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By John Timbs.



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HINTS FOR THE TABLE.



HINTS FOR THE TABLE:

OR, THE

Economy of Good Living.

To form a science and a nomenclature
From out the commonest demands of nature.—BYRON.



LONDON:

SIMPKIN, MARSHALL, AND CO.

STATIONERS' HALL COURT.

1838.

C. RICHARDS, ST. MARTIN'S LANE, CHARING CROSS.



INTRODUCTION.

THIS little work has originated in the refined character of what, in the present day, are termed, *par excellence*, “the pleasures of the table.” Its main object is to show that the perfection of social enjoyment is neither so costly nor so difficult of attainment as is generally supposed; and, that such pleasures ennoble rather than enervate the mind—thus realising

“The feast of reason and the flow of soul.”

The means by which the Author has sought to work out his design, will, it is hoped, be found to combine entertainment with utility, and amusement with practical information. He has endeavoured to avail himself of the latest inquiries, especially in

Dietetic Chemistry, and adapted their results to the increase of the comforts of every-day life; whilst he has also called to his aid the sister sciences of Zoology and Botany, to determine points which have not yet been tested by common experience. In this pleasant task, very many *New Facts* have been assembled in the several branches of the Art of Refection.

The subject is worthy of all the attention it has received: for, the popular mind has long been disabused of the error associating habits of excess with what we have called “the Art of Good Living;” and our French neighbours have clearly illustrated the wide contrast between the sensuality of Gourmandism, and the refined enjoyment of the Gourmet. That such inquiries are not derogatory to exalted genius is shown in the fact of the most illustrious chemical philosopher of our time—he who filled the Chair of the Royal Society to the admiration of the scientific world—having recorded among the most elaborate pursuits of experimental philosophy,—the excellence of a fish-dinner on the Danube.

As concentration produces high convenience, the following information is conveyed in the fewest words consistent with perspicuity, so as to comprise within these pages very nearly ONE THOUSAND HINTS.

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TOTAL 986 HINTS.

It should be added, that elegance and economy of expenditure have been studiously kept in view; save in a few instances of epicurean fantasies, which have been

quoted rather as the "curiosities" of the subject, than for their direct example. The above enumeration may be startling. It is, however, an excellent maxim of home-philosophy, to "aim at perfection in every thing, though in most things it is unattainable: for they who aim at it, and persevere, will come much nearer to it, than those whose laziness and despondency make them give it up as unattainable."

LONDON: 1838.

. The Quotations from the QUARTERLY REVIEW, which occur in the subsequent pages, are from the following Papers and Numbers of that valuable Journal:

Cookery	No. 104.....	Date 1834.
Gastronomy and Gastronomers	No. 107.....	— 1834.
Walker's "Original"	No. 110.....	— 1836.
Yarrell's British Fishes.....	No. 116.....	— 1837.
Codes of Manners and Etiquette	No. 118.....	— 1837.

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THE VIGNETTE.

THE Cut has been reduced from the vignette to Nichols's *Biographical Anecdotes of William Hogarth*. Third Edition, 1785. It represents Hogarth's Invitation Card, engraved from the original, then "in Charles-street, Grosvenor-square, in the possession of Dr. Wright." The illustrative note is as follows : "A specimen of Hogarth's propensity to merriment, on the most trivial occasions, is observable in one of his cards requesting the company of Dr. Arnold King to dine with him at the Mitre. Within a circle, to which the knife and fork are the supporters, the written part is contained. In the centre is drawn a pie, with a mitre on the top of it ; and the invitation of our artist concludes with the following sport on three of the Greek letters—to *Eta Beta Py*. The rest of the inscription is not very accurately spelt. A quibble by Hogarth is surely as respectable as a conundrum by Swift." Page 63, 64.

HINTS FOR THE TABLE.

HUGE volumes, like the ox roasted at Bartholomew Fair, may proclaim plenty of labour and invention, but afford less of what is delicate, savoury, and well concocted, than smaller pieces.—F. OSBORN.

Diætics.

PROVIDENCE has gifted man with reason; to his reason, therefore, is left the choice of his food and drink, and not to instinct, as among the lower animals: it thus becomes his duty to apply his reason to the regulation of his diet; to shun excess in quantity, and what is noxious in quality; to adhere, in short, to the simple and the natural; among which the bounty of his Maker has afforded him an ample selection: and beyond which, if he deviates, sooner or later he will suffer the penalty.—*Prout.*

Health obviously depends in a great measure on the number, quality, and quantity of our meals; and the grand point for dyspeptic persons, is to avoid hurry, agitation, anxiety, and distraction of every sort whilst the digestive organs are at work. In confirmation of this, the following anecdote is related:—During the time M. de Suffrein was commanding for the French in the East, he was one day waited on by a deputation of natives, who requested an audience just as he was sitting down to dinner. He quietly heard out the message, and as quietly desired the messenger to inform the deputation, that it was a precept of the Christian religion, from which no earthly consideration would induce him to depart, never to attend to

any business of any kind at dinner-time. The deputation went away lost in admiration at the piety of the commandant.—*Quarterly Review*.

According to habit, a certain sum of stimulus is requisite to keep up the necessary excitement; and this sum cannot be immediately withdrawn in weak subjects without some risk; in health, perhaps, the experiment may be safely made at all times, and under any circumstances, although it might be wiser to operate the change by degrees; and, it must, moreover, be recollected, that an habitual drunkard is in a morbid condition, and must be treated accordingly.—*Dr. Millingen*.

In the present state of civilized society, with the provocatives of the culinary art, and the incentives of highly seasoned food, brandy, and wines, the temptations to excess in the indulgence of the table are rather too strong to be resisted by poor human nature.—*Dr. Beaumont*.

It is probable that a regular mode of living is the most likely to prolong our years, whatever may be that regularity in a comparative point of view. A sober man, who commits occasional excesses, is more likely to suffer than another man who gets drunk every night, provided that these excesses do not differ in regard to the quantity or quality of stimulus. In these melancholy instances, the excitement is constant, and the indirect debility which it may produce, has scarcely time to break down the system, ere it is again wound up to its usual pitch, to use the vulgar expression, "by a hair of the same hound." The principal attribute of life that renovates, for a while, its moral and its physical exhaustion, is excitability; and a constant excitement is, therefore, indispensable to serve as a fuel to the consuming fire.—*Dr. Millingen*.

The public are apt to run after systems of diet, or abstain from dishes proscribed by any great medical writer. Thus, an instance is related of Christmas turkeys and sausages having been peremptorily forbidden to enter the house, after the appearance of Sir Anthony Carlisle's imbecile book upon diet and old age; and the savoury

little side-dish of minced veal, long a favourite with the lady of the house, was ordered to be discontinued, until the period arrived when she had no teeth to masticate more solid substances.—*The Metropolitan*.

Every one who has reached the middle of life, must have had occasion to observe, how much his comfort and his powers of exertion depend upon the state of his stomach, and will have lost some of his original indifference to rules of diet.—*Mayo*.

The stomach exercises a great influence over our daily happiness. Mrs. Hannah More says in her quaint way: "There are only two bad things in this world—sin and bile." When in a perfectly healthy condition, every thing goes on well; on the contrary, our doctors tell us that the horrors of hypochondriasis are mainly owing to dyspepsia or indigestion.

Dr. Granville considers that the whole secret of eating and drinking, depends on the manner in which a stomach has been *educated*. "Each," the doctor tells us, "has had its physical education as peculiarly different from the rest, as that which the professor has received in the nursery or at college, and each must be dealt with accordingly."

Dr. Prout has clearly proved, that our principal alimentary matters may be reduced to three classes, of which sugar, butter, and white of egg, are the representatives. Now, milk, the only article absolutely prepared and intended by nature as an aliment, is a compound of all the three classes; and almost all the graniverous and herbaecous matters employed as food by the lower animals, contain at least two, if not all the three. The same is true of animal aliments, which consist, at least, of albumen and oil. In short, it is perhaps impossible to name a substance employed by the more perfect animals as food, that does not essentially constitute a natural compound of at least two, if not three, of these great principles of alimentary matter.—*Quarterly Review*.

After all our baking, roasting, stewing, &c., we can only form the great elementary compound; and our sugar and flour, our eggs and butter, in their many forms and com-

binations, are nothing more nor less than disguised imitations of the elementary prototype, *milk*.

To say of any thing, in the homely way, that "it is as good as mother's milk," is the highest praise we can bestow: nor, is the preference here given to *mother's milk*, an accidental or indifferent circumstance—for all chemists know, that human milk is more nutritious and more digestible than any other. Here we have an instance of the good sense and sound observation couched in our old proverbial expressions.—*Quarterly Review*.

A mixture of animal and vegetable food, aided by cooking and by condiments, may be said to be essential to our well-being and to our social existence; for, all attempts which have been made materially to simplify our diet, have not been attended by any flattering results, nor have either philosophers or economists succeeded in persuading mankind, either by example or precept, that raw vegetables and water are conducive to health and longevity; so that man must still submit to the distinctive definition of being a cooking animal.—*Brande*.

Of our animal food, such as meat, fish, &c., about three-fourths consist of water; the residuary and really nutritive portion contains about half its weight of carbon.

Venison is the most digestible animal food: its age makes it fibrinous; its texture is naturally not so close-grained as that of beef and mutton, and the period during which it is hung, gives it additional tenderness. Next to venison, probably, follow grouse, at least in weather which allows the bird to be kept sufficiently long. All game has relatively this looseness of texture: so a pheasant or partridge is more digestible than a turkey or barn-door fowl. These facts, which Dr. Beaumont ascertained, are at variance with opinions which, for a long time, held their ground. But, Mr. Herbert Mayo, the celebrated physiologist, is fully satisfied of their correctness by observations that he has made on the powers of weak stomachs.

Meats contain the most nutriment, milk and eggs the next, the best farinaeous food the next, fish the next, vegetables the least. The latter often, from the water they

contain, produce flatulence; peas and beans the same. The potato, which is, on boiling, mealy, and breaks into flour on pressure, is extremely digestible.

Mr. Herbert Mayo, in his admirable work, *The Philosophy of Living*, gives the following synoptical view of *Cookery*; by which “meat is rendered shorter, or its texture more separable than when raw; when the process is wholesomest, the oil is in part extracted. The wholesomest cookery is *Broiling*; in which the portion of meat is of no great thickness, and its fibre is cut across. The action of heat upon the divided fibre and the connecting tissue, renders the texture more penetrable, and from the cut surface, the melted fat easily exudes. *Roasting* is next to broiling; not so wholesome, because the contraction of the surface compresses and hardens the interior of the meat, and the oil has a less free escape. *Baking* is inferior to roasting, as the want of motion and the closeness of the oven contribute to detain the oil. *Frying* is unwholesome, inasmuch as it adds oil, and that partly in its worst state, the empyreumatic. *Boiling* has the advantage of extracting the oil from the meat, but it gives hardness, by coagulating the albumen. By the process of *Stewing* this evil is avoided; but, on the other hand, much that is nutritious is parted with in exchange for the mechanical increase of digestibility.”

Fish, in order to be preserved fresh for the market, are allowed to linger and die, instead of being put to death in health, as every living thing intended for food ought to be: this circumstance alters its properties as food; and, probably, is one cause why, with some people, fish is said to disagree, by exciting disturbance in the alimentary canal.

Fish, in proportion to its bulk, may be said to be almost all muscle; and, it is readily known to be in perfection, by the layer of curdy matter interposed within its flakes. It often happens, however, that those parts of fish, viz., the pulpy, gelatinous, or glutinous, which are considered the most delicious, are the most indigestible.

Concentrated nutritive matter is not so digestible as

when it is mixed up with that which is less so, or which is even not at all so. It is for this reason that rich dishes disagree with healthy persons; a larger portion of nutritive matter being thrown into the stomach than it can readily convert into chyle, and the functions are, in consequence, deranged.

Gelatine is one of the most nutritious substances: its purest example is isinglass, with the nutritive properties of which we are familiar in blanc-mange.

Lord Byron says:—

Man is a carnivorous production,
And must have meals at least *once* a day:
He cannot live like woodcocks upon suction,
But like the shark and tiger must have prey.

Allow him two meals—a good breakfast, and a good dinner; but a hot luncheon is a most destructive meal; and half the young men who lose their health or their lives in the East Indies, are destroyed by the excitement of hot luncheons, followed by still hotter dinners.—*Nimrod*.

The true art in the economy of refection, is to partake at one meal only of as much as will leave the eater free to do honour to the next. The luncheon should not be allowed to supersede the dinner, nor should the appetite be reserved solely for the principal repast.—*Ude*.

An adult in full health requires two substantial meals daily, and often without prejudice partakes of two additional slight repasts, in the twenty-four hours. Women, more delicately organized, eat sparingly, and require three meals in the day.

The hour of dinner should be neither too late nor too early: if too late, the system will have been exhausted for want of it, will be weakened, and the digestion enfeebled; if too early, the stomach will crave another substantial meal, which, taken late in the evening, will not be digested before the hours of sleep. A person who breakfasts at nine, should not dine later than six.—*Mayo*.

In Germany, the dinner hour is generally one; in Italy, it is five; in Paris, six; and in London, half-past seven or eight.

The enjoyment of dinner will be materially interrupted by any strong mental excitement, which will temporarily exhaust the digestive powers. Hence conversation at the dinner table should be of the lightest and least exciting kind. Dr. Beaumont made the singular remark, that anger causes bile to flow into the stomach; hence the indigestion of the choleric man.

A black frost gives a glorious appetite. Corned beef and greens send up in their steam your soul to heaven. The music of knives and forks is like that of "flutes and soft recorders," "breathing deliberate valour;" and think, oh think! how the imagination is roused by the power of contrast between the gormogon lying with his buttered breast on the braid of his back, upon a bed of toasted bread, and whurring away in vain down the wind before the death shock.—"*Noctes*" of *Blackwood's Magazine*.

That the practice of drinking immoderately at meals is much more injurious than is generally thought to be, is shown in the following sensible remarks, by Mr. Frederick Salmon, the eminent London surgeon: "I am persuaded that the functions of the stomach are frequently impaired by the practice of taking immense quantities of fluid with our meals. The sensation of thirst results from a deficiency of secretion in the stomach, which secretion is most plentiful during the process of digestion. But, by distending the stomach with large quantities of fluid, we also dilute the gastric juice, in which peculiar secretion, as we believe, the principal power of dissolving the aliment rests; thus, we either impose upon the stomach the necessity of increasing the gastric juice in an increased quantity, or we render the process of digestion uncertain and incomplete. The effect of this dilution may be familiarly elucidated by chemical experiment. Suppose we wished to dissolve any particular substance by the power of an acid, should we not do so more speedily and effectually by pouring the acid upon the substance in an undiluted state, than if we were to lessen its strength by diluting it with large quantities of fluid? The custom of drinking immoderately at our meals is unnatural and injurious."

Mr. Mayo also observes, that nothing produces thirst so much as quenehing it, or grows more readily into habit than drinking. Much liquid weakens the stomach, and produces flatulenee and fat.

There is a great difference between bitters and tonics. Where weakness proceeds from an excess of irritability, there bitters act beneficially; because all bitters are poisons, and operate by stilling, and depressing, and lethargizing the irritability. But, where weakness proceeds from the opposite cause of relaxation, there tonics are good; because they brace up and tighten the loosened string. Braeing is a correct metaphor. Bark goes near to be a combination of a bitter and a tonie; but no perfect medical combination of the two properties is yet known.—*Coleridge*.

The acidity of the stomach, and other symptoms of indigestion which follow oecasional indulgence in wine, may, to a great extent, be prevented by a dose of magnesia at bed-time, which saturates the acid in the stomach, and allays the febrile action.

John Hunter used to say, that most people lived above par, which rendered the generality of diseases and accidents the more difficult of cure.* Baron Maseres who lived to be near ninety, and who never employed a physician, used to go one day in every week without dinner, eating only a round of dry toast at tea.

Sir Humphry Davy in his *Salmonia*, is understood to record the following, as the opinion of the late Dr. Babington, on the erroneous idea, that high living is requisite to sustain us against the fatigues of sporting. "A half-pint of wine for young men in perfect health is enough, and you will be able to take your exercise better, and feel better for this abstinenee. How few people calculate upon the effects of constantly renewed fever in our luxurious system of living in England! The heart is made to act too powerfully, the blood is thrown upon the nobler parts, and with the system of wading, adopted by some sportsmen, whether in

* Sir William Temple says, the only way for a rich man to be healthy, is, by exercise and abstinence, to live as if he was poor; which are esteemed the worst parts of poverty.

shooting or fishing, is delivered either to the hemorrhoidal veins, or what is worse, to the head. I have known several free livers who have terminated their lives by apoplexy, or have been rendered miserable by palsy, in consequence of the joint effects of cold feet and too stimulating a diet; that is to say, as much animal food as they could eat, with a pint or perhaps a bottle of wine per day. Be guided by me, my friends, and neither drink nor wade. I know there are old men who have done both and have enjoyed perfect health; but they are *devil's decoys* to the unwary, and ten suffer for one that escapes."

Exercise should neither be taken immediately before, nor immediately after a full meal. Mr. Abernethy's prescription is—to rise early and to use active exercise in the open air, till slight fatigue be felt, then to rest one hour and breakfast. After this rest three hours, in order that the energies of the constitution may be concentrated in the work of digestion; "then take active exercise again for two hours, rest one, and dine. After dinner rest for three hours; and afterwards, in summer, take a gentle stroll, which, with an hour's rest before supper, will constitute the plan of exercise for the day. In wet weather, the exercise may be taken in the house, by walking actively backwards and forwards, as sailors do on shipboard."

Cookery.

DUGALD STEWART was struck by the analogy between cookery, poetry, and the fine arts, as appears from the following passage: "Agreeably to this view of the subject, *sweet* may be said to be *intrinsically* pleasing, and bitter to be relatively pleasing; both which are in many cases equally essential to those effects, which, in *the art of cookery*, correspond to that *composite beauty* which it is the object of the painter and the poet to create."—*Philosophical Essays*.

Cookery, so far from possessing any deleterious tendency, is, on the contrary, highly conducive to the preservation

of health, inasmuch as it protects the appetite against the disadvantageous monotony of plain food.—*Ude.*

Yet, Dr. Philip, in his *Treatise on Indigestion*, gives the following pithy opinion on the art of Cookery: “Beyond a certain degree of roasting and boiling, the art of cookery is nothing but that of pleasing the palate at the expense of the stomach.”

The French term *gourmandise* applies to the most refined epicurism, as distinguished from gluttony. It has its name in French alone: it can be designated neither by the Latin *gula*, the English *gluttony*, nor the German *lüstern*.

Gourmandise, when partaken, has the most marked influence on the happiness of the conjugal state. A wedded pair endowed with this taste, have once a day, at least, an agreeable cause of meeting. Music, no doubt, has powerful attractions for those who love it; but it is necessary to set about it—it is an exertion. Moreover, one may have a cold, the music is not at hand, the instruments are out of tune, one has the blue devils, or it is a day of rest. In *gourmandise*, on the contrary, a common want summons the pair to the table; the same inclination retains them there; they naturally practise towards one another those little attentions which show a wish to oblige; and the manner in which their meals are conducted enters materially into the happiness of life.—*From the French.*

It is a mistaken notion that good cookery is expensive; on the contrary, it is the cheapest. By good cookery, we make the most of everything; by bad cookery, the least.

“English cookery is by no means agreeable, as everybody is obliged to bite and chew twice as much as in France, Italy, and Germany; which is trying enough to young teeth, but utter destruction to older masticators.” Such is the opinion of Von Raumer, whose experience ranged from a banquet at Devonshire House, to a basin of leg of beef soup in Drury Lane.

Diet should be varied in the same meal; this salutary object may be obtained by a meal of different dishes. It may be desirable to take nourishment, when the appetite, from

whatever cause, has faded and gone off. In that case, a spoonful of soup, a flake of fish, a slice of cold beef, in succession, will provoke an appetite, and with it digestion, where the nicest mutton cutlet, or the most tempting slice of venison, would have turned the stomach.—*Mayo*.

A notion generally prevails that viands cooked in the French fashion are deprived of their nutritive properties in the process. This is unfounded; for, according to Dr. Prout, in France most substances are exposed, through the medium of oil or butter, to a temperature of at least 600 degrees, by the operation of frying, or some analogous process. They are then introduced into a macerating vessel, with a little water, and kept for several hours at a temperature far below the boiling point, not perhaps higher than 180 degrees, and by these united processes, the articles, whether of animal or vegetable origin, are reduced more or less to a state of pulp, and admirably adapted for the farther action of the stomach.

As a hint upon economy, Ude reminds his reader, that the best cookery, where you omit salt and pepper, goes for nothing. The French chemists are of opinion that, the difference in flavour of broths depends more upon the nature and proportions of the saline than the animal ingredients.

We all know how unpalatable fresh meat and vegetables are without salt; but few are aware of the mischief which has arisen from not eating salt at meals. Dr. Paris relates that he once had a gentleman of rank under his care for a deranged state of the digestive organs; from some unexplainable cause, the patient had never eaten any salt with his meals, when the doctor enforced the necessity of his taking it in moderation, and the recovery of his digestive powers was the consequence.

Dr. A. Hunter notes: "I was once so presumptuous as to suppose that the seasoning in cookery might be weighed out after the manner directed by physicians in their prescriptions; but, I soon found that my plan was too mechanical. I have, therefore, abandoned it, and now freely give to the cooks the exercise of their right, in all matters that regard the kitchen." Dr. King has well observed:

The fundamental principle of all
 Is what ingenious cooks the *relish* call;
 For when the markets send in loads of food,
 They all are tasteless till that makes them good.

Numbers of persons attribute gout to the frequent use of dishes dressed in the French fashion. "Many years' experience and observation," says M. Ude, "have proved to me that this disorder has not its origin in good cheer, but in excesses of other kinds. * * A copious and sustained exercise is the surest preventive. It is true the gout more frequently attacks the wealthy than the indigent; hence it has been attributed to their way of living; but this is an error. It is exercise only which they need.—*Ude*.

Turtle, Whitebait, and Venison, are luxuries much more esteemed in English than in French cookery.

"*C'est la Soupe*," says the proverb, "*qui fait le Soldat*:" "It is the Soup that makes the Soldier." Excellent as our troops are in the field, they are very inferior to the French in cookery. The English soldier lays his piece, or ration, of beef at once on the coals, by which means the one and the better half is lost, and the other burnt to a cinder; whereas, six French troopers fling their messes into the same pot, and extract a delicious soup, ten times more nutritious than the simple *rôti* ever could be.

Cookery is the soul of festivity at all times, and to all ages. How many marriages have been the consequence of meeting at dinner! How much good fortune has been the result of a good supper! At what moment of our existence are we happier than when at table! There hatred and animosity are lulled to sleep, and pleasure alone reigns. It is at table that an amiable lady or gentleman shines in sallies of wit, where they display the ease and graceful manner with which they perform "the honours." Here their wants are satisfied, their minds and bodies invigorated, and themselves qualified for the high delights of love, music, poetry, dancing, and other pleasures. Many people rail against attributing much importance to the pleasures of the table: but, it is not observable that these moralists are more averse than others to the gratification of the palate when opportunity occurs.—*Ude*.

The theory of the kitchen appears trifling; but its practice is extensive. Many persons talk of it, yet know nothing of it beyond a mutton-chop or a beef-steak.—*Ude*.

It is remarkable that the first decisive proof of genius given by Carème, (the *chef* of French cookery),[†] was a sauce for Fast dinners. He began his studies by attending a regular course of roasting, under some of the leading roasters of the day. This is a valuable hint for some of the “professed cooks” of our country.

Daubing consists in passing bacon through meat; while larding is only on the top and sides, or surface only.

Braising is now common in large kitchens: it enriches meats, game, and poultry, which may be kept ten days or a fortnight in the braise.

Braising is well managed in France, by burying the braising kettle in live wood ashes. A fricandeau is best prepared by putting red hot embers upon the cover of, as well as beneath, the stew-pan.

A *Bain-marie*, or Water-bath, is very useful to cooks, for keeping articles warm without altering the quantity or quality. If you keep sauce, broth, or soup, by the fire-side, the soup reduces and becomes too strong, and the sauce thickens as well as reduces. The water in the bath should be very hot, but not boiling.

Broiling and frying are nicer arts than commonly thought. For all articles the gridiron should be allowed to get hot, and be rubbed with fat, or chalked for fish, lest the bars mark the article broiled. Crumbs for frying are best prepared by drying bread before the fire, then pounding it in a mortar, and sifting it. Charcoal makes the best broiling and frying fire. The *sauté*-pan is very useful to fry meat lightly before stewing it.

Entrées are those dishes which are served in the first course with the fish.

Entremets are the second course which comes between the roast meat and the dessert.

Entrées and *Entremets* should never be attempted without

means and appliances to boot ; for “better first in a village than second at Rome” is a maxim peculiarly applicable to cookery.—*Quarterly Review*.

The danger from copper cooking vessels is three-fold : 1. From their being untinned, and the articles prepared in them affecting the copper. 2. From their contracting the poisonous rust, verdigris, when put away damp. 3. From soups and stews being left to cool in them. The instance of a party of gentlemen being poisoned at Salt Hill, from neglect of the latter kind, is well known. In 1829, a gentleman was poisoned in Paris by partaking of soup which had been warmed in a foul copper saucepan. And, in 1837 the daughter of the Countess of L. and all her family, residing in Paris, were poisoned by a stew, which had been allowed to stand and get cold in a copper pan.

In our system of cookery, the paucity of standards of taste is a great disadvantage. In France, a dish once tasted is always known again ; but in England, such is not the ease, for a *ragoût*, *fricassée*, or curry, will vary in flavour at different tables. This is mainly owing to the contradictory receipts in different cookery-books, and the liberties taken with them.

The waste of available animal food in the form of bone is prodigious. Bone constitutes, upon an average, a fifth part of the weight of an animal, and one-third of the weight of bone may be reckoned as good substantial food. The weight of butcher's meat consumed in London annually is supposed to be 172 millions of lbs., = 35 million lbs. of bones, = 11 million lbs. of dry gelatine, or real nutritive matter, which is so far *wasted* as not to be applied to the support of human life. The bones of pork, game, poultry, and fish, not included in the above notice, must also be of great amount. From all, or any of these, an excellent dry gelatine, or portable soup, might be prepared, and sold for about 2s. per lb., equivalent to three or four times its weight of raw meat. An honorary reward for the best essay on the “Cookery of Bone” would not be ill bestowed ; soups innumerable, and other palatable and nutritious dishes, might spring out of such an enquiry, especially if pursued by any

good cook, who would condescend to learn a little chemistry.
—*Brande.*

Papin's Digester is in high repute for more easily obtaining the cartilage and gelatine from bones; but with this disadvantage which is not so well known: the taste of the solution is empyreumatic, if not ammoniacal, on which account a loosely covered vessel is best.

By the use of Perkins's new Boiler, which may be simplified as a boiler within a boiler, the liquid constantly circulates between the two vessels, and carries off the acquired heat of the outer boiler, the bottom of which never burns, nor rises in temperature many degrees above the heat of the liquid. By the application of this principle to culinary vessels, no careless cook can burn what is to be dressed, by neglecting to stir it.

At Sheffield, the Kitchen-range has been brought to such perfection as to roast, boil with steam and water, and to bake. A public establishment there is fitted with a range, by which a dinner has been cooked for upwards of three hundred persons!

A Steam-table has been invented, on which distillation, decoction, digestion, and evaporation, can be performed in movable vessels, by steam and hot water alone: it also forms an excellent culinary and confectionary apparatus.

By the Bruges Stove, lately invented, a joint of meat may be roasted, two good-sized pies baked, a pudding and two sorts of vegetables boiled, and sufficient heat and room left to prepare half a dozen sorts of sauces or gravies, all at one and the same time, with an expenditure of 6lb. of coke and 2lb. of coal, the value of which will not exceed one penny! At this rate, the cost of roasting a leg of mutton would not exceed one farthing!

Cooking by Gas has already been perfected by Mr. James Sharp, of Northampton. His apparatus consists of a boiler, containing four gallons of water, which is kept boiling by a ring of gas flame underneath. On the top of this vessel are small saucepans; and, on each side of the same is a steamer. The roasting apparatus consists of a tin case, about 4ft. high by 2ft. square, with a door opening in front: at

the bottom is a circle of gas-burners, over which the meat is roasted; and, at the top of the case is an oven for baking pies. At first, it appears like baking the meat instead of roasting it, to those who do not know the difference between roasting and baking; in an oven the air is confined, but in the above contrivance it circulates freely, which is the distinction. Stewing, frying, and broiling are likewise effected by this apparatus. One of the earliest specimens was constructed for the Bath Hotel, at Leamington; by which a dinner, (at a guinea a head), for one hundred persons was prepared by one cook. The economy is great; a dinner for fifty persons having been cooked for sevenpence!

Among the numerous scientific contrivances for generating heat for Cooking and Warming, none is more simple or effective than enclosing a lump of wetted lime in a metal box, upon which all the processes of cookery have been successfully carried on. A stove thus made is much in use in France, Belgium, and Switzerland. Another method, of more recent invention, is to surround a vegetable compost with quick-lime, by the slackening of which intense heat is produced.

By Wells's apparatus, fresh water is distilled from seawater; but, instead of a common worm-tub, the pipe from the still-head is passed through the side of the ship into the sea. Meantime, provisions for the ship's crew are cooked by the fire, so that the distillation is conducted with little, if any, additional fuel; and the importance of economy of room on board ship need not be pointed out.

An apparatus for the filtration of water has been invented at Paris, and its success sanctioned by a committee of the French Academy of Sciences. The principles on which it acts are those of high pressure, combined with two opposing currents, put in daily motion by means of taps and pipes, for the purpose of cleansing, and preventing all adhesion of earthy and impure matter.

The Art of Dining.

ACCORDING to the lexicons, the Greek word for *dinner* is *Ariston*, and, therefore, for the convenience of the terms, the art of dining is called *Aristology*, and those who study it, *Aristologists*.—*The late Mr. Walker, in the Original.**

A first-rate dinner in England, is out of all comparison better than a dinner of the same class in any other country; for we get the best cooks, as we get the best singers and dancers, by bidding highest for them, and we have cultivated certain national dishes to a point which makes them the envy of the world.—(*Quarterly Review*.) To support this assertion, we have the unqualified admission of Ude: “I will venture to affirm, that cookery in England, when well done, is superior to that in any country in the world.” The class of cookery to which Ude refers is Anglo-French, or English relieved by French.

The golden rule for the art of giving dinners is—let all men’s dinners be according to their means.

In order to have a table regularly served, two points are important: one of which belongs to the cook, and the other to the housekeeper. The duty of the cook is to dress the dinner well, and to dish it up elegantly. The housekeeper’s duty, among other things, is to make out the bill of fare, and to direct the dishes to be so placed upon the table as to accord with each other, thereby forming a picture that, by pleasing the eye, may whet the appetite; and here a quick eye, to measure distances, and a correct distributive taste, are requisite. Dr. King, in his *Art of Cookery*, addressed to Dr. Martin Lister, thus humourously touches upon the subject:—

Iugenuous Lister, were a picture drawn
With Cynthia’s face, but with a neck of brawn;
With wings of turkey, and with feet of calf,
Though drawn by Kueller, it would make you laugh.
Such is (good sir) the figure of a feast,
By some rich farmer’s wife and sister drest:
Which, were it not for plenty and for steam,
Might be resembled to a sick man’s dream,—
Where all ideas huddling run so fast,
That syllabubs come first, and soups the last.

* Third edition, 1837.

