

GLOUCESTERSHIRE

School of Cookery & Domestic Economy



RECIPE BOOK.



PRICE THREEPENCE.



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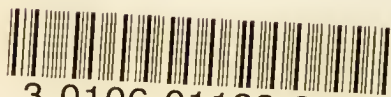
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GENERAL DIRECTIONS FOR COOKERY.

As it is impossible to give full directions for the preparation and cooking of dishes in short recipes, the few general directions which follow will be found useful.

Soups may be divided into two principal classes, those made with, and those made without, meat stock. The directions for making cheap stock are given in the book, but similar stock may be made by keeping a "stockpot" constantly by the fire and putting any remains of bones, cooked or uncooked, trimmings of bacon and remains of gravy into it as they come to hand, adding the necessary quantity of water. The fat should not be skimmed off till the stock is wanted for use, as it keeps out the air and prevents the stock becoming sour. For good stockmaking long and slow cooking is essential.

Neither stock nor soup will keep good if left in the pans in which it has been cooked, it should be poured into clean earthenware pans.

Many good and nourishing soups can be made without stock, almost any vegetables may be used for these, and fat of some kind is generally put into them to make them richer; the starch in the vegetables and thickening absorbs this so that the soup is not made greasy.

Meat can be cooked in six ways:—Roasting, Baking, Boiling, Frying, Stewing, Broiling.

Of these roasting, boiling, and baking are only suitable for good pieces of meat, and broiling for small tender pieces, such as chops and steaks.

Stewing is the most economical process, as none of the juices of the meat are wasted, and by slow cooking tough pieces of meat can be made tender.

Frying is a wasteful way of cooking meat as the great heat of the fat hardens it and dries up the juices.

For roasting a clear fire is necessary; the meat should be hung with the thickest part opposite the hottest part of the

fire, and for the first 5 minutes should be put very close to it to harden the outside and prevent the juice running out. The meat should then be moved back and allowed to finish, cooking more slowly. It should be constantly basted. Dredging it with a little flour and salt shortly before it is done improves the appearance.

In baking as in roasting the outside of the joint must be hardened, and therefore it must be put in the hottest part of the oven to begin with, and after 5 minutes moved to a cooler part. It should be basted as in roasting.

In boiling meat care must be taken not to put it into the saucepan till the water really boils; the meat should be plunged into the boiling water and then drawn aside and simmered till cooked.

For roasting, baking, and boiling beef and mutton allow $\frac{1}{4}$ hour to every lb. of meat and $\frac{1}{4}$ hour over. For veal and pork allow 20 minutes to the lb. and 20 minutes over.

Stewed meat should be cooked very slowly, so as to soften the tissues of the meat and draw out the juices to make a rich gravy. Stews should never be allowed to boil after the meat is put in.

Broiled meat must be cooked over a clear fire on a heated and greased gridiron. A good way of clearing a fire for this purpose is to throw a little salt on it. The meat must be tender and juicy; it should first be cooked 3 minutes on one side, then turned and cooked 3 minutes on the other, the outside will then be hardened and the juices kept in. After this 5 minutes cooking on each side is enough for a small steak or chop.

Never stick a knife or fork into meat while it is being cooked, or the juices will be wasted.

The great secret of frying either meat, fish, or sweets, is to have the fat hot enough; it is at the proper heat when a pale blue smoke rises from it. All meat or fish should be thoroughly dried and rubbed with flour before being put into the fat; in addition to this they are generally coated with egg and breadcrumbs. Enough fat should, if possible, be used to cover the food cooked, and so avoid turning it. A bed of soft crumpled paper should be prepared on which to lay the pieces as they are taken out of the fat, so that the grease may be absorbed. The fat should be allowed to cool a little and then be carefully strained; if this be done it can be used again and again, but if small pieces are left in it they will

become burnt and taint the whole quantity of fat. Fat in which fish has been fried without being coated with egg and breadcrumbs should be kept for frying fish only.

Clarified fat made according to the recipe given in this book is the best kind to use for frying.

Fish may be either boiled, baked, fried, stewed or grilled.

The same rules should be followed as for cooking meat. For all fish, except salmon, allow 5 minutes to the lb. and 5 minutes over. Salmon must be given 8 minutes to the lb.

Vegetables are usually boiled, though they can be cooked in other ways. The water in which they are cooked should really boil before they are put in (except in the case of old potatoes) but it must not boil fast, for rapid boiling is apt to break the vegetables. Salt should be put into the water in the proportion of 1 tablespoonful to a gallon. For green vegetables a teaspoonful of brown sugar should be added; this softens the water and helps to preserve the colour better than soda, which is sometimes used instead. Cabbages and all green vegetables should be boiled with the cover off, as the volatile oil they give off is unwholesome. A piece of crumb of bread put into the saucepan will prevent the disagreeable smell; it should be tied in muslin to prevent the crumbs mixing with the greens. The water should be thrown away directly the greens are taken out. Spinach is an exception to this rule.—See recipe.

Puddings should be steamed in moulds rather than boiled in cloths; in this way none of the goodness escapes into the water. The mould should only be $\frac{3}{4}$ filled, so as to allow the pudding to rise. A piece of greased kitchen paper should be put over the top, its edges twisted round the rim, and the mould put into a saucepan of boiling water. The water should reach half way up the sides of the mould. Care should be taken to have more boiling water ready in case too much boils away.

Pastry should always be kept as cool as possible while making, and should be cooked in a hot oven. If no baking powder is used, cooked or uncooked pastry may be kept for some days, but if baking powder has been used the pastry must be cooked at once, and will become tough if kept. Full directions for making it are given in the book.

Cakes, like pastry, should be baked in hot ovens; but care must be taken that the top heat is not allowed to harden

the cake before it has time to rise. In the case of both cakes and pastry if the top is sufficiently browned before the inside is cooked, a piece of wetted paper should be put over them to prevent their burning while they cook through. Cakes can be tested by passing a clean skewer or knife down the middle; if the cake is cooked the steel will come out clean.

Cakes, bread and biscuits will be heavy if the moisture is not allowed to evaporate from the bottom: they should be put on wire sieves to cool, or tilted up against something so that the air gets to them on all sides.

Bread requires even a hotter oven than pastry. The heat can be tested by throwing a little flour into the oven; if in one minute it turns a golden brown, the oven is at the right heat.

Invalid Cookery should be done with great cleanliness and served up daintily. Very little seasoning (if any) should be used, and care should be taken to remove all grease. Steaming and simmering are the most wholesome ways of cooking, and hardly any others are used in sick cookery. None but the best materials should be used, as it is desirable to give the required nourishment in as small a bulk as possible, and this cannot be done with poor materials.

It must be remembered that for good cooking cleanliness is essential: all utensils should be cleaned directly after use to prevent their becoming sour. And care must be taken to keep the flues of stoves thoroughly swept, or it will be impossible to depend on getting the required heat.



RECIPES FOR COOKERY.

STOCK.

Cover any bones and trimmings of meat with cold water in the proportion of 1 pt. of water to 1 lb. of bones, etc. ; add any vegetables that may be liked, also salt and pepper, and simmer in a closed saucepan or earthenware jar for several hours. The stock should be carefully strained off at night and the saucepan or jar washed out. Any of this stock added to soups, gravies, or sauces will greatly improve their flavour.

Cost varies.

SCOTCH BROTH.

2 lbs. scrag end of mutton.	1 cabbage.
1 large carrot.	4 ozs. barley.
1 large turnip.	2 qts. water.
1 onion.	Seasoning.

Wash the barley and put it into a saucepan with the meat and water and simmer for an hour. Then add the vegetables, which must be cut into dice, and the seasoning, and simmer for another hour. The meat can be dished separately, with a little of the liquor poured over it.

Average cost 1/3.

HARICOT BEAN SOUP.

1/2 lb. haricot beans.	2 small potatoes.
1 onion.	1/2 pint milk.
1 small turnip.	3 pints water.
A piece of celery.	Pepper and salt.

Soak the beans in water all night. Strain, and put them into a saucepan with 3 pints of water and the vegetables, and boil till tender. Mash the soup through a colander or wire sieve, put it back in the saucepan, add the seasoning and milk, and re-heat thoroughly without allowing the soup to boil again.

Average cost 4d.

PEA SOUP.

Use dried peas in the same way as lentils ; but peas should be soaked for 12 hours and boiled for more than 2 1/2 hours. A ham bone is a great improvement to pea soup.

Average cost 3d.

LENTIL SOUP.

$\frac{1}{2}$ lb. lentils.	1 oz. dripping.
1 carrot.	$\frac{1}{2}$ oz. flour.
1 onion.	Pepper and salt.
3 or 4 cloves.	2 quarts water.
A bunch of sweet herbs.	

Wash the lentils well and put them into a saucepan with the vegetables, cloves and herbs: cover with the water and simmer till tender. Mash the soup through a colander or coarse wire sieve. Mix the dripping and flour in a saucepan till it is smooth, then add the soup very gradually, stirring all the time. Boil and season it to taste. $\frac{1}{4}$ pint milk added the last thing is a great improvement to this soup.

Average cost $2\frac{1}{2}$ d.

CABBAGE SOUP.

1 cabbage.	Seasoning.
2 ozs. dripping.	3 pints water.
1 pint milk.	

Put the dripping into a saucepan and add the sliced cabbage. Set over a gentle heat for 10 minutes, shaking the cabbage frequently. Cover with cold water and simmer for $\frac{3}{4}$ of an hour. Then add the milk and seasoning. Heat thoroughly and serve with small pieces of fried bread if wished.

Average cost $3\frac{1}{2}$ d.

MARROW SOUP.

1 lb. of pumpkin or vegetable marrow.	2 pints water.
1 onion.	$\frac{1}{2}$ pint milk.
1 oz. flour.	$1\frac{1}{2}$ tsp. sugar.
1 oz. dripping.	Seasoning.

Peel and cut up the marrow and onion and put them into a saucepan with the water and simmer till tender. Then mash the soup through a colander or sieve. Mix the fat and the flour in a saucepan over a gentle heat and add the soup gradually, stirring all the time. Boil and season and add the milk.

Average cost 6d.

VEGETABLE SOUP.

2 medium-sized onions.	3 pints water.
1 large carrot.	$\frac{1}{2}$ pint milk.
1 turnip.	Salt and pepper.
1 oz. dripping.	1 oz. sago.
4 sprigs of parsley, chopped.	

Prepare all the vegetables and cut them into pieces. Put them into the saucepan with the dripping and shake them about over a slow fire for 10 minutes. Then add the water and let the soup simmer till the vegetables are quite tender. Mash the soup through a colander or sieve and return to the saucepan with the sago and seasoning. Boil till the sago is quite clear, then add the milk and serve with sippets of fried bread.

Average cost 3d.

FISH SOUP.

Some fresh fish.	$\frac{1}{4}$ pint milk.
Some fish trimmings.	1 tbsp. chopped parsley.
1 onion.	1 oz. flour.
1 small carrot.	Salt and pepper.
1 stick celery.	1 piece of bread.

Wash the fish and the trimmings. Skin the fish and take off the flesh. Put the trimmings, bones, etc. into a saucepan with $2\frac{1}{2}$ pints water and some salt. Skim the soup well, and when it comes to the boil add the vegetables and the bread. Simmer gently 1 hour. Strain the soup and return to the saucepan with the fish cut into neat pieces. Mix the flour with the milk; add it and boil for 5 minutes. Add the chopped parsley and seasoning, and serve.

Average cost 7d.

KIDNEY SOUP.

1 mutton kidney.	2 large potatoes.
1 oz. dripping.	1 oz. flour.
1 carrot.	1 tsp. vinegar.
1 onion.	3 pints cold water.
1 small turnip.	1 tsp. ketchup.
Pepper and salt.	

Wash the kidney and dry it well by rubbing it in flour. Cut it into pieces. Peel and slice the onion, turnip and

potatoes, and scrape and cut up the carrot. Put the dripping into a saucepan, and when quite hot and steaming slightly, put in the onion and fry a nice brown, also the kidney. Then add the vegetables and water and simmer for $2\frac{1}{2}$ hours. Put the vegetables through a colander or sieve. Season and re-heat the soup and serve with the pieces of kidney in the soup.

Average cost $5\frac{1}{2}$ d.

TAPIOCA SOUP.

$\frac{1}{4}$ lb. tapioca.		1 tbsp. corn flour.
$2\frac{1}{2}$ pints water.		1 egg.
$\frac{1}{2}$ pint milk.		Pepper and salt.

Boil the water and sprinkle in the tapioca gradually, and simmer for an hour, stirring occasionally. Mix the corn flour with the milk and add to the soup. Allow it to boil for several minutes; then add the beaten egg, taking care to stir all the time. Season to taste and serve very hot.

Average cost $3\frac{1}{2}$ d.

TOMATO SOUP.

$\frac{1}{2}$ a tin or 6 or 8 good-sized tomatoes.		1 large carrot.
1 oz. dripping.		1 blade of mace.
$1\frac{1}{2}$ pints water.		1 onion.
		$\frac{1}{4}$ pint milk, if possible.

Fry the onion in the fat, then add the sliced carrot and tomatoes, the mace and water. Simmer till the vegetables are tender. Mash the soup through a colander or sieve, re-heat with the milk and seasoning, and serve.

Average cost $7\frac{1}{2}$ d.

CARROT SOUP.

2 carrots.		2 pints stock or water.
1 oz. rice.		1 sprig of parsley.
1 bunch of sweet herbs.		Salt and pepper.

Clean and cut up the carrots and wash the rice and put them into a saucepan with the herbs and water or stock and boil till tender. Rub the carrots, etc. through a sieve or colander and season to taste.

Average cost 4d.

PARSNIP SOUP.

2 lbs. parsnips.
1 stick celery.
 $\frac{1}{2}$ pint milk.
1 onion.

1 oz. fat.
Salt and pepper.
3 pints water.

Peel and cut up the parsnips, onion and celery, and put them over a gentle heat with the fat and toss them for 10 minutes. Then cover with cold water and simmer till tender. Mash the soup through a colander or sieve. Add the seasoning and milk and re-heat.

Average cost $5\frac{1}{2}$ d.

POTATO SOUP.

1 lb. potatoes.
1 onion.
 $\frac{1}{2}$ pint milk.

1 oz. sago.
Pepper and salt.
1 oz. dripping.

Peel and slice the potatoes and onions and put them into a saucepan with the dripping. Set over a gentle heat and toss the vegetables about for 10 minutes. Then cover with cold water and simmer till the potatoes are soft. Mash the soup through a sieve or colander and return it to the saucepan with the sago. Boil till the sago is clear. Add the milk and seasoning, and serve.

Average cost $2\frac{1}{2}$ d.

POT-AU-FEU.

$1\frac{1}{4}$ lbs. beef (from the shin).
 $3\frac{1}{2}$ pints water.
2 tsps salt.
1 carrot.
Salt and pepper.

1 large onion
1 large turnip.
 $\frac{1}{4}$ of a head of celery.
1 or 2 cloves.
1 oz. sago.

Cut the vegetables into large neat pieces and lay them with the bones (if any) at the bottom of the saucepan. Add any trimmings and seasonings you may fancy. Tie the meat if it has been boned and lay it on the vegetables and cover with the water. Skim the soup as it comes to the boil and simmer *very gently* for 3-4 hours; add the salt and pepper. When cooked lift out the meat and dish it, arranging the vegetables round it. Add the sago to the soup, let it boil and serve in a tureen.

Average cost 1/6.

RED SOUP.

$\frac{1}{2}$ lb. cooked haricot beans.	1 stick celery.
1 small cooked beetroot.	1 oz. fat.
2 good sized tomatoes or 1 tea-cupful of tinned tomatoes.	Salt and pepper.
1 onion.	3 pints water.

