thoroughly with two ounces granulated sugar, put in a pint bottle, and pour over it four ounces pure water, and ten ounces of ninety-five per cent. deodorized alcohol. Set in a warm place, and shake occasionally for fourteen days.

To prepare lemon, cut in small pieces the rinds of two lemons, put in a four-ounce bottle, and fill with deodorized strong alcohol, set in a warm place for a week; then put two drams fresh oil of lemon, four ounces of deodorized strong alcohol, and the juice of half a lemon, in a bottle of sufficient size to hold all; then strain in the tincture of lemon peel.

To make orange extract, use the rind and oil of orange, as directed for lemon.

To make rose extract, put one ounce of red rose leaves in one pint of deodorized alcohol, let stand eight days; press out the liquid from the leaves, and add it to a half dram of otto of roses.

Oils must be fresh and pure, or the extract will have a turpentine taste; and always use *deodorized* alcohol.

For fruit juices, select clean, ripe fruit, press out juice, and strain it through flannel; to each pint of juice, add six ounces pure granulated sugar; put in a porcelain kettle, bring to boiling point, and bottle while hot, in two or four ounce bottles.

Canned-fruit juice may be used in the same way. These juices are a perfect substitute for brandy, wine, etc., in all puddings, and sauces, etc

For gold coloring, take one ounce turmeric to two ounces alcohol.

To filter water and alcoholic solutions (not syrups), pass through filtering paper, folded in conical form, so as to set into a funnel (a half-pint glass funnel is best). The paper is kept at all drug stores.

THE NEW "PATENT PROCESS FLOUR."—In all markets the best and highest-priced flour is now known as the Minnesota "New Process." A few years ago the process was invented and first used in the young city of Minneapolis, which now exports nearly a million and a quarter barrels of flour yearly, and finds a market for it in every part of the United States and Europe. The wheat from which this flour is made, is the hard spring wheat, *raised in the extreme North*, that raised south of Minnesota and Dakota being inferior, and most of it not available for the best grades, while that raised on the line of the North Pacific, and in the rich valley of the Red River of the North, makes the very highest grades of flour. This hard wheat is first passed through rollers and mashed; then to the stones, which are run at a low rate of speed, and so dressed that the grinding is nearly all done near the outer edge of the stone, the "runner" being set high, so as not to heat the flour, but to leave it in hard, sharp globules. From this stone it is conveyed to a series of bolts, where the bran is separated, the softer and finer particles being passed through and put up as lower grades of flour, known as "All-Wheat Flour." The coarser particles and "middlings" are separated by this process, and conveyed to the purifiers, where they are thoroughly cleaned of all bran and impurities; after which, they go to the stones to be reground and rebolted, and thus made into the "New Process Flour." These middlings are mainly from the outer portion of the kernel, which lies immediately below the flinty and worthless husk (which goes off in bran), and is rich in the nutritious gluten—the nitrogenous principle of wheat which makes it rank first as a "force-producing" food. Before the introduction of this process, the stones were driven at a high rate of speed, and the wheat thoroughly ground by the first run through the mill, the flour coming out quite hot, and much of its strength lost by the heating. The comparative rate of speed may be known by the fact that only five bushels are ground per hour by the new process; while, with the old, from fifteen to eighteen would have been consumed. By the old process, the "middlings" made a second-rate dark flour; by the new, it is transformed into the best known to the trade.

That this flour is the most economical for use, there is no doubt among those who have tried it. The hard spring wheat makes a much stronger flour than any of the soft varieties of spring or winter wheat, because it contains a larger portion of gluten and less starch; and a given quantity will make from fifteen to twenty per cent. more loaves of bread of the same size and weight than the best winter wheat flour. This fact is what has given Minnesota bakers' grades their popularity. Another advantage possessed by this flour, especially for family use, is that bread from it does not become stale and dry as soon as that made from winter wheat, but retains its moisture and good table qualities much longer.

The following in regard to the New Process Flour is from George H.

Christian, Esq., who has spent years in studying the best methods in use in this country and Europe, and is the largest manufacturer in the United States:

"In regard to the economy of the New Process Flour, made from Minnesota spring wheat, it is claimed, and I believe has been established, that the best qualities will make forty or fifty pounds of bread to the barrel more than flour from the best quality of winter wheat. This is explained by its superior affinity for water which, being held in that much greater quantity in the bread, insures its keeping moist for a long time. Perhaps it might interest the scrupulous housewife to know that the New Process Flour is cleaner, all of the shell or bran being taken away before this kind of flour is made by the mill-stones. The authorities give the chemical analysis as 20 parts gluten, 50 parts starch, 10 parts dextrine, glucose, etc., 5 parts salts, fatty material, etc., and 15 parts water, for flour made from the best Minnesota spring wheat by the new process. The above percentage of gluten is nearly double that of flour made from the soft varieties of wheat (that of Minnesota is of the hard). Gluten is the most important compound of flour, and is the substance which renders the dough firm, and gives it sufficient consistency to hold the gases, generated by fermentation, long enough to make it rise well, and ensure a light palatable bread. It is well known also that bread from spring wheat is sweeter. The percentage of gluten in New Process Flour is more than in flour made of the same wheat by the old process."

KITCHEN UTENSILS.

The following is a list of the utensils needed in every well-furnished kitchen. Of course an ingenious housewife will make fewer do excellent service, but all these save time and labor, and make the careful preparation of food easier. In buying tinware and kitchen utensils generally, it is economy to purchase the best at first. The very best double plate tinware will last a lifetime, while the poor cheap kind will not last a year. The low-priced earthenware, particularly that which looks like the substance of a common brick when broken, is worthless. The solid, strong stoneware costs perhaps a quarter more, but it is worth ten times as much as the other. It is also much better for milk than tin.

WOODEN WARE.

One bread board.	One small paddle for coffee.
One rolling pin.	One treat-board.
One small spoon for stirring pudding-sauce.	One board upon which to cut bread, prepare vegetables, etc.
Two large spoons.	Three buckets for sugars.
One potato-pounder.	One chopping tray.
One lemon squeezer.	Two large and one small wash-tubs.
One wash-board.	One wringer.
One mush stick (hard wood).	

EARTHEN AND STONE WARE.

One crock, two gallon, for mixing cake.	One bean-pot.
Two crocks, one gallon each.	One bowl.
Two crocks, two quarts.	One bowl, four quarts.
Two three-gallon jars.	Three bowls, one quart.
Two two-gallon jars.	Three bowls, one pint each.
Two one-gallon jars.	One nest of three baking dishes, different sizes.
Two two-quart jars.	

TIN WARE.

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| One boiler for clothes, holding six gallons, with copper bottom or all copper. | der, as they are much more easily kept clean. |
| One milk strainer. | Three scoops of different size. |
| One bread-pan, holding five or six quarts. | Four bread-pans for baking. The smallest make the best-sized loaves, and will do for cake also. |
| One deep pan, for preserving and canning fruits. | Four jelly-cake pans. |
| One six-quart pan. | Four round and two long pie-pans. |
| One four-quart pan. | One 1½ inch deep for custard and cocoa-nut pies. |
| Two two-quart pans. | One coffee-pot. |
| Two one-quart pans. | One tea-pot. |
| Two dish pans. | One colander. |
| Two two-quart covered tin pails. | One large bread-grater. |
| One four-quart covered tin pail. | One small nutmeg-grater. |
| Two tin-lined sauce pans with covers, holding four quarts each, for boiling potatoes, cabbages, etc. | One wire-sieve. |
| Four cups with handles. | One hand sieve (quart measure). |
| Two pint molds, for rice, blanc-mange, etc. | One frying-basket. |
| Four half-pint molds. | One egg-beater. |
| One skimmer with handle. | One spice-box. |
| Two dippers of different size. | One pepper-box. |
| Two funnels, one for jugs and one for cruet. | One cayenne pepper-box. |
| One quart measure. | One pepper-box for salt. |
| One pint measure. | One biscuit-cutter. |
| Half-pint measure. | One potato-cutter. |
| One gill measure. | One dozen muffin-rings. |
| If possible, get these measures broad and low, instead of high and slender. | One soap-shaker. |
| | One tea-kettle with copper bottom or all copper. |
| | One wire spoon. |
| | One tea-cannister. |
| | One toasting-rack. |

IRON WARE.

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| One pair of scales. | Two spoons with handles of moderate length. |
| One pot, holding two gallons, with steamer to fit. | Two spoons with wooden handles. |
| One pot, holding three gallons, with close-fitting cover, for soup. | One griddle. |
| One preserving kettle, porcelain lined. | One broiler. |
| One deep frying-pan. | One waffle-iron. |
| One small frying-pan. | One toasting-rack. |
| Two sheet-iron dripping-pans of different sizes. | One large meat-fork. |
| One large turkey pan. | One jaggging-iron. |
| Two sets of gem pans. | One can-opener. |
| Two spoons with long handles. | One coffee-mill. |
| | One chopping-knife. |
| | Three flat-irons, two No. 8, and one No. 6. |

KITCHEN LUXURIES.

- MOLDS FOR JELLIES, ETC.—Are made of tin in various designs.
- A GRAVY-STRAINER, made of gauze wire, in the shape of a tunnel, is best.
- EGG-BEATER.—The best is the "Dover Egg-beater."
- PANCAKE-LIFTER.—Made with a broad flat blade, for turning pancakes.
- APPLE-CORER.—A tin tube, tapering slightly from one end to the other, for coring apples; may be made of any desired size.
- CAN-OPENER.—Several good ones are made, which are very cheap, and save time and trouble and knives in opening tin cans.

KNIFE FOR PEELING potatoes or fruit, which has a wire guard on the side of the blade to regulate the thickness of the paring.

LARDING-NEEDLES, for larding fowls, may be purchased at any house-furnishing store. A penknife may be used as a substitute.

WIRE BASKET FOR FRYING.—A basket of tinned wire which is lowered into hot fat with any article to be cooked by immersion in it.

SKEWERS, made of tinned wire, with a ring at one end to draw them by, are convenient and easily made.

POTATO CUTTER.—An instrument with an adjustable knife for slicing potatoes, for frying in hot lard. Costs half a dollar, and is a great convenience.

CREAM WHIPPER.—A small syringe with the bottom perforated with holes, through which the cream is forced back and forth until it becomes a froth. Costs twenty-five cents.

A DUST-PAN, with handle leaning down instead of up, so that the end will rest on the floor, tipping the blade slightly so that the edge will keep close to the floor to receive the dust, saves stooping down in sweeping.

POLISHER AND STAND.—A small neat stand, made of coppered iron, with a surface of emery (three extra emery pads go with each) for cleaning starch, etc., from flat-irons.

CUSTARD-KETTLE.—The best is an iron kettle with a strong handle, with a smaller kettle, also with handle, fitted inside of it, leaving space around the smaller one for water. The inside kettle is lined with block-tin. The custard-kettle is invaluable in cooking articles which are easily scorched.

COOKING UTENSILS.—The safest utensils for cooking are iron or porcelain lined. Tin-lined vessels, when only partly filled, often become so much heated that the tin is oxydized, and mingles with the food, and is an irritant poison.

SPICE CABINET.—A little bureau, about a foot high, with each drawer labeled outside, "nutmegs," "cloves," etc., and put up near where cakes, etc., are made. It costs little, probably about two dollars, and is a great convenience.

THE BAIN MARIÉ is an open vessel filled with hot, not boiling water, and set on back of stove or range. In this set tin stew-pans or cups with handles and tight covers, containing vegetables, sauces, and other articles that need to be kept warm.

FLOWER FORMS.—Forms in the shape of a circle, cross, anchor, or other fanciful device, may be made of tin, about one inch deep, in which to arrange flat bouquets in wet sand or water, for the table. Very small ones in initials may be made to designate the plate to which guests are assigned.

FISH-KETTLE.—An oblong kettle for boiling fish, which has a false bottom of perforated tin, with handles at either end. The fish is placed on this perforated tin, lowered into the kettle, boiled, and, when done, lifted out again, and gently slipped from the tin to the platter on which it is to be served.

TEA-KETTLE BOILER.—A long tapering tin dish, with a long handle, made to lower into the tea-kettle, and large enough at the top to fill the opening, and long enough to reach to the bottom. The cover of the tea-kettle may be used to put over it. It is used for cooking gruels, custards, etc., and serves as a steamer for puddings, brown bread, etc., for a small family.

JELLY-STAND.—Four upright posts about a foot high, set about a foot apart, and joined at top and bottom with rounds, as the legs of the chair are joined. This makes a frame, with which the jelly-bag (the top of which should be whipped over a strong wire) may be suspended by cords running from the wire in the top of the bag to each corner post. Pour in the jelly or soup, place a dish underneath, and allow to drain.

A KNIFE BOARD.—A board two feet long by one wide, with a half-inch strip fastened to the edge, and raised a little above it all round, to keep the sand from falling off. At one end fasten in some way a scouring brick (such as all grocers keep), and on the other tack a piece of buff leather, three by

seven inches. A few strokes over the leather after scouring gives a high polish.

STEAMING KETTLE.—A shallow pan with a perforated bottom, lowered its full length into a deep kettle. To steam vegetables, puddings, or in fact any thing that is usually cooked by immersion in hot water, put water in the deep kettle, place article in the perforated pan, cover closely, and keep the water boiling. It is impossible for any article so cooked to become water-soaked.

A **CLOTHES-LINE PROTECTOR** is not a new invention, but it can not be said to be in general use. It consists simply of a little box fastened to a post and inclosing a wheel and a crank, with which a hundred feet of line can be wound up in one minute. When the line is wanted, it can be run out with equal facility, and by a turn of the wheel can be tightened, then a catch holds it in its place.

A **TOASTER** is made of a sheet of tin large enough to contain six slices of bread. The edges are turned up about half an inch and bound with wire, and perforations are cut about two inches apart in the shape of a V through the bottom, and the sharp points turned up so as to penetrate and hold the bread in place. A stiff wire handle is fastened firmly to the middle of the back, so that the toaster is kept at the right angle before the fire, and, if it toasts too rapidly at top or bottom, it may easily be inverted.

THE KITCHEN GEM.—A kettle-shaped vessel made of tinned wire, to be filled with articles to be boiled, and lowered into another kettle which contains the water. It is provided with a bail by which to lift it out, and with projecting flanges which rest on the top of the outer kettle, touching neither the bottom or sides, so as to keep it suspended either in or over the water; when done, the cooked articles are lifted out in it. It is admirable for vegetables, for making soups (especially when the meat is to be served on the table), and for boiling eggs, as well as for steaming dumplings, puddings, etc.

CAKE-PAN.—The bottom and sides are not permanently attached, but when fastened together, are in the shape of an ordinary cake-pan. When the cake is done, by unfastening the hooks that join the two ends of the strips of tin that forms the sides of the pan, it opens and leaves the cake standing on the bottom of the pan, from which it is slipped on a plate without inverting, as is necessary with the old-style pan. The bottom is also provided with a movable stem, which may be taken off when using the dish for puddings, bread, etc.

BOSOM BOARD.—A board twenty inches long, and ten to twelve inches wide. The shirt is slipped over it and buttoned at the neck; at the other end of the board is a strip about an inch wide, fastened to the board by an arm at each end, running along the sides of the board. This strip is pushed down, one "flap" of the shirt drawn through between it and the end of the board, and then it is raised up so that its surface is again on a level with the board. It thus holds the shirt firmly in position while it is being ironed and polished.

OTHER CONVENIENCES.—Among these are a soup-kettle (with a double bottom); a polishing iron for shirts (or a substitute may be made by selecting your best iron, and rounding and polishing both ends); a jagg-iron, to mark and ornament paste for pies; a pair of good scales; a movable sink, set on very large, strong casters, which may be run into the dining-room to receive the dishes from the table and pushed out to the kitchen; for summer use, a gas-stove, or when gas is not used, a Houchin pocket cooking-stove, on which modest meals for a small family may be cooked without building a fire in the kitchen-stove. The latter is also useful for travelers, at camp-meetings, and in the sick-room for making toast, and keeping articles warm; a soap-shaker, a perforated oval tin box with a long handle, which, after a cake of soap has been placed in it, is shaken in the dish-water to make a suds; and a cast-iron soap-dish, which fastens on the side of the wash-tub, while washing with hard soap.

THE MANAGEMENT OF HELP.

In all families whose style of living demands help in the household duties, the management of servants is the great American puzzle. "Girls" come and go like the seasons, sometimes with the weeks. The one who is "such a treasure" to-day, packs her trunk and leaves her mistress in the lurch to-morrow, or, if she happens to have a conscience and works on faithfully, she becomes the mistress and runs the household in her own way, her employer living in mortal fear of offending and losing her. This state of things is due partly to the fact that all girls who go out to service, do so as a make-shift until they marry or obtain some more congenial work. Few of them have any ambition to do their work well, and few ever dream of making themselves a necessity in the family, becoming a part of it, sharing its joys and sorrows, and so establishing that honorable and close relation which exists between servants and families in Europe. Here, it is so much work for so much pay, and no bond of sympathy or attachment is allowed to spring up on either side. Another cause is the fact that too many American women, who ought to know better, regard work as degrading, instead of positively elevating and ennobling when it is well and conscientiously done. Is it wonderful that "girls" catch something of this vicious sentiment, and that it poisons their minds with false views of life, until they look upon their work as brutal drudgery, and strive to do as little of it as they possibly can and collect their wages?

Perhaps the reason why girls prefer situations in stores, or shops, or even factories, to housework, is that their work there is confined to certain hours, after which they are free, and it is quite possible that an arrangement which would give the domestic certain hours of the day for her own, would work a reform; or still better, certain reasonable tasks might be allotted her to do after which she would be free.

The fixed wages which prevail in most cities and towns offer no inducement for the "girl" to try to become skillful or expert at her work. Among men the best, neatest, and most skillful workman commands the largest pay, but the "girl" who is a superior cook, or maid of all work, gets only the same wages paid to a bungler who lives next door. Such a thing as a combination among ladies who employ help, to grade wages and protect each other from the imposition of untidy, dishonest, or indolent "girls," has never been made, and perhaps, indeed, it is no more called for than a combination of "girls" to protect themselves from lazy, tyrannical, or too exacting mistresses. Certain it is that the whole system by which domestics are hired and serve is demoralized beyond any speedy reform. All that any individual

can do is to remedy its evils so far as is possible in her own family. In employing a new domestic, there should be the utmost frankness. She ought to be fully informed as to what she is expected to do, what her wages will be, and how paid, and what privileges will be granted. If she is not pleased, let her depart without regret. If you engage her, let her understand first and always that you are mistress, and claim the right to have the work done in your way, which, if you are as skillful a housewife as you ought to be, you will be able to show her is the best way. The mistress ought always to be able to do every thing better and quicker than any domestic ever dared think of doing it. If she gives orders which betray her ignorance, she may as well resign her scepter at once in shame and humiliation. No mistress who does not know how to do work herself can ever be just to her help; and even when she is a thorough housekeeper, a turn in the kitchen for a day or two will often be like a new revelation to her.

Above all, the utmost kindness should be shown, and the mistress of the house should always be mistress of her temper. She should put herself in the "girls'" place, and apply the golden rule in all dealings with her. Give unqualified praise when deserved, but never scold. If any thing is done improperly, take some proper time and have it done correctly, again and again if necessary. Give domestics all the privileges possible, and when obliged to deprive them of any customary indulgence, make it up soon in some other way. Never to find fault at the time an error is committed, if in the least irritated or annoyed, is an invaluable rule in the management of domestics or children, and indeed in all the relations of life. A quiet talk after all feeling has subsided, will do wonders toward reform, while a sharp and bitter rebuke would only provoke to further disobedience. It is especially important and right to respect religious and conscientious scruples, no matter how light and misguided they may seem. To cherish what beliefs she pleases is an inalienable right. The care for the comfort and attractiveness of the domestic's room is also a duty which every generous mistress will cheerfully look after. The servant who is tucked away in a gloomy attic, unfinished, uncarpeted, and uncurtained except by cobwebs, with the hardest bed and the meanest bed-clothing in the house, can hardly be expected to be neat and tidy in her personal habits. But, after all, it will be impossible to secure and keep really good "girls" unless they can be won into sympathy and attachment to the family, so that they will regard themselves as a part of it, with a future identified with its fortunes. To do this, the mistress must respect her maid as a sensitive woman like herself, and not class her as a mere drudge of an inferior order of creation. She must recognize the fact that character, and not station or wealth, make the lady, and that it is possible for those who serve to respect themselves. She must let her domestics see that she does not consider their work degrading, but honorable, and that she does not for a moment expect them to regard it in any other light. Above all, she must never show them, by word, look, or action, that she "looks down" on them because of their work. By the cultivation of such amenities as these, the house may really be made a *home* for the domestic as

well as the family, and the mistress who has accomplished this may well congratulate herself on having escaped the worst and most perplexing ills of the life of the American housewife. In her efforts to bring about such a result, she may confidently count on meeting many cases of incompetence, stupidity, and even ingratitude, but the experiment itself is in the right direction; and if it fails of complete success, can not be wholly without good results.

HINTS TO THE EMPLOYED.

Be neat in person and dress.

Keep your hands clean and hair tidy.

Do not waste time in gadding about and gossip.

Be quiet, polite and respectful in your manners.

Tell the truth always, but especially to children.

Do not spend your money foolishly in gewgaws of dress.

Always follow your mistress' plan of work, or explain why you do not.

Keep your room neat and orderly, and make it as attractive as possible.

Do not waste any thing. To waste carelessly is almost as wrong as to steal.

Never tell tales out of the family, or repeat in one what you have seen in another.

Never break a promise to children, and do not frighten them with stories, or help them to conceal wrong-doing.

Remember that there is nothing gained by slighting work. Doing every thing as well as possible always saves labor in housekeeping.

Remember that the best and most faithful girls command the highest wages, get the easiest and best places, and never are out of employment.

In engaging a new place, have a clear understanding as to wages, work, and the evenings and time you are to have. It may save trouble afterwards.

Learn from books or from those who have had more experience, the best way of doing work, and plan to do it, with as much system and few steps as possible.

Don't change employers. There are trials in every place, and it is better to put up with them, and make them as light as possible, than to change to new ones.

If your mistress scolds and loses *her* temper, be sure and control *yours*. If you feel that you are wronged, talk quietly and kindly after the storm has blown over.

Instead of trying, as many do, to see how little you can do and get your wages, try to see how pleasant and useful you can be as a member of the family. Work for its interests and happiness, lighten its burdens, be ready to give help when it is needed, even if it is out of your own line of work, and try to win the esteem and love of all by cheerfulness, kindness, truthfulness, and the practice every day of the golden rule.

Above all, do not think your work degrading. No work is more honorable. The happiness and health of the family depends on you, and no lady or gentleman will "sight" you or "look down" on you because you work. You need not be on the lookout for slights unless you are vain, or lazy, or slovenly, or dishonest. Whoever looks down on you because you do honest work conscientiously and well, is a fool, and not worth minding.

HINTS ABOUT MARKETING.

Very few housekeepers understand how to select meats wisely or how to buy economically. Most trust the butcher, or buy at hap-hazard, with no clear understanding of what they want, and no consideration at all for economy; and yet a little knowledge of facts, with a moderate amount of experience and observation, will enable any one to buy both intelligently and economically. It is best, when possible, to buy for cash. Ready money always commands the best in the market, at the lowest prices. It is also better to buy of the most respectable regular dealers in the neighborhood, than of transient and irresponsible parties. Apparent "bargains" frequently turn out the worst possible investments. If a dealer imposes on you, drop him at once. Meat should always be wiped with a dry, clean towel as soon as it comes from the butcher's, and in loins the pipe which runs along the bone should be removed, as it soon taints. Never buy bruised meat.

When found necessary to keep meat longer than was expected, sprinkle pepper, either black or red, over it. It can be washed off easily when ready for cooking. Powdered charcoal is excellent to prevent meat from tainting. Meat which has been kept on ice must be cooked immediately, but it is much better to place meats, poultry, game, etc., by the side of, not on, ice, as it is the cold air, not the ice, which arrests decay. All meats except veal, are better when kept a few days in a cool place.

BUYING BEEF, select that which is of a clear cherry-red color after a fresh cut has been for a few moments exposed to the air. The fat should be of a light straw color, and the meat marbled throughout with fat. If the beef is immature, the color of the lean part will be pale and dull, the bones small, and the fat very white. High-colored, coarse-grained beef, with the fat a deep yellow, should be rejected. In corn-fed beef the fat is yellowish, while that fattened on grasses is whiter. In cow-beef the fat is also whiter than in ox-beef. Inferior meat from old or ill-fed animals has a coarse, skinny fat and a dark red lean. Ox-beef is the sweetest and most juicy, and the most economical. When meat pressed by the finger rises up quickly, it is prime, but if the dent disappears slowly, or remains, it is inferior in quality. Any greenish tints about either fat or lean, or slipperiness of surface, indicates that the meat has been kept so long that putrefaction has begun, and, consequently, is unfit for use, except by those persons who prefer what is known as a "high flavor." Tastes differ as to the choice cuts, and butchers cut meat differently. The tenderloin, which is the choicest piece, and is sometimes removed by itself, lies under the short ribs and close to the backbone, and is usually cut through with the porterhouse and sirloin stakes. Of these the porterhouse is generally preferred, the part nearest the thin bone being the sweetest. If the tenderloin is wanted, it may be secured by buying an edgebone steak, the remainder of which, after the removal of the tenderloin, is equal to the sirloin. The small porterhouse

steaks are the most economical, but in large steaks, the coarse and tough parts may be used for soup, or, after boiling, for hash, which, in spite of its bad repute, is really a very nice dish when well made. A round steak, when the leg is not cut down too far, is sweet and juicy, the objection being its toughness, to cancel which it may be chopped fine, seasoned, and made into breakfast croquettes. There is no waste in it, and hence it is the most economical to buy. The interior portion of the round is the tenderest and best. Porterhouse is cheaper than sirloin, having less bone. Rump steak and round, if well pounded to make them tender, have the best flavor. The best beef for *a la mode* is the round; have the bone removed and trim off all the gristle. For corned beef, the round is also the best. The roasting pieces are the sirloin and the ribs, the latter being most economical at the family table, the bones forming an excellent basis for soup, and the meat, when boned and rolled up (which should be done by the butcher), and roasted, being in good form for the carver, as it enables him to distribute equally the upper part with the fatter and more skinny portions. A roast served in this way, if cooked rare, may be cooked a second or even a third time. The best beef roast is (for three) about two and a half or three pounds of porterhouse. Two or three pounds is a great plenty for three. There are roasts and other meats equally good in the fore-quarter of beef, but the proportion of bone to meat is greater.

VEAL is best from calves not less than four nor more than six weeks old. If younger it is unfit for food, and if older the mother cow does not furnish enough food, and it is apt to fall away; besides, the change to grass diet changes the character of the flesh, it becoming darker and less juicy. The meat should be clear and firm, and the fat white. If dark and thin, with tissues hanging loosely about the bone, it is not good. Veal will not keep so long as an older meat, especially in hot or damp weather, and when going the fat is soft and moist, the meat flabby and spotted, and inclined to be porous like a sponge. The hind-quarter is the choicest joint. It is usually divided into two parts, called the "loin" and the "leg." When the leg is large, it is divided into two joints, and the thin end is called the "kidney end," and the other the "thick end." From the leg is cut the "fillet" and "veal cutlets." The "knuckle of veal" is the part left after the "fillets" and "cutlets" are removed. Many prefer the "breast of veal" for roasting, stewing, pies, etc. It may be boned so as to roll, or a large hole may be cut in it to make room for the stuffing. The neck of veal is used for stewing, fricassee, pies, etc. Veal chops are best for frying; cutlets are more apt to be tough. Veal should be avoided in summer. Though veal and lamb contain less nutrition, in proportion to their weight, than beef and mutton, they are often preferred to these latter meats on account of the delicacy of their texture and flavor.

SWEET-BREADS, if properly cooked, make one of the most delicate dishes that can be put upon the table; but some care must be taken in selecting them, as there are two kinds, and it is only one kind that is very good. That one is found in the throat of the calf, and when fresh and in perfection it is plump, white and fat. The other, which does very well for croquettes, or any dish where it may be chopped, lies below the diaphragm, and is really the pancreas. However the sweet-breads may be cooked, they should be always first soaked for three hours in cold water, which should be two or three times changed; then they should be put into boiling water for half an hour or longer, if that does not make them firm; then they may be dried in a towel, and pressed flat by putting them between two pans or boards, with a pressing-iron or other weight on top.

MUTTON should be fat, and the fat clear, hard and white. Beware of buying mutton with flabby, lean and yellow fat. An abundance of fat is a source of waste, but as the lean part of fat mutton is much more juicy and tender than any other, it should be chosen. The longer mutton is hung before being cooked, provided it does not become tainted, the better it is.

If a saddle or haunch of mutton is washed with vinegar every day, and dried thoroughly after each washing, it will keep a good while. In warm weather pepper and ground ginger rubbed over it will keep off flies. The leg has the least fat in proportion to weight, next is the shoulder. The least proportion of bone is in the leg. After the butcher has cut off all he can be persuaded to remove, you will still have to trim it freely before broiling. The lean of mutton is quite different from that of beef. While beef is a bright carnation, mutton is a deep, dark red. The hind-quarter of mutton is best for roasting. The ribs may be used for chops, and are the sweeter; but the leg chops are the most economical, as there is much less bone, and no hard meat, as on the ribs. For mutton roast, choose the shoulder, the saddle, or the loin or haunch. The leg should be boiled. Small rib chops are best for broiling; those cut out from the leg are generally tough. Mutton cutlets to bake are taken from the neck. Almost any part will do for broth. As much of the fat should be removed as practicable; then cut into small pieces and simmered slowly until the meat falls to pieces. Drain off and skim off any remaining fat, and thicken with rice or vermicelli. Mutton is in season at any time, but is not so good in autumn.

TONGUE.—Beef's tongue, lamb's and sheep's tongue, pig's tongue, can all be procured of the butchers, and they are all prepared in the same way. Calf's tongue is considered best, but it is usually sold with the head; beeve's tongues are what is referred to generally when "tongue" is spoken of. Lamb's tongues are very nice. In purchasing tongues, choose those which are thick, firm, and have plenty of fat on the under side.

TO SELECT HAMS.—The best hams, whether corned or cured and smoked, are those from eight to fifteen pounds in weight, having a thin skin, solid fat, and a small, short, tapering leg or shank. In selecting them, run a knife along the bone on the fleshy side; if it comes out clean the ham is good, but if the knife is smeared it is spoiled. Hams may be steamed, being careful to keep the water under the steamer boiling, and allow twenty minutes to the pound. When done, brown slightly in the oven.

PORK.—Great care must be taken in selecting pork. If ill-fed or diseased, no meat is more injurious to the health. The lean must be fine-grained, and both fat and lean very white. The rind should be smooth and cool to the touch. If clammy, be sure the pork is stale, and reject it. If the fat is full of small kernels, it is an indication of disease. In good bacon the rind is thin, the fat firm, and the lean tender. Rusty bacon has yellow streaks in it. Fresh pork should seldom be eaten, and never except in the fall and winter.

LAMB is good at a year old, and more digestible than most immature meats. "Spring Lamb" is prized because unseasonable. It is much inferior to the best mutton. The meat should be light red and fat. If not too warm weather, it ought to be kept a day or two before cooking, but it does not keep well. It is stringy and indigestible if cooked too soon after killing. The fore-quarter of lamb, if not fresh, the large vein in the neck, which should be blue, will be greenish in color. If the hind-quarter is stale, the kidney-fat will have a slight smell.

GAME AND POULTRY.

To preserve game and poultry in summer, draw as soon as possible after they are killed, wash in several waters, have in readiness a kettle of boiling water, plunge them in, drawing them up and down by the legs, so that the water may pass freely through them, do this for five minutes, drain, wipe dry, and hang in a cold place; when perfectly cold, rub the insides and necks with pepper, prepared in this way, they will keep two days in warm weather; when used wash thoroughly. Or wash well in soda-water, rinse in clear water, place inside several pieces of charcoal, cover with a cloth, and hang in a dark, cool place. The most delicate birds can be preserved in this

way. If game or poultry is at all strong, let it stand for several hours in water with either soda or charcoal; the latter will sweeten them when they are apparently spoiled. English or French cooks, however, never wash poultry or game in dressing, unless there is something to wash off. With skillful dressing, none is necessary on the score of cleanliness, and much washing tends to impair the fine flavor, especially of game. In all game and poultry the female is the choicer.

Sportsmen who wish to keep prairie-chickens, pheasants, or wild fowl in very hot weather, or to ship long distances, should draw the bird as soon as killed, force down the throat two or three whole peppers, tying a string around the throat above them, sprinkle inside a little powdered charcoal, and fill the cavity of the body with very dry grass. Avoid green or wet grass, which "heats" and hastens decay. If birds are to be shipped without drawing, force a piece of charcoal into the vent, and tie a string closely around the neck, so as to exclude all air, and make a loop in string to hang up by. Prepared in this way, they will bear shipment for a long distance.

DUCKS.—Young ducks feel tender under the wings, and the web of the foot is transparent; those with thick, hard breasts are best. Tame ducks have yellow legs; wild ducks, reddish ones.

GEESE.—In young geese, the bills and feet are yellow and supple, and the skin may be easily broken; the breast is plump, and the fat white; an old goose has red and hairy legs, and is unfit for the table.

WILD DUCKS, if fishy and the flavor is disliked, should be scalded for a few minutes in salt and water before roasting. If the flavor is very strong, the duck may be skinned, as the oil in the skin is the objectionable part. After skinning, spread with butter, and thickly dredge with flour, before putting in a very quick oven.

GAME.—In pheasants and quails, yellow legs and dark bills are signs of a young bird. They are in season in autumn. Pigeons should be fresh, fat and tender, and the feet pliant and smooth. In prairie-chickens, when fresh, the eyes are full and round, not sunken; and, if young, the breast-bone is soft and yields to pressure. The latter test also applies to all fowls and game birds. Plover, woodcock, snipe, etc., may be chosen by the same rules.

TURKEYS are in season in fall and winter, but deteriorate in the spring. Old turkeys have long hairs, and the flesh is purplish when it shows under the skin on legs and back; when good, they are white, plump, with full breast and smooth, black legs; and, if male, soft, loose spurs. The eyes are bright and full, and the feet are supple, when fresh. The absence of these signs denotes age and staleness. Hen turkeys are inferior in flavor, but are smaller, fatter and plumper. Full-grown turkeys are best for boning or boiling, as the flesh does not tear in dressing.

CHICKENS, when fresh, are known by full, bright eyes, pliable feet, and soft, moist skin. Young fowls have a tender skin, smooth legs and comb, and the best have yellow legs. In old fowls, the legs are rough and hard. The top of the breast-bone of a young fowl is soft, and may be easily bent with the fingers; and the feet and neck are large in proportion to the body. The best fowls are fat, plump, with skin nearly white, and the grain of the flesh fine. Old fowls have long, thin necks and feet, and the flesh on the legs and back has a purplish shade. Fowls are always in season.

VENISON.—The choice of venison should be regulated by the fat, which, when the venison is young, should be thick, clear and close, while the meat is a reddish brown. As it always begins to taint first near the haunches, run a knife into that part; if tainted, a rank smell and a greenish appearance will be perceptible. It may be kept a long time, however, with careful

management and watching, by the following process: Wash it well in milk and water, and dry it perfectly with a cloth until there is not the least damp remaining; then dust ground pepper over every part. This is a good preservative against the fly. The flesh of a female deer, about four years old, is the sweetest and best of venison.

FISH.

When fresh, the eyes of fish are full and bright, and the gills a fine clear red, the body stiff and the smell not unpleasant. Mackerel must be lately caught, or it is very indifferent fish, and the flavor and excellence of salmon depends entirely on its freshness. Lobsters, when freshly caught, have some muscular action in their claws which may be excited by pressing the eyes. The heaviest lobsters are the best. The male is thought to have the highest flavor, the flesh is firmer, and the shell has a brighter red, and is considered best during the Fall and Spring; it may be readily distinguished from the female, as the tail is narrower, and the two uppermost fins, within the tail, are stiff and hard; those of the female are soft, and the tail broader. The latter are prepared for sauces on account of their coral, and are preferred during the summer, especially in June and July. The head is used in garnishing, by twisting it off after the lobster has been boiled and become cold. Lobsters ranging from four pounds are most delicate. If crabs are fresh, the eyes are bright, the joints of the legs are stiff, and the inside has an agreeable smell. The heaviest are the best, the light ones being watery. Scallops are not much used; when fresh, the shell closes tight; hard-shell clams are also closed tight when fresh. Soft-shell clams are good only in cold weather, and should be fresh. Oysters, if alive and healthy, close tight upon the knife. They are good from September to May.

In fresh-water fish, the same signs of freshness are good tests. Of course, it is impossible to name all the excellent varieties, as they differ with the locality. In the South is the shad, the sheep's-head, the golden mullet and the Spanish mackerel, in the North-west the luscious brook trout, and the wonderful and choice tribes that people the inland lakes. Among the best of the fresh-water fish, sold generally in the markets of the interior, are the Lake Superior trout and white fish, and, coming from cold waters, they keep best of all fresh-water fish; the latter is the best, most delicate, and has fewer bones, greatly resembling shad. The wall-eyed pike, bass and pickerel of the inland lakes are also excellent fish, and are shipped, packed in ice, reaching market as fresh as when caught, and are sold at moderate prices. California salmon is also shipped in the same way, and is sold fresh in all cities, with fresh cod and other choice varieties from the Atlantic coast, but the long distance which they must be transported makes the price high. The cat-fish is the staple Mississippi River fish, and is cooked in various ways. Lake Superior trout are the best fresh fish for baking. All fish which have been packed in ice should be cooked immediately after removal, as they soon grow soft and lose their flavor. Stale fish must never be eaten. Fresh fish should be scaled and cleaned properly on a dry table, and not in a pan of water. As little water should be used as is compatible

with perfect cleanliness. When dressed, place near ice until needed, then remove and cook immediately. If frozen when brought from market, thaw in ice-cold water. Fresh cod, whiting, haddock, and shad are better for being salted the night before cooking them, and the muddy smell and taste of fresh-water fish is removed by soaking, after cleaning, in strong salt and water.

Eels must be dressed as soon as possible, or they lose their sweetness; cut off the head, skin them, cut them open, and scrape them free from every string. They are good except in the hottest summer months, the fat ones being best. A fine codfish is thick at the back of the neck, and is best in cold weather. In sturgeon, the fish should be white, the veins blue, the grain even and the skin tender.

The best salt mackerel for general use are "English mess," but "bloaters" are considered nicer. In selecting always choose those which are thick on the belly and fat; poor mackerel are always dry. The salt California salmon are excellent, those of a dark rich yellow being best. To freshen, place *with scale side up*. Salmon boiled and served with egg sauce or butter dressing is nice. No. 1 white fish is also a favorite salt fish, and will be found in all markets.

A good deal of sturgeon is put up and sold for smoked halibut. The skin of halibut should be white; if dark it is more likely to be sturgeon. Smoked salmon should be firm and dry. Smoked white fish and trout are very nice, the former being a favorite in whatever way dressed. Select good firm whole fish. White fish is very nice broiled. Each of the above is better than herring.

VEGETABLES.

All vegetables snap crisply when fresh; if they bend and present a wilted appearance, they are stale. If wilted, they can be partly restored by being sprinkled with water, and laid in a cool, dark place.

Potatoes are good with all meats. With poultry they are best mashed. Sweet potatoes are most appropriate to roasts, as are onions, winter squash, and asparagus.

Carrots, parsnips, turnips, greens, and cabbage are eaten with boiled meat, and corn, beets, pease, and beans are appropriate to either boiled or roasted meat. Mashed turnip is good with roasted pork and with boiled meats.

Tomatoes are good with every kind of meat, but especially so with roasts; apple sauce with roast pork, and cranberry sauce with beef, fowls, veal and ham.

Currant jelly is most appropriate with roast mutton and venison,

Pickles are good with all roast meats, and capers or nasturtiums with boiled lamb or mutton.

TURNIPS are not nutritious, being ninety per cent. water, but an excellent food for those who are disposed to eat too much, as they correct constipation.

TOMATOES are generally regarded as wholesome. The medium-sized smooth ones are best.

CAULIFLOWERS are best when large, solid and creamy. When stale the leaves are wilted and show dark spots.

CELERY stalks should be white, solid and clean. Celery begins in August, but it is better and sweeter after frost.

EGG-PLANT should be firm but not ripe. The large purple oval-shaped kind, is best.

MUSHROOMS are dangerous things for the inexperienced to buy, and should be let alone.

PEASE should be bought in pods and should feel cool and dry. If pods are rusty or spotted, they are too old to be good.

POTATOES.—Select those of medium size, smooth, with small eyes. To test, cut off a piece of the large end; if spotted, they are unsound. In the spring, when potatoes are beginning to sprout, place a basket of them in a tub, pour *boiling* water over them; in a moment or two take out and place in sun to dry (on the grass is a good place), and then return to cellar. If they have sprouted too much it is best to first rub them off.

BERRIES.—Morning is the best time to eat fruit, and fresh fruit is then in the best condition to be eaten. When berries of any kind can be got fresh with the morning dew, fill the finest glass dish, adding a few fresh leaves, for a center-piece, on the breakfast table. Serve in saucers accompanied with fine white sugar (pulverized is the best and most economical for all purposes) and fresh cream if you have it, but never substitute skim milk. The berries will be very nice with only sugar. There is a vast difference between fruit with cream and fruit with milk. Cream is easily digested and slow to sour, while just the contrary is true of milk after the cream has been removed. Yet we have known people to live after eating strawberries and buttermilk, and we have also known people to die after eating hot apple dumplings and cold milk. If you happen to be the fortunate possessor of a berry patch, let the children go out before breakfast and pick and eat. Properly trained children will not abuse this privilege.

GROCERIES.

SAGO.—The small white sago, called "pearl," is best.

RAISINS should be bought in small quantities; small boxes are best.

RICE.—The Southern rice cooks much quicker, and is nicer than the Indian rice.

MACARONI.—Good macaroni is of a yellowish color, does not break in cooking and yields four times its bulk.

CHEESE, which feels soft between the fingers, is richest and best, and should be kept in a box in a cool dry place.

CORN MEAL does not keep well and should be bought in small quantities. South the white meal is used, and North the yellow is the favorite. Corn is a heat producer and is a useful winter diet.

VINEGAR, which is made of wine or cider, is the best. Buy a keg, or half barrel of it, and set it in the cellar, and then keep a supply for the casters in a junk bottle in the kitchen. If too strong, vinegar will "eat" pickles.

HARD SOAP should be bought in large quantity, and laid to harden in bars piled on each other. Hard soap is more economical than soft, as it is not so easily wasted.

SPICES AND PEPPER should be ground fine, and put in large-mouthed glass bottles, or kept in tin cans, in a dry place. Avoid bright *red peppers, spices, and sauces*.

STARCH may also be bought in large quantities at a considerable discount from the retail price, which, in a large family, makes a difference in the yearly expenses. The best starch is the most economical.

BUCKWHEAT MEAL, RICE AND HOMINY should be purchased in small quantities, and kept in covered kegs or tubs. Several of these articles are infested with black insects, and an examination should be occasionally made for them.

LARD.—The best lard is made from leaf fat which adheres to the ribs and belly of the hog. This is known as leaf lard. Most lard is, however, made

of both leaf fat and meat fat, the latter cut into small pieces and rendered. Good lard should be white, solid, and without any disagreeable smell.

Eggs.—To determine the exact age of eggs, dissolve about four ounces of common salt in a quart of pure water and then immerse the egg. If it be only a day or so old, it will sink to the bottom of the vessel, but if it be three days old it will float in the liquid; if more than five it comes to the surface, and rises above in proportion to its increased age.