Mr. Walker has written a series of papers full of information on the *Art of Dining*. One of his objections to the present arrangement of a dinner-table, is forcibly illustrated as follows:—"See a small party with a dish of fish at each end of the table, and four silver covers unmeaningly starved at the sides, whilst every thing pertaining to the fish comes, even with the best attendance, provokingly lagging, one thing after another, so that contentment is out of the question, and all this is done under the pretence that it is the most convenient plan! This is an utter fallacy. The only convenient plan is, to have every thing actually upon the table that is wanted at the same time, and nothing else: as, for example, for a party of eight, turbot and salmon, with doubles of each of the adjuncts, lobster-sauce, cucumbers, young potatoes, eayenne, and chili vinegar; and let the guests assist one another, which, with such an arrangement, they could do with perfect ease." Among the practices which interfere with comfort, are, attendants handing round vegetables, and helping wine to the company.

To order dinner well is a matter of invention and combination. It involves novelty, simplicity, and taste; whereas, in the generality of dinners, there is no character but that of dull routine, according to the season. The same things are seen everywhere at the same season, and, as the rules for providing limit the range very much, there are a great many good things which never make their appearance at all, and a great many others which, being served in a fixed order, are seldom half enjoyed.

To form an agreeable dinner-party, every guest should be asked for some reason, upon which good fellowship mainly depends; for, people brought together unconnectedly, had better be kept separate.

If the master of a feast wishes his party to succeed, he must know how to command, and not let his guests run riot, each according to his own fancy.

In entertaining those who are in a different class from ourselves, it is expedient to provide for them what they are least used to, and that which we are most in the way of

procuring of superior quality. Many people, from their connexion with foreign countries, and with different parts of their own, are enabled to command with ease to themselves, what are interesting rarities to others; and one sure way to entertain with effect, is, to cultivate a good understanding with those with whom we deal for the supply of the table.—*Walker*.

To ensure a well dressed dinner, provide enough, but beware of the common practice of having too much. The table had much better appear bare than crowded with dishes not wanted, or such as will become cold before they are partaken of.

The smaller the dinner, the better will be the chance of its being well cooked. Plain dinners are often spoiled by the addition of delicacies; for so much time is consumed in dressing the latter, that the more simple cooking is neglected.

The elements of a good dinner are fewer than is generally supposed. Mr. Walker observes that, “common soup, made at home, fish of little cost, any joints, the cheapest vegetables, some happy and unexpensive introduction (as a finely-dressed crab, or a pudding), provided everything is good in quality, and the dishes are well dressed, and served hot and in succession, with their adjuncts—will ensure a quantity of enjoyment which no one need be afraid to offer.”

All strong dishes should be eaten last, for any mild dish after them will taste flat and insipid. As a rule, take the light-coloured sauce first; for high colour is always obtained by intense reduction of meat, and it is easy to conclude that the brown sauce must be stronger.

State without the machinery of state, is of all states the worst. Mr. Walker relates that he once received a severe frown from a lady, at the head of her table, next to whom he was sitting, because he offered to take some fish from her, to which she had helped him, instead of waiting till it could be handed to him by her *one* servant.

Bachelors' dinners are mostly popular, on account of the absence of form from them.

The old English habit of *taking wine together* affords one of the most pleasing modes of recognition when distant, and one of the prettiest occasions for eouetry when near. There is a well-known lady-killer who esteems his mode of taking wine to be, of all his manifold attractions, the chief; and, to do him justice, the taet with which he chooses his time, the air with which he gives the invitation, the *empressement* he contrives to throw into it, the studied carelessness with which he keeps his eye on the fair one's every movement till she is prepared, and the seeming timidity of his bow, when he is all the while looking full into her eyes—all these little graces are inimitable.—*Quarterly Review*.

The difficulty of getting a glass of wine in the regular way, is beginning to exercise the ingenuity of mankind. Mr. Theodore Hook was once observed, during dinner at Hatfield House, nodding like a Chinese mandarin in a tea-shop. On being asked the reason, he replied, "Why, Lady Salisbury, when no one else asks me to take champagne, I take sherry with the *épergne*, and bow to the flowers."—*Quarterly Review*.

The expense of a dinner at a *restaurant* in Paris, is pretty nearly the same as at an English coffee-house, and greater than at an English club. At the respectable houses, a gentleman may dine for six or seven francs, or augment the expenses to the prices of the Albion or the Clarendon; but, a large party may be furnished at the best *restaurant* in Paris, the *Rocher de Cancale*, for two Napolcons, or 35s. a head, with such a dinner as would be charged in London at five guineas a head.—*Metropolitan*.

When the allied monarchs arrived in Paris, in 1814, they were compelled to contract with a *restaurateur*, (Véry) for the supply of their table, at the moderate sum of 3,000 francs (25*l.*) a day, exclusive of wine.

The following maxims for a dinner are translated from *Le Physiologie de Goût*.

How is a meal to be regulated in order to unite all things requisite to the highest pleasures of the table? I proceed to answer this question.

1. Let not the number of the company exceed twelve, that the conversation may be constantly general.

2. Let them be so selected that their occupations shall be varied, their tastes analogous, and with such points of contact that there shall be no necessity for the odious formality of presentations.

3. Let the eating-room be luxuriously lighted, the cloth remarkably clean (!), and the atmosphere at the temperature of from thirteen to sixteen degrees Reaumur. (60 to 68 degrees Fahrenheit.)

4. Let the men be *spirituels* without pretension—the women pleasant without too much coquetry. ('I write,' says the author, in a note, 'between the Palais Royal and the Chaussée d'Antin.')

5. Let the dishes be exceedingly choice, but limited in number, and the wines of the first quality, each in its degree.

6. Let the order of progression be, for the first (the dishes), from the most substantial to the lightest; and for the second (the wines), from the simplest to the most perfumed.

7. Let the act of consumption be deliberate, the dinner being the last business of the day; and let the guests consider themselves as travellers who are to arrive together at the same place of destination.

8. Let the coffee be hot, and the liqueurs *chosen by the master*.

9. Let the saloon be large enough to admit of a game at cards for those who cannot do without it, and so that there may, notwithstanding, remain space enough for post-meridian colloquy.

10. Let the party be detained by the charms of society, and animated by the hope that the evening will not pass without some ulterior enjoyment.

11. Let the tea be not too strong; let the toast be scientifically buttered, and the punch carefully prepared.

12. Let no retreat commence before eleven, but let every body be in bed by twelve.

If any one has been present at a party uniting these twelve requisites, he may boast of having been present at his own apotheosis.

Lady Morgan has described a dinner by Carême, at the Baron Rothschild's villa, near Paris; wherein "no burnished gold reflected the glaring sunset, no brilliant silver dazzled the eyes; porcelain, beyond the price of all precious metals, by its beauty and its fragility: every place a picture, consorted with the general character of sumptuous simplicity which reigned over the whole." The crowning merit of this splendid repast appeared to be that, "every meat presented its own natural aroma—every vegetable its own shade of verdure."

The late accomplished Earl of Dudley said: a good soup, a small turbot, a neck of venison, ducklings with green peas, or chicken with asparagus, and apricot tart, is a dinner fit for an emperor—when he cannot get a better.

Mr. Walker well observes: Any body can dine, but very few know how to dine so as to ensure the greatest

quantity of health and enjoyment. Indeed many people contrive to destroy their health; and as to enjoyment I shudder when I think how often I have sat in durance stately to go through the ceremony of a dinner, the essence of which is to be without dinner; and how often in this land of liberty I have thought myself a slave.

Such is now the mania for large parties, or so absorbing the vanity of easte, that, during the flush of the London season, there is no longer a semblance of sociability—nor can even pleasure, in and by itself, be deemed the main object of pursnit: for, we verily believe that if all the pleasantest people in town were collected in a room, the men and women of “society” would be restless in it, unless they could *say* they were going to *the* ball or concert of the night:—

‘Which opens to the happy few
An earthly paradise of or-molu.’

Quarterly Review.

It is a foolish plan to profess to give dinners better than other people. “Unless you are a very rich, or a very great man, no folly is equal to that of thinking that you soften the hearts of your friends, by soups *à la bisque* and Vermuth wine, at a guinea a bottle! They all go away, saying, ‘What right has that d—d fellow to give a better dinner than we do? What horrid taste—what ridiculous presumption!’”—*Bulwer.*

The Table.

CIRCULAR Dining and Supper Tables are gradually coming into fashion, so as, in imagination, to revive the chivalric glory of “the Round Table.” An expanding table of this form has recently been invented, the sections of which may be caused to diverge from a common centre, so that the table may be enlarged or expanded by inserting leaves, or pieces, in the openings, or spaces, caused by such divergence. An immense table has been constructed upon this principle for Devonshire House; it consists of some dozen pieces. This novelty in the table has given rise to a new

form of table-cloth manufacture, of great costliness and beautiful design. The setting of the loom for a cloth for a large circular table is stated to have cost 70*l.*

Tables Volantes, (flying tables), are understood to have been invented under the eye of Louis XV. "At the *petits-soupers* of Choisy were first introduced those admirable pieces of mechanism, which descended and rose again, covered with viands and wines."—(*Notes to Rogers's Poems.*) This singular contrivance was, we believe, introduced by Mr. Beckford, at Fonthill, the prandial appointments of which were in luxurious style. Though Mr. Beckford rarely entertained any society, yet he had his table sumptuously covered daily. He has been known to give orders for a dinner for twelve persons, and to sit down alone to it, attended by twelve servants in full dress—eat of one dish, and send all the rest away. There were no bells in the mansion; the servants waiting by turns in the ante-rooms.

The management of an *épergne*, *plateau*, or centre piece, presents an opportunity for the display of taste; as these superb ornaments are usually of beautiful forms, richly chased: the glass-pieces and the plate should be alike in brilliant order.

If dinner-rolls be not used, bread should not be cut less than one inch and a half thick.

A judicious arrangement of dishes gives additional merit to a dinner, and the *entrées* of any appearance should be always parallel: it adds wonderfully to the effect.

As boiling water will often break cold glass, so a cold liquid will break hot glass: thus, wine, if poured into decanters that have been placed before the fire, will frequently break them.

By careful experiment, it has been proved that the flame of a tallow candle is far more brilliant than that of wax-lights; composition candles are equal in vividness of light, excepting always that, into the composition of them there enters a portion of tallow, which is next, though at a wide distance, from the tallow candle.—Dr. Ure has ascertained that a mould candle will burn half an hour longer than a dipped

candle, of the same size, and give rather more light. The doctor has also proved that in candles, generally, the larger the flame, the greater the economy of light.

A wax, or well-refined spermaceti candle, requires no snuffing, as the whole of it, wick included, burns away in flame. To render tallow candles equally volatile, arsenic has been used with success; but, in burning, these candles give out a poisonous vapour, which is very prejudicial to the sight and health. The "Metallic Wick Candles" have a small portion of the metal bismuth in them, which is perfectly harmless; it has the property of rendering the combustion of the candle more perfect, producing a white flame, and preventing the unpleasant smell that is observed on entering a room lighted with common tallow candles.

The arsenicated candle may be known by the wick smelling like garlic when it is blown out.

In purchasing wax, spermaceti, or composition candles, there will be a saving by proportioning the length or size of the lights to the probable duration of the party. Mixed wax and spermaceti make the best candles, of which a long *four*, (that is, four to the pound) will last ten hours; a short *six* will burn six hours; and a *three*, twelve hours. There should be as many lights at the dinner table as there are guests.

The smoke of lamps in rooms is known to be detrimental to ornamental furniture, as well to the ceiling and walls. It is, therefore, surprising, that we have not yet adopted the simple French method of preventing this nuisance. This is to fix, by three wires, a thin concave of copper, at about an inch above the chimney glass of the lamp, yet capable of being removed at pleasure. The gaseous, carbonaceous matter, which occasionally escapes from the top of lamps is thus arrested beneath the concave cup, and subsequently consumed by the heat of the flame, instead of passing off into the room in the form of smoke or soot.

According to experimental calculation, the difference in the expense of gas and candles is about two-thirds in favour of the former.

It does not appear that tallow is most economically burnt in candles; for a lamp, upon the Argand principle, has been invented, which, with one pound of tallow will continue to burn for eighteen hours, producing a light more than equal to eight candles of that weight.

Gas lighting has been introduced into private houses, but with equivocal success. Mr. Loekhart well observes that "the blaze and glow, and occasional odour of gas, when spread over every part of a private house, will ever constitute a serious annoyance for the majority of men—still more so of women." Sir Walter Scott, in 1823, introduced gas-lighting into the dining-room at Abbotsford. "In sitting down to table in Autumn, no one observed that in each of three chandeliers there lurked a little tiny bead of red light. Dinner passed off, and the sun went down, and suddenly, at the turning of a serew, the room was filled with a gush of splendour, worthy of the palace of Aladdin; but, as in the case of Aladdin, the old lamp would have been better in the upshot. Jewellery sparkled, but cheeks and lips looked cold and wan in this fierce illumination; and the eye was wearied, and the brow ached, if the sitting was at all protracted."—*Life of Scott*, vol. v.

American waiters are not fond of being called by the sound of a bell, and unless in large towns you scarcely see them in the United States. Bells, however, are not in universal use in Europe: they are more frequent in England than in any other country; even in France they are far from general. In Turkey there are none, as Lord Byron tells us:

Turkey contains no bells, and yet men dine.

In some large establishments in Britain, the in-door signal for dinner is the loud sounding of a gong instead of the bell.

Flowers have, of late years, been introduced at table with delightful effect. The Romans, it is certain, considered flowers essential to their festal preparations; and, at their desserts, the number of flowers far exceeded that of fruits.

The designs upon British porcelain and earthenware have long been referred to as proof of the bad taste of their

manufacturers ; though, in this case, the censure should be thrown upon the public themselves. For example, the common earthenware manufacture takes its style of ornament from China, that was brought to this country many years since ; and this barbarous style of covering is still continued. A very great improvement has been lately made in multiplying the copies of designs for transfer to the surface of the ware, by printing off cylinders a continuous sheet ; but, such is the constant demand for the old Chinese barbaric ornaments, from the bad taste of the public, that the manufacturers have been compelled to engrave these patterns on the new cylinders, though they have, at the same time, produced much more tasteful designs of their own.

The subject of the Wedgwood hieroglyph—the *Willow-pattern* dinner service—is humorously illustrated in *Bentley's Miscellany*, No. 13.

A style of ornament is now fostered to a great extent, and is erroneously termed that of Louis XIV, but which, in fact, is the debased manner of the reign of his successor, in which grotesque varieties are substituted for classic design. It is, in truth, what the French call the style of Louis XV. The best style of Louis XIV is the Roman and Italian styles made more sumptuous ; but, the moment that the grotesque scroll, so common in the reign of Louis XV, was introduced, it interrupted the chasteness of the Roman style.—*From the Evidence of J. B. Papworth, Esq., before the Parliamentary Committee on Arts and Manufactures.*

Carving.

To be able to carve well is an useful and elegant accomplishment. It is an artless recommendation to a man who is looking out for a wife.

Bad carving is alike inconsistent with good manners and economy, and evinces in those who neglect it, not only a culpable disrespect to the opinion of the world, but carelessness, inaptitude, and indifference to any object of utility.

You should praise, not ridicule your friend, who carves with as much earnestness of purpose as though he were legislating.—*Dr. Johnson.*

When those persons who carve badly come to keep house themselves, they will soon find to their cost, the extravagance and waste of bad carving and bad management.

In a club, nothing is so prejudicial as bad carving. A joint ill carved at first by one, is always disregarded by the other members; and, frequently, from this circumstance, a joint of great weight and price is no longer presentable, and is left to the loss of the establishment.—*Ude.*

In serving soup, one ladleful to each plate is sufficient. A knife applied to fish is likely to spoil the delicacy of its flavour; so that it should be helped with a silver slice or trowel, and be eaten with a silver fork and bread. Do not pour sauce over meat or vegetables, but a little on one side. In helping at table, never employ a knife where you can use a spoon.

The upper part of a roast sirloin of beef should be carved at the end, and never cut in the middle, unless you wish to destroy the joint in revenge.

Be careful always to cut down straight to the bone, by which method you never spoil the joint, and help many persons with little meat; what remains looks well, and is good to eat.

In carving a leg of mutton, slice it *lightly*, else, if you press too heavily, the knife will not cut, you will squeeze out all the gravy, and serve your guests with dry meat.

Ude considers a saddle of mutton is usually carved contrary to taste and judgment. "To have the meat in the grain, pass your knife straight to one side of the chine, as close as possible to the bone; then turn the knife straight from you, and cut the first slice out, and cut slices lean and fat. By disengaging the slices from the bone in this manner, it will have a better appearance, and you will be able to assist more guests."

If you begin to carve a joint in the middle, the gravy

will run out on both sides, and the meat shrink and become dry, and no more presentable.

Never pour gravy over white meat, as the latter should retain its colour.

Of roasted fowl, the breast is the best part; in boiled fowl, the leg is preferable.

The shoulder of a rabbit is very delicate; and the brain is a tit-bit for a lady.

In helping roast pheasant or fowl, add some of the cresses with which it is garnished.

The most elegant mode of helping hare is in fillets, so as not to give a bone, which would be a breach of good manners.

There are certain choice cuts or delicacies with which a good carver is acquainted: among them are the sounds of cod-fish, the thin or fat of salmon, the thick and fins of turbot; a portion of the liver and roe to each person; the fat of venison, lamb, and veal kidney; the long cuts, and gravy from "the alderman's walk" of a haunch of venison or mutton; the pope's eye in a leg of mutton; the oyster cut of a shoulder of mutton; the ribs and neck of a pig; the breast and wings of a fowl; back-pieces, ears, and brains of a hare; the breast and thighs, (without the drumsticks,) of turkey and goose; the legs and breast of a duck; the wings, breast, and back of game.

Before cutting up a wild duck, slice the breast, and pour over the gashes a few spoonful of sauce, composed of port wine or claret (warmed), lemon juice, salt, and cayenne pepper; dexterity in preparing which is a test of gentlemanly practice.

The most delicate parts of a calf's head are the bit under the ears, next the eyes, and the side next the cheek.

If eraw-fish be added to a fricasseed elieken, (as in France), one of the fish should be placed on the top, in dishing, and served to the first guest.

If you should happen to meet with an accident at table, endeavour to preserve your composure, and do not add to

the discomfort you have created by making an unnecessary fuss about it. An accomplished gentleman, when carving a tough goose, had the misfortune to send it entirely out of the dish, and into the lap of the lady next to him; on which he very coolly looked her full in the face, and with admirable gravity and calmness, said,—“Madam, I will thank you for that goose.” In a case like this, a person must necessarily suffer so much, and be such an object of compassion to the company, that the kindest thing he could do, was to appear as unmoved as possible. The manner of bearing such a mortifying accident gained him more credit than he lost by his awkward carving.—*The Young Lady's Friend.*

Soups.

BROTHS and soups are difficult of digestion, if made a meal of; but have not this effect if eaten in a small quantity. They may be rendered more easily digestible if thickened with any farinaceous substance; bread eaten with every mouthful of soup answers as well.—*Mayo.*

The Englishman has a proverb,—“I don't like slops;” by which he means, he does not like soups or broths; and he is right, if we refer to the English method of making them. Broth or soup is, in all parts of Europe, save in the United Kingdom, a regular dish at dinner, and is very often the only breakfast. It is made of meat, fish, game, or vegetables; and each is excellent in its kind if well made, and both savoury and nourishing. In England, it is customary to buy coarse pieces for soup, to stew them down, and give the meat to the dogs; or, if we boil a piece of meat, we mostly throw the water away; that *water*, (as we call it,) which, with a few vegetables, would make a comfortable meal for half, or perhaps, for all the family.

On a good first broth, and good sauce, you must depend for good cookery. The smallest drop of fat or grease is insufferable, and characterises bad cookery, and a cook without method.

The French chemists have ascertained that soup may be


made more delicate by soaking the meat first at a low temperature, and setting aside the weak stock, to which should subsequently be added the strong broth obtained by adding fresh water to the meat, and continuing the boiling.

The great fault of English soups most in favour, is their strength or weight, from the quantity of meat in their composition. Soup, it should be recollected, is not especially intended as a point in a repast; wherefore, it has been shrewdly observed, that to begin dinner by stuffing one's self with ox tail or mock turtle when two or three dishes are to follow, argues a thorough coarseness of conception, and implies, moreover, the digestive powers of an ostrich. The general fault of English tavern soups is an excess of spices, ketchup, and salt, to mask their poorness.

Spring soup, or Julienne, is the proper thing in the ordinary run of houses in this country, where varieties of the simple *potage* are unknown. Spring soup, from Birch's, in Cornhill, is particularly recommended in the season, as being quite delicious.

Dr. Hunter observes of a rich vegetable soup with meat, that it is only proper for those who do not stand in fear of gouty shoes and a pair of crutches.

Carrot soup, (or the French *Soup à l'Aurore*;) can only be made in perfection when the carrots are new; old carrots will not answer. It is very wholesome and medicinally antiscorbutic.

The elegant mode of cutting vegetables and herbs to be eaten in soups, is in fillets thus:  Vermicelli should be broken, and then blanched in boiling water to take off the taste of dust, before it is put into soups. If it be not broken it will be in long pieces, and unpleasant to serve. It should not be allowed to remain too long in soup, else it will become a paste; the time should not exceed fifteen minutes.

The pet *potage* of George III, was a rich vermicelli soup, with a few very green chervil leaves in it; and, with his more epicurean successor, it was equally a favourite. It was first served from the kitchen at Windsor.

The French have a soup which they call "*Potage à la Camerain*," of which it is said, "a single spoonful will lap the patient in Elysium, and while one drop remains on the tongue, each other sense is eclipsed by the voluptuous thrilling of the lingual nerves."

Giblet soup, according to Dr. Hunter, is as full of gout as the richest turtle. As turtle is the *regina voluptatis*, this dish may be said to be one of her maids of honour.

Marigold-flowers, dried and rubbed to powder, improve broths and soups, however much this addition has fallen into disuse.

Asparagus tops should be put into soup at the moment of sending it up.

Carrageeu or Irish Moss is an excellent thickener of soups and broths; and it is a very economical substitute for isinglass in orange, lemon, or savory jellies, and blanc-mange.

Grouse soup is made at Hamilton on the principle of a young grouse to each of the party, in addition to six or seven brace stewed down before hand for stock.

There are two methods of making water-souhey. It may not only be made clear; but by sacrificing a good many fish, stewing them well with parsley-roots, &c., as usual, and then pulping them through a sieve, an excellent *purée* is produced, which makes a delicious accompaniment to the large and entire fish served therein.

Ude asserts, that the receipt for turtle-soup, in his *French Cook*, is the best, if not the only practical one in print, upon which he has bestowed his utmost care and attention. When in manuscript, he obtained a very high price for it.

In dressing a turtle, be cautious not to study a very brown colour; the natural green being preferred by every epicure and true connoisseur.

To keep turtle-soup three weeks or a month, cover it about an inch thick with lard with which a little oil has been mixed; it being poured on when it will only just flow.

If you warm turtle-soup in a *bain marie*, it will retain

its flavour; but, if you warm it often, it will become strong, and lose its delicacy of flavour.

The usual allowance at what is called a Turtle-Dinner, is 6lb. live weight per head. At the Spanish-Dinner, at the City of London Tavern, in 1808, four hundred guests attended, and 2,500 lb. of turtle were consumed.

Dr. Kitchiner observes, that turtles often become emaciated and sickly before they reach this country, in which case the soup would be incomparably improved by leaving out the turtle, and substituting a good calf's head.

In turtles' eggs, the yolk soon becomes hard on boiling, whilst the white remains liquid; a result in direct opposition to the changes in boiling the eggs of birds.

Plum-broth or porridge was eaten as soup at Christmas, at St. James's, during the reign of George III; and a portion of it was sent to the different officers of his Majesty's household. The following is a list of the ingredients:—

Leg of veal, 40lb.	40 lb. raisins.
6 skins of beef.	40lb. currants.
50 fourpenny loaves.	30lb. prunes.
Double refined sugar, 60lb.	2 ounce cochineal.
150 lemons and oranges.	1 ounce nutmeg.
6 dozen sack.	$\frac{1}{2}$ ounce cinnamon.
6 dozen old hock.	$\frac{1}{2}$ ounce cloves.
6 dozen sherry.	

Fish.

Fish of different kinds varies in digestibility. The most digestible is whiting, boiled; haddock next; cod, soles, and turbot are richer and heavier; eels, when stewed, notwithstanding their richness, are digestible. Perch is, perhaps, the most digestible river-fish; salmon is not very digestible, unless in a fresher state than that in which much of it reaches the London market.—*Mayo*.

The consumption of fish in the metropolis has been considerably increased by the vigilance of the inspectors at Billingsgate: it formerly happened that a family who had once or twice purchased bad fish, gave up the use of an article which there was some uncertainty of procuring in a

proper state. The high price of fish is not, as generally supposed, from any monopoly in the sale of it; but is, in a great measure, owing to the system of credit which the retail dealer is compelled to give; the frequent losses he sustains, and to the practice of the patronage of noblemen and gentlemen being disposed of by their servants in consideration of a heavy per-centage.

A few years ago, the price of salmon at Billingsgate was, on an average, 1s. per lb.; it is now often sold at the rate of butchers' meat; and, owing to the rapidity of its conveyance by steam-boats, is in much better condition than when higher prices were demanded for it.

No general rule of certainty can be laid down for determining the freshness of Fish, and its fitness for food, as has been commonly supposed; unless we are acquainted with the habits of the several species. Mr. Yarrell, the distinguished naturalist, observes: "It may be considered as a law, that those fish that swim near the surface of the water have a high standard of respiration, a low degree of muscular irritability, and great necessity for oxygen, die soon—almost immediately when taken out of the water, and have flesh prone to rapid decomposition. On the contrary, those fish that live near the bottom of the water have a low standard of respiration, a high degree of muscular irritability, and less necessity for oxygen; they sustain life long after they are taken out of the water, and their flesh remains good several days. The carp, the tench, the various flat fish, and the eel, are seen gaping and writhing on the stalls of the fishmongers for hours in succession; but no one sees any symptoms of motion in the mackerel, the salmon, the trout, or the herring, unless present at the capture. These four last-named, and many others of the same habits, to be eaten in the greatest perfection, should be prepared for the table the same day they are caught;* but the turbot deli-

* The chub swims near the top of the water, and is caught with a fly, a moth, or a grasshopper, upon the surface; and Isaac Walton says, "But take this rule with you—that a chub newly taken and newly dressed is so much better than a chub of a day's keeping after he is dead, that I can compare him to nothing so fitly as to cherries newly gathered from a tree, and others that have been bruised and lain a day or two in water."

cate as it is, may be kept till the second day with advantage, and even longer without injury; and fishmongers, generally, are well aware of the circumstance, that fish from deep water have the muscle more dense in structure—in their language, more firm to the touch,—that they are of finer flavour, and will keep longer than fish drawn from shallow water.”—*Yarrell's History of British Fishes.*

River-fish out of season and unwholesome, are constantly sold and eaten at London during March, April, and May, from the purchasers being ignorant that the above are the fencing or spawning months for all kinds of river-fish, except trout and eels.

A turbot, if kept two or three days, will eat much finer than a very fresh one; it being only necessary to sprinkle the fish with salt, and hang it by the tail in a cool place. If a turbot be boiled too fast, it will be woolly.

A small turbot broiled is excellent. A *roasted* turbot was the boast of a party of connoisseurs, who dined at Fricœur's, in 1836; but, a gentleman had the curiosity to ask M. Fricœur in what manner he set about dressing the fish:—“Why, Sire, you no tell Monsieur le Docteur Somerville, (one of the epicurean guests); we no roast him at all, we put him in oven and bake him.” This anecdote is related in a recent number of the *Quarterly Review*.

Nasturtium flowers make a brilliant garnish for a turbot. By the way, Quin, unlike the herd of epicures, preferred the flesh of the dark side of the turbot.

Cold turbot, or soles, may be dressed as salad: or the fillets may be warmed in white sauce for a side dish. Or, the fish may be made into a delicious omelet.

If a cod-fish be hung up for a day, the eyes being taken out, and their places filled with salt, the fish will eat much firmer, and its flavour will be improved.

Cod-fish should be crimped in *thin* slices, when they will be boiled equally; but if crimped in *thick* slices, the thin or belly part will be overdone before the thick part is half boiled. Again, thin slices need not be put into the kettle, until the guests are arrived.

Enclose a silver spoon in the belly of a cod-fish during the boiling: if it be in good condition, the silver will remain uncoloured, when taken from the fish at table.

The Dutch eat stewed and baked cod-fish with oiled butter and lemon-juice.

The cupidity of fishermen, the rivalry of epicures, and the fastidiousness of the palate of salmon eaters, have fancifully multiplied the species of the salmon. One of the most celebrated varieties in the annals of epicurism is *L'ombre chevalier*, of the Lake of Geneva, identical with the char of England, the Alpine trout, the *rötheli* of Swiss Germany, and the *schwarz renta* of Saltzburg.

The Christchurch salmon is decidedly the best in England; for the Thames salmon may now be considered extinct, not more than four having been caught in as many years, though a good many have been sold as such.

Split salmon is fashionable; and it is the best mode in which the fish can be dressed to ensure its being boiled throughout. On the Tweed, and in other salmon districts, a salmon is never boiled whole.

Culvered or crimped salmon is the only kind introduced at the table of the true *gourmet*. If it be left too long in the water, it loses all its taste and colour.

Sir Humphry Davy has described the mode of crimping salmon in its native district. The fish is first stunned by a blow on the head, then cut crosswise just below the gills, and crimped by cutting to the bone on each side, so as almost to divide him into slices: he is next put into a cold spring for ten minutes, and then put slice by slice into a pot of salt and water boiling furiously; time being allowed for the water to recover its heat after the throwing in of each slice; the head is left out, and the thickest pieces are thrown in first. Sir Humphry explains the effect of crimping and cold in preserving the curd of the fish, by concluding that the fat of the salmon between the flakes of the muscles being mixed with much albumen and gelatine, is extremely liable to decompose, but is kept cool by the spring; and, by the boiling salt and water, (which is of a higher temperature

than that of common boiling water the albumen is coagulated, and the curdiness is preserved. And the crimping, by preventing the irritability of the fibre from being gradually exhausted, seems to preserve it so hard, that it breaks under the teeth; while a fresh fish, not crimped, is generally tough.

Salmon is eaten at Killarney broiled in slices on skewers of arbutus wood, over a fire of the same, while the potato beneath is allowed to absorb the exuberance which the fire extracts.—*Quarterly Review*.

In broiling salmon, set the gridiron on a slope, with a vessel to receive the oil that drains off, which, if it fell into the fire, would spoil the fish.

Smelts are caught in vast quantities on the shores of the Scheldt. The name *smelt* is Dutch, from the fish seeming to *melt* away and disappear, when disturbed by the fishermen. In France, smelts are served upon a silver skewer run through the gills.

When red mullet are abundant in fishmongers' shops, a fine mackerel season may be expected. The early mackerel are frequently attended by a few mullet; and whenever they nearly, if not altogether, equal the mackerel in number, the circumstance is generally the presage of the approach of great shoals of mackerel.

Red mullet are most plentiful in May and June, at which time their colours are most vivid, and the fish, as food, in the best condition.

The red mullet, (soldiers as they have been called,) are sometimes bought on our western coast for sixpence each; and the large ones, (called serjeants,) for eighteen-pence. Indeed, so cheap have they been, that it was no uncommon thing to see an epicure taking the liver out of his mullet to apply it as sauce to his John Dory, leaving the flesh to more vulgar palates. What would the Romans have said to this? Pliny records that one gentleman, Asinius Celer, gave eight thousand nummi (between 64*l.* and 65*l.* sterling) for one mullet. The Romans had mullet cooked in crystal vases, that they might watch the beautiful colours of the

fish, varying under the hand of death, and shooting transiently along to please the eye of the epicures.

The common grey mullet must not be confounded with the red mullet: the former is one of the six good things for which the county of Sussex is proverbial.

The flesh of mullet is white, firm, and of good flavour; and being free from fat, is easy of digestion.