Cut up the vegetables and put them into the saucepan with the haricot beans and the fat, and toss them about for 10 minutes. Cover with water and simmer for $1\frac{1}{2}$ hours. Put the soup through a sieve or colander. Add the seasoning and re-heat.

Average cost $6\frac{1}{2}$ d.

DR. KITCHENER'S SOUP.

$\frac{1}{2}$ lb. gravy beef or scrag of mutton.	2 ozs. pearl barley.
$\frac{1}{2}$ oz. dripping.	2 carrots.
2 ozs. fat bacon.	2 small onions.
Salt and pepper.	$2\frac{1}{2}$ quarts of water.

Wash off any dry blood from the meat, cut it into small pieces. Cut the bacon into dice. Peel and slice the onions and fry them a little in the dripping. Add the oatmeal and stir it in the hot fat for a few minutes. Put in the meat, the water, seasoning, and herbs. Bring the water to boil and skim well. Scrape the carrots and cut them into small pieces, wash the barley well and add these and the bacon to the soup. Let it simmer for 4 hours, stirring and skimming occasionally.

Average cost $7\frac{1}{2}$ d.

ONION SOUP.

6 small onions.	A few peppercorns.
1 large parsnip.	2 cloves.
1 carrot.	$\frac{1}{2}$ tsp. salt.
A rasher of ham or bacon.	$\frac{3}{4}$ pint of milk.
Small piece of celery.	1 quart 2nd stock or water.
1 or 2 turnips.	2 tsp. corn flour.

Prepare the vegetables and put them into the stock or water with the ham and seasoning and boil till tender. Mash through a wire sieve. Return to saucepan, thicken, if liked, with the corn flour mixed with a little cold milk; let the soup boil, add the milk and serve.

Average cost 8d.

FRENCH SOUP.

4 potatoes.
 3 small onions.
 2 carrots.
 1 small turnip.
 1 pint milk.
 A little celery.

3 sprigs of parsley finely
 chopped.
 2 ozs. fat.
 1 oz. tapioca.
 Salt and pepper.
 8 pints water.

Cut the vegetables into dice, melt the fat, add salt and pepper, put in the vegetables and 8 pints cold water, and simmer till tender. Rub the soup through a sieve and return to the saucepan with the milk; wash and add the tapioca and the parsley and simmer till tapioca is cooked.

Average cost $4\frac{1}{2}$ d.

FISH CAKES.

Equal quantities of cold fish
 and cold boiled potatoes.
 1 oz. fat.

1 egg.
 Salt and pepper.
 Frying fat.

Remove all the bones and skin from the fish and mash the potatoes and melt the fat. Mix all thoroughly together and add 1 beaten egg. Form into small flat cakes and fry in hot fat till nicely browned.

Average cost 1d. each.

FRIED PLAICE.

Wash the fish well and dry it thoroughly and, if large, cut it into neat pieces. Rub the fish with flour, brush it over with 1 beaten egg, and coat it with bread crumbs. Shake off the loose crumbs and fry the fish in hot fat. When brown on both sides take it out and drain on soft paper. The fish can also be fried without a coating of egg and bread crumbs, but it must be thoroughly well dried and rubbed in either flour or fine oatmeal.

Cost varies.

FISH PUDDING.

1 dried haddock.
 1 lb. boiled potatoes.
 1 oz. fat.

1 egg.
 Salt and pepper.
 Some brown bread crumbs.

Scald the fish with boiling water and mash the potatoes.

Remove all the bones and skin from the haddock and mix the flesh with the potatoes, fat, and pepper and salt; add the beaten egg. Have ready a greased mould and line it with brown bread crumbs. Put in the mixture and bake for $\frac{1}{2}$ an hour. Turn it out and serve with melted butter if liked.

Average cost 6d.

STEWED FISH.

1 plaice or 1 lb. cod.
1 oz. fat.
1 oz flour.
 $\frac{1}{4}$ pint milk.

1 tbsp. chopped parsley.
 $\frac{1}{2}$ tsp. vinegar.
Salt and pepper.
 $\frac{1}{2}$ pint fish stock.

Wash the fish thoroughly and cut it into pieces. Put them into a saucepan with $\frac{3}{4}$ pint of boiling water and simmer very gently for 10 minutes. Take out the fish and the stock. Blend the dripping and flour over a gentle heat and add the stock very gradually, also the milk and seasoning, and let it boil. Put in the pieces of fish and let them simmer for 5 minutes. Dish the fish and add the parsley and vinegar to the sauce, and serve very hot.

Cost varies.

STUFFED HADDOCK.

1 good sized haddock.
A little dripping.
Stuffing:—
2 tbsp. bread crumbs.
 $\frac{1}{2}$ tbsp. chopped parsley.

$\frac{1}{4}$ tbsp. herbs.
 $\frac{1}{2}$ tbsp. salt.
Pinch pepper.
1 egg or a little milk.

Clean the fish thoroughly; wash it and wipe it dry. Mix the bread crumbs, chopped parsley, herbs, pepper, and salt. Beat the egg well and stir it in. Shape this forcemeat into a long roll and put it into the fish. Sew up the opening. Fasten the fish into the shape of an S by putting a skewer through its eye holes, the middle of its body and its tail, and then tying a piece of string from one end of the skewer to the other. Put it on a greased baking tin, put some dripping over it, sprinkle it with bread crumbs (browned ones will do nicely). Bake it for about $\frac{1}{2}$ hour, basting it occasionally. Remove the skewer and string, and serve.

FISH PIE.

5 ozs. cold fish.	$\frac{1}{4}$ pint fish stock or water.
$\frac{3}{4}$ lb. cold boiled potatoes.	
$\frac{1}{4}$ oz. fat.	
$\frac{1}{2}$ oz. flour.	
	$\frac{1}{4}$ pint milk.
	Pepper and salt.

Mix the fat and flour over a gentle heat and add the stock and milk very slowly, and season to taste. When the sauce has boiled, mix the fish with it, grease a pie dish and fill it with the potatoes, fish and sauce in layers, keeping plenty of potato for the top. Brush with egg or milk and bake till nicely browned.

Average cost $7\frac{1}{2}$ d.

TO BOIL FISH.

Wash and clean the fish thoroughly, rub the inside with a little salt, lay it on the fish strainer, and put it into boiling water with salt in the proportion of 1 oz. to a gallon of water. Simmer gently till done. Lift out carefully, letting the water drain off, and serve with melted butter.

When fish is done a creamy look comes on the surface where it has been cut, and the bones separate easily from the flesh.

For most fish allow 5 or 6 minutes to the lb.; but for salmon, 8 minutes.

If no fish kettle is to be had, lay the fish on a cloth and lower it into the water; or put the fish on a dish and that again on the cloth; in either case fastening the corners of the cloth over the top of the saucepan so that they may not burn.

PLAICE A LA WHITEBAIT.

1 plaice (small).	Cayenne.
Some slices of lemon.	
Salt and pepper.	
	Frying fat.

Skin and fillet the plaice and cut the fillets into small pieces about 2 inches long and $\frac{1}{2}$ inch thick. Toss the pieces in flour till thoroughly coated, and fry *very quickly* using a frying basket if possible. Turn out at once on to some paper to drain off the fat, and serve very hot, sprinkled with salt and pepper and cayenne. The dish should be garnished with slices of lemon.

Average cost 6d.

STEWED EELS.

1 lb. eels.
 A little 2nd stock or water.
 6 cloves.
 1 minced onion.

Salt and pepper.
 1 tbsp. baked flour.
 1 tbsp. chopped parsley.

Skin the eels and cut off the fins. Clean the inside very thoroughly with some salt, and wash very well. Cut the eels in neat pieces about 2 inches long. Put the pieces into a saucepan with the onion, cloves, and enough stock or water to cover them, and stew gently for $\frac{3}{4}$ of an hour. Mix the flour with a very little water and add the parsley and a spoonful of liquor from the eels. Dish the eels and add the flour, etc. to the gravy; allow it to boil and strain round the eels.

Average cost 1/-.

FISH CROQUETTES.

Equal quantities of cold fish
 and bread crumbs.
 1 oz. fat or butter.
 Salt and pepper.
 1 oz. flour.

$\frac{1}{4}$ pint milk.
 2 tsps. chopped parsley.
 Cayenne and nutmeg.
 1 egg and bread crumbs.
 Frying fat.

Mix the fat and flour in a saucepan and add the milk, gradually stirring till the sauce boils. Add the seasoning. When cooked add to the fish and bread crumbs and mix to a stiff paste. Shape into rolls; brush the rolls with egg and coat them with bread crumbs, and fry in hot fat till nicely browned.

Average cost without fish $3\frac{1}{2}$ d.

BAKED MACKEREL.

1 mackerel.

| A little dripping or butter.

Fillet the mackerel by cutting it down the front and removing all the bone. Cut the flesh into neat pieces, and wash them well. When dry, place them on a greased tin, place a few pieces of dripping round, cover with greased paper and bake in a moderate oven for 15-20 minutes. Serve with parsley sauce if wished.

Average cost 4d.

DRESSED COD.

2 lbs. cod or hake.
1 egg.

Bread crumbs.
2 ozs dripping.

Wash and skin the fish and dry it well. Coat thoroughly with egg and bread crumbs and place on a greased tin. Put some pieces of dripping round and bake gently for 40 minutes, basting occasionally.

Average cost 1/2.

PICKLED MACKEREL.

3 mackerel.
 $\frac{1}{2}$ pint vinegar.

10 peppercorns.
3 bay leaves.

Clean the fish and simmer it very gently for 10 minutes in enough water to cover it. Mix $\frac{1}{2}$ pint of the liquor the fish was boiled in with the vinegar, peppercorns and bay leaves, and boil for 15 minutes. Let it get quite cold and pour over the fish.

Average cost 1/-.

MACKEREL A LA NORMANDE.

2 mackerel.
Some bread crumbs.
1 tbsp. chopped parsley.
Some fat or butter.

1 tsp. chopped onion.
 $\frac{1}{2}$ tsp. sweet herbs.
Salt and pepper, to taste.

Cut the fish down the front, remove the heads and wash and dry the mackerel thoroughly. Mix together the crumbs, parsley, onion, sweet herbs, pepper and salt. Lay this mixture on one fish and spread the other over. Cover again with some crumbs and place on a greased tin. Put a few pieces of fat round and bake in a moderate oven for 20 minutes, basting occasionally.

Average cost 7 $\frac{1}{2}$ d.

BAKED SOLES. (Soles au four).

1 or 2 soles or plaice.
1 egg.

Bread crumbs.
1 $\frac{1}{2}$ ozs. butter.

Cover the fish with egg and bread crumbs. Melt the butter and dip the fish in it. Put it on a greased tin. Pour round the butter and bake in a moderate oven for 20 minutes.

Cost varies.

KEDGEREE.

1 lb. cold fish.	} Salt and pepper 2½ ozs. of fat or butter. A little cayenne.
½ lb. boiled rice.	
2 eggs (hard boiled).	

Melt the butter in the saucepan and stir in the fish which must be quite freed from bones and skin. Add the rice and the whites of the eggs, also the seasoning, and stir till thoroughly hot through. Turn out on to a hot dish and sprinkle over the yolks of the eggs. Serve very hot.

Average cost, without fish, 4½d.

STEAMED FISH PUDDING.

¾ lb. cold white fish.	} 1 egg. 2 tsps. chopped parsley. ½ tsp. anchovy essence. Pepper and salt.
¼ teacup bread crumbs.	
½ oz. melted butter or fat.	
A little milk.	

Prepare a greased mould, and, if liked, line it with brown bread crumbs. Chop up the fish and add all the dry ingredients; then mix in the anchovy essence, melted butter, and beaten egg, and as much milk as is required. Put the mixture into the greased mould, cover with greased paper, and steam in a saucepan of boiling water for ¾ of an hour.

Average cost 8d.

FISH FRIED IN BATTER.

1 filleted sole or plaice.	} For batter :— 4 ozs. flour. 2 tbsps. salad oil. /. 2 whites of eggs. Frying fat. About ½ pint of tepid water.
Juice of 1 lemon.	
Piece of onion.	
Salt and pepper.	
Parsley.	

Put the fillets in a dish with the lemon juice, onion, parsley, salt and pepper, and let them soak for 2 hours. Put the flour in a basin and add the salad oil gradually, also add the water slowly, and beat well. Whip the whites of the eggs to a froth, stir them lightly into the batter. Coat the fish with the batter and fry in hot fat.

Cost varies.

BAKED WHITING.

2 or 3 whiting. .
 1 egg.
 Some bread crumbs.

A little dripping.
 Salt and pepper.

Wash and dry the fish and brush them over with 1 beaten egg and coat them with crumbs. Twist them up and place on a greased tin. Place a few pieces of dripping round and bake for 20 minutes.

Average cost rod.

SCALLOPED FISH.

1 lb. cold fish.
 1 oz. flour.
 $\frac{1}{2}$ pint milk.
 1 teacupful bread crumbs.

2 small onions.
 Nutmeg.
 Salt and pepper.

Mix the butter and flour together over a gentle heat, and add the milk, onions, nutmeg, salt and pepper, and boil till thick. Put a layer of fish in a greased dish, then some of the mixture, and so on till the dish is full; cover the top with crumbs and bake half an hour, or till crumbs are brown.

Cost varies.

BOILED POTATOES.

Choose potatoes much of a size, scrub them, peel them as thinly as possible, and wash them. Pack them tightly into a saucepan with enough cold water to cover them, and a teaspoonful of salt; bring them to the boil and let them boil slowly till a fork can easily be pushed into them—it will take about 20 minutes after the water boils. Drain off the water and put the saucepan back on the stove to steam with the lid raised; shake them several times to make them floury. When they look dry and floury they are ready.

Cost varies.

MASHED POTATOES.

Cook the potatoes as above. Mash them up in the hot saucepan with a fork or rolling-pin. Add salt to taste and a little butter, dripping, or milk; mix it in till the potatoes are of a right consistency.

Pile the potatoes on a hot dish, smooth them, and then mark them with a fork, and, if liked, brown them in the oven.

Cost varies.

FRIED POTATOES.

Put about 1 oz. of dripping in a fryingpan; when hot put in a lb. of cold boiled potatoes; chop them up in the pan, add pepper and salt, and fry them brown on one side. Put a hot dish or plate over them and turn the fryingpan over, so as to serve them with the brown side up.

Cost varies.

BOILED RICE.

$\frac{1}{4}$ lb. Patna rice. | 1 tbsp. of salt.

Put on a *large* saucepan of water to boil; when boiling add the salt. Wash the rice thoroughly and throw it into the water and boil quickly in an open saucepan, skimming carefully. After 10 minutes take out a grain and see if it is tender. If soft, strain the rice at once through a wire sieve; hold the sieve in front of the fire and toss the rice with 2 forks. Each grain should be separate.

Average cost $\frac{1}{2}$ d.

BOILED CARROTS.

Wash and scrape the carrots, cut off the green top, cut them lengthways into halves or quarters according to size. Put them into boiling water with 1 tsp. salt to 2 quarts water. Boil till tender. Young carrots will be ready in $\frac{1}{2}$ hour, old ones may take 2 hours. Lift them out and serve.

If liked, the carrots may be chopped small after cooking, pressed into a basin with a little pepper and salt, and turned out in a shape.

Cost varies.

BOILED TURNIPS.

Peel the turnips thickly. Wash and quarter them. Put them into boiling water with 1 tsp. salt to 2 quarts water. Boil till tender. Press off the water through a colander. Mash them with a wooden spoon. Put them back into the saucepan with a very little salt and pepper, and a little dripping. Stir till quite hot, and serve.

Cost varies.

BOILED ONIONS.

Take off the two outer skins and put them into boiling water with 1 tsp. salt, boil a few minutes, then pour off the water, cover them again with fresh boiling water and simmer till tender. The time depends on the size. Melted butter (white sauce) should be poured over them.

Cost varies.