SALT must be kept in the *driest* place that can be found. The best for table use is put up in boxes, but if a quantity be purchased, it should be stored in a glass jar, and closely covered. When it becomes damp in the salt-stands, it should be set by the fire to dry, and afterwards reduced to fine powder again.

COFFEE AND TEA can be bought with advantage in considerable quantities. Coffee improves by age if kept in a dry place, as it loses its rank smell and taste. Several cents a pound may be saved by buying a bag of coffee or half chest of tea. Tea loses its flavor if put up in paper, and should be kept in glass or tin, shut tight. Coffee should be kept by itself, as its odor affects other articles.

ARROWROOT, TAPIOCA SAGO, PEARL-BARLEY, AMERICAN ISINGLESS, MACARONI, VERMICELLI, AND OAT-MEAL, are all articles which help to make an agreeable variety, and it is just as cheap to keep a small quantity of each as it is to buy a large quantity of two or three articles. Eight or ten pounds each of these articles of food can be kept in covered jars or covered wooden boxes, and then they are always at hand when wanted. All of them are very healthful food, and help to form many delightful dishes for desserts.

SUGARS.—Buy sugars for various purposes as follows:

For baked custard, mince pie, squash pie, fruit cake, gingerbread, most Indian puddings, use brown sugar.

For all light-colored cakes, icing, floating island, blanc-mange, méringues, whips, use powdered sugar.

For pudding sauce, use powdered or brown sugar.

For sweetmeats, jelly, and raspberry vinegar, use granulated sugar.

FLOUR should be bought in small quantities, and the best is cheapest. The test of quality is given under bread. Flour is peculiarly sensitive to atmospheric influence, hence it should never be stored in a room with sour liquids nor where onions or fish are kept, nor any article that taints the air of the room in which it is stored. Any smell perceptible to the sense will be absorbed by flour. Avoid damp cellars or lofts where a free circulation of air can not be obtained. Keep in a cool, dry, airy room, and not exposed to a freezing temperature nor to intense summer or to artificial heat for any length of time above 70 to 72 degrees Fahrenheit. It should not come in contact with grain or other substances which are liable to heat. Flour should be sifted and the particles thoroughly disintegrated, and then warmed before baking.

DRESSING POULTRY FOR MARKET.—Secure plump, well fattened fowls. Do not feed for at least 24 hours before killing. Open the veins of the neck and bleed freely—this is the best mode of killing. Scald enough to make the feathers come off easily, picking both feathers and pin feathers off nicely. Be careful not to bruise or break the skin in any way, because it injures the sale. Leave all the entrails in, and head and feet on. Immediately after they are dressed, dip once in boiling hot water, letting them remain in about ten seconds; then dip into ice-cold water, allowing them to remain in the same length of time, then hang in a cool place where they will dry before packing. Ducks should be treated same as fowls or chickens. Pack in boxes or barrels in nice, clean rye or oat straw. Boxes holding from 100 lbs. to 200 lbs. are the most desirable style of packages. Pack with breasts down, using straw between each layer.

Be sure to pack solid, so they will not bruise on the way. Poultry prepared in this way will meet with a ready sale, while poorly dressed, sweaty

(caused by being packed while warm) and bruised lots will not sell at any time. Large, fat, dry picked turkeys and chickens sell well. They should be picked at once after killing, and hung up until the animal heat is entirely out before packing. Remember, it is the appearance of goods that sells them. Nice, large, fat, plump turkeys, chickens, ducks, or geese, always bring outside prices.

The best time to ship.—Any time after the tenth of November, so as to reach market by Wednesday or Thursday of each week. If sent for the holidays, they should arrive at least three days before Thanksgiving, Christmas or New Year's. Keep the largest turkeys for New Year's. Geese sell best at Christmas.

FUEL.

WOOD.—A table showing the comparative value of various woods is given with the table of weights and measures. That cut from the body of a mature tree is best.

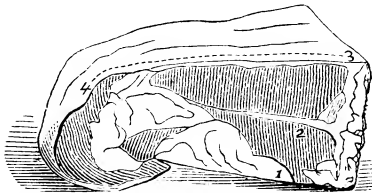
SOFT COAL.—The objection to soft coal is the dust that arises from it, and the unpleasant smell of the gases of combustion. There is a great difference in the quality of soft coals from different mines, and it will be easy to learn the best varieties in the local market.

HARD COAL.—Bad coal has flat, dull pieces in it which remain hard, heavy and whitish when burned, called "bone." If in a scuttle full of coal weighing twenty-five pounds, a half pound of these white pieces are found, the coal is not good. Coal is pronounced good if it breaks at right angles firmly and with a bright fracture. If it shatters or is full of dull pieces, it is poor in quality. There is a vast difference in hard coal, a difference which few understand.

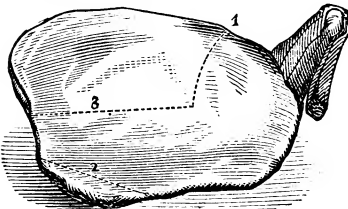
CARVING.

It is no trifling accomplishment to carve well, and both ladies and gentlemen ought to so far make carving a study that they may be able to perform the task with sufficient skill at least to prevent remark. There are no real difficulties in the way of mastering the accomplishment; knowledge simply is required. All displays of exertion are in bad taste, because they indicate a want of ability on the part of the carver, or are a strong indication of the toughness of the roast or the age of the bird. A good knife of moderate size and great sharpness is a necessity. Fowls are easily carved, and in roasts such as loins, breasts, fore-quarters, etc., the butcher should always have instructions to separate the joints. The platter should be placed so near to the carver that he has full control over it; if far off nothing can prevent an ungraceful appearance. In carving a turkey, place the head to the right, cut off the wing nearest you first, then the leg and second joint; then slice the breast until a rounded, ivory-shaped piece appears; insert the knife between that and the bone and separate them; this part is the nicest bit of the breast; next comes the "merry-thought." After this, turn over the bird a little, and just below the breast you will find the "oyster," which you can separate as you did the inner breast. The side bone lies beside the rump, and the desired morsel can be taken out without separating the whole bone. Proceed in the same way upon the other side. The fork need not be removed during the whole process. An experienced carver will dissect a fowl as easily as you can break an egg or cut a potato. He retains his seat, manages his hands and elbows artistically, and is perfectly at his ease. There is no difficulty in the matter; it only requires knowledge and practice, and these should be taught in the family, each child taking his turn. Chickens and partridges are carved in the same way. The trail of a woodcock on toast is the choicest bit of the bird; also the thigh of a partridge.

A fillet of veal is cut in thin, smooth slices off the top, and portions of the stuffing and fat are served to each. In cutting a breast of veal, separate the breast and brisket, and then cut them up.



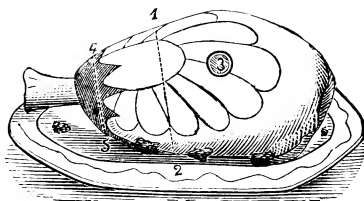
1 to 2, through the tenderloin.



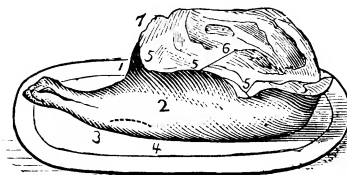
SIRLOIN OF BEEF.—In carving beef, mutton, lamb, and veal, thin, smooth, and neat slices are desirable—*cut across the grain*, taking care to pass the knife through to the bones of the meat. There are two modes of helping a sirloin of beef; either by carving long, thin slices from 3 to 4, and helping it with a bit of the fat underneath the ribs, or by cutting thicker slices, from

SHOULDER OF MUTTON.—A shoulder of mutton should be cut down to the bone, in the direction of the line 1, and then thin slices of lean taken from each side. The best fat is found at 2, and should be cut in thin slices in that direction. Several tempting slices can be cut on either side of the line 3, and there are nice bits on the under side near the flap.

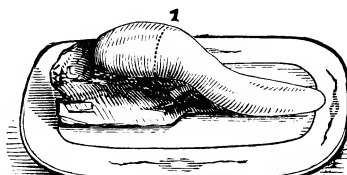
HAM.—A ham may be carved in three ways: First, by cutting long, delicate slices, through the thick fat from 1 to 2, down to the bone; secondly, by running the point of the knife in the circle in the middle, and cutting thin circular slices, thus keeping the ham moist; and last, and most economically, by beginning at the knuckle, 4-5, and slicing upward.



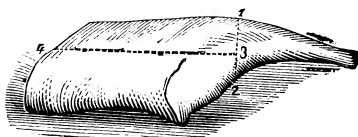
LEG OF MUTTON.—In carving a leg of mutton the best slices are obtained from the center, by cutting from 1 to 2; and some very good cuts are found on the broad end from 5 to 6. Some epicures prefer slices nearer the knuckle, but they are dry. The cramp-bone is a delicacy, and is obtained by cutting down to the bone at 4, and running the knife under it in a semicircular direction to 3. The fat so esteemed by many lies on the ridge 5. By turning over the meat some excellent slices are found, and can be cut lengthwise.



TONGUE.—A tongue should be carved as "thin as a wafer;" its delicacy depending in a great degree upon that. A well-cut tongue tempts the most fastidious; and this applies, in fact, to all kinds of roast and boiled meats. A chunk of beef we turn from with disgust—an artistic slice we enjoy. The center slices of the tongue are considered the best, and should be cut across at the line 1, and the slices taken from each side, with a portion of the fat which is at its root, if it is liked. The question should be asked.



HAUNCH OF VENISON.—A haunch of venison should be cut across to the bone on the line 1-3-2, then turn the dish a little, and put the point of the knife at 3, and cut down as deep as possible in the direction of 3-4, and continue to cut slices on the right and left of the line. The fattest parts are found between 4 and 2. A loin of veal or a loin of mutton should be jointed by the butcher before it is cooked, and the carver easily cuts through the ribs. He should serve a portion of the kidney and the fat on each plate.

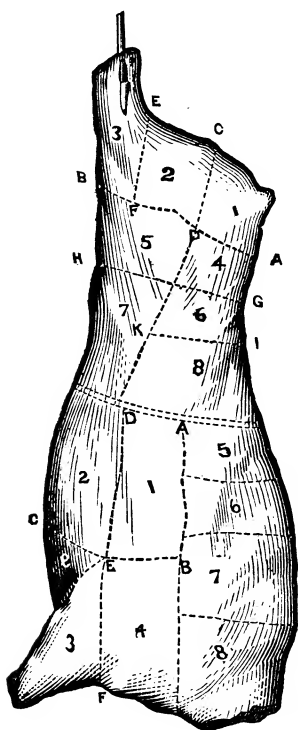


In serving fish, some practice is needful, for lightness of touch and dexterity of management are necessary to prevent the flakes from breaking. In serving mackerel, shad, etc., a part of the roe should be placed on each plate. The fins of the turbot are the most sought for; the fish is placed underpart uppermost on the platter, as there lies the primest part. In carving salmon, a portion of the back and belly should be served to each person. The choicest morsels are next to the head, the thin part comes next, and the tail is the least esteemed. The flavor of the fish nearest the bone is not equal to that on the upper part.

HOW TO CUT AND CURE MEATS.

It is often economical for a family to buy beef by the quarter, and smaller animals whole, especially when wanted for winter use, and every housekeeper ought to know how to cut up meats and to understand the

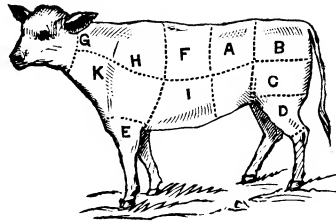
uses and relative value of the pieces. It is not difficult to cut up beef, and is very easy to reduce any of the smaller animals to convenient proportions for domestic use; and in order to make the subject clear we present the accompanying engravings, the first of which represents the half of a beef, including, of course, the hind and fore-quarters. The letters indicate the direction in which the cuts should be made, beginning in the order of the alphabet, cutting first from A to B, then C to D, etc. In the fore-quarter cut from A to B, from B to C, from D to E, etc. For cutting, use a sharp, long, and pointed knife, and a saw of the best steel, sharp, and set for butcher's use. The beef should be laid on a bench or table with the inner side up. In hind quarter 1 represents the "rump," which is best corned; 2, "round," the under part of which makes steaks, the outside good corning pieces, or the whole may be used for dried beef; 3, "shank" for soups; 4, "rump steaks;" 5, "veiny piece" for dried beef or corning; 6, sirloin, the best steak; 7, flank for corning or stews; 8, porterhouse, the upper part of which is equal to sirloin. Cut in this way a part of the tenderloin, the choicest bit of the beef, lies in the sirloin, and a smaller part in the upper part of the



porterhouse steak. In the fore-quarter 1 is the "rib piece" for boiling or corning; 2, the "plate" piece for corning; 3, the "fore-shank" for soup; 5, the "rib roast," first cut; 6, "rib roast," best cut, and the best roast in the beef; 7, "chuck rib roast," commonly used for "pot roast;" 8, neck piece, for corning or pie meat; 9, best cut for corn beef.

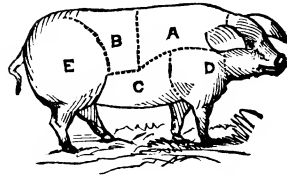
VEAL.

- A—Loin, best end, for roasting.
- B—Loin, chump end, for roasting.
- C—Fillet, for baking or roasting.
- D—Knuckle, for stewing.
- E—Fore-knuckle, for stewing.
- F—Neck, best end, for roasting.
- G—Neck, scrag end, for stewing.
- H—Blade bone.
- I—Breast, for stewing.
- K—Brisket, for stewing.



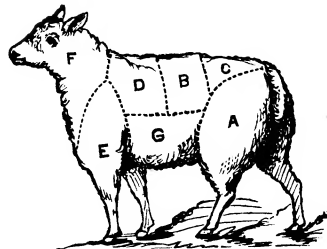
PORK.

- A—Back, lean part for roast.
- B—Loin, for roast.
- C—Bacon, to be cured.
- D—Shoulder, to be cured.
- E—Ham, to be cured.



MUTTON.

- A—Leg, for boiling piece.
- B—Loin, for roast.
- C—Rump piece, for roast.
- D—Chops, frying or broiling.
- E—Fore-shoulder for boiling.
- F—Neck, for stewing or roasting.
- G—Brisket, for stewing.



SPICED CORNED BEEF.—To ten pounds beef, take two cups salt, two cups molasses, two table-spoons saltpetre, one table-spoon ground pepper, one table-spoon cloves; rub well into the beef, turn every day, and rub the mixture in; will be ready for use in ten days.

TO KEEP HAMS AFTER CURING.—Cut hams in slices suitable for cooking, trim off the rind, and pack as compactly as possible in a stone jar; over the top pour melted lard, so as to completely exclude the air. When ham is wanted for use, scrape off the lard, remove a layer of meat, and *always be particular* to melt the lard and return it *immediately* to the jar. It will keep through the season.

A NEW WAY TO SMOKE HAMS.—Smoke the barrel, in which the hams are to be pickled, by inverting it over a kettle containing a slow fire of hard wood, for eight days (keeping water on the head to prevent shrinking); in this barrel pack the hams, and pour over them, after it has cooled, a brine made in the proportion of four gallons of water, eight pounds of salt, five pints of molasses, and four ounces saltpetre, boiled and skimmed in the

usual manner. They will be cured in eight or nine days, and they may be kept in the pickle for a year without damage.

TO KEEP LARD FROM MOLDING.—Use a tub that has had no tainted lard or meat in it; scour it out thoroughly with two quarts of wheat bran to four of boiling water, but use no lye or soap. Fry the lard until the scraps are brown, but not scorched or burned; remove from the fire, cool until it can be handled, and strain into the prepared tub; when cold, set it away in the cellar. Lard dipped off as fast as it melts will look very white, but will not keep through the summer. No salt should be added, as it induces moisture and invites mold.

TO KEEP MEAT FRESH IN HOT WEATHER.—For a five-pound piece of meat take a three-gallon stone crock; have some pans of skimmed milk that is turning sour, just getting thick; put some of the milk in the crock; then put in the meat; then put in milk till it covers the meat; now turn an earthen dish or plate bottom-up on the meat to hold it down; fill the crock with the milk; tie a cloth over the top, and set in a cool place; it will keep five or six days in the hottest weather. When wanted for use, wash thoroughly in water, and cook in any manner desired.

TO KEEP HAMS.—For one hundred pounds of meat, take eight pounds of salt, two ounces saltpetre, and four gallons water; put hams in this pickle in the fall, keeping them well under the brine; in April, take out, drain three or four days, slice as for cooking, fry nearly as much as for table, pack in stone jars, pressing down the slices as fast as they are laid in the jars; when full, put on a weight, and when entirely cold cover with the fat fried out. Prepared in this way, they retain the ham flavor without being smoked. The gray left from frying will be found very useful in cooking.

TO CURE HAMS.—In the fall, about the first of November, people in the country generally kill a good-sized pig, to last until "butchering time." To cure the hams of such, first rub well, especially around the bone on fleshy side, with one-half of the salt, sugar, cayenne and saltpetre, well pulverized (same proportions as for corned-beef), adding a teaspoon of allspice to each ham; put a layer of salt in bottom of cask, and pack in hams as closely as possible; let stand three or four days, then make a brine of the other half of salt, etc., and pour over meat, putting a good weight on top; when it has lain three or four weeks it is ready for use.

TO CURE AND DRY BEEF TONGUES.—For one dozen tongues make a brine of a gallon and a half of water (or enough to cover them well), two pints good salt, one of molasses, or one pound brown sugar, and four red peppers; bring to a boil, skin, and set to cool. Pack the tongues in a large jar, and when the brine is entirely cold, pour it over them, put on a weight, let remain ten or twelve days, take out, drain, and hang to smoke about two days, then dry moderately, and put away in a flour sack in a dry place. When wanted for use, boil six or eight hours in a pot filled with water, adding more when necessary so as to keep well covered all the time until done; when done, take out and set away to cool, but do not skin till needed for the table.

SUSAGE.—For ten pounds meat take five tablespoons sage, four of salt and two of pepper. Some add one tablespoon ginger, and some a little summer savory. When nicely minced, pack in jars, and treat precisely as in preceding recipe—"To Keep Hams." If kept in a cool place, and care taken to replace the lard, there is no difficulty in keeping sausage perfectly fresh almost any length of time. Some persons partially cook meat before packing, but this is *not* necessary. Fresh meat may be kept nicely in the same way, being first seasoned with salt and pepper.

Or, one pound salt, one-half pint of sage and three and one-half ounces pepper, scattered over forty pounds of meat before grinding.

BEEF-STEAK FOR WINTER USE.—Cut the steak large, and the usual thickness; have ready a mixture made of salt, sugar and finely powdered saltpetre, mixed in the same proportion as for corning beef; sprinkle the bottom of a large jar with salt, lay in a piece of steak, and sprinkle over it some of

the mixture, as much or a little more than you would use to season in cooking, then put in another slice, sprinkle, and so on till jar is filled, with a sprinkle of the mixture on top; over all, put a plate, with a weight on it, and set in a cool, airy place, where it will not freeze. This needs no brine, as it makes a brine of its own. Twenty-five or thirty pounds may be kept perfectly sweet in this way. Take out to use as wanted, and broil or fry as usual.

VIRGINIA SAUSAGE MEAT.—Pick the sausage meat to get out all the pieces of bones and strings; wash it in lukewarm water, and lay on a table to drain; let it stand all night. Take off some of the fat from the backbone to mix with the lean. If you use "leaf fat" when you fry the sausage, it will melt away to gravy and leave a little knot of lean, hard and dry, floating in a sea of melted grease. The fat must be taken off before the chimes are salted, and washed, skinned and put to drain with the lean. Next day, chop it fine, picking out all the strings. When fine enough, season it with salt, sage, black and red pepper, to taste. Pack it in a close vessel. If you wish to stuff them, have some nicely-cleaned chitterlings kept in salt and water ten days or a fortnight. Stuff, hang on sticks and dry. A little smoke improves them; too much makes them bitter.

TO SALT PORK.—Allow the meat to stand until the animal heat is entirely out of it; cut the sides into strips crosswise; cover the bottom of a barrel with salt, and pack in the pork closely edgewise, with rind next the barrel; cover each layer with salt, and proceed in like manner until all has been put in. Make a *strong* brine sufficient to cover the pork (soft water is best, and there is no danger of getting it too salt), boil, skim and pour into the barrel while *boiling hot*. Have a board cut out round, a little smaller than the barrel, put over the pork, and on it place a weight heavy enough to keep it always under the brine. If at any time the brine froths or looks red, it must be turned off, scalded and returned while *hot*. *Never put cold brine on old pork*, unless you wish to lose it. In salting down a new supply of pork, boil down the old brine, remove the scum, and then pour it over the pork as directed above.

TRYING LARD.—Cut the fat into small pieces, put into kettle, and pour in enough water to cover the bottom; boil gently until the "scraps" settle, or until the water has all evaporated, stirring often to prevent burning. Take off, strain into stone jars, and set in a cool place. The quality of the lard is improved by sprinkling over and slowly stirring in one tablespoon of soda to every five gallons of lard, just before removing from the fire. After adding soda, the kettle must be removed from the stove, and watched closely, and stirred constantly, as it foams rapidly, and is very likely to run over, and, if on stove, is likely to take fire. The *leaf* should be tried by itself for the nicest cooking. That from the smaller intestines, and the flabby pieces, not fit for salting, should be thrown into lukewarm water and allowed to stand for twenty-four hours, and then should be tried by itself, and the lard set away where it will freeze, and, by spring, the strong taste will be gone. A tea-cup of water prevents burning while trying.

HOW TO CUT UP PORK.—Split through the spine, cut off each half of head behind the ear, remove the pieces in front of the shoulder, for sausage. Take out *leaf* which lies around kindeys, for lard; cut out the lean meat, ribs, etc., then the ham and shoulder, and remove the loose pieces directly in front of the ham, for lard. Cut off a narrow strip of the belly, for sausage; and cut up the remainder, which is clear pork, into five or six strips of about equal width, for salting down. Smoke the jowl with ham, and use the upper part of the head for boiling, or baking, or head-cheese.

Scorch the feet over the fire until the hoofs remove easily, scrape clean, place in hot water a few minutes, wash and scrape thoroughly, and they are ready for cooking.

All the flabby pieces should be tried up for lard. Remove all fat from intestines, saving that which does not easily come off the larger intestines for

soap-grease. The liver, heart, sweet-breads and kidneys are all used for boiling or frying, and the smaller intestines are sometimes used for sausage cases.

THE DESPARD RED ROUND.—A round of beef weighing twenty-five pounds, one ounce of cloves, three ounces of saltpetre, three ounces of coarse sugar, half an ounce of allspice, six ounces of common salt, one nutmeg. The beef should hang two or three days; then take out the bone, rub the spices and salt thoroughly together, and rub them well into the beef on both sides; cover the beef, turn and rub it every day for from two to three weeks. When you wish to use it, dip it in cold water to remove the loose spice; bind it closely several times around the sides with a long strip of cotton cloth two inches wide; put it in a pan with half a pint of water in the bottom to prevent burning; cover the top of the meat with shred suet, and cover the pan with a crust half an inch thick, made of water and Graham or other flour, seeing that it adheres to the edge of the pan. Lay a brown paper over the crust; bake it slowly for five or six hours. The gravy, of which there will be a large quantity, may be used in soup, in beef-pie, or in hash. The place from which the bone was taken may be rubbed with fine chopped parsley, and sweet herbs may be laid between the skin and the meat.

TO CLEAN BEEF TRIPE.—Empty the paunch, rinse it thoroughly in cold water, being careful not to let any of the contents get on the outside. Make strong cleansed water or white lye, let it heat a little, too warm to hold the hands in, pour it over the tripe in a tub, let it stand two or three hours, then tack it up against a board, and with a knife scrape downwards, taking off the inner skin, or rinse it clean in cold water; sprinkle lime over, put in a tub, cover with warm water, and let it stand two or three hours, then scrape it with a knife; if the dark does not all come off easily, sprinkle more lime on, and let it lie for an hour longer, then scrape again, and rinse in cold water until clean. Place it in water enough to cover with a large handful of salt, let it remain in the salt water three days and nights, changing it each day, then take it out, cut in pieces about six inches wide and twelve long, lay in buttermilk for a few hours to whiten; then rinse it clean in cold water, and boil until tender; it will take from four to ten hours, as it should be done so that it can be mashed with the fingers. After thus prepared it can be cooked as preferred.

TO CURE HAMS AND BACON.—When killed and cool cut up, and begin immediately to salt them. Rub the outside of each ham with a teaspoon of powdered saltpetre, and the inside with a teaspoon of cayenne pepper. Having mixed together two pounds of brown sugar and salt, mixed in the proportion of one pound and a half of sugar to a pint of salt, rub the pork well with it. This quantity of sugar and salt will be sufficient for fifty pounds of meat. Have ready some large tubs, the bottom sprinkled with salt, and lay the meat in the tubs with the skin downward. Put plenty of salt between each layer of meat. After it has lain eight days, take it out and wipe off the salt, and wash the tubs. Make a pickle of soft water, equal quantities of salt and molasses and a little saltpetre; allowing five ounces of saltpetre to two quarts of molasses and two quarts of salt, which is the proportion for fifty pounds of meat. The pickle must be strong enough to bear up an egg. Boil and skim it, and, when it is cold, pour it over the meat, which must be turned frequently and basted with the pickle. The hams should remain in the pickle at least four weeks; the bacon three weeks. They should then be taken out and smoked. Having washed off the pickle, before you smoke the meat, bury it while wet in a tub of bran. This will form a crust over it, and prevent evaporation of the juices. Let the smoke-house be ready to receive the meat immediately. Take it out of the tub after it has lain half an hour, and rub the bran evenly over it. Then hang it up to smoke with the small end downward. Tongues may be cured in the above manner.

BRINE FOR BEEF, HAMS AND SHOULDERS.—To one hundred pounds beef, take eight pounds salt, five of sugar or five pints molasses (Orleans best, but any good will do), two ounces soda, one ounce saltpeter, four gallons soft

water, or enough to cover the meat. Mix part of the salt and sugar together, rub each piece and place it in the barrel (oak is best), having covered the bottom with salt. When the meat is all in, put the remainder of salt and sugar in the water. Dissolve the soda and saltpeter in hot water, add it to the brine and pour over the meat; place a board on top of meat, with a weight sufficient to keep it under the brine. Let the pieces intended for dried beef remain in the brine for three weeks, take out, place in a tub, cover with water, let stand over night, string and dry. String it (smoke for a few days, if you like), hang it up to ceiling over the kitchen stove, or on a frame set behind the stove, turn round once a day so as to give all parts an equal exposure, and let remain for three or four weeks. Test by cutting a piece, which should be well dried on the outside, and free from rawness to the center. When dried, sprinkle with ground black pepper, put in paper sacks, tie up tightly, and hang in a cool, dry, dark place, or put, without sacks, in an empty flour barrel, and cover closely. Boil brine, skim well, let cool, and pour over the bony pieces left. These are good boiled and eaten either hot or cold, and they will keep good for several months. Tongue may be pickled with the beef.

Brine made the same way, with the addition of two pounds more of salt, is good for hams and shoulders. Take part of the mixture of salt and sugar, rub each piece thoroughly on fleshy side, lay in barrel (having first covered the bottom with salt) skin side down. When all are in, make a pickle of the remainder of the mixture, as directed in "Brine for Beef," pour over the meat; have a round board, a little smaller than the barrel, place on the meat with a weight (a large stone is good, which may be washed clean and laid away to be used year after year), sufficient to keep it under the brine; let remain from four to eight weeks, according to size; take out, drain, sprinkle with cayenne pepper, particularly around the bone. Hang them ready to smoke, let them drain for two days, and then smoke with corn cobs or green hickory or maple wood, taking care to have smoke, *but not fire enough to make heat*. Hang up to smoke with hock downwards, as the skin then retains the juices of the meat. After smoking four weeks take down, sprinkle with ground black pepper, tie tightly, in whole paper sacks, hang in a dry, dark, cool place, watching closely for fear of mold. Or, wrap in paper, sew in a coarse, cotton bag, whitewash on the outside and hang near the roof in a garret; or, wrap in brown paper, and cover with *dry* ashes (*dry* leached ashes are best); or, pack without sacks, hock end uppermost, in oats or shelled corn, or in clean, sweet hay, before flies come. Cover box or barrel closely, and keep in a dry, cool place. If there is any danger from flies, take direct from smoke-house and pack immediately. Brine for pickled pork should have all the salt it will dissolve, and a peck or half bushel in bottom of barrel. If pork is salted in this manner it will never spoil, but the strength of the brine makes it necessary to salt the hams and side meats separately. Pork when killed should be *thoroughly cooled before salting*, but should not remain longer than one or two days. It should never be frozen before salting, as this is as injurious as salting before it is cooled. Large quantities of pork are lost by failing to observe these rules. If pickled pork begins to sour, take it out of the brine, rinse well in clear, cold water, place a layer in a barrel, on this place charcoal in lumps the size of a hen's egg or smaller, add a layer of meat and so on, until all is in the barrel, cover with a weak brine, let stand twenty-four hours; take meat out, rinse off the charcoal, put it into a new strong brine, remembering always to have plenty of salt in the barrel (more than the water will dissolve). If the same barrel is used, cleanse it by placing a small quantity of quicklime in it, slack with hot water, add as much salt as the water will dissolve, and cover tightly to keep the steam in; let stand for a few hours or over night, rinse well, and it is ready for use. This is an excellent way to cleanse any barrel that has become impure. The pork must not be salted in whisky barrels; molasses barrels are the best. The whisky is said to injure the bacon.—*D. Buxton.*

HINTS ON BUTTER-MAKING.

No sloven can make good butter. The *one thing* to be kept in mind, morning, noon, and night, is neatness, neatness, neatness. The milking should be done in the cleanest place that can be found, and the cows should be kept as clean as possible. Wash the teats *and udders* thoroughly with plenty of cold water, and wipe with a cloth or towel. Never wash with the hand moistened with milk from the cow. The least impurity taints the cream, and takes from the sweetness of the butter. Milk perfectly clean (as the last quart is twice as rich in butter as the first), and the quicker the milking is done the more milk is obtained. The milk-room should be clean and sweet, its air pure, and temperature about 62 degrees. As soon as a pail is filled, take to the milk-room and strain the milk through a fine wire-cloth strainer, kept for the purpose, and not attached to the pail (the simple strainer being more easily kept clean). Never allow milk to stand in the stable and cool, as it absorbs the foul odors of the place. The pans (flat stone crocks with flaring sides are better than tin pans. In winter hot water should be poured into them while milking is being done, and poured out just before straining the milk into them) should be set on slats, rather than shelves, as it is important to have the milk cooled from the animal heat as soon as possible. Skim each day, or at longest within twenty-four hours. Souring does not injure the quality of the cream, but the milk should not be allowed to become watery. Do not use a perforated skimmer, but remove a little of the milk with the cream, as this does not injure the quality or lessen the quantity of butter, and gives more well-flavored buttermilk, which is a favorite and wholesome drink. If there is cream enough each day, it should, of course, be churned, and this plan makes the best butter, although it takes longer to churn it. If not, the cream should be set aside in a cool place, covered, and stirred thoroughly whenever more is added. It ought not to stand more than two days, and must not be allowed to become bitter and flaky. The best plan is to churn as soon as it becomes slightly acid. Scald the churn and dash thoroughly, and put in the cream at a temperature of 58 degrees. The motion of the churn will soon bring it up to about 60 degrees. When the butter comes put a quart or two of cold, soft water (or ice is better) into the churn to harden the butter, and make it easier to gather up. After gathering it as well as possible with the dash, it should be removed to the table or bowl, and thoroughly worked with a flat wooden paddle, (never with the hand, as the insensible perspiration will more or less taint the butter), using an abundance of cold *soft* water to wash out the buttermilk and harden the butter. By this process the buttermilk is removed quickly, and there is no need of excessive working, which injures the grain of the butter. This is especially true of that which is to be

packed, as it keeps longer when well washed. If to be used immediately, the washing may be less thorough. Another and better plan is to remove the butter to a marble slab and lay on the top of it a piece of ice. As it settles down by its own weight, work it up around the edges with the paddle, and the water from the melting ice will wash out and carry off the butter-milk. Before or during the churning, the bowl (which should never be used for any thing else) in which the butter is to be salted, should be filled with scalding water, which should remain for ten minutes; pour out and rub both bowl and paddle with hard coarse salt, which prevents butter from sticking. Rinse thoroughly and fill with cold or ice-water to cool. After washing butter free from milk, remove to this bowl, having first poured out the cold water, and (the butter-bowl and paddle should occasionally be scoured with sand or ashes, washed thoroughly with soap-suds, and rinsed until all smell of soap has disappeared) work in gradually salt which has been pulverized by rolling, and freed from foreign substances. If wanted for use, one-half ounce of salt to the pound of butter is sufficient, but if wanted for packing, use three-fourths of an ounce or even an ounce of salt. Use only the best quality of dairy salt. After salting, cover with cotton cloth soaked in brine, and set away in a temperature of about 60 degrees for twelve hours. Work the second time just enough to get the remaining buttermilk out. This, however, must be done thoroughly, as otherwise the acid of the buttermilk will make the butter rancid. At the end of the second working it is ready for use, and should be kept in a clean, sweet place, as it soon absorbs bad odors and becomes tainted. The air of a cellar in which are decaying vegetables soon ruins the sweetest butter. In packing for market (ash butter tubs are the neatest and best packages) soak the package for twelve hours in brine strong enough to float an egg, pack the butter in evenly and firmly, having first put in a thin layer of salt. If the tub is not filled by the first packing, set away until next churning, in a cool place, with a cotton cloth wet in brine spread over the butter, and place cover carefully on the tub. When filled lay over the butter a cotton cloth (from which the sizing has been washed) soaked in strong brine, nail up the tub, and set away in a clean, cool place until ready to sell.

In packing for family use, work into rolls, lay in large stone crocks, cover with brine strong enough to float an egg (one pint of salt to a gallon of water), in which a level tea-spoon of saltpetre and a pound of white sugar to each two gallons have been added; over it place a cotton cloth and a weight to keep the butter under the brine, and tie a paper over the top of crock. Or, pack in a stone jar, pressing it solid with a wooden pestle, cover with a cloth wet in brine, and sprinkle over it salt an inch thick. More sugar may be added to the brine without injury: if butter is to be kept a long time it is a good rule to always make brine so strong that salt will lie at the bottom of the jar. Some boil and skim the brine and when *cold*, pour it over the butter. When ready to pack the next churning, remove the cloth with the salt carefully, rinsing off with water any that may have been scattered in uncovering it, pack butter as before, replace cloth with salt over it, and repeat until jar is filled to within two inches of the top, cover all with cloth, add salt to the top of crock, tie paper over the top, and set in a cool place. In removing for use each churning comes out by itself.

THE LAUNDRY.

When inviting friends to visits of a week or more, try to fix the time for the visit to *begin* the day *after* the ironing is done. The girl feels a weight off her mind, has time to cook the meals better, and is a much more willing attendant upon guests.

Do not have beefsteak for dinner on washing or ironing days—arrange to have something roasted in the oven, or else have cold meat also.

Do not have fried or boiled fish. The smell sticks, and the clothes will not be sweet; besides the broiler and frying-pan take longer to clean.

As for vegetables, do not have spinach, pease, string-beans, or apple-sauce. All these good things take time to prepare, and can be avoided as well as not. Have baked white and sweet potatoes, macaroni, boiled rice, parsnips, sweet corn, stewed tomatoes, any canned vegetables in winter. For dessert, baked apples and cream, bread-pudding, or something easily prepared.

When removed from the person, clothing, if damp, should be dried to prevent mildew, and articles which are to be starched should be mended before placing in the clothes-basket. Monday is the washing day with all good housekeepers. The old-fashioned programme for a washing is as follows: Use good soft water if it can be had. If not, soften a barrel-full of well-water by pouring into it water in which half a peck or more of hard wood ashes have been boiled, together with the ashes themselves. When enough has been added to produce the desired effect, the water takes on a curdled appearance, and soon settles perfectly clear. If milky, more ashes and lye must be added as before, care being taken not to add more than is necessary to clear the water, or it will affect the hands unpleasantly. On the other hand, if too little is put in, the clothes will turn yellow. Gather up all clothes which are ready on Saturday night, and the rest as they are taken off; separate the fine from the coarse, and the less soiled from the dirtier. Scald all table linen and articles which have coffee, fruit, or other stains which would be "set" by hot suds, by pouring over them hot water from the tea-kettle and allowing them to stand until cool. Have the water in the tub as warm as the hand will bear, but not too hot. (Dirty clothes should never be put into very hot clear water, as it "sets" the dirt. Hot soap-suds, however, has the opposite effect, the water expanding the fiber of the fabric, while the alkali of the soap softens and removes the dirt.) Wash first one boiler full, taking the cleanest and finest through two suds, then place in a boiler of cold water, with soap enough to make a good suds. A handful of borax to about ten gallons of water helps to whiten the clothes and is used by many, especially by the Germans, who are famous for their snowy linen.

This saves in soap nearly half. For laces, cambrics, etc., an extra quantity of the powder is used, and for crinolines (requiring to be made stiff), a strong solution is necessary. Borax, being a neutral salt, does not in the slightest degree injure the texture of the linen. Its effect is to soften the hardest water. Another way to whiten clothes is to throw a handful of tansy into the boiler in which clothes are boiling. It will make the water green, but will whiten the clothes. Let them boil, with cover off boiler, *not more than five or ten minutes*, as too long boiling "yellows" the clothes. (Some advocate strongly no boiling.) Remove to a tub, pour over them cold water slightly blued, and turn all garments, pillow-slips, stockings, etc., wrong-side out. (If there are more to boil, take out part of the boiling suds, add cold water, and fill *not too full* with clothes. Repeat until all are boiled. The removal of part of the suds, and filling up with cold water, prevents the suds from "yellowing" the clothes.) Wash vigorously in this water (this is called "sudsing"), wringing very dry by hand, or better with the wringer, as the clear appearance of the clothes depends largely on thorough wringing. Rinse in another tub of soft water, washing with the hands, *not* simply lifting them out of the water and then wringing, as is practiced by some, because all suds must be rinsed out to make them clear and white. Wring and shake out well and put into water pretty well blued, putting in one article after another until the first boilerful is all in. Stir up occasionally, as the blue sometimes settles to the bottom, and thus spots the clothes. (This tinge well-water may be used if soft water is difficult to obtain.) Wring out again and for the last time, placing the clothes which are to be starched in one basket, and the rest, which may be hung out immediately, in another. While the first lot of clothes is boiling, prepare the second, take out first, put second in boiler, and "suds" and rinse first. In this way the first is finished and hung out while the later lots are still under way. Have the starch (see recipes) ready as hot as the hand can bear, dip the articles and parts of articles which need to be very stiff, first "clapping" the starch well in with the hands, especially in shirt-bosoms, wristbands, and collars, and then thin the starch for other articles which require less stiffening. When starched, hang out on the line to dry, first wiping the line with a cloth to remove all dirt and stains. Shake out each article until it is free from wrinkles, and fasten securely on the line (with the old-fashioned split clothes-pins), being careful to hang sheets and table-linen so that the selvage edges will be even. The line should be stretched in the airiest place in the yard, or in winter a large attic is a better place for the purpose. (Freezing injures starch, and for that reason it is better in winter to hang clothes out unstarched until dry, then taking in, starching and drying indoors.) When dry, remove from line to clothes-basket, place clothes-pins as removed in a basket kept for the purpose, take down and roll up the line, remove basket, line, and pins to the house, and put the two latter into their proper places. The clothes-line should always be carefully put up out of the weather when not in use. Wipe it carefully with a clean cloth before hanging out clothes, and always count clothes-pins when gathering them up. Every housekeeper ought to provide a pair of

mitten for hanging out clothes, to be used for this purpose and no other. Cut them from clean flannel (white seems the most suitable), and line them with another thickness of flannel, or make them double, if the flannel is thin. These should be kept in a clean place ready for this particular business, and nothing else. A good and handy place to keep them is in the clothes-pin bag. Turn all garments right side out, shake out thoroughly, sprinkle (re-starching shirt-bosoms, wristbands, and collars if necessary). Shake out night-dresses and under-garments so as to free them from creases, and if they are ruffled or embroidered, dip them in thin starch, pull out smoothly, fold first, and then, beginning at the top of each garment, roll up, each by itself, in a very tight roll, and place in the basket; fold sheets without sprinkling, having first snapped and stretched them, and lay on the rest; over all spread the ironing blanket, and let them stand until next morning. Next day iron, beginning with the sheets (which, as well as table linen, must be folded neatly and carefully, so that the selvage edges will exactly come together. Or, another way to fold and iron a sheet is to bring bottom over top, then bring back bottom edge to edge of middle fold, leaving top edge; iron the upper surface, then turn the whole sheet over, fold the top edge back to the middle edge, and again iron upper surface; this leaves the sheet folded in four thicknesses; now bring the selvage edges together and iron the upper surface, and the sheet is done), and taking shirts next, cooling the iron when too hot on the coarse towels. In ironing shirts a "bosom-board" is almost indispensable, and an "ironing-board" is a great convenience for all articles. The former is a hard wood board an inch thick, eighteen inches long, and eight wide, covered with two thicknesses of woolen blanket stuff, overlaid with two more of cotton cloth. The cloth is wrapped over the sides and ends of the board and tacked on the back side, leaving the face plain and smooth. The ironing-board is covered in the same way, but is five feet long, two feet wide at one end, and narrowed down with a rounded taper from full width at the middle to seven inches at the other end, and the corners rounded. This board may be of any well-seasoned wood which will not warp, and should be about one inch thick; on this all the clothes are conveniently ironed. Always use cotton holders for the irons. Woolen ones are hot to the hand, and if scorched, as they often are, the smell is disagreeable. In ironing a shirt or a dress, turn the sleeves on the wrong side, and leave them until the rest is done, and then turn and iron them. In this way the bosoms are less likely to become rumped. Pull muslin and lace out carefully, iron it over once, and then pull into shape, pick out the embroidery and proceed with greater care than before. Embroideries should be ironed on the wrong side over flannel. Always have near a dish of clean cold water, so that any spot which has been imperfectly ironed may be easily wet with a soft sponge or piece of linen, and ironed over again, or any surplus bit of starch removed. As fast as articles are finished, they should be hung on the clothes-dryer until *thoroughly dry*, especial care being taken with those which are starched stiff, as they retain the starch much better if dried very quickly. Thorough airing is necessary, twenty-four hours being none too much.

If a machine is used in washing, it is better to soak the clothes over night in warm soft water, soaping collars and wristbands, and pieces most soiled. **Have separate tubs for coarse and fine clothes.** In soaking clothes for washing Monday, the water should be prepared Saturday night, and all clothes which are ready thrown in, and the rest added when changed. If washing fluids are used, the recipes which follow are the best.

Another method is to half fill tubs Saturday night with clear, soft water, warmed a little if convenient, but not too hot, made into a weak suds; in one put the finer articles, such as muslins, cuffs, collars, and shirts; in another put table-linen; in another bed-linen; in another the dish-cloths and wiping towels, and in still another the coarsest and most soiled articles: always put the most soiled articles of each division at bottom of tub; cover all well with water and press down. Rub no soap on spots or stains, as it will "set" them. Of course, articles which can not be had on Saturday night are put in the next day as they are changed. Monday morning, heat not very hot a boiler full of clean soft water, add to it water in which soap was dissolved Saturday night by pouring hot water over it, and stir it thoroughly; drain off the water in which the clothes were soaked after shaking them up and down vigorously in it, pressing them against the sides of the tub to get out all the water possible. Then pour over them the warm suds, and wash out as before described, washing each class separately. If found impracticable to make so many divisions, separate the coarse and fine, and the least soiled and the dirtiest.