Skate is absurdly rejected by some persons. If this fish be hung up for a day or two, then cut into slices, broiled, and eaten with butter, it will be delicious. The female skate is more delicate than the male.

London is principally supplied with eels from Holland; and whole cargoes are daily sent up the river to be eaten as Thames or Kennett eels at Richmond, Eel-pie Island, &c. Eels are, however, to be had in the highest perfection at Godstow, Salisbury, Anderton, or Overton.

A *matelotte*, in general, must have eels mixed with it: carp alone are not so good as the eels; which require longer cooking than any other fish.

The muddy taste of eels, lampreys, and tench, may be discharged by par-boiling them in salt and water.

The Dorries of Plymouth and Brighton are very fine.

The Dory, and, indeed, all sea fish, to be eaten in perfection, should be boiled in sea-water. Quin, returning from a visit to Plymouth, once ordered a cask of sea-water to be to be tied behind his carriage, that he might eat dory in perfection at Bath.

Quin's journey to Plymouth to eat the John Dory in perfection, is eclipsed by the epicures of Cape Town, journeying 300 miles, to Mossel Bay, to enjoy a feast of the delicious oysters found there.

The sea bream is rather a despised fish, and has been sold as low as half-a-crown per cwt. Its more ordinary flavour may, however, be materially improved by the following mode of dressing it. When thoroughly clean, wipe the fish dry, but do not take off any of the scales. Then broil it, turning it often, and if the skin cracks, flour it a little

to keep the outer case entire. When on table, the whole skin and scales turn off without difficulty; and the muscle beneath, saturated with its own natural juices, which the outside covering has retained, will be found of good flavour—*Yarrell's British Fishes*.

Maekerel which are taken in May and June are superior in flavour to those taken either earlier in the spring, or in autumn. They are best *à la maître d'hôtel*.

To enjoy the flavour of maekerel, they should not be washed, but wiped clean and dry with a cloth.

Thames trout are occasionally taken weighing 16lb., and from 8 to 12lb. is a common weight. There is no fish in Britain which can equal them in flavour and in goodness.

The Hampshire trout are very celebrated; but those from the Colne and the Carshalton river are preferred by many persons.

The red trout from the lake near Andermath, on the St. Gothard road, are the very finest in Europe. The trout from the lake of Como are also much recommended. The hamlet of Simplon is also celebrated for its delicious trout; and at the post-house there, the *pâtés de chamois* are excellent.

It would be worth the trouble of a journey to Austria to a *gourmet*, to eat the delicious trout there. They are the fish bred in the snow-fed rivulets of the Alps, brought from thence, and prepared for the table in stews, perforated with holes, sunk in some running stream. They are carefully fed; and, when required for the table, make but one leap from the cold water into the saucepan. They are served either fried, or simply boiled, in their own dark blue coats, beautifully spotted with red; and when in good condition, have all the firmness of the white of an egg.

Some of the finest and oldest carp are found in the windings of the Spree, in the tavern gardens of Charlottenburg, the great resort of the Sunday strollers from Berlin. Visitors are in the habit of feeding them with bread-crumbs, and collect them together by ringing a bell, at the sound of which shoals of the fish may be seen popping their noses upwards from the water.

Pike are capital if bled in the tail and gills as soon as caught; they die much whiter, which is a comfort to themselves, and look better at table.—*Quarterly Review*.

A Medway pike, after feeding on smelts, is a first-rate delicacy; and a well-fed river pike is capital.

Pike were formerly very rare, as may be inferred from the fact, that in the latter part of the thirteenth century, Edward I fixed the value of pike higher than that of fresh salmon, and more than ten times greater than that of the best turbot or cod. They were so rare in the reign of Henry VIII, that a large one was sold for double the price of a house-lamb in February, and a pickerel, or small pike, for more than a fat capon.—*Yarrell's British Fishes*.

Perch should be taken from a bright river, or transparent lake; if from a pond, they should be kept in some rapidly running river, till the clear stream has washed away all weedy flavour. When this precaution has not been taken, the fish and its soup are redolent of mud.

Perch is so delicate and easy of digestion, that it is particularly recommended to those invalids who have weak debilitated stomachs.

Perch is eaten in high perfection in South Holland, in water-souchies, or plain boiled, served with white piquante sauce, and white and brown bread and butter, flanked by a rich and sweetish red wine. Perch are also excellent fried in batter.

The piper-garnard, of a brilliant red colour, is most delicious. Even Quin has borne testimony to the merits of a west-country piper.

In France, whittings are not skinned, but only slit, dipped in flour, and fried in very hot dripping, and served without any sauce.

Although barbel are rejected as a fish not fit to be eaten, they are by no means to be despised, if dressed as follows: the fish should be well cleaned, and the back-bone taken out, and the sides cut into slices, thrown into salt and water for an hour or two, and then spitcheoked, as eels.—*Jesse's Angler's Rambles*.

Tench is a fish which real epicures think very little of.

Tench was formerly recommended as a sovereign remedy for jaundice; and, it is probable that the golden colour of the fish, when in high season, induced the ignorant to suppose that it was given by Providence, as a signature to point out its medicinal quality.*

The great lamprey is comparatively neglected in London, although it may be taken from the Thames. He who has tasted a well-stewed Gloucester lamprey—our Worcester friends must pardon us—a Gloucester lamprey, will almost excuse the royal excess.—*Quarterly Review*.

Gudgeons at Bath are little, if at all, inferior to the most delicate smelts. They occur in the Parisian *cartes à diner*.

The flesh of herrings is so delicate, that no cook should attempt to dress them otherwise than by broiling or frying. Let the herring be placed upon the gridiron, over the clearest of fires, and when sufficiently embrowned, let him instantly be transferred to the hottest of plates; eat him with mustard-sauce, in the kitchen, if you can.—*Q. Rev.*

The sprat is not the young of the herring and pilchard, as was long supposed.

Fried fish is best drained by wrapping it in soft whited-brown paper, after which it will not soil the napkin upon which it is served.

Fish is often spoiled by the mode in which it is served. It is mostly covered up, when it is made sodden by the fall of the condensed steam from the cover. The practice of putting boiled and fried fish on the same dish is bad, as it is deprived of its crispness from contact with the boiled; and garnishing hot fish with cold parsley is abominable.

Thames fishing might be much improved, if the Lord Mayor and Aldermen of the city of London would expend the twentieth part of what a civic feast costs, at present, in

* This doctrine of signatures subsisted for a considerable time among medical practitioners, and gave rise to the *names* of many plants, from the resemblance of their leaves and roots to the form of many parts of the human body; such as lung-wort, liver-wort, spleen-wort, &c.—*Hunter*.

having the river staked in many more places than at present, by having the nets properly looked after, and by employing additional water-bailiffs.—*Jesse*.

In Austria, the art of carrying and keeping fish is better understood than in England. Every inn has a box, containing grayling, trout, carp, or char, into which water from a spring runs; and no one thinks of carrying or sending *dead* fish for a dinner. The fish are fed, so that they are often in better season in the tank, or stew, than when they were taken. At Admont, in Styria, attached to the monastery of that name, are ponds and reservoirs for every sort of fresh water fish; and the char, grayling, and trout, are preserved in different waters—covered, and under lock and key.

Sir Humphry Davy describes a *fish-dinner* at Lintz, on the Danube, of a different description from any in England. "There were the four kinds of perch, the *spiegel carpfen* and the *silvois glacis*, all good fish, which we have not in England, where they might be easily naturalized, and would form an admirable addition to the table in inland counties. Since England has become Protestant, the cultivation of fresh-water fish has been much neglected."

The Thames and the Hamble, (which runs into the Southampton water,) are the only rivers in England in which white-bait has been taken.*

Scottish epicures may now enjoy white-bait, in common with those of Blackwall and Greenwich; for it is obtained in abundance from the Firth of Forth, the stake-nets at South Queensferry, and Kincardine; and hereafter it will be sent to the Edinburgh market in such quantities, as to render it as profitable as the sperling or smelt fishery.

The shad of the Thames, the twaite, is of little worth; but he of the Severn, the allice, affords a very superior morsel.

* Water-soucy was formerly as fashionable a tavern dish as white-bait is at present. We remember a vast inn at Dorking, celebrated for its water-soucy.

Shad is much esteemed in Paris, where it is eaten broiled, and served with caper-sauce, or sorrel.

Sturgeon is an excellent fish, if firm; but, when it is soft and flabby, do not attempt to make any thing good of it; or it will become red, and have a bad flavour.

The sturgeon is of very great importance in an economical point of view, to the various nations under the Russian sway. Caviare is made from the roe; isinglass from the bladder; the flesh is eaten fresh, salted, or preserved with aromatics; and even the cord which pervades the spine, constitutes a Russian delicacy named *veirga*.

Caviare is increasing in estimation in this country, if we may judge by the increased importation of it.

Caviare is an old English luxury; for Charles II, when he laid the foundation-stone of the Royal Exchange, was regaled "with a chine of beef, fowls, hams, dried tongues, anchovies, *caviare*, and wines."

Dried salt-fish should be soaked in water, then taken out for a time, and soaked again before it is dressed. This plan is much better than constant soaking; the fibres of the fish being loosened by alternate expansion and contraction, which occasions the fish to come off in flakes.

Fish sauce should always be thick enough to adhere to the fish. It had better be too thick than too thin, for it can be thinned at table by adding some of the cruet sauces.

Anchovies are closely imitated by the French merchants, by curing Sardinias in red brine, and packing them in wine casks. Sardinias are, however, flatter and larger than anchovies. When perfectly fresh, the former are accounted excellent fish; but, if kept for any time, they entirely lose their flavour and become quite insipid.

In the genuine anchovy, the scales separate from the surface with so much ease, that it is a common notion that the anchovy is not possessed of this integument. In eating the fish, the head must be taken off, on account of its bitterness, a quality which has obtained for this species the name of *enchrasicolus*, from a strange idea, that the gall-bladder is in the head.

Dutch sauce is excellent for all kinds of fish; as it does not, like most other sauces, destroy the flavour of the fish.

Sussex is celebrated for six good things:—a Chichester lobster, a Selsey cockle, an Arundel mullet, a Pulborough eel, an Amberley trout, and a Rye herring.

Lobsters and crabs should not be chosen by their size: for a thin crab will appear as large as a fat one, from the stomach being formed on a kind of skeleton, and, therefore, not falling in when empty. The heaviest are the best, and those of middling size are sweetest.

The land-crabs of the West Indies far excel those of our coasts, in delicious flavour.

It is stated, that lobsters or other shell-fish will be improved in flavour, and will lose much of their hardness and indigestibility, if killed before they are boiled.

The ancients esteemed the fish of the razor-shell, when cooked, as delicious food; and Dr. Lister thought them nearly as rich and palatable as the lobster. In England and Scotland, they are now rarely used for the table; but in Ireland they are much eaten during Lent.

Muscles, in England, are chiefly eaten by the humbler classes: in Lancashire, they have been planted in the river Wyre like oysters, where they grow fat and delicious; as likewise in Shropshire and Wales. In the neighbourhood of Rochelle, too, they are fattened in salt and fresh water ponds.

Oysters are recommended by the doctors where great nourishment and easy digestion are required; their valuable quality being the quantity of gluten they contain.

There is an old prejudice that oysters are only good in those months which include the letter *r*; an error which was refuted so long ago as the year 1804, when M. Balaine contrived the means of sending to Paris oysters fresh, and in the best possible order, at all seasons alike. Balaine's predecessor in this art was Apicius, who is said to have supplied Trajan with fresh oysters at all seasons of the year.

A very common and very mistaken opinion exists, espe

cially among foreigners, that all English oysters are impregnated with copper, "which they get from feeding off copper banks;" such would be quite as injurious to the animal itself as it could be to us, and the fancy could only have arisen from the strong flavour peculiar to "green oysters."

Oysters were eaten by the Greeks; and fattened in pits and ponds by the Romans. The latter obtained the finest from *Rutupie*, now Sandwich, in Kent. The Roman epicures iced their oysters before eating them; and the ladies used the calcined shell as a cosmetic and depillatory.

The best English oysters are now found at Purfleet, and the worst at Liverpool. The finest pickled oysters are sent from Milford Haven, in Wales. In Paris, is published a *brochure* entitled *Le Manuel de l'Amateur des Huîtres*, in which the British oysters are stated to be the finest.

In one of Swift's *Letters*, we find the following recipe for boiling oysters:—Take oysters, wash them clean, that is, wash their shells clean; then put your oysters into an earthen pot with their hollow sides down, then put this pot covered into a great kettle with water, and so let them boil. Your oysters are thus boiled in their own liquor, and not mixed with water.

Scallops abound on the coasts of Portland and Purbeck, in Dorsetshire, and near Yarmouth, in Norfolk. They were extensively used in the reigns of Henry VIII and Elizabeth, and are still considered a luxury; in some parts, they are pickled and barrelled.

Most shell-fish are very indigestible, and from the indisposition caused occasionally by eating them, the idea of their being poisonous has arisen. Oysters, when eaten in large quantities, often cause great disturbance: shrimps and muscles have produced death; but, whether from their indigestibility, or poisonous quality, is more doubtful than is commonly supposed.

In Barbadoes, the fish of the beef-shell are cooked for the table: they are very firm eating, short, and well tasted.

The flesh of the sea-cow, found in the vast rivers of Brazil, resembles fresh pork, and is excellent. Sausages are made of it, and sent to Portugal as a great delicacy.

Snails abound in Italy and Spain more than in the other parts of Europe. In Italy, snails anciently were, and still are, much used for the table. They are regularly sold in the markets, as well as in those of Switzerland, Spain, and France, and are exported in barrels to the Antilles. In the vineyards of France, the peasants collect them, and feed them till winter, when the snails seal themselves up; and in this state they are purchased by the confectioners, who prepare them in the shell with butter and herbs, and forward them to Paris.

Frogs fried, with crisped parsley, such as is given with fried eels, are a dish for the gods. There is a notion prevalent that they are very dear; but, in the *carte* of the *Rocher de Cancale*, at Paris, *grenouilles frites* are marked at the moderate price of a franc and a half per *plat*.

The fins of the turtle make a luxurious side dish. The fins of the turbot are likewise much esteemed.

Fish is of little account in an East Indian dinner, and can only maintain its post as a side dish; for in the hot season, fish caught early in the morning would be much deteriorated before dinner.

In Norway, fish are prepared for distant markets by putting them into an oven of a moderate heat, and gradually but thoroughly drying them.

Meats.

It has been computed that 107lb. of butcher's meat only, that is, beef, mutton, veal, and lamb, are consumed by each individual, of every age, in London, annually. In Paris, only 85lb. or 86lb. are consumed by each person.

Since the London market has been, in part, supplied with meat by steam conveyance, the price has fallen from 7*d.* to 6*d.* a pound in London, or fully fourteen per cent.

Joints of meat should be hung knuckle downwards, to keep the gravy in the driest part.

The surest mode of rendering meat or poultry tender is to wrap it in a cloth, and expose it the evening before cooking, to a gentle and constant heat, such as the hearth of a fire-place.

Meat sprinkled with, or immersed in, liquid chloride of lime for an instant, and then hung up in the air, will keep for some time, without the slightest taint, and no flies will attack it. Tainted meat, fish, game, &c., may be rendered sweet by sprinkling them with the mixture.

The only effectual method of removing the taint of meat by charcoal, is first to wash the joint several times in cold water; it should then be covered with cold water in large quantity, and several pieces of charcoal, red hot, should be thrown into the water when somewhat hot; and the boiling of the meat proceeded with.

The bitterness of certain vegetables is destroyed by boiling them with charcoal as above.

Venison is often spoiled by want of precaution in killing it. It is impossible for meat to keep, that is hunted three, four, or even five hours, which is too often the case with venison.

The red deer of Dartmoor were destroyed in the time of the grandfather of the present Duke of Bedford, upon a petition of the farmers, on account of the injury done to their crops. Staghounds were sent from Woburn, and the race was extirpated. So great was the slaughter, that only the haunches were saved, and the rest given to the dogs.*

Mutton gravy is preferable to that made with beef, for venison: it should be seasoned only with salt.

A lamp-dish and water-plates are almost indispensable for the full enjoyment of venison.

* In 1837, Earl Spencer presented, for the use of the Royal Parks, 743 head of deer, comprising selections from the most approved breeds; which have been distributed at Windsor, Hampton Court, Bushy, Richmond, and Greenwich.

A sirloin of beef should not weigh more than 20lb. or 24lb.: a larger piece cannot be well roasted; the time it requires causing the outside to be too much done, while the middle remains raw.

That part of a rump of beef which eats best boiled, is also best when roasted. When the fat slice is taken off, remember that the narrow side is infinitely the best meat.

How many considerations are requisite to produce a good rump steak! as the age, the country, and the pasture of the beef; the peculiar cut of the rump, at least, the fifth from the commencement; the nature of the fire; the construction and elevation of the gridiron; the choice of shalot, perchance; the masterly precision of the oyster-sauce, in which the liquid is duly flavoured with the fish. It were better if pepper and salt were interdicted from your broiling steak; and tongs only should be used in turning it. If left too long on the fire, the error of all bad cooks, the meat will be hard and juiceless. If sauce be used, it should be made hot before it is added to the gravy of the steak.

People who want to enjoy a steak should eat it with shalots and tarragon. So says Mr. Cobbett; adding, that an orthodox clergyman told him that he and six others once ate some beef-steaks with shalots and tarragon, and that they voted unanimously that beef-steaks were never so eaten before. But, this is not orthodox cookery.

Welsh beef, (observes Dr. Hunter,) is ready at a moment's warning, to go upon actual service. It is a little army of itself, when flanked by mustard and vinegar.

When a warm round of beef is sent to the larder, do not forget to turn the cut side downwards, so as to let all the gravy run to that part which you intend to eat cold.

A common test of the quantity of salt necessary to add to water, in making brine for pickling meat, is to continue to add salt until an egg will swim in it. This, however, is an imperfect test of the strength of the brine, since an egg will float in a saturated solution of salt and water, and will also float, if, to the same saturated solution, a bulk of pure water equal to twice the bulk of the latter be added. Ac-

According to Guy Lussac, $7\frac{1}{2}$ oz. of salt are necessary to saturate an imperial pint of water. This is important, since the efficacy of brine in preserving meat depends very much upon getting a solution of salt at the exact point of saturation.

Ude considers a sirloin of veal far preferable to a fillet, than which nothing is drier.

That part of veal is always best for fricandeaux, which is intermixed with fat.

Prime mutton is at least five years old, has a very brown outer skin, very small nerves, and small grain, and yields brown gravy.

In Earl Cowper's establishment, mutton is never killed till it is six years old; and this meat is very superior both in quality and flavour.

Mutton killed in Leadenhall market, and preserved in a cask of sugar, has been eaten in India, after a six months voyage, as fresh as the day it was placed on the shambles. The Kandyans of Ceylon keep their venison in earthen pots of honey for two or three years, when the flavour of the meat would delight Epicurus himself.

The Dartmoor sheep, which produces the esteemed Oakhampton mutton, is a small breed, weighing about 14lb. per quarter.

Mutton to imitate venison should be five or six years old, else the light colour will discover the deception.

The saddle of mutton is the most uneconomical joint from the butcher's shop; considering the little meat to be cut from it, and the great waste in skin, fat, and bone. The amateur of tender meat will find the under fillets most excellent.

A leg of mutton should never be spitted, as the spit will let out the gravy, and leave an unsightly perforation just as you are cutting into the pope's eye.

A fillet of mutton, salted for three days, boned, and then stuffed, half roasted, and stewed in gravy, is an economical luxury. A stewed shoulder of mutton is excel-

lent. And a roast neck of mutton is a fit dinner for a prince; so thought George IV.

A mutton chop with shalot, is a nice tavern relish. To enjoy it at home, mince the shalot, and warm it in a little good gravy, which pour over the chop when broiled.

A boiled shoulder of mutton and a boiled duck are excellent dishes for a bachelor's dinner.

A broiled blade-bone of mutton is a relishing supper dish. The late Duke of Devonshire had one got ready for him every night at Brookes's Club-house.

The Berkshire breed of pigs is one of the best in England. Even the cottagers' pigs in the Windsor Forest district, are of a superior description; bacon is the principal food of the labourers, and they are good judges of its qualities.

Pork, however dressed, is always unwholesome; yet, if cooked in the French fashion, the stimulant of a sauce makes it aperient, and, of course, less indigestible than when dressed plainly.—*Ude.* Pork, goose, duck, and such oily meats, are more digestible when eaten cold than hot.

The delicacy of a roasting-pig can only be ensured by his being nurtured on mother's milk, exclusively, from his birth to his dying day. The most delicate rabbits are fattened in the same manner.

The head of a sucking-pig, split, well seasoned with pepper and salt, and deviled, is most relishing.

Much of the superiority of York hams is attributed to the fineness and cleanness of the Yorkshire salt.

The hams of Bayonne, (as they are improperly called), are cured at Pan, in the Lower Pyrenées; where also is carried on an extensive trade in the smoked legs of geese.

Spanish hog-meat and Westphalia hams are said to owe much of their peculiar excellence to the swine being fed on beech-mast, which our limited forests cannot to any extent allow. It is said that a peck of acorns a day, with a little bran, will make a hog increase one pound in weight daily, for two months together.

Apples, boiled, and mixed with beans and meal, are said to cause a pig to increase ten pounds a week in weight, and render the flesh of the most delicious flavour.

Westphalia hams are prepared in November and March. The Germans place them in deep tubs, which they cover with layers of salt and saltpetre, and with a few laurel-leaves. They are left four or five days in this state, and are then covered with strong brine. In three weeks, they are taken out, and soaked twelve hours in well-water; lastly, are then exposed for three weeks to the smoke produced by burning the juniper-bush.

Not only are the smoked hams of the bear much prized, but the paws are great delicacies. The other flesh sometimes resembles beef, and is excellent.

If a ham be boiled with veal and savoury herbs, their juices will insinuate themselves between the fibres of the ham, after having dislodged the salt, by which means the meat is enriched and made tender. At first sight, this will appear an extravagant mode of boiling a ham; but, it should be recollected, that the broth will serve the charitable purposes of the family, and cannot be considered as lost. In Germany, a pint of oak sawdust is put into the boiler with each ham.

To preserve the rich flavour of a ham, it should be braized; the braize will afterwards serve as a rich brown sauce, or flavouring.

Bacon should be a mass of fat, with the least possible quantity of lean; the lean, when salted, being hard, indigestible, and unnutritious; while the pure fat, when of a pink, pearly hue, is as delicate as any food.

Bacon may be kept for many months by the following means:—when the flitches have hung to dry, not later than the last week in April, separate the hams and gammons from the middles, put each into a strong brown paper bag, and tie or sew up the mouth: do not uncover them till they are wanted for use, and then only the particular one that is wanted. Rubbing bacon or hams with fresh elder leaves will keep off the hoppers.

In larding veal, poultry or game, for savoury pies, the bacon should be put in symmetrically, so as to appear, when cut, like a draft-board.

Of English sausages, the finest are made at Epping, Norwich, Oxford and Cambridge. Bologna and Göttingen sausages are fine; indeed, most university towns are celebrated for "savoury meats."

Savoury Pies.

IN large dinners, two cold pies of game or poultry are often sent to table with the first course, and let remain there between the two courses. By this means, the epicure and dainty eater always has something before him: the pies are not at all in the way, but improve the appearance of the table.—*Ude.*

Raised pie of vegetables—an exquisite dish—may be enjoyed in perfection from May to August.

Patties, *vols-au-vent*, and savoury pies, should be dished upon a napkin.

In making a partridge or pigeon pie, put a beefsteak over as well as under the birds, and place them with their breasts downward in the dish.

Strasbourg pies cannot be prepared without the livers of geese; and there is a strange admixture of cruelty and humour in the following defence of the mode of obtaining the livers of the requisite size: "It is necessary," says a writer in the *Almanach des Gourmands*, "to sacrifice the person of the animal. Crammed with food, deprived of drink, and fixed near a great fire, before which he is nailed by his feet upon a plank, this goose passes, it must be owned, an uncomfortable life. The torment would be altogether intolerable, if the idea of the lot that awaits him did not serve as consolation. But this prospect makes him endure his sufferings with courage; and when he reflects that his liver, bigger than himself, larded with truffles, and clothed in a scientific *pâté*, will diffuse all over Europe the

glory of his name, he resigns himself to his destiny, and suffers not a tear to flow."

In this country, only a few dishes are curried; whereas, all meats and most kinds of fish make good curries.

In preparing rice for currie, be careful not to touch it with the fingers, or a spoon.

Meat puddings and pies may be much improved by a whole onion, or a flap-mushroom, or a few oysters. The old practice of boiling a fowl in a bladder with oysters is discontinued.

Bubble-and-squeak is a favourite dish in Shropshire. George IV, when Prince of Wales, happened to partake of it at a bachelor's table in that county, and the homely dish was afterwards frequently seen at Carlton House.

Poultry and Game.

THE turkey ranks as one of the most useful benefits conferred by America on the rest of the world. Though surpassed in external beauty by the peacock, its flesh is greatly superior in excellence, standing almost unrivalled for delicacy of texture and agreeable sapidity. On this account, it has been naturalized with astonishing rapidity throughout the world, and almost universally constitutes a favourite banquet dish. The Indians value it so highly, when roasted, that they call it "the white man's dish," and present it to strangers as the best they can offer. In England, the rapid increase of turkeys had rendered them attainable at country feasts as early as the year 1585. Our name for them is very absurd; as it conveys the false idea that the turkey originated in Asia; owing to the ridiculous habit, formerly prevalent, of calling every foreign object by the name of Turk, Indian, &c. Wild turkeys have been shot, in their native woods, weighing thirty and even forty pounds, and standing three feet high.

The brown Norfolk turkey may be fattened to resemble the American, by cramming it with walnuts soaked in water, four days before killing. This is for roasting only;

it makes the flesh darker, and gives it the flavour of game. Turkeys are kept wild at Holkham-Hall, Norfolk, by the Earl of Leicester, to whom they afford the same sport as any other bird in cover.—*II. W. Brand.*

Some poultry, like game, is much improved by *keeping*. A Christmas turkey, if hung from a fortnight to three weeks, will acquire much of the flavour of game; and fowls may be similarly improved.

A boiled turkey, capon, leg of lamb, or knuckle of veal, will be much enriched by putting into the saucepan with them, a little chopped suet, two or three slices of peeled lemon, and a piece of bread.

A turkey will be much improved by roasting it covered with bacon and paper.

Chestnuts roasted and grated, or sliced, and green truffles stewed and sliced, are excellent *addenda* to forcemeat for turkeys, or some game. Chestnuts stewed in gravy are likewise served under turkey.

Turkeys and pheasants, ready stuffed with truffles, are regularly imported from Paris by Morel, of Piccadilly. The saving in the duty thus effected is such as to make nearly a third difference in the price; that of a turkey stuffed in England being about 3*l.* 10*s.*, and that of a turkey stuffed before landing 2*l.* 10*s.*, the advantage in respect of flavour being, (if any thing) in favour of the latter.—*Quarterly Review.*

Choose fowls with pale flesh-coloured or white legs: for delicacy of flesh, the game breed, the Spanish, and the Dorking, are most esteemed. White chickens are the best to fatten for the table. The Dorking fowls have not, however, uniformly five toes, as is supposed, that number being accidental; they are large, and have rather yellow than white flesh.

The finest flavoured eggs are those with bright orange yolks, such as are laid by the game breed, and by speckled varieties. The large eggs of the Polish and Spanish breeds have often pale yolks and little flavour.

For a large dinner, when fowls are very dear, use the

fillets for the first course dishes, and make the soup with the legs only, when it will be as good but not quite so white as if made with the fillets.

A good hen, well tended, will lay upwards of 140 eggs per annum, and also rear one or two broods of chickens.

Fricassee of chicken may be given as one of the dishes for a trial dinner; as very few cooks are able to make a good fricassee. Ude considers this dish the most wholesome and the least expensive of any, as it requires only water to make it well.

Goose ranks much higher in England than elsewhere: it is held in little honour, except for its liver, by the French.

The flesh of the New Holland eereopsis is much more delicate than that of our goose; and it promises to become a valuable acquisition to our poultry-yard.

The fattening of geese is a good speculation at Strasbourg. The livers sometimes weigh from 10 to 12 ounces, and sell at from 3 to 5 francs each, for the celebrated *pâtés*; the fat is a substitute for butter, and the flesh is served at table, and, although somewhat tough, it is nutritious; and the feathers and quills are much sought after.

The young of the Solan goose was formerly a favourite dish with the North Britons: Pennant observes: "during the season, they are constantly brought from the Bass Isle to Edinburgh, where they are sold roasted, and served up as a whet."

A Canadian goose, when fat, weighs about nine pounds, and is the daily ration for one of the Hudson Bay Company's servants throughout the season: it is reckoned equivalent to two snow geese, or three ducks, or 8lb. buffalo and morse meat, or two pounds of pemmican, or a pint of maize and 4oz. suet.

The flesh of the wild swan is considered by the Indians and settlers at Hudson's Bay, excellent eating, and, when roasted, equal in flavour to young beef; and the cygnets are considered a great delicacy. The eggs are so large, that one of them is enough for a moderate man, without bread, or any other addition.

The flesh of cygnets was once highly esteemed; and is still, or was lately, served at the dinners of the corporation of Norwich, who are bound by some tenure annually to present the Duke of Norfolk with a large cygnet pie.

The larger ducks are the commonest variety, which has been introduced from France, and is thence called the Rhone Duck.

The canvass-back duck, in the rich, juicy, tenderness of its flesh, and its delicacy of flavour, stands unrivalled by the whole of its tribe in America, or any other quarter of the world. Those killed in the waters of the Chesapeake are generally esteemed superior to all others, doubtless from the great abundance of their favourite food which these rivers produce. At American public dinners, hotels, and private entertainments, the canvass-backs are universal favourites. They not only grace, but dignify the table, and their very name conveys to the imagination of the eager epicure the most comfortable and exhilarating ideas. Hence, on such occasions, it has not been uncommon to pay from one to three dollars a pair for these ducks; indeed, at such times, if they can they must be had, whatever be the price.—(*Wilson and Buonaparte's American Ornithology.*)—Swainson refers to the canvass-back duck as the ortolan of the duck family, and the turtle of the swimming birds.

When ducks are old, keeping them a few days will make them tender.

The influence of food on the flavour of the flesh of many animals is notorious. At certain seasons, the wild-ducks of this country are scarcely eatable from their rank, fishy taste: the same may be said of the heath-cock of Germany, where the juniper berries are abundant; and the American pheasants, when they feed on the kalmia, have proved to be poisonous to man.—*Burnett.*

The pochard or dun-bird is a novelty among game. It is a species of wild fowl supposed to come from the Caspian sea, and is caught only in a single decoy in Essex, in the month of January, in the coldest years. The flesh of the pochard is exquisitely tender and delicate, but has little of

the common wild-duck flavour: it is best eaten in its own gravy, which is plentiful, without either cayenne or lemon juice. Wilson considers the American pochard to rank next in excellenc to the canvass-back duck.

The peacock was formerly much more valued for the table than it is now; yet, at the present day it is esteemed, when young, as a great delicacy.

The guinea fowl, in flavour, unites the merits of the turkey and pheasant; but, it is not often served even at good tables.

Bustards were, for a long time, very scarce; but are now bred in the open parts of Suffolk and Norfolk, and have been domesticated at Norwich. Their flesh is delicious; and good feeding and domestication may stimulate them to lay more eggs. There were formerly great flocks of bustards in this country, upon the wastes and in woods, where they were hunted by greyhounds, and were easily taken. There are some fine bustards in India, where they are pursued on horseback, and shot with pistols. A young hen makes a very fine dish at table; the flesh of the breast is full of triangular cavities.