SPANISH ONIONS.

These may be boiled with their skins on for 1 hour and then baked for 2 hours with some greased paper over them, and peeled before serving, gravy being poured over them; or they may have the outer skin taken off and be stewed slowly with 1 or 2 ozs. dripping, according to size, for 2 hours. If done this way the liquor from the stew pan should be poured over and round them.

Cost varies.

COLD POTATO SALAD.

1 lb. cold potatoes.	$\frac{1}{4}$ tsp. pepper.
1 egg.	$\frac{1}{2}$ tsp. dry mustard.
1 tsp. brown sugar.	1 tbsp. vinegar.
$\frac{1}{2}$ tsp. salt.	2 tbsp. milk.

Salad dressing: Boil the egg hard. Take out the yolk and rub it down smoothly with the salt, pepper, mustard, and sugar. Add the vinegar gradually, stirring well, then add the milk very carefully, a little at a time to prevent curdling. Cut the potatoes into slices $\frac{1}{4}$ inch thick, put them in a dish, pour the mixture over them. Mix it with them, taking care not to break the potatoes, and serve.

Average cost 4d.

BOILED CABBAGE.

Cut off the stale outside leaves and trim off the stem; cut the remaining stem across, so that it can cook quickly. Wash the cabbage and leave it to soak head downwards in salted water to get any insects out.

Get ready a saucepan of boiling water, add a good tsp. of salt and a tsp. sugar to keep the cabbage a good colour.

Squeeze off the cold water, put the cabbage into the boiling water, and boil with the cover off from 15 to 40 minutes, according to size.

Put the cabbage into a colander, press a plate on it to get the water out; put on a hot dish, and cut it across in several places. A piece of bread, tied in muslin, may be boiled with the cabbage to absorb the oiliness and prevent smell.

Cabbage water should be poured away at once.

Cost varies.

BOILED CAULIFLOWER OR BROCOLI.

Prepare and boil in the same way as cabbages, placing them head downwards in the saucepan and skimming occasionally. Lift them out carefully, let the water drain off, and serve with melted butter.

Cost varies.

SPINACH.

Spinach | Salt | Pepper.

Take a large quantity of spinach and wash it thoroughly. Pick off the stalks and pack the spinach tightly into a saucepan, without water, and simmer till tender. When cooked it is much reduced in quantity. Take it from the saucepan and strain off all the water, re-heat it well and season to taste. Serve very hot. If liked, the spinach can be rubbed through a coarse wire sieve before re-heating.

Cost varies.

STEAMED HARICOT BEAN PUDDING.

1 lb. cooked haricot beans.	A little nutmeg.
1 oz. fat.	1 tsp. salt.
2 tbsp. chopped parsley.	$\frac{1}{2}$ tsp. pepper.
Some brown bread crumbs.	1 egg.

Grease a basin and line it with the brown crumbs. Mash the haricots and add the parsley, fat, salt, pepper, nutmeg, and the beaten egg. Put the mixture into the mould, cover with greased paper, and cook in a saucepan of boiling water for $\frac{3}{4}$ of an hour. Serve with melted butter, if liked.

Average cost 2 $\frac{1}{2}$ d.

TO RE-HEAT POTATOES AND CABBAGE.

Chop the remains of potatoes and cold cabbage and mix together. Add pepper and salt and a little dripping. Put the mixture into a greased pie dish and brown. This mixture can be served with "Bubble and Squeak" instead of only cabbage.

Cost varies.

SALAD.

1 lettuce.
2 tomatoes.

| A little cucumber.
| Radishes.

Wash the lettuce and pick off the dead leaves and break it into pieces. Toss in a cloth to absorb the moisture and put in a bowl with the sliced tomatoes, cucumber, and radishes. Add salad dressing, if liked. Almost any cold vegetables can be made into a salad with the addition of a lettuce.

MELTED BUTTER.

1 oz. flour.
1 oz. butter.
 $\frac{1}{4}$ pint of milk.

| $\frac{1}{4}$ pint water.
| Salt.

Put the butter into a small saucepan and melt it over a gentle fire. As soon as it is melted add the flour and stir, with a wooden spoon, till thoroughly blended. Then add the milk and water little by little, stirring each quantity in quite smoothly before more liquid is added. Let it boil thoroughly. Add $\frac{1}{2}$ tsp. salt, and serve.

For parsley or caper sauce chop the parsley finely, or the capers slightly, and add just at the last. If liked, for caper sauce stir in 1 tbs. of the liquor from the capers. Half pint of water can be added instead of half water and half milk.

Average cost 1½d.

SAUCE FOR STEAMED PUDDING.

Mix as for melted butter and add 1 dessertspoonful of sugar, and add any flavouring that may be desired.

TOMATO SAUCE.

$\frac{1}{2}$ oz. flour.	$\frac{1}{4}$ pint of water.
$\frac{1}{2}$ oz. butter.	$\frac{1}{4}$ pint tomato pulp.

Mix the butter and flour over a gentle heat and add the tomato pulp and water gradually. Let the sauce boil and season to taste.

MARMALADE SAUCE.

1 oz. castor sugar.	1 tbsp. marmalade.
$\frac{1}{4}$ pint water.	Juice of $\frac{1}{2}$ lemon.

Boil the sugar and water, add the marmalade and lemon-juice; strain and serve.

Average cost 1½d.

APPLE SAUCE.

4 large apples | $\frac{1}{4}$ oz. butter | sugar to taste.

Peel, core, and cut up the apples, and put them in a saucepan with enough water to prevent them burning, and simmer to a pulp. Beat them up or mash through a sieve. Add sugar to taste and the butter, and serve.

Average cost 3d.

CLEAR SAUCE FOR PUDDINGS.

1 tsp. corn flour.	$\frac{1}{2}$ pint water.
1 tsp. white sugar.	Flavouring.

Mix the corn flour and sugar to a smooth paste with a little cold water. Boil $\frac{1}{2}$ pint of water and stir in the corn flour, etc. and boil for 2 or 3 minutes. Flavour to taste. If lemon-peel is used for flavouring, it should be boiled in the water to extract the flavour, and must be removed before the cornflour is mixed in.

Average cost 1d.

BREAD SAUCE.

4½ ozs. crumbs.	$\frac{1}{2}$ tps. salt.
4 cloves.	1 small onion.
$\frac{1}{2}$ oz. butter.	6 peppercorns.
$\frac{3}{4}$ pint milk.	

Peel the onion and stick the cloves into it and put it into a

saucepan with the peppercorns and milk, and set by the fire for 10 minutes. Then strain the milk and add the crumbs, simmer very gently for a few minutes, add the salt, a little pepper and the butter, and serve.

Average cost $3\frac{1}{2}$ d.

HORSERADISH SAUCE.

2 ozs. grated horseradish.	Vinegar.
1 tsp. sugar.	$\frac{1}{2}$ tsp. mixed mustard.
A little salt.	A little milk.

Add the sugar, salt and mustard to the horseradish, then stir in enough vinegar to make it the consistency of cream. Add 2 tbsps. of milk and heat the sauce by standing it in a cup in a saucepan of boiling water, taking care it does not curdle.

Average cost $1\frac{1}{2}$ d.

SALAD DRESSING.

2 tsps. mixed mustard.	3 tsps. vinegar.
2 tsps. sugar.	5 tsps. milk.
3 tsps. salad oil.	Salt and pepper.

Mix the mustard with the sugar and add the oil very slowly, then the vinegar and milk in the same manner, taking care the sauce does not curdle.

Average cost 2d.

MINT SAUCE.

2 tsps. finely chopped mint.	$\frac{1}{4}$ pint vinegar.
1 tbsp. sugar.	

Wash the mint and chop it very finely: put it in a basin with the sugar and add the vinegar. When the sugar has dissolved it is ready for use.

Average cost $1\frac{1}{2}$ d.

YORKSHIRE PUDDING.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ tsp. salt.
2 eggs.	$\frac{1}{2}$ tsp. baking powder.
1 pint milk.	A little dripping.

Put the flour and salt into a bowl. Break the eggs into a small basin and beat them thoroughly. Add some of the milk to them, and stir it gradually into the flour, beating the mixture thoroughly each time more milk has been stirred in.

Add all the milk by degrees, pouring it first into the cup into which the eggs were broken.

Melt some dripping in a baking tin, or put in fresh dripping from the joint if one is being roasted. Stir the baking powder into the batter and pour at once into the tin. Bake in a quick oven from 30 to 45 minutes. The batter is improved by standing before the baking powder is added.

SUET PUDDING.

To be eaten with salt beef.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{4}$ lb. suet.	

Mix the flour and salt in a bowl. Shred and chop the suet very finely; stir it well in and make it to a stiff paste with cold water. Work it up into a ball.

Have ready a saucepan of boiling water, dip a pudding cloth into it, wring it dry and flour it well, put the paste on it and tie it up with a piece of string, leaving room for the pudding to swell.

Boil it from 1 to 2 hours—it will be improved by long boiling.

If liked, it may be cooked in the same saucepan as the meat, but more time must be allowed in this case. The same pudding may be made into small dumplings and boiled without a cloth. They will be cooked in $\frac{1}{2}$ hour, and are nice eaten with sugar or treacle.

RICE AND CHEESE PUDDING.

$\frac{1}{4}$ lb. rice.	2 ozs. cheese.	
$\frac{1}{4}$ pint water.		Pepper and salt.
$\frac{1}{4}$ pint milk.		A little dripping.

Wash the rice and put it into a saucepan with the cold water; let it simmer till the water is absorbed, stirring occasionally. Then add the milk and let it simmer, taking care that it does not burn, till the milk also is absorbed.

Grate the cheese, or shred it finely.

Grease a pie dish, put a layer of rice at the bottom, then a layer of cheese; sprinkle salt and pepper over it and repeat. Put some small pieces of dripping at the top. Put it into a moderate oven till it is a golden brown. Average cost 3d.

PORRIDGE.

3 ozs. oatmeal | $\frac{1}{4}$ tsp. salt | 1 good pint of boiling water.

Put the salt and the water into a saucepan. When the water boils strew in the oatmeal, stirring all the time. Let it simmer for 25 minutes, stirring constantly to prevent its burning. When done it will look slightly jellied and will leave the side of the pan as you stir. Serve in a hot soup plate.

FORCEMEAT BALLS.

$\frac{1}{4}$ lb. flour.	$\frac{1}{2}$ tsp. sweet herbs.
$\frac{1}{2}$ tsp. salt.	1 tbs. chopped parsley.
$1\frac{1}{2}$ ozs. suet.	$\frac{1}{2}$ a small onion.

Put the flour and salt into a bowl and mix them. Chop the suet finely. Wash, dry, and chop the parsley and herbs. Peel, slice, and chop the onion. Mix these ingredients with the flour one at a time and mix to a paste with a very little water. Flour your hands, take pieces of the paste and roll them lightly into balls between your hands. These balls can be cooked in the gravy of a stew and served with the meat.

GINGER BEER.

1 oz. cream of tartar.	1 lb. lump sugar.
1 oz. ginger (bruised).	1 gallon boiling water.
Juice and rind of 1 lemon.	

Put the dry ingredients in a large stone jar, pour the boiling water over them. When it is cold strain the liquid off and put into it two large spoonfuls of liquid yeast.

Cover it with a cloth and let it stand a few hours, then bottle and cork it tightly.

CLARIFIED FAT.

Take any scraps and trimmings of fat, cut them into small pieces and put them into a saucepan with enough water to cover, and simmer, skimming carefully till all the water has evaporated and the fat is clear as oil. Then strain out the pieces and put the fat aside till wanted for use. After use the fat should be carefully strained, and if care is taken it will last for some time.

Cost varies.

TO MAKE BROWN BREAD CRUMBS.

Put any scraps of bread on a tin and bake them till they are crisp and a light brown colour. Put them on a pastry board and roll them till fine. Crumbs prepared in this way will keep for weeks.

BREAD.

2½ lbs. flour.	1 oz. German yeast.	
2½ tsp. salt.		1 tsp. sugar.
About 1½ pints lukewarm water.		1 tsp. flour.

Break the yeast into small pieces, put it in a small basin with the sugar, and rub them together with the back of a spoon till they become as liquid as cream. Add 1 tsp. flour and a little lukewarm water ($\frac{1}{3}$ boiling, $\frac{2}{3}$ cold), cover the basin and set it in a warm place to rise. Put 2½ lbs. flour into a large basin, mix in the salt, make a hole in the middle of the flour, and when a froth has risen on the yeast, pour it in; add more lukewarm water and stir it into the centre of the flour with a wooden spoon till nearly all the flour is mixed into a liquid batter. (About $\frac{1}{2}$ pint of water to 1 lb. flour is the usual quantity required, but the exact quantity cannot be given as some flour takes up more water than others; the better the flour the more water it will absorb.) Toss some of the dry flour from the edges of the basin over the liquid part; cover the basin with a warm cloth and put it in a warm place to rise for about 2 hours. The yeast will then have risen through the dry flour. Knead the dry flour thoroughly into the yeast, cut the dough into pieces so as to let the air escape if it is in large bubbles, and knead together again. Then divide the dough, knead each piece separately, and put the pieces smooth side upwards either into greased tins for tin loaves, or on a greased baking sheet for cottage loaves, &c. Put the loaves in a warm place, cover them with a warm cloth, and let them rise for 10 minutes before baking. Then put them into a hot oven and bake them thoroughly. When bread is quite done it gives a hollow sound if tapped. A 2 lb. loaf takes about $\frac{3}{4}$ hour to bake.

Take the loaves from the tins and stand them on sieves, or tilt them up on edge to let the steam escape while they cool.

If a larger quantity of flour is used the yeast must be

increased in proportion—1 oz. is enough for 5 lb., $1\frac{1}{2}$ ozs. for 7 lbs, and so on. If too much is used the bread will taste bitter.

Average cost for this quantity $4\frac{1}{2}$ d.

FRENCH ROLLS.

3 lbs. flour.	3 ozs. butter.
1 oz. German yeast.	1 tsp. salt.
1 tsp. sugar.	1 pint sour milk or buttermilk

Put the yeast to rise as for bread, mix the salt with the flour, rub in the butter, warm the milk. When the yeast has risen pour it into the middle of the flour, add the pint of lukewarm milk, and stir the middle part of the flour into a batter; toss dry flour over this, cover it with a warm cloth, and set it to rise for 2 hours. Cut it into pieces, make them up into rolls, set them to rise in a warm place again for 10 minutes, then bake in a hot oven.

Average cost 9d.

CHEAP SEED CAKE.

$\frac{3}{4}$ lb. flour.	3 ozs. sugar.
$1\frac{1}{2}$ tsp. baking powder.	$1\frac{1}{2}$ tsp. carraway seeds.
$\frac{1}{2}$ tsp. salt.	1 egg.
3 ozs. dripping.	1 gill milk.

Mix the flour, baking powder, and salt in a basin. Rub in the dripping with the tips of the fingers; add the sugar and carraway seeds. Beat the egg thoroughly, mix the milk with it, stir this into the flour, &c., and mix quickly and well. Put the mixture into a greased tin and bake at once. It will take about $1\frac{1}{2}$ hours.

Average cost $5\frac{1}{2}$ d.

INVALID CAKE.

1 teacup flour.	1 tsp. baking powder.
$\frac{1}{2}$ teacup ground rice.	1 egg.
$\frac{1}{2}$ teacup sifted sugar.	$\frac{1}{2}$ lemon rind grated.
2 ozs. butter.	A little milk.

Beat butter and sugar to cream, mix the flour and rice, separate the yolk and white of the egg, beat the yolk, and

whip the white to a stiff froth. Sift some flour into the butter and sugar, then some yolk, then more flour, and so on till the whole is used, stirring well. Add baking powder and lemon rind. Stir the white lightly in. Bake in an oiled and papered tin for $\frac{1}{4}$ hour.