In the summer, clothes may be washed without any fire by soaking overnight in soapy soft water, rubbing out in the morning, soaping the dirty places, and laying them in the hot sunshine. By the time the last are spread out to bleach, the first may be taken up, washed out and rinsed. This, of course, requires a clean lawn.

Before washing flannels shake out dust and lint; use soft, *clean, cold water*, in winter merely taking the chill off. Let the hard soap lie in the water, but do not apply it to the clothes. Wash the white pieces first, throw articles as fast as washed into blued cold water, let them stand twenty or thirty minutes, wash them through this water after dissolving a little soap in it, wring hard, shake, and hang up. Wash colored flannels in the same way (but not in water used for white, or they will gather the lint), and rinse in several waters if inclined to "run." When very dirty, all flannels should soak longer, and a little borax well dissolved should be added to the water. This process is equally good for washing silk goods and silk embroideries. Calicoes and fancy cotton stockings may be washed in the same way, except that no soap should be used in the rinsing. Wash gray and brown linens in cold water, with a little black pepper in it, and they will not fade. For bluing, use the best indigo tied in a strong bag made of drilling.

TO CLEANSE ARTICLES MADE OF WHITE ZEPHYR.—Rub in flour or magnesia, changing often. Shake off flour and hang in the open air a short time.

TO REMOVE INK-STAIN.—Immediately saturate with milk, soak it up with a rag, apply more, rub well, and in a few minutes the ink will disappear.

To CLEAN ALPACA.—Sponge with strained coffee. Iron on the wrong side, having black cambric under the goods.

TAKE OUT MACHINE OIL.—Rub with a little lard or butter and wash in warm water and soap, or, simply rub first with a little soap and wash out in cold water.

To STIFFEN LINEN CUFFS AND COLLARS.—Add a small piece of white wax and one tea-spoon brandy to a pint of fine starch. In ironing, if the iron sticks, soap the bottom of it.

IN WASHING CHILDREN'S STOCKINGS, wooden stocking forms are a great help on which to dry them. Obtain them at the furnishing store, or have them made without much expense.

To CLEAN WASH BOILERS.—Wash, when a little rusty, with sweet milk; or grease with lard. A better plan is to prevent rust by thoroughly drying boiler, as well as tubs, before putting away for the week.

To TAKE OUT PAINT.—Equal parts of ammonia and spirits of turpentine will take paint out of clothing, no matter how dry or hard it may be. Saturate the spot two or three times and then wash out in soap-suds.

To RESTORE VELVET.—When velvet gets crushed from pressure, hold the parts over a basin of hot water, with the lining of the dress next the water. The pile will soon rise and assume its original beauty.

SPOTS.—In cloth or calico, produced by an acid, may be removed by touching the spot with spirits of hartshorn. Spots produced by an alkali may be removed by moistening them with vinegar or tartaric acid.

To PREVENT BLUE FROM FADING.—To prevent blue from fading, put an ounce of sugar of lead into a pail of water, soak the material in the solution for two hours, and let dry before being washed and ironed; good for all shades of blue.

To TAKE OUT MILDEW.—Wet the cloth and rub on soap and chalk, mixed together, and lay in the sun; or lay the cloth in buttermilk for a short time, take out and place in the hot sun; or put lemon juice on, and treat in the same way.

To REMOVE INK STAINS FROM CLOTHING.—Dip the spots in pure melted tallow; wash out the tallow and the ink will come out. If articles are rubbed out in cold water while the stain is fresh, the stain will often be entirely removed.

FOR WASHING RED TABLE LINEN, use tepid water, with a little powdered borax, which serves to set the color; wash the linen separately and quickly, using very little soap, rinse in tepid water, containing a little boiled starch; hang to dry in the shade, and iron when almost dry.

To CLEAN ALPACA.—Put goods in a boiler half full of cold rain-water, and let boil three minutes. Have ready a pail of indigo-water (very dark with indigo), place goods in it, after wringing out of boiling water, let remain one-half an hour, then wring out, and iron while damp.

How to CLEAN VELVET.—Invert a hot flat-iron, place over it a single thickness of wet cotton cloth, lay on this the velvet, wrong side next the wet cloth, rub gently with a dry cloth until the pile is well raised; take off the iron, lay on a table, and brush it with a soft brush or cloth.

To TAKE GREASE OUT OF SILKS, WOOLENS, PAPER, FLOORS, ETC.—Grate thick over the spot French (or common will do) chalk, cover with brown paper, set on it a hot flatiron, and let it remain until cool; repeat if necessary. The iron must not be so hot as to burn paper or cloth.

SUBSTITUTE FOR WASHING-SODA.—A German scientific journal recommends laundresses to use hyposulphite of soda in place of common washing-soda. It does not attack the fabric in any way, and at the same time exerts some bleaching actions which greatly improve the appearance of linen and calicoes.

SILVER POLISH FOR SHIRTS.—One ounce each of isinglass and borax, one tea-spoon white glue, two tea-spoons white of an egg. Cook well in two quarts of fine starch. Starch in this and dry. Before ironing, apply some of it to the bosom and cuffs with a cloth till well dampened. Iron at once with a hot glossing iron.

TO CLEAN BLACK LACE.—Take the lace and wipe off all the dust carefully, with a cambric handkerchief. Then pin it out on a board, inserting a pin in each projecting point of the lace. Spot it all over with table-beer, and do not remove the pins until it is perfectly dry. It will look quite fresh and new.

TO MAKE SOAP TO DO AWAY WITH RUBBING.—Dissolve five bars of soap in four gallons soft water, one and three-fourths pounds sal-soda, and three-fourths pound borax; stir while cooling. Use one cupful to make suds to soak clothes in; wring out and put into the boiler; use same quantity of soap for boiling the same.

ENAMEL FOR SHIRT BOSOMS.—Melt together with a gentle heat, one ounce white wax and two ounces spermaceti; prepare in the usual way a sufficient quantity of starch for a dozen bosoms, put into it a piece of this enamel the size of a hazel-nut, and in proportion for a large number. This will give clothes a beautiful polish.

TO REMOVE THE COLOR FROM BUFF CALICO.—If some kinds of buff calico are dipped in strong soda water, the color will be removed and the figures of other colors remain on a white ground. This is valuable sometimes, as buff calico spots easily. If pink calico be dipped in vinegar and water after rinsing, the color will be brighter.

TO REMOVE THE STAIN OF NITRATE OF SILVER—from the flesh, or white goods of any kind, dissolve iodine in alcohol, and apply to the stain; then take a piece of cyanide potassium, size of a hickory-nut, wet in water, rub on the spot, and the stain will immediately disappear; then wash the goods or hands in cold water.—*G. W. Collins, Urbana.*

MOTHER'S HARD-TIMES SOAP.—Take all the bits of soap that are too small to be longer used, shave down, and let soak in soft water enough to cover them over night; in the morning add more soft water, and boil until thoroughly melted and of the consistency of taffy; pour into molds, and you have a nice cake of soap.—*Miss Addie Munsell.*

COFFEE STARCH.—Make a paste of two table-spoons best starch and cold water; when smooth stir in a pint of perfectly clear coffee (made by pouring boiling water on the grounds left from breakfast and straining) boiling hot; boil five or ten minutes, stir with a spermaceti or wax candle, strain, and use for all dark calicoes, percales, and muslins.

TO REMOVE IRON-RUST.—While rinsing clothes, take such as have spots of rust, wring out, dip a wet finger in oxalic acid, and rub on the spot, then dip in salt and rub on, and hold on a warm flatiron, or on the tin or copper tea-kettle if it have hot water in it, and the spot will immediately disappear; rinse again, rubbing the place a little with the hands.

ERASIVE FLUID.—For the removal of spots on furniture, cloth, silks, and other fabrics, when the color is not drawn, without injury: One ounce castile soap, four of aqua ammonia, one of glycerine, and one of spirits of wine; dissolve the soap in two quarts soft water, add the other ingredients, apply with a soft sponge, and rub out.—*A. Peabody, Cincinnati, O.*

TO CLEAN WHITE SATIN AND FLOWERED SILKS.—Mix sifted stale bread-crumbs with powder blue, and rub it thoroughly all over, then shake it well and dust it well with clean, soft cloths. Afterwards where there are any gold or silver flowers, take a piece of crimson ingrain velvet, and rub the flowers with it, which will restore them to their original luster.

FOR WASHING GOODS THAT FADE, use crude ammonia instead of soap. Soiled neckties may be made to look like new by taking one-half a teaspoon of spirits of horthorn to a tea-cup of water; wash well, and; if very much soiled, put through a second water, with less ammonia in. Lay it on a clean, white cloth, and gently wipe with another until dry.

TO CLEAN SILK AND WOOLEN DRESS GOODS.—Any silk or woolled goods may be washed in gasoline, rubbing as if in water, without injury. The dirt is quickly and easily removed, but no change takes place in the color of the fabric. *Great care must be taken not to use the gasoline near a stove or light,*

as there is a gas arising from it which is very inflammable, and might take fire from a lamp set a foot or two distant.

IN WASHING THE DISH-WIPERS, do not boil them with the fine white dresses, shirts, table-cloths, sheets, pillow-cases, napkins, or fine towels, but be as particular to have the suds nice and clean. It is better to remove a part of the suds, and add clean cold water, so that the wipers will not become yellow by boiling in too strong a suds. On each wash-day wash thoroughly all that have been used the previous week.

SILK AND THREAD GLOVES are best washed by placing them on the hands, and washing in borax water or white castile soap-suds, the same as if washing the hands; rinse under a stream of water, and dry with a towel; keep the gloves on until they are about half dried, take off carefully, and fold them up so that they will look as nearly like what they were when new as possible, and lay between clean towels under a weight.

TO CLEAN RIBBONS.—Dissolve white soap in boiling water; when cool enough to bear the hand, pass the ribbons through it, rubbing gently so as not to injure the texture; rinse through lukewarm water, and pin on a board to dry. If the colors are bright yellow, maroon, crimson, or scarlet, add a few drops of oil of vitriol to the rinse-water; if the color is bright scarlet, add to the rinse-water a few drops of the muriate of tin.

BROWN LINEN—May be kept looking new until worn out if always washed in starch-water and hay tea. Make flour starch in the ordinary way. For one dress put on the stove a common sized milk pan full of timothy hay, pour on water, cover, and boil until the water is of a dark green color, then turn into the starch, let the goods soak in it a few minutes, and wash without soap; the starch will clean the fabric and no rinsing is necessary.

TO WASH COLORED MUSLINS.—Wash in warm, not hot, suds, made with soft water and best white soap, if it is to be had. Do not soak them, and wash only one thing at a time. Change the suds as soon as it looks dingy, and put the garments at once into fresh suds. Rinse first in clear water, then in slightly blued. Squeeze quite dry, but don't wring the dress. Hang in a shady place where the sunshine will not strike it, as that fades all colors.

TO WASH THREAD LACE.—Cover a bottle with white flannel, baste the lace carefully on the flannel, and rub with white soap; place the bottle in a jar filled with warm suds, let remain two or three days, changing the water several times, and boil with the finest white clothes on washing day; when cooled a little, rinse several times in plenty of cold water, wrap a soft dry towel around it, and place it in the sun; when dry, unwind, but do not starch.

BLACK PRINT OR PERCALE DRESSES, that have figures of white in them, may be washed nicely by putting them in the "boiling suds," after the other clothes have all been removed, and boiling for ten minutes; cool the suds, rub out quickly, rinse in lukewarm water, then in very blue cold water, and starch in coffee starch. After the dress is dried, it is to be dipped into cold water, passed through the wringer, rolled in a coarse towel or sheet and left for a couple of hours, then ironed on the wrong side.

TO WASH DELICATE COLORED MUSLINS.—Boil wheat bran (about two quarts to a dress) in soft water half an hour, let it cool, strain the liquor, and use it instead of soap-suds; it removes dirt like soap, keeps the color, and the clothes only need rinsing in one water, and even starching is unnecessary. Suds and rinsing water for colored articles should be used as cold as possible. Another way is to make thick corn meal mush, well salted, and use instead of soap; rinse in one or two waters, and do not starch.

TO WASH A SILK DRESS.—To wash a silk dress with gall soap, rip apart and shake off the dust; have ready two tubs warm soft water, make a suds of the soap in one tub, and use the other for rinsing; wash the silk, one piece at a time, in the suds, wring gently, rinse, again wring, shake out, and iron with a hot iron on what you intend to be the wrong side. Thus proceed with each piece; and, when about half done, throw out the suds and make suds of the rinsing water, using fresh water for rinsing.

A WASHING FLUID.—The washing fluid made by the following rule is invaluable in cleaning woolen goods, in washing woolen tidies, or worsted goods of any kind: One-half bar of Babbitt's or Bell's soap, one ounce salt-petre, one ounce borax, four quarts soft water. Dissolve all together over a fire; when half cold, add five ounces spirits of ammonia. The compound may be bottled and is good for an indefinite length of time. It is used just as you would use soft soap.—*Mrs. Judge West, Bellefontaine, Ohio.*

To "Do Up" BLACK SILK.—Boil an old kid glove (cut up in small shreds) in a pint of water till the water is reduced to a half pint; then sponge the silk with it; fold it down tight, and ten minutes after, iron it on the wrong side while wet. The silk will retain its softness and luster, and, at the same time, have the "body" of new silk.

Or, rip up and brush thoroughly, then sponge in ammonia water, and pin out perfectly straight, each width or piece where the sun will shine on it and let dry.

To TAKE OUT SCORCH.—If a shirt-bosom, or any other article has been scorched in ironing, lay it where bright sunshine will fall directly on it. Peel and slice two onions, extract the juice by pounding and squeezing; cut up half an ounce of fine white soap, and add to the juice; two ounces of fuller's earth and half pint of vinegar. Boil all together. When cool spread over the scorched linen, and let dry on; then wash and boil out the linen, and the spots will disappear unless burned so badly as to break the threads.

FLOUR STARCH.—Have a clean pan or kettle on stove with one quart boiling water, into which stir three heaping table-spoons flour, previously mixed smooth in little cold water; stir steadily until it boils, and then often enough to keep from burning. Boil about five minutes, strain while hot through a crash towel. The above quantity is enough for one dress, and will make it nice and stiff. Flour starch is considered better for all calicoes than fine starch, since it makes them stiffer, and the stiffness is longer retained.

POCKET FOR CLOTHES-PINS.—A great convenience is the apron pocket for clothes pins. It takes nearly one yard of calico to make it, the apron or pouch being fifteen inches in length, and nearly as wide. Round the corner at the bottom. At the top, on each side of the front, two inches from the middle, cut out a strip nine inches long, and one and one-half inch wide for pockets. Bind them with lighter colored fabric than the apron, that they may be readily seen. Gather into a band and button at the back, or put on strings and tie.

HOW TO WASH BLANKETS.—All that is necessary is abundance of soft water, and soap without resin in it. Resin hardens the fibers of wool, and should never be used in washing any kind of flannel goods. Blankets treated as above will always come out clean and soft. A little bluing may be used in washing white blankets. They should be shaken and snapped until almost dry; it will require two persons to handle them. Woolen shawls, and all woolen articles, especially men's wear, are much improved by being pressed with a hot iron under damp muslin.

GALL SOAP.—For washing woolens, silks, or fine prints liable to fade: One pint beef's gall, two pounds common bar soap cut fine, one quart boiling soft water; boil slowly, stirring occasionally until well mixed; pour into a flat vessel, and when cold cut into pieces to dry; or, a more simple way of using gall, is to get a pint bottle filled with fresh beef's gall at the butchers, cork tightly, add to the water when washing any material that is liable to fade; using more if articles are very liable to fade, and less if the liability is not great. When the bottle is empty or grows stale, get fresh.

FRUIT-STAINS.—Colored cottons or woolens stained with wine or fruit should be wet in alcohol and ammonia, then sponged off gently (not rubbed) with alcohol; after that if the material will warrant it, washed in tepid soap-suds. Where white are used the stains may be easily removed by using

boiling water before the stains are soaped or wetted; pour it on until they mostly disappear, and then let goods stand in it covered till cold. Peaches, some kinds of pears, and sweet apples make the worst stains; and if boiling water is not sufficient, a little javelle water may be used and, if skillfully managed, will not need to be used often. Silks may be wet with this preparation when injured by these stains.

THE USE OF TURPENTINE IN WASHING.—Turpentine should *never* be used when washing is done with the hands, as it is very injurious to the health; but when the clothes are pounded in a barrel in the old fashioned way, or when the rubbing is done by a washing-machine, a table-spoon of turpentine added to a pint of soft soap, taking enough of the mixture to make a good suds for each lot of clothes aids in removing the dirt. Care must be taken not to handle the turpentine with the hands, or to breathe the fumes of it, as it is very injurious to some persons, and great care should be taken to rinse the clothes very thoroughly, or the clothing may retain enough of the turpentine to be injurious, when worn next the skin.

TO WASH FLANNELS IN TEPID WATER.—The usefulness of liquid ammonia is not as universally known among housewives as it deserves to be. If you add some of it to a soap-suds made of a mild soap, it will prevent the flannel from becoming yellow or shrinking. It is the potash and soda contained in sharp soap which tends to color animal fibers yellow; the shrinking may also be partially due to this agency, but above all to the exposure of the flannel while wet to the extremes of low or high temperatures. Dipping it in boiling water or leaving it out in the rain will also cause it to shrink and become hard. To preserve their softness, flannels should be washed in tepid suds, rinsed in tepid water, and dried rapidly at a moderate heat.

TO WASH LACE RUCHINGS.—Wash with the hands in warm suds (if much soiled, soak in warm water two or three hours), rinse thoroughly, and starch in thick starch, dry out doors if the day be clear; if not, place between dry cloth, roll tightly and put away till dry; then, with the fingers, open each row and pull out smoothly (have a cup of clean water in which to dip the fingers or dampen the lace); then pull out straight the outer edge of each with the thumb and finger, and draw the binding over the point or side of a hot iron. If the ruche is single, or only two rows, it can be ironed after being smoothed (the first process). Blonde or net, that has become yellow, can be bleached by hanging in the sun or laying out over night in the dew.

TO MAKE FINE STARCH.—Wet the starch smooth in a little cold water, in a large tin pan, pour on a quart boiling water to two or three table-spoons starch, stirring rapidly all the while; place on stove, stir until it boils, and then occasionally. Boil from five to fifteen minutes, or until the starch is perfectly clear. Some add a little salt, or butter or pure lard, or stir with a sperm candle; others add a tea-spoon kerosene to one quart starch; this prevents the stickiness sometimes so annoying in ironing. Either of the above ingredients is an improvement to flour starch. Many, just before using starch add a little bluing. Cold starch is made from starch dissolved in cold water, being careful not to have it too thick; since it rots the clothes, it is not advisable to use it—the same is true of potato starch.

FOR WASHING THE LIGHTER WOOLEN FABRICS that enter into the composition of summer dresses, borax is one of the most useful articles for softening the water and cleansing the material. This is used in the proportion of a table-spoon to a gallon of water, and, if dissolved in hot water, it makes a better lather. Of course, no thoughtful person will attempt to wash a woolen dress without first having ripped it apart, picked out all the threads, brushed the dust out, and marked the particularly soiled places by running a thread around them. Wash one piece at a time, roll up and squeeze, or pass through a wringer instead of twisting through the hands. Wash in several changes of borax water, and rinse in clear water, in which a well-beaten egg has been mixed; shake thoroughly, and fold in sheets until evenly damp all through, then iron the wrong side with an iron hot enough to smooth nicely without scorching.

WASH SILK HANDKERCHIEFS by laying them on a smooth board, and rubbing with the palm of the hand. Use either borax or white castile soap to make the suds; rinse in clear water, shake till nearly dry, fold evenly, lay between boards, and put a weight on them. No ironing is required. Silk hose and ribbons may be treated in the same way; if there are colors that run, put as much sugar of lead as will lie on a quarter dollar, into a half gallon of water, and soak the goods half an hour, stirring frequently, then wash as above, and rinse in several clear waters, using sugar of lead in the last. Or, wash in cold rain-water with a little curd soap; then rinse them in rain-water—cold—slightly colored with stone blue; wring well, and stretch them out on a mattress, tacking them out tightly. They will look as good as new if carefully washed.

WASHING LIGHT-COLORED PRINTS AND CAMBRICS.—Take a table-spoon of alum, and dissolve it in enough lukewarm water to rinse a print dress. Dip the soiled dress into it, taking care to wet thoroughly every part of it, and then wring it out. Have warm, not hot, suds all ready, and wash out the dress quickly; then rinse it in cold water. (White castile soap is the best for colored cottons, if it can be commanded.) Have the starch ready, but not too hot; rinse the dress in it, wring it out, and hang it wrong side out to dry, but not in the sun. Place it where the wind will strike it rather than the sun. When dry, iron directly. Prints should never be sprinkled; but, if allowed to become rough dry, they should be ironed under a damp cloth. It is better to wash them some day by themselves, when washing and ironing can be done at once.

TO WASH FLANNELS IN BOILING WATER.—Make a strong suds of boiling water and soft soap—hard soap makes flannels stiff and wry—put them in, pressing them down under the water with a clothes-stick; when cool enough rub the articles carefully between the hands, then wring—but not through the wringer—as dry as possible, shake, snap out, and pull each piece into its original size and shape, then throw immediately into another tub of boiling water, in which you have thoroughly mixed some nice bluing. Shake them up and down in this last water with a clothes-stick until cool enough for the hands, then rinse well, wring, shake out and pull into shape—the snapping and pulling are as necessary as the washing—and hang in a sunny place where they will dry quickly. Many prefer to rinse in two waters with the bluing in the last, and this is always advisable when there are many flannels.

CARE OF IRONS.—When irons become rough or smoky, lay a little fine salt on a flat surface and rub them well; it will prevent them sticking to any thing starched, and make them smooth; or scour with bath-brick before heating, and when hot rub well with salt, and then with a small piece of beeswax tied up in a rag, after which wipe clean on a dry cloth. A piece of fine sandpaper is also a good thing to have near the stove, or a hard, smooth board covered with brick dust, to rub each iron on when it is put back on the stove, so that no starch may remain to be burnt on. Put beeswax between pieces of paper or cloth and keep on the table close by the flat-iron stand. If the irons get coated with scorched starch, rub them over the paper that holds the beeswax and it will all come off. Rubbing the iron over the waxed paper, even if no starch adheres, adds to the glossiness of the linen that is ironed.

WASHING LACE.—To make the starch properly, mix the dry particles with enough cold water to make a smooth paste, add cold water until it looks like milk and water, and boil it in a smoothly glazed earthen vessel until it is perfectly transparent. While it is cooling squeeze the laces through a soap-suds, and rinse them in clear water. If you wish them clear white, add a little bluing; if ivory white, omit the bluing, and if yellow-tinged add a few teaspoons clear coffee to the starch. Run through the starch, squeeze, roll up in towels, and clap each piece separately until dry: pull gently into shape, from time to time, with the fingers, and pin on the ironing table or bosom-board or upon the pillows in the "spare" bedroom. When dry,

press between tissue paper with a hot iron, punch the openings with an ivory stiletto, and pick each pearl or loop on the edge with a coarse pin until it looks like new lace.

LAWN AND MUSLIN DRESSES that have faded may be whitened in the boiling suds, and bleached on the grass, and, when done up, are quite as pretty as dresses made of new white material. Delicate hued muslin and cambric dresses may be washed nicely by the following process: Shave half a pound of common hard soap into a gallon of boiling water; let it melt, turn it into a tub of lukewarm water; stir a quart of wheat bran into a second tub of lukewarm water, and have ready a third tub with clear water; put the dress into the first tub of suds, rub gently, or rather "souse" it up and down, and squeeze it out, treat it the same in the tub of bran water; rinse, dry and dip in starch made the same as for shirts; dry again, and then rinse thoroughly in clear water; dry again, and sprinkle with a whisk-broom or sprinkler; roll up in a thick cloth while the iron gets hot, and iron with them as hot as they can be used without scorching the dress. By taking a clear day, it is little trouble to do several dresses in a few hours.

TO REMOVE GREASE FROM SILK, COTTON, LINEN OR WORSTED GOODS.—Rub magnesia freely on both sides of silk or worsted goods and hang away. Benzine, ether or soap will take out spots from silk, but remember the goods must not be rubbed. Oil of turpentine or benzine will remove spots of paint, varnish or pitch from white or colored cotton or woolen goods. After using it, they should be washed in soap-suds. Spots from sperm candles, stearine, and the like, should be softened and removed by ninety-five per cent. alcohol, then sponged off with a weak alcohol, and a small quantity of ammonia added to it. Holding white cotton or linen over the fumes of burning sulphur, and wetting in warm chlorine water, will take out wine or fruit stains. The sooner the remedy is applied, after any of these spots or stains are discovered, the more effectual the restoration. From white linen or cotton by soap-suds or weak lye, and from calicoes with warm soap-suds. From woollens by soap-suds or ammonia. On silks use either yolk of egg with water, magnesia, ether, benzine, ammonia, or French chalk.

TO PRESS AND CLEAN SILKS.—All satin goods should be pressed upon the right side. To press and clean black silk, shake out all the dust, clean well with a flannel cloth, rubbing it up and down over the silk: this takes out all dust that may be left; take some good lager beer and sponge the silk, both on the wrong and right side, sponging across the width of the silk, and not down the length, and with a moderately-warm iron, press what is intended for the wrong side. After sponging, it is better to wait a few minutes before pressing, as the irons will not be so apt to stick.

Or, sponge with hot coffee, thoroughly freed from sediment by being strained through muslin. The silk is sponged on the side intended to show, it is allowed to become partially dry, and then ironed on the wrong side. The coffee removes every particle of grease, and restores the brilliancy of silk, without giving it either the shiny appearance or crackly or papery stiffness obtained by beer or any other liquid. The silk appears thickened by the process, and this good effect remains.

TO MAKE HARD SOAP.—Place one gallon of good soft soap in a kettle to boil; when it begins to boil, stir in a pint measure level full of common salt, stirring it all the time until the salt is dissolved, then set to cool. Next day, cut out the soap in squares, scrape off the soft, dark part, that adheres to the lower side of the cakes, pour out the lye, and wash the kettle; place the soap, cut in thin slices in the kettle, with more weak lye. If the lye is strong add rain-water, pint for pint; let it boil until the soap is dissolved. While boiling, again stir in a pint measure level full of salt, stirring it some as before, and set to cool. When perfectly hard, cut it in cakes the size you wish, scraping off the soft lye part that adheres to the lower side, and lay on boards, top side down in the sun, turning it each day until sufficiently dry. Or, if you wish to make a twelve or four-

teen gallon kettle of soft soap into hard, three quarts of salt, stirred in each time, will be sufficient. But as soap differs in strength, the quantity of salt must also differ. The stronger the soap the more salt is required. A good general rule is our old grandmother's: "When the soap is boiling, stir in salt until it curdles and becomes whitish in color." It can be tested by placing some in a shallow pan to cool, as it cools in a few minutes sufficiently to know if enough salt is in.

To BLEACH MUSLIN.—For thirty yards of muslin, take one pound of chloride of lime, dissolve in two quarts rain-water; let cloth soak over night in warm rain-water, or long enough to be thoroughly wet; wring out cloth and put in another tub of warm rain-water in which the chloride of lime solution has been poured. Let it remain for about twenty minutes, lifting up the cloth and airing every few minutes, and rinse in clear rain-water. This will not injure the cloth in the least, and is much less troublesome than bleaching on the grass.

Or, scald in suds and lay them on the clean grass all night, or if this can not be done, bring in and place in a tub of clean soft water. In the morning scald again and put out as before. It will take from one to two weeks to bleach white. May be bleached in winter by placing on the snow. May is the best month for bleaching. To whiten yellow linens or muslins, soak over-night, or longer, in buttermilk; rinse thoroughly and wash the same as other clothes. This will also answer for light calicoes, percales, lawns, etc., that will not fade. Some use sour milk when not able to procure buttermilk. To whiten yellow laces, old collars, etc., put in a glass bottle or jar in a strong suds, let stand in sun for seven days, shaking occasionally.

To WASH LACE CURTAINS.—Shake the dust well out of the lace, put in tepid water, in which a little soda has been dissolved, and wash at once carefully with the hands in several waters, or until perfectly clean; rinse in water well blueed, also blue the boiled starch quite deeply and squeeze, but do not wring. Pin some sheets down to the carpet in a vacant, airy room, then pin on the curtains stretched to exactly the size they were before being wet. In a few hours they will be dry and ready to put up. The whole process of washing and pinning down should occupy as little time as possible, as lace will shrink more than any other cotton goods when long wet. Above all, it should not be allowed to "soak" from the mistaken idea that it washes more easily, nor should it ever be ironed. Another way is to fasten them in a pair of frames, which every housekeeper should have, made very like the old-fashioned quilting-frames, thickly studded along the inside with the smallest size of galvanized tenter hooks, in which to fasten the lace, and having holes and wooden pins with which to vary the length and breadth to suit the different sizes of curtains. The curtains should always be measured before being wet, and stretched in the frames to that size to prevent shrinking. Five or six curtains of the same size may be put in, one above the other, and all dried at once. The frames may rest on four chairs.

How to DO UP SHIRT-BOSOMS.—To fine starch add a piece of "Enamel" the size of a hazel-nut; if this is not at hand use a table-spoon gum-arabic solution (made by pouring boiling water upon gum-arabic and standing until clear and transparent), or a piece of clean mutton-tallow half the size of a nutmeg and a tea-spoon of salt will do, but is not as good. Strain the starch through a strainer or a piece of thin muslin. Have the shirt turned wrong side out; dip the bosoms carefully in the fine starch, made according to recipe, and squeeze out, repeating the operation until the bosoms are thoroughly and evenly saturated with starch; proceed to dry. Three hours before ironing dip the bosoms in clean water; wring out and roll up tightly. First iron the back by folding it lengthwise through the center; next iron the wristbands, and both sides of the sleeves; then the collar-band; now place the bosom-board under the bosom, and with a dampened napkin rub the bosom from the top towards the bottom, smoothing and arranging each plait

neatly. With smooth, moderately hot flat-iron, begin at the top and iron downwards, and continue the operation until the bosom is perfectly dry and shining. Remove the bosom-board, and iron the front of the shirt. The bosoms and cuffs of shirts, indeed of all nice fine work, will look clearer and better if they are first ironed under a piece of thin old muslin. It takes off the first heat of the iron, and removes any lumps of starch.

WASHING FLUID.—The very best known, as it saves time, labor, clothes and soap: One pound sal-soda, one-half pound stone lime, five quarts soft water, (some add one-fifth pound borax); boil a short time in copper or brass kettle, stirring occasionally, let settle and pour off the clear fluid into a stone jug, and cork for use; soak white clothes over night in simple water, wring out and soap wristbands, collars, and dirty stained places; have boiler half filled with water, and when at scalding heat put in one common tea-cup of fluid, stir and put in clothes, and boil half an hour, rub lightly through one suds only, rinsing well in the bluing water as usual, and all is complete. Instead of soaking clothes over night, they may soak in suds for a few hours before beginning washing. For each additional boiler of clothes, add half a cup only of the fluid, of course boiling in the same water through the whole washing. If more water is needed in the boiler for the last clothes, dip it from the sudsing tub. This fluid brightens instead of fading the colors in calico, and is good for colored flannels. It does not rot clothes, *but they must not lie long in the water; the boiling, sudsing, rinsing and bluing must follow each other in rapid succession*, until clothes are hung on the line, which should be by ten o'clock in the morning. Some of this fluid, put in hot water, is excellent for removing grease spots from the floor, doors and windows; also for cleansing tin-ware, pots, and kettles.—*Mrs. Rose Sharp, Kingston, O.*

TO WASH WOOLEN GOODS.—Dissolve a large table-spoon borax in a pint boiling water. Mix one-quarter of it in the cold water in which greasy woolen goods are to be washed. Put in one piece at a time, using soap, if needed; and if necessary add more of the borax-water. Wash and rinse in cold water. Shake well and hang where the goods will dry quickly.

Flannels can be washed in the same way. The important thing in washing flannels is to have all waters of the same temperature. If you begin with cold, go through with cold; if with hot, have all waters equally hot. They must not be allowed to freeze in drying. Some add a little salt to the last rinsing water. In washing flannels be careful that the soap used has no resin in it. When flannels are nearly dry, take in, fold carefully, roll up in a damp cloth so that they will iron smoothly.

In ironing heavy woolen goods, especially pants, vests, etc., it is well to let them get dried, then spread them out on an ironing-board (not on a table), wring a cloth out of clear water and lay over the article, then iron with a hot iron till dry; wet the cloth again and spread it just above the part already ironed, but let it come a half inch or so on that which has been pressed, so that there will be no line to mark where the cloth was moved; continue this till the whole garment has been thoroughly pressed. Woolen garments thus ironed will look like new; but in doing this care must be exercised that every spot that looks at all "fulled" or shrunk should be stretched while being pressed under the wet cloth. Bring the outside to fit the linings, as when new, but if not quite able to do this, rip the lining and trim off to match. All the seams, especially on pants, must be first pressed on a "press board," then fold the pants as they are found in the tailor's shop, and go over them with the wet cloth and hot iron.

TO DRY-STARCH, FOLD AND IRON SHIRTS.—In doing up shirts, wristbands and collars should be starched first if the collars are sewed on. Dip them into the hot starch, and as soon as the hand can bear the heat (and dipping the hand in cold water often will expedite the work) rub the starch in very thoroughly, taking care that no motes or lumps of starch adhere to the linen. Then starch the shirt-bosom the same way, keeping the starch

hot all the time by setting the dish in a deep pan of water. Rub it into the linen very carefully, pass the finger under the plaits and raise them up so that the starch shall penetrate all through evenly. Some rub it into the plaits with a piece of clean linen, but we think the hand does the work more thoroughly and evenly. When perfectly starched, shake out the shirt evenly, fold both sides of the bosom together and bring the shoulders and side seams together evenly; that will lay the sleeves one over the other, and after pulling the wristbands into shape smoothly they can thus be folded together and the wristbands rolled tightly and, with the sleeves, be folded and laid even on the sides of the shirt. Then turn the sides with the sleeves over on the front, and beginning at the neck roll the whole tightly together, wrap in a towel and let it remain so several hours before ironing—all night if starched and folded in the evening—and in the summer put in a cool place where the starch will not sour, and in the winter keep warm enough to prevent freezing. To do up shirt-bosoms in the most perfect way, one must have a "polishing iron"—a small iron rounded over and highly polished on the ends and sides. Spread the bosom on a hard and very smooth board, with only one thickness of cotton cloth sewed tight across it. Spread a wet cloth over and iron quickly with a hot iron, then remove the cloth and with a polishing iron as hot as it can be used without scorching, rub the bosom quick and hard up and down, not crosswise. Use only the rounded part of the front of the iron, that puts all the friction on a small part at one time, and gives the full benefit of all the gloss in starch or linen.—*Mrs. Beecher, in Christian Union.*

SOAP FOR FAMILY USE.—Much of the toilet and laundry soaps in the market are adulterated with injurious, and, to some persons, poisonous substances, by which diseases of the skin are occasioned or greatly aggravated, and great suffering results, which is rarely traced to the real cause. The fat tried from animals which have died of disease, if not thoroughly saponified, is poisonous, and sometimes produces death. If in making soap the mass is heated to too high a degree, a film of soap forms around the particles of fat; if at this stage resin, sal-soda, silicate, and other adulterations are added, the fat is not saponified, but filmed, and if poisonous or diseased, it so remains, and is dangerous to use. A bar of such soap has an oily feeling, and is unfit for use. If it feels sticky, it has too much resin in it. The slippery feeling which belongs to soap properly made can not be mistaken. Another test of pure soft or hard soap is its translucent or semi-transparent appearance. Soft soap that is cloudy is not thoroughly saponified, or else has been made of dirty or impure grease. It is not only safer but more economical to buy pure soap, as the adulterations increase the quantity without adding to the erosive power. Some of the brown soaps sold in the market are seventy-five per cent. resin, and the buyer gets only twenty-five per cent of what he wants for his money. Fifteen per cent. of resin improves the quality, but any excess damages it, and is worse than useless. Almost any family may make excellent soft soap with very little expense by saving grease, and using lye from pure hard wood ashes or pure potash. Never use concentrated lye.

To set the leach, bore several auger holes in the bottom of a barrel; or use one without a bottom; prepare a board larger than the barrel, set barrel on it, and cut a groove around just outside the barrel, making one groove from this to the edge of the board to carry off the lye as it runs off, with a groove around it, running into one in the center of the board. Place two feet from the ground, and tip so that the lye may run easily from the board into the vessel below prepared to receive it. Put half-bricks or stones around the edge of inside of barrel, place on them one end of sticks one or two inches wide, inclining to the center; place straw to the depth of two inches, over it scatter two pounds slacked lime; put in the ashes about a half bushel at a time, pack well by using a pounder, spade, or common ax; continue to pack until barrel is full, leaving a funnel-shaped hollow in the center large enough to hold several quarts of water. Use soft or rain-water, and

boiling hot. Let the first water disappear before adding more. If the ashes are packed very tightly, it may require two or three days before the lye will begin to run, but it is much better as it will be stronger. If a large quantity of lye is needed, prepare a board long enough to hold two or more barrels, one back of the other, with a groove in the center the entire length of the board; on this place the barrels prepared as above.

Sun or Cold Soap is made by adding one pound of cleansed grease, spoiled lard or butter, to each gallon of lye strong enough to float an egg. Set the vessel in the sun and stir thoroughly each day until it is good soap. This gives it a golden color, and produces an excellent soap for washing. It may be used in washing even laces and fine cambrics with perfect safety.

To cleanse grease.—Place all grease of whatever kind, soap bones, ham-rinds, cracklings, or any refuse fat into a kettle, with weak lye enough to boil it until all the particles of fat are extracted; let it cool, then skim off the grease, which is now ready to make the "Sun Soap." I would add here that no fat should be put away for soap grease until fried thoroughly.

Boiled Soap.—There is no romance or poetry in making boiled soap, only patient hard work; yet without this useful article, what an unrepresentable people we should be. Place the grease, consisting of soap-bones and all kinds of fat that accumulate in a kitchen, in a kettle, filling it only half full; if there is too much fat, it can be skimmed off after the soap is cold, for another kettle of soap. This is the only true test when enough fat is used, as the lye will consume all that is needed and no more. Make a fire under one side of it. The kettle should be in an out-house or out of doors. Let it heat very hot so as to fry, and stir it to prevent burning; now put in the lye, a gallon at the time, watch closely until it boils, as it sometimes runs over at the beginning. Add lye until the kettle is full enough, but not too full, to boil well. Soap should boil from the side and not the middle, as this would be more likely to cause it to boil over. To test the soap, to one spoonful of soap add one of rain-water; if it stirs up very thick, the soap is good and will keep; if it becomes thinner, it is unfit for use.

This is the result of one of three causes: it is too weak, there is a deposit of dirt, or it is too strong. Continue to boil for a few hours, when it should flow from the stick with which it is stirred, like thick molasses; but if after boiling it remains thin, let it stand over night, removing the fire, then drain very carefully into another vessel, being particular to prevent any sediment from passing. Wash the kettle, return the soap and bring to a boil, and if the cause was dirt, it will now be thick and good, otherwise it is too strong and needs rain-water added. This can safely be done by pouring in a small quantity at a time, until it becomes thick. These are the usual causes that arise to trouble soap-makers. If other difficulties appear, they must use good common sense to meet and overcome them.

It might not be amiss to add to this, the most economical way of saving soap grease. Have a kettle standing in the yard in summer time (or if there is not a yard, in cellar), and as you save a little grease put it in, but do not put in raw grease. If there are any pieces of fat left after using a ham or lumps of suet not used in cooking a steak, put them in a skillet and fry them brown, then put all into the kettle of lye; thus every particle of fat will be saved, and no fear of insects, rats or mice getting into and destroying the grease. Keep the kettle covered during night or when raining, but uncovered in the sunshine, stirring occasionally. In the fall, all that is necessary is to make a fire under the kettle, and let it boil a short time, adding more lye or grease if needed. If there are too many bones in it, or any particles that have not become consumed, skim them out and put them in a pot of weak, hot lye, stirring them with the skimmer to rinse off all the soap, then skim out and throw away, and the pot of lye which has become almost soap, may now be added to the kettle of good soap. A few beef bones left in the barrel will sink to the bottom, and are said by some good housewives to improve the soap. Soft soap should be kept in a dry place in cellar, and is better if allowed to stand three months before using.

THE CELLAR AND ICE-HOUSE.

The cellar, when properly constructed and cared for, is the most useful room in the house, and no dwelling is complete without one. It is economy of expense and ground-space to build it under ground, and this plan gives the best cellar whenever the site of the house permits thorough drainage. The base of the foundation-wall of the house should be laid a little below the floor-level of the cellar, and the first layer should be of broad flag-stones, so placed that the edges will project a few inches beyond the outer face of the wall. This effectually prevents rats from undermining the cement floor, which they often do when this precaution is neglected, digging away the dirt until the floor breaks and gives them access to a new depot of supplies. In burrowing downwards, they invariably keep close to the wall, and when they reach the projecting flagging, give it up and look for an easier job. To secure the cellar from freezing, the wall, above the level of the deepest frost, should be double or "hollow," the inner wall being of brick four inches thick, with an air-space of two inches between it and the outer wall, which should be of stone and twelve or fourteen inches thick. The brick wall should be stiffened by an occasional "binder" across to the stone. The hollow space may be filled with dry tan-bark or sawdust, or left simply filled with the confined air, "dead air" being the most perfect non-conductor of heat known. The windows, which should be opposite each other when possible, to secure a "draft" and more perfect ventilation, should be provided with double sash—one flush with the outer face of the wall, which may be removed in summer, and the other flush with the inner face, hung on strong hinges, so that it may easily be swung open upward and hooked there. In winter, this arrangement lets in light, but with its space of confined air, keeps out the frost. A frame covered with wire netting should take the place of the outer sash in summer, to keep out every thing but the fresh air and light. The walls should be as smooth as possible on the inner side, and neatly plastered; also the ceiling overhead. The floor should be first paved with small stones, then a coat of water-lime laid on, and over this a second coat, as level as a planed floor. There should also be double doors, one flush with each face of the wall; and a wide out-door stairway, through which vegetables, coal, etc., may be carried, is indispensable. The depth should be about eight feet.

Such a cellar may always be clean, the air pure, and the temperature under complete control. It will consequently keep apples and pears two or three months longer than an ordinary cellar, prolonging the fruit season to "strawberry-time." If it extends under the whole house—the best plan when the state of the purse permits it—it may be divided into apartments,

with brick walls between—one for vegetables, one for fruits, one for provisions, one for the laundry, and a fifth for coal and the furnace, if one is used. In one corner of the cellar, under the kitchen, may also be the cistern, the strong cellar wall serving for its outer wall. A pump from the kitchen would supply water there for domestic uses; and a pipe with a stop-cock, leading through the wall into the cellar, would occasionally be a convenience and save labor. It is better, however, as a rule, to locate the cistern just outside the house, passing a pipe from it through the cellar wall below the deepest frost level, and thence to the kitchen. If built in the cellar, the cistern should be square, with heavy walls, plastered inside with three coats of water-lime.