The flesh of the bittern was formerly in high esteem, nor is it despised in the present day: when well fed, its flavour somewhat resembles that of the hare, nor is it rank and fishy like some of its eongeners. The long claw of the hind toe is much prized as a toothpick, and formerly, it was thought to have the property of preserving the teeth.*

Game (birds) should be hung by the neck and not by the feet, as is commonly done. Hares should be dressed when blood drops from the nose. The fishy flavour of wild fowl may be prevented by first boiling them in water, in which are salt and onions. Game or wild fowl for two or three are, however, never better than when broiled.

The effect of *keeping game* is not only to make it tenderer, but likewise to bring out its flavour, which tends in another way to promote digestion. Nothing is more taste-

* Southey relates, "a bittern was shot and eaten at Keswick by a young Cantab a few years ago; for which shooting I vituperate him in spirit whenever I think of it."

less than a pheasant cooked too soon, or has a finer flavour after hanging a proper length of time. No doubt, this flavour, while it gratifies the palate, assists digestion, by sympathetically exciting the stomach.—*Mayo*.

If game be wrapped in a cloth, moistened with pure pyroligneous acid and water in equal proportions, it will keep good for many days during the hottest weather.

Game in the third course is seldom half enjoyed; as it has, probably, been preceded by some substantial dish, thereby taking away the relish, and overloading the appetite.—*Walker*.

Black game have increased greatly in the southern counties of Scotland and north of England, within the last few years. It is a pretty general opinion, though an erroneous one, that they drive away the red grouse; the two species require a very different kind of cover, and will never interfere.—*Sir W. Jardine*.

The flesh of the black grouse is much esteemed. The different colour of the flesh of the pectoral muscles must have struck every one. The internal layer, which is remarkably white, is esteemed the most delicate portion. Belon goes so far as to say, that the three pectoral muscles have three different flavours: the first that of beef, the second that of partridge, and the third that of pheasant.

Pheasants are only fit to be eaten when the blood begins to run from the bill, which is commonly in six days or a week after they have been killed.

Broiled partridges may be served with poor man's sauce and India pickle. Old partridges are only fit for stewing with cabbage, for stock broth, and glaze of game; but are too tough for any thing fine.

No gravy can be extracted from the flesh of any animal equal in richness to that which the hare affords. Among the Romans, the hare was held in great estimation. Alexander Severus had a hare daily served at his table. Caesar says, that in his time the Britons did not eat the flesh of hare.

To tell an old rabbit from a young one, and *vice versâ*, press the knee-joint of the fore leg with the thumb; when the heads of the two bones which form the joints are so close together that little or no space can be perceived between them, the rabbit is an old one. If, on the contrary, there is a perceptible separation between the two bones, the rabbit is young; and more or less so, as the two bones are more or less separated.—*Nimrod*.

Warren rabbits only ought to be sent to a good table, tame rabbits, in general, having no flavour but that of cabbage. In the country, where rabbits are abundant, use the fillets for the dining-room, and make a kitchen pie or pudding with the legs and shoulders.

Quails have no flavour, and from confinement and bad feeding, are never very fat: it is only the rarity that makes them fashionable.—*Ude*.

Redbreasts are eaten as first-rate delicacies in France, and are described as “*un rôti très succulent*.” They are likewise served *en salmi*, or hashed, like woodcocks.

We have heard much of Dunstable larks; but the enthusiasm with which *gourmets* speak of these tit-bits of luxury, is far exceeded by the Germans, who travel many hundred miles to Leipsie, merely to eat a dinner of larks, and then return home contented. Such is the slaughter of larks at the Leipsie fair, that half a million are annually devoured, principally by the booksellers frequenting that city.

Ruffs and reeves are less known than they deserve to be: they are worth nothing in their wild state, but being taken alive, they are fattened on boiled wheat, or bread and milk mixed with hemp-seed, for about a fortnight. The season for them is August and September; and the finest are taken on Whittlesea Mere, in Lincolnshire.

Ortolans are mostly found in the warmer regions of Europe: in Spain they are “lumps of celestial fatness.” During 1837, many of these birds were also sent alive to the London market from Prussia.

The wheatear, in an unfortunate hour, was named the

English ortolan; from which period it has been pursued as a delicate morsel through all its inland haunts.

Mr. Waterton, whose knowledge of natural history renders his opinion worthy of quotation, remarks: "We labour under a mistake in supposing that the flesh of the young carrion crow is rank and unpalatable. It is fully as good as that of the rook; and I believe that nobody who is accustomed to eat rook pie, will deny that rook pie is nearly, if not quite, as good as pigeon pie. Having fully satisfied myself of the delicacy of the flesh of young carrion crows, I once caused a pie of these birds to be served up to two convalescent friends, whose stomachs would have yearned spasmodically had they known the nature of the dish. I had the satisfaction of seeing them make a hearty meal upon what they considered pigeon pie."

Pigeons are scarcely fit for a delicate stomach when full fledged, as they are difficult of digestion.

A heron is now but little valued, and but rarely brought to market; though formerly a heron was estimated at thrice the value of a goose, and six times the price of a partridge.

The common godwit is often taken in Lincolnshire, and fattened for the London market.

The young of the black-headed gull proves to be excellent eating. Its eggs resemble crows' more than plovers' eggs; but vast quantities of them are sold for plovers' eggs. This hint may help to prevent the amateurs of plovers' eggs from being *gulled*.—*Quarterly Review*.

Seagull's eggs, when boiled *hard*, and eaten with pepper, salt, vinegar, and mustard, make a delicious breakfast dish. Many persons have an antipathy to these eggs; but, it has arisen from eating them in the soft state, when they have always a fishy taste.

The far-famed eatable birds' nests abound in the Philippine Islands, and are nothing more than a kind of seaweed, (*Spherooccus cartilagineus*), which the swallow eats, and having softened it in its stomach, throws up as a jelly, and forms it into a nest, which is subsequently smeared over with dirt and feathers. In this state the nests are sent

to China, cleaned, and sold at very high prices: they are then fine jelly, and being dressed with stimulants, form a first-rate relish at the tables of the Chinese. Some of our own epicures may be glad to hear that the *Spherooccus crispus*, which might serve for the composition of this luxury, is to be found in abundance on the western and northern coasts of Great Britain.

The south of France is the great larder of Paris. Thence we have, from Provence, the exquisite pale truffle, and oil pure and colourless as water; *pâtés* led on by the sublime *pâté de foie gras*; the *poulard truffé* of Périgord; the unbranded claret of Bordeaux; the liquors of Marseilles; the nougat* of the same emporium; the oranges of Hyeres; the muscat of Lunel; the ortolans, quails, *verdiers*, *bee figues*, the olives, figs, anchovies, almonds, fruits dried and preserved in jelly, *en compôte*, in brandy and out of it, and other countless delicacies.

Sauces and Gravies.

A good sauce, in the phrase of the kitchen, "tastes of every thing, and tastes of nothing;" that is, all the articles in it are well proportioned, and neither predominates.

A delicious sauce will cause you to eat an elephant.—*Almanach des Gourmands*.

A sauce made according to the principles of the art, excites and restores the appetite, flatters the palate, is pleasing to the smell, and inebriates all the senses with delight. A noble *gourmet* once asserted that *sauces* are to food what action is to oratory.

Dutch sauce is best made with elder or tarragon vinegar. When coloured green with parsley extract, a little lemon-juice should be added, else it will turn yellow.

It may reasonably be questioned whether sorrel (*Poseille*) sauce, which is common in French cookery, is not one of

* The nougat is a sort of cake, composed of filberts, pistachio nuts, the kernels of the pine cone, and Narbonne honey.

the most poisonous of all disguises for food; as sorrel contains a considerable quantity of oxalic acid.

If sorrel be exposed to too strong a heat, it will lose its beautiful green colour. Spinach may be made to imitate sorrel, by the addition of a little acid.

Olives, in France, are introduced into sauces for ealf's head and fowls; and a duck is served with olive-sauce. For these purposes, the olives are turned with a knife, so as to take out the stone, and leave the fruit whole.

In choosing truffles, be careful to reject those which have a musky smell.

Truffles stewed, with or without champagne, should be served very hot in a folded napkin.

Garlic or shalot vinegar, used with great caution, say a few drops to a pint of gravy, will give one of the finest flavours in cookery.

Acids always alter the taste of good sauces to their disadvantage, except when the latter are highly seasoned.

Poor-man's sauce is made by chopping a few shalots very fine, and warming them with a little pepper and salt in vinegar and water. It is excellent with young roast turkey.

Russian sauce, (horse-radish, mustard, vinegar, &c.) was named from Dr. Hunter having seen it prepared by a Russian princess.

Ham relish may be made by seasoning highly with cayenne pepper a slice of dressed ham, then broiling it, and adding butter, mustard, and a little lemon-juice.

Our bread-sauce is capable of much improvement, of which the French cooks have taken advantage in their *britsauce*, "which, though, no doubt, imitated from the English composition, bears no greater resemblance than one of Sir Thomas Lawrence's portraits of an old woman to the original; all the harsher points being mellowed down, and an indescribable shading of seductive softness infused."—*Quarterly Review*.

Notwithstanding the taunt of the French, on melted

butter being our national sauce, it is rarely well made; a fact which may have occasioned the late Earl of Dudley to observe on a deceased Baron of the Exchequer: "he was a good man, sir, an excellent man; he had the best melted butter I ever tasted in my life."—*Quarterly Review*.

Although there is little mystery in the composition of oyster-sauce, like melted butter, it is rarely well made: it commonly resembles thick butter with lukewarm oysters in it. Mr. Bulwer aims a sly shaft at this failure in his *Ernest Maltravers*, wherein, in a specimen of the *tricherie* of a dinner-giving man of system—"his cook put plenty of flour into the oyster-sauce."

The making of lobster-sauce is not generally understood. It can only be made in perfection with three parts cream to one of butter, with cayenne, salt, and caviee or coratch: but the common error is not chopping the lobster small enough: when cut into large dice, (as directed in most cookery-books), it is scarcely a sauce, for the result is too much like *eating fish with fish*.

Spurious "Essence of Anchovies" is manufactured by various methods. That which most nearly resembles the real essence is prepared from whitebait; and, the brine in which the white or Dutch herrings are preserved, is also used as the imitations of the genuine sauce. A chemist, of Leicester, has patented a *transparent* essence of anchovies, which he makes by boiling anchovies in water, and clarifying by repeated filtration.

Nine-tenths of the ketchup sold by grocer-oilmen is a vile compound of liver and the roe of fish, seasoned with pepper and other condiments. If you wish the article genuine, procure the mushrooms, and make it yourself.

Many persons, observes Mr. Dobell, in his recent *Travels*, have thought that gravy was used in preparing soy; but this appears not to be the case, the composition being entirely a vegetable one, and made from beans. Japanese soy is much esteemed in China; probably it is made with a particular bean. In China, the consumption of soy is enormous: neither rich nor poor can dine, breakfast, or sup

without soy; it is the sauce for all sorts of food, and may be described as indispensable at a Chinese repast.*

Cavice is the composition which best agrees with all fish sauces, especially when it has been kept for some two or three years.

One of the most elegant preparations of culinary chemistry is soluble cayenne pepper.

Capers are the buds of the caper-bush, the flowers of which are white and purple. The flower-buds of the marsh-marigold, preserved in vinegar, are a good substitute for capers.

Seville orange-juice has a richer and milder acid than lemon-juice.

In Bengal, chatna is usually made from a vegetable called *cotemear*, to the eye very much resembling parsley, but to those unused to it, of a very disagreeable taste and smell; which is strongly heated with chilies. The chatna is also sometimes made with cocoa-nut, lime-juice, garlic and chilies. Both kinds are much eaten by the Hindoos as a stimulus to their rice.

In England, currie-powder brought from India is highly prized; but this is a mere delusion. In India, the cooks have no currie-powder—they pound and mix the various seeds and spices as they require them. For use on ship-board, bottles of currie-powder are made up in India, be-

* Sailors have a notion that soy is made from cockroaches; and, however, absurd the belief may appear, the reason for it is worthy of investigation. The Chinese at Canton have a large soy manufactory, and they are particularly solicitous to obtain cockroaches from ships, from which circumstances sailors immediately conclude that it is for the purpose of making soy from them. But, it is better established that cockroaches are used for more important purposes. Captain W. Owen, well known for his scientific attainments, states that the Chinese use cockroaches as bait in their fishing excursions, and that they answer the purpose admirably. The infusion of cockroaches is also proved by Captain Owen to be a most powerful anti-spasmodic, and to be useful in tetanus. At Bermuda, it is used for the whooping-cough, with reputed benefit. And, Mr. Webster, surgeon of H.M.S. Chanticleer, states that in the course of his experiments on the infusion of the cockroach, he could not but notice that common salt and water saturated with the juices of the cockroach, had all the odour, and some of the flavour and qualities of soy; so that the sailors' notion, after all, may not be far from the truth.

cause, to take the unprepared seeds would be inconvenient; but very frequently, this powder is detestable, though made abroad. Indeed, currie-powder can be made just as good here as in India. Another mistake respecting currie-powder is, that we make it too hot with Cayenne-pepper. In India, there are mild curries, and hot curries: the former contain no Cayenne-pepper or chili; the latter are warmed, not with Cayenne-pepper, but with the green chili, which is always preferable.

A spoonful of the cocoa-nut kernel, pounded, will impart a very delicate flavour to a currie of chickens.

In the East Indies, the Burdwan is frequently introduced when the appetite begins to flag, after eating heartily of two courses: and, being often dressed by the master or mistress in the presence of the company, it is generally much esteemed. When the stew is dressed on a small chafing-dish in the room where the company dine, it sends forth such a savoury smell, that it reminds us of what Eve felt when the apple was presented to her, during her disturbed dream:—

The pleasant savoury smell
So quickened appetite, that I, methought,
Could not but taste it.—*Milton.*

Mangoes are pickled when unripe, and brought from the East Indies. They are imitated by pickling small unripe melons, which are then called melon-mangoes.

There is a sweeping prejudice against oilmen's pickles, from a notion that they are coloured green by copper: but, every oilman who understands his business can produce green pickles without any such aid.

Old pickles are rarely crisp, but they are of much finer flavour than new ones; though not so esteemed.

In cheap pickles, the vegetables are scarcely half saturated with the vinegar, which is of the worst kind, being adulterated with sulphuric acid, as may be detected by the sulphurous odour of such pickles.

Epicures sometimes mix mustard with sherry or raisin

wine. The French mix it with tarragon, shalot, and other flavoured vinegars, and pepper.

Of Cayenne pepper there are several sorts, made from the capsicum, an annual plant, and a native of both the Indies. Some persons prepare their own pepper, with a view to obtain it genuine, from the capsicums grown in this country; but the *capsicum frutescens* alone affords, when dried and powdered, the finest Cayenne-pepper. The difficulty of obtaining it genuine in England will not be matter of surprise, when the reader learns that even the Cayenne sold in Jamaica is prepared from several sorts of red capsicums, mixed with capsicum frutescens; but they are all much inferior in pungency and aromatic flavour; and persons who would have it genuine, are obliged to prepare it in their own families. It is called Cayenne-pepper, from its being the most noted production of the island of that name, in French Guiana; though it is also produced elsewhere.

The relative value of black and white pepper is but imperfectly understood. The former is decidedly the best: white pepper is of two sorts, common and genuine: the former is made by blanching the grains of the common black pepper, by steeping them for a while in water, and then gently rubbing them, so as to remove the dark outer coat. It is milder than the other and much prized by the Chinese; but very little is imported into England. "*Genuine*" white pepper is merely the blighted or imperfect grains: picked from among the heaps of black pepper. It is, of course, very inferior.

Pepper is eaten throughout the civilized world; but more in hot than in cold countries. In Asia, where the stomach is weakened by excessive perspiration, produced by the heat of the climate, by a humid atmosphere, and by a too much vegetable diet, pepper is employed as a powerful stimulant. Thus, in a medical point of view, pepper proves an excellent tonic, and is calculated to create appetite, and to promote digestion.

Pure salt should not become moist by exposure to the air.

Vegetables.

ALL vegetables do not contain equal proportions of nourishment. Thus, French beans, (the seeds, the white harico of the Continent) contain 92lb. of nutritious matter in 100lb.; broad beans, 89lb.; peas, 93lb. Greens and turnips yield only 8lb. solid nutriment in 100lb.; carrots, 14; and, in opposition to the common opinion, 100lb. of potatoes yield only 25lb. of nutrition. One pound of good bread is equal to 2½lb. or 3lb. of potatoes; or ¼lb. bread, and 5 oz. meat are equal to 3lb. potatoes; 1lb. potatoes is equal to 4lb. cabbage, and 3lb. turnips; but 1lb. broad beans, or French beans, is equal to 3lb. potatoes.

Certain vegetables assist the stomach with some indigestible food. Such are rich and oily substances, as pork, goose, wild fowl, and salmon. The malic acid in applesauce eaten with roast pork, the lemon juice with wild fowl, and vinegar with salmon, have thus come into common use. To assist the digestion of fried white bait, and turtle too, lemon-juice is usually added, and punch drunk with them: "the palate," says Mr. Mayo, "having suggested, and philosophy approving, the association."

The only secret of dressing vegetables *green*, is an open saucepan, plenty of water, (with salt,) and fast boiling.

So far from the moderate use of cooked vegetables and ripe fruit tending to the progress of the cholera, the greater part of the medical profession are of opinion, that it tends to strengthen men against the cholera as well as most other diseases.

Plenty of good vegetables, well served, is a luxury vainly hoped for at set-parties: they are made to figure in a very secondary way, except when they are considered as delicacies, which is generally before they are at the best. Excellent potatoes, smoking hot, with melted butter of the best quality, are as rare on state occasions, so served, as if they were of the cost of pearls.—Walker.

When peas, French beans, and similar productions, do not boil easily, it has usually been imputed to the coolness

of the season, or to the rains. This popular notion is erroneous. The difficulty of boiling them soft arises from a superabundant quantity of gypsum imbibed during their growth. To correct this, throw a small quantity of sub-carbonate of soda into the pot along with the vegetables, the carbonic acid of which will seize upon the lime in the gypsum, and free the vegetables from its influence.—*From the French.*

Cauliflowers, kidney-beans, and other delicate vegetables, may be kept many months, by drying them, and packing them in a jar, with common salt between and over them. Vegetables may also be long kept in an ice-house.

Four ounces of meat, with as large a quantity of good potatoes as would wholly take away the sensation of hunger, would afford, during twenty-four hours, more efficient nutriment than could be derived from bread in any quantity, and might be obtained at much less expense.—*Knight.*

Mealy potatoes are more nutritious than those which are waxy; as the former contain the greatest quantity of starch, in which consists the nutriment of the potato.

To ensure *mealy* potatoes, peel them, and put them on the fire in boiling water; when nearly done, drain them, put on them a dry cloth, cover them closely, and set them near the fire for five minutes.

A well dressed potato has been fixed upon as a test of the merits of a cook. At the meeting of a club committee, specially called for the selection of a cook, the first question put to the candidates was, "Can you boil a potato?"

In Prussia, potatoes are frequently served in six different forms: the bread is made from them; the soup is thickened with them; there are fried potatoes, potato salad, and potato dumplings; to which may be added potato cheese, which, by the by, is one of the best preparations; it will keep many years. Potatoes are now mostly served at good tables in British India.

Oxalis crenata, (recently introduced), may be called the new South American potato, and has an advantage over our

own ; for, not only are the roots dressed as vegetables, but the stalks may be used like rhubarb in tarts.

The fresh leaves of borecole, with their gaily variegated colours, are well adapted for garnishing.

Vegetable marrow is good in every stage of its growth : when young, fried in butter ; when half-grown, plainly boiled, or stewed, with sauce ; and when full-grown, in pies. When boiled and cut into dice, it makes an elegant garnish, alternately with dice of young carrots, for boiled fowls.

Real Brussels sprouts are rarely seen in England, and are nearly as scarce in France ; no proper care being taken in their culture, apparently, but in the neighbourhood of Brussels. Here they are served boiled, with a sauce of vinegar, butter, and nutmeg, poured over them.

Brussels tops are much more delicate than sprouts ; in Belgium, the small cabbages are not esteemed if more than half an inch in diameter.

Sea-kale, unlike most other vegetables, is improved by forcing : the forced shoots produced at mid-winter being more crisp and delicate than those of natural growth in April and May.

Sea-kale is commonly served upon toasted bread, to soak up the water ; but, when the kale is drained dry on a clean cloth, the toast is not requisite. According to Ude, sea-kale is not known in France. It was first brought into fashion in this country, by Dr. Lettson, in the year 1767.

Cardoons, or thistle heads, with Spanish sauce, though not much relished in England, are highly esteemed in France. They make a capital *entremet*, and may be selected as one of the finest efforts of cookery.

Chou-croute is easy of digestion, and well adapted for flatulent stomachs. Captain Cook was so well aware of its antiscorbutic qualities, that he kept his men three years in health at sea, by the use of it two or three times a week.—*Chou-croute*, in this country, is mostly stewed in gravy ; but in Bavaria, it is boiled and mixed with butter and red wine, or juniper berries, aniseed, and carraways.

Though yellow turnips are not much admired at table, they are equally palatable as, and much more nutritious than, the white varieties. Sorrel gives an excellent flavour to turnip tops.

The long French spindle-shaped turnip is of great excellence, and is much used in Germany, generally stewed.*

In dressing turnips, never omit to mix with them a small lump of sugar, to overcome their bitter taste.

Parsneps, from Teltow, a village in the neighbourhood of Berlin, are a peculiar delicacy of the Prussian *cuisine*.

Of peas, the deadman's-dwarf is a small delicious variety, in high request at genteel tables.

Mr. Cobbett notes: "the late king George III reigned so long, that his birth-day formed a sort of season with gardeners; and ever since I became a man, I can recollect that it was always deemed a sign of bad gardening if there were not green peas in the garden fit to gather on the 4th of June."

The French have a proverb: "Eat green peas with the rich, and cherries with the poor;" meaning, we suppose, that peas require to be nicely stewed with butter, flour, herbs, &c.

Spinach is one of the wholesomest vegetables served at table, especially when simply dressed. It should be very carefully picked, so that no weeds or stalks are left amongst it. The least oversight may spoil the spinach in spite of the best cookery.

New Zealand spinach supplies fresh leaves for use, when the crops of summer spinach are useless.

* Until the beginning of the eighteenth century, the turnip was only cultivated in England in gardens, or other small spots, for culinary purposes; but Lord Townshend, attending King George I, as Secretary of State, to Germany, observed the turnips cultivated in fields, as fodder for cattle, and spreading fertility over lands naturally barren; on his return to England, he brought over with him some of the seed, and gave it to some of his own tenants, who occupied soil similar to that at Hanover. It was sown, and the experiment succeeded: the cultivation of field turnips soon spread over the whole county of Norfolk; and gradually it has made its way into every other district of England.

Boiled beet-root, white haricot beans, and fried parsneps, are excellent accompaniments to roast mutton.

In Britain, beet is but little used, and that little only in salads, preserves, and making wine. The cause of this neglect of so delicate and wholesome a root is unaccountable; since, being an indigenous plant, it is perfectly hardy, and of the easiest culture. It will, however, be shortly extensively cultivated for the manufacture of sugar; and beer has been experimentally produced from it.

Laver, the sea liver-wort, a reddish sea-weed, forming a jelly when boiled, is eaten by some of the poor people in the Highlands with bread, instead of butter: it is there called *sloke*, and is also used to make a broth. The rich of this country have elevated laver into one of the dainties of their tables; it is generally served hot in a silver saucepan, or in a silver lamp dish, and is excellent with roast mutton. It is curious to reflect that what is eaten at a duke's table in St. James's, as a first-rate luxury, is used by the poorest people of Scotland twice or thrice a day. Laver is also obtained in abundance upon the pebble beach, three miles long, near Biddeford.

Celeriae, or celerie rave, may be used in the kitchen for seven or eight months in succession. In Germany, it is eaten as salad.

Hop-tops are eaten instead of asparagus, dressed in the same manner, and served with white sauce, melted butter, or oil.

The nettle is truly a table plant: the young and tender nettle is an excellent pot-herb, and the stalks of the old nettle are as good as flax for making a tablecloth.—*Campbell*.

The tomata is much less used in England than on the Continent. Near Rome and Naples, whole fields are covered with it; and scarcely a dinner is served in which it does not form a dish. In Spain, tomatas are dried, powdered, and bottled, and thus kept for an indefinite time; an excellent store gravy sauce may likewise be made of them.

The egg-plant in England is a mere green-house plant; but, in France the *eggs* are eaten in soups and stews.

The British onion is one of the worst description, in comparison with the onions of Egypt and India, which are great delicacies.

The onions and especially the asparagus of Reading are remarkably fine, and are in great demand in the season.

Spanish and Portuguese onions are mild, but do not keep well: they are only in perfection from August to December, when great quantities are sent by the wine-growers in Spain and Portugal as presents to their customers in this country.

A dish of Spanish onions stewed in brown gravy, is a worthy accompaniment to a roast capon.

Herbs, when dried and pressed into cakes, and wrapped in paper, may be kept three years; but, by the common mode of hanging them up in loose bundles, herbs soon lose their odour.

Herb mixture of equal proportions of knotted marjoram and winter savoury, with half the quantity of basil, thyme, and tarragon, dried, rubbed to powder, and kept in a closely corked bottle, will be found useful for forcemeats and flavouring.

Truffles were known as a delicacy by the ancients, and were specially esteemed among the Romans as a dainty and favourite dish. They are very nourishing, and are said to be strong stimulants. They are used as an addition to meat pies, sauces, and ragouts, and a particular dish is made of them nearly alone. They are also used for stuffing turkeys, game, &c. Truffles are marinaded, (salted, and afterwards preserved in oil and vinegar,) and sent principally from Aix, Avignon, Bordeaux, Perigord, Certe, and Nice, to all the principal towns of Europe, where they are served up at table even in winter. Truffles are likewise found in England, at Goodwood, in Sussex; Northwood, near Slindon and Irtham; at Broome, in Kent; and Castle-Edendean, in Durham.

The large horse-mushroom, except for ketchup, should be very cautiously eaten. In wet seasons, or if produced

on wet ground, it is very deleterious, if used in any great quantity.

Whole peas are preferable to those which are split: the external coat preserves the flour of the pea, which soon flies off when the naked surface is exposed to the weather.

The leaf of the bay is much narrower and more pointed than that of the cherry-laurel, and has a very fragrant smell: it is mostly sold by Italian warehousemen.

The supplies of fruit and vegetables sent to Covent Garden Market, in variety, excellence and quantity, surpass those of all other countries. The quantity of pine apples, at all seasons, is astonishing; and there is more certainty of being able to purchase a pine, every day in the year, in London, than in Jamaica or Calcutta. Forced asparagus, potatoes, sea-kale, rhubarb-stalks, mushrooms, French beans, and early cucumbers, are to be had in January and February. In March, forced cherries and strawberries make their appearance with Spring spinach. In April, grapes, peaches, and melons, with early peas. In May, all forced articles in abundance. In June, July, &c. to November, a profusion of all summer fruits. In October, grapes, figs, melons, peaches, and the hardy fruits. In November and December, grapes, winter melons, nuts, pears, apples, and as before observed, at all times pines. Of culinary vegetables, the cabbage, borcoles, and brocoli tribe, and all the varieties of edible roots, are presented in the greatest abundance in January, February, and March. The quantity of radishes, lettuces, onions, asparagus, sea-kale, tart-rhubarb, &c., brought to market in April and May, is incredible; as is that of the peas, cauliflowers, and new potatoes presented in June. The rest of the season is equally well furnished, not only with every ordinary vegetable, but with such as are mostly used by foreigners, or are occasionally in demand; as samphire, burnet, saucealone, nettle-tops, dandelion, &c.

David Hume shrewdly observes: "The same care and to l that raise a dish of green peas at Christmas, would give bread to a whole family during six months."

Salads.

PERSONS in health, who feel a craving for salad, may indulge in the enjoyment of it to a great extent with perfect impunity, if not with positive benefit.—*Mayo*.

Oil, when mixed in salad, appears to render the raw vegetables and herbs more digestible. Vinegar likewise promotes the digestion of lettuce, celery, and beet-root.—*Ibid*.

Endive is very wholesome, strengthening, and easy of digestion; but when strong seasoning is added to it, it becomes an epicurean sauce.—*Ibid*.

The early long and short prickly cucumbers are much esteemed; Flanagan's cucumber, nearly 2 feet long, is of superior crispness and flavour; the white and long green Turkey are later fine varieties.

Cucumber dressed with oil and vinegar, is a delicious accompaniment to boiled salmon or turbot, and assists their digestion; though it cools the fish, and sauce, if it be eaten from the same plate.

The pride of first-rate horticultural establishments, is to place a cucumber upon the table every day throughout the year.

Salad should be "morning gathered;" and being washed, it should be covered up in a table-cloth, to exclude the air, and keep it fresh, until dried. To ensure ridding salad of insects, wash it in sea or salt water. The following are excellent salad ingredients:—essence of anchovies, soy, sugar, truffles, flavoured vinegars; black pepper is much used by the French.

In the Netherlands, white chiceory is sold at a very cheap rate early in the Spring, and supplies a grateful salad long before lettuces are to be had; so that a two-penny bundle will fill a salad-bowl. The roots are taken up, dried, and ground, as a substitute for coffee.

Walnut-oil may be used in salads. Sunflower-seed oil is as sweet as butter, and is much used in Russian cookery.

In preparing a salad, it is a common mistake to wash lettuces; they ought never to be wetted; they thus lose their crispness, and are *pro tanto* destroyed. If you can get nothing but wet lettuces, you had certainly better dry them; but, if you wish for a good salad, cut the lettuce fresh from the garden, take off the outside leaves, cut or rather break it into a salad bowl, and mix.

It is surprising that we do not hear more of the effects of swallowing the eggs or larva of insects, with raw salads. Families who can afford it, should keep a small cistern of salt water, or lime and water, (to be frequently renewed), into which all vegetables to be used raw should be first plunged for a minute, and then washed in pure fresh water.

Picked lobster mixed with salad is but a mean pretension to the elegant supper-dish, "Lobster Salad."

Sweet Dishes.

PASTRY is digested with difficulty, in consequence of the oil which it contains; puddings, from their heaviness, that is, closeness of texture; in proportion as they are light, they become digestible.—*Mayo*.

Pastry is so abundant at Damaseus as to cost scarcely any thing: Lamartine says he never saw so many varieties elsewhere.

The omelette is of great antiquity; and, as a proof of its wholesomeness, it is a favourite in almost every country in Europe.

Dr. Hunter, in his *Culina*, gives the recipe for an omelette, the invention of a lady, who had it regularly served at her table three days in the week, and who died at the age of ninety-seven, with a piece of it in her mouth. The doctor adds, that in consequence of this accidental longevity, eggs rose ninety per cent. in the small town of Wells, in North America, where the old lady was born and died!

The Italians often put sugar into their paste.

A green apricot tart is commonly considered the best tart that is made; but a green apricot pudding is better.

A plum-pudding is hardly ever boiled enough; a fault which reminds one of a predicament in which Lord Byron once found himself in Italy. He had made up his mind to have a plum-pudding on his birthday, and busied himself a whole morning in giving minute directions to prevent the chance of a mishap; yet, after all the pains he had taken, and the anxiety he must have undergone, the pudding appeared in a tureen, and of about the consistency of soup.

Creams in moulds, when made by incompetent hands, remind one of perfumed soap lather.

If soufflés are sent up in proper time, they are very good eating; if not, they are no better than other puddings.

The French make a delicate jelly from the juice of very ripe grapes, with a much less proportion of sugar than we employ in our fruit jellies.

Calf's foot jelly is a *monotone*; but the sagacity of the cook will, in some respect, alter this character, by occasionally giving it plain, at other times with grapes, &c., in it.

Jelly and jam have been prepared from the tender leaf-stalks of the red rhubarb; their flavour being equal, if not superior, to that of currant jelly.