Average cost $5\frac{1}{2}$ d.

OAT CAKE.

<p>$\frac{1}{2}$ lb. oatmeal. 1 oz. dripping or lard rather less than full weight.</p>	<p>Pinch of carbonate of soda. $\frac{1}{2}$ teacupful of boiling water.</p>
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Put the meal into a basin. Put the lard and carbonate of soda into a teacup, fill the cup half full of boiling water; when the lard is melted mix it quickly with the meal, using a knife. Flour the board, turn the paste on to it and knead it into a round. Roll it out as thin as a penny, strewing it with dry meal frequently. Cut the cake in 4 pieces and bake on a hot girdle or in the oven for about 5 minutes. When baked enough toast them before the fire. Be careful not to cook them too fast, as they quickly burn.

Average cost $1\frac{1}{2}$ d.

ROCK CAKES.

<p>6 ozs. flour. 3 ozs. dripping. 3 ozs. currants. 1 tbsp. milk. 3 ozs. sugar.</p>	<p>$\frac{1}{2}$ tsp. grated ginger or nutmeg. 1 tsp. baking powder. 1 egg. Pinch of salt.</p>
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Mix the flour, salt, and baking powder, rub the dripping into the flour, add the ginger, clean the currants, chop the peel, and add them and sugar to the flour one thing at a time; mix thoroughly. Beat up the egg with a tsp. of milk and stir in. A very little more milk may be added if necessary, but the mixture must be very stiff. Put small rough heaps of the mixture on a greased baking tin, using 2 forks. Bake about $\frac{1}{4}$ hour in a quick oven. Take them off the tin and put them on a sieve, or tilt them up on edge to cool.

Average cost $5\frac{1}{2}$ d.

POTATO SCONES.

½ lb. cold potatoes.		½ tsp. of salt.
1 oz. dripping.		2 ozs. flour.
1 tsp. milk.		

Mash the cold potatoes, add the salt, warm the milk and dripping together, and mix them thoroughly with the potatoes. Add the flour gradually, working it well in. Turn the paste on to a floured board and roll out carefully. Cut it into rounds and bake them from 5 to 10 minutes, according to thickness. Turn them when half done.

Average cost 2d.

OATMEAL BISCUITS.

6 ozs. flour.		½ tsp. baking powder
3 ozs. oatmeal.		1 egg.
2 ozs. sugar.		Pinch of salt.
2½ ozs. lard or dripping.		

Put the lard into a saucepan and melt it. Mix the flour, oatmeal, salt, and baking powder. Add the sugar. Break the egg and beat it well. Pour the melted lard into the flour, stir well, add the egg and mix thoroughly. If necessary add a tsp. of milk or water. Turn the paste out on to a floured board, roll it out thinly. Cut it into rounds or triangles. Bake on a greased tin about 15 minutes.

Average cost 5d.

SCONES.

1 lb. flour.		2 ozs. butter.
1 tsp. baking powder.		About ½ pint of milk.
½ tsp. of salt.		

Mix the flour, salt and baking powder. Warm the milk and melt the butter in half the milk; mix it with the flour; add as much more milk as is needed to make it a light dough. Turn on to a floured board, knead lightly, turn the smooth side up and roll 'out ¼ inch thick. Cut into rounds the size of a teacup. Bake on a greased sheet in a quick oven for 20 minutes; turn them when half done. They should be light brown on both sides.

Average cost 4½d.

CURRANT CAKE.

$\frac{1}{2}$ lb. flour.		3 ozs. moist sugar.
2 ozs. dripping.		1 oz. candied peel.
1 tsp. baking powder.		1 egg.
1 gill milk.		Pinch of salt.
3 ozs. currants.		

Rub the dripping into the flour, add the salt and baking powder, clean the currants, chop the peel, mix them and the sugar with the flour. Beat the egg thoroughly, mix it with the milk and stir in. Put the mixture into a greased tin and bake at once in a hot oven for $\frac{3}{4}$ hour.

Average cost $5\frac{1}{2}$ d.

KENTON SPONGE CAKE.

2 eggs.		Half the weight of the eggs in
Weight of the eggs in castor		flour.
sugar.		Pinch of salt.

Mix the salt with the flour, warm the sugar and the flour on plates, break the eggs, beat the yolks in a large basin, and whip the whites to a froth. Add the other ingredients to the yolks in the following order:—(1) yolks, (2) sugar, (3) whites, (4) flour; stirring thoroughly. Bake in a greased tin about $\frac{1}{2}$ hour.

Average cost 3d.

SHREWSBURY CAKES.

5 ozs. castor sugar.		10 ozs. flour.
5 ozs. butter.		1 egg.
Pinch of salt.		1 tsp. powdered cinnamon.

Beat the butter and sugar to a cream. Beat the egg thoroughly and add it. Mix the salt and spice with the flour and add it very gradually, beating the mixture well. Flour the board, turn the mixture on to it, sprinkle a little flour on it to prevent its sticking, and roll it out thinly. Cut into rounds and bake them carefully on a greased tin for about 5 minutes; the oven must not be very hot. Lift them off the tin with a knife, and put them on a sieve to cool.

Average cost $7\frac{1}{2}$ d.

BROWN BREAD.

1½ lbs. flour.
 ½ oz. German yeast.
 1½ tsp. salt.

1½ ozs. dripping or butter.
 Lukewarm water.
 1 tsp. sugar.

Put the yeast into a basin, sprinkle the sugar and a tsp. of flour over it, and mix till it becomes creamy. Melt the fat in nearly $\frac{3}{4}$ pint of warm water and add to the yeast. Mix the salt with the flour and make a well in the centre. Pour in the yeast, sprinkle in enough flour to make a batter, cover with a cloth and set in a warm place to rise for $1\frac{1}{4}$ hours; then knead the dough quickly, but lightly, mixing in the rest of the flour and more lukewarm water if needed, and set aside again for $\frac{1}{2}$ an hour; after which divide the dough into loaves, place in greased tin and allow to stand for 10 minutes; then put the bread into a hot oven and bake. When cooked the bread gives out a hollow sound if tapped.

SALLY LUNN.

6 ozs. flour.
 1 oz. butter.
 $\frac{1}{2}$ pt. lukewarm milk.

1 egg.
 A pinch of salt.
 $\frac{1}{4}$ oz. German yeast.

Melt the butter in the milk and cream the yeast. Mix together. Add the salt to the flour and stir in the yeast, milk, and the egg well beaten. Mix together till quite smooth and free from lumps. Put the dough in a very well greased tin and allow to rise for 1 hour. Then bake in hot oven for 15 minutes. Turn out on to wire sieve to cool.

Average cost $3\frac{1}{2}$ d.

SHORTBREAD.

$\frac{1}{2}$ lb. flour.
 $\frac{1}{4}$ lb. butter.

2 ozs. fine castor sugar.
 $\frac{1}{2}$ a tsp. baking powder.

Sift the flour and the sugar, and mix together. Add the baking powder. Then work the flour into the butter, kneading well with both hands till the whole is well mixed. Shape into a cake and place in a greased baking tin and bake in a moderate oven till of a pale brown colour. If preferred, the tin can be lined with paper, as the shortbread can then be lifted off more easily. The shortbread can also be cut into small cakes, if wished.

Average cost 5d.

CORN FLOUR CAKES.

$\frac{1}{4}$ lb. of corn flour.	2 eggs.
$2\frac{1}{2}$ ozs. butter.	
$1\frac{1}{2}$ ozs. sugar.	
$\frac{1}{2}$ oz. finely chopped lemon peel.	
	$\frac{1}{2}$ tsp. baking powder.
	Rind of $\frac{1}{2}$ a small lemon.

Prepare some small cake tins by greasing them well and sprinkling them with 1 tsp. of sugar and 1 tsp. of flour which must be mixed together. Beat the butter and sugar to a cream and add the corn flour and eggs alternately. Mix in the chopped peel and the baking powder. Fill the greased tin about half full of the mixture and bake in a quick oven for 10 minutes.

Average cost 1d. each.

SANDWICH CAKE.

1 teacupful of flour.	2 tsp. baking powder.
1 teacupful of sugar.	
3 eggs.	
	2 tbsp. milk.
	Jam.

Mix the flour, sugar, and baking powder. Stir in the beaten eggs and the milk. Beat the mixture well and pour into a round greased tin and bake in quick oven till raised and browned. Cut the cake in half across, spread 1 half with jam and put the other half over and sprinkle with a little castor sugar, and cut into triangular pieces.

Average cost $7\frac{1}{2}$ d.

JAM PUFFS.

Equal quantities of mashed potatoes and flour.	Cold water.
$\frac{1}{2}$ the weight of the potatoes and flour in dripping or butter.	
	Jam.

Mix the flour and potatoes and rub in the dripping. Mix the whole to a stiff paste when cold enough. Turn the dough on to a floured board and roll it out thinly. Cut into rounds. Put ~~1~~ $\frac{1}{2}$ of a tsp. of jam in the centre of each round, wet the edges, and fold the rounds in half. Place on a greased tin and bake 10-12 minutes in a quick oven.

Cost varies.

LIGHTNING CAKES.

2 ozs. butter.
2 ozs. sugar.
2 ozs. flour.

2 ozs. chopped almonds.
2 eggs.
Rind of $\frac{1}{4}$ of a lemon.

Beat the butter to a thin cream without letting it become oily and add the flour and sugar. Mix in the eggs and lemon rind and pour into a flat greased tin. Sprinkle with almonds and bake quickly for 15 minutes. Cut into squares and turn on to a sieve to cool.

Average cost 1d. each piece.

SWISS ROLL.

$\frac{1}{4}$ lb. flour.
 $\frac{1}{4}$ lb. butter.
 $\frac{1}{4}$ lb. sugar.

2 eggs.
1 tsp. baking powder.
Jam.

Beat the butter and sugar to a cream, add the flour and beaten eggs alternately and a little milk if needed. Stir in the baking powder. Have ready a greased flat tin lined with paper. Pour on the mixture and bake till set. Turn out on to some paper, spread with jam, and roll up. Sprinkle with castor sugar.

Average cost 9d.

GINGER BISCUITS.

$\frac{1}{2}$ lb. flour.
 $\frac{1}{4}$ lb. sugar.
 $\frac{1}{4}$ lb. butter.

$\frac{1}{2}$ oz. ground ginger.
 $\frac{1}{2}$ an egg.

Melt the butter and mix all the dry ingredients. Stir in the butter and half a beaten egg. Roll out the dough on a floured board and cut into rounds and bake.

Average cost 7d.

SPONGE CAKES.

4 eggs.
 $\frac{1}{4}$ lb. sifted sugar.
Flavouring, if liked.

$\frac{1}{4}$ lb. fine flour.
1 oz. sugar.
1 oz. flour.

Grease some small cake tins. Mix the oz. of sugar and the oz. of flour together and sprinkle it into the greased tins. Put the sugar into a basin and add the eggs and flavouring

(if any). Set the basin over a pan of hot water and whisk vigorously till the eggs become lukewarm. Remove the basin and whisk till the mixture thickens; this will take about 15 minutes. Sift in the flour and stir in very lightly. Put the mixture into the prepared tins and bake in a quick oven for about 10 minutes.

Average cost 6d.

LEMON CAKES.

$\frac{1}{2}$ lb. flour.	2 tsps. baking powder.
2 ozs. dripping or butter.	$1\frac{1}{2}$ ozs. castor sugar.
1 egg.	$\frac{1}{2}$ tsp. lemon essence.
Rind of $\frac{1}{2}$ a lemon.	A little milk.

Rub the dripping or butter into the flour and add the dry ingredients. Mix in the beaten egg, lemon essence, and enough milk to make the mixture to a very stiff paste. Drop the dough in small rocky cakes on a greased baking sheet and bake in a hot oven for 15 minutes.

Average cost 2 for $1\frac{1}{2}$ d.

BUNS.

$\frac{3}{4}$ lb. flour.	2 eggs.
3 ozs. fat or butter.	$1\frac{1}{2}$ tsp. baking powder.
3 ozs. sugar.	$\frac{1}{2}$ the grated rind of 1 lemon.
A little milk.	2 ozs. of sultanas.

Rub the fat into the flour and add the dry ingredients. Stir in the beaten eggs and enough milk to make a dough. Shape into buns; place on a greased baking tin and bake 20 minutes. Put a small lump of sugar on top of each bun.

Average cost 1d. each.

RICE CAKES.

2 ozs. butter.	$\frac{1}{2}$ tsp. baking powder.
2 ozs. sugar.	A little milk.
4 ozs. ground rice.	Grated lemon rind.
2 eggs.	

Beat the butter and sugar to a cream and add the eggs and rice flour alternately. Stir in the baking powder and bake in small greased cake tins.

Average cost 5d.

GINGERBREAD.

1 lb. flour.	¼ oz. allspice.
10 ozs. treacle.	1 tsp. baking powder.
2½ ozs. fat.	2 eggs.
2½ ozs. brown sugar.	A little milk.
½ oz. ginger.	1 tsp. coriander seed.

Mix the flour, ginger, sugar, allspice and baking powder. Warm the fat and stir it into the flour with the treacle and add the eggs and milk. Pour the mixture into a greased tin and bake in a moderate oven for 1 hour.

Average cost 1/-.

SODA CAKE.

½ lb. flour.	1 tsp. baking powder.
4 ozs. fat.	2 ozs. chopped candied peel.
4 ozs. currants.	2 eggs.
4 ozs. raisins.	A little milk.
4 ozs. sugar.	

Rub the fat into the flour and add the dry ingredients. Beat the eggs and add them to the flour, etc. Add milk if necessary. Put the mixture into a greased tin and bake for 1-1½ hours.

Average cost 8½d.

BATH BUNS.

1 lb. flour.	1 tsp. carraway seeds.
3 ozs. butter.	¼ pint milk.
3 ozs. sugar.	½ oz. of yeast.
2 small eggs.	A few lumps of sugar.

Cream the yeast by mixing it with a tsp. of sugar and a tsp flour, and add the milk, which must be warm. Rub the butter into the flour and add the beaten eggs, yeast, and milk. Knead the mixture and put it to rise in a warm place for 1 hour. When risen, knead into buns; put a small piece of sugar on the top of each, and bake in a quick oven about 15 minutes.

Average cost 1d. each.

SULTANA CAKE.

$\frac{1}{2}$ lb. flour.	$\frac{1}{4}$ lb. sugar.
3 ozs. butter.	2 eggs.
$\frac{1}{4}$ lb. sultanas.	1 tsp. baking powder.

Rub the butter into the flour and add the sugar and sultanas and baking powder. Separate the yolks and whites of the eggs and beat the latter to a stiff froth. Mix in first the yolks and then the frothed whites. Put the mixture into a greased and lined tin and bake for 1-1 $\frac{1}{2}$ hours.

Average cost 6 $\frac{1}{2}$ d.

QUEEN CAKES.

$\frac{1}{4}$ lb. butter.	3 eggs.
$\frac{1}{4}$ lb. castor sugar.	A little lemon-juice.
$\frac{1}{2}$ lb. flour.	1 oz. of either currants or
$\frac{1}{2}$ tsp. baking powder.	chopped almonds.

Beat the butter and sugar to a cream. Add the flour and beaten eggs alternately. Stir in the currants or almonds and the lemon-juice, and bake in small greased cake tins in a quick oven for 10-15 minutes.

Average cost 1d. each.

LEMONADE.

1 lemon | 1 pint of boiling water | 1 tbsp. white sugar.

Peel the lemon as thinly as possible, taking care not to cut down to the white tough skin as it has a bitter taste. Put the peel into a jug with the sugar. Squeeze all the juice of the lemon into the jug through a strainer to prevent the pips from getting in.

Pour 1 pint of boiling water into the jug, cover it, and let it stand till cold. Then strain it.

Average cost 1 $\frac{1}{4}$ d.