All the apartments of a cellar should be easily accessible from the outside door and from the kitchen stairway. In the vegetable apartment, the bins should be made of dressed lumber, and painted, and located in the center, with a walk around each, so that the contents may easily be examined and assorted. The fruit shelves, made of slats two inches wide and placed one inch apart, should be put up with equal care and neatness, and with equal regard for convenience and easy access. Their place should be the most airy part of the cellar: the proper width is about two feet, and the distance apart about one foot, with the lowest shelf one foot from the floor. Pears will ripen nicely on the lower shelves under a cover of woolen blankets. The supports should, of course, be firm and strong. The bottom shelf should be of one board, on which to scatter fine fresh lime to the depth of an inch, changing it two or three times during the winter. A shelf, suspended firmly from the ceiling, and located where it will be easy of access from the kitchen, on which to place cakes, pies, meats, and any thing that needs to be kept cool and safe from cats and mice, is an absolute necessity. Its height prevents the articles placed on it from becoming damp, and gathering mold, as they sometimes do when placed on the cellar floor. In planning shelves for cans, crocks, casks, etc., regard should be had to economy of space by making the distance between the shelves correspond to the articles to stand on them, and it is well to so place the lower shelf that the meat barrels, etc., may be placed under it. The temperature of a cellar should never be below freezing, and if it is raised above fifty by a fire, outside air should be admitted to lower it. The best time for ventilating the cellar is at noon, taking care in hot weather not to admit so much outside air as to render it warm. A simple and excellent plan for ventilation, where the location of the kitchen chimney admits it, is to pass an ordinary stove-pipe through the floor upward beside or behind the pipe of the kitchen stove, and thence by an elbow into the chimney. The draft of the chimney will carry off all the impure air that arises in the cellar, and if too great a current is created, it may be brought under complete control by a valve at the floor.

The cellar must be frequently examined and kept perfectly sweet and clean. There is no reason why it should not be as neat as the living rooms, and as free from cobwebs, decayed fruit and vegetables, and all other forms of filthiness. Whitewashing walls in winter will aid in giving it tidiness.

If the cellar is constructed above ground, the entire walls should be double, with air space between, double windows and doors being even more necessary than when under-ground. Above all, the floor should be on a level with that of the kitchen, to save the woman-killing stairs. If there are stairs, let them be broad, firm, and placed in the light if possible. Of course, every cellar should have thorough drainage. In laying a tile drain, if in the horse-shoe form, place the circular side down; the narrower the channel, the swifter the current and more certain to carry off sediment.

THE STORE-ROOM.

A clean, tidy, well-arranged store-room is one sign of a good methodical housekeeper. When stores are put away at hap-hazard, and taken out at any time and in any quantity, disorder and extravagance prevail. A store-room ought to be large, airy, cool, and dry. Such a room is not always to be had, but even if a closet has to be put up with, it may be kept clean. Shelves should be ranged around the walls, hooks fastened to the edges of the shelves. The driest and coolest part of the rooms should be kept for jams, jellies, and pickles. All the jars should be distinctly labeled at the front, so that they will not all need to be taken down every time a particular jar is wanted. Biscuits or cakes should be kept in closely covered tin boxes; lemons should be hung in nets. Soap should be bought in large quantities, and cut up in convenient-sized pieces, so that it may be dry before it is used. Coffee, when roasted, should be kept in small quantities; if unroasted, it will improve with keeping. Stores on no account should be left in the papers in which they were sent from the grocer's, but should be put into tin canisters or earthenware jars closely covered, and each jar, like the jam, should be labeled. Stores should be given out regularly, either daily or weekly. In order to check their consumption, the housekeeper will do well to keep in the store-room a memorandum book, with a pencil fastened to it, and in this book she should enter the date on which all stores were brought in or taken out. By means of these memoranda she can compare one week's outgo with another, and immediately discover any extravagance. A hammer, a few nails, a little gum, a ball of string, a few sheets of foolscap, and a pair of scissors, should always be kept in the store-room.

THE ICE-HOUSE.

Ice is one of the greatest of summer luxuries, and indeed is almost a necessity. It is so easily put up, even in the country, and so cheaply protected, that there is no reason why any one who is able to own or rent a house may not have it in liberal supply. A cheap ice-house may be made by partitioning off a space about twelve feet square in the wood-shed, or even in the barn. The roof must be tight over it, but there is no necessity for matched or fine lumber for the walls. They should, however, be coated with coal-tar inside, as the long-continued moisture puts them to a severe test and brings on decay. Ice should be taken from still places in running streams, or from clear ponds. It may be cut with half an old cross-cut saw, but there are saws and ice-plows made for the purpose to be had in almost every village.

In cutting ice, as soon as it is of sufficient thickness and before much warm weather, select a still day, with the thermometer as near zero as may be. Ice handles much more comfortably and easily when it is so cold that it immediately freezes dry, thus preventing the wet clothes and mittens, which are the sole cause of any suffering in handling it; and ice put up in sharp, cold weather, before it has been subjected to any thaw, will keep much better and be much more useful in the hot days of summer than if its packing had been delayed until late winter or early spring, and then the ice put up half melted and wet. The best simple contrivance for removing blocks of ice from the water is a plank with a cleat nailed across one end, which is to be slipped under the block, which slides against the cleat, and may then be easily drawn out with the plank, without lifting. Cut the ice in large blocks of equal size, pack as closely as possible in layers, leaving about a foot space between the outside and the wall, and filling all crevices between the blocks with pounded ice or sawdust. Under the first layer there should be placed sawdust a foot thick, and arrangements should be made for thorough drainage, as water in contact with the ice will melt it rapidly. As the layers are put in place, pack sawdust closely between the mass of ice and the wall; and when all is stored, cover with a foot, at least, of sawdust. In using ice, be careful to cover all crevices with sawdust, as the ice will melt rapidly if exposed to the air. The less ventilation and the more completely an ice-house is kept closed, the better the ice will keep. The cold air which surrounds the ice, if undisturbed by currents, has little effect on it; but if there are openings, currents are formed and the warm air is brought in to replace the cold. This is especially the case if the openings are low, as the cold air, being the heavier, passes out below most readily. For this reason great care must be taken to fill in fresh saw-dust between the walls and the mass of ice, as it settles down by its own weight, and the melting of the ice. There is no advantage in having an ice-house wholly or partly under ground, if it is constructed as directed above. Fine chaff, or straw cut fine, may be substituted for sawdust when the latter is difficult to obtain. Of course, the building may be constructed separately, in which case the cost need not be more than twenty-five to fifty-dollars.

CRANBERRIES—will keep all winter in a keg of water.

CELERY—keeps well buried in dry sand.

ONIONS—keep best when spread over the floor.

TO KEEP TURNIPS.—When buried deep in the earth they will keep solid until March or April.

TO KEEP LEMONS.—Cover with cold water, changing it every week. This makes them more juicy.

PARSNIPS and salsify should be left in the ground all winter, unless the climate is very severe, when they may be buried in a deep pit in the garden, and not opened until March or April.

TO KEEP PARSLEY FRESH AND GREEN.—Put it in a strong boiling hot pickle of salt and water, and keep for use. Hang up and dry in bunches, blossom downward, in a dry attic or store-room, for use in soups, stuffing, etc.

WHITEWASH FOR CELLARS.—An ounce of carbolic acid to a gallon of whitewash will keep from cellars the disagreeable odor which taints milk and meat. Or, add copperas to ordinary whitewash until it is yellow; the copperas is a disinfectant, and drives away vermin.

TO KEEP CELLAR CLEAN.—Remove all vegetables as soon as they begin to decay, and ventilate well so that the walls will not become foul. Use chloride of lime as a disinfectant freely, after taking care to make it as neat and clean as possible.

ALL KINDS OF HERBS.—Gather on a dry day, just before or while in blossom, tie in bundles, blossom downward. When perfectly dry, wrap the medicinal ones in paper, and keep from air. Pick off the leaves of those to be used in cooking, pound, sift them fine, and cork up tightly in bottles.

KEEPING CABBAGES.—When the weather becomes frosty, cut them off near the head, and carry them, with the leaves on, to a dry cellar, break off superfluous leaves, and pack into a light cask or box, stems upward, and when nearly full cover with loose leaves; secure the box with a lid against rats.

POTATOES—should be kept in a cool, dark place. When old, and likely to sprout, put them in a basket and lower them into boiling water, for a minute or two, let them dry and put away in sacks. This destroys the germ, and the potatoes retain their flavor until late.

THE TEMPERATURE.—Vegetables keep best at as low a temperature as possible without freezing. Apples bear a very low temperature. Sweet potatoes (which keep well packed in dry forest leaves) require a dry, warm atmosphere. Squashes should be kept in a dry place, as cool as possible without freezing.

KEEPING PEASE FOR WINTER USE.—Shell, throw into boiling water with a little salt, boil five or six minutes, drain in a colander and afterwards on a cloth, until completely dried, and place in air-tight bottles. Some use wide-mouthed bottles, not quite filling them, pouring over fried mutton fat so as to cover the pease, and cork tightly, securing the cork with resin or sealing-wax. When used, boil until tender, and season with butter.

TO KEEP APPLES.—Apples are usually kept on open shelves, easily accessible, so that the decaying ones may easily be removed. They are sometimes packed in layers of dry sand, care being taken not to let them touch each other, with good results. When they begin to decay, pick out those which are speckled, stew them up with cider and sugar, and fill all empty self-sealing fruit-cans, and keep the sauce for use late in the season. Or pack in dry saw-dust, or any grain, as oats, barley, etc., so that they will not touch each other; or if fruit is fine, wrap each apple in paper and pack in boxes.

TO KEEP GRAPES.—A barrel hoop suspended from the ceiling by three cords, from which grape stems are hung by means of wire hooks attached to the *small* end, sealing the other with hot sealing-wax, each stem free from contact with its neighbors, is said to be the best contrivance for keeping grapes. The imperfect grapes must be removed, and the room must be free from frost, and not dry enough to wither them or too moist. The simplest way to keep grapes is to place them in drawers holding about twenty-five pounds each, piling the boxes one over another.

PACKING VEGETABLES.—For present use they should be laid away carefully in a bin with a close lid (hung on hinges) so that the light may be excluded. To keep them for a longer time, the best plan is to pull them on a dry day, cut off the tops and trim, and pack them in clean barrels or boxes, in layers with fine clean moss, such as is found in abundance in woods, between them. The moss keeps them clean and sufficiently moist, preventing shriveling of the roots on the one hand, and absorbing any excess of dampness on the other.

KEEPING CABBAGES IN THE COUNTRY.—Take up the cabbages by the roots, set closely together in rows, up to the head in soil, roots down as they grew; drive in posts at the corners of the bed, and at intermediate points if necessary, higher on one side than the other; nail strips of boards on the posts and lay upon these old boards, doors, or if nothing else is at hand, bean-poles, and corn fodder, high enough so that the roof will be clear of the cabbages, and allow the air to circulate; close up the sides with yard or garden offal of any kind, and the cabbages will keep fresh and green all winter, and be accessible at all times. Exclude moisture but never mind the frost.

SOMETHING ABOUT BABIES.

A child's first right is to be well born, of parents sound in body and mind, who can boast a long line of ancestors on both sides; an aristocracy, based on the cardinal virtues of purity, chastity, sobriety, and honesty.

If the thought, the money, the religious enthusiasm, now expended for the regeneration of the race, were wisely directed to the generation of our descendants, to the conditions and environments of parents and children, the whole face of society might be changed before we celebrate the next Centennial of our national life.

All religious, educational, benevolent, and industrial societies combined, working harmoniously together, can not do as much in a life-time of effort, toward the elevation of mankind, as can parents in the nine months of pre-natal life. Locke took the ground that the mind of every child born into the world is like a piece of blank paper, that you may write thereon whatever you will; but science proves that such idealists as Descartes were nearer right when they declared that each soul comes freighted with its own ideas, its individual proclivities; that the pre-natal influences do more in the formation of character than all the education that come after.

Let the young man, indulging in all manner of excesses, remember that in considering the effect of dissipation, wine, and tobacco, on himself and his own happiness or misery, he does not begin to measure the evil of his life. As the High Priest at the family altar, his deeds of darkness will entail untold suffering on generation after generation. Let the young woman with wasp-like waist, who lives on candies, salads, hot bread, pastry, and pickles, whose listless brain and idle hands seek no profitable occupation, whose life is given to folly, remember that to her ignorance and folly may yet be traced the downfall of a nation.

One of the most difficult lessons to impress on any mind is the power and extent of individual influence; and parents above all others, resist the belief that their children are exactly what they make them; no more, no less; like producing like. If there is a class of educators who need special preparation for their high and holy calling, it is those who assume the responsibility of parents. Shall we give less thought to the creation of an immortal being than the artist devotes to his statue or landscape? We wander through the art galleries in the old world, and linger before the works of the great masters, transfixed with the grace and beauty, the glory and grandeur, of the ideals that surround us; and, with equal preparation, greater than these are possible in living, breathing humanity. The same thought and devotion in real life would soon give us a generation of saints, scholars, scientists, and

statesmen, of glorified humanity; such as the world has not yet seen. To this hour, we have left the greatest event of life to chance, and the result is the blind, the deaf and dumb, the idiot, the lunatic, the epileptic, the criminal, the drunkard, the glutton—thousands of human beings, in our young republic, that never should have been born; a tax on society, a disgrace to their parents, and a curse to themselves.

Well, born—a child's next right is to intelligent care. If we buy a rare plant, we ask the florist innumerable questions as to its proper training; but the advent of an immortal being seems to suggest no new thought, no anxious investigation into the science of human life. Here we trust every thing to an ignorant nurse, or a neighbor who knows perchance less than we do ourselves.

Ignorance bandages the new-born child, as tight as a drum, from armpits to hips, compressing every vital organ. There is a tradition that all infants are subject to colic for the first three months of their existence; at the end of which time the bandage is removed, and the colic ceases. Reason suggests that the bandage may be the *cause* of the colic, and queries as to the origin of the custom, and its use. She is told, with all seriousness, "that the bones of a new-born child are like cartilage, that, unless they are pinned up snugly, they are in danger of falling to pieces." Reason replies: "If Infinite Wisdom has made kittens and puppies so that their component parts remain together, it is marvelous that He should have left the human being wholly at the mercy of a bandage;" and proposes, with her first-born, to dispense with swaddling bandages, leaving only a slight compress on the navel, for a few days, until perfectly healed.

Ignorance, believing that every child comes into the world in a diseased and starving condition, begins at once the preparation of a variety of nostrums, chemical and culinary, which she persistently administers to the struggling victim. Reason, knowing that after the fatigue of a long and perilous march, what the young soldier most needs is absolute rest in some warm and cozy tent, shelters him under her wing, and fights off all intruders, sure that when he needs his rations the world will hear from him. His first bath should be preceded by a generous application of pure, sweet olive-oil, from head to foot, in every little corner and crevice of his outer man; and then he should be immersed in warm soap-suds, so nearly the temperature of the body as to cause no shock. Great care should be taken that neither oil nor soap touch the eyes. The room should be very warm, all drafts excluded; and on emerging from the tub, a hot soft-flannel blanket should be closely wrapped around him, in which he may rest awhile before dressing. The softest garments, simply made, and so cut as to fasten round the throat and rest on the shoulders, should constitute his wardrobe; eschew all bands, pins, ligatures, ruffles, embroidery, caps, socks, etc.

Let the child's first efforts at foraging for an existence be at his mother's breast; there he will find the medicine he needs, and just what she needs, too, to dispose of.

The child's mouth and the mother's nipples should be carefully washed

before nursing; thus, much suffering, for both mother and child, will be prevented.

"Give the baby water six times a day," was one of the most important messages ever sent over the telegraph wires to a young mother.

Ignorance bathes her baby on a full stomach, because she finds it will go through the ordeal of dressing more quietly; Reason bathes hers two hours after feeding, knowing that the vital forces needed for digestion should not be drawn to the surface. Being constructed on the same general plan with its parents, the same principle that makes it dangerous for a man to go swimming immediately after eating, makes it equally so to put a baby in its tub after nursing.

Though Ignorance eats her own meals regularly and at stated times, she feeds her baby at all times and seasons. If the child has colic from over-eating, or the improper diet of its mother, she tries to ally its suffering with additional feeding and vigorous trotting; not succeeding, she ends the drama with a spoonful of Mrs. Winslow's soothing syrup; having drugged the sentinel and silenced his guns, she imagines the citadel safe. Reason feeds her baby regularly, by the clock, once in two or three hours, and gives the stomach some chance for rest. She prevents colic by regulating her own diet and habits of life, knowing that improper articles of food, and ill-nature or outbursts of passion in the mother, have cost many a baby its life.

Ignorance, having noticed that her baby sleeps longer with its head covered, uniformly excludes the air. Breathing the same air over a dozen times, it becomes stupefied with the carbonic-acid gas, is thrown into a profuse perspiration, and is sure to catch cold on emerging from the fetid atmosphere. Reason puts her child to sleep, with head uncovered, in a spacious chamber, bright with sunlight and fresh air; where, after a long nap, she will often find him (as soon as he is old enough to notice objects) looking at the shadows on the wall, or studying the anatomical wonders of his own hands and feet, the very picture of content.

Regular feeding, freedom in dress, plenty of sleep, water, sunlight, and pure air, will secure to babies that health and happiness that in nature should be their inheritance.

"Seeing that the atmosphere is forty miles deep, all round the globe," says Horace Mann, "it is a useless piece of economy to breathe it more than once. If we were obliged to trundle it in the wheel-barrow, in order to fill our homes, churches, school-houses, railroad-cars, and steamboats, there might be some excuse for our seeming parsimony. But as it is we are prodigals of health, of which we have so little; and niggards of air, of which we have so much."—*Mrs. Elizabeth Cady Stanton, New York.*

GREAT care should be given that children are not fed with milk that has been turned by a thunder-storm. The chemical change is rapid, and extra caution is necessary.

GINGER-BREAD made from oatmeal instead of flour is a good aperient for children.

PARENTS SHOULD TEACH their children to gargle their throats, for it may be the saving of their lives. It is easier to teach them this difficult and awkward feat in health than when prostrated by disease.

TO PREVENT A CHILD COUGHING AT NIGHT, boil the strength out of ten cents worth of "seneca snake-root" in one quart of soft water; strain through a cloth, boil down to a pint, add one cup powdered sugar made into a thick molasses. Give one tea-spoonful on going to bed.

CHILDREN ARE OFTEN TROUBLED with ulcers in the ears after scarlet fever and other children's diseases. Roast onions in ashes until done, wrap in a strong cloth, and squeeze out juice. To three parts juice, add one part laudanum and one part sweet-oil, and bottle for use. Wash ear out with warm water, shake bottle well, and drop a few drops into the ear.

FOR SORE MOUTH IN NURSING BABIES, take a tea-spoon each of pulverized alum and borax, half a salt-spoon of pulverized nut-galls, a table-spoon of honey; mix, and pour on it half a tea-cup boiling water; let settle, and with a clean linen rag wash the mouth four or five times a day, using a fresh piece of linen every day; or simple borax water is equally good. Half an even tea-spoon powdered borax in two table-spoons soft water is strong enough.

A LUMP OF SUGAR, saturated with vinegar, will stop hiccough when drinking water will not. For babies, a few grains of sugar will often suffice. Care must be taken in giving sugar to nursing babies, as it is constipating. Dio Lewis says feather pillows are death to children. Make them of straw or hair, and not too large.

TO CURE THE EARACHE, take a bit of cotton batting, put upon it a pinch of black pepper, gather it up and tie it, dip it in sweet-oil, and insert it into the ear. Put a flannel bandage over the head to keep it warm.

PROBABLY NINE CHILDREN OUT OF TEN who die of croup might be saved by the timely application of roast onions, mashed, laid upon a folded napkin, and goose-oil, sweet-oil, or even lard, poured on and applied as warm as can be borne comfortably to the throat and upper part of the chest, and to the feet and hands, or the onions may be sliced, boiled soft in water until almost dry, grease added, and cooked in the grease until browned.

LET NATURE WAKE THE CHILDREN; she will not do it prematurely. Take care that they go to bed at an early hour—let it be earlier and earlier, until it is found that they wake up themselves in full time to dress for breakfast.

JUST BEFORE EACH MEAL let a child have some ripe fruit or some fruit sauce. Apples and berries are wholesome. Oranges should never be given to children unless the skin and the thick white part underneath the skin and between the quarters is all carefully removed.

WHILE THE BABY IS DOWN FOR A CREEP, draw little stocking legs over his arms, and secure them by a safety-pin.

SEE THAT A CHILD'S FOOD is well cooked. Never give a child new bread. Always insist that a child thoroughly masticate his food. Avoid too nourishing a diet for a child of a violent, fretful temper. Give a nourishing diet to a pale, white-looking, delicate child. Both under-feeding and over-feeding are apt to produce scrofula or consumption. Carefully study a child's constitution, digestive powers, teeth, strength, and endeavor to proportion to these the kind and the quantity of its food. Sweetmeats and confectionery should only be given to children very sparingly, if at all. Never pamper or reward a child with them. A child should never be allowed to go to sleep with damp, cold feet. Neglect of this has often resulted in dangerous attacks of croup, diphtheria, or a fatal sore throat. Always on entering the house in rainy, muddy, or thawy weather, the child should remove its shoes, and the mother should herself ascertain whether the stockings are the least damp. If they are they should be taken off, the feet held before the fire, and rubbed with the hands until perfectly dry, and dry stockings and shoes put on.

DR. OSGOOD RECOMMENDS as a night suit for children a single garment.

ending in drawers and stockings. Over this, in cold weather, may be worn a flannel sack. At severe seasons, instead of putting an extra coverlet on the bed, he advises the use of a large bag, made of a light blanket, into which the child may be securely placed, and closely buttoned around the neck. Light coverings generally are preferable to heavy ones, if the night-clothing and the room are sufficiently warm, as they do not induce perspiration nor check exhalations.

EATING SNOW, except in *very* limited quantities, is very injurious, producing catarrh, congestion and many other troubles.

JUMPING THE ROPE is an injurious and dangerous amusement, often resulting in disease of the spine and brain.

FOR WORMS, give rue tea; for colic, catnip tea.

NEVER LET THE LITTLE CHILDREN go out of doors in winter without being warmly clad. They lose heat rapidly, and easily contract throat and lung affections. Every child should have full suits of underclothing; and especially let the legs and ankles be well protected with thick stockings and leggings.

BATHE CHILDREN IN THE FORENOON when possible, or, if not too tired, an hour before the evening meal; *never for at least an hour after eating*. When possible bathe before an open fire or in a warm room near, and rub dry before an open fire. It is injurious to bathe children on rising before breakfast, especially in cold weather. Washing the face, neck, and hands, and dressing, is enough before refreshing the body by eating.

GREAT CARE MUST BE TAKEN that the navel of infants takes its proper place. If not attended to it is likely to puff out and produce a breach. If it shows any signs of protruding, round a piece of cork into a ball as large as a large marble, cover with linen, and lay over the navel, fastening it to its place by six or eight strips of adhesive plaster. Let it remain for a month or six weeks, as it will cause no inconvenience.

IF A SCURF OR MILK-CRUST appears on the head, do not apply water, but brush off gently with a soft baby's brush.

FOR CONSTIPATION, BRAN WATER is an excellent remedy. Boil two table-spoons bran in a pint of water for two hours, strain and use as food. It must be made fresh every day, and the fresher the better.

NO CHILD SHOULD GO TO BED HUNGRY, but food taken near the hours of sleeping should be of the simplest nature,—a cracker, a bit of bread, or a glass of milk.

A BABY SHOULD SLEEP ON ITS SIDE. When lying on its back the food sometimes rises in its throat and chokes it.

GREAT CARE SHOULD BE TAKEN to shade a baby's eyes from the light. If a strong light shines directly in its face, it often produces ophthalmia, an inflammation of the eyelids, which is troublesome and dangerous. A few drops of breast-milk, applied to the eye and worked under the lid, is very healing to sore lids.

SOME BABIES' SKINS WILL NOT BEAR FLANNEL. In this case a linen shirt should be put on first, and flannel over it.

WHEN CHAFED, SQUEEZE COLD water over the parts chafed. Dry lightly without rubbing, and apply vaseline or cold cream.

IN CLEANSING THE EAR, penetrate no deeper than you can clearly see. Never scratch or inflame the entrance to the ear. The ear-wax is not dirt, and should not be removed, at least only that portion which is plainly visible should be disturbed. Pins and scrapers inserted in the ear are injurious. The wax will find its way out when too much is accumulated. Scraping produces irritation, discomfort, and calls for a repetition, which, after a time, produces disease. Sweet-oil, glycerine, etc., are apt to clog the ear and produce inflammation. Syringing the ear with tepid water relieves itching. If cold air gives pain a little wool, placed in the ear *while out of doors*, will protect.

UPON THE VERY FIRST SYMPTOMS of cold, such as snuffing or any slight

hoarseness, give immediately a warm foot bath, and then grease with mutton tallow the nose, neck, chest, and feet; warm the feet well at the fire. Sweet-oil, pig's-foot oil, or any kind of good grease will answer as well as mutton tallow. After warming well put them to bed and wrap up well.

MILK FOR THE USE OF children should cool until the animal heat is gone before using.

The following rules for the management of infants during the hot season are from Dr. Wilson's "Summer and Its Diseases":

Rule 1.—Bathe the child once a day in tepid water. If feeble, sponge all over twice a day with tepid water, or tepid water and vinegar.

Rule 2.—Avoid all tight bandaging. Make clothing light and cool, and so loose that the limbs may have free play. At night undress, sponge, and put on a slip. In the morning remove slip, bathe, and dress in clean clothes if it can be afforded; if not, thoroughly air clothing by hanging it up during the night. Use clean diapers, and change often.

Rule 3.—Let the child sleep by itself in a cot or cradle. Put to bed at regular hours, and teach to go to sleep without being nursed in the arms. Give no cordial, soothing syrup, or sleeping drops, without the advice of a physician. They kill thousands of children every year. If the child frets it is hungry or ill. Never quiet a child by candy or cake. They are common causes of diarrhea and other troubles.

Rule 4.—Give the child plenty of fresh air. Give it plenty of pure cold water. Keep it out of rooms where cooking or washing is going on. Excessive heat kills children.

Rule 5.—Keep the house sweet and clean, cool, and well aired. In hot weather leave windows open day and night. Cook in the yard, in a shed, or in the garret. Whitewash walls every spring, and keep cellar clear of rubbish. Let no stumps collect. Disinfect privies and sinks by a solution of copperas, and get your neighbors to clean up.

Rule 6.—If the supply of breast-milk is ample, and the child thrives, give no other food in hot weather. If the supply is short give goat's or cow's milk in addition. Nurse once in two or three hours by day, and as seldom as possible at night. Remove child from breast as soon as it falls asleep, and never give the breast when overheated or fatigued.

Rule 7.—If brought up by hand, give goat's milk, or cow's milk, and use no other food while hot weather lasts. For an infant that has not cut its front teeth, no substitute for milk is safe. Crying children must not be allowed to pick up unwholesome food.

Rule 8.—If milk is pure add one-third hot water to it until child is three months old; afterwards gradually lessen the water. Sweeten each pint with a heaping dessert-spoonful of sugar of milk, or a tea-spoonful crushed sugar. When very hot weather give milk cold. It must be unskimmed and as fresh as possible, and brought very early in the morning. Scald pans to be used with boiling suds. In very hot weather boil milk as soon as it comes, and remove to the coolest place in the house upon ice or down in a well. In a warm room it soon spoils.

Rule 9.—If the milk disagrees add a table-spoon of lime-water to each bottleful. If pure milk can not be had, try condensed milk, sold at all grocers. Prepare by adding to six table-spoons boiling water, without sugar, one table-spoon or more of the milk, according to age of the child. If this disagrees, a tea-spoon of arrow-root, of sago, or of corn-starch, may be added to a pint of milk, as prepared under Rule 8, and cautiously tried. If milk can not be digested try, for a few days, pure cream, diluted with three-fourths to four-fifths water, returning to milk as soon as possible.

Rule 10.—The nursing-bottle must be kept perfectly clean, otherwise the milk will turn sour, and the child will be made ill. Empty after each meal, rinse first in cold water, take apart, and place nipple and bottle in clean water, to which a little soda has been added. It is better to have two bottles, and use them by turns. The plain bottle with rubber nipples is better than the tube, which is difficult to keep clean.

Rule 11.—Do not wean a child just before or during hot weather; nor, as a rule, until after its second summer. If suckling disagrees with the mother she must not wean the child, but feed it in part from the nursing bottle as directed. However small the supply of breast-milk, the mother should keep it up against sickness. It will often save the life of a child when every thing else fails. When over six months old the mother may save her strength by giving it one or two meals a day of stale bread and milk, which should be pressed through a sieve, and put into a nursing bottle. When from eight months to a year old, it may have also one meal a day of the yolk of a fresh, rare boiled egg, or one of beef or mutton-broth, into which stale bread has been crumbled. When older it can have a little meat, finely minced; but even then milk should be its principal food, and not what grown people usually eat.

Rule 12.—If a child is suddenly taken with vomiting, and purging, and prostration, send for the doctor at once. Meantime, put the child for a few minutes in a hot bath, then carefully wipe dry with a warm towel, and wrap in warm blankets. If hands and feet are cold, apply bottles filled with hot water and wrapped in flannel. Place a mush poultice or flaxseed poultice to which one quarter part of mustard flour has been added, or flannels wrung out of hot vinegar and water, over the belly. Give every fifteen minutes, five drops brandy in a teaspoonful of water; if vomiting continues, give the brandy in the same quantity of milk and lime-water. If the diarrhea has just begun, or if caused by improper food, give a teaspoonful of castor-oil, or of spiced syrup of rhubarb. If the child has been fed partly on breast-milk, mother's milk alone must be used now. If weaned, dilute pure milk with lime-water, or give weak beef-tea or chicken-water. Let child drink cold water freely. Remove soiled diapers at once from the room but save for the examination of the physician.

HINTS FOR THE WELL.

Cleanliness is next to godliness

Always rest before and after a hearty meal.

Do not eat too much. Do not eat late at night.

Food, especially bread, should never be eaten hot.

Children should never be dressed in tight clothes.

Never sit in a damp or chilly room without a fire.

Supper just before going to bed is highly injurious. If hungry, a bit of bread or cracker will check the craving without spoiling sleep.

Never enter a room where a person is sick with an infectious disease with an empty stomach.

When really sick, send for a *good* physician; and as you value your health and life, *have nothing to do with quacks or patent medicines.*

The condiments, pepper, ginger, etc., are less injurious in summer. Fat beef, bacon, and hearty food may be eaten more freely in winter.

Let the amount of the meal bear some relation to future needs as well as present appetite; but it is better to carry an extra pound in your pocket than in your stomach.

A small quantity of plain, nourishing soup is a wholesome first course at dinner. Rich soups are injurious to persons of weak digestion, and a large quantity of liquid food is not beneficial to adults.

Three full meals daily are customary, but the number, the relative quantity and quality, and the intervals between them, are largely matters of opinion, habit and convenience; regularity is the important thing.

Exercise before breakfast should be very light; and it is better to take a cracker or some trifle before going out, especially in a miasmatic climate. Early breakfasts are a necessity to the young and growing.

Remember that when the stomach is sour after eating, the food is actually rotting—that is a nauseating word but it expresses the absolute fact in the case—and it means that some of the rules above given have been violated.

Eat in pure air and in pleasant company; light conversation and gentle exercise promote digestion, but hard work of any kind retards it. Avoid severe bodily or mental labor just before and for two hours after a full meal.

Most people drink too much and too fast. A small quantity of water sipped slowly satisfies thirst as well as a painful swallowed at a draught.

Drinks at meals should be taken at the close, and not too strong or hot. Dyspeptics especially should drink sparingly. Children need more than adults, but too much is injurious.

Adults need to eat at regular intervals two or three times a day, allowing

time for each meal to be fully digested before another is taken. It would spoil a loaf of bread, half baked, to poke a lump of cold dough into the middle of it.

Use good palatable food, not highly seasoned; vary in quantity and quality according to age, climate, weather and occupation. Unbolted or partially bolted grains are good and sufficient food for men; but nature craves variety. As a rule, the flesh of meat-eating animals is not wholesome food. Hot soft bread digests slowly.

Don't eat too fast; the digestive organs are something like a stove, which if choked up and out of order, burns slowly, and if you keep piling in fuel, grows more and more choked. The wiser course is to let it burn down and put in fuel only when needed. It is a foolish notion that food always keeps up the strength. Only what we digest helps us; all beyond that is a tax upon the system, and exhausts the strength instead of increasing it.

Masticate well; five minutes more at dinner may give you better use of an hour afterward. At meals never drink a full glass of very hot or very cold liquid. Never wash down a mouthful. Avoid waste of saliva.

Avoid tobacco, alcohol in all forms, and all stimulants. Every healthy man is better, stronger, has a clearer head, more endurance, and better chances for a long life, if free from the habitual use of stimulants. The boy who begins the use of tobacco or liquors early is physically ruined.

Avoid colds and break up as soon as possible when taken. As soon as conscious that the pores are closed, keep warm within doors, drink warm ginger tea, relax the bowels, and take a vapor bath. Breaking a cold up early, often saves a severe attack of congestion, pneumonia, often even a fever.

Panaceas are *prima facie* humbugs; their makers and takers, their vendors and recommenders are knaves or fools, or both. Nature cures most diseases, if let alone or aided by diet and proper care. There are no miracles in medicine; remember that to keep or to get health generally requires only a recognition of Nature's powers, with knowledge of anatomy and physiology, experience, and common sense.

Never sleep in clothing worn during the day, and let that worn at night be exposed to the air by day. Three pints of moisture, filled with the waste of the body, are given off every twenty-four hours, and mostly absorbed by clothing. Exposure to air and sunlight purifies the clothing and bedding of the poisons which nature is trying to get rid of, and which would otherwise be brought again into contact with the body.

The lungs should be trained to free, full, and vigorous action. "The breath is the life." A man will exist for days without food, but when the breath is cut off life ceases. If breathing is imperfect, all the functions of the body work at a disadvantage. It is a common fault to breathe from the surface of the lungs only, not bringing into play the abdominal muscles, and so not filling the more remote air-cells of the lungs. By this defective action the system is deprived of a part of its supply of air, and by inaction the air-cells become diseased.

Evacuate the bowels daily, and, above all, regularly; the best time is after breakfast; partly to be rid of a physical burden during the day, but chiefly to relieve the bowels. Constipation is safer than diarrhoea. For the former, exercise, ride horseback, knead the belly, take a glass of cool water before breakfast, eat fruit and laxative food; for the latter, follow an opposite course—toast, crust, crackers and rice are the best food. Pain and uneasiness of digestive organs are signs of disturbance; keep a clear conscience; rest, sleep, eat properly; avoid strong medicines in ordinary cases.

Keep the person scrupulously clean; change the clothing worn next to the skin (which should be flannel) often. Don't economize in washing bills. A cold bath every morning for very vigorous persons, or once or twice a week and thorough rubbing with a coarse towel or flesh-brush mornings when bath is not taken, for the less robust, is necessary to keep the functions of the skin in health, and is very invigorating. After warm baths a dash of cold water will prevent chill and "taking cold." In bathing in winter, the shock from cold water is lessened by standing a minute in the cold air after the removal of clothing before applying water.

A very prolific source of disease is defective drainage. In the country, slops and waste water are thrown into the back yard to trickle back into the well and pollute it, or to form a reeking cesspool which poisons the air. In cities, the sewer-connections with houses allow the foul gases to rush back through the waste-pipes to closets or sinks and into the house. Neatness will cure the first, and a flue connecting each system of drainage-pipes with the tallest chimney in the house where a fire is constantly used, will draw off and consume the gases in the second.

It should be remembered that the use of chloride of lime, and other fumigants, does not destroy filthiness, but only renders it less evident. Cleanliness, fresh air, and sunlight will purify. Cleanliness is a very strong word. Carpets filled with dust or grease, dirty furniture, or walls covered with old paper, defile the atmosphere as much as a refuse heap in the cellar or back yard. A dark house is generally unwholesome and dirty. The sunlight is second only in importance to fresh air. To convince one that light purifies, it is only necessary to go into a darkened room and note the corrupt smell.

Ventilation can not be accomplished by simply letting the pure air in; the bad air must be let out. Open a window at top and bottom, hold a lighted candle in the draft, and see the flame turn outward at the top and inward at the bottom, showing the purifying currents. Windows on opposite sides of the room ventilate still more perfectly. In sleeping rooms, avoid "drafts" when possible, but danger of taking cold from them may be averted by extra clothing. In living-rooms, an open fire-place or grate insures ventilation. The use of close stoves, and close rooms, are the causes of the increased prevalence and fatality, in winter, of small pox, scarlet fever, and other contagious diseases.

Colds are often, if not generally, the result of debility, and are preceded by disordered digestion. Such cases are prevented by a removal of the cause by diet and pure air. Extreme cold or heat, and sudden exposure to cold

by passing from a heated room to cold outside air, is very injurious to the old or weak. All such should avoid great extremes and sudden changes. In passing from heated assemblies to the cold air, the mouth should be kept closed, and the breathing done through the nostrils only, so that the cold air may be warmed before reaching the lungs, which have just been immersed in a hot-air bath. The injurious effect of such sudden changes is caused by driving the blood from the surface to the internal organs, producing congestions.

Bad smells mean that decay is going on somewhere. Rotten particles are floating in the air, and penetrating the nostrils and lungs. Their offensiveness means that they are poison, and will produce sickness and death, or so reduce the tone of the system that ordinarily mild disorders will prove fatal. In all such cases remove the cause when possible. Many of these poisons are given off by the body, and are removed by pure air, as dirt is washed away by water. Soiled or foul air can not purify any more than dirty water will clean dirty clothes. Pure air enters the lungs, becomes charged with waste particles, which are poison if taken back again. An adult spoils *one gallon of pure air every minute*, or twenty-five flour barrelsful in a single night, in breathing alone. A lighted gas-burner consumes eleven gallons, and an ordinary stove twenty-five gallons a minute. Think of these facts before sealing up the fire-place, or nailing down the windows for winter.

Let the sunshine into every room in the house. The sunlight is a great purifier. Keep the cellar not only clean and sweet, but give it fresh air and good ventilation, or it will poison the rest of the house.

If one is accustomed to sleeping with windows open, there is no danger of taking cold from the exposure, winter or summer. People who shut up windows to keep out "night air," make a mistake. At night, the only air to breathe is "night air." A bed that has been made up for a week or longer is not fit to sleep in. It has gathered moisture and should be aired. When fixed wash-bowls stand in sleeping-rooms, the waste-pipe should be carefully closed, as sewer gases often escape through them into the room.

Many of the colds which people are said to catch, commence at the feet. To keep these extremities warm, therefore, is to effect an insurance against the almost interminable list of disorders which spring out of a "slight cold." First, never be tightly shod. Boots and shoes, when they fit closely, press against the foot and prevent a free circulation of the blood. When, on the contrary, they do not embrace the foot too tightly the blood gets fair play, and the places left between the leather and the stockings are filled with a comfortable supply of warm air. The second rule is, never to sit in damp shoes. It is often imagined that unless they are positively wet it is not necessary to change them while the feet are at rest. This is a fallacy; for when the least dampness is absorbed into the sole, it is attracted nearer to the foot itself by its own heat, and thus perspiration is dangerously checked. Any person may prove this, by trying the experiment of neglecting this rule, and his feet will become cold and damp after a few moments, although, taking off the shoe and warming it, it will appear quite dry.

Remember that there is no patent medicine or "patent pad," warranted to "cure by absorption," that will absorb "disease half as rapidly as a wet towel wrapped around the body, and covered with a dry flannel. If people were required to pay \$10 each for this "valuable secret" there would be no difficulty in getting millions of testimonials to its efficacy. It is too cheap to be popular with people who liked to be humbugged; but when humbugs all fail, try hot and cold water.

One of the most prominent writers on health topics says: "The great practical lesson which I wish to inculcate, to be engraven as on a plate of steel, on the memory of children and youth, young men and women, the mature and the gray-headed: *Allow nothing short of fire or endangered life to induce you to resist, for one single moment, nature's alvine call.* So far from refusing a call for any reason short of life and death, you should go at the usual time and solicit, and doing so you will have your reward in a degree of healthfulness, and in a length of life, which very few are ever permitted to enjoy. If the love of health and life, or the fear of inducing painful disease can not induce you to adopt the plan I have recommended, there is another argument which, to young gentlemen and young ladies, may appear more convincing—*personal cleanliness.* [If you suffer yourself to become and remain costive you will smell badly; the breath of a costive child even is scarcely to be endured.] Cold feet, sick headache, piles, fistulas, these, with scores of other diseases, have their first foundations laid in constipation, which itself is infallibly induced by resisting nature's first calls. Reader, let it be your wisdom never to do it again."

A DYSPEPTIC'S FIGHT FOR LIFE.

Judge W. was a depressed, despondent, discouraged, listless, moody, nervous, wretched dyspeptic, for five weary years. He tried travel, but neither the keen air of the sea-shore nor the bracing breezes of the northern prairies brought him relief. He tried all the panaceas and all the doctors at home and abroad in vain. Some told him that he had heart-disease, others thought it was inflammation of the spleen, gout, Bright's disease, liver complaint, lung difficulty, or softening of the brain. Bottle after bottle of nostrums went down the unfortunate man's throat, and it was only when physicians and friends gave him up, and pronounced him to all intents a dead man, that he threw bottles, plasters, powders and pills to the four winds, and, with the energy of despair, set about disappointing his doctors, and getting ready to live despite their ghastly predictions. Then began a fight for life against dyspepsia, a fight which many have begun, but few have won. He bathed the whole body every morning in cold water, summer and winter, not by a shower or a plunge, but by vigorously dashing the water on the body with the hands, and afterwards rubbing briskly with a coarse towel. This was continued without missing a single morning for years. In the meantime the strictest diet was instituted. By experimenting, the patient found what he could eat without harm, and ate that only in very small quantities, measuring his food on his plate before beginning his meal, and limiting himself rigidly to that quantity. His principal food for nearly three years was

cracked wheat and Graham mush, and the last meal was taken at two o'clock in the afternoon—not a particle of food passed his lips from that time until the next morning, thus giving the stomach complete rest and time to begin the work of recuperation. Special attention was given to eating slowly and thoroughly masticating the food, and not to eat too much, too fast, or too often, were rules strictly and rigidly observed. Bathing, diet, rest, sleep, and gentle exercise in the open air did the work. It was a dreadful conflict—days of struggle and temptation, requiring more heroism and steady tenacity of purpose than would nerve a soldier for battle, for such a battle is for the day, but this fight was renewed every morning and continued every day for months and years. But patience, courage, intelligent judgment, and a strict adherence to the above regimen won the day without a grain or a drop of medicine, and Judge W. believes that the good Lord of us all has never permitted any man to discover or invent medicine that will cure dyspepsia. Nature is the only perfect physician. Cold water, fresh air, the natural grain (wheat), sleep, rest, and gentle exercise, make up the grand panacea. With these alone, and the self-denial and moral courage to persist in the good fight, the confirmed, nervous, miserable dyspeptic, became a well, strong, and hearty man—in five days? No. In five months? No. In five years? Yes; and after the fight, when contemplating the victory won, he could say with the model philanthropist, Amos Lawrence, after his battle of fifteen long years with the same disease, "If men only knew how sweet the victory is, they would not hesitate a moment to engage in the conflict."

HINTS FOR THE SICK-ROOM.