Blackberry jelly, made as currant jelly, is commonly used in the north of England, in tarts. A large spoonful in an apple-tart not only colours it, but gives it a sort of plum flavour.

The jelly named pectin, or pectic acid, which is obtained in purity from carrots, has been much recommended in France as a part of the diet of invalids; but the truth is, it is a poor and weak jelly, and stands low upon the scale of nutritive substances; however, it is a very good thickener of meat soups, and renders the carrot an excellent article for that purpose.

Baked pears, of fine crimson colour, and served in cut glass, make an elegant and economical supper dish.

Barberries, without stones, make an elegant preserve; and the other kind, with stones, is pretty garnish.

The white bullace mostly abounds in Norfolk: it is excellent in tarts, and when preserved by boiling in sugar, it may be kept a year.

Magnum-bonum plums are only fit for tarts and sweetmeats. *Magnum* is right enough; but as to *bonum*, the word has seldom been so completely misapplied.—*Cobbett*.

The winesour is the most valuable of all our plums for preserving, and great quantities preserved are sent annually from Wakefield and Leeds to distant parts of England. They will keep one or two years, and are preferable to those imported from abroad.

Macaroons are many hundred years old; for we find them mentioned as a kind of delicate sweetmeat, placed before hermits by hospitable persons.

The poisonous essential oil of bitter almonds, or “flavouring,” as it is called, is now prepared by chemists for the use of dealers in cordials, to make the genuine “noyau;” and for confectioners and cooks, to give a fine bitter flavour to custards, cakes, &c. Many of the baneful effects which have been so frequently attributed to confectionary and the use of copper vessels, have probably been produced by this poison.

If bitter almonds be eaten freely, they occasion sickness and vomiting; and to many quadrupeds and birds they are fatal poison. There was formerly a notion, but it is quite erroneous, that the eating of them would prevent the intoxicating effects of wine. They are frequently used instead of apricot kernels in ratifia, and sometimes are employed in making a counterfeit cherry-brandy.

Although the poisonous nature of black-cherry water has long been known, it is still employed in cookery and confectionary to a dangerous extent.

The Demarara sugar, obtained by a new process, direct from the sugar-cane, without any subsequent process of discolouration or refining, is said by chemists to have a purer sweetness than even the best refined sugar, and a rich mellifluous taste, not approached by sugar otherwise obtained; whilst it is not apt to become acescent in solution.

Ices were introduced into France so early as the middle of the seventeenth century.

Some persons are of opinion, that when any article is iced, it loses its sweetness, and that it ought, therefore, to have an additional quantity of sugar, which opinion is not correct; for the diminution of the sweetness arises from the materials not being properly mixed, when in the freezing-pot. In ices that are badly mixed, the sugar sinks to the bottom, and they have, necessarily, a sharp unpleasant taste.—*Jarrin*.

An ice-well should be larger round than it is deep, for it is a common error to imagine that the deeper the well is, the better; on the contrary, we know that the water naturally runs towards the depth, and drawing towards the walls, penetrates through the brickwork, and produces a humidity that melts the ice. To avoid this, a good well should be built with double walls, at the distance of eighteen inches or two feet apart, and the interval filled up with ashes, or any other matter of absorbent quality.†—*Jarrin*.

Bread.

THE nourishment in bread has, probably, been much over-rated. Bread is known to constitute the chief food of the French peasantry. They are a very temperate race of men; and they live in a fine dry climate. Yet, the duration of life amongst them is very short, scarcely exceeding two-thirds of the average duration of life in England.

New bread is an article of food most difficult of digestion. Every thing which by mastication forms a tenacious paste, is indigestible, being slowly pervaded by the gastric juice. Even bread sufficiently old, which it never is till it is quite dry, is frequently oppressive if taken alone and in considerable quantity. The sailor's biscuit, or bread

† Ice is nearly as expensive in England as in much warmer climates: in mild seasons, it has even been imported into this country by shiploads. In New York, carts of ice are driven for sale, in small quantities, all over the city. Iced soda-water, from the fountain, is in almost universal use; and is sold in almost every street; it is deliciously prepared, and frequently flavoured with lemon syrup; the price, three-pence for a tumbler.

toasted very hard, often agrees better with a weak stomach than bread in other states.—*Dr. Philip.*

Brown bread is recommended to invalids, for its containing bran, which is known to possess a resinous purgative substance; but the efficacy of its aperient quality is generally counteracted by the bread being made too fine.

Scotland is the only country in which oats constitute the habitual nourishment of man. The unleavened oaten cakes, which are made there, resembling sea-biscuit, produce peculiar disorders, and are but poor food. In Scotland, the diffusion of civilization, formerly concentrated in certain points, the astonishing progress of industry and agriculture, and the ideas of comfort which its inhabitants acquire from England during their lucrative migrations, will, doubtless, cause them completely to abandon the use of oaten cakes for that of the potato and wheaten bread.—*De Candolle.*

The German Professor Antenreith has succeeded in obtaining flour from wood, and in literally making *a tolerably good quartern loaf from a deal board*. The learned Professor has made other experiments on the nutritious properties of wood-flour: his family ate it in the form of gruel or soup, dumplings, and pancakes, all made with as little of any other ingredient as possible, and found them palatable and quite wholesome.

In Savoy, bread is baked in thin stick-like pieces, about four feet in length, so as to be literally the staff of life. In France, bread is often baked in large rings, for the convenience of carrying on the arm.

Salt in bread is very important. Lord Somerville relates that the ancient laws of Holland sentenced men to be kept on bread alone, unmixed with salt, as the severest punishment in a moist climate; and the effect was horrible.

The French bakers do not put so much salt into their bread as the English bakers do: in fact, French bread is insipid to an English palate, whilst the Frenchman shrinks from the quantity of salt commonly used by our bakers.

The *beau-ideal* of Anglo-Indian bread is, that it should be excessively white, utterly tasteless, and as light as a powder-puff: when toasted and eaten dry with tea, it is tolerably good; but Bishop Heber says, he would as soon bestow butter on an empty honey-comb, which it marvellously resembles in dryness, brittleness, and apparent absence of all nourishing qualities. It is lamentable to see fine wheat so perversely turned into mere hair-powder.

Soda-bread, or bread made with soda instead of yeast, is much eaten in the United States of America. To make it, mix $1\frac{1}{2}$ lb. good wheat flour with two teaspoonsful of fine salt; then dissolve a large teaspoonful of supercarbonate of soda in half a teacup full of cold water, and add it to the meal; rub altogether in a bowl, and add as much very sour buttermilk as will make the whole into a soft dough: form it into a cake about an inch thick, and put it into a flat Dutch oven or stewpan, with a metal cover over it; set it over a moderate fire for twenty minutes; then lay some clear live coals upon the lid for half an hour, the under heat being allowed to fall off for the last quarter of an hour; and occasionally see that the bread does not burn.

Apple-bread, that is, bread made with the addition of the pulp of apples, is much eaten in France.

Rice is said to have been successfully cultivated in Scotland; and could it be naturalized in this country, so as to be raised in the fenny lands which cannot be made to produce corn, it might, perhaps, be cheap enough to become a real blessing to the labouring classes, for it is, undoubtedly, very nutritious; but, at present, it is rather an article of luxury than of economy for them.

Biscuit is digestible from its crispness and shortness, being readily separable and broken into minute fragments. A biscuit eaten about the middle of the day, will preserve the tone of the stomach, which is debilitated by long fasting: it is, therefore, a good luncheon.

The public are greatly in error in supposing the Abernethy biscuit sold by most bakers, to have been the favourite breakfast of the celebrated surgeon of that name; for this

biscuit was named after Abernethy, the honest baker who first made it.

Macaroni may be termed the Italian's staff of life: in Italy, it is the principal food of the lower orders, but in England it is only found upon the tables of the rich, owing to the enormous price at which it is sold; and which price is justified on the plea that it cannot be so well manufactured here. The Italian process is, however, so simple, that with the finest wheat, which, if not grown in England, may always be obtained here, as good macaroni might be made here as in Italy: at least, such is the opinion of those who have witnessed the manufacture of macaroni in Italy.

In Great Britain, there are annually consumed 15 million quarters of wheat, being about a quarter of wheat to each individual. Of malt, 25 million bushels are annually used in brewing and distilling, and 46,000 acres of hops are cultivated. Of meat, about 1,250,000 head of cattle, sheep, and pigs, are annually sold in Smithfield alone; which is, probably, about one-tenth of the consumption of the whole kingdom. The quantity of tea consumed in the United Kingdom is about 30 million pounds annually: of sugar, nearly 4 million hundred-weight, which is a consumption of 20lb. by each individual; and of coffee, about 20 million pounds are annually consumed.

Cheese and Butter.

THE practice of mixing herbs (as sage) in cheese, is as old as the time of Charlemagne. The mosaic arms upon such cheese is essentially feudal.

Excellent cheese has been made from mealy potatoes, mixed with the third of their weight of curd, &c.

The fine powder which we perceive upon a decaying cheese, and which is so highly prized by the *gourmand*, is nothing else but the excrement of the grubs of the cheese-mite.

The finest cream cheese is that of Cottenham and Southam, in Cambridgeshire: Banbury, Bath, and York.

To improve a new Stilton cheese, scoop out a few samples of it, and fill the spaces with samples taken from an old cheese, containing blue mould: cover up the cheese for a few weeks, and it will become impregnated with the mould, and have the flavour of a ripe old one. The new samples, if put into the old cheese, will be changed *vice-versâ*.

The cheese of this country, known by the name of "Trent Bank," is a good substitute for Parmesan.

Parmesan cheese is made in the country between Cremona and Lodi, the richest part of the Milanese. The milk of at least 50 cows is required for one cheese; and, as one farm rarely affords pasture for such a number, it is usual for the farmers to club together: the best kind is kept for three or four years before it is taken to market.

Schabzieger cheese, made in Switzerland, is flavoured with the melilot herb, dried and powdered.

Cheese, when stewed with ale, is much easier of digestion than when toasted. The only *post-prandial* item at the Beef-Steak Club is a stew of cheese in a silver dish.

There is a popular notion that "butter is *bilious*;" which means that it increases the secretion of bile to an inconvenient degree. This may, probably, be the case with some dyspeptics; but when used in moderation, butter has certainly not this effect with the majority of persons. The substitution of orange marmalade for butter at breakfast, though strongly recommended by certain manufacturers, is by no means desirable; as so powerful a bitter cannot be taken frequently with advantage.

Butter may be kept cool in hot weather by placing the dish or pot in cold spring water, in which a little saltpetre is dissolved.

It is supposed that Buckinghamshire feeds about 20,000 milch cows, each giving, on an average, 200lbs. of butter annually.

The butter of Epping and Cambridge is thought to be only conceitedly in the highest repute; though its superiority is thus explained. The cows which produce the

former, feed during the summer in the shrubby pastures of Epping forest; and the leaves of the trees and numerous wild plants which there abound, are supposed to improve the butter. The Cambridgeshire butter is produced from cows that feed one part of the year on chalky uplands, and the other on rich meadows or fens; which alternation is thought to explain its excellency. The London dealers having washed and repacked Irish butter, often sell it as Devon and Cambridge butter.

Dutch butter and cheese have associations of extreme cleanliness; for, so scrupulous are the makers, that *bare hands* are never allowed to come in contact with the materials.

Turtle butter is made in vast quantities from the eggs of turtles, in South America. In Brazil, about 20,000 pots, each containing 60lbs., are made annually.

Malt Liquors.

THERE is a general prejudice against beer in the case of the bilious and the sedentary; but it appears without foundation. Bilious people are such as have weak stomachs and impaired digestion, and those who are sedentary are nearly in these respects always in a similar state. Now, beer does not tend to weaken such stomachs, to become acedent (sour) or otherwise to disagree with them: on the contrary, it will be found, in the majority of cases, that beer agrees with them much better than wine, since it is far less disposed to acedence, better fitted to act as a stomachic, and therefore, to invigorate both the digestive organs and the constitution at large. Of course, sound home-brewed beer of a moderate strength is here referred to: no man can answer for the effects of the stuff usually sold as beer; and strong ale is always difficult of digestion.

Lord Bacon attributes anti-consumptive virtues to ale; without crediting them, Dr. Hodgkin asserts, from well proved experience, that the invalid who has been reduced almost to extremity, by severe or lingering illness, finds in well apportioned draughts of sound beer one of the most

important helps to his recovery of health, strength, and spirits.

Most strong beers contain some nutritious matter, of which sugar is the principal; they must, therefore, not be regarded as mere stimulants. The nutritive and sustaining properties of strong beer are, however, very much over-rated.

Hops possess a strong narcotic principle, so that the purest beer produces an effect upon the brain, if taken in considerable quantity. The sleepiness which follows its use, shows this as well as the fate of those who are addicted to it. In seven cases out of ten, malt liquor drunkards die of apoplexy or palsy. A very moderate use, during dinner, of a beer not containing much nutritious matter, or too much hop, is allowable to most persons; but it should be thoroughly fermented or purified, and not be hard or stale.

In one of Lord Mulgrave's novels, a gallant attempt is made to disabuse the public as to beer: "Is not that a fashionable novelist opposite?" says an exquisite; "Well, I'll astonish the fellow;—here, bring me a glass of table-beer."

Belgium has, for ages, been celebrated for its beer: the finest is brewed at Louvain, where 200,000 casks are made annually, and a great deal exported.

Beer is probably more drunk in Bavaria than in any other country. The king is so fond of this drink, as to be personally acquainted with the interior of every beer-shop in his capital; and when you see a Bavarian peasant not working, you are sure to find him with a beer-can in his hand. Yet, there is no sign of poverty throughout the country; though the sovereign is a poet.

Malt is no longer indispensable for brewing beer. Pleasant beer has been obtained from mangold-wurzel, potatoes, parsneps, and sugar, with small proportions of hops.

In America, a mode has been patented of preventing beer turning sour in hot weather, by means of a few raisins being put into the wort when it is tunned.

Nothing can be more generally wholesome than good

table-beer; and it is to be lamented that table-beer is so rarely met with in the perfection of which it is capable. Sydenham, in his last treatise, writes: "a draught of small beer is to me instead of a supper, and I take another draught when I am in bed, and about to compose myself to sleep."

Porter is nominally cheaper when bought by the pint from the publican, than when obtained by the eighteen-gallon cask from the brewer; a fact which proves the adulteration of the retailer.

A familiar instance of the good effect of "the voyage" on fermented liquors, is observable in the London porter drank in the Isle of Wight, which is materially benefited by the short sea-carriage.

The excellence of the Burton ale proves to be the result of the water of which it is manufactured flowing over a limestone rock. In the last century, this fact was ingeniously explained by Dr. Darwin, upon the supposition that some of the saccharine matter in the malt combined with the calcareous earth in the water, and formed a sort of mineral sugar, which, like true sugar, is convertible into spirit.

Although *cwrr-dda*, or Welsh ale, is very mild, it is very strong, and a Welshman is generally as proud as he is fond of it. In the neighbouring county of Gloucester, however, a glass of good mild ale is sought for in vain.—*Nimrod*.

To render cider fine and mellow, suspend two or three pair of calves' feet, either raw or boiled, in each hogshead, through the bung-hole. This mellowness is at present badly imitated by the use of brimstone, which gives an unpleasant smack to the cider. Or, a pint of mustard seed put into each hogshead will prevent the cider becoming hard, and render one racking sufficient.

Great quantities of perry are made in Herefordshire, for mixing with new port wine. The Teinton Squash pear produces perry of the very highest quality, something approaching in colour and briskness to champagne, for which samples of it have been sold.

The Dessert.

Who, enjoying the rich productions of our present state of horticulture, can recur without wonder to the tables of our ancestors? They knew absolutely nothing of vegetables in a culinary sense. 'Tis curious to reflect, that at the vast baronial feasts, in the days of the Plantagenets and Tudors, where we read of such onslaught of beeves, muttuns, hogs, fowl, and fish, the courtly knights and beauteous dames had no other vegetable save bread—not even a potato!

They carved at the meal with their gloves of steel,
And drank the red wine through the helmet barr'd.

And, when the cloth was drawn, they had scarce an apple to give zest to their wine. We read of roasted crabs; and, mayhap, they had baked acorns and pignuts—Caliban's dainties. Now, we have wholesome vegetables almost for nothing, and, thanks to Mr. Knight, pine-apples for a trifle.—*Doraston.*

Such are the combined effects of our climate, skill and wealth in horticulture, that a substantial tradesman may, whenever he desires, have on his table a dessert, and in his drawing-room an assemblage of flowers, not surpassed by the first nobleman of the empire, and such as could not be procured by any sovereign in the other countries of Europe.

Forced fruits, which are obtained at a period when there is little light, cannot be compared with those which are matured in the full blaze of a summer's sun; and hence, melons grown in frames, covered with mats, and carefully excluded from the influence of that solar light, which is indispensable to them, have, whatever may be their external beauty, none of that luscious flavour, which the melon, when well cultivated, possesses in so eminent a degree.—*Lindley.*

Fruit, in vast quantities, is now sent by steam from Holland to our London markets; but in few instances will it bear comparison with fruit of English growth. The Dutch rock-melons and peaches exceed our own in bulk

and weight, but do not equal them in flavour; their grapes are likewise inferior; but their pine-apples are equal to ours.

The advantage of allowing ripe fruit to remain on the trees is not merely its production late in the season; for, if ripe gooseberries or currants be permitted to hang on the bush, additional saccharine matter seems to be elaborated, the watery particles evaporate, and the fruit becomes much sweeter. In the south of Italy, bunches of grapes are hung from the ceiling of rooms, and in out-sheds; when the taste acquired is sweeter than before, and the flavour of the raisin predominates.

Of pine-apples, the new and curious sorts are generally inferior in flavour to the old kinds; as the queen, oval-shaped, and of gold colour, and the black Antigua, with pale yellow flesh.

Pine-apples, in the western coast of Africa, though not so deliciously flavoured as those of English or West Indian growth, are, nevertheless, excellent, and so plentiful, that sixty of them may be had for a dollar, or at somewhat less than a penny each.

In preparing to serve a pine-apple, first remove the crown, by placing round it a napkin, and twisting it out, and then cut the fruit with the pine-knife into horizontal slices; these being served, the scales and rind are pared off by the guest.

Pine-apples may be kept a considerable time by twisting off their crowns; which are generally suffered to remain and live upon the fruit, till they have sucked out nearly all the goodness.

Of all the cultivated varieties of the mango in circulation, the papaw and the kidney-shaped mangoes are the best; and their fruit is esteemed by many to be not inferior to the pine-apple.

Of melons, the darkest outside, deepest tint in the flesh, and moderate size, have the highest flavour; the netted and knobbed kinds, are rich, sweet, and juicy. The winter melons should be hung up in nets in a dry room.

Melons, according to Lieutenant Burnes, are finer in Bokhara than in any other part of the world. They are very large, and no fruit can be more luscious. The melons of India, Cabool, and Persia, bear no comparison with them; not even the celebrated fruit from Ispahan itself. The water-melons of Bokhara are good, and attain an enormous bulk: twenty people may partake of one; and two of them, it is said, sometimes form a load for a donkey.

A West India water-melon, according to Monk Lewis, has been much overrated: he says, "I never met with a worse article in my life; the pulp is of a faint greenish yellow, stained here and there with spots of moist red, so that it looks exactly as if the servant, in slicing it, had cut his finger, and suffered it to bleed over it. Then the seeds being of a dark purple, present the happiest imitation of clotted gore; and, altogether, (prejudiced as I was by its appearance), when I had put a single bit into my mouth, it had such a kind of Shylocky taste of raw flesh about it, (not that I recollect ever having eaten a bit of raw flesh itself), that I sent away my plate, and was perfectly satisfied as to the *merit* of the fruit."

Grapes should bear a blooming freshness: when the stalks are dry, the fruit is mostly stale. The following are choice varieties: black Damascus, Lisbon, and Frontignac, with round berries; black Muscadine and Hamburgh, with long berries; Frontignac and sweet-water, with round white berries; Muscats, with long white berries; red Hamburgh and Muscat.

Grapes may be freshened by cutting the stalk of each bunch, and placing it in wine, as flowers are placed in water.

The bloom of plums, grapes, cucumbers, or other fruit, may be restored by lightly dusting over them calcined magnesia.

To improve the flavour of strawberries, squeeze each gently with a spoon, and the advantage will be similar to that of boiling the potato.

Myatt's seedling strawberry has a highly delicious pine

flavour, and generally bears two crops a year, the second coming in about Lord Mayor's day, Nov. 9.

Strawberries can be had in perfection only in dry weather, for a very slight shower will render this fruit comparatively flavourless.

Raspberries should be eaten as soon after they are gathered as possible; since they lose much of their flavour in a few hours. Mulberries should also be eaten only when fresh gathered.

The finest dessert cherries are the Mayduke, Bigarreau, white-heart, Waterloo, and black-heart.

Dried cherries are a very useful article for the dessert in winter and spring. They are gathered when ripe, kept free from bruises, and dried upon earthenware dishes in a very cool oven.

Large gooseberries have mostly less flavour than the smaller kinds. The yellow gooseberries have generally a much richer and more vinous flavour than the white. The Warrington red, is perhaps, the best dessert fruit.

The white Dutch currants, with yellow fruit, are by far the sweetest, and preferable for dessert.

Plums ripen nearly throughout six months in the year: among the fine dessert varieties are the green-gage, violette, early Orleans, and Moroeco; Cox's plum, the Imperatrice, oblong, with thick bloom; the nectarine, purple gage, and violet diaper. A fine green-gage has a yellowish-green skin with a purplish tint, marbled with russetty, muddy red; the flesh is very melting, and the juice abundant, sugary, and of delicious flavour. The cherry plum, like the Bigarreau cherry, is very handsome in the dessert.

Cox's plum has been kept twelve months, by wrapping it in soft paper, and storing it in a dry room.

Green-gages, when grown upon a healthy standard, though not so large, are much richer than when they are produced against a wall.

The Brignole plum is named from Brignole, a town of

France, famous for its prunes, of which this ranks among the best sorts.

Prunes, on the Continent, are stewed, and served as a winter dessert-dish; but in this country they are mostly used in medicine. They are prepared in France chiefly from the St. Catherine plum; and in Portugal, from a plum which is named from the village of Guimarens, where they are principally dried. They contain so large a quantity of sugar, that brandy is distilled from them when fermented; and it has even been proposed to manufacture sugar from them.

Peaches of the best kind have the flesh firm, the skin thin, of a deep or bright red colour next the sun, and of a yellowish-green next the wall; the pulp should be yellowish, highly flavoured, and juicy, and the stone small. Nectarines should be chosen by the same rule as peaches. The peach-apricot is finest and largest; but the old Moor-park apricot is much prized.

The leaves of peach, nectarine, and apricot trees, as well as the kernels of the fruit, give a noycau flavour by infusion in water, or in spirits.

Apples for the table should have a fine juicy pulp, high flavour, regular form, and beautiful colouring; as, the golden reinette, with a fine aromatic, sub-acid flavour; the old nonpareil, of agreeable briskness; and the foreman's-crew, combining the excellence of the old golden pippin and nonpareil. The golden pippin is not, as supposed, extinct.

Medlars are not good till they are rotten-ripe: the Dutch apple-shape is the largest and handsomest; but the Nottingham is of superior quality.

Biffins are the Norfolk beauffin apples. Many thousands are dried by the bakers in Norwich annually, and sent in boxes to all parts of the country.

Pears for dessert should have a sugary, aromatic juice, and soft melting pulp; as in the *burrés*, or butter pears. Among the summer kinds are the Jargonelle and Williams's Bonchrétienne; autumn, bergamot, Angoulême, Gansel

bergamot, Marie Louise, and Napoleon ; winter, Chaumontelle, Colmar, Crasanne, and swan's egg.

Chaumontelle pears are so fine in Jersey, as to sell there for five guineas the hundred, each pear weighing about one pound. Some of the baking pears attain a vast size. Two, which were exhibited at the Jersey Horticultural Society, in 1835, and sent as a present to the King, weighed 96oz., or 6lb. each.

Pears may be kept by tipping their stalks with sealing-wax.

Fruits of all kinds may be dried and kept a year or two, without losing their flavour, by wiping them and putting them into a cool brick oven; occasionally while drying, grate a little sugar over them.

The orange is a magnificent fruit. In the Azores (as in St. Michael), it requires but seven years to bring an orange plantation to good bearing; and each tree, a few years after arriving at full growth, will annually, upon an average, produce from 12,000 to 16,000 oranges; indeed, 26,000 have been gathered. In its native country, a single orange when cut, will fill a deep dessert plate with its juice.

There is a species of epicurism peculiar to the Azores, with respect to oranges, particularly observed by the higher classes, who only eat that side which has been exposed to the sun, and is, of course, in its fresh state, easily distinguishable by the tint—a refinement we are unable to imitate, the colour being rendered uniform by age.

The clove, or mandarin, with a loose skin, is the most delicate orange.

Oranges in Jamaica, for richness of flavour and for sweetness, cannot be surpassed. Indeed, a bitter or sour orange, is rarely to be met with there.

Oranges grown in this country should be gathered just as the fruit begins to colour; they should then be kept in a warm room for about a fortnight before they are sent to table, by which means the peel will be very soft, and the juice more delicious.

The shaddock is a handsome though not a delicious

addition to our dessert; the flavour of its juice being a sweetish acid, intermediate between that of the orange and the lemon, with rather a bitter taste.

From Italy is brought a *sweet lemon*, with the colour and shape of an orange, except that at the stalk end is a depression, and on this a prominence, as in the lemon; but within it has the pale pulp of the lemon, and sweet juice.

At Naples, in the month of March, may be bought several varieties of grapes, kept through the winter, not much shrivelled, and free from mouldiness. Oranges are so cheap as to allow the poorest of the poor to enjoy (what Dr. Johnson complained he never had of peaches but once) their fill of them, and that daily; the best being sold at the rate of ten for an English penny.

Olives are a green unripe kind of plum, deprived of part of their bitterness by soaking them in water, and then preserving them in an aromatized solution of salt. The most common varieties are the small French and the large Spanish olive. Olives *à la picholine* have been soaked in a solution of lime or alkali.

There is etiquette in eating olives. Cardinal Richelieu is said to have detected an adventurer, who was passing himself off as a nobleman, by his helping himself to olives with a fork; it being *comme il faut* to use the fingers for that purpose.

Filberts with red skins have a finer flavour than those with white. The "Spanish" nuts of the shops are fresh from Spain; the "Barcelona" being another kind, kiln-dried. Old nuts of all kinds are mostly fimmigated with sulphur, and thus made to resemble externally those of the current season.

Filberts are thus preserved in Turkey:—when quite ripe, remove the husks, and rub the nuts dry with a coarse cloth; sprinkle a little salt in a stone jar, then place a layer of filberts, adding a small quantity of salt between each layer; tie the jar over, keep it in a dry place, and in six months the filberts may be easily peeled.

If walnuts be shrivelled, soak them in milk and water

for about eight hours before serving them; and they will become plump, and peel easily.

Chestnuts are heavy, and difficult of digestion. But their digestibility is much increased by the perfectness with which they are roasted and masticated.

Roasted chestnuts should be served very hot in a folded napkin.

Chestnuts are sold at the corners of every street in Florence, in seven different forms: raw, cooked and hot, both roasted and boiled; dried by heat, (the skins being taken off,) in which state they have a much sweeter and superior flavour; made into bread, a stiff sort of pudding; and into thin cakes, like pancakes. By the confectioners of Paris, they are sold peeled, baked, and iced with sugar.

John Evelyn, writing of chestnuts about a century and a half since, says: "we give that fruit to our swine which is amongst the delicacies of princes in other countries; the best tables in France and Italy making them a service, eating them with salt in wine, being first roasted on the *chapplet*."

Sugar has been obtained from chestnuts in nearly the same proportion as from beetroot.

Dates are little esteemed in England, as they are usually dry and old when imported, in which condition they would scarcely be used in the countries where they grow. The best dates are, however, firm, soft, and fleshy, and when fresh, possess a delicious fragrance and perfume; they are also sugary, and very nourishing. The Arabs say, that a good housewife will daily furnish her lord, for a month, a dish of dates differently dressed. This test of domestic economy reminds one of a clever man who chose his wife by her making an apple-pudding.

Brazil nuts are very delicious *when fresh*; but, unfortunately, they are apt to become rancid, on account of the great quantity of oil which they contain; which is well suited for lamps.

The batata, or sweet potato, is extensively cultivated in Spain; where it is roasted and eaten with the dessert.

Wines.

BURKE'S reasons why the great and rich should have their share of wine, are amusing. He says: "they are among the unhappy; they feel personal pain and domestic sorrow; they pay their full contingent to the contributions levied on mortality in these matters; therefore, they require this sovereign balm." "Some charitable dole," adds he, "is wanting to these, our often *very unhappy brethren*, to fill the gloomy void that reigns in minds which have nothing on earth to hope or fear; something to relieve the killing languor and over-laboured lassitude of those who have nothing to do."

New wines are heady, heating, and liable to disturb digestion; wine too old, on the other hand, is acid.

This truth cannot be repeated too often,—wine is not nourishment; it excites, not strengthens; it is not diet, but medicine; to relieve or prevent languor, and to assist the stomach in digesting its food; the latter of which, through excess, it oftener troubles than aids.*

As the first-rate growths of wines are confined to a small number of vineyards, and these often of very limited extent, the supply of such wines can never equal the demand. Every one who can afford the luxury, is naturally desirous to stock his cellar with those of the choicest quality; he orders no others; and the manufacturer and wine-dealer are thus induced to send into the market a quantity of second-rate and ordinary kinds, under the names of the fine wines, which they are unable to furnish. In this way, great confusion and misunderstanding have arisen in those countries where they are but little known, with respect to the true characters of many wines of the greatest name.—*Dr. Henderson's History of Wines.*

* Sydenham, however, drank about a quarter of a pint of Canary wine immediately after dinner, every day, to promote the digestion of the food in his stomach, and to drive the gout from his bowels.

The error of preferring wines of great age, has at length been discovered, and the excellence of the vintage has proved to be of more consequence than the number of years. Provided the vintage has been a good one, no port-wine drinker wishes his to have exceeded its eighth year; so that the lately esteemed epithet "old" has lost its charm here. Old hock has also given way to young hock, that is of a fine season. The same may be said of claret; and well indeed, for unless clarets be the growth of some peculiarly good season, they will not keep till old.—*Nimrod*.

Wines should vary with the seasons: light wines are best in summer; in winter, generous wines are preferred. White wine is drunk with white meats, and red with brown meats. Light wines are suitable to light dishes, and stronger wines to more substantial dishes. In summer, wine and water, cooled by a piece of ice being put into it, is a luxury.

In Russia, raw turnip is handed about in slices, in the first houses, upon a silver salver, with brandy, as a whet before dinner.

The custom, during the last century, was to take after soup, a glass of some sweet wine; but now, the experienced wine-drinker either prefers a glass of fine old Madeira, or of Teneriffe.

The prevalent fashion of being helped to wine by servants is altogether inconvenient, and mars the enjoyment of the guests: it is often offered when not wanted, and when wanted, is perhaps not to be had till long waited for. Mr. Walker remarks: "it is dreary to observe two guests, glass in hand, waiting the butler's leisure to be able to take wine together, and then, perchance, being helped in despair to what they did not ask for; and, it is still more dreary to be one of the two yourself. How different were you can put your hand upon a decanter at the moment you want it!"

Wine is served at French breakfasts, as it was ages since in this country. Charles X, when upwards of seventy years old, breakfasted at eight o'clock, when his *déjeunée* included a bottle of wine.

A damp cellar aids the maturation of wine. Mrs. Bray relates, that in a wet cellar, on the banks of the Cowsick, in Devonshire, was wine, "which all who tasted declared to be the finest flavoured they had ever drank in England, and this flavour, (whatever wine-merchants may think of the fact.) was considered to be the effect of the atmosphere, the bottles being always covered with moisture, which those who partook of the contents called Dartmoor dew." A factitious mode of *bringing forward* bottled port wine, is to throw over it occasionally cold water; but, after the wine has become ripe, it must be drunk speedily, else it will soon become unfit for the table.