TREACLE POSSET.

$\frac{1}{2}$ pint milk | 2 tps. treacle.

Boil the milk and then add the treacle to it. Let them boil together 2 or 3 minutes, stirring gently; then let the saucepan stand at the side of the fire for a few minutes. Strain it, and serve very hot.

The milk will curdle when the treacle is stirred into it.

Average cost 1 $\frac{1}{4}$ d.

TEA JELLY.

1 pint milk.	Sugar to taste.
$\frac{1}{2}$ oz. gelatine.	

Soften the gelatine in the milk, add sugar, if liked, bring it nearly to the boil, stirring constantly. Put the tea into a basin and strain the boiling milk over it through a piece of muslin. Cover it and let it stand 4 minutes. Strain it into a wet mould. Let it stand till cold, and turn it out.

Average cost 6d.

EGG AND SODA WATER.

1 egg.	1 tsp. sifted sugar.
2 tsps. milk.	

Separate the yolk and white of the egg and use the yolk only. Beat it up with the sugar till it is quite creamy. Add the milk and stir it well in. Put it into a tumbler and pour in the soda water.

Average cost 2d.

EEL BROTH.

$\frac{1}{2}$ lb. eels.	8 peppercorns.	
1 small onion.		Thyme, marjoram, & parsley.
2 or 3 cloves.		Salt and pepper.
3 pints water.		

Clean and skin the eel, cut it in small pieces, and put it into a saucepan. Tie the herbs into a bunch, peel and slice the onion, add them with the cloves and the peppercorns and the water; add salt and pepper to taste. Simmer gently till half the liquid has evaporated, skimming it carefully. Strain it and let it cool. Take off all the fat and warm it up again when it is wanted.

Dry toast cut into dice should be eaten with it.

Average cost 6d.

MUTTON BROTH.

$\frac{1}{2}$ lb. scrag mutton.	Salt.
$\frac{1}{2}$ pint water.	

Wash and dry the mutton, take off the fat, cut the meat

into small pieces, and chop the bones. Put the meat and bones into a saucepan with a large pinch of salt and $\frac{1}{2}$ pint cold water. Bring it slowly to a boil, skim it carefully, and let it simmer for $2\frac{1}{2}$ hours, taking care that the steam does not escape. Strain off the meat and bones, skim off the fat. Chop the parsley finely, put it into the liquor, and heat it up again. Season to taste.

Average cost 4d.

SAGO MOULD.

3 ozs. fine sago.
1 pint milk.

$\frac{1}{2}$ oz. white sugar.
A little lemon rind.

Wash the sago, put it with milk, sugar, and lemon rind (which must be very thinly peeled) into an enamelled saucepan, and simmer it till the sago is quite clear. It must be stirred or it may burn.

Have ready a mould filled with cold water. When the sago is ready pour away the water, and put the sago into the wet mould. Let it get cold, and then turn it out.

Average cost $2\frac{1}{2}$ d.

STEWED SWEETBREAD.

1 sweetbread.
Salt.
A slice of toast.

2 peppercorns.
1 bayleaf.
Milk.

Soak the sweetbread in salt and water for 1 hour. Put it in a saucepan and cover it with cold water, boil it up, strain off the water, and cut off all the fat and gristle. Put it into a small saucepan, cover it with milk (half water may be used), add a little salt, the peppercorns and bayleaf, and simmer till quite tender. It will take about $\frac{1}{2}$ hour.

Serve it on a slice of hot toast. Either strain the milk over it or thicken the milk first with a little flour. After taking out the bayleaf and peppercorns boil it well for 2 minutes and pour over the sweetbread.

Cost, when in season, from 4d. to 6d. each sweetbread.

BOILED WHITING.

Skin the whiting, taking care not to break the flesh; take out the eyes, wash it, and curl it up with the tail pushed through the eye sockets. Put it into a pan of boiling water with a little salt (the water must quite cover the fish), draw it to the side of the fire and simmer it slowly. It will be cooked in 6 or 8 minutes.

Lift it out carefully, letting the water drain off it, and serve on a hot dish with a little melted butter.

Average cost of small whiting 2d. each.

ORANGE JELLY.

3 oranges.

1 lemon.

4 ozs. lump sugar.

$\frac{1}{2}$ oz. gelatine.

$\frac{1}{2}$ pint of water.

Rub off the outer rind of the oranges with the lumps of sugar. Peel the lemon very thinly. Simmer the lemon peel and sugar in $\frac{1}{2}$ pint water for 20 minutes

Squeeze the juice of oranges and lemon over the gelatine, add the water, first removing the lemon peel, simmer $\frac{1}{4}$ hour. Strain through a piece of muslin and pour into a wet mould. Let it get cold, and turn out.

Average cost 7d.

MILK COFFEE.

1 good tsp. freshly ground coffee | $\frac{1}{2}$ pint of milk.

Put the milk into an enamelled pan and bring it nearly to a boil, add the coffee, and boil for 3 minutes. Clear it, as for ordinary coffee, by pouring some into a cup and back again several times. Let it stand 10 minutes to settle. Pour it carefully off the grounds, and serve hot.

Average cost 1 $\frac{1}{4}$ d.

BEEF-TEA.

To $\frac{1}{2}$ lb. beef allow $\frac{1}{2}$ pint water.

Get good gravy beef, take off all the fat and gristle, shred it, or, if you have not time, cut it finely across the grain.

Put it into a basin or jar with the cold water, add a small pinch of salt, and let it stand 10 minutes. Then stir it up, cover the jar with greased paper, and steam it for 20 minutes. Stir it again and strain it off. Take off any grease that is left with soft paper. Remember to stir it always before serving or reheating it.

If an Invalid is very tired of beef-tea, a change may be made by mixing a little flour with it when cold, bringing it to the boil, and boiling it for 2 minutes.

Average cost 4d. for $\frac{1}{2}$ pint.

EFFERVESCING GRUEL.

$\frac{1}{2}$ oz. fine oatmeal.	Juice of $\frac{1}{2}$ lemon.	
$\frac{1}{2}$ pint boiling water.		Sugar to taste.
$\frac{1}{2}$ tsp. carbonate of soda.		

Mix the oatmeal to a smooth paste with a little cold water, pour it into the boiling water, stirring well, and boil it for 5 minutes. Add the sugar and lemon juice, pour it into the basin it is to be served in, stir in the carbonate of soda just before serving.

Average cost 1d.

CURRANT GRUEL.

$\frac{1}{4}$ lb. currants | 1 oz. oatmeal | Water.

Wash the currants, tie them up in a piece of muslin, put a pint of cold water into a saucepan, put the currants in, bring the water to a boil, and boil them for about 1 hour.

Soak the oatmeal meanwhile in $\frac{1}{4}$ pint cold water. When the currants are ready, strain off the oatmeal, take out the currants, and pour the oatmeal liquor to the hot water. Boil till it is reduced to $\frac{1}{2}$ pint. Serve hot.

Average cost 1 $\frac{1}{4}$ d.

GRUEL.

$\frac{1}{2}$ oz. fine oatmeal | Sugar to taste | $\frac{1}{2}$ pint of water or milk.

Put the water on to boil, add a small pinch of salt; mix the oatmeal smoothly with a little cold water. When the

water in the saucepan boils stir it quickly in, and then simmer for 10 minutes, stirring carefully.

Pour it into a cup or basin, stir in a little brown sugar, and serve.

If liked, it may be flavoured with a few drops of lemon juice, or a little spice. If spice is used it must be mixed with the oatmeal while dry.

ANOTHER WAY OF MAKING GRUEL.

Use coarse oatmeal and sprinkle it into the boiling water, boil for $\frac{1}{2}$ hour, stirring frequently; then strain it and sweeten to taste.

Average cost $\frac{1}{2}$ d.

BARLEY WATER.

1 oz. of pearl barley.	Water.
A little lemon-juice or rind.	

Wash the barley well. Put it into a pint of water and let it boil up; then pour off the water, add 1 pint fresh water, and boil it till reduced to about $\frac{1}{2}$ pint. If lemon peel is used for flavouring it must be cut very thin and boiled with the barley. Add sugar and flavouring to taste, and serve either with or without straining.

Average cost $\frac{1}{2}$ d.

STEAMED CUSTARD.

1 gill milk | 1 egg | 1 tsp. sugar.

Grease the inside of a cup or small basin. Break the egg into another basin, remove the speck, and beat it thoroughly; stir in the sugar and the milk. Pour all together into the greased cup, cover it with a piece of greased paper, set it in a pan of water that is nearly boiling, and cook it very gently for about $\frac{1}{2}$ hour. If the water is allowed to boil the custard will curdle.

Let it stand a minute after being taken out of the water and then turn it carefully out.

If not meant for an invalid, flavouring of lemon rind or bayleaf should be added; the milk being simmered for a few minutes with the flavouring in it, then allowed to cool, and added to the egg after the flavouring is removed.

Average cost $1\frac{1}{2}$ d.

BAKED CUSTARD.

2 eggs.	A little nutmeg.
$\frac{1}{2}$ pint milk.	

Beat the eggs and mix them with the milk and sugar. Put the mixture into a greased pie dish, sprinkle over the nutmeg, and bake in a slow oven for 30 minutes.

Average cost 3d.

BEEF-TEA CUSTARD.

$\frac{1}{4}$ pint beef-tea | 2 yolks | 1 white of egg.

Beat the yolks and 1 white and mix with the beef-tea. Pour into a buttered cup, cover with greased paper, and steam very gently till set. Turn out and serve either hot or cold, or with a few pieces in a cup of broth. The water must not bubble after the custard is put in, or else it will curdle.

Average cost 4d.

RAW BEEF-TEA.

$\frac{1}{4}$ lb. beef | $\frac{1}{4}$ pint of water.

Shred the meat finely across the grain removing all the fat. Put it in a jar with the water and let stand for 2 hours, or till the water is quite red. Strain off the liquor and serve in coloured glass. Raw beef-tea should be freshly made and used, as it does not keep long.

Average cost 2d.

FAROLA SOUFLÉE.

1 oz. farola.	2 yolks.	
1 oz. butter.		3 frothed whites of eggs.
$\frac{1}{4}$ pint milk.		

Mix the butter and flour together over a gentle heat and add the milk gradually and let it boil. When slightly cooled stir in the yolks and, lastly, the frothed whites. Pour into a greased tin and steam gently about 20 minutes.

Average cost 4 $\frac{1}{2}$ d.

EGG FLIP.

1 fresh egg | 1 tsp. milk or sherry | $\frac{1}{2}$ pint milk.

Beat the egg lightly and stir in the milk or sherry. Add about $\frac{1}{2}$ pint of milk and strain into a glass. A little sugar may be added, if liked.

Average cost 2d.

IRISH MOSS JELLY.

1 pint milk.
 $\frac{1}{4}$ oz. Irish moss.

| 1 strip lemon rind
| 1 oz. sugar.

Soak the moss in cold water for $\frac{3}{4}$ of an hour. Boil the milk with lemon rind and add the moss and simmer for 1 hour. Remove lemon peel and strain into a wet mould and set aside till firm.

Average cost 4d.

CUP OF ARROWROOT.

2 tsps. arrowroot | $\frac{1}{2}$ pint milk | A tsp. sugar.

Mix the arrowroot with a little of the milk, putting the rest on to boil. When boiling stir in the arrowroot, and stir till it thickens. Add the sugar, and serve.

Average cost 1 $\frac{1}{2}$ d.

PORTWINE LOZENGES.

$\frac{1}{2}$ pint port wine.
1 inch cinnamon stick.
1 strip lemon rind.

| ~~1~~ oz. lump sugar. *3 0/20*
| $\frac{3}{4}$ oz. isinglass.

Put the wine into a saucepan with the lemon rind, cinnamon, sugar, and isinglass, and boil for 2 minutes. Strain on to a wetted soup plate, and when firm cut into lozenges.

Average cost 1/6.

MINCED MEAT AND MASHED POTATOES.

Prepare the meat and gravy as for potato pie. Boil the potatoes, strain off the water, and mash them in the saucepan while hot, adding salt and dripping, or milk as for potato pie.

Arrange the potatoes in a wall round a hot flat dish, smooth the outside, and mark it with a fork. Pour the hot minced meat and gravy into the centre.

If minced meat is served without potatoes, a slice of bread should be toasted, cut into 3 cornered pieces (called sippets), and arranged round the dish after the meat is put into it.

BOILED BACON AND BEANS.

Piece of fat bacon, 2 or 3 lbs.	Sauce:—
1 peck of broad beans (measured in their shells).	
Salt.	
Water.	
	1 oz. butter.
	1 oz. flour.
	$\frac{1}{4}$ pint milk.
	$\frac{1}{4}$ pint water.
	2 tbsp. chopped parsley.

Soak the bacon for an hour in warm water. Cut away any discoloured bits, cut off the rind. Put it into cold water and bring it to the boil; when it boils skim it and let it simmer gently $\frac{3}{4}$ hour to the lb.

Shell the beans, put them into boiling water in time to be finished when the bacon is ready, add 1 tsp. salt to every 2 quarts water, and boil till tender. Young beans will take 15 minutes, old ones as long as $\frac{1}{2}$ hour.

Make melted butter sauce, add the minced parsley. Serve the bacon on a hot dish, sprinkle brown crumbs over it. Put the beans round and pour the parsley sauce over them.

Cost varies.

MEAT AND POTATO PIE.

$\frac{1}{2}$ lb. of tinned meat, or cold beef, pork, or veal.	2 onions. 6 ozs. flour. 3 ozs. dripping. Pinch salt. $\frac{1}{2}$ tsp. baking powder. Water. A little gravy.
1 lb. potatoes.	
$1\frac{1}{2}$ tsp. salt.	
$\frac{1}{4}$ tsp. pepper.	
A little dried herbs or sage, if liked.	

Peel and parboil the potatoes. Cut the meat into square pieces about 1 inch across. Peel and slice the onions. When the potatoes are nearly tender drain off the water and

cut them into halves or quarters according to size, and put the meat, potatoes, and onions into the pie dish in alternate layers, sprinkling the seasoning amongst them. Pour in a little gravy.

Make pastry and put it on as for beefsteak pie. Bake $\frac{1}{2}$ hour in a quick oven.

Average cost 1/-, or 7d. with tinned meat.

FRIED LIVER AND BACON.

1 lb. of liver.
 $\frac{1}{4}$ lb. of bacon.
 1 tsp. flour.

Pepper and salt.
 Water.

Cut the liver into neat slices, wash them, dry them, and dip them into flour.

Cut the bacon into thin slices, remove the rind, and fry them nicely. Take them out and keep them hot while the liver is cooking.

Fry the slices of liver in the bacon fat; they should be a nice dark brown on both sides. Put them on a hot dish.

Put 1 tsp. flour into the frying pan, stir well with an iron spoon till it is brown, add pepper and salt and enough water to make the gravy; stir till it boils. Pour round the liver, and arrange the bacon nicely round the edge.

Average cost 8d.

BREAST OF VEAL ROLLED AND STUFFED.

4 lbs. breast of veal.
 $\frac{1}{4}$ lb. bread crumbs.
 $\frac{1}{2}$ tsp. salt.
 $\frac{1}{4}$ tsp. pepper.

2 ozs. suet (finely chopped).
 2 tsp. chopped parsley.
 $\frac{1}{2}$ tsp. sweet herbs.
 A little water.

Mix the suet, parsley, herbs, salt, and pepper with the bread crumbs; add just enough water to bind them. Remove the bones from the meat, turn back the flap, spread the stuffing over the meat, roll it up, and tie it firmly with string in several places.

Dredge with flour and bake for $\frac{1}{2}$ hour, basting well. Slice an onion and fry it in a saucepan large enough to hold the meat, using some of the dripping from the meat. Add 1 tsp. flour, pinch of salt; and when the flour is brown add $\frac{3}{4}$ pint water, boil up. Put in the meat and simmer $1\frac{1}{2}$ hours. Remove the string, and serve. Strain the gravy round the meat.