The sick-room should be the lightest, most cheerful, and best ventilated room in the house. Patients in the sunny wards of hospitals recover soonest, and the sick, in nearly all cases, lie with their faces to the light. Every thing should be kept in perfect neatness and order. Matting is better than a carpet, though, when the latter is used, it may be kept clean by throwing a few damp tea-leaves over only a part of the room at a time, then quietly brushing them up with a hand-broom. A table not liable to injury, a small wicker basket with compartments to hold the different bottles of medicine and a small book in which to write all the physician's directions, two baskets made on the same plan to hold glasses or cups, screens to shade the light from the eyes of the patient, a nursery-lamp with which to heat water, beef-tea, etc., a quill tied on the door-handle with which the nurse can notify others that the patient is asleep by merely passing the feather-end through the key-hole, several "ring cushions" to give relief to patients compelled to lie continually in one position (these cushions are circular pieces of old linen sewed together and stuffed with bran; or pads may be used, made of cotton-batting basted into pieces of old muslin of any size required), and a sick couch or chair, are a few of the many conveniences which ought to be in every sick-room.

Pure air in a sick-room is of the utmost importance. In illness, the poisoned body is desperately trying to throw off, through lungs, skin, and in every possible way, the noxious materials that have done the mischief. Bad air and dirty or saturated bed-clothes, increase the difficulty at the very time when the weakened powers need all the help they can get. Avoid air from kitchen or close closets. Outside air is the best, but, if needed, there should be a fire in the room to take off the chill. A cold is rarely taken in bed, with the bed-clothes well tucked in, but oftener in getting up out of a warm bed when the skin is relaxed. Of course any thing like a "chill" should be avoided, and it is not well to allow a draft or current of air to pass directly over the bed of the patient.

A good way to secure a supply of fresh air, without a draft, is to have a board five or six inches wide, and as long as the width of the window; raise the lower sash, place board under it, and the fresh air finds its way in between the sash by an upward current.

In disease less heat is produced by the body than in health. This decline occurs even in summer, and is usually most evident in the early morning, when the vital powers slacken, the food of the previous day having been exhausted. The sick should be watched between midnight and ten or

eleven in the morning, and if any decline in heat is noticed, it should be supplied by jugs of hot water. A sick-room should, above all, be quiet. Any rustling sound, such as that of a silk dress or shoes which creak, should be entirely avoided. If it is necessary to put coal on the fire, drop it on quietly in small paper sacks, or rolled in paper slightly dampened. Visitors should never be admitted to a sick-room. The necessary attendants are usually a sufficient annoyance to a weak patient, and many a tombstone might truthfully and appropriately be inscribed, "Talked to death by well-meaning friends." It is not generally the loudness of a noise that disturbs the sick, but the sound that produces expectation of something to happen. Some can not bear any noise. Any thing that suddenly awakens is injurious. Never awaken a sleeping patient unless ordered to do so by the physician. In sickness, the brain is weakened with the rest of the body, and sleep strengthens it. If rest is interrupted soon after it is begun, the brain is weakened so much the more, and the patient becomes irritable and wakeful. If sleep lasts longer, he falls asleep again more readily. Never speak within the hearing of the sick, in tones which can not be fully understood. An occasional word, or murmur of conversation, or whisper, is intolerable, and occasions needless apprehension.

Few persons have any idea of the exquisite neatness necessary in a sick-room. What a well person might endure with impunity, may prove fatal to a weak patient. Especially the bed and bedding should be scrupulously clean. In most diseases the functions of the skin are disordered, and the clothing becomes saturated with foul perspiration, so that the patient alternates between a cold damp after the bed is made, and a warm damp before, both poison to his system. Sheets which are used should be dried often from this poisonous damp, either in the sun or by the fire, and the mattress and blanket next the sheets should also be carefully aired as often as possible. In changing very sick patients (particularly women after confinement) the sheets and wearing-clothes should be well aired by hanging by the fire for two days. Move the patient close to one side of the bed, turn the under sheet over close to the invalid, then smooth the mattress, removing any thing that may be on it. Make ready the clean sheet, by rolling one-half into a round roll, lay this close by the invalid, spread the other half smoothly over the bed. Now assist the patient on the clean sheet, unroll and spread over the other side of the bed. Have the upper sheet ready, which must be carefully and gently laid over the invalid, then add the other bed-clothes. (In dressing a blister where a bandage has to be placed around the body, roll one-half the bandage, place it under the invalid, so that the attendant at the other side can reach it, unrolling, and placing it around the patient without disturbing him.) Light blankets are best for coverings. Never use the impervious cotton counterpanes and comforters. The clothing should be as light as possible with the requisite warmth. The bed should be low, and placed in the light, and as a rule the pillows should be low, so as to give the lungs free play. Scrofula is sometimes caused by children sleeping with their heads under the clothing, and patients sometimes acquire the same injurious habit.

Bathing should always be done under the advice of a physician, but soap and water are great restoratives. In most cases, washing and properly drying the skin gives great relief. Care should be taken, while sponging and cleansing, not to expose too great a surface at a time, so as to check perspiration. The physician will regulate the temperature. Sometimes a little vinegar, whisky, or alcohol added to the water, makes the bath more refreshing, and bay-rum for the face, neck, and hands is often acceptable. Whenever the bath is followed by a sense of oppression, it has done harm. Its effect should be comfort and relief.

Chamber utensils should be emptied and thoroughly cleansed immediately after using, and in no case allowed to remain standing in the sick-room. Slop-pails, into which nothing should be allowed to go except the waste water from the wash stand, must be emptied and cleansed thoroughly at least twice a day.

It is well for both nurse and patient to remember that nothing relieves nausea or vomiting sooner than drinking hot water in as great quantity and as hot as possible. Placing the hands in hot water up to the wrists, a flannel or other cloth, dipped in hot water and laid five or six folds thick, on any pained part, will relieve suffering more promptly than all the pain-killers in the world. Cover the wet flannel with another dry one, the edges of which extend over the wet one an inch or more. In about five minutes slip the wet flannel out and put in its place another as hot as can be handled, taking care to let as little cold air as possible touch the skin over which the hot flannel has been applied. When pain is relieved, put on towels wet in cool water and cover with flannel; leave for an hour or more, remove and wipe dry, rubbing vigorously. These hot applications will often relieve a violent, dry cough in a few minutes, and in some forms of croup will cure in half an hour.

Patients are often killed by kindness. A spoonful of improper food, or the indulgence of some whim, may prove fatal. A physician's directions should always be observed with the strictest fidelity. Medicines and things which will be wanted during the night should all be prepared before the patient grows sleepy. Every thing should be done quickly but quietly, and with precision. In talking, sit where the patient can see you without turning his head. Never ask questions when he is doing any thing, and never lean or sit upon the bed. Sick persons generally prefer to be told any thing rather than to have it read to them. A change in the ornaments of the room is a great relief, and the sick especially enjoy bright and beautiful things. Flowers, which do not have a pungent odor, are always a great delight.

In convalescence great care is necessary, and the physician's directions should be implicitly obeyed, especially in regard to diet; a failure in obedience often brings on a fatal relapse. A little food at a time and often repeated, is the general rule for the sick. A table-spoon of beef-tea, every half hour, will be digested, when a cupful every three or four hours will be rejected. (In giving a drink or liquid of any kind a moustache-cup will be

found a great convenience.) The sick can rarely take solid food before eleven in the morning, and a spoonful of beef-tea, or whatever stimulant the physician has ordered, given every hour or two, relieves exhaustion. Brandy, whisky, or other alcoholic stimulants, however, should never be ordered in cases where there is a hereditary tendency to use them, or where they have been used as a beverage, or where the associations of the patient in the future would be likely to make an acquired taste for them a temptation. In most cases substitutes may readily be found. Untouched food should never be left at the bed-side. Every meal should be a surprise, and the patient should be left alone while eating. Food for the sick must be of the best quality, and neatly and delicately prepared. The cook should do half the patient's digesting. Keep the cup and saucer dry, so that no drops will fall on the bed or clothing.

Beef-tea contains a certain amount of nourishment, and may be given in almost any inflammatory disease. Eggs do not agree with all patients, but are nourishing food when admissible. Tenderloin of beef, cut across the grain, and broiled on live coals, without smoke, and well cooked or rare, as the physician may direct, is always relished; and a tender lamb-chop, broiled in the same way, with the fat removed before serving, is easily digested and nutritious. Roasted potatoes, very mealy, are preferred to other vegetables. Milk is a representative diet; and, when it agrees with the digestion, is probably better adapted to strengthen the body in sickness than any other one article of food, but it must be fresh and pure. The least taint of sourness is injurious. Butter-milk, however, when fresh, is useful in fevers, bilious diseases and dyspepsia. Cream is even better than milk, and is less apt to turn acid in the stomach. Many patients thrive on Indian-meal mush and cream, and any preparations of Indian-meal are especially good for persons who are suffering from the loss of natural warmth (see Bread-making). Oat-meal, Graham and rye mush, and home-made brown-bread, are important articles of diet, greatly relished by the sick. There are instances of persons recovering from serious illness where a table-spoon of rye mush, and half tea-cup butter-milk, three times a day, were all that could be taken for two or three weeks. A patient's craving for any particular article of food should be communicated to the physician, as it is often a valuable indication of the wants of the system. These cravings should be gratified whenever possible. Melons act on the kidneys, and are good in many cases of fever, bowel complaint, etc. Celery also is good in some diseases of the kidneys, and in nervousness and rheumatism. Fresh, crisp, raw cabbage, sliced fine and eaten with good vinegar, is easily digested, and often highly relished by a patient suffering from a "weak stomach." New cider is also excellent in many cases of nervous dyspepsia. Fruits and berries—raw, ripe and perfect—used in moderation, are admirable remedies in cases of constipation and its attendant diseases. The grape has a wide range of curative qualities. The seeds are excellent for costiveness; the pulp is very nutritious and soothing to irritated bowels, while the skins, if chewed, act as an astringent. Raw beef is ex-

cellent in dysentery; it should be minced very fine, and given in doses of a spoonful at a time every four hours, the patient, in the meantime, eating nothing else. Bananas or baked apples are good in chronic diarrhœa. A rind of bacon is good for teething children to chew. Rice-water or rice-jelly are advisable in many cases of convalescence from acute fever, summer complaint and like diseases. Fresh pop-corn, nicely salted, clam-broth, the juice of a roasted oyster in the shell, soda-water and peppermint-tea are remedies for sick stomach. Vegetable acid drinks, herb-teas, toast-water, and all such drinks are often much relished. A custard made from a preparation of liquid rennet, as directed on bottle, is a delicate dish. Buttered-toast, either dry or dipped, though so generally given, is rarely a suitable article for the sick, as melted oils are very difficult of digestion. In quinsy, diphtheria, inflammation of lungs, typhus and other putrid fevers, acids are of very great benefit. Take a handful of dried currants, pour over them a pint of boiling water, let them stand half a minute without stirring, then drain off the water, strain it through a cloth, and set it away to cool; when given to the patient, dilute well, so that the acid taste is very slight. Acid fruits should be eaten early in the day. Above all, it should be remembered, that it is not the nourishment which food contains, but *that which the stomach can assimilate*, that builds up; a sick person will thrive on what would not sustain a well man.

It is of the utmost importance that the food be delicately and carefully administered, and this should never be left to servants. It should be made as attractive as possible, served in the choicest ware, with the cleanest of napkins, and the brightest of silver. If tea is served, it should be freshly drawn, in a dainty cup, with a block of white sugar, and a few drops of sweet cream. Toast should be thin, symmetrical, well yellowed, free from crust, and just from the fire. Steak should be a cut of the best tenderloin, delicately broiled, and served with the nicest of roasted potatoes. The attention given to these simple matters is, in many cases, worth more than the physician's prescriptions.

The craving for tea and coffee is almost universal with the sick. A moderate quantity is a great restorative; but an excess, especially of coffee, impairs digestion. Neither should be given after five in the afternoon, as they increase excitement and cause sleeplessness; but sleeplessness from exhaustion in the early morning is often relieved by a cup of tea or coffee. The patient's taste will decide which should be used. In cases of thirst, the physician will prescribe what other drink should be given to satisfy it. Cocoa is not often craved by the sick, and possesses no stimulating qualities. Crust-coffee is very nourishing.

A very simple means of refreshing the nurse, and a valuable disinfectant, if the nature of the invalid's complaint does not forbid it—that is seldom the case—is to put some pure, fresh-ground coffee on a saucer, or other dish, and in the center place a very small piece of camphor-gum, and touch a match to it. As the gum burns, allow sufficient coffee to consume to pervade the atmosphere with the aroma: it is wonderful in its invigorating effects.

The following recipe makes a delicious, refreshing and cooling wash for the sick-room :

Take of rosemary, wormwood, lavender, rue, sage and mint a large handful of each. Place in a stone jar, and turn over it one gallon of strong cider vinegar, cover closely, and keep near the fire for four days; then strain, and add one ounce of pounded camphor-gum. Bottle and keep tightly corked.

There is a French legend connected with this preparation (called *vinai gre a quatre voleurs*). During the plague at Marseilles, a band of robbers plundered the dying and the dead without injury to themselves. They were imprisoned, tried and condemned to die, but were pardoned on condition of disclosing the secret whereby they could ransack houses infected with the terrible scourge. They gave the above recipe. Another mode of using it, is to wash the face and hands with it before exposing one's self to any infection. It is very aromatic and refreshing in the sick-room; so, if it can accomplish nothing more, it is of great value to nurses.

FOOD FOR THE SICK.

CRUST COFFEE.—Toast bread very brown, pour on boiling water, strain and add cream and sugar and nutmeg, if desired.

CREAM SOUP.—One pint boiling water, half tea-cup cream; add broken pieces of toasted bread and a little salt.

WINE WHEY.—One pint of boiling milk, two wine-glasses of wine, boil a moment, stirring well; take out the curd, sweeten and flavor the whey.

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

PARCHED RICE.—Cook in custard-kettle a half cup parched rice in one pint boiling salted water; when done serve with cream and sugar.

ALUM WHEY.—Mix half ounce powdered alum with one pint sweet milk, strain and add sugar and nutmeg; it is good in hemorrhages, and sometimes for colic.

SAGO CUSTARD.—Soak two table-spoons sago in a tumbler of water an hour or more, then boil in same water until clear, and add a tumbler of sweet milk; when it boils, add sugar to taste, then a beaten egg and flavoring.

BAKED MILK.—Bake two quarts milk for eight or ten hours in a moderate oven, in a jar covered with writing paper, tied down. It will then be as thick as cream, and may be used by weak persons.

BUTTER-MILK STEW.—Boil one pint butter-milk, add small lump butter, and sweeten to taste. Some add a tea-spoon of ginger and honey instead of sugar.

CHICKEN BROTH.—Take the first and second joints of a chicken, boil in one quart of water till very tender, and season with a very little salt and pepper.

EGG GRUEL.—Beat the yolk of an egg with a table-spoon of sugar, beating the white separately; add a tea-cup of boiling water to the yolk, then stir in the white, and add any seasoning; good for a cold.

TAMARIND WHEY.—Mix an ounce of tamarind pulp with a pint of milk, strain and sweeten. Or, simply stir a table-spoon of tamarinds into a pint of water.

TO REMOVE GREASE FROM BROTHS FOR THE SICK.—After pouring in dish, pass clean white wrapping-paper quickly over the top of broth, using several pieces, till all grease is removed.

SASSAFRAS DRINK.—Take the pith of sassafras boughs, break in small pieces and let soak in cold water till the water becomes glutinous. This is good nourishment, and much relished.

PEARLED WHEAT PUDDING.—One pint of wheat, one half gallon new milk,

sweeten and flavor to taste, bake one hour. This is a delicious and simple pudding.

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

RAW BEEF TEA.—Cut up lean, fresh meat, soak eight or ten hours in a small quantity of cold water. This is good after severe cases of typhoid fever.

A SELF-HOLDER FOR A SPOON.—In dropping medicine into a spoon, place the handle between the leaves of a closed book lying on the table, and then both hands may be used in dropping the mixture.

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

JELLICE.—One-half tea-spoon of currant, lemon or cranberry jelly put into a goblet, beat well with two table-spoons water, fill up with ice-water, and you have a refreshing drink for a fever patient.

FEVER DRINK.—Pour cold water on wheat bran, let boil half an hour, strain and add sugar and lemon-juice. Pour boiling water on flax-seed, let stand till it is ropy, pour into hot lemonade and drink.

BARLEY WATER.—Add two ounces pearl barley to half pint boiling water; let simmer five minutes, drain and add two quarts boiling water; add two ounces sliced figs, and two ounces stoned raisins; boil until reduced to a quart; strain for drink.

BEEF-TEA SOUP.—To one pint of "beef essence" (made in a bottle as directed in recipe on a succeeding page), quite hot, add a tea-cup of the best cream, well heated, into which the yolk of a fresh egg has been previously stirred, mix carefully together, and season slightly, and serve.

TO PREVENT WEARING THROUGH THE SKIN WHEN BED-RIDDEN.—Apply to tender parts of the body with a feather, a mixture made by beating to a strong froth, the white of an egg, dropping in while beating two tea-spoons spirits of wine. Bottle for use.

TO DROP MEDICINE.—Shake the bottle so as to moisten the cork. With the wet end of the cork moisten the edges of the mouth of the bottle, then, holding the cork under the mouth, let the fluid pass over the cork in dropping.

VEGETABLE SOUP.—Two tomatoes, two potatoes, two onions, and one table-spoon rice; boil the whole in one quart of water for one hour, season with salt, dip dry toast in this till quite soft, and eat; this may be used when animal food is not allowed.

CURRANT SHRUB.—Make the same as jelly, but boil only ten minutes; when cool, bottle and cork tight, (see directions for canned fruits). Raspberry, strawberry and blackberry shrubs are made in the same way; when used, put in two-thirds ice-water.

OAT-MEAL BLANC-MANGE.—A delicious blanc-mange is made by stirring two heaping table-spoons of oat-meal into a little cold water, then stir with a quart of boiling milk, flavor and pour into molds to cool, when cream or jelly may be eaten with it.

MULLED BUTTERMILK.—Put on good buttermilk, and when it boils, add the well-beaten yolk of an egg. Let boil up and serve. Or, stir into boiling buttermilk thickening made of cold buttermilk and flour. This is excellent for convalescing patients.

OAT-MEAL GRUEL.—Put two heaping table-spoons oat-meal in one quart cold water, stir till it commences to boil, then cook one hour, stirring occasionally; do not let it scorch; season with salt, sugar, and any spice desired. For infants and very sick patients it must be strained, and *not salted*.

BROILED CHICKEN, QUAIL, SQUIRREL OR WOODCOCK.—Any of these must be tender. Take the breast of the first two, or the thighs of the others; place on hot coals or on a broiler, turning often to prevent burning. When

done, remove the burned parts, if any, season *slightly* with butter, pepper and salt, and serve at once.

ARROWROOT CUSTARD.—One table-spoon of arrowroot, one pint of milk, one egg, two table-spoons sugar; mix the arrowroot with a little of the cold milk; put the rest of milk on the fire and boil, and stir in the arrowroot and egg and sugar, well beaten together; scald and pour into cups to cool; any flavoring the invalid prefers may be added.

CINNAMON TEA.—To a half-pint fresh, new milk add stick or ground cinnamon enough to flavor, and white sugar to taste; bring to boiling point, and take either warm or cold. Excellent for diarrhoea in adults or children. A few drops or a tea-spoon of brandy may be added, if the case demands.

TAPIOCA JELLY.—One half pint tapioca, one quart water, juice and some of the grated rind of a lemon; soak the tapioca for three or four hours in the water, sweeten it and boil for one hour in a custard-kettle, or until quite clear, stirring it often. When almost done, stir in the lemon, and when sufficiently cooked, pour into molds. Serve with sweetened cream.

SAGO JELLY-PUDDING.—Wash thoroughly one tea-cup of sago, cook it in three pints of water fifteen or twenty minutes, till perfectly clear, add a very little salt; stir in half a jelly-glass of currant, grape or other jelly and two spoonfuls sugar. Mold and serve cold with cream and sugar; or, eat warm.

GRAHAM GEMS FOR INVALIDS.—Mix Graham flour with half milk and half water, add a little salt, beat, making the batter thin enough to pour; have the gem-pan very hot, grease it, fill as quickly as possible and return immediately to a hot oven; bake about thirty minutes. Practice will teach just the proper consistency of the batter, and the best temperature of the oven. It will not be good unless well beaten.

PANADA.—Take two richest crackers, pour on boiling water, let stand a few minutes, beat up an egg, sweeten to taste, and stir all together; grate in nutmeg and add brandy or wine to suit the invalid. Or, break in a pint bowl toasted bread and pour over boiling water, adding a small lump of butter, two table-spoons wine, brandy or whisky; sweeten to taste and flavor with nutmeg or cinnamon.

RASPBERRY VINEGAR.—Pour over two quarts of raspberries in a stone jar, one quart of very best vinegar; let stand twenty-four hours, strain, and pour liquor over fresh fruit, and let stand in the same way; allow one pound sugar to a pint of juice; put into a stone jar and set in pot of boiling water one hour; skim well, put into bottles, cork and seal tight. Diluted with water this is very nice for the sick. Toasted bread may be eaten with it.

RICE JELLY.—Mix one heaping table-spoon of rice-flour with cold water until it is a smooth paste, add a scant pint of boiling water, sweeten with loaf-sugar; boil until quite clear. If the jelly is intended for a patient with summer complaint, stir with a stick of cinnamon; if for one with fever, flavor with lemon juice, and mold. Rice-water is made in the same manner, by using twice the quantity of boiling water.

ROYAL STRAWBERRY ACID.—Take three pounds ripe strawberries, two ounces citric acid, and one quart of water; dissolve the acid in the water, and pour it over the berries; let them stand in a cool place twenty-four hours, draw off, and pour in three pounds more of berries, and let it stand twenty-four hours. Add to the liquor its own weight of sugar, boil three or four minutes each day for three days, then cork tightly and seal. Keep in a dry and cool place.

STRAWBERRY ACID.—Dissolve five ounces tartaric acid in two quarts of water, and pour it upon twelve pounds of strawberries in a porcelain kettle; let it simmer forty-eight hours; strain it, taking care not to bruise the fruit. To every pint of juice add one and one-half pounds of sugar and stir until dissolved, then leave it a few days. Bottle and cork lightly; if a slight fermentation takes place leave the cork out a few days. Then cork, seal and keep bottles in a cold place.

BLACKBERRY WINE.—To every gallon of bruised berries, add half a gallon of soft cold water; let stand twenty-four hours, then strain. To every gallon juice, add three pounds sugar; fill a cask and let it remain without moving or shaking until it has fermented, which it will have done in six weeks. Put over the mouth of the cask a thin piece of muslin. When fermentation has ceased, draw off the wine and bottle without shaking the cask. Cork and seal.

OAT-MEAL CAKES.—Take equal parts fine oat-meal and water; mix and pour into a pan about one-third of an inch deep and bake half an hour, or until crisp and slightly brown; or make half an inch thick and bake soft like a johnny-cake; or if the oven is not hot enough to bake, pour it into a frying-pan, cover it and bake it on the top of the stove, dishing it when brown on the bottom. It is not good cold. If any be left, warm it up and it is almost as good as new.

OAT-MEAL PIE-CRUST.—This is made exactly like the dough for crackers; it may be rolled a very little thinner. It bakes quickly, so that care must be taken not to scorch it in cooking the contents of the pie. It is not suited for an upper crust, but does admirably for pies that require but one crust. It is just the thing for those who do not think shortened pie-crusts wholesome, and it is good enough for any one. One can eat it with as much impunity as so much oat-meal mush and fruit sauce.

MUTTON BROTH.—Put two pounds of mutton and two quarts cold water to boil, add one table-spoon rice washed carefully through several waters. Let it boil till the meat will leave the bone, and the rice is cooked to a liquid mass. Take from the fire, season with a little salt; skin, if preferred. If for a patient with flux leave on all the fat (the more fat the better).

This is also a nice way to make chicken broth. Take a chicken size of a quail and prepare as above.

UNCOOKED EGG.—This is quite palatable, and very strengthening, and may be prepared in a variety of ways. Break an egg into a goblet and beat thoroughly, add a tea-spoon sugar, and after beating a moment add a tea-spoon or two of brandy or port wine; beat well and add as much rich milk, or part cream and milk, as there is of the mixture. Or, omit brandy and flavor with any kind of spice; or, milk need not be added, or the egg may be beaten separately, stirring in lightly the well-whipped whites at the last.

CRACKED WHEAT PUDDING.—To one quart new or unskimmed milk add one-third cup cracked wheat, same of sugar (or a little more if preferred), a little salt and small piece of stick cinnamon. Place in moderate oven and bake two hours or longer. When about half done stir in the crust already formed, and it will form another sufficiently brown. When done the wheat will be very soft, and the pudding of a creamy consistency. It can be eaten hot or cold, and is nice for invalids. A handful of raisins added is considered an improvement by some.

BROILED BEEFSTEAK.—Many times a small piece of "tenderloin" or "porterhouse" is more wholesome, for an invalid, than broths and teas; and with this may be served a potato, roasted in the ashes, dressed with sweet cream (or a little butter) and salt, or nicely cooked tomatoes. Have the steak from half an inch to an inch thick, broil carefully two or three minutes over hot coals, turning often with a knife and fork, so as not to pierce it. When done, put on a small dish, season slightly with salt and pepper, and a *small bit* of butter, garnish with the potato, and serve *hot*.

STEWED OYSTERS.—Remove all bits of shell from a half dozen *fresh*, select oysters, place in a colander, pour over a tea-cup of water, drain, place liquor, drained off in a porcelain-lined sauce-pan, let come to boiling point, skim well; pour off into another heated dish, all except the last spoonful which will contain sediment and bits of shell which may have been overlooked, wipe out sauce-pan, return liquor, add oysters, let come to the boiling point, add a small lump of good butter, a tea-spoon of cracker-dust, a very little cayenne pepper and salt, and a half tea-cup fresh, sweet cream.

TO MAKE KUMYSS.—Take three quarts of good, rich, sweet milk; one quart of hot water, in which dissolve one-half pint sugar; add the hot water to the milk; when this mixture is lukewarm add three table-spoons of brewer's yeast; set in a moderately warm place, stir often, and, when it begins to sparkle (which will be in about one and a half hours), put it into strong bottles and cork tight; put in a cool place and in eight hours it will be ready for use. Procure a champagne tap (cost \$1), and draw the best kumyss ever made.

PREPARED FLOUR FOR SUMMER COMPLAINT.—Take a double handful of flour, tie up tightly in cloth and put in a kettle of boiling water, boil from three to six hours, take out, remove the cloth, and you will have a hard, round ball. Keep in a dry, cool place, and when wanted for use, prepare by placing some sweet milk (new always preferred) to boil, and grating into the milk from the ball enough to make it as thick as you desire, stirring it just before removing from the stove with a stick of cinnamon; this gives it a pleasant flavor; put a little salt into the milk. Very good for children having summer complaint.

MILK PORRIDGE.—Place on stove in skillet one pint new sweet milk and a very little pinch of salt; when it boils have ready sifted flour, and sprinkle with one hand into the boiling milk, stirring all the while with a spoon. Keep adding flour until it is about the consistency of thick molasses; eat warm with a little butter and sugar. This is excellent for children suffering with summer complaint. Or, mix the flour with a little cold milk until a smooth paste, and then stir into the boiled milk. Or, break an egg into the dry flour and rub it with the hands until it is all in fine crumbs (size of a grain of wheat), then stir this mixture into the boiling milk.

BRAN BISCUITS.—Take cup bran (as prepared by Davis & Taylor, 24 Canal Street, Boston), five cups sifted flour; scald the bran at tea-time with half pint boiling water; when cool, pour it into the middle of the flour, add one-half cup good yeast (or part of a yeast-cake, soaked till light), one tea-spoon salt, and two table-spoons sugar; wet with new milk into soft dough, much thicker than batter. Let it stand, covered closely, in a warm place to rise. In the morning, spoon into hot gem or patty-pans, and bake in a quick oven to a brown crust. Part of the dough may be baked in a small loaf to be eaten warm. (It can be made with water by using a little butter, but is not so good.) Any remaining may be split for dinner or toasted for tea.

OAT-MEAL WAFERS.—Use equal parts water and oat-meal, make as thin as you can shake it out on the bottom of pan, so that when done it will not be thicker than a knife-blade anywhere, and in most places you can see daylight through it. Bake very slowly until quite dry, watching that it may not scorch. In taking out it will probably break into many fragments, but they will be delicious ones—not shapely for the table, but so temptingly savored that any delicate person who can eat at all will find them satisfying, nourishing, and easily digested—far better than the standard sick dish called gruel. As for the well folks, put your wafers out of the way if you called to find any of them for the invalid's next meal.

BLACKBERRY CORDIAL.—Put a half bushel of blackberries in a preserving-kettle and cook until scalded through well; strain and press out all the juice; put juice in kettle with the following spices well broken up and put into a bag; one-quarter pound allspice, two ounces cinnamon-bark, two ounces cloves, and two nutmegs; add loaf-sugar, about one pound to every quart of juice or more if preferred, and cook slowly ten or fifteen minutes, remove from the fire, let cool a little, and add good pure brandy in the proportion of one pint to every three pints of juice. A smaller quantity may be made, using the same proportions. This is an excellent remedy for diarrhœa and other diseases of the bowels.

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

little extra cream in it, is all the better, and a very trifle of salt improves it. Put over the toast thus prepared, an inverted large earthen bowl, or tin basin, large enough to cover it and set down upon the plate all round. Put this in a warm, not very hot, stove oven, two, three, or more hours in advance. The milk will cook and evaporate and its substance be condensed in the toast, while the cover will keep the toast moist. It is then very good without butter, though a little may be used if desired.

BEEF BROTH.—Cut in small pieces one pound of good lean beef; put on in two quarts of cold water and boil slowly, keeping it well covered, one and one-half hours; then add half a tea-cup tapioca, which has been soaked three-quarters of an hour in water enough to cover, and boil half an hour longer. Some add, with the tapioca, a small bit of parsley, and a slice or two of onion. Strain before serving, seasoning slightly with pepper and salt. It is more strengthening to add, just before serving, a soft poached egg. Rice may be used instead of tapioca, straining the broth, and adding one or two table-spoons rice (soaked for a short time), and then boiling half an hour.

MEAT FOR INVALIDS.—The following method of rendering raw meat palatable to invalids is given by good authority. To 8.7 ounces of raw meat, from the loin, add 2.6 ounces shelled sweet almonds, .17 ounces shelled bitter almonds, and 2.8 ounces white sugar—these to be beaten together in a marble mortar to a uniform pulp, and the fibers separated by a strainer. The pulp, which has a rosy hue, and a very agreeable taste, does not at all remind one of meat, and may be kept fresh for a considerable time, even in summer, in a dry, cool place. Yolk of egg may be added to it. From this pulp, or directly from the above substance, an emulsion may be prepared which will be rendered still more nutritious by adding milk.

ARTICLES FOR THE SICK-ROOM.—A rubber bag, holding two quarts, to be one-half or three-quarters filled with hot water, and placed about the patient where needed—under head in neuralgia, around the side in liver-congestion, etc.; or can be filled with very cold water in cases needing such applications—is very flexible and agreeable, and can be used where a soap-stone or bottle would hurt. Price, \$2.00.

A pair of very long, loose stockings, knit of Saxony wool, or any soft yarn, without heels, to draw on towards morning in fever cases, or to keep patient warm when she is up; they might come half way between the knee and thigh. Every housekeeper should have a pair to be used in cases of sickness.

OAT-MEAL CRACKERS.—Wet one pint fine oat-meal with one gill water; work it a few minutes with a spoon, until you can make it up into a mass; place on a board well covered with dry oat-meal; make as compact as you can, and roll out carefully to one-sixth of an inch thick, and cut into squares with a knife. Bake in a very slow oven, or merely scald at first; and then let them stand in the oven until they dry out. These are difficult to make up at first, but you soon learn to handle the dough and to watch oven so that they will not scorch. These are excellent for all the purposes of crackers, and if kept dry, or if packed in oat-meal, they will last good for months. This is one form of the Scotch "bannock." A rich addition is two heaping spoonfuls of ground desiccated cocoanut.

OLD-TIME FOOD FOR CONVALESCENTS.—Roast good potatoes in hot ashes and coals; when done, put in a coarse cloth and squeeze with the hand, and take out the inside on a plate. Put a slice of good pickled pork on a stick three or four feet long, hold before a wood fire until it cooks slightly, then dip into a pan of water and let it drip on the potato to season it; repeat until the meat is nicely cooked on one side, then turn the other, dip in water, etc. When done place on plate beside the potato, serve with a slice of toast dressed with hot water and a little vinegar and salt, or use sweet cream instead of vinegar. A cup of sage tea, made by pouring boiling water on a few leaves of sage and allowing it to stand a few minutes, served with cream and sugar,

is very nice; or crust coffee, or any herb tea is good. Food prepared in this way obviates the use of butter.

BEEF-TEA.—Cut pound best lean steak in small pieces, place in glass fruit-jar (a *perfect* one), cover tightly and set in a pot of cold water; heat gradually to boil, and continue this steadily three or four hours, until the meat is like white rags and the juice thoroughly extracted; season with very little salt, and strain through a wire strainer. Serve either warm or cold. To prevent jar toppling over, tie a string around the top part, and hang over a stick laid across the top of pot. When done, set kettle off stove and let cool before removing the jar, and in this way prevent breakage. Or, when beef-tea is wanted for immediate use, place in a common pint bowl (yellow ware), add very little water, cover with saucer, and place in a moderate oven; if in danger of burning add a little more water. To make beef-tea more palatable for some patients, freeze it.

CORN-MEAL GUEL.—Add to three pints boiling water two table-spoons corn-meal, stirred up with a little cold water; add a pinch of salt and cook twenty minutes. For very sick persons, let it settle, pour off the top, and give without other seasoning. For convalescents, toast a piece of bread nicely, and put in the guel with one or two table-spoons sweet cream, a little sugar and ginger, or nutmeg and cinnamon. When a laxative diet is allowed this is very nourishing. Or, take a pint of meal, pour over it a quart or more of cold water, stir up, let settle a moment, and pour off the water; repeat this three times, then put the washed meal into three quarts of cold water, and place where it will boil; cook three hours, and when done add a pinch of salt. This is a very delicate way of cooking, and it may be eaten with or without other seasoning. This is an old and very valuable recipe, used thirty years ago by Dr. Davenport, of Milford Center, Ohio.

BOILED FLOUR OR FLOUR BALL.—Take one quart good flour; tie in a pudding-bag so tightly as to make a solid mass; put into a pot of boiling water early in the morning, and let boil until bedtime; take out and let dry. In the morning, peel off and throw away the thin rind of dough, and, with a nutmeg-grater, grate down the hard dry mass into a powder. Of this from one to three tea-spoonfuls may be used, by first rubbing it into a paste with a little milk, then adding it to about a pint of milk, and, finally, by bringing the whole to just the boiling-point. Give through a nursing-bottle. For children who are costive use bran-meal or unbolted flour instead of white flour, preparing as above directed.

RICE WATER.—Wash four table-spoons of rice; put it into two quarts of water, which boil down to one quart, and then add sugar and a little nutmeg. This makes a pleasant drink. A pint or half a pint of milk added to the rice water, before it is taken from the fire, gives a nourishing food suitable for cases of diarrhea. Sago, tapioca, barley, or cracked corn can be prepared in the same manner.

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

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

RAW BEEF FOR CHILDREN.—Take half a pound of juicy beef, free from any fat; mince it very finely; then rub it into a smooth pulp either in a mortar or with an ordinary potato-masher, and press it through a fine sieve. Spread a little out upon a plate and sprinkle over it some salt, or some sugar if the child prefers it. Give it alone or spread upon a buttered slice of stale bread. It makes an excellent food for children with dysentery.

THE ARTS OF THE TOILET.

Beauty and health constitute a royal inheritance. The child born with such a heritage, and brought up by a mother who has the good sense to discard soothing syrups, narcotics and cordials, and carefully trains up to cleanly habits, proper exercise, plenty of air and sunshine, and wholesome food, starts in life with a capital that will in the long run tip the balance against the largest fortune in dollars. To keep health and beauty, or to restore it when lost, it is necessary to observe the laws of health, discarding quackery and panaceas of all kinds as superstitions, and inventions of the devil. Pure air and plenty of it, free sunshine and plenty of it, are better restoratives than all the patent medicines under the sun. Too often the doctor brings the medicine only to have the medicine bring the doctor again. The sunlight will give a lady's cheek a fresher tinge and a more delicate complexion than all the French powders and rouge in Paris.

FOR THE HAIR.—Wash in cold sage-tea.

CAMPHOR—put in drawers or trunks will keep away mice.

THE NECK.—Too tight collars and neckerchiefs are apt to produce permanent swelling of the throat.

COCOA BUTTER.—Apply, at night, to face and hands, and wash off in the morning. This is excellent for the skin, and keeps it soft and clear.

TO CLEAN LIGHT KIDS.—Put the glove on the hand, and rub thoroughly with white corn-meal, using a piece of cotton flannel.

TO KEEP PEARLS BRILLIANT.—Keep in common, dry magnesia, instead of the cotton wool used in jewel cases, and they will never lose their brilliancy.

TONIC FOR THE HAIR.—Ounce best castor-oil, two ounces each of French brandy and bay rum; scent with rosemary and rose-geranium.

TO CURE CHILBLAINS.—Soak feet for fifteen minutes in warm water, put on a pair of rubbers, without stockings, and go to bed.

CEMENT FOR JET.—Use shellac to join, and then smoke the joints to make them black.

MOTHER'S MARKS—should never be interfered with, except by the advice of a physician.

TETTER OR RINGWORM—of the face is caused by a disordered stomach, and must be cured by proper diet.

PIMPLES—are caused by improper diet, and can never be cured except by correcting the habits. Cosmetics only injure.

TO RESTORE COLOR TO KID SHOES.—Mix a small quantity of good polish blacking with the white of an egg.

HAIR OIL.—Two tea-spoons each of castor oil, ammonia and glycerine; add alcohol enough to cut the oil, and put in a four-ounce bottle half full of rain-water. Shake before using.

BLACK HEADS.—To remove "black heads" in the face, place over the black spot the hollow end of a watch-key, and press firmly. This forces the foreign substance out, so that it may be brushed off, and is a cure.

TO KEEP OFF MOSQUITOES.—Rub exposed parts with kerosene. The odor is not noticed after a few minutes, and children especially are much relieved by its use.

THE BREATH.—Nothing makes one so disagreeable to others as a bad breath. It is caused by bad teeth, diseased stomach, or disease of the nostrils. Neatness and care of the health will prevent and cure it.

THE SKIN AND COMPLEXION.—Washing in cool, but not excessively cold, water, and general cleanliness, keeps the skin healthy and the complexion clear.

IVORY BLACKING FOR SHOES.—Four ounces ivory-black, three ounces coarsest sugar, one table-spoon sweet-oil, one pint small beer; mix well together.

CASTOR-OIL FOR SHOES.—Take a tea-spoon of it and rub in thoroughly by a fire. Do this when the shoes are new, and several times afterwards, and they will last twice as long.

DANDRUFF.—One ounce flour of sulphur to one quart of water. Shake well at intervals, for a few hours, and, when settled, saturate the head with the clear liquid every morning.

FOR CHAPPED HANDS, FACE AND LIPS.—Ten drops carbolic acid in one ounce glycerine; apply freely at night. Pure mutton tallow is also excellent.

COLOGNE WATER.—One quart alcohol, three drachms oil lavender, one drachm oil rosemary, three drachms oil bergamot, three drachms essence lemon, three drops oil cinnamon.

CORPULENCY.—An excess of fat is a disease. To reduce the excess, eat little or no butter, fat meat, gravies, sugar, vegetables, or other articles containing large amounts of starch or sugar.

DANDRUFF IN THE HAIR.—There is no simpler nor better remedy for this vexatious appearance (caused by a dryness of the skin) than a wash of camphor and borax—an ounce of each put into a pint and a half of cold water, and afterwards rub a little pure oil into the scalp.

MOTH PATCHES—may be removed from the face by the following remedy: Into a pint bottle of rum put a table-spoon of flour of sulphur. Apply this to the patches once a day, and they will disappear in two or three weeks.

BOSTON BURNETT POWDER FOR THE FACE—Five cents worth of bay rum, five cents worth of magnesia snow-flake, five cents worth of bergamot, five cents worth of oil of lemon; mix in a pint bottle and fill up with rain-water.

TO CLEAN JEWELRY.—Any gold jewelry that an immersion in water will not injure, can be beautifully cleaned by shaking it well in a bottle nearly full of warm soap-suds to which a little prepared chalk has been added, and afterwards rinsing it in clear, cold water, and wiping it on a towel.

MOLES.—To remove, moisten a stick of nitrate of silver, touch the moles, and they will turn black and sore, and soon they will dry up and fall off of themselves. If they do not entirely go, repeat. It is better, however, never to attempt their removal without consulting a physician.

WARTS.—Wash with water saturated with common washing soda, and let dry without wiping; repeat frequently until they disappear. Or pass a pin through the wart, and hold one end of it over the flame of a candle or lamp until the wart fires by the heat, and it will disappear.

STAINS ON THE HANDS—from nitrate of silver, may be removed by a solution of chloride of lime. Fruit stains are removed by washing the hands without soap, and holding them over the smoke of burning matches or sulphur.

TO REMOVE SUNBURN.—Scrape a cake of brown Windsor soap to a powder, add one ounce each of *eau de Cologne* and lemon-juice; mix well and form into cakes. This removes tan, prevents hands from chopping, and makes the skin soft and white.

COLD CREAM FOR CHAPPED LIPS.—One-half ounce spermaceti, twenty grains white wax, two ounces pure oil of sweet almonds, one ounce pure glycerine, six drops oil of rose; melt first three ingredients together, and, when cooling, add the glycerine and oil of rose, stirring until cold.

BAD BREATH.—Bad breath, from catarrh, foul stomach, or bad teeth, may be temporarily relieved by diluting a little *bromo chloralum* with eight or ten parts of water, and using it as a gargle, and swallowing a few drops just before going out. A pint of *bromo chloralum* costs fifty cents, but a small vial full will last a long time.

FRUIT STAINS—may be removed from the fingers in the following manner: Mix together half an ounce of cream tartar and half an ounce of powdered salt of sorrel; apply a solution of this to the fingers, and the stains will disappear. Diluted sulphuric acid may be used, but care should be taken that none of it touches any fabric, as the acid will destroy it.

FLESH WORMS.—Black specks on the nose disfigure the face. Remove by washing thoroughly in tepid water, rubbing with a towel, and applying with a soft flannel a lotion made of three ounces of cologne and half an ounce of liquor of potash. Or press out by putting the hollow end of a watch-key over it.

LIPS OR HANDS CHAPPED by cold weather or wind, should be rubbed with glycerine generally when about to be exposed to the air, or rubbed with honey after washing. Never kiss the lips of persons not in health, as disease is sometimes contracted in this way, as well as by the use of towels, cups or tumblers used by unhealthy persons.

BAY RUM.—Ten cents worth of magnesia, two quarts each of soft water and alcohol, one ounce oil of bay. Dissolve magnesia in rain-water, then add other ingredients. Wrap filtering paper in form of a funnel, and filter carefully through into a bottle and cork tightly. When used, dilute with rain-water to whatever strength desired.

LEANNESS—Is caused generally by lack of power in the digestive organs to digest and assimilate the fat-producing elements of food. First restore digestion, take plenty of sleep, drink all the water the stomach will bear in the morning on rising, take moderate exercise in the open air, eat oat-meal, cracked wheat, Graham mush, baked sweet apples, roasted and broiled beef, cultivate jolly people, and bathe daily.

SUPERFLUOUS HAIRS—Are best left alone. Shaving only increases the strength of the hair, and all depilatories are dangerous and sometimes disfigure the face. The only sure plan is to spread on a piece of leather equal parts of galbanum and pitch plaster, lay it on the hair as smoothly as possible, let it remain three or four minutes, then remove it with the hairs, root and branch. This is severe but effective. Kerosene will also remove them. If sore after using, rub on sweet-oil.