If newly-bottled wine be exposed to the sun, it will begin shortly to deposit, and improve in flavour; and even the rawest wine of this kind, by placing the bottle in water, and boiling it, may be made, in the course of a day, to assume the quality which it would have had after many years keeping. In the United States, madeira is commonly boiled; and the same treatment is applied to port. In Spain, brown sherry undergoes the same process.

The French, in bottling wine, wax the corks to preserve them from moisture and insects. For champagne corks, they pay six times the price of common corks.

Wines contain various proportions of alcohol: port, sherry, and madeira, contain, upon an average, 20 per cent. of alcohol; the average of claret is about 15 per cent., and of hock 12 per cent.—*Brande*.

The cause of the *bouquet* of wines had eluded the researches of chemists, until the past year, when Messrs. Liebig and Peluze ascertained it to be produced by a peculiar substance resembling an essential oil. This substance is not to be confounded with the aroma of wine; for it is not volatile, appears to be different in the various kinds of wine, and in the greater number it does not exist at all. This oil forms about one 40,000th part of the wine.

Port wine, when tawny, loses its astringency, acquires a slightly acid taste, and is unwholesome, having an increased tendency to produce gout.

Good port wine, duly kept, is, when taken in moderation, is one of the most wholesome of vinous liquors: it strengthens the muscular system, assists the digestive powers, accelerates the circulation, exhilarates the spirits, and sharpens the mental energies: in *excess*, it is, perhaps, the most mischievous of wines, and most likely to produce those permanent derangements of the digestive organs which follow the habitual use of distilled spirits.—*Brande*.

There is one criterion of fine and old port, which the writer never knew fail, although it may by an accident. The cork, when it has dried, that is to say, an hour after it has been drawn, should be covered on its under surface and part of its cylindrical surface with crystals of tartar.—*Mayo's Philosophy of Living*.

A vast quantity of spurious port wine is imported into this country from the Channel Islands. Thus, during eight years, there have been but 210 pipes of wine exported from Oporto to the Channel Islands, whilst the wines imported into London from the Channel Islands were 2072 pipes. It, therefore, appears clear that cheap French wines are greatly substituted for port wine.

So late as Queen Anne's reign, our importation of port wine was very small: it was then customary in London, upon the meeting of two friends, for the one to invite the other to a tavern to drink; or, in a vulgar phrase, "to crack a bottle of claret dashed with port;" thus intimating the comparative rarity of the latter wine.

Sherry, of a due age, and in good condition, is a fine, perfect, and wholesome wine; free from excess of acid, and possessing a dry aromatic flavour and fragrancy: but, as procured in the ordinary market, it is of fluctuating and anomalous quality, often destitute of all aroma, and tasting of little else than alcohol and water.—*Brande*.

It has often been said, that sherry is a compound wine; but this is a mistake. The best pale and light golden sherries are made from the pure Xeres grape, with only the addition of two bottles of brandy to a butt, which is no

more than one 215th part. Neither are the deep golden and brown sherries, of the best quality, compound wines, though they may be called mixed wines; for they are coloured by boiling the wine of Xeres. Pale sherries are, however, the purest; though, all the gradations of colour upon which so much stress is laid, have nothing to do with the quality of the wine, but depend entirely upon the greater or smaller quantity of boiled wine used for colouring it.—*Inglis's Spain*. In short, it is entirely by the aroma and by the taste, not at all by the colour, that sherries are to be judged. The *wide* differences in colour depend entirely upon the proportion of boiled wine; while those slighter shades, perceptible among the pale and light golden wines, are owing to some small difference in the ripeness of the fruit; or, to factitious deecolourization by our wine-merchants.

It may be laid down as a fact, that genuine sherry, one year old, cannot be imported under thirty shillings per dozen; and, if to this be added, the profit of the merchant, and the accumulation of interest upon capital on older wine, it is obvious that genuine sherry, four years old, cannot be purchased under forty-five shillings.—*Inglis*.

However far we may be from drinking sherry wine in its original state in this country, (owing to the impossibility of preserving it without the addition of a spirituous body), it is so very superior to the lighter kinds of sherry which are drank in their pure state, and which supply the general consumption in Spain, that the last mentioned wines cannot be compared to it.—*Sketches in Spain*.

The finest and driest sherry is called Amontillado. It is very rare; out of 40 butts collected from the same vineyard, not above two or three having this quality.

Sherry is only taken as a *vin de liqueur* in France, and not with dinner as in England.

Wine-drinkers in England are very commonly deceived into the idea that a voyage to the East or West Indies is sufficient to ensure the excellence of Madeira wine: but this is an obvious fallacy, for if the wine were not of a good

quality when shipped from the island, a thousand voyages could not make it what it never had been. It is well known to every merchant in Madeira, that a great proportion of the wines so shipped are of an inferior quality, and are purchased in barter by persons who are commonly known by the name of truckers.—*Holman's Voyage.*

Madeira, as a stimulant, equals port, and, when in fine condition, may truly be called a generous wine: unfortunately, it is rarely to be procured; and as it is generally more acid than either port or sherry, it is, consequently, not so well adapted to stomachs inclined to dyspeptic acidity.—*Brande.*

Light dry wines, such as hock, claret, Burgundy, Rhenish, and Hermitage, are, generally speaking, more salubrious than the stronger varieties, as port, sherry, or Madeira. Claret, in particular, is the most wholesome wine known: champagne, except in cases of weak digestion, is one of the safest wines that can be drunk. Its intoxicating effects are rapid, but exceedingly transient, and depend partly upon the carbonic acid, which is evolved from it, and partly upon the alcohol, which is suspended in this gas, being applied rapidly and extensively to a large surface of the stomach.—*Macnish.*

Owing to the high rates of duty, England, the richest country in Europe, consumes less French wine than even the poorest nation, if we except Sweden. Hamburgh alone takes above eight times, and Holland twelve times, as much as the British isles. If it be said that we import an immense quantity of wine from Spain and Portugal, so do the above countries from the Rhine.

The favourite white wine called Chablis is grown at the small village of Chablis, about 100 miles to the south-east of Paris. Chablis and oysters are a delicious and fashionable luncheon in the French metropolis.

Champagne was pronounced by a verdict of the faculty of Paris, in 1778, to be the finest of all wines. The first quality may be kept from 10 to 20 years in a temperature of 54 degrees Fahrenheit, which is uniformly that maintained in the vaults of M. Mœt, at Epernay.

Champagne, said Curran, makes a runaway rap at a man's head. It should never be stinted, for nothing contributes more to the success of a dinner. One great advantage is, that the ladies are commonly tempted to take an extra glass or two.

In travelling through the great plain of Champagne, the traveller sees nothing that serves to connect that province with the wines of which he has heard so much. Plains, unless in hot countries, produce only indifferent wine; but at Chalons, if he pleases to partake of a *déjeûné à la fourchette*, he may command for the small sum of 8d. a bottle of as choice champagne as would cost 6s. in Paris.

Coloured champagne, which is commonly thought superior, is made *after the white*, which is, therefore, the most pure. The former kinds are manufactured chiefly for the British market.

Sillery champagne, (dry and still), is the finest, purest, and most wholesome of all wines. A man may drink more Sillery with impunity than any other wine.

The idea that champagne is apt to occasion gout, seems to be contradicted by the infrequency of that disorder in the province where it is made: but, it is generally admitted to be prejudicial to those habits in which that disorder is already formed, especially if it has originated from addiction to strong liquors.—*Henderson*.

The prevalent notion that a glass of champagne cannot be too quickly swallowed, is erroneous; and it is no bad test of the quality of champagne, to have it exposed, for some hours, in a wine-glass, when, if originally of the highest order, it will be found to have lost its carbonic acid, but entirely to retain its body and flavour, which had before been concealed by its effervescence. Champagne should therefore, not be drunk till this active effervescence is over, by those who would relish the above characteristic quality.—*Brande*.

Still champagne is often mistaken by its qualities: it is a strong cheating wine, though commonly thought to be weak and cooling, and it is very deceitful in these respects

to the palate. When of superior quality, it has the singular aromatic flavour of champagne in an eminent degree; a flavour which also exists, but is concealed by carbonic acid, in the sparkling wine.

St. Peray is a pleasant wholesome effervescing wine; and is remarkable for its natural unbranded strength.

Sauterne has not quite so much strength as Barsac; but it is very fine and mellow. Barsac is distinguished by its strength and flavour in good years, and is generally lively and sparkling, and very mellow. Barsac and oysters are a first-rate luncheon. Both these wines keep well: some Sauterne that dates from the middle of the last century, is said to be in existence.

There is a prejudice against Burgundy, as being injurious to health; but a more wholesome or more nourishing wine cannot be taken.

The Roussillon wines, (as Masdeu lately introduced into this country), require age: and, if originally of fine quality, they are not in perfection unless they have been ten or twelve years in bottle.

Claret is chiefly shipped at Bordeaux, and is the produce of the neighbouring country. The first growths, those of Château-Margaux, Lafitte, Latour, and Haut Brion, are from the district of Médoc, on the left bank of the river Garonne, below the city.

None of the very best quality of the red wines of the Bordelais, (country round Bordeaux), known in England as claret, is exported pure: a bottle of the best Château-Margaux, or Haut Brion, being a rarity hardly to be procured in Bordeaux itself, at the rate of six or seven francs. For export, the secondary growths at Médoc are mingled with the rough Palus.

The Bordelais are the safest wines for daily use, as they are among the most perfect of the light wines, and do not easily excite intoxication. They have been accused of producing the gout, but without reason. Persons who drench themselves with madeira, port, &c., and indulge in occasional debauches of claret, may, indeed, be visited in that

way; because a transition from the strong, brandied wines to the lighter, is always followed by a derangement of the digestive organs.

Claret was formerly drank in great quantities in Edinburgh; and was cheap, from its being admitted into the port of Leith on Spanish instead of French duties, as at present.

Claret, genuine and unadulterated, is particularly good as a dinner wine, and is in the true taste.

The unmixed, unadulterated Bordeaux wines, not many removes from that known throughout France as *vin ordinaire*, *vin du pays*, or the common wine of the country, are gradually becoming favourites in England. The palate of an Englishman, however, is not immediately reconciled to this simple beverage; but, if a man wishes to get up in the morning with a clean tongue and a clear head, to avoid disease, and yet to enjoy his glass, let him drink the pure Bordeaux wine of *la belle France*. If brought to table cool, in the summer, it is a most refreshing beverage, and strong enough for any one who wishes to retain his reason. The price in France does not exceed two francs the bottle.—*Nimrod, in Fraser's Magazine*.

Vin-de-Bar, which grows at Bar-le-Duc, is a wine not much known in England, but is in considerable estimation in France. It is rose-coloured, pleasant in flavour, and sells in its native country at about 8 sous per bottle.

The light Rhenish and French dinner wines now in fashion, are, according to Mr. Mayo, greatly inferior to good table-beer, and are much less wholesome: they are commonly drank because they are wine, by those with whom strong wines disagree. Dr. Henderson, however, considers Rhenish wines to have a diuretic effect, and to diminish obesity.

Among the Rhine wines, (improperly called hock in England), the Johannisberg and Steinberg rank first, and are on an equal footing for their exquisite flavour and evanescent bouquet. Next follow Rudesheim (Berg) Markobrunner and Rothenberg, which possess much body and aroma. Hockheim, (which grows on the banks of the

Maine, not in the Rheingau), ranks with the best of these second class wines. Of the inferior wines, those of Erbach and Hallenheim are the best. The lighter wines are, however, apt to be hard and rather acid, as table wines. The Laubenheim and Nierstein, from the Palatinate above Mayence, and the delicately-flavoured Moselles, are much preferred to them as table wines in Germany. The best red wine in Germany is the Asmanshausen. The vine chiefly cultivated on the Rhine is called Riesling; it yields a wine of fine flavour: the Orleans grape produces a strong-bodied wine.

The finest wine, the Johannisberg, grows close under the castle of that name, and partly over the cellars, the property of Prince Metternich. The grapes are allowed to remain on the vines as long as they will hold together, by which the wine gains strength in body. So precious are they, that those which fall are picked off the ground with a kind of fork made for the purpose.

The Steinberg wine, the property of the Duke of Nassau, is managed even with greater care and cost than the Johannisberg. In 1836, half of the finest wines in the duke's cellars were sold by public auction. The finest cask, the flower, or, as the Germans call it, the Braut, (Bride) of the cellar, was purchased for the enormous sum of 6100 florins (about 500*l.*) by Prince Emile of Hesse. It contained $3\frac{1}{2}$ ohms, about 600 bottles of cabinet Steinberger, at about 2*s* a bottle; this being, probably, the highest price ever paid for any wine of the district. German wines were formerly thought to abound in acid, and were, therefore, considered liable to produce gout. This is now proved to have been a vulgar error; on the contrary, from the completeness of the fermentation of these wines, they are peculiarly fitted for gouty habits.

Vermuth, the *wermuth must*, or wormwood, is a wine of considerable antiquity. Wallenstein is recorded to have ordered provision to be made of vermuth from his estates, of the vintage of 1630, being one of great promise. This luxurious appendage to the table is still usual in Austrian Germany, and rare elsewhere.

The finest German wine is one called straw wine, which is the produce of grapes so ripe as to require no pressure; but the juice distils itself through clean wheaten straw, from which it imbibes its colour. It is a very expensive wine—sixteen shillings per bottle.

“Imperial Tokay” appears to be nothing more than a costly and sweet luscious wine, which has been extravagantly overrated. Doeter Townson, in his *Travels in Hungary*, says, “Tokay is, no doubt, a fine wine, but I think no ways adequate to its price; there are few of my countrymen, except on account of its scarceness, who would not prefer to it good claret or Burgundy, which does not cost one-fourth of the price. Some of the sweetish Spanish wines are, in my opinion, equally good; and, unless it be very old, it is too sweet for an Englishman’s palate.” When the Emperor of Austria wished to make a present of some Tokay wine, in return for a breed of horses which had been sent to him by the ex-King of Holland, the stock in the imperial royal cellars was not deemed sufficiently old for the purpose, and 2000 bottles of old Tokay were, therefore, procured from Cracau, at the extravagant price of 7 ducats, or 3*l.* 5*s.* 4*d.* the bottle; or, for the whole present, 6533*l.* 6*s.* 8*d.*!

Vin de Chypre is a costly item in the *cartes* of some of the leading *restaurants* at Paris, where it is sold at the rate of 2 or 3 francs a glass. This, however, is only an imitation of Cyprus wine, and the mode of preparing it is thus given in the *Bibliothèque Physico-Economique*. To 10 quarts of syrup of elderberries, add 80 pints of water, 2 oz. ginger, 2 oz. cloves, and boil together; add a few bruised grapes, and strain.

Constantia is universally esteemed for its high flavour and luscious quality. The only vineyard at the Cape which yields it is of small dimensions, and the produce, both white and red, does not exceed from 8000 to 12,000 gallons annually.

Of all compounds coming under the denomination of wine, none is more unwholesome than ill-made “British wine:” it is admirable stuff to catch flies with.

British wines are not so weak as they are commonly thought to be. Raisin and other wines made in this country are often much stronger than the highest average of port, in consequence of the saccharine matter, or of added sugar, which is suffered to ferment into alcohol. Besides British wines commonly contain a large quantity of unfermented sugar, or they have become *pricked* in consequence of the production of a little vinegar, and hence are extremely apt to disorder the stomach.

Wine resembling Muscadel, has been obtained from potatoes in the south of France: and beer has been made from this vegetable with even more decided success.

A very superior raisin wine, with the Frontignac flavour, has been made by Mr. A. Aikin; the recipe for which will be found in the *Transactions of the Society of Arts* for 1829; or, in *The Family Manual*.

The crystallized acids of the currant and of the gooseberry are used by foreign chemists to acidulate well fermented sugar, in imitation of champagne; and the wine thus produced is stated to approach nearer to the flavour of genuine champagne than the wine of the green gooseberry, or white currant.—*From the French*.

Champagne made from gooseberries has often been mistaken by reputed good judges for champagne from grapes. *Exempli gratiâ*: Lord Haddington, a first-rate judge of wines, had a bottle of mock and a bottle of real champagne set before him, and being requested to distinguish them, he mistook the product of the gooseberry for the genuine article.—*Fraser's Magazine*.

Superior wine is made from the pure juice of grapes, with from 1lb. to 2lb. of sugar, and 1oz. of crude tartar to each gallon.

A superior elder wine may be made, by using, instead of raw sugar, 4lb. of loaf sugar to every gallon of mixed juice and water.

Parsnep wine has been made to approach nearer to the malmsey of Madeira, and the Canaries, than any other wine.

Of the juice of the giant rhubarb leaf-stalks may be made a delicious wine, equal to green gooseberry, and very closely resembling champagne.

The manufacturers of British wine for sale employ the first wort from malt, to supply the deficiency of sugar in our native fruits; they find this substitute economical, especially when beer is made from the good remaining in the malt, after enough wort has been extracted for making the wine.

The choicest wines are ordinarily iced; whereas, (with the exception of wine which gains strength by cold,) common wines only should be iced; and even they would be better if merely cooled with water, which always gives sufficient coolness to wine, even at the hottest temperature of the dog-days. But, it is not only that we should avoid icing wines that are choice; each different kind requires a different degree of cold and warmth. Thus, claret, when just brought out of the cellar, has not that soft and delicious flavour which gives this wine its peculiar value. Before drinking it, the bottle should be placed where it may imbibe a degree of warmth. In winter, wine-drinkers always place it before the fire: but Burgundy should be drank fresh from the cellar.

Sprinklings of salt are sometimes added to ice when it is put into the house, with the view of preserving it; but this is an erroneous notion, unless it be supposed that, by the abstraction of the latent heat from some of the ice dissolved by the salt, a greater degree of cold is produced to solidify the remainder. Salt is altogether unnecessary; if ice do not keep without, it cannot be preserved with such an application. Confectioners use salt to dissolve not preserve the ice, because a much more intense degree of cold is generated during the solution than if the pieces of ice remained undissolved.—*Main.*

When ice cannot be obtained, either of the two following powders may be substituted for it, viz. equal parts of muriate of ammonia and nitre, powdered and mixed; or, nitrate of ammonia in powder.

In employing them to cool a bottle of champagne, place it to the neck in a vessel of the coldest pump water that can be procured; sprinkle about four ounces of either of the above powders upon the shoulder of the bottle, so as, gradually dissolving, to fall or run down its sides; as the salt dissolves, the bottle should be gently turned in the mixture, and kept in it about twenty minutes, or half an hour.

Artificial ice, made by the aid of an air-pump and other apparatus, has been found too expensive, and is rarely resorted to in India. Upon its first introduction into Bengal, the novelty proved very attractive, and a rich and luxurious native, it is said, expended 700*l.* in the single article of ice, at an entertainment given to an European party.

A decanter of wine or water may be readily cooled by folding round it a wet cloth, and placing it in a current of air.

In the East Indies, wine is kept cool at table by fancifully arranging wet cloths round the necks of the bottles, over which is a kind of petticoat. Port, claret, and burgundy, are characteristically attired in crimson, with white flounces; while sherry and madeira appear in bridal costume.

A bottle of iced water, and bottled porter iced, are summer luxuries.

To make *good negus*, use *good* wine, and not, as some persons think, any inferior kind in any condition.

The pipe wine measure varies according to the description of wine. The pipe of port contains 138 gallons, of sherry 130, of Lisbon and Bucellas 140, of Madeira 110, and of Vidonia 120. The pipe of port, it should be observed, is seldom accurately 130 gallons, and it is not unusual to charge what the vessel actually contains.

In the vast cellars of the London Docks, upwards of 65,000 pipes of wine and spirits can be stowed; and, in the vaults of the West India Docks, 35,158 pipes of rum and Madeira wine have been deposited at one time.

Spirits, &c.

ALTHOUGH the hydrometer is seldom applied to domestic uses, yet it might be employed for many ordinary purposes. The slightest adulteration of spirits, or any other liquid of known quality, may be instantly detected by it.

The liquor which contains most pure spirit, or alcohol, is Scotch whisky, being upwards of 54 per cent. Contrary to what is generally supposed, the proportion of alcohol in rum is greater than that contained in brandy, the former being 53-68, and the latter 53-39. The next liquor in order of strength is gin, which contains about $51\frac{1}{2}$ percent. of alcohol. Port and madeira contain nearly the same quantity each, 22 per cent.; cyder contains about twice as much as London porter, being as 7-54 to 4-20; brown stout and Scotch ale contain each about $6\frac{1}{2}$; while Burton ale has nearly 9 per cent.

So much is the specific gravity of alcoholic liquors affected by change of temperature, that thirty-two gallons of spirits in winter will measure thirty-three gallons in summer. Of this fact, spirit merchants take advantage, by making their large purchases in winter, and effecting their sales in summer.

To improve British brandy, put about eight French plums into every pint of spirit; steep for ten days, when strain the spirit, and it will have much of the flavour of French brandy.

Put five or six drops of the water of ammonia into a bottle of brandy, cork it, and shake it well, and if the brandy be new, it will acquire nearly all the qualities of that of the oldest date.

The publican's mode of reducing brandy, as given in evidence on a recent trial, is to add three pints of water to ten gallons of spirits, by which it will be reduced from seven under proof, to ten and one-eighth under proof.

Potato-brandy has dangerous properties. When it is distilled from the potato-pulp, a portion of the poisonous

principle termed solanine passes over in the process, rendering the product extremely deleterious; and further, by the preparation which the pulp undergoes to fit it for the still, a certain quantity of hydrocyanic (prussic) acid is developed, thus adding to the pernicious effects of this spirit.

Many instances are related of persons becoming confirmed drunkards from being ordered to drink brandy-and-water instead of wine—formerly a favourite prescription of English physicians.

In America, a liquor named cider-brandy is obtained from distillation from cider. A very strong liquid is obtained by allowing cider to be frozen, and then drawing off the fluid portion. But, a far more wholesome liquor than either is the pomona wine, which is prepared by adding one gallon of brandy to six of cider, after it is racked off.

Rum is generally valued from its great age, but long keeping is not so requisite to the goodness of all kinds as may be imagined. Rum of a brownish transparent colour, smooth oily taste, strong body and consistence, good age, and well kept, is the best. That of a clear limpid colour, and hot pungent taste, is either too new, or mixed with other spirits. It is customary in some of the West India islands to put sliced pine-apple in punchcons of rum; this gives the spirit the flavour of the fruit, and hence the designation, *pine-apple rum*.

Good shrub is delicious: were it fashionable, it would be ranked as a liqueur.

It is surprising to observe how little malt whisky is imported into England from Scotland, the whole quantity being no more than 317,462 gallons! exceeding, by only 37,714 gallons, the amount annually consumed of that pernicious compound, "British Brandy." This discovery will doubtless mortify many who imagined that the Islay or Glenlivet which they drank, was the "pure malt" whiskey the dealers announced it to be. The circumstance can be accounted for only by supposing, that the English dealer knowingly purchases the inferior article, and charges his customer the price of the superior one; or that the Scotch

distillers pocket the price of the superior article, and supply the English dealer with the inferior one. — *Statistical Journal*.

Until the distillation of whisky was prohibited in the Highlands, it was never drunk at gentlemen's tables. "Mountain Dew," and such poetic names, are of modern origin, since this liquor became fashionable.

The superiority of "smuggled whisky" is not, however, imaginary: "It is a remarkable fact," says Major-General Stewart, "that a spirit of the best quality and flavour has been distilled by men with their apparatus at the side of a burn, and, perhaps, changing weekly for fear of discovery; making on the open heath, and hurrying on the process to avoid detection; yet, with all these disadvantages, the spirit thus manufactured was of superior flavour, and brought the highest price in the market. The same men, with the advantage of the best utensils, the purest water, and the best fuel, then made an experiment in a licensed distillery, yet failed to produce a spirit equal in quality and flavour to the 'smuggled whisky.'"

The peculiar flavour of potteen whisky is supposed to be caused by the practice of drying the malt from which it is made by turf. But, this is disputed by Mr. Donovan, who inspected a potteen distillery in the north of Ireland, a few years since. The distiller stated, that his spirit had the same smell, whether his malt were dried with turf or coal. Mr. Donovan thinks it probable that the flavour depends on the nature of the fermentation, and the greater quantity of essential oil produced by low distillation. It is possible, however, that the turf smoke with which the mountain distilleries abound, may be absorbed by the spirit while running, but more especially by the worts, while under fermentation. The steeping of the malt in bog water before it is dried on the kiln, may also give origin to the smell of turf in the spirit.

Gin is described as a spirit distilled from malt or rye, which afterwards undergoes the same process a second time with juniper berries. This is the original and most wholesome state of the spirit; but, it is now prepared

without juniper berries, or is distilled from turpentine and cardamoms, and a very few, if any, juniper berries—which spurious ingredients give it something of a similar flavour.

To improve the flavour of malt spirits, put three-quarters of an ounce of finely-powdered ehareoal, and four ounces of ground rice, into a quart of spirits, and let it stand for a fortnight, frequently shaking it: then strain the spirit, and it will be found nearly equal in flavour to brandy.

Bitters should be cautiously employed, since their continued use seems to impair the power of the stomach, and leave it in a state of greater weakness than at first. Hence their employment should be only temporary, to raise the powers of digestion when they have been enfeebled by previous disease, or excessive fatigue. They likewise increase the quantity of blood, by augmenting the appetite; owing to which more food is taken, and more stimulant nutrition is extracted, a plethoric state of the blood vessels is induced, and all the attendant evils brought about. These remarks apply also to the bitter in malt liquors. Hence, the full and often bloated habit of body of those who daily consume a large portion of strong ale or porter, sufficiently demonstrates the consequences of such indulgence.

For making punch, the water should not boil, nor should it have been boiled before, else the punch will not have the creamy head so much relished: the sugar *powdered* will aid this effect. It should be well mixed, by stirring in each ingredient as it is added. Arrack will much improve punch: its flavour may be imitated by dissolving a scruple of the flower of benjamin in each pint of rum. The juice and thin peel of a Seville orange add variety of flavour, especially to whisky punch; lime-juice is also excellent. The aroma of the lemon is best obtained by rubbing a few lumps of sugar upon the surface of the peel. Several additions may be made to *soften* the flavour of punch; as a wine-glass of porter, or of sherry; a tablespoonful of red-wine jelly: a piece of fresh butter; the substitution of capillaire for sugar; or half rum and half shrub.

Good whisky-punch, when well made, is, certainly, of all

the tipples ever invented by man, the most insinuating and the most loving; because, more than any other, it disposes the tippler to be pleased with himself. It brightens his hopes, assuages his sorrows, crumbles down his difficulties, softens the hostility of his enemies, and, in fact, induces him for the time being to think generously of all mankind, at the tip-top of which, it naturally and good-naturedly places his own dear self, with a glass in one hand and a mug in the other, without a wish ungratified, and as unsuspecting of evil as if not a single drop of gall, or a sprig of wormwood, existed on the face of the earth.—*Basil Hall*.

Summer gin punch is thus made at the Garrick Club. Pour half a pint of gin on the outer peel of a lemon, then a little lemon-juice, a glass of maraschino, about a pint and a quarter of water, and two bottles of iced soda-water; and the result will be three pints of the punch in question.

Regent's punch is made as follows: three bottles of Champagne, one bottle of hock, one bottle of curaçoa, a quart of brandy, a pint of rum, two bottles of Madeira, two bottles of Seltzer-water, four pounds of bloom raisins, Seville oranges, lemons, white sugar-candy, and, instead of water, green tea; the whole to be highly iced.

Cold punch, when well made, is always weaker than grog or toddy; and the acid with which it is impregnated, has not only a bracing effect upon the stomach, but operates as a diuretic—thereby counteracting considerably the activity of the spirit.—*Macnish*.

Punch-drinkers should never allow the waste contents of the morning's tea-pot to be thrown away, since after everything that hot-water can draw from tea-leaves has been extracted, they will still yield, when subjected to the searching power of any strong spirits, nearly as strong an infusion as ever.

The Seville orange, though used chiefly for making marmalade, may be employed for all the purposes of the lemon.

The salt of sorrel, or, as it is improperly called, "essential salt of lemons," is poisonous; and in cases where it has been ignorantly employed in making a refreshing beve

rage, or for imparting an acid flavour to punch, if it has not proved fatal, such result has depended more upon its quantity than its quality.

The reason for cutting lemon-peel thin is commonly thought to be to avoid the bitter white of the lemon; but, it should be known that the scent and flavour which constitute the use and value of the fruit, reside in minute cells close to the surface of the lemon; and by paring it exceedingly thin you cut through these cells, and thus let out the flavour; whereas, if you pare it thickly into the white, the cells are left entire, and the essential oil remains in the peel. When, however, the peel is cut thinly, much of the oil remains on the white; but this may be abstracted by rubbing a lump of sugar over it.

Liqueurs were invented for the use of Louis XIV in his old age, when he could scarcely endure existence without a succession of artificial stimulants: his appetite, in the prime of life, was prodigious. George IV had a like partiality for liqueurs. In sickness, when the least exertion was attended with faintness, his Majesty's usual remedy was a glass of some liqueur: he had a particular kind of cherry-brandy, which he thought to be of medical use, to which he resorted at a late period of his life.

The *liqueur parfait-amour*, notwithstanding the attraction of its name, is no longer in repute with the ladies: they have adopted maraschino in its place. Once upon a time, when a certain eminent diplomatist was asked by his *voisine* at a *petit-souper*, for a female toast, to parallel with the masculine one of Women and Wine, his excellency ventured to suggest *Men and Maraschino*, and the suggestion received the compliment of very general applause.—*Quarterly Review*.

The Russians put black currants into brandy, and the Irish steep them in whisky, as the English do cherries.

The finest aniseed liqueur is prepared at Bordeaux.

Excellent curaçoa is made at Amsterdam, at two-thirds of the English price. Anisette, another good liqueur, is also manufactured there.

Ratiffa may be made by infusing in brandy the fresh blossom of the whitethorn, peach or apricot kernels, or very ripe grapes, and sweetening the same.

The four-fruit liqueur consists of equal proportions of the juices of strawberries, raspberries, currants, and cherries—sweetened. A wineglass full in a tumbler of spring-water makes a delicious summer beverage.

Walnut *liqueur* is made in France, by adding a pint of brandy to a dozen of unripe walnuts, with sugar or syrup to the palate. The French likewise preserve the walnuts.

Ratiffa, and similar liqueurs, are frequently extremely deleterious. A melancholy instance of this occurred a few years since at Pisa, and is thus related by Mrs. Starke. Two ladies were living together, when one of them complaining of cramp in her stomach, the other gave her a wineglass of ratiffa, which happened to be in the house. Shortly after having swallowed it, she died, so evidently in consequence of poison, that strong suspicions fell upon her friend; who, to prove her innocence, took the same quantity of ratiffa herself which she had administered to the deceased, and expired within a few hours. Prompted by this circumstance, Professor Santi, of Pisa, wrote a beautiful little work, to shew that ratiffa has, of late years, been made with Italian laurel leaves; the extract from which is a deadly poison.

Kirschwasser is chiefly drawn from cherries, in the environs of the Black Forest: according to Le Normand, it is “downright poison.” In Paris, a spurious kirschwasser is distilled from the kernels of prunes.

The Prussian medical police, which is remarkably vigilant, is in the habit of examining liqueurs for sale.

If an hour before sitting down to drink, you take a grain or two of opium, you will be able to withstand a much greater quantity than otherwise of liquor.

It is universally allowed, that mixing wines in drinking them, renders them doubly noxious to the system.