Average cost 2/10.

HOTCH POTCH.

1 lb. of breast of veal.	2 ozs. of dripping or butter.
2 lettuces.	$\frac{1}{2}$ pint water.
1 pint of green peas.	1 tsp. salt.
3 or 4 small green onions.	$\frac{1}{4}$ tsp. pepper.

Remove the bones from the veal (they can be used for soup), cut it in small neat pieces; wash the lettuces well, and cut them and the onions into slices; put the dripping into a saucepan, let it get hot, put in all the other ingredients except the water and the peas, stir well together, but do not fry. Then add the water, as soon as it simmers add the peas, and simmer 1 hour.

If less gravy is liked, a teacupful of water will be enough, but in that case peas must be boiled separately, and added to the stew just before it is served.

Mutton may be used instead of veal.

Average cost 1/-

COTTAGE PIE.

1 lb. cold potatoes.	1 tsp. flour.
$\frac{1}{2}$ lb. cold or tinned meat.	1 tsp. salt.
1 small onion.	$\frac{1}{4}$ tsp. pepper.
1 oz. dripping.	A little water.

Mash the potatoes finely with a fork, mix in $\frac{1}{2}$ tsp. salt, and $\frac{1}{2}$ oz. dripping, or a little milk.

Mince the meat, take away any pieces of gristle and fat; chop the onion and fry it in $\frac{1}{2}$ oz. dripping, add the flour and brown it nicely, add about $\frac{1}{4}$ pint water and stir till it boils, add the salt and pepper and the minced meat. Simmer 5 minutes. Put the meat and gravy at the bottom of a pie dish. Pile the potatoes over it, keeping them high in the middle. Smooth them, and then roughen the surface with a fork.

Bake till nicely browned.

Average cost 10d., if with tinned meat 5d.

BEEFSTEAK PUDDING.

$\frac{1}{2}$ lb. beef.	2 ozs. suet.
$\frac{1}{4}$ lb. flour.	Salt and pepper.

Cut up and season the meat as for beefsteak pie. Make

suet paste and fit it into a greased pudding basin as for fruit pudding. Steam it with a piece of greased paper over the top; or boil it with a cloth, dipped in hot water and floured, tied firmly over it. It should boil $1\frac{1}{2}$ hours. It may be turned out or served in the basin with a napkin put round it.

Average cost 7d.

IRISH STEW.

1 lb. scrag of mutton.	Cold water.	
2 lbs. potatoes.		1 tsp. salt.
2 good sized onions.		$\frac{1}{2}$ tsp. pepper.

Wash the mutton, wipe it carefully, cut away some of the fat, and the gristle. Cut it into small chops.

Peel the potatoes, cut them in half. Peel and slice the onions. Put a layer of the meat in a saucepan, then a layer of onions, then a layer of potatoes; sprinkle in half the pepper and salt, and repeat.

Pour in enough cold water to come half way up the meat, &c. Bring it to the boil, and then simmer slowly for 2 hours. Serve very hot.

NOTE.—If the potatoes should be preferred whole, lay them on the top of the meat and onions and cook gently, so that the potatoes do not get broken. If large they can be cut in $\frac{1}{2}$'s and $\frac{1}{4}$'s.

Average cost 10d.

HARICOT MUTTON.

$\frac{1}{2}$ lb. breast or neck of mutton.	$\frac{1}{2}$ oz. flour.	
2 small onions.		$\frac{1}{2}$ tsp. salt.
1 carrot.		$\frac{1}{4}$ tsp. pepper.
$\frac{1}{2}$ turnip.		$\frac{1}{2}$ pint hot water.
1 oz. dripping.		

Wash off any dry blood from the meat. Cut it into thin chops; if there is much fat, cut off some of it. Make the dripping quite hot and put the meat into the pan. Fry it to a light brown. Peel and slice the onions, and when the meat is done take it out and fry them. Pour off some of the dripping. Add the flour and brown it nicely with the onions. Pour in the hot water, stir and boil up. Put back the meat. Prepare the carrot and turnip and cut them into small pieces, add them to the meat, put in the seasoning, and simmer $1\frac{1}{2}$ hours. Serve very hot.

Average cost $6\frac{1}{2}$ d.

STEWED STEAK.

$\frac{1}{2}$ lb. steak.
 1 carrot.
 $\frac{1}{2}$ turnip.
 1 onion.
 1 oz. dripping.

A little flour.
 $\frac{1}{2}$ tsp. salt.
 $\frac{1}{4}$ tsp. pepper.
 $\frac{1}{2}$ pint hot water.

Put the dripping into a stewpan. Flour the beef, and when the dripping is quite hot put it in and fry it a nice brown on both sides; then take it out, peel and slice the onion, and fry it lightly; add 1 tsp. flour and stir it well with the onions till it is browned and the dripping is absorbed. Prepare the carrot and turnip and cut them into small pieces (the turnip should be cut into dice, the carrot may be either sliced thinly or cut into strips). Put them into the stewpan, lay the meat on them, add the hot water and the pepper and salt. Stew gently for $1\frac{1}{2}$ hours.

If a steak is tough it will be much improved by pouring a little vinegar on it some hours before it is cooked. The vinegar should be washed off and the steak wiped before cooking.

Average cost 7d.

BEEFSTEAK PIE.

1 lb. beefsteak or skirt and kidney.	} for seasoning.	6 ozs. flour.
1 oz. flour.		3 ozs. dripping.
1 tsp. salt		1 tsp. baking powder.
$\frac{1}{2}$ tsp. pepper		$\frac{1}{2}$ tsp. salt.
		Water.

Cut the meat into neat strips, about $1\frac{1}{2}$ inch wide, cut the fat into small pieces.

Mix the seasoning on a plate. Dip each piece of meat into it and roll it up with a piece of fat in the middle. Arrange the pieces of meat neatly in the pie dish; sprinkle any seasoning that is left over them and fill the dish with water to within $\frac{1}{2}$ inch of the edge.

Mix the salt with the flour, rub in 1 oz. of the dripping as for short paste, add the baking powder, and mix it to a stiff paste with cold water, using a knife. Turn it on to a floured board and roll out. Put the rest of the dripping on half of the pastry, keeping it well inside the edge, fold over the other half and press the edges together. Roll out again. Fold the pastry into 3, turn it so that the rough edges are towards

you, and roll out again. Repeat this 4 times, so that the pastry will have been rolled out 5 times after the dripping was put in. The last time roll it only a little larger than the pie dish. Cut off some strips of pastry, wet the edges of the dish, and put them on. Wet these strips again and put on the cover. Trim off the edges, notch them with the back of a knife, and decorate the pie in any way you like. It will be improved by being brushed over with milk.

Cost 1/2.

SAUSAGE ROLLS.

1 lb. sausages.	} $\frac{1}{2}$ tsp. salt.	
$\frac{1}{2}$ lb. flour.		} 1 tsp. baking powder.
$\frac{1}{4}$ lb. lard.		

Prick the sausages and boil them for 5 minutes. Then take off the skins, cut them in half lengthways, and let them cool.

Make flaky pastry as for beefsteak pie. Roll it out twice as long as it is broad, and about $\frac{1}{4}$ inch thick, keeping the ends as square as possible. Cut it lengthways down the middle, and then cut each strip into 4 squares. Put half a sausage on each square, wet the edges of the pastry, and fold them over, making the join come at the top. Press the ends lightly together and bake on a slightly greased tin about $\frac{1}{2}$ hour in a brisk oven.

Cost 8d.

SAVOURY GOOSE.

$\frac{1}{2}$ lb. scraps of pork or pig's fry and bacon.	} $\frac{1}{2}$ oz. flour.	
2 small onions.		} $\frac{1}{2}$ tsp. salt.
1 lb. potatoes.		

Peel and parboil the potatoes. Wash the fry and cut it and the bacon or meat into nice sized pieces. Peel and slice the onions. Mix the seasoning and flour. Put a layer of the meat at the bottom of a pie dish, then some onions, sprinkle in some of the seasoning, and repeat; pour in a little water for gravy. Cut the potatoes in half and arrange them on the top of the dish, the round part upward. Bake for 1 hour.

Average cost 4 $\frac{1}{2}$ d.

STEWED TRIPE.

$\frac{1}{2}$ lb tripe.
2 or 3 small onions.
1 oz. dripping.

1 oz. flour.
A little sage, if liked.
1 pint water.

Scald the tripe, wipe it dry, and cut in neat pieces. Make the dripping hot, peel and slice the onions, and fry them a light brown; put in the flour and seasoning, stir till it has absorbed the grease and is nicely browned, pour in the water, and boil up. Put in the tripe carefully and simmer it for 2 hours.

Average cost 5d.

OX CHEEK RAGOUT.

1 ox cheek.
1 onion.
1 oz. dripping.
1 dsp. flour.
1 carrot.
1 turnip.

6 cloves.
1 bayleaf.
1 piece celery.
Herbs, salt, pepper.
Forcemeat balls.

Soak the cheek in salt and water overnight. Put it into boiling water and simmer till nearly tender. Then take it out, remove the meat from the bones, and cut it into small pieces. Peel and slice an onion, fry it in 1 oz. dripping; remove it and fry the meat to a nice brown. Put it in a saucepan with 1 pint of the water it was boiled in. Brown a desertspoonful flour in the dripping, boil it up with a little of the liquor, and add it to the meat. Scrape the carrot, peel the turnip, cut them into small pieces, and add with the cloves, bayleaf, celery, and seasoning. Tie the herbs in a bunch and put them in. Make forcemeat balls and put them in. Stew gently $1\frac{1}{2}$ hours.

Take out the herbs. Serve on a very hot dish.

Average cost without balls 1/9.

STEWED SHIN OF BEEF.

1 lb. shin of beef.
 $1\frac{1}{2}$ ozs. dripping.
1 large onion.
1 oz. flour.

1 tsp. salt.
 $\frac{1}{2}$ tsp. pepper.
 $\frac{1}{2}$ tbsp. vinegar.
 $1\frac{1}{2}$ pints water.

Cut the beef in pieces about an inch square. Peel and

slice the onion, make the dripping quite hot, and then fry the onion in it; add the flour and stir well till it has absorbed the dripping. Then pour in the water gradually, stir till it boils, add the salt and pepper, the beef, and vinegar. Cover the pan and let it simmer slowly.

Make forcemeat balls as by recipe given elsewhere.

Average cost 10d.

STEWED BEEF AND RICE.

<p>$\frac{1}{2}$ lb. beefsteak or shin of beef. 1 oz. dripping. 1 onion. 2 ozs. rice. 1 pint water.</p>	<p>1 tsp. salt. $\frac{1}{2}$ tsp. pepper. Bunch of fresh sweet herbs or $\frac{1}{2}$ tsp. dried herbs. 1 tsp. flour.</p>
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Peel and slice the onion, fry it lightly, add the flour, and stir together till brown. Add the water, salt and pepper, and boil up. Cut the meat into square pieces about an inch across, put it into the saucepan. If you have fresh herbs wash a few sprigs, tie them together, and put in. If the herbs are dried, rub them in your hands and add them to the stew. Simmer for 2 hours, stirring occasionally. Wash the rice, put it into the saucepan $\frac{1}{2}$ hour before the stew is ready. Take out the bunch of herbs, and serve.

Average cost 6d.

SHEEP'S HEART ROASTED OR BAKED.

<p>1 heart. 1 small onion. $\frac{1}{2}$ oz. stale bread.</p>	<p>Sage. Pepper and salt. Dripping.</p>
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Wash the heart thoroughly, cut off the deaf ears, and cut through the divisions in the middle.

Peel the onion, boil it for 5 minutes, then chop it finely. Rub the bread into crumbs, chop a teaspoonful of sage, mix them together, and add salt and pepper to taste.

Fill the inside of the heart with this stuffing, put it on a baking tin with some bits of dripping on it, and bake or roast it from $\frac{1}{2}$ hour to $\frac{3}{4}$, according to size, basting it frequently with the dripping. Put it on a hot dish, put 1 teaspoonful flour into the dripping and a pinch a salt, stir well till smooth, add a little boiling water, boil up, and pour round the heart.

Average cost 5d.

TRIPE AND ONIONS.

1 lb. tripe.	$\frac{1}{4}$ tsp. pepper.
2 small onions.	$\frac{1}{2}$ tsp. salt.
1 pint skim milk.	1 oz. flour.

If the tripe is already cleaned, wash it in boiling water ; if not properly prepared put it into a saucepan and simmer it for $\frac{1}{2}$ hour. Cut off the coarse fat, cut the tripe into pieces an inch square, peel and chop the onion finely, put it into a saucepan with the milk, and simmer $1\frac{1}{2}$ hours. When nearly done mix the flour, salt, and pepper to a smooth paste with a little cold milk or water, stir it in, boil up, and serve.

Average cost $8\frac{1}{2}$ d.

RISsoles.

$\frac{1}{4}$ lb. cold meat.	2 tsps. Worcester sauce.
4 tbsp. mashed potatoes.	1 egg.
1 oz. butter.	Some crumbs.
1 oz. flour.	Frying fat.
$\frac{1}{4}$ pint stock or water.	

Mince the meat and mix it with the mashed potatoes. Blend the butter and flour over a gentle heat and stir in the stock and Worcester sauce and let it boil. Add this sauce to the meat and crumbs, also a little salt and pepper ; set aside till cool. Then roll into small balls, cover with beaten egg, and coat with bread crumbs, and fry in hot fat. If wished, the rissoles can be merely rubbed in a little flour and then fried. The rissoles must be put on a little soft paper to let the fat drain off.

Average cost 9d.

ROLLED BEEFSTEAK.

1 lb. steak.	Salt and pepper.
2 ozs. crumbs.	1 tbsp. chopped parsley.
1 oz. chopped suet.	$\frac{1}{4}$ tsp. mixed sweet herbs
$\frac{1}{4}$ pint water.	1 oz. fat.
1 onion.	1 oz. flour.

Mix the crumbs, suet, parsley, herbs with salt and pepper and the beaten egg. Spread the forcemeat on the steak, roll up, and tie it. Heat the fat and fry the onion in it ; then mix in the flour and add the stock gradually. Stir till it boils. Lay in the steak and stew for $1\frac{1}{4}$ hours. Serve with forcemeat balls, if liked.

Average cost $1\frac{1}{4}$.

STUFFED VEGETABLE MARROW.

1 marrow.
 $\frac{1}{3}$ lb. cold meat.
 $\frac{1}{4}$ lb. bread crumbs.
 Sweet herbs.

A little parsley.
 Salt and pepper.
 1 egg.

Mince the meat and mix it with the bread crumbs, salt, pepper, sweet herbs, and chopped parsley, and add the beaten eggs. Peel and cut a marrow in half lengthways and remove the seeds. Fill with the mixture and tie with tape and bake 2-4 hours according to size. If preferred, a gravy can be made as for sea pie, the marrow stewed gently in it.

Average cost 1/2.

BEEF-CAKE.

1 lb. cold beef.
 1 oz. suet (if meat is lean).
 1 tbsp. chopped parsley.
 A few brown bread crumbs.

2 tsps. Worcester sauce.
 A little nutmeg.
 2 mushrooms.
 1 egg.

Prepare a greased basin or mould and line it with brown crumbs. Mince the meat and mix with it the parsley, chopped suet, minced mushrooms, and nutmeg, and stir in the Worcester sauce and egg. Put the mixture into the greased basin, cover with greased paper, and steam for $\frac{3}{4}$ hour.

Serve with tomato sauce, if liked.

Average cost 1/6.

CORNISH PASTIES.

$\frac{3}{4}$ lb. flour.
 $\frac{1}{4}$ lb. dripping.
 $\frac{1}{4}$ tsp. salt.
 $\frac{1}{2}$ tsp. baking powder.
 A little water.