THE FACE.—To wash properly, fill basin two-thirds full with fresh, soft water, dip face in the water and then the hands; soap the hands well and rub with a gentle friction over the face; dip the face in water the second time and rinse off thoroughly, wiping with a thick but soft towel. Pure soaps do not irritate the skin. The best are castile, curd, glycerine and other neutral soaps. Medicated or highly colored or perfumed soaps should never be used.

FOOD.—A good complexion never goes with a bad diet. Strong coffee, hot bread and butter, heated grease, highly spiced soups, meats or game, hot drinks, alcoholic liquors, fat meats, are all damaging to its beauty. Strong tea, used daily, will after a time give the skin the color and appearance of leather. Coffee affects the skin less but the nerves more, and a healthy nervous system is necessary to beauty. Late suppers, over-eating at meals, eating between meals, the use of candies, sweetmeats, preserves, etc., produce pimples and blotches.

THE HANDS.—The use of gloves, especially kids, help to preserve the softness of the hands. Cleanliness and sprinkling with orris-root counteracts

excessive perspiration. Warts are removed by steeping the hands in warm water for half an hour, and then paring away the white and insensible surface. The nails should be cut frequently, always in oval shape. The nail-brush should be full and soft. It should be rubbed on a cake of soap and then used vigorously. Biting nails is a bad habit. To break it up, in children, dip the ends of the fingers in a solution of aloes.

THE NOSE.—Excessive wiping, snuffing, and blowing, especially in children, deforms the nose, and should be practiced only when necessary for cleanliness. A nose leaning to one side, caused by wiping in one direction, may be cured by using the handkerchief with the other hand, or by wearing occasionally an instrument surgeons employ for that purpose. Large, fleshy noses are reduced by wearing at night a contrivance which compresses the artery that supplies the nose. Red noses become so by exposure to heat or the sun, by alcoholic drinks, or by a debility of the blood-vessels of the skin. The latter cause is removed by gentle friction and cold bathing of the feet.

THE BATH—Not only promotes cleanliness, but is a tonic. The skin does one-third of the work of breathing, and if the myriad of pores are closed, the lungs are overburdened, or else the work is left undone. The tonic effect is caused by the contraction of the surface blood-vessels, driving the blood back to the larger blood-vessels and the heart, bringing on a reaction which rushes the blood back to the skin, causing a glow, freer respiration and more vigorous action of the whole muscular system. A sponge or hand bath are the simplest forms, and should be taken in a moderately warm room. As a rule, the more rapidly a bath is taken the better, and it should always be followed by friction with the hand or with a not too rough towel.

THE EAR.—The outer ear should be well cleansed and the passage wiped out daily with a rag on the end of the little finger, but nothing should be inserted further. The insertion of a pin, or any hard substance, frequently ruptures the ear. When cleansing is necessary on account of accumulation of wax by cold, or other cause, it should be done by syringing with warm water, having dropped in two or three drops of glycerine the night before to soften the substance to be removed. This often cures sudden deafness. Cotton-wool stuffed into the ear is injurious and is seldom necessary. In conversing with deaf persons, it is important to remember that clearness, distinctness, and a musical tone of voice is understood much more easily than a loud tone.

TEETH.—Cracking nuts, biting thread, eating hot food, especially bread and pastry raised with soda, very cold drinks, alternate contact with cold and hot substances, highly seasoned food, alcoholic liquors and tobacco, metal toothpicks, and want of cleanliness, are injurious to teeth. After eating, the mouth should be rinsed with lukewarm water, and such pieces of food as are not thus washed away removed by a quill toothpick. Tooth-brushes should be elastic and moderately hard. Those with hairs not too close together are best and most durable. A brush that is too hard may be permanently softened by dipping in hot water. Rub up and down as well as across the teeth. Teeth should be often examined by a competent dentist.

COLLARS THAT DO NOT FIT.—Few gentlemen have philosophy enough to endure an ill-fitting collar with patience, but not many understand why they do not fit. The fact is, the laundress stretches them the wrong way. Damp linen is very pliable, and a good pull will alter a fourteen-inch into a fifteen-inch collar in the twinkling of an eye. She ought to stretch them crosswise, and not lengthwise. Then, in straightening out shirt-bosoms, she makes another mistake of the same sort. They also ought to be pulled crosswise instead of lengthwise, particularly in the neighborhood of the neck. A lengthwise pull draws the front of the neckband somewhat directly under your chin, where it was never meant to go; and, of course, that spoils the fit of

your collar. With the front of the neckband an inch too high, and the collar an inch too long, you have a most undesirable combination.

CUTTING TEETH.—The time the first teeth make their appearance varies, but the following dates approximate the time: Central incisors from five to eight months after birth; lateral incisors from seven to ten: first molars from twelve to sixteen; cuspids, or eye-teeth, from fourteen to twenty; second molars from twenty to thirty-six. The first teeth should be protected from decay as far as possible by careful cleaning daily; if decay makes its appearance, the cavity should be promptly filled, and the tooth saved until displaced by the permanent teeth. About the sixth year, the first molars of the permanent teeth make their appearance. They are generally supposed to belong to the first or milk-teeth, and are frequently lost for want of care. A little more attention given to the first teeth would save parents and children sleepless nights and suffering.

THE EYES.—Damp, foggy weather, the reflection of the bright sunshine, intense cold, dusty wind, reading on cars in motion, reading by gas or lamp-light when the light falls directly on the eyes, sitting before a glowing fire, wearing of glasses when not needed, wearing veils, and all indulgences that weaken the nervous system, injure the eyes. The most pleasing light for work is from a northern exposure. A shade that protects the eyes from the light that falls on paper, book or work is an advantage. The light should not come from different points, but that from behind the worker is best. A very weak or very bright light should be equally avoided. Diseases of the eye are often the result of general weakness, and in such cases local treatment has little effect. In fitting glasses to the eye great care should be taken to adjust the lens to the eye with accuracy. Crown glass is preferable to flint, on account of its superior hardness, its entire want of color, and its non-decomposition of light. Scotch pebbles are unobjectionable except as to cost.

DRESS.—The first object of dress is protection of the body, second to enhance and bring out its beauty. Dress which does not enhance the beauty of the wearer, or which attracts attention from the wearer to itself, is out of taste. To be in correct taste it must be "becoming," and in this sense dressing is an art worthy of the attention and study of the most intellectual and accomplished woman. The beauty of dress, to a cultivated eye, does not lie in its money value, but in its perfection in detail and perfect adaptation to the wearer and the occasion for which it is intended. Any simpleton in petticoats, who has plenty of money, can order her clothes from Worth, in the latest Paris styles, but some quiet woman, with brains and taste, in simpler costume, will be sure to outshine her in "society." Low-necked dresses, dragging skirts, corsets and stays, paddings, heavy skirts which rest on the hips, heavy veils, high-heeled boots and every other unphysiological abomination in dress, mars beauty and destroys health.

FRECKLES.—Grate horse-radish fine: let it stand a few hours in buttermilk, then strain and use the wash night and morning. Or, squeeze the juice of a lemon into half a goblet of water and use the same way. Most of the remedies for freckles are poisonous, and can not be used with safety. Freckles indicate a defective digestion, and consist in deposits of some carbonaceous or fatty matter beneath the skin. The diet should be of such a nature that bowels and kidneys will do their duty. Daily bathing, with much friction, should not be neglected, and the Turkish bath taken occasionally, if convenient. The juice of a lemon, in which there is as much sugar dissolved as the juice will hold in solution, is an excellent remedy for freckles. This should be applied with a camel's-hair brush several times daily, until they disappear. It must be understood that all acids are astringents in their nature, and *their too frequent use is as injurious as many apparently more deleterious cosmetics*; for, by too frequent and violent contraction of the pores, they become overworked, and finally refuse to respond to the action of any appli-

cation; wrinkles result, and are generally ineradicable, except after a tedious dietetic and medical course of treatment.

TEETH.—Many, while attentive to their teeth, do more injury than good by too much officiousness, daily applying some dentifrice, or tooth-powder, often impure and injurious, and rubbing them so hard as not only to injure the enamel by excessive friction, but also to hurt the gums even more than by a toothpick. Tooth-powders advertised in newspapers are to be suspected, as some of them are not free from corrosive ingredients. Charcoal (which whitens the teeth very nicely), pumice-stone, cuttle-fish, and similar substances, are unfit for use in tooth-powders, as all are to a certain extent insoluble in the mouth, and are forced between the margin of the gums, forming a nucleus for a deposit. Below will be found a few good formulas for dentifrices: Three and one-half pounds of *creta preparata*, one pound each of powdered borax, powdered orris-root and white sugar, and two ounces cardamom seeds; flavor with wintergreen, rose or jasmine. If color is desired, use one pound of rose-pink and as much less of *creta preparata*. Tooth-powders should be thoroughly triturated in a wedgewood mortar and finely bolted. The following is a simple and cheap preparation, and is pretty good. Take of prepared chalk and fine old Windsor soap pulverized well in proportion of about six parts of the former to one of the latter. Soap is a very beneficial ingredient of tooth-powder.

THE HAIR.—Professor Erasmus Wilson, of London, who is authority on the subject, condemns the washing of hair; but advises that it should be kept clean by brushing, this being a more effective stimulant than water. In cases of ordinary falling out of the hair, he prescribes the following: Liquid ammonia, almond oil, and chloroform, of each one part, diluted with five parts of alcohol or spirits of rosemary, which can be made fragrant by the addition of a drachm of the essential oil of lemons. The head should undergo a thorough friction with the hair-brush, after which the lotion may be applied. It may be diluted, if necessary, and can be applied daily or otherwise.

For removing scurf, he advises a lotion of borax and glycerine, two drachms of each to eight ounces of distilled water. This is cooling, and allays dryness of the skin.

In cases of baldness, a lotion of the following can be used with effect: Camphor, ammonia, chloroform and aconite, in equal parts, to be rubbed on the bare place daily, or twice a day.

A barber recommends ladies to have their hair shampooed once a month. This will bring out the natural luster, soften it, clear it of dust, and rob it of that musty smell which comes of having long hair wound up closely for any length of time. It will also remove that itching of the head which some ladies find so troublesome.

FOR COMPLEXION.—Blanch one-fourth pound best Jordan almonds, slip off the skin, mash in a mortar, and rub together with best white soap, for fifteen minutes, adding gradually one quart rose-water, or clean fresh rain-water may be used. When the mixture looks like milk, strain through fine muslin. Apply, after washing, with a soft rag. To whiten the skin, and remove freckles and tan, bathe three times a day in a preparation of three quarts water, one quart alcohol, two ounces cologne, and one of borax, in proportion of two tea-spoons mixture to two table-spoons soft water. Bathing the face in pure buttermilk, clear whey, sour milk, new or sweet milk, is soothing and healing after walking, riding, driving, rowing or sailing. Do not plunge the face into cold water, neither dash the water over the face when suffering from sunburn or exposure to wind or water; the sudden shock is not only injurious to the whole system, but has been known to permanently deface the complexion by a species of tanning which left a brown or yellow tinge impossible to efface.

Queen Bess Complexion Wash.—Put in a vial one drachm of benzoin gum in powder, one drachm nutmeg-oil, six drops of orange-blossom tea, or

apple-blossoms put in half pint rain-water and boiled down to one tea-spoonful and strained, one pint of sherry wine. Bathe the face morning and night: will remove all flesh-worms and freckles, and give a beautiful complexion. Or, put one ounce of powdered gum of benzoin in pint of whisky; to use, put in water in wash-bowl till it is milky, allowing it to dry without wiping. This is perfectly harmless.

THE HAIR.—Combs of tortoise-shell, bone, or rubber, with not very sharp teeth, should be used. Sharp teeth injure the scalp and produce dandruff. Two brushes, one hard, to clean the hair and scalp, and the other soft, to smooth and polish, are best. Clean brushes by rubbing them with bran, or wash with one part ammonia and two of water. Combing or brushing should be done in the natural direction of the hair, and never against it. In the proper way it can not be brushed too much. To keep the scalp clean wash in tepid soft water with a little pure soap in it, rinse in pure water, dry with towels and then in the sun or by the fire. Oily hair may be washed once a week, light hair less often. Some occupations require that it should be washed much oftener. All preparations for the hair are more or less injurious. Healthy hair has enough oil of its own, and the application of foreign oil destroys its vitality. Preparations containing alcohol fade hair and make it brittle. The only time when oil is admissible is after washing. The best preparation is one part of glycerine to three of rose-water. Powders made of starch, when used, must be washed out of the hair to prevent injury. Those made of colored glass are very injurious, cutting and otherwise damaging the hair. At night, the hair should be loosened and left free. Night-caps are a relic of barbarism. Hair dyes are very injurious, as they all contain more or less sugar of lead, nitrate of silver, and other ingredients, which affect the brain, produce paralysis, inflammation of the eyes, and impairment of sight. Gray hairs are an indication that the hair-producing organs are weakening. When found they should be cut down to the healthy part, and the head should be exposed as much as possible, except in the middle of the day, to the sun and air. When hair falls out, it indicates a disease of the scalp. To cure, dip the head twice a day in cold water and rub with a brush until a glow is produced. In case the hair is too long to wet, brush until a glow is produced, and then rub into the roots a wash made of three drachms of *pure* glycerine and four ounces of lime-water.

THE FEET.—The largest pores of the body are located in the bottom of the feet. For this reason the feet should be frequently and thoroughly washed, and the stockings changed often. If great cleanliness is not observed, these great pores become absorbent, and the poisons given off are taken back into the system. The nails ought to be cut squarely. Blisters may be prevented by rubbing the feet, after washing, with glycerine. Bunions are caused by wearing shoes too tight or too short. They are difficult to get rid of, but may be alleviated by wearing easy-fitting shoes, poulticing and putting a rubber ring around the spot. Corns, which are caused by a continued pressure on the foot, may be prevented by wearing woolen stockings and shoes that fit well. They are known as hard and soft, but their difference is entirely owing to locality. If a corn is situated between the toes, where it is kept moist by perspiration, it is of the soft variety; but, if located on the outside of the toe, where it could get no moisture, it would necessarily be hard. They are produced by pressure or friction, and are simply a protective growth thrown out for the purpose of preventing the tissues being injured. They are sufficiently painful at all times, but they are the most unbearable when an accumulation of pus takes place beneath them. The escape of this drop of pus is prevented by the hardened and thickened cuticle, which must be poulticed or soaked in warm water, and then removed by a sharp-pointed knife. The entire corn can be taken out with a little care and patient work, without drawing a drop of blood. The application of caustics should be avoided in the treatment of corns, especially in old people, as fatal gangrenous inflam-

mation may be the result. Temporary relief from a painful sore corn may readily be obtained by applying strong carbolic acid. Take the cork out of a small bottle of carbolic, and apply it (the cork) to the corn. Relief will come at once, and you will be enabled to walk with comparative comfort till you can find time to remove the corn with the knife. Hard corns may be treated as follows: Take a thick piece of soft leather or felt, cut a hole in the center. Upon going to bed at night, fill the hole in the center of the leather with a paste made of soda and soap; wash it off in the morning, and repeat the process for several nights, and the corn will be removed. Half a cranberry, or a piece of lemon, bound on a corn will soon kill it.

PERFUMERY.—The following recipes are of choice perfumes, and are made by compounding the articles in each recipe, and then adding as much distilled water as can be mixed, and *not have it become milky*, which will vary from two to eight ounces, according to the perfume; then add deodorized alcohol until there are two quarts of perfumery:

Essence Bouquet.—Four ounces extract musk, two of extract tube rose, one drachm otto rose virgin, one and one-fourth drachm otto bergamot, one-half drachm each otto neroli super and red-cedar wood, eight minims otto verbena (true), ten of bimento, three of patchouly, twelve of English lavender; add water and alcohol as above.

Jockey Club.—Five ounces extract jasmine, twenty of extract orris, seven of extract musk, one and one-half extract vanilla, one and one-half drachms each of otto rose virgin and *santal flor*, two and one-half otto bergamot, and two of benzoic acid, forty minims otto neroli super; water and alcohol as above.

Patchouly.—Two drachms each otto patchouly and styrax, eight ounces each extract musk and orris, four of vanilla, and forty minims each *santal flor* and rose virgin: water and alcohol as above.

Wood Violet.—Twelve ounces extract orris, two of tube rose, one of jasmine, four of musk, two drachms otto of bergamot, one of English lavender, ten minims verbena (true), twelve minims amygdala amar. (any druggist will have it), six minims coriander, and four minims sweet flag, and one and a half drachm benzoic acid; water and alcohol as above.

West End.—Twelve ounces of extract orris, four extract of jasmine, eight of extract musk, four of extract cossia, one of extract styrax, three drachms otto bergamot, one and one-half neroli super, and one each of otto rose virgin, red-cedar wood (true) and benzoic acid; water and alcohol as above.

Tube Rose.—Twenty-four ounces extract tube rose, four of musk, one of jasmine, one drachm otto rose virgin, two of benzoic acid, and ten minims of otto neroli super; water and alcohol as above.

Stephanolis.—Four ounces each extract cassia and tube rose, eight each of musk and orris, two of jasmine, three of tonka, one drachm each otto rose virgin and benzoic acid, one half drachm otto neroli super; water and alcohol as above.

Rondeletia.—One ounce otto English lavender, two each of musk and vanilla, four of orris, half ounce each otto cloves and bergamot, two drachms otto rose geranium (Turkey), one of benzoic acid, twenty minims true otto cinnamon, ten minims otto rose virgin, one of *santal flor*; water and alcohol as above.

New-Mown Hay.—Twenty-five ounces extract tonka, six of musk, eight of orris, one of vanilla, one drachm each extract styrax, bergamot and *santal flor*, and one and a half of benzoic acid, fifteen minims otto neroli super, ten each of otto rose virgin, lavender (English) and patchouly, and six minims otto of cloves.

Simple—garden perfumes are charming in linen when put away in drawers. To handkerchiefs the perfume is more delicate, and much more desirable than the stronger odors so freely used. Always preserve the trimmings of rose-geraniums, in envelopes, for such purposes, and lay in plenty of sweet clover when in blossom.

ACCIDENTS AND SUDDEN SICKNESS.

It is no longer considered a mark of the highest type of the feminine mind to faint away at the smallest fright, and to sink into helplessness at the first appearance of danger. Indeed, self-possession in emergencies is evidence of a clear brain, which, at the critical moment, asserts its supremacy over physical weakness, and takes command of the demoralized forces; besides, fright and confusion are a confession of ignorance as well as want of self-control. Those who know exactly what to do in emergencies rarely become panic-stricken. And it is particularly important for women, who are, doubtless, constitutionally more timid than men, to fortify themselves against danger, by learning what to do in such accidents and emergencies as are likely to occur in the life of every one. It would prove a rare case, indeed, if such knowledge did not, at least once in a life-time, enable the possessor of it to save a valuable life, perhaps one infinitely dearer to her than her own. Of course, within the limits of such an article as is permissible here, only a few hints can be given, rather to suggest further investigation than to be a complete guide.

A LIFE-PRESERVER.—A felt or silk hat, held so as to keep the crown full of air, will sustain a person above water for a great length of time.

PANICS.—If in a public hall in a panic, keep your seat; even in case of fire the chance of life is greater if free from the crowd.

STINGS OF INSECTS.—Are relieved by the application of ammonia, or common table salt, well rubbed in, or a slice of an onion, to the part.

RUNAWAYS.—In all runaways it is safer to remain in the vehicle, and to stop with it, than to jump while the horse is running. The vehicle helps to break the shock of the final stop.

POISONOUS WOUNDS.—Wounds by which poison has been carried into the system, require instant treatment. The wound must be burned out by a stick of lunar caustic, or by inserting a large, red-hot nail.

BURNS BY ALKALIES, such as lime, caustic potash, soda, ammonia, etc., are stopped in their progress by applying vinegar, lemon-juice, or other dilute acid: they must be then treated like other burns.

BURNS FROM ACIDS, such as oil of vitriol and aqua fortis, may be checked by the free application of water or handfuls of moist earth. The first dilutes the acid, and the second contains alkali enough to neutralize the acid.

CHOKING.—A piece of food lodged in the throat may sometimes be pushed down with the finger, or removed with a hair-pin quickly straightened and hooked at the end, or by two or three vigorous blows on the back between the shoulders.

FRACTURE.—Send at once for a physician, and simply make the patient as comfortable as possible. If he is to be conveyed to some distance, the fractured part should be supported in its natural position by handkerchiefs loosely tied. Allow no more handling than is absolutely necessary.

CHILBLAINS.—Are the result of a chilling of the part. To cure, keep

away from the fire, and at night, before going to bed, wash in cold water, or rub in snow, and apply the compound resin ointment, made by all druggists, with a little oil of turpentine added to it.

SWALLOWING PIECES OF BROKEN GLASS, PINS, ETC.—By no means take a purgative. Rather partake freely of suet pudding, or any solid farinaceous food, and it is possible that both may pass away together without injury being done.

BITES OF SERPENTS.—When bitten by a rattlesnake, or other poisonous serpent, pinch the skin, and, if the wound can be reached, suck out all the blood possible; if the skin of the lips and mouth is sound, no harm will be done. Whisky or brandy should, however, be administered freely, to intoxication.

FAINTING.—Debility of the nervous system favors fainting. The head should be kept low; and if the patient faints in a chair, the simplest treatment is to grasp the back of it and depress it until the floor is reached, while another holds the knees so as to prevent slipping off the side. The patient will usually recover by the time the head has reached the floor.

SHOCK FROM COLD WATER.—Prostration from drinking or bathing in cold water while exhausted by heat or exercise should be treated as described for shock from other causes. Cold water should be taken in small quantities when the body is heated and exhausted, and a cold bath is often fatal under such circumstances.

EPILEPTIC FITS.—In these there is nothing which a by-stander or friend can do, except to keep out of reach such articles as may injure the patient during the convulsive movements; to loosen the clothing about the neck and throat, and to assist to some place of safety when the semi-conscious state returns. Other convulsions are treated in the same manner.

LIGHTNING.—If the person shows no signs of life, strip and dash the body with cold water, dry and place in bed with bottles of hot water at the pit of the stomach and extremities, keeping up artificial respiration until the natural breathing is restored; a tea-spoon of brandy in a table-spoon of water may be given every few minutes. Burns from lightning should be treated like burns from any other cause.

BREAKING THROUGH ICE.—In assisting persons who have broken through ice, get a long pole, or stick, or board, to distribute the weight over a greater surface of ice. In attempting to get out of water upon the ice, after having fallen in, the best way is to approach it sidewise, and roll out rather than to attempt to raise the body up by the arms alone, as the weight is more widely distributed.

HANGING.—Death is from the same cause as in drowning. Cut down the body without allowing it to fall, place on face, press back tongue with finger to allow any accumulation to escape from the mouth, place on the back, and treat as directed for the drowned. If body is still warm after the removal of clothing, stand off six feet and dash several times with a bowl of cold water, the face, neck, and chest.

BURNING HOUSES.—When a house is on fire, close all the doors and prevent currents of air. If the fire could be entirely shut in, it would smother and die out. The check will give time to get help, or, at least, to remove furniture and make all lives secure. If up-stairs when the stairway below is on fire, tear clothing to make cords to let yourself down by. If a room is full of smoke and flame, crawl on the floor, as the lower air is the colder and more free from smoke.

FOREIGN BODIES IN THE EAR.—Take the head of the child between the knees, face downward, and inject a stream of warm water into the ear, holding the nozzle of the syringe outside, so as to allow the foreign body to come out with the water. Probing, with any substance whatever, is very dangerous, and may inflict permanent injury. When the above plan does not succeed, call a surgeon. Kill insects that get into the ear by pouring in sweet-oil or glycerine, which drowns and brings them to the surface.

FOREIGN BODY IN NOSTRIL.—Children often push foreign bodies up the nostril. To remove it, make the child draw a full breath, and then, closing the other nostril with the finger, and the mouth with the hand, expel the air from the lungs by a sharp blow on the back. If it can not be removed in this way, compress the nostril above it to prevent its going up any further, and hook it out with the bent end of a wire or bodkin. If this fails, call a surgeon.

FREEZING.—Keep the frozen person, or part, away from the heat. If the person is insensible, take him to a cold room, remove clothing, rub with snow or clothes wrung out of ice-water. The cold friction should be kept up for some time; and when the frozen parts show signs of life, the patient should be carefully dried and put into a cold bed in a cold room, and artificial respiration used until the natural is restored; and then brandy, beef-tea, and ginger-tea administered. The patient must be brought by degrees into the warmer air. Parts frozen should be treated by the same rule.

BITES OF DOGS.—The only safe remedy in case of a bite from a dog suspected of madness, is to burn out the wound thoroughly with a red-hot iron, or with lunar caustic, for fully eight seconds, so as to destroy the entire surface of the wound. Do this as soon as possible, for no time is to be lost. Of course it will be expected that the parts touched with the caustic will turn black. If, unfortunately, it should chance that any one is bitten by a dog that is said to be mad, it is worth while to chain the animal up, instead of shooting it instantly, for if it should turn out that it is not mad—and a false alarm is frequently raised—the relief to the minds of all concerned is indescribable.

FOREIGN BODIES IN THE EYE.—The particle almost invariably lodges under the upper lid, adhering to it. If that lid is grasped by the thumb and finger, drawn outward and then downward, and then released, the lashes of the lower lid act as brush, and sweep off the intruder. If, however, it adheres to the eye-ball, it may be removed by rolling the upper lid over a knitting-needle, and holding it there in such a position as to expose the surface, when the particle can be removed by the corner of a handkerchief. Sometimes it may become imbedded in the membrane which covers the eye-ball, or eye-lid, and require the aid of a surgeon. Never use any of the eye-waters, lotions, or salves, advertised as popular. A particle of lime in the eye is very dangerous, and vinegar diluted with water should be applied at once; even when done immediately the eye will be seriously inflamed.

SHOCK OR COLLAPSE from lightning, sudden and severe injuries, burns extending over a large extent of surface, or powerful emotions, produces something analogous to fainting. Place the patient flat on the back, with the head raised not more than an inch, and give a tea-spoon of brandy in a table-spoon of water, every minute for six or eight minutes. If the temperature of the body has been raised, and the action of the heart is restored, enough has been given. Application of heat to the stomach and extremities is useful. The nausea and vomiting that sometimes accompany it may be allayed by swallowing whole small chips of ice, split off by standing a piece with grain upright and splitting off a thin edge with the point of a pin. Ammonia applied to the nostrils is often useful, and cologne on a handkerchief is sometimes of service.

PUNCTURED WOUNDS need a pad at the surface to cause clotting of the blood in the wound, but are otherwise treated like cuts. If pain follows and inflammation ensues, the pad must be removed to permit the results of the inflammation to escape. Thorns or splinters, when run into the flesh, should be removed by cutting in far enough to get hold of and draw them out. Slivers under the nail, when not reached from the end, should be removed by scraping the nail thin, and cutting through it to the foreign body, and so withdrawing it; the part should then be tied with a cloth wet with water, in which a few drops of laudanum have been mixed. A puncture, by a rusty nail or some such substance, of the finger, toe, hand, or foot, frequently

causes inflammation, and yet there is not room for the foreign matter left in the wound to escape through the tough skin, and lock-jaw results; in all such cases the wound should be cut open to provide a way of escape for the blood, etc., and a piece of linen wet with laudanum inserted. Wounds from bruises and lacerations especially demand careful treatment, on the same general principles given above.

SUFFOCATION.—This often occurs from carbonic acid gas, or "choke-damp," on entering wells or old cellars; this gas being heavier than air, falls and rests at the bottom. Before entering such places, test by lowering a lighted candle; if the flame is extinguished it is unsafe to enter until the gas has been removed, by throwing down a bundle of lighted shavings or blazing paper, sufficient to cause a strong upward current. When a person is overcome by this gas, he must be *immediately* rescued by another, who must be rapidly lowered and drawn out, as he must do all while holding his breath; a large sack is sometimes thrown over the person who goes to the rescue. As soon as brought out, place the person on his back, bare the neck and throat, loosen clothing and strip as quickly as possible; if he has not fallen in the water, dash cold water freely over head, neck, and shoulders, standing off several feet and throwing it with force; artificial respiration should be used meantime, as in case of drowning, with as little cessation as possible. If the person has fallen into the water when overcome by the gas, place in a warm bed, and use the means of artificial respiration vigorously.

Suffocation from burning charcoal, from anthracite or bituminous coal, or from common burning gas, or the foul gases from drains and cess-pools, is treated as if from carbonic acid gas.

ACCIDENTS IN GENERAL.—The first and most important thing, after sending for a surgeon, when an accident has occurred, is to keep off the crowd. No one, except one or two in charge, should be allowed nearer than ten feet; and the kindest thing a by-stander can do is to insist on such a space, and to select such persons as are willing to go for whatever is needed by the surgeon or physician, so that there may be no delay, if any thing is needed. If there has been a "shock" from a fall or blow, although there may be no fracture or external injury, the person is "faint," and should be placed flat on the back, with the head, neck, and shoulders *slightly* raised; the limbs should be straightened out, so that the heart may act as easily as possible; the cravat, collar, and clothing, if in the least tight, should be loosened. A sup of cold water will bring reaction soon if the injury is slight; a tea-spoon of brandy, in a table-spoon of water, every two minutes, gentle friction to the extremities, a handkerchief wet with cologne-water held to the nostrils, a fan, if weather is hot, will all aid in restoring full consciousness. If thought best to remove the patient to his residence, or to a more favorable place for treatment, place on a stretcher, settee, or shutter, slipping him on gently, taking care that the body is supported along its whole length; throw a handkerchief over the face to prevent the unpleasant sensation of the staring crowd, and let the stretcher be borne by persons of uniform gait, if possible. A policeman's services, if in a city, are invaluable in keeping off a crowd. When a surgeon arrives, his directions will suffice.

BURNS AND SCALDS.—First put the fire out. If the clothing is on fire, throw the person on the ground and wrap in carpet, rug, or your coat, if nothing else is at hand. Begin wrapping at the neck and shoulders, and keep the flames away from the neck and face, so as to prevent breathing the hot air and consequent injury to the lungs. If prostration and shock or fainting is produced, a little brandy, repeated often until there is a revival of strength, should be given. A superficial burn covering a large surface is often more dangerous than a deeper one confined to less surface. If there is any cause for apprehension that the hot air has been inhaled, send for a physician at once. If the burn is slight in character, apply the water-dressing, by placing two or more thicknesses of old linen (from table-cloth or sheet), slightly dampened over a surface a little larger than the wound;

fasten on by slips of sticking-plaster, or tie on with bandages, and keep it wet by frequent applications of water. When the pain has moderated, a dressing of *pure* hog's-lard is one of the best. It may be purified, when doubtful, boiling in water until the salt and impurities have settled, and then set away to cool until the floating lard hardens; this is gathered, placed in a bowl, set in hot water, and kept hot until all the water in the lard has passed off, when it is ready for use. The common soda used for cooking purposes may be employed as a dressing. A thick layer should be spread over the part and covered with a light wet bandage, keeping it moist and renewing it when necessary. A good dressing for a slight burn or scald is the white of an egg, applied with a soft rag or brush, applying fresh as the first layer dries; a lather of soap from a shaving-cup often allays pain, and keeps out the air. If so serious that a physician has been sent for, it is better not to apply any thing, as it may interfere with his examination and treatment of the case. In cases too severe for the mild treatment given above, send at once for a physician.

DROWNING.—Death is caused by cutting off the supply of fresh air from the lungs, so that the process of purification of the arterial blood ceases. Life is rarely restored after an immersion of five or six minutes, but recovery has been recorded after twenty minutes. Efforts to restore should be continued for at least two hours, or until the arrival of a physician. What is done must be done quickly. The body should be recovered without loss of time, from the water, and laid face downward for a moment, while the tongue is pressed back by the finger to allow the escape of water or any other substance from the mouth or throat (no water can ever by any possibility get into the lungs). This may be done while the body is being conveyed to the nearest house; on arrival, strip off clothing, place on a warm bed, with head raised very little, if any, apply friction with the dry hands to the extremities, and heated flannels to the rest of the body. Now breathing must be artificially restored. "Silvester's ready method" is most favored by physicians, and consists in pulling the tongue well forward, to favor the passage of air to the lungs, and then drawing the arms away from the sides of the body, and upward, so that they meet over the head, and then bringing them down until the elbows almost meet over the "pit of the stomach." These movements must be made, and persisted in, at the rate of sixteen to the minute. Another method is to place the body flat on the face, press gently on the back, turn body on its side or a little beyond, and then, turning back upon face, apply gentle pressure again, repeating at the rate of sixteen times a minute. As soon as vitality begins to return, a few drops of brandy, in a little water, may be administered, and, in a few minutes, some beef-tea or light nourishment. Persons at all weakened by debility, especially by any thing that affects the nervous system, or those recovering from sickness, or in the least indisposed, should never venture into water beyond their depth, as such conditions predispose to "cramp," against which the best swimmers are helpless.

SUNSTROKE.—This is favored by intemperance, and by debility brought on by work in a heated atmosphere. Those who sleep in badly ventilated apartments are most subject to it. Most cases are preceded by pain in the head, wandering thought and loss of mental control, disturbed vision, irritability, sense of pain, and weight at pit of stomach, and labored breathing. The skin is hot and dry, or covered with profuse perspiration; the face bluish; the breath rapid and short; and the action of the heart "fluttering." In many instances the patient does not move an eyelid, from the beginning of the main attack until death ensues.

Carry the person attacked at once to a cool, airy spot, in the shadow of a wall, or to a large room with a bare floor, remove clothing gently, place patient on the back, raise head two inches by a folded garment, dash entire body with water profusely, supplying basin with cold water from two buckets, one of which is filled with water and finely pulverized ice while the other

is supplying the water used by the attendant. Dash on water with force, particularly on head and chest. Two persons may also rub the entire body, particularly the head, with a towel in which is wrapped pulverized ice. As soon as a *decline in heat* is noticed remove patient to a dry place, and wipe dry. If heat comes on again when consciousness is restored, renew cold applications. As soon as the heat declines, artificial respiration must be resorted to, until the natural takes its place. There being real asphyxia, as in drowning, no medicine is of use, and alcoholic stimulants should be carefully avoided. To prevent sunstroke, use no malt or alcoholic liquors, avoid overwork and exhaustion, take plenty of sleep in a well-ventilated room, bathe every night, avoid drinking large quantities of water, especially at meals, wear loose-fitting garments, protect the head with a covering that will shelter from the sun and yet permit free circulation of air over the scalp; a straw hat of loose texture, with a lining that may be wet when going out, and a broad brim to protect neck and shoulders, is best.

HEMORRHAGES.—Bleeding from the nose may be stopped by lying flat on the back, with the head raised, and the hands held above it. The nose must be covered with a cloth filled with pounded ice, or wrung out of ice-water. The head should never be held over a basin, as the position encourages bleeding. The blood may be received in a wet sponge.

When any one coughs or spits up blood, the first thought is that it must be from the lungs. A slight knowledge of the characteristics of the blood from different parts that may come through the mouth will sometimes save much needless anxiety.

Blood from the lungs is always bright red in color, because it has just been purified by contact with the air. It is frothy, mixed with mucus, in small quantity, and is usually coughed up.

Blood from the stomach is dark red, almost black, is mixed with particles of food, comes in large quantities, and is vomited.

Blood from the mouth and gums is of a red color and usually mixed with saliva. Unless it has first been swallowed, it is not vomited or coughed up.

In hemorrhage from the lungs the head and shoulders must be raised. Some physicians recommend a table-spoonful of table salt to be given in a tumbler of water. It is always safe to give cracked ice.

Bleeding from the stomach may be checked by the application of a mustard plaster over the stomach; cracked ice should be given and the doctor sent for.

In bleeding from wounds or recent amputation there are three things that may be done:

First, press the finger or the hand over the bleeding point.

Second, press on the main artery supplying the wound, or, if this can not be found, apply a bandage as tightly as possible above the wound. An excellent tourniquet may be improvised by knotting a handkerchief loosely around the limb, thrusting a short stick through it and twisting it tight.

The blood from an artery is bright red and comes in spurts with each beat of the heart, while that from the veins is a dark purplish color and flows in a steady stream. When the bleeding is from an artery, the pressure should be applied between the wound and the heart; when from a vein, the limb must be compressed beyond the wound.

Third, raise the part above the rest of the body, that the blood may drain out of it, and support it on pillows. It should be bathed in ice-water and have ice wrapped in cotton cloths laid on it.

If faintness ensues, the sufferer should not be immediately roused, as this is nature's remedy, and acts by lessening the force and activity of the circulation. If any part of the body has been cut off, it should be cleaned of foreign matter, and at once replaced, wrapped in cotton to retain warmth, and a gentle pressure kept on it to retain it in place. Circulation is often restored and the union made complete.

ANTIDOTES TO POISONS.

The first thing to do is to cause their rejection by vomiting, to do which place mustard mixed with salt on the tongue, or give large quantities of lukewarm water, or tickle the throat with a feather. These failing, instantly resort to active emetics, like tartar emetic, sulphate of copper, or sulphate of zinc. After vomiting has taken place with these, continue it if possible by copious draughts of warm water till the poison is entirely removed. Of course, if vomiting can not be induced, the stomach pump must be employed, especially if arsenic or narcotics have been taken. A brief table, formulated as follows, may be useful for emergencies:

POISONS.	ANTIDOTES.
ACIDS.	Alkalies—Soap and milk, chalk, soda, lime-water.
ALKALIES.	Vegetable Acids—Vinegar, oil in abundance.
ALCOHOL.	Common salt, moderately.
ARSENIC.	Send for the doctor and his stomach pump.
ANTIMONY.	Oak-bark, strong green tea.
BARYTA OR LIME.	Epsom salts, oils, and magnesia.
BISMUTH.	Whites of eggs, sweet milk.
COPPER.	Whites of eggs, or strong coffee.
GASES.	Cold douche, followed by friction.
IODINE.	Starch, wheat flour in water.
CREOSOTE.	White of eggs, sweet milk.
LEAD.	Lemonade, strong, epsom salts.
OPIUM AND OTHER NARCOTICS.	Emetics—Cold douche, exercise, and heat.
PHOSPHORUS.	Magnesia, in copious draughts.
ZINC.	Whites of eggs, sweet milk.
MAD-DOG BITE.	Apply fire in some form to the wound, thoroughly and immediately.
BITE OF INSECT.	Ammonia, applied freely.
BITE OF SERPENT.	Same as for mad dog, followed by whisky to intoxication.

The foregoing are the more common and more important poisons and their antidotes.

MEDICAL.

When people fall sick they seem to lose what little common sense they possessed when well. Men and women who are reasonably wise and reasonable in other matters, cherish the most absurd superstitions, and follow the advice of the most transparent quacks when it comes to disease and medicine. A little reflection will convince any reasonable person that no single medicine will cure all diseases, indeed no medicine will cure the same disease in different persons, and in different stages. Any candid physician will admit that the use of medicines by the most skillful and experienced practitioner, is, to a great extent, an experiment. What is "one man's meat is another's poison," and even the best physician needs to know the constitution of the patient, and to study the symptoms of disease before he can prescribe safely, to say nothing of curing the disease. And yet there are intelligent men and women who buy patent nostrums, and pour them down their throats, knowing nothing of the disease, or of the probable effect of the alleged remedy. For instance, a child has a cough and a "cough remedy" is purchased and dealt out. Now, there are many kinds of coughs. The cough may be "dry," or it may be "loose;" the symptoms may differ in various ways, and yet the "cough remedy" given for a "dry" cough may be intended for a "loose" one, and so all the symptoms may be aggravated, perhaps, with a fatal result. The physician's advice and experience is chiefly valuable to tell us what the disease is and the best possible treatment for it. It is dangerous in the extreme to administer any powerful remedy, or *any medicine the nature and effect of which are not known*, without the advice of some one who knows the disease and its probable effect. The household medicine chest should contain only simple remedies, the effect of which, at worst, can not be very injurious; and in all dangerous or violent diseases a physician should be promptly called.

FOR COLDS, drink hot pennyroyal tea.

GLYCERINE is excellent to rub on chafes, burns, or chapped hands or sun scalds.

FOR BURNS.—Lime-water, olive-oil, and glycerine, equal parts; applied on lint.

LINIMENT.—Three ounces each of tincture of opium, camphorated oil, and soap liniment.

FOR JAUNDICE.—The yolk of an egg, raw or slightly cooked, is excellent food in jaundice.

FOR QUINCY, gargle with water as hot as can be borne. This gives great relief, even in severe cases.

LINIMENT.—The common May-weed blossoms put in alcohol are much superior to arnica for the same use.

TO CHECK VOMITING—Give a tea-spoon of *whole black mustard seed*. A table-spoon may be given in severe cases.

FOR SICK HEADACHE.—Whenever the symptoms are felt coming on, drink a cupful of thoroughwort or boneset-tea.

FOR STIFF JOINTS.—Oil made by trying up common angle worms, is excellent to apply to sinews drawn up by sprains or disease.

PLEURISY.—Oiled silk placed over the chest of those suffering from pneumonia or pleurisy, will give great relief and hasten recovery.

FOR RHEUMATISM.—To one pint alcohol, add one table-spoon pulverized potash, and a lump of gum-camphor the size of a walnut. Use as a liniment.

CHRONIC DIARRHŒA is cured by drinking orange-peel tea; sweeten with loaf-sugar, and use as a common drink for twenty-four to thirty-six hours.

TO STOP BLEEDING.—Apply wet tea-leaves, or scrapings of sole-leather to a fresh cut and it will stop the bleeding, or apply a paste of flour and vinegar.

TO STOP BLEEDING AT THE NOSE.—Bathe the feet in very hot water, drinking at the same time a pint of cayenne pepper tea, or hold both arms above the head.

FOR DRESSING CUTS, WOUNDS OR SORES.—Surgeon's solution of carbolic acid and pure glycerine mixed in equal parts, and applied on soft lint or linen cloth.

DIRT IN THE EYE.—To remove specks of dirt from the eye, immerse the eye in cool water, then wink and roll the eyeball until the desired result is accomplished.

HOARSENESS.—It is said hoarseness may be relieved by using the white of an egg, thoroughly beaten, mixed with lemon-juice and sugar. Take a tea-spoonful occasionally.

REMEDY FOR PILES.—Mix a tea-spoon of sulphur with a tea-cup of milk, and take twice a day, morning and night, until improvement takes place; then take occasionally.

WOUND FROM RUSTY NAIL.—Smoke this or any inflamed wound over the fume of burning woolen cloth, wool or sugar, for fifteen minutes, and the pain will be taken out.

FOR SPRAINS.—The white of an egg, and salt mixed to a thick paste is one of the best remedies for sprains, or bruises, or lameness, for man or beast. Rub well the part affected.

TO PREVENT SEA-SICKNESS.—Make a pad of wool or horse hair, and bind over the stomach. Brandy and water, very weak, is the best remedy to allay the heat and irritation.

A VALUABLE LINIMENT.—One ounce wormwood to one pint alcohol. Or, bruise the green stalks of wormwood, moisten with vinegar, and apply to the sprain. Good for man or beast.

TO RELIEVE ASTHMA.—Wet blotting-paper in strong solution of salt-petre, dry it, and burn a piece three inches square on a plate in sleeping-room, and it will afford quick relief.

MANNA AND MILK.—Take a quart of fresh skim milk, and boil in it one ounce of manna; drinking this quantity cool, in small draughts, at intervals during the day, is good for consumptives.

TO PREVENT SKIN FROM DISCOLORING AFTER A BRUISE.—Apply immediately, or as soon as possible, a little dry starch or arrow-root, moistened with cold water, or rub over with common table butter.