The cabbage is stated in a French journal to be a sove-

reign remedy for intoxication from wine, and even to have the power of preventing it; for, we are assured that by eating a certain quantity of cabbage before dinner, we may drink wine *ad libitum*, without experiencing inconvenience.

Brandy has been found a perfect antidote to drunkenness from beer. A man, upon whom the experiment was inadvertently made in the south of France, described himself after the intoxication had left him, as "awakened from a long and painful dream." This curious remedy has since been tried, and always with success; and a French physician has verified it.

Who does not recollect a first bottle of wine, unequalled by its successors! We remember ordering a bottle of *Grave* at the *Tête-de-Bœuf*, at Abbeville, which was marked in the *carte* at three francs. It came—people may talk of Rudesheim, Burgundy, and Hermitage, and all the wines that ever the Rhone or the Rhine produced, but never was their wine like that bottle of *Grave*. We drank it slowly, and lingered over the last glass, as if we had a presentiment that we should never meet with its like again. When it was done, quite done, we ordered another bottle. But no—it was not the same wine. We sent it away, and in vain;—and another—there was no more of it to be had.

Hock and soda-water make one of the most delicious *succedanea* to an excess of wine:—

Get very drunk; and when
You wake with head-ache, you shall see what then,—
Ring for your valet, bid him quickly bring
Some hock and soda-water, then you'll know
A pleasure worthy Xerxes the great king;
For not the best sherbet sublimed with snow,
Nor the first sparkle of the desert spring,
Nor burgundy in all its sunset glow,
After long travel, emmi, love, or slaughter,
Vie with that draught of hock and soda-water.—*Byron*.

Onion soup is thought highly restorative by the French. It is considered peculiarly grateful, and gently stimulating to the stomach after hard-drinking or night-watching, and holds among soups the place that soda-water, Champagne, or ginger-beer, does among liquors.

Soda-water is the simplest stimulating liquid. To permanently weak stomachs it is generally unwholesome. It is always unwholesome during a meal, but is an excellent beverage at some interval afterwards.—*Mayo*.

Soda-water rarely contains any soda; it being merely common water charged with fixed air: it is often drunk to neutralize acid in the stomach, in which case fifteen or twenty grains of carbonate of soda, finely powdered, should be put into a large glass, and a bottle of soda-water poured on it.

Dr. Graham, however, observes, that the practice of taking carbonate of soda and soda-water freely, is a very injurious one. In full habits, where there is much strength, they may be occasionally taken with advantage, but scarcely in other less vigorous states of the constitution. Carbonate of soda, adds the Doctor, should never be used in the tea-pot, and very seldom in beer.

Seltzer-water, when fresh, has a brisk, slightly acid taste, and makes a refreshing drink with Rhenish wine and powdered loaf sugar; in this state it is, probably, the most wholesome beverage in warm weather. But the best recommendation of Seltzer-water, is the plain fact that the inhabitants of Nieder-Selters, (where it is obtained), who have drunk it all their lives, are by many degrees the healthiest and ruddiest looking peasants in the Duchy of Nassau. For acidity in the stomach, and heartburn, Seidlitz-water is much recommended.

Ginger-beer is the most refreshing of all summer drinks, from its high, close, and creamy head.

A piece of anchovy will almost immediately restore the just tone of voice to any one who has become hoarse by public speaking.

Coffee and green tea will be found the most efficacious antidotes to intoxication, *when no sickness prevails*. A dose of camphor julep is excellent. Nausea is counteracted by effervescent and aromatic draughts; of the former, soda-water is the best. The Greeks used a solution of salt, to counteract the effects of wine; and this is a common remedy

among sea-faring men to the present day ; and the Romans surrounded their heads with wreaths of refreshing plants, for which we have the unclassical substitute of wet cloths. When Aristotle tells us that Dionysius of Syraeuse remained in a state of intoxication for eighty days, we must suppose that he got drunk every morning.—*Mayo*.

To prevent thirst in hot weather, eat plenty of fresh butter at breakfast : avoid drinking water as you would poison : in short, drink as little as possible of any thing ; and do not give way to the first sensation of thirst.—*Colonel Shaw's Memoirs*.

Water is proverbially dear at Paris. Louis Philippe once remarked, that he furnished his navy with wine at Toulon, at a less cost per gallon than the price of Seine water in the capital.

The quantity of water consumed by a Spanish crowd is incredible : except, perhaps, some stubborn Aragonese, the lowest classes even prefer it to wine in warm weather.

In some parts of the Continent, as a substitute for spring water, (which is often very bad), the effervescent waters of Seltzer, Geilnau, and Fachingen, all coming from the Brunnen of Nassau, are constantly drunk at meals : a large bottle costs 5*d*. A very agreeable beverage is made by mixing the water with Bordeaux wine, a little lemon-juice, and sugar.

The wholesomeness of toast and water is thus explained. When bread is toasted, its surface becomes converted into gum ; and toast and water, as it is called, is a solution of the gummy matter so produced ; and gum is a nutritious article of vegetable diet.

Smoking.

OF smoking, it has been well observed, that all imaginative persons, when the world goes wrong with them, console themselves for the absence of realities by the creations of smoke.

Some smokers consider the well-known white earthen

pipe of Old England to be a more delicate mode of smoking than any other; as, by its being constantly changed, the smoker is not annoyed by the bitter taste which other pipes, by constant use, are apt to contract. It is a curious fact, that, although our pipes are quite different in shape and substance from the original American pipe, they seem to have been used among us almost since the very first introduction of tobacco.

Vast numbers of tobacco-pipes are manufactured at Gouda, in Holland, where 6000 men are said to be employed in making them. The clay is brought from the banks of the Moselle; the pipes are shaped in moulds of brass; but the most difficult operation, the boring of the pipe, is done by the hand alone, with a piece of iron wire, and requires great dexterity in the workmen.

Dr. Parr, after dinner, but not often till the ladies were about to retire, claimed in all companies his privilege of smoking, as a right not to be disputed; since, he said, it was a condition, "no pipe, no Parr," previously known, and peremptorily imposed on all who desired his acquaintance.

The *hookah* is reckoned an essential part of a gentleman's establishment in the East Indies; and every one who aims at *haut ton* must be possessed of a hookah, and *hookah-burdar*, or servant, whose sole duty is to attend it. This machine is rather complicated, and consists of a chaffoir, a tobacco-holder, a water-vase, and a pipe. The latter varies in length, from three to twenty feet, and is generally made of fine leather, wrought so as to be air-tight and flexible. The vase is usually filled with plain water; but those who wish to smoke luxuriously, put into it rose-water, which gives the smoke a peculiarly delicate flavour.

A snuff-box is a letter of introduction: it has been the fountain of many friendships. When you cannot ask a stranger his opinion of the new opera, or the new ministry, you can offer him your box with a graceful as well as profitable politeness. Even when the weather and other popular topics are exhausted, a pinch is always eloquent, always conversational, always convenient.

Louis XIV was a bitter discourager of snuff-taking. His valets were obliged to renounce it when they were appointed to their office; and the Duke of Harcourt is supposed to have died of apoplexy, in consequence of having, to please Louis, left off at once a habit which he had carried to excess.

Coleridge remarks: "You abuse snuff: perhaps it is the final cause of the human nose!"

An elegant and easy experiment, illustrating the different progress of sound through different media, may be made at table. When sparkling Champagne is poured into a tall glass till it is half full, the glass loses its power of ringing by a stroke upon its edge, and emits only a disagreeable and puffy sound. This effect will continue while the wine is filled with bubbles of air, or as long as the effervescence lasts; but when it begins to subside, the sound becomes clearer and clearer, and the glass rings as usual when the air-bubbles have vanished. If we reproduce the effervescence by stirring the champagne with a piece of bread, the glass will again cease to ring. The same experiment will succeed with other effervescing fluids.

Rose-water enters into almost every part of the domestic economy of the natives of India: it is used for ablutions, in medicine, and in cookery. It is poured over the hands, after meals, and at some festivals, all the guests are profusely sprinkled with it. In short, *Eau de Cologne* cannot be more popular in France than rose-water is in India.

In India is found a plant, a species of *veratrum*, (hellebore), not the *veratrum subadilla* of the shops, a portion of which, being taken medicinally by a person who laboured under dyspepsia, and could not touch food, after the second dose, he recovered his appetite.

Coffee and Tea.

THE virtues of coffee consist in its refreshing qualities, which produce exhilaration of spirits. When made strong, it occasions temporary watchfulness, followed by profound yet pleasant sleep. The irregularity of the production of these effects from the use of coffee, is attributed, by Professor Donovan, to the imperfect manner in which the seeds are very generally prepared. The exhilarating quality he thinks the only one inherent in coffee; the narcotic one he attributes to the roasting process.

It is a good custom to send coffee into the dining-room before the gentlemen leave the table; the hour being previously appointed, so that the bell need not be rung for it. Three hours are a proper interval between the dinner-hour and coffee. Thus, eight o'clock is a good hour, if the dinner be served at five.—*Walker*.

From the great consumption of coffee in Turkey, it is generally supposed to be cheaper there than in England; and the name, Turkey coffee, would lead many persons to conclude this kind to be grown in Turkey. It is, however, brought from Mocha, on the Red Sea. A considerable part of the coffee consumed by the Turks is obtained from our West India plantations; and Arabian, or Mocha coffee is dearer in Turkey than in England.

The finest coffee is grown in Arabia Felix, whence it is conveyed upon the backs of camels to Mocha for exportation. There is not much of the coffee consumed at Mocha itself, where the Arabs, either from economy or preference, generally use an infusion of the husk, and coffee made from the seeds is rare even among the higher classes. Every Arab lady when she visits, carries on her arm a little bag of coffee: this is boiled at the house where she spends the evening, and thus she is enabled to enjoy society without putting her friend to expense.

A good mode of roasting coffee is in an earthen basin, placed in an oven with the door open, the coffee to be frequently stirred with a spoon. This method is said to allow

certain coarse particles to fly off, and to render the flavour more delicate than when the coffee is roasted in the usual close cylinder.

Professor Donovan has proved by experiment, that infusion of coffee in boiling water extracts the aroma without the whole of the bitter; and that long boiling extracts all the bitter, and dissipates all the aroma: hence, long *boiling* must be injurious. "The right mode of proceeding is, therefore, obvious. The whole water to be used is to be divided into two equal parts, one of which is to be drawn on the coffee, but in an inverted order. In the usual order, boiling water is allowed to cool on coffee; but, if this be inverted, cold water should be heated on coffee over the fire, until it came to a boil, and then it is to be removed. This inversion cannot differ from the direct mode with regard to retaining the aroma: but, it differs much with regard to the advantage of obtaining the liquid coffee at the end of the process boiling hot, instead of cool, and thus making a reheating necessary, which is always injurious. As soon as the liquor comes to a boil, it should be allowed to subside a few seconds, and then poured off as clear as it will run. Immediately, the remaining half of the water, at a boiling heat, is to be poured on the grounds; the vessel is to be placed on the fire, and kept boiling for about three minutes. This will extract all the bitterness left in the grounds; and after a few minutes subsidence, the clear part is to be poured off and mixed with the former liquor. This mixed liquor now contains all the qualities which originally existed in the roasted coffee in perfection, and it is as hot as any taste could desire it."—*Domestic Economy*, vol. ii.

The French method of making coffee is as follows:—the coffee, Turkey or Bourbon, should be roasted only till it is of a cinnamon colour: it should be coarsely ground soon after it is roasted, but not until quite cool. The proportions for making coffee are usually one pint of boiling water to two ounces and a half of coffee. The coffee being put into the water, the coffee-pot should be covered up, and left for two hours surrounded with hot cinders, so as to keep up the temperature, without making the liquor boil. Occa-

sionally stir it, and after two hours' infusion, remove it from the fire, allow it a quarter of an hour to settle, and when perfectly clear, decant it. Isinglass, or hartshorn shavings, are sometimes used to clarify coffee; but by this addition you lose a great portion of its delicious aroma.—*From Le Manuel de l'Amateur de Café.*

It is very erroneous and most expensive to sweeten coffee with moist or raw sugar: for, experiment has proved that half the quantity in weight of refined sugar will give more sweetness, and the flavour of the coffee will be much more pure and delicate. In Holland, where coffee is generally drunk by the lower classes, the sugar cannot be too fine for the boatmen on the canals to sweeten their coffee.

In Portugal, coffee is always made by infusion, and is taken very strong, an ounce being used for one good-sized cup; yet, it is so cheap, that a small cup of coffee, including sugar and milk, may be had in a first-rate coffee house for a penny.

By Parker's Steam-fountain Coffee-pot, every good quality of the coffee-seed is extracted, without alloy from the unwholesome acid matter, which is, more or less, mixed with all coffee made by the common methods. At the same time, nothing is wasted in the process: a clear and pure essence is produced, small, indeed, in quantity at first, but of such strength that it may be freely diluted.

The ground coffee sold at chandlers' and small grocers' shops is generally adulterated with parched peas and beans, or with roasted corn; and such adulterations are not easily detected, except by the inferior flavour, and entire want of aroma in the infusion or decoction. It is well, both in regard to coffee and to pepper, and other articles, to avoid their transit through the grocer's mill.

A cup of coffee taken hot on an empty stomach, is a provincial remedy for indigestion.

If a cup of coffee be stirred a few times, with a pod of vanilla, it will acquire a delicious perfumed flavour.

The custom of taking coffee after a late dinner, and just before going to rest, is bad: because its stimulant proper-

ties upon the nerves of the stomach exert a power destructive to sleep—it promotes an activity of mind, and gives a range to the imagination which prevents self-forgottenness, that sure harbinger of repose.

Laugh at the doctors who tell you that hot coffee irritates the stomach, and injures the nerves. Tell them that Voltaire, Fontenelle, and Foureroy, who were great coffee drinkers, lived to a good old age. Laugh too at Madame Sévigné, who foretold that coffee and Racine would be forgotten together!

For breakfast, coffee is considered better than tea. The stomach, needing a nourishing beverage in the morning, finds it in coffee only; needing none after dinner, it obtains a mere stimulant in tea.

There is scarcely any article, the delicacy and flavour of which is so easily impaired as tea; hence the necessity of great caution in packing and warehousing it. Even the paper in which it is wrapped must be scrupulously looked to. The miscellaneous collections of articles in grocers' warehouses, are often unfavourable to the delicacy of tea; and the trash of chandlers' shops is fatal to it.—*Brande*.

Tea, in general, does more harm from the quantity of unnecessary liquid which it introduces into the stomach, than by its specific qualities. Unnecessary liquid weakens the stomach, and turns to wind.—*Mayo*.

The danger of drinking strong green tea is not so seriously apprehended as it should be. Prussic acid has been obtained from the leaves in so concentrated a state, that one drop killed a dog almost instantaneously. A strong infusion of Souchong tea, sweetened with sugar, is as effectual in poisoning flies, as the solution of arsenic generally used for that purpose.

To make tea, the tea-pot should not be scalded, which causes the escape of some aroma: if you make it for yourself, let the quantity of a breakfast cup and a half of boiling water flow upon it, and pour the infusion out in two minutes. By this means, you have all the flavour, without too much of the bitter principle, of the tea.—*Mayo*.

Put a lump of sugar into the tea-pot, and the tea will infuse in half the usual time.

Half a tea-spoonful of carbonate of soda put into the pot, will hasten the infusion; and should the water be hard, it will increase the strength of the tea by half.

The beneficial results of the introduction of tea and coffee have been strangely overlooked or underrated. It has been, however, well described as leading "to the most wonderful change that ever took place in the diet of modern civilized nations—a change highly important both in a moral and physical point of view. These beverages have the admirable advantage of affording stimulus without producing intoxication, or any of its evil consequences. Lovers of tea and coffee are, in fact, rarely drinkers; and hence the use of these beverages has benefited both manners and morals. Raynal observes, that the use of tea has contributed more to the sobriety of the Chinese than the severest laws, the most eloquent discourses, or the best treatises on morality."

Tea is so little drank in Germany, that it acts like medicine when taken by a native; and persons decline a cup of good bohea, with "No, I thank you; I am quite well at present."

Much of the prejudice against our native tea-plants has arisen from the tea being made of fresh herbs, and by far too strong. If the Chinese tea were used as lavishly, it would be still more disagreeable to the taste than our native teas.—*Flora Domestica*.

Meals.

In persons with weak stomachs no meal requires to be more studied than breakfast. If the stomach is overloaded at the commencement of the day, or if anything unwholesome is taken, digestion is deranged, and the stomach will not be right again for hours.—*Mayo*.

The *carte* of a well-appointed breakfast is as follows: On a table, where every thing should be neat and simple,

there should be as many different kinds of rolls, as the person who prepares them is able to make. These should differ from each other as much in form as in taste; and on the side table there should be some cold dishes, such as fowls, pheasants, partridges, tongue, ham, cold patés, &c. Few persons are displeased at seeing a slight sprinkling of hot dishes, as mutton kidneys, new laid eggs, eggs and bacon, broiled cutlets, larks *à la minute*, deviled fowl, &c.; in fact, all that is generally considered as constituting a *déjeûné à la fourchette*, observing that the hot meats ought not to be served till the guests are at table. Tea (green and black separately), coffee, and chocolate, should also be served.—*Ude*.

A broiled fowl is a capital luncheon-dish: if it be half roasted, then split, and finished on the gridiron, it will be less dry than if wholly broiled.

A sandwich, with or without a glass of sherry, is, however, a better luncheon. It is best not to make a luncheon a meal of habit; but to take it only when the appetite tells you that you require it.—*Maya*.

Raw oysters are an excellent mid-day luncheon, and serve well to allay the cravings of hunger at that hour.

Chocolate is much taken as luncheon in various parts of the Continent. At Berlin, the confectioners' shops become the general lounge and resort about one or two o'clock, for taking chocolate.

Humboldt says: "Chocolate, alike easy to convey and employ as an aliment, contains a large quantity of nutritive and stimulating particles in a small compass. It has been said with truth, that in Africa, rice, gum, and *shea* butter, assist man in crossing the deserts. In the New World, chocolate and the flour of maize have rendered accessible to him the table-lands of the Andes, and vast uninhabited forests."

Chocolate is named from the Mexican words *chacoc*, sound, and *atta* or *atte*, water; that is water that makes a noise; from the noise which the instrument used to mill and prepare the liquor, makes in the water.

The botanical name of the cacao or chocolate tree is *Theobroma*, signifying "food for a god;" which name was bestowed upon it by Linnæus, to mark his opinion of the excellent qualities of its seeds.

Chocolate is not so much consumed in England as it deserves to be; it is in greater esteem in France; it forms the ordinary breakfast in Spain; and in Mexico is an article of prime necessity.

A luncheon is generally composed of cold meats, such as pâtés, fowls, pheasants, partridges, ham, beef, veal, brawn, and generally whatever is left, fit to be introduced: part of which is to be placed on a side-table; on the table is to be served a little hashed fowl, some mutton cutlets broiled plainly, with mashed potatoes.—*Ude*.

Kidneys should be eaten directly they are dressed, else they will lose their goodness. They are also uneatable if they are too much done, and a man that cannot eat meat underdone should not have them at his table. In France, they are *sauté* with Champagne or chablis.

Tea, as a meal, has this advantage: if the dinner has been too light, a slice of bread and butter taken with tea, will make up for the deficiency, and render supper unnecessary.—*Mayo*.

Lowness of price and cheapness are ordinarily confounded, especially in purchasing tea. But Mr. John Reeves, in his evidence before a committee of the House of Commons, founded on an experience of twenty years, as East India Company's Tea Inspector at Canton, states that "the lowest priced teas are dearest to the consumer, and that the cheapest tea to drink is of a very superior quality, emphatically termed by him the back-bone of tea, which could scarcely be retailed under 6s. per lb.: this tea, (he says), will yield two liquors, whilst the strength of common teas is expended in the first water."

Suppers were the *ne plus ultra* of human invention: it could go no further, and was obliged to degenerate; dinner is too much matter of business, it is a necessity: now a necessity is too like a duty ever to be pleasant. Besides, it

divides the day, instead of winding it up. I do not think, moreover, that people were ever meant to enjoy themselves in the day-time.—*Miss Landon*. Lord Byron once made an odd experiment; to dine at midnight, after the theatre was over; but the freak failed; the repast was *servi* as a dinner, but it was more like a supper.

Potted meats make elegant sandwiches; which, if cut into mouthfuls, may be taken up with a fork, and conveyed to the mouth of the fair one, without soiling her fingers or gloves.

Theodore Hook describes a stand-up supper, as “tables against the wall, covered with cold negus and warm ice; where men, women, and children, take perpendicular refreshment, like so many horses with their noses in the manger.”

Ball suppers were mostly unsatisfactory affairs, until M. Ude hit upon a plan of serving a supper, which should at once satisfy the guest by the excellence of the repast and the novelty of the arrangement, and the host by the smallness of the expense. This plan is to ornament the sideboard with a basket of fruit, instead of insignificant pieces of pastry. Place in their stead things that can be eaten—such as jelly, plates of mixed pastry, and sandwiches of a superior kind, but not in too great profusion. Affix a label to each plate, indicating its contents, and you will find this arrangement will give the guests an opportunity of taking refreshments without being obliged to seat themselves at a table, from which the ladies cannot rise without disordering their dresses, which to them is a matter of far greater moment than the best supper in the world. This is what is called a stand-up supper, which Theodore Hook has humorously described above. A supper of the old school, however, affords the prettiest opportunities for flirtation; it being always understood that the sexes are to be intermingled as at a dinner party.

The waste at ball-suppers of old was almost incredible: Ude states that he has known balls, where the next day, in spite of the pillage of a pack of footmen, he has seen twenty or thirty hams, 150 or 200 carved fowls, and forty or fifty

tongues, given away; jellies melted on the tables; pastry, pâtes, pies, and lobster salads, all heaped up in the kitchen, and strewed about the passages, completely disfigured by the manner in which it was necessary to take them from the dishes in which they had been served.

The Art of Wine Drinking.

EATING has its *rationale*, and in well-conditioned society its rules of propriety are as closely observed as any other part of the system by which we live and have our being; and but little pains is requisite to prove that drinking should be reduced to the same order. To commence refection with drinking Tokay or Lachryma Christi, would be as great a breach of propriety as to eat game before soup.

A French epicurean wine-drinker observes, that the red wines should always precede the white, except in a French dinner, usually preceded by oysters. In this case, the ostreal delicacies should be saluted with a treble volley of Chablis; or, for greater solemnity, with libations of Pouilly, or Mont-Râchet; or even with Saunterne, Barsac, or White Hermitage. But, for this important reason, red wine should open the repast.

Our French exemplars assert the most proper wine during the first course to be, without any contradiction, Burgundy of the least celebrated growth, and which, for this reason, is known as Low Burgundy. Such are Avallon, Coulange, Tonnère, and generally all those known under the designation of Mâcon and Auxerre. You then ascend to Beaume and Pomard; and if you choose to confine yourself to the Burgundian topography, you have the generous Richebourg, the high-flavoured St. George, the purple Chambertin, and the exquisite Romanée. But, if you can ill bear the trammels of classification, and wish to give a fillip to your taste by change of flavour and soil, Champagne offers its sparkling Aï, perfumed Cuvnières, and limpid Sillery. After these, you may enjoy the stronger wines of Dauphny, which whet the appetite, and heighten

the savour of the roasts. Among these we recommend Château-Grillé, Côte-Rotie, and Hermitage. 'Tis then that mirth lights up the faces of the convivial circle, and the gibes and gambols of wit are wont "to set the table in a roar;" 'tis then that we acknowledge the claim of only one other wine to produce on the quantity already imbibed, an effect similar to that of a drop of water in boiling milk, or a spoonful of oil on the angry waves of the ocean. This is the wine of Bordeaux, or claret. See how wisdom's art gradually appeases the mounting spirits, in the effect of Médoc poured by a steady hand into bright crystal, which reflects scores of wax-lights. An armistice ensues, and the "intellectual gladiators" lay down their wordy weapons. Amphitryons clear the table, wafers and sweet cakes, and perfumed creams, usurp the place of *légumes*, which boasted all the skill of scientific cookery. Languedoc, Roussillon, and Provence, what brilliant associations do ye create! Spain, too, participates in this gale of glory! But, what is that ruby tint which glows amid sparkling crystal?—what is that liquid topaz, which strikes the eye with wonder, and inspires a new gusto? Rivesaltes, Grenache, Lunel, Malmsey, Frontignan, Malaga, and Xeres—what a galaxy of glories rises with your delicious aroma to perplex wine-drinkers. Your half-consumed corks give evidence of your age, like a wreck of hoar antiquity; the perfumed gale ascends, and your richness mantles and sparkles high; whilst your glowing spirit tempers the effect of ice, which is sometimes injudiciously served immediately after dinner; although health and good taste concur in delaying its appearance.

The aromatic gale of the Mocha berry next salutes our delighted senses. Folly produces another bottle; the silver froth rushes like a boiling spring, and carries the cork to the ceiling, or the Arbois is produced, and unites the sweetness of Condrieux with the sparkling of the impetuous Aï! 'Tis then only that the wine-drinker can enjoy in diamond glasses the exquisiteness of veritable Tokay.

Such, observes our French authority, is an outline of the didactic order, in which the tributes to Bacchus must be

greeted. He concludes, by rejoicing that notwithstanding all their luxury and knowledge of the arts, the ancients did not at any period excel us in wine making. Aristotle tells us, that in Arcadia the wines evaporated in leather vessels, till they were cut in pieces and dissolved in water for drinking: certes, these could not equal our Médoc, Volnay, or Aï, without a drop of water. According to Galienus, in Asia, wines were hung about the chimneys, till they had the hardness of salt, and were then dissolved in water to be drunk. Pliny, when he celebrates the wines of Italy, and the praises of Falernian, does not even tempt us; for it seems that the best wines in his time were but syrups, which were diluted with water for drinking.

To conciliate a few of the varied opinions on the precedence of French wines, the same writer observes: "Some persons prefer Burgundy; others contend for Bordeaux; a few pretend that Champagne, still, and of the first quality, unites the Burgundian flavour with the Bordeaux warmth; while the native of the borders of the Rhone asserts that the finest of all wines is Hermitage! All are right, and each in its turn is best, especially if the maturation of the fruit has been successful: this is rare, for there is a greater difference between the wine of one year and that of another, grown in the same vineyard, than between the wine of a celebrated district, and that procured from an obscure spot. Therefore, we should take the advice of Sterne, and, like the man at the fair, every man speak as he has found his market in it. According as we have drunk Sillery, La Romanée, or Médoc, of memorable years, we ought to prefer the districts which produced them respectively; always with this prudent restriction—not to be so exclusive in our taste, as not to welcome others in the absence of better. We may admire Corneille, adore Voltaire and Racine; but still read with pleasure Parny, Boufflers, and Bertin; and even the sublime *vis comica* of Voltaire, does not produce a distaste for the prettiness and pleasantry of Picard.

Table Anecdote.

AN amiable enthusiast, a worshipper of nature after the manner of Rousseau, being melted into feelings of universal philanthropy by the softness and serenity of a spring morning, resolved, that for that day, at least, no injured animal should pollute his board; and, having recorded his vow, he walked six miles to a hamlet famous for fish dinners, where, without an idea of breaking his sentimental engagement, he regaled himself on a small matter of crimped cod and oyster-sauce. This reminds one of a harmless piece of quizzing in a critic, stating, that although the Pythagorean Sir Richard Phillips will not eat animal food, he is addicted to gravy over his potatoes.

The following anecdote shows how far restraint in high society operates to the exclusion of comfort. It was said by a man of high rank, large fortune, and extraordinary accomplishments, (supposed to be the late Earl of Dudley,) that he did not know a single house in London where he could venture to ask for a cup of tea: although this might not be literally true, it argues a lamentable degree of restraint.—*Quarterly Review*.

The late Lord Grenville once remarked, that he was always glad to meet a lawyer at a dinner party, because he then felt sure that some good topic or other would be rationally discussed.

The new world is not behind-hand with the old in enthusiasm for the cookery of France; Bolivar having commissioned an agent to bring over the best French cook he could entice.

Some one remarked of a fire in the room, that it has one eminent advantage; it gives you a motive for selecting and remaining in one part of it. It is the same with a dinner,—it takes you into society, and keeps you there. Rousseau, who felt the irksomeness of meeting for conversation in society without an object, where this resource was wanting, was used to take a knitting-needle and a ball of cotton, to occupy and amuse himself with. The dinner-table does

this for that cast of temperament which belongs to the shy and fidgetty. The banquet temporarily remedies his constitutional defects.—*Mayo*.

The late Duke of Portland was in the habit of going to Weymouth during the summer months, for the sake of the red mullet which formerly abounded there. His grace has been known to give two guineas for a mullet weighing a pound and a half; and his custom was to put all the livers together into a butter-boat, to avoid the chances of inequality. The mullet has now deserted Weymouth for the coast of Cornwall. The Jersey mullet often weigh three or four pounds a piece.—*Quarterly Review*.

Theodore Hook, in his *Gilbert Gurney*, describes an odd dinner of which he partook in the west of England. The soup was a nice sort of veal broth; at the bottom of the table was a roast loin of veal; at the top, half a calf's head; there were four *entrées*—veal patties, veal collops, calf's brains, and calf's tongue. One of the guests, who hated veal, apparently waited for the second course, when the fair hostess apologized: "we have no second course; the fact is, we killed a calf the day before yesterday, and we are such prudent managers, that we make a point of eating it up while it is good, and nice and fresh, before we begin upon anything else."

It was suggested to a distinguished *gourmet*, what a capital thing a dish all fins, (turbot's fins,) might be made. "Capital," said he, "dine on it with me to-morrow." "Accepted." "Would you believe it? when the cover was removed, the sacrilegious dog of an amphytrion had put into the dish, 'Cicero, *De finibus*.' 'There is a work all fins,' said he."—*Bulwer*.

The custom of taking Parmesan cheese with, and madeira after, soup, was introduced into France by M. Talleyrand.

Horticultural societies do not effect so much good by their papers, as by the *éclat* and fashion which they give to the study of horticulture; and by bringing forward at their meetings, and through the influence of their premiums, the

comforts and luxuries which gardening can produce for the tables of the wealthy.

Clubs, after all, are not so bad a thing for family men. They act as conductors to the storms hovering in the air.—*Lady Blessington*.

The vulgar habit of associating the notion of gentility with expense, is invariably discountenanced at the clubs. The Duke of Wellington may often be seen at the Senior United Service, dining on a joint; and, on one occasion, when he was charged fifteenpence instead of a shilling for it, he bestirred himself till the odd threepence was struck off. The motive was obvious; he took the trouble of objecting, to give his sanction to the principle.—*Quarterly Review*.

A cunning Welch squire, a zealous diner out, had the following not unfair bait for those who swallowed it:—"I have a little book at home," he would say slyly, in a corner, to such of his friends as had venison, or game, or any other good things to be eaten, "and in that little book is your name." He died, however, without making a will, at the age of eighty-six.—*Nimrod*.

The late Duke of Bridgewater, when in London, would not undertake the trouble of keeping house: he, therefore, made an allowance of 2000*l.* a year to a friend, with whom he dined when not otherwise engaged, and to whose table he had the privilege of inviting his intimate friends.

Sir James Lowther, father of the first Lord Lonsdale, when he visited London, used frequently to dine *incoq.* at some very obscure and economical eating-house; where the price of some article in the bill being advanced one farthing, the thrifty baronet took such mortal offence, that he withdrew his custom from the house; and was ever afterwards known by the *sobriquet* of "Farthing Jamie."