6 ozs. meat.
 6 ozs. potatoes.
 1 onion.
 Salt and pepper.

Mince the meat, potatoes, and onions. Mix them together and add seasoning.

Mix the salt and baking powder with the flour, rub in the dripping, and stir in enough water to make a firm paste. Put it on a floured board, roll it out thinly, cut it into rounds or squares, and put some of the mixture on each. Wet the

edges of the paste, fold the squares over corner to corner ; or double up the edges of the rounds so that they join across the middle of the pasty. Bend the edges into a frill. Brush the pasties over with water or milk. Bake them on a greased baking tin in a hot oven about $\frac{1}{2}$ hour.

Average cost 9d.

TOAD IN THE HOLE.

<p>$\frac{3}{4}$ lb. beef, mutton, or sausages. Pepper and salt.</p>	<p><i>Batter</i> :— 1 egg. $\frac{1}{4}$ lb. flour. $\frac{1}{2}$ pint milk.</p>
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If beef or mutton is used, cut it into neat pieces about an inch square. If sausages are used, prick them and boil them for 2 or 3 minutes, and then remove the skin, which will come off much more easily and cleanly than when raw. Grease a pie dish, put the meat or sausages at the bottom, sprinkle seasoning over it. (Sausages will need very little seasoning.)

Make the batter as for pancakes, pour it over the meat, and bake in a quick oven $\frac{3}{4}$ hour.

Average cost 6d.

MEAT AND POTATO MOULD.

<p>$1\frac{1}{4}$ lb. potatoes. 1 egg. Salt and pepper. $\frac{1}{2}$ lb. cold meat. $\frac{1}{2}$ oz. fat.</p>	<p>$\frac{1}{2}$ oz. flour. $\frac{1}{4}$ pint stock or water. 1 tsp. Worcester sauce. 1 tsp. ketchup. A few brown crumbs.</p>
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Boil and mash the potatoes and mix them with salt and pepper to taste and 1 beaten egg. Grease a mould and sprinkle it with brown bread crumbs. Put in the potatoes, shaping them round the tin, and leaving a hollow in the centre. Brush the edge with a little egg or milk and bake for 20 minutes till firm and brown. Mix the butter and flour over a gentle heat and add the stock or water very slowly. Stir in the sauce and ketchup and add pepper and salt. Let the sauce boil, add the meat, heat through. Turn out the potato casing and fill it with the meat mixture, and serve very hot.

Average cost 10 $\frac{1}{2}$ d.

CURRY.

1½ lbs. of meat.	¾ pint stock or water.	
1½ ozs. butter (or 3 ozs. of fat bacon if veal be used).		2 tbsp. milk.
1 oz. flour.		Salt and pepper.
2 tsps. curry powder.		A little lemon-juice.
1 tsp. curry paste.		½ a sour apple.
	1 onion.	

Heat the butter and fry the onion in it. Remove the onion and stir in the flour, curry powder, curry paste, grated sour apple, and mix to a paste. Add the stock gradually and stir till the sauce boils. Cut the meat into dice and put it into the gravy and simmer gradually for 1¼ hours. Add the milk and lemon-juice and seasoning, and serve with boiled rice.

Cold meat can be used but should not be allowed to boil in the sauce or else it will become hard.

Average cost 1/6.

PORK PIE.

½ lb. flour.	½ lb. pork.	
2 ozs. lard.		Sage.
1 gill water.		Salt and pepper.
Pinch of salt.		

Cut the meat into small pieces and sprinkle it with the sage, pepper, and salt. Boil the water and the lard. Add a pinch of salt to the flour and stir in the lard and water. Cut off ⅓ of the dough for the top and mould the remainder into the shape of a round cake tin, working the sides up round your fist. Fill the mould with the meat and roll out the remainder of the paste to make a cover. Wet the edges and put it on and press the edges well together. Make a hole in the centre, decorate according to taste, and bake for 1½ hours. Add a little stock through the hole in the centre when the pie is cooked. The appearance of the pie is improved by brushing the pastry with a little beaten egg or milk.

Average cost 7½d

SEA PIE.

$\frac{1}{2}$ lb. gravy beef.	4 ozs. flour.
1 oz. dripping.	2 ozs. suet.
$\frac{1}{2}$ oz. flour.	A pinch of salt.
$\frac{3}{4}$ pint water.	2 onions.
Salt and pepper.	

Make the dripping hot, and when it is steaming slightly slice and fry the onions in it till a light golden brown. Stir in the flour, add the water slowly, and stir till the mixture boils. Cut up the meat and lay it in; add salt and pepper.

Add a pinch of salt to the flour, shred and chop the suet finely. Mix it into the flour and make the whole to a stiff paste with a little cold water. Turn the dough out on to a floured board and roll it out, once only, a little larger than the top of the saucepan in which the stew is cooked. Lay the paste carefully over the meat, etc., and simmer gently for $1\frac{1}{2}$ hours. Average cost $7\frac{1}{2}$ d.

FRUIT PIE.

$\frac{1}{4}$ lb. flour.	$\frac{1}{2}$ tsp. baking powder.
2 ozs. dripping or lard.	1 lb. fruit.
Pinch of salt.	About 3 ozs. sugar.

Prepare the fruit. (Apples must be peeled, cored, and cut into quarters or smaller pieces, according to size. Currants must be strung. Rhubarb wiped, or strung and cut up. Gooseberries topped and tailed, and so on). Put half the fruit into a pie dish, then add sugar to taste, and put in the rest of the fruit, piling it high in the middle of the dish. For apples, rhubarb, or green gooseberries, add a little cold water; for juicy fruit this is not needed.

Make short paste thus:—

Put the flour into a basin, add a small pinch of salt and mix it in, rub in the dripping till it is as fine as bread crumbs, using the tips of the fingers; mix in the baking powder, stir in enough cold water to make into a firm paste, using a knife to stir with. When thoroughly mixed turn it on to a floured board and roll it out a little larger than the pie dish.

Wet the edges of the dish, cut off strips of the pastry and lay them on the wet edges, wet the top of the strips and lay the pastry over the pie, press the edges lightly together, notch them with the back of a knife, brush the paste over with water or milk and sprinkle a little sugar on it. Bake in a hot oven $\frac{1}{2}$ hour. Average cost 5d.

GINGERBREAD PUDDING.

$\frac{3}{4}$ lb. flour.	Pinch of salt.
$\frac{1}{4}$ lb. suet.	
3 tbsp. treacle.	
1 tsp. ground ginger.	
	1 tsp. baking powder.
	1 gill cold water.

Have ready a saucepan of boiling water and a greased pudding basin. Mix the baking powder and salt with the flour, add the grated ginger, chop the suet finely and mix it in, put the treacle into the middle of the flour, pour the water over it and stir well till thoroughly mixed. Then put it quickly into the basin, cover with greased paper and steam about $1\frac{1}{2}$ hours. The mixture may be put into several small moulds instead of one large one—they will take less time to cook.

Average cost $4\frac{1}{2}$ d.

BLACK CAP PUDDING.

3 ozs. flour.	$\frac{1}{2}$ pint milk.
1 egg.	
Pinch of salt.	
	1 oz. currants.

Make a batter in the same way as for Yorkshire pudding. Clean the currants, grease a pudding basin and arrange the currants at the bottom of it. Pour in the batter. Cover with greased paper and steam for 1 hour. Serve with sweet sauce.

Average cost 3d.

SCRAP BREAD PUDDING.

Scraps of bread (about $\frac{1}{4}$ lb.)	1 oz. sugar.
$\frac{1}{2}$ pint of milk.	
1 egg.	
2 ozs. currants.	
	A little dripping.
	Nutmeg or mixed spice.

Take enough scraps of bread to fill a pint pie dish nearly full, cut them up and soak them in cold water, or, if you have very little time, in hot water. Beat up the egg and milk together, clean the currants, squeeze the bread dry and put it in a basin with the currants, sugar and spice. Mix thoroughly. Grease a pie dish, put in the mixture and pour the milk and egg carefully in, put a few bits of dripping on the top and bake in a slow oven $\frac{1}{2}$ hour. It should be nicely browned on the top.

Average cost 4d.

STEAMED BREAD PUDDING.

$\frac{1}{4}$ lb. flour	} or $\frac{1}{2}$ lb. bread	1 oz. suet.
$\frac{1}{4}$ lb. stale bread		1 egg.
2 tbsp. raisins.		A little nutmeg.
2 tbsp. brown sugar.		

Take any pieces of stale bread, cut them into moderate-sized pieces and soak them in cold water till quite soft; then squeeze out the water, stone the raisins and cut them in half. Chop the suet finely, mix the bread, raisins, suet and sugar thoroughly, add a little grated nutmeg, beat the egg well and stir it in. Put the mixture in a greased mould, cover with greased paper and steam it for 1 hour.

Average cost $3\frac{1}{2}$ d.

FIG PUDDING.

$\frac{1}{2}$ lb. figs.		$\frac{1}{4}$ lb. suet.
$\frac{1}{4}$ lb. bread crumbs.		$\frac{1}{4}$ pint milk.
$\frac{1}{4}$ lb. flour.		1 tsp. baking powder.
$\frac{1}{4}$ lb. sugar.		

Chop the suet finely and chop the figs, and mix them with all the other dry ingredients. Stir in the milk and put the mixture at once into a greased mould. Cover it with a greased paper and steam $1\frac{1}{2}$ hours.

Average cost $6\frac{1}{2}$ d.

BREAD AND BUTTER PUDDING.

Bread.		1 egg.
Butter.		2 ozs. raisins.
1 oz. sugar.		$\frac{1}{2}$ pint milk.

Cut enough slices of thinly buttered bread to fill a pint pie dish. Stone the raisins and split them open. Lay the bread in a greased pie dish, putting some raisins between each layer, and sprinkle in the sugar. Beat up the egg with the milk and pour in. Bake in a moderate oven $\frac{1}{2}$ hour.

Jam or marmalade may be used instead of raisins.

Average cost $3\frac{1}{2}$ d.

PLUM PUDDING.

1 lb. flour.		$\frac{1}{2}$ lb. treacle.
$\frac{1}{2}$ tsp. salt.		2 ozs. raisins.
1 tsp. baking powder.		2 ozs. currants.
$\frac{1}{4}$ lb. suet.		

Mix the flour, salt, and baking powder in a basin. Chop the suet finely, clean the currants, stone the raisins, and cut them in half. Mix them with the flour. Stir in the treacle and add water enough to make it into a soft paste.

Put it into a greased pudding basin. Grease some paper and twist it firmly round the edge of the basin. Steam it 2 hours.

Average cost $6\frac{1}{2}$ d.

To make a better pudding, put $\frac{1}{2}$ lb. flour and $\frac{1}{2}$ lb. bread-crumbs, add 1 oz. candied lemon peel chopped fine, and moisten with an egg and a very little milk instead of water. Longer steaming will improve it.

CORN FLOUR MOULD.

1 pint milk.		1 bay leaf, or a strip of lemon
2 ozs. corn flour.		peel, or a little cinnamon
1 dsp. sugar.		stick.

Put nearly all the milk into a perfectly clean saucepan, with the sugar and flavouring—let it come to the boil. Mix the corn flour to a liquid and smooth paste with the rest of the milk. When the milk boils, take out the bay leaf or other flavouring, and pour the corn flour into it, stirring rapidly with a wooden spoon to prevent its getting into lumps. Stir quietly till the mixture will leave the sides of the saucepan, and then pour at once into a wetted mould. Let it stand till cold and turn out.

Average cost 4d.

FRUIT PUDDING.

$\frac{1}{2}$ lb. flour.		$\frac{1}{2}$ tsp. baking powder.
3 or 4 ozs. suet.		1 lb. fruit.
A little water.		Sugar to taste.
Pinch of salt.		

Prepare the fruit, grease the inside of a pudding basin. Make suet paste as for Roly Poly, put aside one third of

it for the cover of the pudding, and roll the rest out on a floured board into a round large enough to line the basin. Take the paste up on your hands and let it drop gradually into the basin, taking care to draw it quite up to the edge and fitting it neatly round, fill it half up with fruit, add the sugar, then the rest of the fruit. Pour in a little water if you are not using juicy fruit. Roll out the paste for the cover to the right size, wet the edges of the paste, put on the cover, and press the edges lightly together. Cover the pudding with greased paper and steam 1 hour or more; or it may be covered with a cloth dipped into boiling water, floured and tied over the basin. In this case the boiling water should quite cover the pudding.

Average cost 6d.

PANCAKES.

$\frac{1}{4}$ lb. flour.

1 egg.

Dripping or lard for frying.

$\frac{1}{2}$ pint milk.

Pinch of salt.

Mix the salt with the flour in a large basin; beat the egg well and mix half of the milk with it. Stir this into the flour till it is quite smooth, then beat it well; add the rest of the milk by degrees, pouring it into the cup in which the egg was beaten. The batter will be lighter if allowed to stand some time before being used. Put about $\frac{1}{2}$ oz. dripping or lard into a very clean frying pan, over a hot clear fire; when it is melted and has run all over the pan, pour in about $\frac{1}{2}$ cupful of the batter, fry it a light brown on one side, then turn it over or toss it, and fry the other.

Pancakes may be served flat in a pile, or each rolled separately with sugar and lemon-juice inside them.

Average cost 3d.

CURRANT DUMPLINGS.

10 ozs. flour.

1 tsp. baking powder.

4 ozs. suet.

3 ozs. currants.

Pinch of salt.

A little water.

Mix the salt and baking powder with the flour. Shred and chop the suet finely and add it to the flour. Clean the currants, mix them in, and stir in enough water to make it into a firm dough. When thoroughly mixed, flour your hands,

take small pieces of the dough, and roll them into balls. 12 or 14 can be made with this quantity. Drop the dumplings carefully into a large pan of boiling water, taking care that they do not touch each other, and boil them for 20 minutes. Lift them out carefully, let the water drain off them, and serve on a hot dry dish.

They can be eaten with brown sugar, if liked.

Average cost $4\frac{1}{2}$ d.

RICE PUDDING.

2 tbsp. Carolina rice.
1 tbsp. brown sugar.
A little nutmeg.

1 pint skim milk and a little
chopped suet, or 1 pint new
milk.

Wash the rice thoroughly, put it in a greased pie dish, add the sugar and a little grated nutmeg; mix these. Chop a piece of suet, about the size of a filbert, very finely and mix it in. Fill up the dish with skim milk; stir gently. Bake 2 hours in a moderate oven. The suet is put in to supply the place of the cream that has been taken off the milk; therefore if new milk is used it is not needed. If liked, a well beaten egg may be mixed with the milk before it is added to the rice.

Average cost $2\frac{1}{2}$ d.

ROLEY POLEY.

$\frac{1}{2}$ lb. flour.
3 or 4 ozs. suet.
A little water.
Pinch of salt.

$\frac{1}{2}$ tsp. baking powder.
1 lb. fruit.
Sugar to taste.

Have ready a saucepan of boiling water. Mix the flour with the salt and baking powder. Chop the suet very finely and mix it in. Stir in enough cold water to make it into a stiff paste. Put it on to a floured board, roll it out into a long, thin piece. Spread jam on it, but do not let the jam come to the edges. [If the jam is very stiff it should be softened by warming it before it is spread]. Roll it up neatly.

Dip a pudding cloth into the boiling water, wring it dry, flour it well, and roll the pudding up in it. Tie it at both ends with a piece of string. Fasten the middle with a needle and thread, but allow enough room for it to swell. Boil it for $1\frac{1}{2}$ hours. Remove the cloth carefully, and serve.

Average cost 5d.

BREAD AND JAM FRITTERS.

2 rounds stale bread | Jam.

For Batter :—

3 tbsp. flour.

 $\frac{1}{4}$ pint of milk.