SICK HEADACHE.—Elixir of guarana, prepared by Brewer & Co., Springfield, Mass. Take one tea-spoon every half hour until four have been taken, on the first intimation that the headache is coming on.

HOT WATER FOR A COUGH.—For a tight, hoarse cough, where phlegm is not raised, or with difficulty, take *hot* water often, as hot as can be sipped. This will be found to give immediate and permanent relief.

SPRAINS OR LAMENESS.—Two ounces camphorated spirits, two ounces sweet oil, two ounces ammonia, two ounces chloroform; shake well before using, and rub it in by a fire. It is very excellent for a family liniment.

CHEROKEE LINIMENT.—One ounce gum-camphor, dissolved in alcohol, one

ounce each of spirits turpentine, sweet oil, hemlock oil, origanum oil, and cedar oil, two ounces spirits hartshorn. Use externally. Shake well before using.

FOR BURNS OR BRUISES.—Apply peach-tree leaves, the smooth side next the skin, and bind them on. For burns, when there is danger of mortification, or even if it has already set in, bind on strips of cloth dipped in clean tar.

SALVE FOR CUTS AND BURNS.—To one-half pound of sweet lard add one-fourth pound of beeswax and the same of resin; beat all together till well mixed; pour in a little tin box. Apply a little to the wound on a soft cotton cloth.

FOR IVY POISONING.—A simple and effectual remedy for ivy poisoning, is said to be sweet spirits of nitre. Bathe the affected parts two or three times during the day, and the next morning scarcely any trace of the poison will remain.

FOR THE LUNGS.—A quart (or less if too strong) of tar, stirred six minutes in a gallon of water, and one-fourth, or a tumbler, taken four times a day, an hour or two after meals, is said to clear the lungs, and give greater ease in public speaking.

SLEEPLESSNESS.—Wet a cloth in cold water, and lay it on the back of the neck. Fold a towel smoothly over it, and very often it will soothe the weary brain, and quiet the nerves better than an opiate. It is particularly useful in case of a dull headache.

BEE STINGS.—Any absorbent will give relief from bee stings, but perhaps nothing is more effectual than lean raw meat. The sting of a bee or wasp may be almost instantly relieved by it. It is said to cure the bite of a rattlesnake, and relieve erysipelas.

FOR A COLD.—Cayenne pepper-tea for a cold. Put a quarter of a tea-spoon of cayenne pepper in a tea-cup; pour over hot water and sweeten with sugar. Or, steep horseradish in a gill of vinegar, add a gill of honey, and take a tea-spoon every twenty minutes.

TO CURE A COUGH.—Roast a lemon very carefully without burning it; when it is thoroughly hot, cut and squeeze into a cup upon three ounces of sugar, finely powdered. Take a spoonful whenever the cough is troublesome. It is as good as it is agreeable to the taste.

BLACKENED EYE.—Should the eye or any other part be blackened by a fall or blow, apply a cloth wrung out of very warm water, and renew it until the pain ceases. The moisture and heat liquefy the blood, and send it back to its proper channel. Never use cold water to a bruise.

FOR ERYSIPELAS.—A simple poultice made from cranberries pounded fine, and applied in a raw state, is said to be a certain cure; or slip off the outer bark of elder, break up the wood with the inner bark, and steep in buttermilk; drink and apply to the parts affected.

FOR SORE THROAT.—Take five cents worth of chlorate of potash, dissolve, and take a tea-spoon every hour, and also gargle with it. Or, to a tea-cup vinegar add salt and cayenne pepper, making it as strong as can be taken (some add a little pulverized alum), and gargle often with it.

BURNS.—Common baking soda—the bicarbonate—has been found to cure burns or scalds, affording immediate relief when it is promptly applied. For a dry burn, the soda should be made into paste with water. For a scald or wet burned surface, the powdered soda (or borax will do as well) should be dusted on.

TO RELIEVE TOOTHACHE.—Apply powdered alum, or fill mouth with warm water, and immediately after with cold; or saturate a piece of cotton with a strong solution of ammonia, and apply to the tooth. For toothache and inflamed face caused by it, apply a poultice of pounded slippery-elm bark and cold water.

A GOOD CURE FOR COLDS is to boil two ounces of flaxseed in one quart of water; strain and add two ounces of rock candy, one-half pint of honey,

juice of three lemons; mix, and let all boil well; let cool, and bottle. Dose—One cupful before bed, one-half cupful before meals. The hotter you drink it the better.

TAPE WORMS are said to be removed by refraining from supper and breakfast, and at eight o'clock taking one-third part of two hundred minced pumpkin seeds, the shells of which have been removed by hot water; at nine take another third, at ten the remainder, and follow it at eleven with strong dose of castor-oil.

FOR COLD IN THE HEAD.—As soon as you feel that you have a cold in the head, put a tea-spoonful of sugar in a goblet, and on it put six drops of camphor, stir it, and fill the glass half full of water; stir, till the sugar is dissolved, then take a dessert-spoonful every twenty minutes. This is a *sure* cure if taken as directed.

TO PREVENT TAKING COLD.—If out in cold weather with insufficient clothing or wrappings, fold a newspaper and spread across the chest. Persons having weak lungs can in this way make for themselves a very cheap and perfect lung protector. Large papers spread between quilts at night, add much to the warmth.

SALVE.—The following is an excellent salve for burns, cuts, or sores of long standing: Take equal parts of melted beeswax, mutton suet, pulverized resin, burnt alum, honey, Venice of turpentine, sweet-oil. Cook over a slow fire all together. Stir till it commences to thicken; then strain through a cloth and pour in earthen boxes.

CATARRH COLD.—Ten drops carbolic acid, and seven and a half each of iodine and chloroform; heat a few drops over a spirit lamp in a test tube, holding the mouth of the tube to the nostrils as soon as volatilization is effected. Repeat every two minutes, until the patient sneezes a number of times, when the troublesome symptoms will disappear.

NEURALGIA.—One-half drachm sal-ammonia in one ounce of camphor-water. Take a tea-spoon several times, five minutes apart, until relieved. Another simple remedy is horseradish. Grate, and mix it in vinegar, the same as for table purposes, and apply to the temple when the face or head is affected, or the wrist, when the pain is in the arm or shoulder.

WHOOPING COUGH.—Mix one lemon sliced, half pint flax-seed, two ounces honey, and one quart water, and simmer, not boil, four hours; strain when cool, and if there is less than a pint of the mixture, add water. Dose: one table-spoon four times a day, and one also, after each severe fit of coughing. Warranted to cure in four days if given when the child first "whoops."

WORMS.—A mother gives the following: "Once a week invariably—and generally when we had cold meat minced—I gave the children a dinner which is hailed with delight, and looked forward to; this is a dish of boiled onions. The little things knew that they were taking the best of medicine for expelling what most children suffer from—worms. Mine were kept free by this remedy alone."

FOR SORE THROAT use as a remedy one ounce of camphorated oil and five cents worth of chlorate of potash. Whenever any soreness appears in the throat, put the potash in half a tumbler of water, and with it gargle the throat thoroughly, then rub the neck thoroughly with the camphorated oil at night before going to bed, and also pin around the throat a small strip of woolen flannel.

EYE WASH.—Sulphate of zinc two grains, sulphate of morphine one-half grain, distilled water one ounce; mix, and bottle. Drop in the eye (a drop or two at once,) then wink the eye several times, so that the wash may reach all the parts; and keep quiet and do not use the eyes for about an hour. This wash is for blood-shot eyes, and when used it will produce quite a smarting sensation.

CONKLIN'S SALVE.—One pound of resin, two ounces mutton tallow, one of beeswax, one-half gill alcoholic spirits, add a little of the gum of balsam; boil all together slowly, until it has done rising or foaming, or until it begins

to appear clear. Pour the mixture into a pail of cold water, and when it gathers, take it out, roll on boards and cut it off. Care must be taken not to burn it. Moisten the hands in brandy while working.

MUSTARD PLASTER.—Mix with boiling water, vinegar, or white of an egg (the latter is best when a *blister* is not wanted) to consistency the same as if for the table. Some add a little flour when not wanted so strong. Spread on half a thin muslin cloth, cover with the other half, or put on cloth, and put over it a thin piece of gauze; apply, and when removed, wash the skin with a soft sponge, and apply a little sweet cream or oil.

SPRAINS.—If a sprain is nothing more than a sprain—that is, if no bones are broken or put out—wrap the part in several folds of flannel which has been wrung out of hot water, and cover it with a dry bandage, and rest it for some days, or even weeks. Entire rest at first, and moderate rest afterward, are absolutely necessary after a sprain. If it is in the ankle, the foot should be raised as high as may be comfortable; if in the wrist, it should be carried in a sling.

FRENCH REMEDY FOR CONSUMPTION.—One-half pound finely cut up fresh beefsteak; one drachm pulverized charcoal; four ounces pulverized sugar; four ounces rye whisky; one pint boiling water. Mix all together, let it stand in a cool place over night, and give from one to two tea-spoons liquid and meat before each meal. The dose should be small at first, until the stomach becomes used to it, and then gradually increased. This remedy has the merit of simplicity.

COUGH MIXTURE.—Dissolve one-fourth pound gum-arabic in half-pint boiling water, add a half tea-cup sugar and honey, and two table-spoons lemon juice, steep for five or ten minutes; bottle and cork, add water, and take; or boil one ounce each of licorice-stick and anise-seed, and half ounce senna in one quart of water, ten minutes; strain, add two tea-cups molasses or honey, boil down to a pint and then bottle; or, to one pint whisky add one-half pound rock candy and two ounces glycerine.

DRUNKENNESS.—There is a prescription in use in England for the cure of drunkenness, by which thousands are said to have been assisted in recovering themselves. It is as follows: Sulphate of iron, five grains; peppermint water, eleven drachms; spirit of nutmeg, one drachm; twice a day. This preparation acts as a stimulant and tonic, and partially supplies the place of the accustomed liquor, and prevents that absolute physical and moral prostration that follows a sudden cessation from the use of stimulating drinks.

CATARRH.—Wet and cold at the surface of the body is a cause of catarrh, but the most fruitful source is wet and cold feet, and yet there is nothing more easy to avoid. Warm socks, horse-hair soles, and goloshes will always keep the feet dry and warm. It does not seem to be understood that although a boot or shoe may not leak, yet if the sole is damp, it by evaporation conducts away the heat from the foot, and ought never to be worn when not exercising. The neck should be covered lightly, but too much covering predisposes to catarrhal troubles by causing congestion of the membrane affected in this disease. Bed-rooms ought to be well aired, and warmed if possible, by an open fire, in damp, chilly weather.

BLISTERS FOR DIPHTHERIA.—The method of treating that form of pulmonary consumption which consists in ulceration in the substance of the lungs, by means of blisters on the chest, and thus giving an artificial outlet to the humors which otherwise discharge from the lungs, has been successfully applied to various other diseases in which vital organs were attacked. Even various forms of internal inflammation may in this way be drawn to the exterior, and the latest application of this method has been made with diphtheria. The new method is to blister the chest of the patient suffering from diphtheria, and the ulceration which otherwise takes place in the throat, will appear on the chest, while the throat becomes free.

HEALING SALVE FOR WOUNDS.—Pint olive-oil, half ounce common resin, half ounce beeswax; melt well together, and bring oil to boiling heat; add

gradually of pulverized red lead—three-eighths of a pound (for summer use a trifle more lead); in a short time after it is taken up by the oil, and the mixture becomes brown or a shining black, remove from the fire, and when nearly cold add two scruples pulverized camphor. It should remain on the fire until it attains a proper consistency for spreading, which may be known by dipping a splint or knife in the mixture from time to time, and allowing it to cool. When used spread thinly on a piece of tissue-paper or old, fine linen. Excellent for frost sores or any kind that are hard to heal.

HOW TO DISTINGUISH RASHES.—Measles appear as a number of dull red spots, in many places running into each other, and is usually first seen about the face and on the forehead, near the roots of the hair, and is often preceded by running of the eyes and nose, and all the signs of severe cold. Scarlet fever appears first about the neck and chest, but not unfrequently at the bend of the elbow or under the knee, and is usually preceded by sore throat. It can be distinguished from roseola—a mild disease, which is sometimes mistaken for it—by the bright red color of the skin, which appears not unlike a boiled lobster. In chicken-pox the symptom is attended by fever, the spots are small, separate pimples, and come generally over the whole body.

CUBE BERRIES FOR CATARRH.—A new remedy for catarrh is crushed cube berries smoked in a pipe, emitting the smoke through the nose; after a few trials this will be easy to do. If the nose is stopped up so that it is almost impossible to breathe, one pipeful will make the head as clear as a bell. For sore throat, asthma, and bronchitis, swallowing the smoke effects immediate relief. It is the best remedy in the world for offensive breath, and will make the most foul breath pure and sweet. Sufferers from that horrid disease, ulcerated catarrh, will find this remedy unequaled, and a month's use will cure the most obstinate case. A single trial will convince any one. Eating the uncrushed berries is also good for sore throat and all bronchial complaints. After smoking, do not expose yourself to cold air for at least fifteen minutes.

SURE CURE FOR CROUP.—Boil pigs' feet in water, without salt, and let it stand over night; in the morning skim off the fat (which will be formed in a cake on top), put in a tin pan, boil until all water is evaporated; bottle, and keep for use. Give a tea-spoon every fifteen minutes on the appearance of the first symptoms, and apply freely to chest and throat, rubbing well. A celebrated physician says that a child can not have the croup if pigs' feet oil is administered at the first symptoms. Or, warm a tea-spoon with a little lard in it or goose grease; thicken with sugar, and give it to the child; it may produce vomiting, which is always desirable, thus breaking up the membrane that is forming. Apply lard or goose grease to throat and chest, with raw cotton or flannel. Care should be taken, removing only a small piece at a time of these extra wraps to prevent taking cold.

FOR RHEUMATISM.—(Internal remedy.)—Three drams iodide of potash, dissolved in one-half pint of hot water. Take a table-spoonful three times a day, and drink lemonade at intervals between.

(External remedy.) Liniment—Two ounces tincture arnica, one ounce camphor, one ounce belladonna, one ounce cannabis indica, one-half ounce scouite (if neuralgia), one-half ounce oil hemlock, one-half ounce wormwood, one-half ounce sassafras (if there are humors), one-fourth ounce origanum, one-fourth ounce tar (if there are sores), one-fourth ounce cajeput, one-eighth ounce peppermint, one-fourth ounce chloroform, six ounces aqua ammonia. Wet a flannel with this liniment, and rub the parts affected; or place the flannel over the rheumatic part, and cover it with thick paper, and place near it a warm brick. Immediate relief will be obtained.

CURE FOR FELON.—When a felon first makes its appearance, take the inside skin of an egg-shell, and wrap it around the part affected. When the pressure becomes too painful, wet it with water, and keep it on twelve hours.

Roast or bake thoroughly a large onion; mix the soft inner pulp with two

heaping table-spoons of table salt, and apply the mixture to the affected part as a poultice, keeping the parts well covered. Make fresh applications at least twice a day, morning and evening, and a cure will follow in at least a week.

Or, one tea-spoon of scorched salt, one tea-spoon of corn meal, one tea-spoon of scraped hard soap, one tea-spoon of beet leaves pounded up, twelve drops of turpentine, and the yolk of one egg. Mix all ingredients together in the form of a poultice, in which bind closely the swollen finger.

Or, procure five or six lemons, cut off the end of one, thrust the sore finger into the lemon, and let it stay till the lemon is warm; proceed in the same way till all the six are used. Or, put a piece of Spanish-fly plaster over the spot affected, and that will draw the trouble to the surface; or, on the first appearance, apply a poultice of the common Fleur de Lis root well mashed. It will cure in a short time.

FOR CONSTIPATION.—The same remedies will not affect all persons. One or two figs eaten fasting is sufficient for some, and they are especially good in the case of children, as there is no trouble in getting them to take them. A spoon of wheaten bran in a glass of water is a simple remedy and quite effective. One or two tumblers of hot water will move almost every one, but is difficult to take. In chronic cases a faithful manipulation and moving of bowels and limbs with gentle rotary movement with the open palm, and giving all natural motions to the parts, with proper diet, will almost invariably secure the desired result. It has been known to cure a case of life-long habit, where inherited, too, and although it involves patience and perseverance, it is certainly better than to suffer the ills that result from so many patent medicines and quack nostrums. "An ounce of prevention is worth a pound of cure," and *regularity of habit* in this matter is the great thing to be impressed on people generally.

Or, three tea-cups each of coarse, clean wheat-bran and sifted flour, one heaping measure each of Horsford's bread preparation (soda and acid), seven teaspoons good butter and one of salt. Mix with cold sweet milk; roll third of an inch thick, cut with a biscuit cutter and bake thoroughly in a moderate oven; or, pour hot water on one table-spoon flax seed, pour off and at once add three or four table-spoons of cold water, and drink. This is perfectly harmless and may be taken once, twice, or thrice a day if necessary; or, a teaspoon black mustard-seed taken every morning; or a glass of cold water taken at night and first thing in the morning.

SCARLET FEVER, OR SCARLATINA.—When to the feeling of general illness which accompanies all fevers is added a very rapid pulse, 120-130, and a temperature of 100°-104°-105°, and there is a dry, hot feeling in the throat, with tonsils red and swollen, and distress on trying to swallow, it is safe to suspect an infectious disease, and probably scarlet fever. The sick person should be isolated at once in a room as much apart from the other members as possible, the higher up in the house the better, and a good physician sent for.

The rash generally appears about the second day, beginning on the neck and chest, and extending over the whole body, the deepest color being on the neck, the outer side of the limbs, the joints, hands and feet. The cheeks are a bright, deep red. The case having been declared to be scarlet fever, all precautions given for infectious diseases, as regards isolation and disinfection, must be observed.

The room should be kept at an even temperature of 65°; light a fire, if possible, and leave the window down an inch at the top. Throw the window open and change the air entirely twice a day, covering the patient head and all at the time and until the room is again warm. Do not be afraid of fresh, dry outside air, but be sure that the patient is covered head and all, so that no cold air is breathed, while you are airing and warming the room.

Give the patient once or twice daily, a warm sponge or plunge bath, as directed by the physician, being careful that he is covered with a blanket during the bathing, thrown over the bed or tub; dry quickly with warm,

soft towels, and as the patient lies in bed, rub the entire surface of the body with vaseline, cocoa-oil, or whatever oil the physician orders. The bed-clothing should be warm, but never heavy; keep the feet and legs warm.

Gruels, milk, simple broth, etc., are generally enough. When there is exhaustion from fever, the doctor will give orders as to stimulating nourishment. Cold water or weak lemonade may be given freely, unless the doctor orders differently.

Keep the patient strictly in bed; make use of the bed-pan and urinal to prevent getting up. Guard in every way a check of perspiration. If the patient is propped up in bed, see that a short jacket or small shawl is put over the night-dress, but use nothing that can not be washed.

Notice the breathing at night or in sleep, whether it is even and deep, or short and labored, as if there were trouble with the air-passages. Be particularly watchful of the condition of the excretions, especially of the urine; should it become scanty or smoky-colored, report it at once to the physician. Observe whether there is a free though seemingly harmless discharge from the nose; this may indicate diphtheritic trouble. See whether there is any swelling of limbs. In short, there is nothing which must not be observed with care, and reported accurately to the doctor.

The skin becomes dry, and generally begins to scale off about the fifth day after the rash appears. No patient should be allowed to leave his bed until this process is completed. The warm baths should be kept up, the least chilliness guarded against, and the temperature of the room allowed now to be 70°. After the peeling is over the patient should still remain in his room for two weeks, and should be separate from other members of the family not less than a month from the commencement of the disease. Severe cases of scarlet fever may follow from exposure to light ones. See that the patient is well wrapped, with hands and feet protected, on first going into the open air.

The troubles which may arise out of an attack are frequently the result of carelessness on the part of the nurse, neglect of orders, exposure to cold, etc. There can not be too much care taken of the lightest case. A bad attack will compel attention, but "slight cases," so-called, are often neglected with fatal results, or life-long deafness or other disability. Dropsy, malignant sore throat, disease of the kidneys, weakness of the lungs, pleurisy, and many other maladies, lie in wait for the scarlet fever patient.—*Hand-Book of Nursing.*

THE TREATMENT OF DIPHThERIA.—The symptoms of diphtheria are much like a common sore throat accompanied by a severe cold. The sore throat is accompanied with more fever than an ordinary cold, and there is an indescribable sickish feeling, which is easily recognized by those who have once experienced it. Later, white patches appear in the throat, on the tonsils, the back of the throat, and on the arches of the palate. The throat is generally but little swollen on the outside, but in all cases when there is a suspicion of diphtheria, *it is not safe to delay sending for a physician, as the disease does its work quickly, and must be dealt with in time or it is fatal.* There are really three varieties of the disease. The first is characterized by fever, severe pains in back and limbs, and very great prostration. There may be no soreness of the throat, but small white specks will be noticed on the tonsils. In the second, large patches of false membrane appear on the tonsils and back of the throat; but the glands of the neck do not become swollen. In the third, which is the true malignant diphtheria, there is swelling of the glands of the neck and under jaw, profuse and *offensive* discharges from the mouth and throat, and more or less discharge from the nostrils. In the first two varieties, the disease generally yields to simple treatment, *but the disease is too subtle and dangerous to be trifled with, and a physician should be summoned.* One of the best remedies for domestic use in the early stages of the disease, is, probably, chlorate of potash, put into a tumbler of water until no more will dissolve, and used as a gargle. If swallowed it is harmless. It is cheap—five to ten cents worth being sufficient for almost any case, and it

may be kept in the house for emergencies. It is also an excellent remedy, used as above described, for ordinary sore throat. In the case of children too young to use the gargle, make a swab on the end of a firm round stick, by binding on a small piece of linen or cotton cloth; use only once and burn it, *i. e.*, the rag. Take the handle of a teaspoon and press the tongue down so as to see plainly the condition of the throat; swab quickly and draw out. Do not worry the child by poking the stick down its throat a half dozen times, make a sure thing the first time, for if you touch the affected parts, well; better do it again in two hours. Dip swab in a preparation (which may also be used as a gargle) of alcohol, diluted with water, *but as strong as the patient can bear*. The alcohol acts quickly upon the poison of the disease, and is a remedy easily obtained and kept at hand. When attacked with diphtheria, the patient should be kept in bed with sufficient clothing over the body for comfort, and *no more*. The room should be kept well supplied with pure air, and nourishment should be given in the shape of well-prepared beef-tea every two hours. Cut fresh beef into pieces, put into a bottle without water, and boil in a pot of water. To an adult give a great spoonful of the beef-tea thus made, every two hours, and less in proportion to age. If this does not agree with the patient, or there is any difficulty in the patient's swallowing it, substitute the white of an egg; beat till smooth, mix with half a tumbler of water, and give a table-spoon at a time. This is very nourishing, and is often taken more readily than beef-tea. *It is particularly important to nourish the patient with proper supplies of food in the early stages of the disease*, as there is danger that the supply of vitalized blood will not be sufficient to meet the demand made by the disease.

The homeopathic treatment is to *begin at once* with aconite and belladonna, alternately every hour. If after four hours there is no improvement, and the characteristic prostration, and the patches on the tonsils are increasing, stop the aconite, and supply its place with the proto-iodide of mercurius. Let these two remedies be continued until there is a marked change for better or worse. If for the former, let the intervals be increased to one and a half or two hours; for the latter, and there is approaching unconsciousness, with frequent arousing to cough up or hawk up the detached fragments of the deposits, that brings up tough, ropy, yellowish mucus, give kali bichromicum alone every hour. When the patient becomes really better, stop and give no more medicine while the improvement goes on satisfactorily.

One reason why it is important to summon a physician as soon as the symptoms of the disease appear, is that *many cases which appear slight, at first, are really most serious and fatal*, while a common sore throat excites the greatest alarm, the judgment of the physician being necessary to decide the amount of danger in the case.

In some cases dry sulphur, applied to the tonsils and throat, gives relief, and in violent cases the fumes of sulphur, burned in the close room, have been used with good effect. An outward application to the throat, of lard as hot as it can be borne, is an aid to the other remedies mentioned.

To avoid all causes of diphtheria, keep the house free from dirt and filth of every kind from cellar to garret. See that no sewers give off gases, no drains are left filthy, and no out-house uncleaned, and bear in mind that it is not enough to destroy bad smells by disinfectants—the cause of the smells must be removed.

A lady who had the courage and coolness to treat herself, through a severe case of diphtheria, when no physician was at hand, describes her case thus: "I first noticed spores (the characteristic white patches which appear on the throat) on my right tonsil at 9 A. M. By noon they had spread over the entire arch of the palate, and the back of the throat. Several of these were loosened before night, but during the night they had spread up the nose and down the bronchial tube. My palate and tonsils were so swollen that I could scarcely speak, and with difficulty swallow. The gland on the right side of neck was much swollen, and ached, causing a dull pain in the ear. The breath had

that offensive odor peculiar to the disease, and I had an intense, burning fever. *I began my remedies as soon as I discovered the spores.* I took a clay pipe, filled the bowl one-eighth full of dry sulphur, powdered very fine, and shook it down into the stem. I then placed the end of the stem in my throat, and held it there in front of the spores, while an attendant blew into the bowl, and repeated this until the whole diseased surface of the throat was covered with dry sulphur, taking care to hold my breath while the sulphur was being blown in. In half an hour this was repeated. I then made a strong gargle of chlorate of potash, and half an hour after using the last sulphur, gargled my throat thoroughly. I then alternated the sulphur with the gargle of chlorate of potash every hour. At night I mixed a tea-spoon of sulphur with water, and swallowed it slowly, and continued taking it in this way three times a day. Blowing sulphur into the throat, and gargling with chlorate of potash was kept up regularly for four days, until every spore had disappeared, exactly as at first, except making the intervals longer as the disease abated. Whenever I felt them getting down the bronchial tube, I drew breath gently when the sulphur was being blown into my throat. It almost choked me to death, but I persevered. For my nose I snuffed up sulphur, just as old ladies take snuff, until satisfied that every part was reached. When the spores came off I watched for new ones, and did not relax my attention for one moment for five days. When better, I made a gargle of honey, sage and water, to heal and remove the swelling in the throat. I afterward treated my husband successfully for the same disease, in the same way.'

Diphtheria is a disease which springs from the growth of a real fungus on some of the mucous surfaces of the system, more generally of the throat. It may spread by contact of the mucous surfaces of a diseased with those of a healthy person, as in kissing, and is, to a limited degree, epidemic.

From the local parts affected it spreads to the whole body, affecting the muscular and nervous systems, vitiating the lymph and nutrient fluids, and producing paralysis.

As soon as the bacterium or fungus appears on the white patches on the throat, it should no more be neglected than a bleeding gash or a broken arm, and there is almost as little need of a fatal termination of one incident as of the other.

ONION RECIPE.—Place one pint of lard in a skillet, peel and slice six large onions; put them in the lard and fry them *very thoroughly* until the juice is all extracted, and the onions very brown, not burnt; then skim out the onions and press through a colander; pour the juice into the skillet. Add a lump of beeswax size of a large hen's egg, let it melt and mix with the lard, then pour into a pan to cool. It can be kept for more than a year, and is always ready for use. Good as an outward application for sore throat, diphtheria, cold on the lungs, boils, swellings, or sore and inflamed breasts. When wanted for use, spread on a piece of firm cloth or drilling, and apply. For breasts, cut a piece of cloth round with a hole in the center for the infant, then cover the breast entirely over with the cloth on which the salve has been spread.

FLORAL.

TO KILL EARTH-WORMS.—Ten drops of carbolic acid in a pint of water, poured over earth in flower-pots will kill all earth-worms.

SURE SHOT FOR ROSE SLUGS.—Make a tea of tobacco-stems and a soap-suds of whale-oil or carbolic soap, mix, and apply to the bush with a sprinkler, turning the bush so as to wet the under as well as the upper part of the leaves; apply before the sun is up three or four times.

IVIES.—A successful cultivator of ivies feeds them with iron and cod-liver oil; the iron in form of rusty nails, mixed into the earth. Another produced a luxurious growth by watering once a week with tobacco-water; making a tea of refuse tobacco-leaves and stems, or of coarse tobacco. The water from the washing of fresh beef is also of great benefit to ivies. Moisten the leaves with a sponge wet in tea, or put tea-leaves around the plant.

TO KEEP PLANTS WITHOUT A FIRE AT NIGHT.—Have made of wood or zinc a tray about four inches deep, with a handle on either end, water-tight—paint it outside and in, put in each corner a post as high as the tallest of your plants, and it is ready for use. Arrange your flower-pots in it, and fill between them with sawdust; this absorbs the moisture falling from the plants when you water them, and retains the warmth acquired during the day, keeping the temperature of the roots even. When you retire at night spread over the posts a blanket or shawl, and there is no danger of freezing. The tray may be placed on a stand or table and easily moved about.

WINDOW GARDENING.—All the varieties of English ivy, the hoyacarnosa, the passion flower, the jasmine, the pilogyne suavis, and begonias are especially suitable for window culture. Very pretty effects may be produced at the cost of a few cents, by planting verbenas, morning-glories, cobeas scandens, and the maurandias in baskets or flower-pots, which may be concealed behind statuary or bronzes. The best fertilizer for them or any other house plants is that afforded by the tea-pot; the cold tea-grounds usually thrown away, if poured as a libation to these household fairies, will produce a miracle of beauty and perfume.

TO PREPARE AUTUMN LEAVES AND FERNS.—Immediately after gathering, take a moderately warm iron, smear it well with white wax, rub over each surface of the leaf once, apply more wax for each leaf; this process causes leaves to roll about as when hanging on the tree. If pressed more they become brittle and remain perfectly flat. Maple and oak are among the most desirable, and may be gathered any time after the severe frosts; but the sumac and ivy must be secured as soon after the first slight frost, as they become tinted, or the leaflets will fall from the stem. Ferns may be selected any time during the season. A large book must be used in gathering them, as they will be spoiled for pressing if carried in the hand. A weight should be placed on them until they are perfectly dry; then, excepting the most delicate ones, it will be well to press them like the leaves, as they are liable to curl when placed in a warm atmosphere; these will form beautiful combinations with the sumac and ivy.

KEEPING CUT-FLOWERS FRESH.—Cut-flowers soon drop and fade. Here are some of the ways in which they are preserved: Add to the water a few drops of camphor or ammonia, a little salt, a lump of charcoal; immersing the stems in hot water when a bouquet is first made, and then as they commence to wilt repeating it, first cutting off the ends. Have a skillet or pan on

the stove with boiling water, in depth from half an inch to an inch, hold the stems in the boiling water for a few seconds, make into bouquets and place in water; or if you wish to send to a distance, pack in a box, and send by mail, or any way you wish. When placed in the water a little salt or a rusty nail dropped in helps to keep them fresh. In making bouquets, be careful not to crowd too many flowers into one vase. They will last longer, to say nothing about their improved appearance, if they stand loosely. Never use cold water. Let it be lukewarm, and soft if possible. Sprinkling flowers in vases at night will help to keep them fresh, and, better still, lay them out on the grass where they will receive the dew, being careful to take them in early in the morning in summer, before the hot rays of the sun have wilted them.

Flat bouquets, made in plates or glass platters, can be built up with a foundation of sand. Flowers will last much longer if their stems are thrust into wet sand than they will in water. The sand can be covered with moss, the flowers can be arranged in any fanciful shape that suits, and they will not be likely to become disarranged, for the sand holds them in place firmly. Instead of moss, leaves can be used to cover the surface and make a groundwork for the design, or bits of geranium branches, which often put out roots in the damp sand, and most of them grow right along as if nothing had happened to them. Very pretty designs may be made of tin about an inch in depth in diamond crosses, and letters, and then filled with sand and flowers. In making button-hole bouquets, or arranging flowers such as roses, camellias, etc., for the hair, cut the stems off at right angles and immediately apply hot wax to the end of the stock, then wrap in tin-foil, or to keep them, after applying the wax: place each one in a paper cone or cap so that the leaves do not touch the paper. The cap should be sealed up with glue to prevent air, dust or moisture from entering. When the glue is dry it should be placed in a cool place. When wanted, cut off the waxed end and place in water, where it will bloom in a few hours.

HOUSE PLANTS.—Plants that require a high or low temperature, or a very moist atmosphere, and plants that bloom only in summer are undesirable. Procure fresh sandy loam, with an equal mixture of well rotted turf, leaf mold and cow-yard manure, with a small quantity of soot. In repotting use one size larger than they were grown in; hard burned or glazed pots prevent the circulation of air. Secure drainage by broken crockery and pebbles laid in the bottom of the pot. An abundance of light is important, and when this can not be given, it is useless to attempt the culture of flowering plants. If possible they should have the morning sun, as one hour of sunshine then is worth two in the afternoon. Fresh air is also essential, but cold, chilling draughts should be avoided. Water from one to three times a week with soft luke-warm water, draining off all not absorbed by the earth. Do not permit water to stand in the saucers, as the only plant thriving under such treatment are calla lilies, and even for these it is not necessary unless while blooming. Dust is a great obstacle to the growth of plants; a good showering will generally remove it, but all the smooth-leaved plants, such as camellias, ivies, etc., should be occasionally sponged to keep the foliage clean and healthy. Plants succeed best in an even temperature ranging from sixty to seventy degrees during the day, with from ten to twelve degrees lower at night. If troubled with insects put them under a box or barrel and smoke from thirty to sixty minutes with tobacco leaves. For the red spider, the best remedy is to lay the plants on the side and sprinkle well or shower. Repeat if necessary. The soil should be frequently stirred to prevent caking. If manures are used give in a liquid form. Some of the most suitable plants for parlor culture are pelargoniums, geraniums, fuchsias, palms, begonias, monthly roses, camellias, azaleas, oranges, lemons, Chinese and English primroses, abutilons, narcissus, heliotrope, stevias, bouvardias, petunias, and the gorgeous flowering plant *poinsettia pulcherrima*. Camellias and azaleas require a cooler temperature than most plants, and the *poinsettia* a higher

temperature. Do not sprinkle the foliage of the camellias while the flower-buds are swelling, as it will cause them to droop, nor sprinkle them in the sunshine. They should have a temperature of about forty degrees and more shade. By following these rules, healthy flowering plants will be the result.—*J. S. Robinson.*

THE CARE OF HOUSE PLANTS.—When plants are frosted sprinkle with fresh cold water, and place under a box or something that will exclude the light and prevent too great a change in temperature. Keep them thus for two days. After sprinkling, be careful to put them where they will not chill again. Horse-manure, two years old, is best for carnations. For begonias good drainage is indispensable. The whole family thrive in a compost of one-half loam and one-half leaf-mold with a slight portion of sand. From September to February give pelargoniums only enough water to keep them from wilting; then water freely, and when they begin to bud, apply a little liquid-manure, or add ammonia to the water twice a week. Double geraniums should be kept in small pots, as they will not bloom well until the roots become compact. They require a higher temperature than the single varieties. During warm weather, the foliage of fuchsias should be well sprinkled every evening to prevent its becoming seared too early. To obtain plants of the greatest beauty in form and color, plenty of light and space is essential. Do not allow the foliage of one plant to overshadow another.—*Mrs. Prof. F. Wood.*

HINTS ABOUT PLANTS.—Few things are necessary for the successful cultivation of house plants. A patient, untiring spirit is most important. The other requisites are plenty of sunlight, fresh air, and water when they need it. It is better to give a good supply of water when called for by drooping leaves, than to give a little at a time often. Never leave pots to set in water in saucers except for the calla lily. To repot, turn plants upside down on the left hand, rap pots sharply with stick; this will loosen it from the ball of earth; lift it off, and place the plant in a pot two sizes larger, or in the ground. Do not leave the soil too rich with manure but well mixed, and composed of sod-soil, wild or leaf-mold, and well-rotted stable manure. Cut plants back pretty closely when you change them, and they will thrive better afterwards. Water well at first, then only moisten slightly until they begin to grow. A good rule for watering plants is once a week in winter if the weather is mild, or when it has moderated, have a gallon watering-can filled with blood-warm water, stir in a tea-spoonful of aqua ammonia, and as you set the plants in a convenient place (I set mine on the kitchen floor), pour in pot a plentiful supply of this warm water, and after this, sprinkle well with warm water without ammonia. In summer two or three times a week is the rule. Ivies need large pots, and should be repotted every year in the summer time.

A good way to start slips is to partly break off the slip, but do not entirely sever it from the parent stock, leaving it hanging for ten or twelve days; then remove, and plant in a box of half sand or brick-dust and half leaf-mold, and it will be well rooted in a week. Do not water too freely, or the slip will rot. This is better for both slip and plant, as the slip will get nourishment from plant while healing over, and its removal will not weaken the plant so much. Hyacinths are very attractive flowers for window-gardening, and at the same time require very little care or trouble. Get the bulbs in the fall before frost from any good florist (Vick is my favorite), and keep in a cool place until December, then plant each one in a four-inch pot with soil one-fourth sand, one-fourth well-rotted manure, one-fourth garden or sod-soil, and one-fourth broken bits of moss and leaf-mold; water thoroughly at first, and set in dark closet until the first of January, then bring to light and give plenty of water. A very good way is to set half a dozen or more pots in a large dripping-pan, pour hot (not boiling) water in pan, and let set for one hour. After they are done blooming, let them dry out gradually. They will not bloom the second season as well as the first.—*M. E. C.*

THE CHEMISTRY OF FOOD.

A MAN may eat his fill and yet be hungry. It is not the quantity but the proper quality in food that satisfies. It is not only true that what is one man's food is another's poison; but it is also true that what is food at one season of the year, at one period of life, or in one climate, may be poison to the same individual at another season or age, or in another climate. The inhabitant of the tropic subsists and thrives on fruits on which the Ice-lander would starve; while the blubber and oil that makes up the diet of the inhabitant of the frozen zones would be fatal to those who live under the burning sun of the equator. Even the same person requires a fruit diet in the tropics, and one of fats in the north region. The child requires food made up of different elements from that which best suits the adult; and the diet of a laborer in the open air must differ from that of the brain-worker, who takes little exercise, and whose work makes heavy draughts on the nervous system.

No one has mastered the art of cooking who does not know something of the chemical elements of foods, and the purpose they serve when taken into the system. It is particularly important that those who are compelled to practice rigid economy should know just what foods will best supply the real needs of the family, and how the most real nourishment may be had for their money.

An adult takes into the system daily, through lungs and mouth, eight and a quarter pounds of dry food, water, and air necessary for respiration. The same amount is given off as waste through the pores, lungs, kidneys, and intestines. Life and activity consume this amount as fuel just as a lamp consumes oil. Every movement, every breath, every heart-beat, every thought burns up a certain amount of fuel-material, and if the supply is not forthcoming, the machinery stops and death ensues. The better the oil the more perfect the light; and the more perfectly the food is adapted to its wants, the more vigorous the body, and the more perfect the working of its intricate machinery of muscle, nerve, and brain.

Food is first masticated and then digested. In mastication it is not only moistened with saliva, but acted upon chemically in preparation for the more vigorous and thorough work of the stomach. It is a mistake to suppose that water or any of the various drinks taken at table are a substitute for saliva. They not only do not prepare food for the stomach, but force it into the stomach unprepared, and, besides, retard digestion by delaying the process until the water can be absorbed into the blood. For these reasons drinks should precede or follow a meal. Crusts of bread and hard and firm food is wholesome, principally because it *must* be thoroughly masticated before it can be swallowed.

When the food reaches the stomach it rouses into action, the gastric juice pours from hundreds of little points, the food is diluted and the more solvent parts dissolved, to be taken up by the thousands of little mouths which honeycomb the surface, and carried into the circulation to repair the waste of tissues. The oily portions of food, and such as do not yield to the action of the gastric juice, pass on and are subjected to the influence of the bile and pancreatic fluid, until all that is of value is absorbed, while the waste is rejected and passes off.

This much of the digestive process needs to be known to make clear the why of certain processes in cookery. As the juices of the stomach only act on the *surface* of the food which passes into it, it is easy to see why light bread is more wholesome than heavy. The gastric and other juices can act only on the outside surface of a heavy lump of dough; but when made into light and porous bread, the outer surface is not only vastly increased, but the juices pour through thousands of avenues, and penetrate and act on every part. If the frugal housewife knew this, would she set the heavy, soggy loaf of bread before her children "to save it?" Many a mother ignorantly gives her child a stone when it asks for bread.

Fats of all kinds do not digest in the stomach. The gastric juice mingles with but does not dissolve them. It is only after they have passed on and become subjected to the action of the bile and pancreatic fluid that they are taken up and made available as carbon for lung combustion. Fats, *uncombined with other substances*, act as emetics or cathartics and not as food. It is only when combined with other food that they are capable of being taken up by the absorbing vessels, and made to act as fuel to the system. A half pound of crude lard, unmixed with any other substance, would be rejected, but when thoroughly and skillfully mixed into a flakey crust will not derange the stomach, and will be assimilated and utilized. *Remember that the use of more fat than can be perfectly blended, or any carelessness or imperfection in the process*, is sure to produce indigestion and work mischief.

Foods differ in the time required for digestion. Some fruits refresh instantly, the juices being at once absorbed into the circulation. Some meats and vegetables yield almost immediately to the action of the gastric juice, and pass into the circulation. Others require a long time for digestion. The more subtle and delicate flavors and parts of food yield first; then the gluten of the flour, the curd of the milk, the fiber of the flesh, reinforce the blood and supply muscular waste, while, later, the oily and sugary portions are worked over to repair waste or furnish fuel to keep up the heat of the body.

Food has chiefly two offices to perform: the repair of muscular waste, and the supply of the body with fuel to keep its heat up to 98°. Each of these is indispensable to health and strength. The chief part of what we eat is used by the lungs for fuel; the rest, excepting small portions of mineral substances, such as lime, potash, sulphur, etc., goes to the production of muscular and brain force. The great secret in the preparation of food that will prolong life and maintain a high state of health, is to adapt it to the peculiar conditions of those to be fed,—age, occupation, climate, and season to be considered. Variety of food is nearly always at hand; knowledge only is necessary to choose that best adapted to present needs.

The heat of the body is produced by the action of the lungs, which uses up the heat-producing food, as action of muscle or brain consumes the muscle-making material. The former is non-nitrogenous; the latter nitrogenous. Foods may be divided into three groups: the nitrogenous, in which nitrogen is the chief element, and which feed muscle only; the non-nitrogenous, chiefly carbon, which produce heat only; and those in which both are united.

It has been proved by chemical analysis that the body requires four to five ounces for heat to one for muscle, and this gives us the key to the proper proportion of the elements in food, varying slightly, of course, with seasons, climates, occupation, and conditions.

The substance richest in nitrogen, the muscle-making element, is albumen, found in its most perfect form in the white of an egg. The lean or red parts of beef, mutton, venison, and chicken contain nearly as great a percentage—about fifteen per cent. The curd of milk, also, contains a large percentage, as well as grain, pease, and beans. If muscles only were to be fed, these would be nearly perfect foods, but for one ounce that goes to muscle, five ounces must go to heat, and this calls for carbon.

The carbon needed to keep up the bodily heat comes chiefly from starch, which is abundant in the vegetable kingdom. Grate a potato and wash in a succession of waters, allowing the sediment to deposit each time, and a floury substance will appear, perfectly white, and dry and crispy to the touch. This is starch, and consists of round grains, too small to be seen by the eye. One-half of the bulk of dry starch is carbon; the remainder is oxygen and hydrogen in exactly the proportion as in water; and in that wonderful laboratory, the stomach, the carbon is eliminated from the starch, and the oxygen and hydrogen combine to form water.