1 egg.

Pinch of salt.

Fat for frying.

Cut the slices of bread very thin, spread them with jam, and put one on the other as for sandwiches. Cut them into neat shapes.

Make the batter in the same way as for pancakes, but rather thicker.

Put the fat into a frying pan to get hot. There should be enough to cover the fritters if possible.

Dip each sandwich of bread and jam into the batter, covering it well. Fry them in the hot fat till the batter is a golden brown. Take them out and put them on soft crumpled paper to let the fat drain off.

Serve them on a hot dish and sprinkle sugar over them.

Average cost 3d.

COLD RICE MOULD.

 $\frac{1}{4}$ lb. rice.

1 pint water.

 $\frac{1}{4}$ pint milk.

1 tbsp. sugar.

Flavouring, if liked.

Boil the water. When boiling wash the rice and put it in, and boil for 10 minutes. Strain off the water and add the milk. Simmer till the rice has soaked up the milk. Add the sugar and flavouring and pour into a wetted mould and set aside till cold. Turn out, and serve with jam or stewed fruit.

Average cost 2d.

TO STEW FRUIT.

1 lb. fruit.

2 ozs. brown sugar.

 $\frac{1}{2}$ pint water.

Flavouring.

Boil the sugar and water together. Wipe the fruit, or if apples, peel and core and cut them in halves. When the syrup is boiling lay in the fruit and simmer very gently till tender, but not broken. Add flavouring to taste. Serve either hot or cold.

Cost varies.

SWEET OMELETTE.

3 eggs.	1 tsp. sugar.	
1 tbsp. milk.		Jam.
1 oz. butter.		

Separate the yolks and whites of the eggs and beat the latter to a stiff paste. Mix the yolks with the milk and sugar and stir in the frothed whites. Melt the butter in a small frying pan and stir in the eggs, etc., mixing till the omelette begins to set. Fry lightly. Turn on to a hot dish. Double the omelette over and put some jam in the centre.

Average cost 4d.

BATTER AND FRUIT PUDDING.

$\frac{1}{2}$ lb. apples.	A pinch of salt.	
3 ozs. flour.		$\frac{1}{2}$ tsp. baking powder.
1 egg.		

Mix the flour and salt together. Beat up the egg and mix it with the milk. Add this gradually to the flour, beating well all the time. Chop the fruit; add it and the sugar to the batter. Pour the mixture into a greased mould, cover with greased paper, and steam for 1 hour.

Average cost 5 $\frac{1}{2}$ d.

LEMON PIE.

The weight of 1 egg in rice-	1 large cup of boiling water.		
flour and sugar.		$\frac{1}{2}$ a cup of sugar.	
1 oz. butter.			1 tbsp. corn flour.
1 tsp. baking powder.			
A pinch of salt.			Rind and juice of 1 lemon.

Mix the butter with the rice-flour, rubbing it down with the tips of the fingers. Add the baking powder and salt and stir in the beaten egg. Grease a plate, pour on the mixture, and bake for about 15 minutes. Dissolve the sugar in the boiling water and stir in the corn flour (which must be previously mixed with a little cold water). Let the mixture cool slightly, and stir in the yolks of 3 eggs and the juice and rind of the lemon. Beat the whites to a stiff froth. Take the cake out of the oven, spread it with the lemon mixture, cover with the frothed whites, and set back in the oven for 1 or 2 minutes to brown the whites of the egg.

Average cost 7 $\frac{1}{2}$ d.

MARMALADE PUDDING.

$\frac{1}{4}$ lb. bread crumbs.	1 egg.
$\frac{1}{4}$ lb. flour.	1 tsp. baking powder.
$\frac{1}{4}$ lb. suet (chopped).	2 tbsp. marmalade.
$\frac{1}{4}$ lb. sugar.	A little milk if necessary.

Mix all the dry ingredients and add the marmalade and beaten egg. If the mixture is too stiff add a little milk. Pour into a greased mould, cover with greased paper, and steam for $2\frac{1}{2}$ hours.

Average cost $7\frac{1}{2}$ d.

ORANGE FOOL.

Juice of 3 oranges.	2 tsp. corn flour.
$\frac{3}{4}$ pint of milk.	1 tbsp. sugar.
1 egg.	

Mix the corn flour with a little of the milk, putting the rest on to boil. When boiling stir in the corn flour and cook well; add the juice and sugar. Allow the mixture to cool slightly, then mix in the beaten egg. Stir over a gentle heat till the egg is cooked. Strain and set aside till cool; stirring sometimes while the mixture is cooling.

Average cost, $6\frac{1}{2}$ d.

MALMSEY PUDDING.

For Short Crust:—

- $\frac{1}{4}$ lb. flour.
- 2 ozs. butter.
- A little water.

For Mixture:—

- 3 tbsp. breadcrumbs.
- 2 eggs.
- 8 lumps of sugar.
- A little Jam.
- $\frac{1}{2}$ pint milk.
- A little flavouring.
- A little piece of butter ($\frac{1}{4}$ oz.)

Make a short crust of the flour, butter, and water, and line a greased pudding dish or flat tin. Boil the milk and crumbs together. Add the sugar, butter, and flavouring, and when slightly cooler stir in the yolks of the eggs. Spread this mixture over the short crust and bake till both are cooked. Spread with a layer of jam and decorate with the frothed whites of the eggs.

Average cost $10\frac{1}{2}$ d.

GOOSEBERRY FOOL.

1 lb. green gooseberries.
3 or 4 ozs. sugar.
A little water.

$\frac{1}{2}$ pint milk.
1 egg.

Stew the gooseberries with a little water and the sugar till tender. Then mash them up. Warm the milk and add the egg, which must be well beaten, and stir over a gentle heat till the custard thickens. Remove at once from the fire and mix it with the gooseberry pulp and set aside till cold.

Average cost $5\frac{1}{2}$ d.

DANISH PUDDING.

$\frac{3}{4}$ cup of pearl tapioca.
 $1\frac{1}{2}$ pts. boiling water.
 $\frac{1}{2}$ tsp. salt.
 $\frac{1}{4}$ cup of sugar.

1 cup of fruit syrup or juice or
a small pot of red currant
jelly.

Boil the tapioca in the water till quite clear, then add the sugar and juice or red currant jelly and cook well together. Put the mixture into a wetted mould, and when cold turn out and serve with custard sauce.

Average cost 7d.

BREAD AND APPLE PUDDING.

1 lb. apples.
 $\frac{1}{4}$ lb. bread crumbs.
2 ozs. brown sugar.

1 oz. chopped suet.
A little nutmeg.
A little grated lemon rind.

Stew the apples with 1 tablespoonful of water till tender; then add half the sugar and the flavouring. Mix the crumbs with the chopped suet and half the sugar. Grease a plain tin and sprinkle it with bread crumbs. Put in a layer of the crumbs, then a layer of stewed apples, and continue doing this till the mould is full: the last layer should be crumbs. Put a few pieces of dripping or butter on the top and bake for $\frac{1}{2}$ hour. Turn out and serve hot.

Average cost 7d.

BEDFORD PUDDING.

$\frac{1}{4}$ pint golden syrup.	$\frac{1}{2}$ tsp. salt.
$\frac{1}{4}$ pint cold water.	6 tbsp. flour.
1 tsp. carbonate of soda.	

Mix the syrup and water together and stir in the flour till enough has been added to thicken the batter. Beat vigorously, add the carbonate of soda and salt, and steam in a greased mould covered with greased paper for $1\frac{1}{2}$ hours.

Average cost $4\frac{1}{2}$ d.

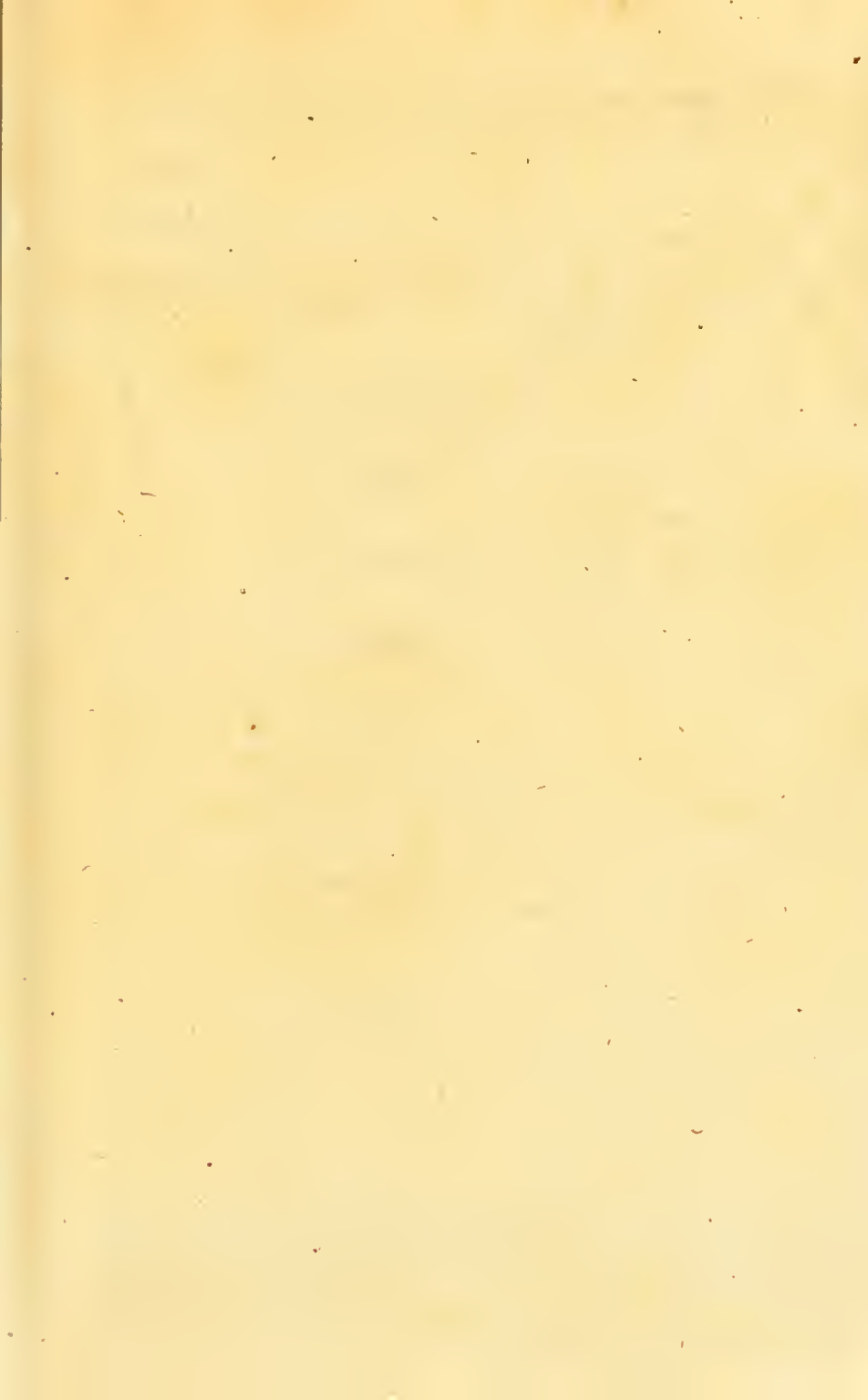
MINCEMEAT.

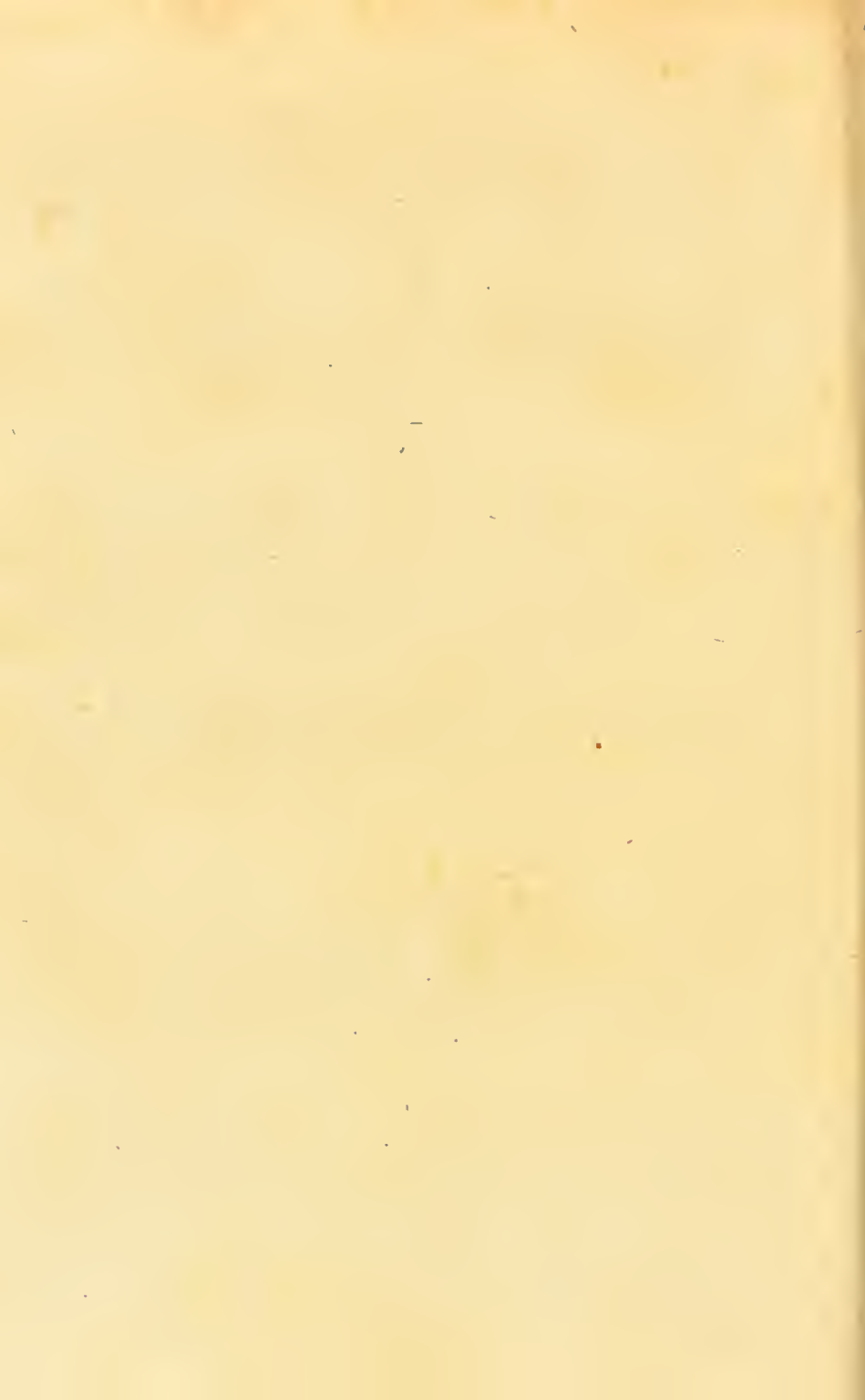
1 lb. each of suet, currants, raisins, sugar, and apples.	1 oz. mixed spice.
$\frac{1}{2}$ lb. candied peel.	Rind and juice of 1 lemon.
	$\frac{1}{2}$ pint brandy.

Stone and chop the raisins, chop apples, suet and peel, grate the lemon rind, mix all together with the brandy and lemon juice. Cover and keep at least 4 weeks.

To make mince pies, line greased patty pans with rough puff paste, put in some mince meat. Cover with rounds of the paste, wetting the edges and pressing them together. Brush with egg or milk and bake about 15 minutes.







RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

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Date	Particulars
22/10/96	Chemical Treatment Fumigation Deacidification spray (PTIA) Lamination Solvents Leather Treatment Adhesives Remarks