The starch made from wheat is seldom used as food. Sago, Tapioca, and arrowroot, so much used for puddings, are almost pure starch, with slight coloring matter taken from the material. Corn starch is less agreeable in flavor, and makes a less firm jelly when cooked. These dessert dishes are easily digested, and contribute carbon, but do not feed muscle, except as they are combined with milk, eggs, etc., in cooking, which contain a little nitrogen and a good deal of carbon. This food, then, is not adapted to a working man or to growing children, who need to have their muscles fed. For persons of sedentary habits, especially for the aged, whose feebler respiration needs a large supply of carbon to keep up heat, they are valuable because easily digested. For others they are of value only to supplement muscle-making food as a dessert.

The following table (Prof. Yeomans) gives the proportion of starch in common grains:

	PER CENT STARCH.		PER CENT STARCH.
Rice Flour,	84 to 85	Barley Flour,	67 to 70
Indian Meal,	77 to 80	Rye Flour,	50 to 61
Oat Meal,	70 to 80	Buckwheat,	52
Wheat Flour,	39 to 77	Pease and Beans,	42 to 43

Potatoes (75 per cent water) 13 to 15.

The large variation in wheat flour is due to processes of grinding. Varieties of wheat only vary about five per cent, but the old process of making fine white flour, used only the middle or starchy parts of the kernel, rejecting the gluten (nitrogenous and muscle-feeding). The whitest and highest-priced flour was, therefore, least nourishing, containing the largest per cent of starch. Modern invention has, however, reversed this, and the best "new process" flour contains the largest proportion of gluten. The old argument in favor of Graham, that it contained a larger proportion of nitrogen, and better supplied the body with muscle-making material, no longer holds good. Analysis shows that the best "new process" flour and Graham are almost identical in these elements. The only advantage left for Graham is the action of the coarser particles of bran (the outer shell and indigestible) on the coatings of the stomach, which is often salutary, but sometimes injurious to the delicate membranes. When flour and bread made from it contains one part nitrogen to four of carbon, it is nearly perfect food, and will sustain life.

The substance which is of next importance in supplying carbon to the body is oil (which is chiefly carbon). The oils used for food are butter, lard, and fat of beef. Other oils, used sometimes in cooking, are nearly identical with these. They contain about eighty per cent of carbon, butter having the least. In grains, oil varies, being nine per cent in corn meal, six in oatmeal, three and a half in rye, and one to two in wheat. Oils and starch serve the same purpose in the digestive process; both are useful to supply carbon; neither nourish muscle. Starch is easy of digestion, requiring one hour, while butter is converted into chyme in three and one-half, mutton-fat in four and a half, and beef-fat in five and a half hours. This furnishes the best of reasons why fats should be sparingly used, especially in warm and moderate weather, when a sufficient supply of carbon is easily secured from vegetable foods. Besides, it is a well established fact that excessive use of fats in cooking cause an excessive secretion of bile, and this,

in turn, causes a sensation like hunger and an increase of saliva. This is mistaken for real hunger. More food is taken, and indigestion and, later, dyspepsia result. An eminent authority says: "I believe it will be found the offending ingredient in nine-tenths of the dishes that disturb weak stomachs." Dyspeptics need to reject not only foods in which fats are mixed, but those in which they are a natural element, such as the yolk of eggs, liver, milk, rich cheese, etc. Yolks contain twenty-eight per cent of oil, and milk over three per cent. One condition only calls for the use of fats in daily diet: Long-continued exposure to excessive cold. One pound of fat furnishes as much carbon as two and four-tenths pounds of starch, or seven and seven-tenths pounds lean meat. When the moisture of the breath is converted to ice and freezes on the beard, the air has no watery vapor and is nearly pure, containing a large per cent of oxygen. To meet this in the lungs requires abundant carbon, and oils furnish this most readily.

The best bread for cold weather is that containing most oil. Corn bread ranks first, oatmeal next, rye third, and wheat last. Of course comparatively few are exposed to the rigors of winter in civilized life, and brief exposure to cold is off-set by an increase of clothing, and ordinary diet furnishes a plentiful supply of carbon. For woodmen, soldiers, sailors, pilots, travelers, railroad men, and others exposed to long cold storms, especially when they can not exercise freely, should eat liberally of fat beef, yolks of eggs, and butter. Butter is the least objectionable of fats. Fat from salt pork and smoked bacon is less injurious than that from fresh pork. Beef fat is also much more wholesome than lard. Above all, let the cook remember that oils are physic, and next to poison, if not blended with substances which contain large quantities of starch, such as rice, mealy potatoes, and bread made of fine wheat flour. An ounce of lard and a pound of flour thoroughly blended in a loaf of bread is digestible, but the same amount added to corn meal (already rich in oil) would be fit food only for a Greenlander. The proper proportion of oil in food in ordinary circumstances is illustrated in milk, which contains three and one-half parts oil in one hundred.

The next important element which supplies carbon is sugar, which is contained in greater or less quantity in all vegetable substances, and largely (five to six and one-half per cent) in milk. Sugar contains forty per cent carbon, the rest water. It seems to be first converted into fat, and then used in respiration. In moderate quantities it has no injurious effects. A part of sugar as ordinarily eaten passes into lactic acid, and aids digestion, but if too much is produced digestion is retarded.

There are two kinds of sugars in commerce,—cane and grape. The former is made from cane, maple sap, beets, corn-stalks, etc.; the other from plants which have an acid juice. Cane sugar contains twelve parts carbon to eleven of water; grape sugar twelve of carbon to fourteen of water. Sugars are changed by fermentation into carbonic acid and alcohol, but grape sugar is most liable to such fermentation,—cane sugar first becoming grape sugar by chemical combination with water. Pure cane sugar remains perfectly dry and unchanged in the air, while grape sugar attracts moisture, and becomes mealy and damp. Cane sugar dissolves more readily in water than grape, and hence tastes sweeter. Two pounds of cane sugar sweeten as much as five of grape. These facts give a hint to house-keepers of great value. Grape sugar, which is worth only two-fifths as much as cane, is used largely to adulterate the latter. The fine, floury "powdered" sugar is largely grape sugar, and is not only of much less value, but deteriorates more rapidly than pure cane sugar. Brown sugar, after standing for some time, absorbs water from the air, and becomes grape sugar. It is, therefore, the best economy to buy the best white granulated sugar.

There is another element of food which does not feed muscle, vegetable jelly, called *pectine*. This and pectine acid particularly abounds in fruits and berries. By the processes of ripening, the vegetable acids which are enclosed in little cells, burst out, are diffused through the mass of fruit, and

manufacture pectine or jelly. Heat produces the same effect as ripening, and cooking is, in fact, only a rapid process of ripening. This jelly, when combined with sugar, goes to make up a variety of delicate articles, such as jellies and marmalades. They are nourishing, principally, on account of the sugar they contain, but are easily digested, cooling, and delicious. It should be mentioned that nearly all fruits are rich in sugar,—a ripe peach containing as much as an equal quantity of cane juice.

There are some other substances which appear in less quantity in foods which seem none the less essential to health and life. One of these is phosphorus, which is an element of brain and nerves, and is wasted by mental activity and nervous excitement. The brain-worker demands a diet rich in phosphorus, and in such a form as to be easily assimilated. The food that best sustains a laborer in the open air is not the best for those who live among the excitements and exhausting demands on the brain, that are the rule in city life. For the latter, eggs, most kinds of fish, oysters, lobsters, crabs, game, cheese, and, among vegetables the potato; and these foods are just what are craved by city people.

Another element is sulphur, which is required in the growth of bone and cartilage, the hair and nails. Of this there is so much in the yolk of an egg that silver is blackened by contact with it. Curd of milk and cheese are also rich in sulphur.

Iron is always present in healthy blood, and its absence—paleness—is an indication of illness. Most articles of food contain iron; in the juice of flesh, in eggs, and in milk it is abundant. Lime and salt are also ingredients in all food, the former making bone, and the latter playing an important part in the creation of the digestive juices. Lime is found in all grains, particularly in wheat and in milk, in form of subphosphates. Bread and milk are for this reason an excellent diet for growing children, as they supply not only heat and muscle, but lime that goes to supply the growth of bone. Salt also exists in many articles of food.

Men and races grow in proportion to their skill in combining heat and muscle-producing foods. The hardy Scotch use oatmeal largely, which is rich in nitrogen. The Irish, who endure a large amount of hard labor on cheap fare, eat potatoes, oatmeal, cabbage, and milk, while the lime and phosphates are said to be derived from the "hard" water impregnated with lime. The English add bacon (heat-producing) to beans, rich in nitrogen, and to rice, which abounds in starch (carbon), add milk and eggs, which feed muscle. The Italian eats macaroni, which is principally starch, with cheese, rich in nitrogen. The use of chemistry in cooking is to teach how to *supplement* one kind of food by another which contains the essential elements which the first lacks. For instance, venison contains fifteen per cent nitrogen to fifty-two carbon, or as one to three and a half, while the ratio should be one to four or five. To make it perfect and satisfying food, we have *only* to supplement it with something rich in carbon, as wheat bread, oatmeal, potatoes, or rice. A farmer's dinner of salt pork and boiled cabbage is nearly perfect for an out-of-door laborer in cold weather. The cabbage is rich in nitrogen and the pork in carbon. It is a proper dinner dish, because it requires four and a half hours to digest, while a supper may be made on venison, which is digested in an hour. Beef has fifteen per cent of nitrogen, but is not so easily digested as venison, and is fit only for a breakfast or dinner dish. Wheat bread does not contain nitrogen enough for a working-man's diet, and butter eaten with it does not supply the lack. Some kind of lean meat is needed to make perfect food. The more active the life out of doors the nearer can health be sustained on a diet of lean meat only. Beans contain, next to meats, the most nitrogen, and are excellent food for laborers. The cabbage ranks next, and afterward come oats, wheat, and barley. The potato contains seventy-five per cent water. An analysis of the dry matter shows one-tenth of it to be nitrogen, so that its nutritive value is nearly equal to wheat, while its great productiveness recommends it particularly

to densely populated countries. A dozen large potatoes are equal to a pound of flour. The onion is very rich in nitrogen,—one onion being equal to three potatoes of equal size in nutritive value.

Milk contains all the important elements of food; yet adults need solid food. Add to milk eggs, rich in nitrogen, rice and sugar, rich in carbon, and you have a nutritious dish, easily digested.

Butter-milk is a wholesome drink, particularly in summer, as the nutritive power of the milk is but little reduced by the removal of the butter, while the sourness, due to the formation of lactic acid, aids digestion.

Eggs contain a great deal of carbon, and are, for that reason, good food for cold weather. They are too concentrated for exclusive diet, and should be eaten with coarse food, or that which is composed largely of starch.

In making cakes, the oil of the yolks of eggs used makes the perfect blending of lard or butter impossible, and hence unwholesome. For this reason sponge cake, which contains no butter, is less objectionable.

Breads differ but little in these elements. Corn meal contains more oil and less nitrogen than others, and oatmeal is richest in nitrogen. The easy blending of the elements, and the tough gluten of wheat, make it the most available grain for bread. Wheat bread alone will support life longer than any other food except animal flesh. The proportion of nitrogen to carbon is one to five, which is nearly correct for a sedentary person. For active, out-door life more nitrogen is needed, and is best supplied by lean meats.

The nutritive qualities of animals differ but little. Wild meats digest more easily than tame, though the time required varies with the age and condition of the animal. Flesh is a stimulating diet because it is force-giving and muscle-feeding. The animal has gathered from various sources and concentrated in its flesh the constituents which best meet the wants of our bodies in the most available form.

Applying the knowledge of the wants of the body, and of the elements of food to a bill of fare, and a wholesome breakfast demands strength-giving and muscle-making food. Nothing is more quickly available than beefsteak, and it is most digestible broiled. It is a diet for real workers. Eggs are nutritive, but less stimulating. These provide for the muscles. For heat, starchy food is demanded, but bulk is not desirable for breakfast after a long fast. Bread and cakes of wheat flour are best for the purpose, and fruits, raw or cooked, furnish the mild vegetable acid, which aids digestion. If coffee is taken at all, breakfast is the time, so that the stimulating effect may pass away before the hour of rest comes. An infusion of genuine coffee, not a decoction, is not injurious in the morning to most persons, and is beneficial to those exposed to changes of temperature.

Nothing appeases the appetite sooner than the juice of flesh. The barley gives a color and flavor. Following soup is roast beef, which feeds the muscles, and after it come the puddings, which abound in carbon, to give the fuel necessary to keep up the animal heat. Last comes fruit to aid digestion, with its agreeable acids. In summer less carbon should appear on the bills of fare, and blanc manges, creams, fruit puddings and pies, berries, and ripe fruits should make up the desserts.

In making a feast, the wise hostess would consider well what has been the employment of the guests. A party of fox-hunters, or wood-choppers, or surveyors, would require an abundance of meats, but a collection of artists and scholars would relish better a variety of delicacies and novelties. A sleighing party will devour carbon, but those who have sweltered under a July sun long for cooling fruits and the leanest of meats. The time when a feast is given should decide whether food, easy or difficult of digestion, should appear on a bill of fare, though such consideration for the health of guests is hardly to be expected of the average hostess.

MISCELLANEOUS.

- FOR IVY POISON.—Apply sweet-oil.
- RUST IN IRON.—Kerosene-oil will remove it.
- TO SCOUR TINS.—Use whiting moistened with kerosene.
- MELTED SNOW—produces one-eighth of its bulk in water.
- TO REMOVE FINGER-RING.—Hold hand in very cold water.
- SQUEAKING BOOTS.—Drive a peg into the middle of the sole.
- WHEN TO PAINT.—Oil-paint lasts longer when put on in autumn.
- MOROCCO LEATHER—may be restored with a varnish of white of an egg.
- TO DRIVE NAILS.—Nails dipped in soap will drive easily in hard wood.
- LEAKY ROOFS.—A cement made of sand and white-lead paint will stop leaks.
- TO KEEP OFF FLIES.—Paint walls or rub over picture frames with laurel-oil.
- DOOR-LATCHES AND LOCKS—will work easily and quietly if oiled occasionally.
- SEALING WAX—is made of two parts of beeswax and one of resin, melted together.
- TO CLEAN ERMINE.—Rub with corn-meal, renewing the meal as it becomes soiled.
- PAINT.—New woodwork requires one pound of paint to the square yard, for three coats.
- TO CLEAN STEEL.—Unslaked lime cleans small articles of polished steel—like buckles, etc.
- TO HARDEN WOOD.—Cut the wood in the shape desired, and boil eight minutes in olive-oil.
- TO CLEAN RUSSIA IRON, mix blacking with kerosene, and it will look nearly as well as new.
- COAL FIRE.—If your coal fire is low, throw on a tablespoon of salt and it will help it very much.
- INK SPOTS ON BOOKS.—A solution of oxalic acid will remove them without injuring the print.
- LEAKS ABOUT CHIMNEYS—may be stopped by a cement made of coal-tar and sand, neatly applied.
- POSTAGE STAMPS—will stick, and not turn up at the corners, if the face is wet after applying them.
- IN BEATING EGGS.—*Do not have one particle of the yolks with the whites, for if so they will not froth nicely.*
- BERRY STAINS.—The fumes of a brimstone match will remove berry stains from a book, paper or engraving.
- MICE.—Pumpkin seeds are very attractive to mice, and traps baited with them will soon destroy this little pest.
- DRY PAINT is removed by dipping a swab with a handle in a strong solution of oxalic acid. It softens it at once.
- TO KEEP WALKS CLEAN.—Sprinkle with weak brine through a water-sprinkler, or scatter salt along the walks.
- TO CLEAN BLACK KIDS.—Add a few drops of ink to a tea-spoon of salad-oil; rub on with a feather, and dry in the sun.
- SHINGLES.—Dip well-seasoned shingles in lime, wash and dry before laying, and they will last longer and never take on moss.

TO CLEAN WELLS OF FOUL AIR.—Throw down a peck of unslaked lime. The heat produced carries out the foul air with a rush.

WHEN A CHIMNEY TAKES FIRE—throw salt on the fire, and shut off the draught as much as possible, and it will burn out slowly.

DISH-WATER AND SOAP-SUDS—poured about the roots of young fruit-trees, currant and raspberry bushes, etc., facilitate their growth.

CHEAP PAINT FOR IRON FENCING.—Tar mixed with yellow-ochre makes an excellent green paint for coarse woodwork or iron fencing.

DIRTY COAT-COLLARS.—Apply benzine, and, after an hour or more, when the grease has become softened, rub it or remove with soap-suds.

TO CLEAN KETTLES easily, pour a little hot water in them and put a cover on; the steam will soften the dirt so that it may be easily removed.

ONION ODORS.—When cooking onions, set a tin-cup of vinegar on the stove and let it boil, and it is said you will smell no disagreeable odor.

TO SOFTEN LEATHER.—The best oil for making boots and harness leather soft and pliable, is castor-oil. It is also excellent for greasing vehicles.

COLOR OF PAINT FOR TOOLS.—Tools exposed to the sun should be painted with light-colored paints, as they reflect instead of absorbing the heat.

GLUE.—Powdered chalk added to glue strengthens it. Boil one pound glue with two quarts skimmed milk, and it will resist the action of water.

TO KEEP PEARLS BRILLIANT.—Keep in common, dry magnesia, instead of the cotton wool used in jewel cases, and they will never lose their brilliancy.

TO MAKE BOOTS AND SHOES DURABLE.—Apply to the soles four or five successive coats of gum-copal varnish; and, to the uppers, a mixture of four parts of lard to one of rosin. Apply while warm.

TO GET LIGHT IN A WELL OR CISTERN.—Reflect it in by a looking-glass. Any steel or metal lost in a cistern may be drawn out by lowering a strong magnet.

TO CATCH WILD DUCKS OR GEESE ALIVE.—Soak wheat in strong alcohol, and scatter where they are in the habit of feeding, and take them while they are drunk.

TO MAKE ARTIFICIAL BUTTER.—Render beef suet at a very low temperature, churn it in fresh buttermilk and yolks of eggs, and treat like butter, when removed.

POUNDED GLASS—mixed with dry corn-meal, and placed within the reach of rats, it is said, will banish them from the premises; or sprinkle cayenne pepper in their holes.

SPOTS ON VARNISHED FURNITURE are readily removed by rubbing them with essence of peppermint or spirits of camphor, and afterwards with "furniture polish" or oil.

TO KEEP SEEDS from the depredations of mice, mix some pieces of camphor with them. Camphor placed in trunks or drawers will prevent mice from doing them injury.

FURNITURE FILLING.—Mix two gallons plaster of paris, one pint flour, one ounce each of pulverized pumice-stone and prepared chalk; add one half gallon boiled oil and one gill Japan drying.

TO BLOW OUT A CANDLE.—If a candle is blown out by an *upward* instead of a downward current of air, the wick will not smoulder down. Hold the candle higher than the mouth in blowing it out.

TIME TO CUT TIMBER.—Hard wood for timber or fire-wood should be cut in August, September or October. Hoop-poles should be cut before frost comes; cut at other times, there is danger of worms.

A WET SILK HAT.—Shake off the water, rub the way the nap lies with a clean linen cloth or silk handkerchief, and hang some distance from the fire to dry; a few hours after, brush with a soft brush.

TO MAKE OLD VARNISH DRY.—"Sticky" varnish may be dried by applying a coat of benzine, and, after two or three days, apply a coat of good varnish, and let dry thoroughly before using the furniture.

DISCOLORATIONS ON CUSTARD CUPS.—To take the brown discolorations off of

cups in which custards are baked: Rub with damp flannel dipped in best whiting. Scouring sand or sand soap will answer the purpose.

TO PRESERVE STEEL PENS.—Steel pens are destroyed by corrosion from acid in the ink. Put in the ink some nails or old steel pens, and the acid will exhaust itself on them, and the pens in use will not corrode.

TO KEEP RUSSIA IRON PIPE OR STOVES during the summer: Give them a good coat of coal-oil all over, and put away in a dry place. In the fall give it a fresh coat of oil or benzine, and rub it all off clean and dry.

BUCKEYE POLISH.—Take one ounce each shellac and coal-oil, half an ounce each linseed oil and turpentine, bottle and keep well corked, shake well before using and apply with a sponge. Good for marred furniture.

FOR POULTRY.—Fish are an excellent food for poultry; largely increasing the production of eggs. Those who have tried the experiment have discarded all the patent egg-producing foods in the market, and feed fish.

WOOD—may be fastened to stone with a cement made of four parts of pitch, four parts of pounded brick-dust or chalk, and one part of beeswax. Warm it before using, and apply a thin coating to the surfaces to be joined.

OUTSIDE GARMENTS.—Bonnets, cloaks, hats, shawls, scarfs, and the like, will last clean and fresh much longer if the dust is carefully removed from them by brushing and shaking after returning from a ride or walk.

NEW ROPE may be made pliable by boiling it in water for a couple of hours. Its strength is not diminished, but its stiffness is gone. It must hang in a warm room until thoroughly dried, and must not be allowed to kink.

RAZOR STRAPS—are kept in order by applying a few drops of sweet-oil. After using a strap, the razor takes a keen edge by passing it over the palm of the warm hand; dipping it in warm water also makes it cut more keenly.

MICA WINDOWS in stoves (often wrongly called "isinglass"), when smoked, are readily cleaned by taking out and thoroughly washing with vinegar a little diluted. If the black does not come off at once, let it soak a little.

ARRANGE FLAT-IRONS on the stove in two rows, "heel and toe," or so that when ready for a hot flat you can take the next one in order without loss of time in trying or "sissing" them, being sure of getting the one that has been heated the longest.

CHAPPED HANDS.—Grind one side of a pumice stone; wet, and, with the smooth side, rub the hands. If badly chapped, oil them at night, and dry in by the fire; or, at night, wet the hands, and rub a little honey over them, drying it in before the fire.

CHICKADEES IN WINTER.—A cup of pumpkin-seeds, set on the window-sill, will attract chickadees, and they will become quite tame, and are very amusing with their antics. They may be kept about the house from December to May by feeding and kind treatment.

SHELLAC VARNISH.—Put shellac in a bottle, pour 90 per cent. alcohol to cover, cork tight and put in a warm room, shake occasionally, and if not all dissolved in three or four days, add more alcohol. This is good to varnish almost any thing, and will dry in half an hour.

FRICTION MATCHES—should never be left where the mice will get them, as they carry them to their nests, and sometimes ignite them. They are poison to children, and are dangerous to women, who ignite them by stepping on them, and endangering their clothing from fire.

TO PREVENT PUMPS FROM FREEZING.—Take out the lower valve in the fall, and drive a tack under it, projecting in such a way that it can not quite close. The water will then leak back into the well or cistern, while the working qualities of the pump will not be damaged.

VALUABLE CEMENT.—Two parts, by weight, of common pitch and one part gutta percha, melted together in an iron vessel, makes a cement that holds together, with wonderful tenacity, wood, stone, ivory, leather, porcelain, silk, woolen or cotton. It is well adapted to aquariums.

CEMENT FOR RUBBER OR LEATHER.—Dissolve one ounce of gutta percha in one-half pound chloroform. Clean the parts to be cemented; cover each with solution, and let them dry twenty or thirty minutes; warm each part in the flame of the candle, and press very firmly together till dry.

HOT-WATER PROOF CEMENT.—If properly applied, this will be insoluble, even in boiling water. Gelatine, five parts; soluble acid, chromate of lime, one part. Cover the broken edges with this, press lightly together, and expose to the sunlight; the effect of the latter is to render the compound insoluble.

TO MAKE OLD PAINT DRY.—Old paint which is "sticky" may be made hard and dry by applying a coat of benzine, then after a day or two, if the coat of paint is good, go over it with a thin coat of laquer mixed with one third of its bulk of boiled oil. If paint is thin apply a second coat in which more laquer is used.

TO RENOVATE HAT-BANDS WHEN STAINED BY SWEAT.—Dissolve one and a half ounces white castile soap in four ounces alcohol and one ounce each of sulphuric ether and aqua ammonia, apply with a sponge or toothbrush, rub smartly, rinse out with clear rain-water. This is equally good to renovate any cloth with fast color.

TO THAW OUT A PUMP.—Pour hot water directly on the ice, through a tin tube, lowering it as fast as the ice thaws. Ice may be thawed in this way at the rate of a foot a minute; while, by pouring hot water into the pump, the ice would hardly be affected, the hot water being lighter than the cold, and rising to the top.

WATER-PROOF SHOES.—To make shoes water-proof and make them last a long time, dissolve beeswax and add a little sweet-oil to thin it. Before the shoes are worn, warm the soles and pour the melted wax on with a teaspoon; and then hold it close to the fire till it soaks into the leather; then add more till the leather ceases to absorb it.

DIAMOND CEMENT.—Dissolve thirteen ounces of white glue in a tin dish containing a pint and a half soft water (set in a kettle containing boiling water); when the glue is dissolved, stir in three ounces of white lead, and boil till well mixed; remove from fire, and, when cool, add half pint alcohol; bottle immediately, and keep well corked.

A GOOD PASTE.—To one pint cold water add two heaping table-spoons flour. Put the flour in a pan, add a little of the water, stirring until smooth; then add the rest of the water, stir thoroughly, place on the stove and stir constantly until it boils. After taking from the stove, add one-fourth teaspoon ground cloves to keep it sweet.

PIECE-BAGS.—White cotton piece-bags hung in the linen closet are a great convenience; have them made with a string to draw from both sides; mark in large letters in indelible ink, "Merino and Cloth," "Cotton and Linen Sundries," "Dress Pieces," "Old Linen," "Worsted and Yarn," "Old Silk," "Thread and Tape," "Old Gloves," etc.

TO REMOVE WHITE SPOTS ON FURNITURE, caused by a hot iron or hot water, or to restore blistered furniture.—Rub with a No. 1 sand-paper somewhat worn, or apply pulverized pumice stone mixed with a few drops of linseed oil, then with a cotton cloth rub on some shellac varnish thinned well with turpentine. Or, rub with spirits of camphor.

WEIGHT OF GRAIN.—Wheat 60 pounds in all states except Connecticut, where it is 56; corn 56, except in New York, where it is 58; oats 32; barley 48; buckwheat 46 to 50, but generally 48; clover seed 60, but 64 in Ohio and New Jersey; timothy 44; flaxseed 56; potatoes 60; beans 60, but in Ohio 56, and New York 62; dried peaches 28 to 33; dried apples 22 to 28.

UNFERMENTED WINE FOR COMMUNION.—Weigh the grapes, pick from the stems, put in a porcelain kettle, add very little water, and cook till stones and pulp separate; press and strain through a thick cloth, return juice to kettle, and add three pounds sugar to every ten pounds grapes; heat to simmering, bottle hot, and seal. This makes one gallon, and is good.

TO MAKE HENS LAY IN WINTER.—Keep them warm; keep corn constantly by them, but do not feed it to them. Feed them with meat scraps when lard or tallow has been tried, or fresh meat. Some chop green peppers finely, or mix cayenne pepper with corn-meal, to feed them. Let them have a frequent taste of green food, a little gravel and lime, or clamshells.

TO REMOVE OIL MARKS from wall paper where inconsiderate people rest their heads. Take pipe-clay or fuller's earth, and make into a paste, about as thick as ice-cream, with cold water; lay it on the stain gently without rubbing it in; leave it on all night. It will be dry by morning, when it can be brushed off, and unless an old stain, the grease spot will have disappeared. If old, renew the application.

CONTENTS OF CISTERN.—The following gives the contents of a cistern for each foot in depth. If the diameter at top and bottom differ, strike the average and use that as the basis of the estimate:

5 feet diameter	4.66 barrels.	8 feet diameter	11.93 barrels.
6 " " "	6.71 " "	9 " " "	15.10 " "
7 " " "	9.13 " "	10 " " "	18.65 " "

COCHINEAL COLORING.—To a pound of wool take two gallons of rain-water, one ounce cream tartar, one and a half ounces cochineal, two ounces solution tin, one-fourth ounce turmeric; first, put the cold water in a copper kettle and let it boil, put in the cream tartar; in five minutes, the cochineal; in five minutes, solution tin; in five minutes, turmeric; in five minutes, yarn; boil an hour; stir all the time. Rinse in cold water.

STOVE POLISH.—Add to one pint benzine, one ounce pulverized resin; when dissolved, mix any good and finely ground black lead, using the above just the same as you would water for mixing stove polish. Apply with a small paint brush, and rub it smooth, as it dries rapidly; when dry, polish with a soft stove brush; very little rubbing is required. For sheet-iron use the benzine and resin alone, apply with soft rags, and rub rapidly until dry and shining.

TO KEEP SILK.—Silk goods should not be folded in white paper, as the chloride of lime used in bleaching the paper will impair the color of the silk. Brown or blue paper is better; yellow India paper is better still. Silk intended for dress should not be kept in the house long, as lying in folds causes it to crack or split, particularly if thickened with gum. White satin dresses should be pinned up in blue paper, with coarse brown paper on the outside, sewed together on the edge.

TO KEEP PAINT-BRUSHES.—Turn a new brush bristles up, open, pour in a spoonful of good varnish, and keep in that position until dry, and the bristles will never "shed" in painting. The varnish also keeps it from shrinking and falling to pieces. As soon as a job is finished, wipe brush clean, wrap in piece of paper, and hang it in a small deep vessel containing oil, letting the brush descend into the oil up to the wrapping cord. This will keep painting and varnish brushes clean and ready for use.

TO REMOVE STAINS FROM THE HANDS.—Damp the hands first with water, and then rub them with tartaric acid or salts of lemon, as you would with soap; rinse them, and rub them dry. Tartaric acid or salts of lemon will quickly remove stains from linens. Put less than a half tea-spoon of salts or acid in a table-spoon of water, wet the stain with it, and lay it in the sun for at least an hour; wet it once or twice in the time with cold water. If it does not remove the stain, repeat and lay it again in the sun.

STAMMERING.—If not caused by malformation of organs, reading aloud, with the teeth closed, for at least two hours a day for three or four months will cure stammering.

TO SOFTEN SPONGES.—A sponge when first purchased is frequently hard, stiff and gritty. To soften it, and dislodge the particles of sea-sand from its crevices, having first soaked and squeezed it through several cold waters, put the sponge into a clean tin sauce-pan, set it over the fire, and boil it a quarter of an hour. Then take it out into a bowl of cold water, and squeeze it well. Wash out the sauce-pan, and return the sponge to it, filling up with clean, cold water, and boil it another quarter of an hour. Repeat the process, giving it three boils in fresh water, or more than three if you find it still gritty. Take care not to let it boil too long, or it will become tender and drop to pieces.

EXTRAS THROWN IN.—To purify a room of unpleasant odors, burn vinegar, resin, or sugar; to make chicken gravy richer, add eggs found in chicken, or, if none, yolk of an egg; soak garden seeds in hot water a few seconds before planting; to prevent cholera in chickens, put assafoetida in water they drink, and let them pick at coal ashes; in using hard water for dish-water add a little milk; to clean paint, add to two quarts hot water, two table-spoons turpentine and one of skimmed milk, and only soap enough to make suds, and it will clean and give luster; iron rust on marble can generally be removed with lemon-juice; a thin coat of varnish applied to straw-matting makes it more durable and adds to its beauty.

Bologna Sausage.—Take equal portions of fresh pork, veal, and ham or salt pork, chop them fine or grind, and mix together thoroughly; to nine pounds of the meat allow ten tea-spoons powdered sage, two each of cayenne and black pepper, one grated nutmeg, one teaspoon cloves, one minced onion, and sweet herbs to taste; mix well and stuff into beef intestines. (Wash the intestines thoroughly and cut them into lengths of two yards each; turn inside out, and again wash thoroughly in warm water, scraping with a scraper made for this purpose; throw into salt water to soak till used. Great care will be necessary in cleaning cases to avoid tearing them.) Tie up both ends of the bag tightly, prick in several places, and boil slowly for an hour; then dry them in the sun, and hang them in a cool dry cellar, after rubbing the outside of the skins with melted butter. These are eaten without further cooking, and are very nice.

BLACK FOR WOOLENS.—One ounce vitriol, one ounce extract logwood to two pounds goods; color in iron. Dissolve the extract over night in warm water; pulverize the vitriol, put it into boiling water sufficient to cover the goods; wash the goods well, rinse in warm water, then simmer a few minutes in vitriol water; take out, wash thoroughly in clear water, then dip in boiling logwood dye till the color is good, stirring often and lifting up so it will get the air; dry, then wash in a suds and rinse. In renovating black alpaca that has become rusty, dissolve the logwood only, as nothing is needed to set the color. Wash the goods well in suds, rinse, dip in logwood dye, boil a few minutes, stirring and lifting to air. When dry, wash again in suds and rinse in water in which a little gum arabic has been dissolved, and press smoothly on the wrong side while damp. Dyed in this way the color will not rub off more than from new goods, and looks as good as new. When extract of logwood is used, it is only needful to boil enough to dissolve before putting in the goods.

THE CISTERN.—An abundant supply of good water is a necessity for every house, and capacious cisterns are a necessity. Two essential requisites are good hydraulic lime and clean pure sand. The hydraulic cement becomes in a few months as hard as sandstone, but the sand must never exceed two parts to one of lime. The cheapest form of cistern is simply a hole dug in the ground with sides sloping like those of a narrow bottomed tub. The water lime mortar is applied directly to these sides, the shape of the sides sustaining the mortar until it hardens. The breadth of such a cistern, if large, makes it difficult to cover, but this may be done with a plank supported by strong scantling, over which should be placed earth to the depth of the lowest frost. There must be a hole through the covering, left for

cleaning, which should be curbed, and may admit the pump if the locality is right, or a pipe may go from cistern into cellar below the frost line, and thence to the kitchen. The mortar on the walls should never be less than an inch thick, and they should have at least two coats, and three are better. As the mortar begins to dry in a very short time after mixing, it is best to mix the lime and sand dry, and apply water to small quantities at a time as needed. A more capacious cistern may be made at a greater expense by digging a hole with perpendicular walls, and laying walls of brick in the form of the upper half of a barrel, on which to lay the mortar. This form has a smaller top, and is much more easily covered than the other. The wall should be laid as well as plastered with water-lime. A filtering attachment is made by building a small receiving cistern beside the larger one, with filtering apparatus between them, or a strong wall may be built through the middle of the cistern, receiving the water in one division and filtering it through into the other.

LIME-WATER AND ITS USES.—Place a piece of unslaked lime (size is immaterial, as the water will take up only a certain quantity) in a perfectly clean bottle, and fill with cold water; keep corked in a cellar or cool dark place; it is ready for use in a few minutes, and the clear lime-water may be used whenever it is needed. When the water is poured off, add more; this may be done three or four times, after which some new lime must be used as at first. A tea-spoon in a cup of milk is a remedy for children's summer complaint; also for acidity of the stomach; when added to milk it has no unpleasant taste. When put into milk that would otherwise curdle when heated, it prevents its curdling, so that it can then be used for puddings and pies. A small quantity of it will prevent the "turning" of cream and milk. It also sweetens and purifies bottles which have contained milk. Some add a cupful to a sponge of bread to prevent it from souring.

THE LIGHTNING ROD.—When properly put up, the lightning rod is a perfect protection; but, when not scientifically constructed, is only a source of danger. The following are essentials: 1. It must extend several feet into the ground so as *always to be in contact with moist earth, or into a never-failing supply of water*; 2. It must be *sharp* at the top, and, if there are several points, all the better; 3. It must be half as high above the top of the building as the distance horizontally to the most remote part of the roof of the building; 4. It should be large enough to convey off every discharge without being melted or broken; 5. The best material is iron with copper below the surface of the ground, as iron rusts away rapidly in the moist earth. Copper is the best conductor, but costs more, and is not as stiff to withstand the wind. One-half to five-eighths of an inch in diameter is large enough. Bright points are not essential, and glass insulators are of no use whatever, as when wet they are good conductors, and, even if they were not, a small charge even would leap across the short distance from the rod to the iron staple. The best way to fasten the joints, is to weld them, which any blacksmith can do, passing the rod through opposite doors of his shop, afterwards dragging it home. If the building is so high that it can not be readily put up in one piece, the best joint is made by screwing the two ends firmly into one nut. The points are easily made by welding several smaller wires to the large one, and filing them sharp. A rod will protect a space the distance of which is four times the height of the rod. The cheapest and best support is wood. The only point to be considered is to secure the rod firmly. The round rods are the best. If there are iron water-pipes or steam-pipes in the building, they should all be connected with the lightning rod, or directly with the moist earth, eight or ten feet below the surface.

CANARY BIRDS.—Do not keep in a room that is being painted or has odor of new paint. Do not hang over a stove or grate which contains fire. Do not set the cage in a window, and shut it down upon it; the draft is injurious. Do not wash cage bottom, but scrape clean with a knife, and then put

on some fresh gravel; the moisture breeds red mites, and is injurious to the bird. Do not keep the birds you intend to breed in the spring together during the winter. Do not keep single birds in a room where others are breeding, or males and females in mating season in the same room in separate cages, as it is likely to cause mating fever. Feed canary on rape seed, but no hemp. For diarrhœa put a rusty piece of iron in dish water, changing water not oftener than twice a week, and bread boiled in milk as for asthma; boil well in this case, so that when cold it will cut like cheese; give freely with plenty of vegetables.

Moulting is not a disease, yet during this season all birds are more or less sick, and some suffer severely. They require plenty of nourishing food. Worms, insects, and fruits to those which eat them; and to those which live upon dry seeds, bread dipped in milk, fruit and vegetables.

The German metallic-enameled cages are the best—white and green (a combination of) or a light chocolate are the best colors; they are not painted as are the cages made here in America, but the color is burnt into the wires. Avoid wooden or brass cages, also conical "fountains" for food and drink; for the latter, square or round cups of china or glass are the best. The perches should be plain, round, unvarnished sticks, and no two of the same size. Clean the cage thoroughly every morning. Prepare fresh, clean bathing and drinking water, and if sand is used on the bottom of cage, clean it (the sand) by boiling in water. Scrape the perches well, and twice a week plunge them in boiling water to kill any red mites that may have lodged there. Give plenty of seed, also green parts of many plants, such as poppy, rape, hemp, etc.; also the seeds of weeds like the chickweed, plantain, etc., and the fresh, tender leaves of beets, cabbage and lettuce. Avoid fruits containing a large percentage of acid, but give occasionally a hard-boiled egg. Never give them sugar, but all the red pepper they will eat. It is the best thing for them. And if your bird feels hoarse at any time, put a piece of fat salt pork in the cage and see how the little fellow will enjoy it. Give him flax-seed once in a while, and if he appears dumpy occasionally give him a diet of bread and water, with red pepper sprinkled in.

For lice, cleanliness is the best preventive, but not always sure. For cure you have simply to cover your cage at night with a white cloth, rise early in the morning, remove the cloth and dip in scalding hot water. Repeat every night as long as there shall be found any vermin upon the cloth.

In raising birds, make just half the fuss directed in the bird-book over the matter, and you will have, doubtless, better success.

COLORING.—In coloring always use plenty of water, never crowd the goods, taking care that they float in the liquid. In rinsing always use plenty of clear water, and in preparing goods for coloring, clean off all dirt and grease spots. To test color of dye, pour it from a dish held high, and look through it to the light. A pound of extract of logwood is equal to four pounds of logwood chips. Fustic should be boiled in a sack of open texture; the other ingredients are put into the water. All black goods should be washed in soap-suds after coloring.

To color Woolen fine Claret.—Boil thirteen pounds of goods two hours with seven pounds of camwood, one-tenth pound logwood, and one-fourth pound of copperas to darken.

To color Woolen Russian-brown.—For thirteen pounds goods, boil two pounds fustic and four pounds camwood an hour, and if too light color add one-tenth pound each copperas and alum, to darken.

To color Woolen Bottle-green.—Boil ten pounds woolen with one-tenth pound chrome, one-fifth pound alum; take out, put in a vessel of clean water three pounds fustic and one and a half pounds logwood, and boil another hour.

To color Woolen Black.—For twenty-five pounds of goods, boil goods in a solution of five-eighths pounds each bichromate of potash and blue vitriol, and one-half pound argol, one hour; take out, refill kettle with clean water, and add three pounds dissolved extract of logwood; put in goods and sim-

mer one hour and a half; take out, rinse, scour with soap, and dry. This makes a blue-black. To make a jet black, add three pounds fustic with the logwood.

To color Cotton Blue.—Put ten pounds cotton, two and a half pounds copperas, in fifteen to twenty gallons water, and boil two hours; after boiling, take out, rinse in clear water, refill kettle with water, and add one-half pound prussiate of potash. Boil goods in this half an hour, lift out goods, and slowly add one-half pound oil of vitriol; return goods, and boil half an hour. Rinse in clear water and dry.

To color Cotton Green.—Add eight pounds fustic and one-half pound alum to the blue mixture of the preceding rule, put in goods and simmer until the required shade of green is obtained.

To color Cotton Chrome-yellow.—For fifteen pounds cotton goods or yarns dissolve eight ounces of white sugar of lead in one tub, and eight ounces of chrome in another. Put goods first in with sugar of lead, wring out goods well, and shake back into the liquid again, repeating the operation five times (in order to make the goods absorb as much color as possible); then put them through the chrome tub in the same way; then return again to the sugar of lead tub, treat as before, rinse off well, and dry. To make a dark shade, use brown sugar of lead, repeating three times in the sugar of lead and twice in the chrome.

To color Cotton a good Black.—To a tub of cold water add for twenty pounds goods, five pounds sumac, wring and shake out goods and return to liquid a few times, let stand all night in sumac, then to another tub of water add a few pails of lime-water, put in goods, wring out, and put into another tub of cold water in which is two pounds of dissolved copperas and a pailful of old sumac liquor, wring out six times; wring out and put into the lime-tub again, adding two more pails of lime-water. Prepare another tub of water, and adding to it six pounds of logwood and one pound of fustic previously scalded, put in the cotton, and wring out and return ten times; lift out, darken liquid with a little copperas, and return the goods. The omission of the sumac gives a purplish black, while the recipe as above gives a jet black.

To color Silk Royal-blue.—Take ten pounds of silk, make up a tub of nitrate of iron at six degrees, to which add one pint of good muriate of tin and four ounces of tartaric acid; wring out and return, repeating for about an hour; in another tub add one and a half pounds of dissolved prussiate, and one gill of oil of vitriol. Wash goods out of iron tub, and put into prussiate tub, repeat in iron twice and once in prussiate, wash out of the iron, and put in a tub in which oil of vitriol until it tastes sour has been dissolved; give six wrings to clear off any rust that may adhere to it. More prussiate will produce a darker, and a less a lighter color, but the same quantity of iron and tin must be used.

To color Woolen-yarn Yellow-brown.—For ten bunches dye with two pounds of camwood, five pounds fustic, one each of logwood and copperas.

To color Woolen-yarn Scarlet.—Boil eight pounds yarn one hour with one-half pound cochineal, two pounds of young fustic, seven-tenths pound of white or brown tartar, three-tenths of a quart of oxalic muriate of tin.

To color Ladies' Cloth Purple.—For twenty-five yards goods, boil two and a half hours with ten pounds of alum, two pounds of argol, and one-fourth of a quart nitrate of tin; wash well, and finish with seven and a half pounds logwood and one pound of peach wood in a clean vessel. Put in cool in finishing, and heat to boiling point.

NOTE.—The compilers take pleasure in acknowledging their indebtedness for many valuable points embodied in this book, to "Care of the Sick;" "Accidents and Emergencies;" "Health Hints," published by Cowan & Co., New York; "In the Kitchen," by Mrs. Elizabeth S. Miller, and many other excellent works.

THE INDEX.

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It will help those who consult this book to remember that the recipes of each department in Cookery, as well as the departments themselves, are arranged in the simple order of the alphabet, so far as has been possible, and that the "running heads" at the top of each page show the subject treated below. There is also a full Table of Contents at the beginning, for ready reference to departments. The following is a complete alphabetical index to all recipes given and subjects treated.

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