One of the best practical jokes in Theodore Hook's clever *Gilbert Gurney*, is Daly's hoax upon the lady who had never been at Richmond before, or, at least, knew none of the peculiarities of the place. He desired the waiter, after

dinner, to bring some "maids of honour," those cheesecakes for which the place has, time out of mind, been celebrated. The lady stared, then laughed, and asked, "What do you mean by 'maids of honour?'" "Dear me!" said Daly, "don't you know that this is so courtly a place, and so completely under the influence of state etiquette, that every thing in Richmond is called after the functionaries of the palace? What are called cheesecakes elsewhere, are here called maids of honour; a capon is called a lord chamberlain; a goose is a lord steward; a roast pig is a master of the horse; a pair of ducks, grooms of the bedchamber; a gooseberry tart, a gentleman-usher of the black rod; and so on." The unsophisticated lady was taken in, and when she actually saw the maids of honour make their appearance in the shape of cheesecakes, she convulsed the whole party by turning to the waiter, and desiring him in a sweet but decided tone, to bring her a gentleman-usher of the black rod, if they had one in the house quite cold.

One of Lord Byron's odd fancies was dining at all sorts of odd out-of-the-way places. Somebody popped upon him in a coffee-house in the Strand, where the attraction was, that he paid a shilling to dine with his hat on. This he called his "*hat-house*," and he used to boast of the comfort of being covered at meal-time.

Lord Byron describes "a largish party" as "first silent, then talky, then argumentative, then disputations, then unintelligible, then altogethery, then drunk;" and mentions "a d——d corkscrew staircase, which had certainly been constructed before the discovery of fermented liquors, and to which no legs, however crooked, could possibly accommodate themselves."

Q. What portion of astronomy is most attractive to the *bon-vivant*? A. The Jovial system.

The ballad is a species of poetry peculiar to this country. Our forefathers excelled in it; but we moderns have lost the art. It is observed, that we have few good English odes. But, to make amends, we have many excellent ballads. What can be prettier than Gay's ballad, or rather Swift's, Arbuthnot's, Pope's and Gay's, in the *What do we*

call it?—“’Twas when the seas were roaring.” They all contributed, and the most celebrated association of clever fellows this country ever saw, did not think it beneath them to unite their strength and abilities in the composition of a song.—*Cowper*.

“God save the King” was sung as an anthem at the royal chapel, in the reign of James II. It is uncertain by whom the words were written, but the music was composed by Dr. John Bull, belonging to the choir of the chapel. It first became a popular song, (with the alteration of James to George,) through Dr. Arne, who set it in parts, and introduced it at one of the London theatres during the Irish rebellion.

The folly of *betting* is well satirized in the following notice, in one of Walpole’s *Letters*: Sept. 1st, 1750,—“they have put in the papers a good story made at White’s. A man dropped down dead at the door, and was carried in; the club immediately made bets whether he was dead or not, and when they were going to bleed him, the wagers for his death interposed, and said it would affect the fairness of the bet.”

Maplett, in his *Green Forest*, (1567,) says, it is reported “that the cle being killed and addressed in wine, whosoever chaneceth to drinke of that wine so used, shall ever after lothe wine.”

A wit once said to a water-drinker with a purple face, “better things might, *primâ facie*, be expected.”

Dr. Franklin pleasantly observes, that the only animals created to drink water, are those who from their conformation are able to lap it on the surface of the earth; whereas, all those who can convey their hands to their mouth, were destined to enjoy the fruit of the grape.

The *occasional* worshippers of Bacchus come off cheaply; ’tis those who imitate the fuddling Silenus that generally drop into an early grave. As a witty old gentleman once said in the hearing of some of his hard-going neighbours, “they never dry their nets.”

Bon-vivans have odd fancies. An old Devonshire squire had a very old and grotesque tree near his house, clipped

into the form of a punchbowl; whilst a table and seats were literally affixed within the green enclosure, to which was an ascent by a little ladder, like the companion-ladder of a ship.

The habitual characteristic sobriety of the Highlander's deportment often belies the copiousness of his potations of whisky, and he will preserve the most perfect decorum under the influence of a quantity of spirits which would render an Irishman frantic. "The Irish," said Sir Jonah Barrington, "are drunk before dinner, and mad after it." "Always drinking and never drunk," is, on the contrary, the maxim of the most intemperate Highlanders.

In the north, it is customary among the better classes to take a glass of whisky or a dram before breakfast. In the northernmost counties, it is not uncommon for ladies to toss off a glass of whisky at the early time in question, but under the less startling designation of *bitters*, which it assumes when administered to female lips.

In the Highlands of Scotland, so openly do the people admit the practice of illicit distillation in their festal hours, that they ask their guests indiscriminately, whether they prefer *Coll* or *Grace*, whisky of those farms having been celebrated.

In *Rum*, one of the western islands of Scotland, there is rain throughout the year. This occasioned a dry fellow to observe, how excellent a place it must be to enjoy rum and water.

It has been written of the Irish, that they make you welcome by making you drunk. But it is to this generous virtue, excess of hospitality, that excess in wine is greatly to be attributed. Then, again, Irish gentlemen have long been renowned for one incentive to drinking, beyond the excellence of their punch and claret,—namely, the novelty and point of their convivial toasts. This once called forth the cutting remark, that an Irish squire spent one-half of his day in inventing toasts, and the other half in drinking them.—*Ninrod*.

The author of *The Parson's Daughter*, when surprised

one evening in his arm-chair, two or three hours after dinner, is reported to have apologized, by saying: "When one is alone, the bottle *does* come round *so* often." On a similar occasion, Sir Hercules Langreish, on being asked "Have you finished all that port, (three bottles), without assistance?" answered "No—not quite that—I had the assistance of a bottle of madeira."

At large dinners in the City Halls, and on certain grand occasions at the Inner Temple, it is customary to pass huge silver goblets down the table, filled with a delicious composition immemorially termed "sack," consisting of sweetened and exquisitely-flavoured white wine: the butler attends its progress to replenish it, and each citizen and student is restricted to a *sip*. Yet, it chanced not long since, at the Temple, that though the number present fell short of seventy, thirty-six quarts of the liquid were consumed. The silver vessels in the city are termed "loving cups;" and it is etiquette for each to apply his napkin to the brim of the goblet before he passes it to his neighbour.

The late Sir William Aylett, a grumbling member of the Union Club, and a two-bottle man, one day observing Mr. James Smith furnished with half a pint of sherry, eyed his cruet with contempt, and exclaimed: "So, I see you have got one of those d—d life preservers!"—*N. Monthly Mag.*

Some people are very proud of their wine, and court your approbation by incessant questions. One of a party being invited by Sir Thomas Grouts to a second glass of his "old East India," he replied "one was a dose—had rather not double the *Cape*:" and, at the first glass of Champagne, he inquired whether there had been a plentiful supply of gooseberries last year.

Mr. Madden relates in the *Infirmities of Genius*, that a baronet well known in the gay world was seized with paralysis, and found himself on his return from a convivial party, suddenly deprived of speech, and power of moving one side of his body. Either from desperation, or an impulse of mental aberration, the gentleman had a bottle of port wine brought to his bed-side, and having finished it, he turned with great composure on his side, and

went to sleep. The baronet lived several years afterwards, his intellect wholly unimpaired, his speech restored, and his general health as good as ever; and he daily discussed his bottle or two of port with apparent impunity.

A German, on his passage from Hamburg to England, was asked by a fellow *voyageur*, whether he should not drink porter on his arrival in London: "No," replied the German, "it will be much too strong for my head." "Ah!" rejoined the other, "you will change your opinion when you have once tasted it." A few weeks after, the German was met by his friend, who asked him whether he had not drunk porter as he predicted. "No," replied he, "I drink half-and-half."—"But that is even stronger, being half ale and half porter!" "Oh," cried the German, with surprise, "I thought half and half was half porter and half water.

The last time Madame Pasta was in England, a literary lady of high distinction asked her whether she drank as much porter as usual: "No, mia cara, prendo *half-and-half*, adesso."—*Quarterly Review*.

Clubs are favourable to temperance: it seems that when people can freely please themselves, and when they have an opportunity of living simply, excess is seldom committed. From an account of the expenses of the Athenæum, in the year 1832, it appears that 17,322 dinners cost, on an average, 2s. 9 $\frac{3}{4}$ d. each, and that the average quantity of wine for each person was a small fraction more than half a pint.—*Mr. Walker's Original*.

Paley says, and truly, that it is one thing to be drunk, and another to be a drunkard. An old fashioned Welsh squire was so far removed from a drunkard, that when at home by himself, a little small beer at dinner and two glasses of wine were his quantum. Notwithstanding, he scarcely ever had a party at his own house, or made one at a neighbour's, that he did not get very drunk. He was a pleasant fellow, and a pint of wine just set his soul afloat: his simple expression, "I am coming about," was the certain prelude to a night's debauch.—*Nimrod*.

In Alderney, one of the Channel islands, in the year

1833, there were retailed and consumed 8,049 gallons of spirits, which is at the rate of nearly 30 gallons per annum to every grown-up male person. But, it should be added that these islanders have neither cider nor beer, and spirit is the only liquor drank in Alderney.

A hard-drinker, who died a victim to port wine, is related to have had the following expression constantly in his mouth: "I certainly drink too much wine; but I never touch spirits;" unconscious, perhaps, that in every bottle of his favourite liquor he was swallowing a fourth part of alcohol, in addition to the genuine strength of the wine.

Dr. Channing, (of the United States), was one day paying toll, when he perceived a notice of gin, rum, tobacco, &c., on a board which bore a strong resemblance to a grave-stone. "I am glad to see," said the doctor to the girl who received the toll, "that you have been burying these things." "And if we had," said the girl, "I don't doubt you would have gone chief mourner."

Addison used often to walk from Holland House to the White Horse, Kensington, to enjoy his favourite dish, a fillet of veal, his bottle, and perhaps a friend. There is a story that the profligate Duke of Warton plied him one day at table so briskly with wine, in order to make him talk, that he could not keep it on his stomach; which made his grace observe, that "he could get wine but not wit out of him."

Frederick William I. patronized smoking-clubs, the members being mostly generals and staff-officers; two of them, who did not smoke, to conform to the king's regulation, held unlighted pipes to their mouths, and puffed and blew like capital smokers. The tobacco was not good, and the king was displeased if any one brought better of his own. At seven o'clock, bread, butter, and cheese were brought in, and sometimes a ham and roast veal; now and then the king treated his guests with a dish of fish and a salad, which he dressed with his own hands.

Peter the Great was a gourmand of the first magnitude. While in England, on his return from a visit to Portsmouth,

the Czar and his party, twenty-one in number, stopped at Godalming, where they ate; at breakfast, half a sheep, a quarter of lamb, ten pullets, twelve chickens, seven dozen of eggs, and salad in proportion, and drank three quarts of brandy, and six quarts of milled wine: at dinner, five ribs of beef, weight three stone; one sheep, fifty-six pounds; three quarters of lamb, a shoulder and loin of veal boiled, eight pullets, eight rabbits, two dozen and a half of sack, and one dozen of claret. This bill of fare is preserved in Ballard's Collection, in the Bodleian Library, at Oxford.

Some of our own countrymen, have, however, almost rivalled the Czar of Russia and his companions. At Godalming, and probably at the same inn that Peter patronized, two noble dukes are related to have stopped, as they intended, for a few minutes, while sitting in their carriages, to eat a mutton chop, which they found so good, that each of them devoured eighteen chops, and drank five bottles of claret.

Lord Melcombe was a friend and patron of James Ralph, the dramatist, but the silly blunder of a servant had nearly caused a rupture between them. Lord Melcombe, one day, ordered his servant to go to Ralph, who lived not far from his lordship at Isleworth, and take with him a card for a dinner invitation to Mr. Ralph and his wife. The servant mistook the word *card* for *cart*, and set out full speed with the latter. The supposed indignity offended the pride of Ralph, who, with great gravity, sent back the messenger and his carriage, with a long expostulatory letter.

When Walpole invited the Chevalier Lorenzic to dine with him at Strawberry Hill, he gave him venison; and, as the latter was determined to like it, he protested it was "as good as beef."

Foote was ostentatious and vulgarly fine before his guests. As soon as the cloth was removed from the table, he would ask, "Does any body drink port?" If the unanimous answer happened to be "no," he always called out to the servants in waiting—"take away the ink."

Fontenelle, who lived till within one month of 100, was

never known to laugh or to cry, and even boasted of his insensibility. One day, a certain *bon vivant* Abbé came unexpectedly to dine with him. The Abbé was fond of asparagus dressed with butter; for which also Fontenelle had a great *gout*, but preferred it dressed with oil. Fontenelle said, that for such a friend there was no sacrifice he would not make; and that he should have half the dish of asparagus which he had ordered for himself, and that half, moreover, should be dressed with butter. While they were conversing thus together, the poor Abbé fell down in a fit of apoplexy; upon which his friend Fontenelle instantly scampered down stairs, and eagerly bawled out to his cook; "the whole with oil! the whole with oil, as at first."

It is related of Mr. Alderman Faulkner, of convivial memory, that one night, when he expected his guests to sit late and try the strength of his elaret and his head, he took the precaution to place in his wine-glass a strawberry, which his doctor, he said, had recommended to him on account of its cooling qualities. On the faith of this specific, he drank even more deeply, and as might be expected, was carried away earlier than usual. When some of his friends condoled with him next day, and attributed his misfortune to six bottles of elaret which he had drank, the alderman was extremely indignant—"the elaret," he said, "was sound, and never could do any body any harm—his discomforture was altogether caused by that d—d single strawberry" which he had kept all night at the bottom of his glass.—*Quarterly Review*.

The first Lord Lyttleton was very absent in company: one day, at dinner, his lordship pointed to a particular dish, and asked to be helped of it, calling it, however, by a name every different from that which the dish contained. A gentleman was about to tell him of his mistake. "Never mind," whispered another of the party; "help him to what he asked for, and he will suppose it is what he wanted."

Mr. Pitt's great recreation, after the fatigue of business, was stealing into the country, entering a clean cottage, where there was a tidy woman and a nicely scoured table; and there he would eat bread and cheese like any plough-

man. He detested routs, and always sat down to plain dinners. He never eat before he went to the House of Commons; but, when any thing important was to be discussed, he was in the habit of taking a glass of port wine with a tea-spoonful of bark in it.

Mr. Pitt was a man of princely hospitality, and amiable nature, as appears in the following extract from a letter recently written by the Marquis Wellesley, who was an early, constant, and intimate friend of the illustrious statesman: "In all places, and at all times, his constant delight was society. There he shone with a degree of calm and steady lustre which often astonished me more than his most splendid efforts in Parliament. His manners were perfectly plain, without any affectation; not only was he without presumption or arrogance, or any air of authority, but he seemed utterly unconscious of his own superiority, and much more disposed to listen than to talk. He never betrayed any symptom or anxiety to usurp the lead or to display his own powers, but rather inclined to draw forth others, and to take merely an equal share in the general conversation: then, he plunged heedlessly into the mirth of the hour, with no other care than to promote the general good humour and happiness of the company. His wit was quick and ready, but it was rather lively than sharp, and never envenomed with the least taint of malignity; so that, instead of exciting admiration or terror, it was an additional ingredient in the common enjoyment. He was endowed, beyond any man of his time whom I knew, with a gay and social heart. With these qualities, he was the life and soul of his own society: his appearance dispelled all care; his brow was never clouded, even in the severest public trials; and joy, and hope, and confidence, beamed from his countenance in every crisis of difficulty and danger."—*Letter communicated to the Quarterly Review.*

Burke once said: "Let the thunders of the pulpit descend on drunkenness, I for one stand up for gin."

Lord Byron notes: "What a wreck is Sheridan! and all from bad pilotage; for no one had ever better gales, though now and then a little squally. Poor dear Sherry! I shall

never forget the day he, and Rogers, and Moore, and I passed together; when *he* talked, and *we* listened, without one yawn, from six to one in the morning."

One night, Sheridan was found in the street by a watchman, bereft of that "divine particle of air," called reason; and fuddled, and bewildered, and almost insensible. He, the watchman, asked, "Who are you, sir?"—no answer. "What's your name?"—A hiccup. "What's your name?"—Answer, in a slow, deliberate, and impassive tone, "Wilberforce!" Byron notes: "Is not that Sherry all over?—and, to my mind, excellent. Poor fellow! *his* very dregs are better than the first sprightly runnings of others."

Ozias Linley, Sheridan's brother-in-law, one day received a card to dine with the Archbishop of Canterbury, at Lambeth. Careless into what hole or corner he threw his invitations, he soon lost sight of the card, and forgot it altogether. A year revolved, when, on wiping the dust from some papers he had stuck in the chimney-glass, the bishop's invitation for a certain day in the month, (he did not think of the year one instant,) stared him full in the face; and taking it for granted that it was a recent one, he dressed himself on the appointed day, and proceeded to the palace. But his diocesan was not in London, a circumstance of which, though a matter of some notoriety to the clergy of the diocese, he was quite unconseious; and he returned home dinnerless.

Mr. Canning's fund of animal spirits, and the extreme excitability of his temperament, were such as invariably to hurry him, *nolentem volentem*, into the full rush and flush of conviviality. At the latter period of his life, when his health began to break, he would sit down with an evident determination to be abstinent, eat sparingly of the simplest soup, take no sauce with his fish, and mix water in his wine; but, as the repartee began to sparkle, and the anecdote to circulate, his assumed caution was insensibly relaxed, he gradually gave way to temptation, and commonly ended by eating of every thing, and taking wine with every body—the very *beau-idéal* of an amphitryon.—*Quarterly Review*.

Dr. Parr, of smoking memory, says : " There are certain'y one or two luxuries to which I am addicted : the first is a shoullder of mutton, not under-roasted, and richly encrusted with flour and salt ; the second is a plain suct-pudding ; the third is a plain family plum-pudding ; and the fourth, a kind of high festival dish, consists of hot boiled lobsters, with a profusion of shrimp sauce."

The late Duke of Norfolk was accustomed to declare, that there was as marked a difference between beef-steaks as between faces ; and, that a man of taste would find as much variety in a dinner at the beef-steak club, (where he himself never missed a meeting,) as at the most plentifully served table in town.—*Quarterly Review*.

George III lived like an ascetic, for fear of corpulence and gout : he ate the most simple food and very sparingly ; chou-croute was one of his favourite dishes ; his ordinary beverage at table was a sort of lemonade, which he dignified with the name of a eup, though a monk of La Trappe might have drank of it without any infraction of his vow. The king usually ate so little and so rapidly, that those persons who dined with him could not satisfy their appetite, unless by continuing their meal after their sovereign had finished, which was contrary to the old etiquette. He was so sensible of this fact, and so considerate, that when dining without the queen, he would say to his attendants, " Don't regard me,—take your own time."

The king rarely drauk a glass of wine, and was so indifferent to its flavour or quality, that he seldom had any good wine, though he paid for it the best price. The royal table was thus ill supplied, till one day, the Prince of Wales dining with the king at Windsor, tasted the claret, and pronounced sentence upon it : he did more, for he informed his father of the manner in which his wine-merchant had treated him ; and the abuse was forthwith corrected.

Queen Charlotte by no means resembled her consort in the above respect : no woman in the kingdom enjoyed herself more at table, or manifested a nicer taste in wine.

The magnificent fête given by the Prince Regent, at

Carlton-house, in the year 1811, was the only experiment ever made at any court of Europe to give a supper to 2000 of the nobility and gentry. The largest entertainment at the most brilliant period of the French monarchy, was that given by the Prince of Condé to the King of Sweden, at Chantilly, when the covers only amounted to 400; while, at the fête given by the Prince Regent, covers were laid for 400 in the palace, and for 1600 more in pavilions, in the gardens. Many readers must recollect the lavish expenditure on this occasion; and the puerile taste of a stream with gold and silver fish flowing down the centre of the table.

Plainness of taste has distinguished the sovereigns of our times in their retirement. George IV generally dined in his private *salle-à-manger*, in Windsor-eastle,* at nine o'clock, and not unfrequently alone. The table-service, on such occasions, was mostly of white and brown china, and not of silver, as has been stated. A roast fowl was the favourite dish with William IV; and a *black bottle* of sherry was uniformly placed on the table near his majesty. At the grand civic banquet to our gracious queen, in 1837, her majesty partook only of turtle and roast mutton; wines, sherry and elaret.

Napoleon was a very fast eater. At a *grand couvert* at the Tuileries, from the moment he and his guests sat down, till the coffee was served, not more than forty-three or four minutes elapsed. They were then bowed out. With Napoleon, the moment appetite was felt, it was necessary that it should be satisfied; and his establishment was so

* The royal plate at Windsor is kept in one tolerably sized room and an adjoining closet, and valued at 1,750,000*l.* sterling! There is one gold service, formed by George IV, to dine 130 guests; some pieces were taken from the Spanish Armada, some brought from India, Burmah, China, &c. One vessel belonged to Charles XII of Sweden, and another to the King of Ava; a peacock of precious stones, valued at 30,000*l.*; and a tiger's head. (Tip-poo's footstool,) with a solid ingot of gold for his tongue, and crystal teeth; numerous and splendidly ornamented gold shields, one made from snuff-boxes, value 8000 guineas; and thirty dozen of plates, which cost 26 guineas each plate. The magnificent silver wine-cooler made by Rundell and Bridge, for George IV, is enclosed with plate-glass; its superb chasing and other ornamental work occupied two years, and two full-grown persons may sit in it without inconvenience.

arranged, that in all places, and at all hours, chicken, cutlets, and coffee, might be forthcoming at a word. "This habit of eating fast and carelessly, (it is observed in the *Quarterly Review*;) is supposed to have paralysed Napoleon on two of the most critical occasions of his life,—the battles of Borodino and Leipsic, which he might have converted into decisive and influential victories by pushing his advantages as he was wont. On each of these occasions, he is known to have been suffering from indigestion. On the third day of Dresden, too, the German novelist, Hoffman, who was present in the town, asserts that the emperor would have done much more than he did, but for the effects of a shoulder of mutton stuffed with onions."

Silence does not always mark wisdom. Coleridge once dined in company with a person who listened to him and said nothing for a long while; but he nodded his head, and Coleridge thought him intelligent. At length, towards the end of the dinner, some apple dumplings were placed on the table, and the listener had no sooner seen them, than he burst forth, "Them's the jockies for me!" Coleridge adds: "I wish Spurzheim could have examined the fellow's head."

Sir Humphry Davy was an epicure of the drollest kind, and practised the chemistry of the kitchen: he was curious in tasting every thing that had never been tasted before, and interfered himself in the composition of dishes intended for his table, thereby encountering the wrath of strange cooks, and running serious risks in inn-kitchens.

Poor-man-of-mutton is a term applied to a shoulder of mutton in Scotland, after it has been served as a roast at dinner, and appears as a broiled bone at supper, or at the dinner next day. The late Earl of B., popularly known as Old Rag, being indisposed at an hotel in London, one morning the landlord came to enumerate the good things in his larder, to prevail on his guest to eat something; when his lordship replied, "Landlord, I think I *could* eat a morsel of a poor man," which, with the extreme ugliness of his lordship's countenance, so terrified Boniface, that he fled from the room, and tumbled down stairs; supposing the

earl when at home, was in the habit of eating a joint of a vassal or tenant, when his appetite was dainty.—*Jamieson*.

“Right to a crack” is exemplified in the following anecdote. An English gentleman wanting a dessert service of porcelain made after a particular pattern, sent to China a specimen dish, ordering that it should be exactly copied for the whole service. It unfortunately happened that in the dish so sent, the Chinese manufacturers discovered a crack; consequently, the entire service sent to the party ordering it, had a crack in each article, carefully copied from the specimen crack; thus illustrating the imitative skill of the Chinese.

“Allow me, gentlemen,” said Curran, one evening to a large party, “to give you a sentiment. When a boy, I was one morning playing at marbles in the village of Ball-alley, with a light heart, and lighter pocket. The gibe and the jest went gladly round, when suddenly, among us appeared a stranger, of a remarkable and very cheerful aspect; his intrusion was not the least restraint upon our merry little assemblage. He was a benevolent creature, and, the days of infancy, (after all, the happiest we shall ever see,) perhaps rose upon his memory. Heaven bless him! I see his fine form, at the distance of half a century, just as he stood before me in the little Ball-alley, in the day of my childhood. His name was Boyse; he was the rector of Newmarket. To me he took a particular fancy. I was winning, and full of wagery; thinking every thing that was eccentric, and by no means a miser of my eccentricities; every one was welcome to a share of them, and I had plenty to spare, after having freighted the company. Some sweetmeats easily bribed me home with him. I learned from Boyse my alphabet and my grammar, and the rudiments of the classics. He taught me all he could, and then he sent me to a school at Middleton. In short, he made me a man. I recollect it was about thirty-five years afterwards, when I had risen to some eminence at the bar, and when I had a seat in parliament, on my return one day from the Court, I found an old gentleman seated alone in my drawing-room, his feet familiarly placed on each side of the

Italian marble chimney-piece, and his whole air bespeaking the consciousness of one quite at home. He turned round—it was my friend of Ball-alley. I rushed instinctively into his arms, and burst into tears. Words cannot describe the scene which followed. “You are right, sir, you are right. The chimney-piece is yours—the pictures are yours—the house is yours. You gave me all I have—my friend—my benefactor!” He dined with me: and in the evening I caught the tear glistening in his fine blue eye, when he saw poor little Jack, the creature of his bounty, rising in the House of Commons to reply to a right honourable. Poor Boyse! he is now gone; and no suitor had a longer deposit of practical benevolence in the Court above. This is his wine—let us drink to his memory!”—*Curran’s Life*.

Lacónics.

Every man’s proper mansion, house, and home, being the theatre of his hospitality, the seat of self-fruition, the comfortablest part of his own life, the noblest of his son’s inheritance, and a kind of private principedom—nay, to the possessors thereof, an epitome of the whole world—may well deserve, by these attributes, according to the degree of the master, to be decently and delightfully adorned.—*Sir Henry Wootton*.

To be happy at home is the ultimate result of all ambition, the end to which every enterprise and labour tends, and of which every desire prompts the execution. It is, indeed, at home that every man must be known by those who would make a just estimate of his virtue or felicity; for smiles and embroidery are alike occasional, and the mind is often dressed for show in painted honour and fictitious benevolence.—*Johnson*.

Gentility is nothing but ancient riches.—*Lord Burleigh*.

A man born upon little legs is always a gentleman born.—*Ben Jonson*.

There is a rabble amongst the gentry, as well as the commonalty, a sort of plebeian heads, whose fancy moves with the same whirl as these men—in the same level with

mechanics; though their fortunes do somewhat gild their infirmities, and their purses compound for their follies.—*Sir T. Browne.*

A true fine gentleman is what one seldom sees: in him appear all the great and solid perfections of life, with a beautiful gloss and varnish: every thing that he says or does is accompanied with a manner, or rather a charm that draws the admiration and goodwill of every beholder.—*Steele.*

The polite of every country seem to have but one character. A gentleman of Sweden differs but little, except in trifles, from one of any other country. It is among the vulgar that we are to find those distinctions which characterize a people.—*Goldsmith.*

The best education.—Let a man's pride be to be a gentleman: furnish him with elegant and refined pleasures, imbue him with the love of intellectual pursuits, and you have a better security for his turning out a good citizen, and a good Christian, than if you have confined him by the strictest moral and religious discipline, kept him in innocent and unsuspecting ignorance of all the vices of youth, and in the mechanical and orderly routine of the severest system of education.—*Quarterly Review.*

Whoever is open, loyal, and true; whoever is of humane and affable demeanour; whoever is honourable in himself, and in his judgment of others, and requires no law but his word to make him fulfil an engagement—such a man is a gentleman.—*De Vere.*

Good manners is the art of making those people easy with whom we converse; whoever makes the fewest persons uneasy is the best bred man in company.—*Swift.*

Deference is the most complicated, the most indirect, and the most elegant, of all compliments.—*Shenstone.*

Perfect good breeding consists in having no particular mark of any profession, but a general elegance of manners.—*Johnson.*

Good breeding will make you civil to a stranger; but it will not allow you to be familiar.

The manner of presiding at a tea-table in China, is an art, with its principles, rules, and instructions.

The courtesy and obliging disposition of Julius Cæsar, (by whom we are termed *barbari*;) were notorious, and illustrated in anecdotes which survived for generations in Rome. Dining on one occasion at a table where the servants had inadvertently, for salad-oil, furnished coarse lamp-oil, Cæsar would not allow the rest of the company to point out the mistake to their host, for fear of shocking him too much by exposing the mistake.

The anecdote of Cleopatra dissolving one of her pearls in vinegar, and drinking it to Antony's health at supper, is suspected to be an historical fiction.

Full dress, after all, is the test of the gentlewoman. Common people are frightened at an unusual toilette; they think that finer clothes deserve finer manners, forgetting that any manner to be good, must be that of every day.—*Miss Landon*.

Will this great world ever cease to be hoaxed with the idea that the pleasures of society are in proportion to the grandeur of the scale on which they are enjoyed?—*Madden*.

Old servants are the vouchers of worthy house-keeping: they are like rats in a mansion, or mites in a cheese, bespeaking the antiquity and fatness of their abode.—*Washington Irving*.

It would deserve a particular lecture or *recherche*, how one ought to behave himself with children, servants, tenants, and neighbours; and precepts in this point will be found more useful to young gentlemen than all the subtleties of schools.—*Lord Herbert of Cherbury*.

There is a certain courtesy due to servants, which it is a great breach of good breeding to neglect. Lord Chesterfield says:—"If I told my footman to bring me a glass of wine, in a rough insulting manner, I should expect that, in obeying me, he would contrive to spill some of it upon me; and I am sure I should deserve it."

Could gentlemen but know how they debase themselves, even in the eyes of their own servants, when they allow them to discover their vices, how careful would they be, if not to amend, at least to conceal, them; for, their menials must become either the censors or assistants of them; and that they should be either is most degrading to a master.—*Lady Blessington.*

Living always in the world makes one as unfit for living out of it, as always living out of it does for living in it.—*Walpole.*

One of the greatest sources of complaint in society, is the want of propriety in the conducting of entertainments in all their varieties, from the simple family dinner to the splendid banquet: for instance, a family dinner; a family dinner to which guests are admitted; a common dinner party; an entertainment; a bachelor's dinner; a ministerial dinner; and a dress dinner. Though these and similar other entertainments are distinct, yet the distinctions are not so strictly observed as those in other usages of society. At the plainest as well as the most splendid of these entertainments, every thing ought to be as good and as well cooked, and nice as possible: but the style of service ought to be varied, rising from the simple, in elegant succession, to the sumptuous. For real taste does not indiscriminately present turtle and venison on every occasion: something more delicately palatable and less obtrusive is presented with the zest of a fine mango, high flavoured vinegars, well-made sauces, nice salads, and appropriate wines; with the charms of well supported conversation, affording an unobnoxious feast throughout the year.—*Beauvilliers.*

Von Raumer, in his observations upon London society, remarks, that "eating and drinking seem to produce no effect upon the English." "I do not applaud," continues he, "inordinate and boisterous talking after dinner; but, that people should be just as cold, quiet, and composed, at the end as at the beginning; that the wine should produce no apparent effect, is too dry and formal to my liking. Perhaps, the old fashioned tipping was so disgusting, that people now shun the slightest approach to joviality; or,

perhaps, port and sherry oppress rather than elevate, and have little power in transforming gloomy fogs into sky-blue fantasies. In short, I am for the German plan; frank, lively conversation, even though it be a little too long and too loud; light wine, and a light heart; and, at parting, joyous spirits, and only just mathematics enough to perceive that five is an even number."

Authors seldom figure in conversation: although they possess its gold, they frequently have not small change.

Literary distinction, in an educated community, will always raise a man in the estimation of his own immediate circle or class, including the highest; but the utmost it can ever do for one who, without birth or connexion, aspires to mingle with the aristocracy (landed, monied, or political), of a large metropolis, is to give him an introduction. If his manners suit those of his new associates, and his means are sufficient to enable him to fall in with their habits and modes of living without restraint—if, above all, he shows no consciousness of inferiority, and invariably respects himself—he will gradually come to be considered a regular member of their society.—If not, he must be content, at the end of his first season, to fall back upon the circle from which he started, and console himself by railing at the ignorance, prejudice, superciliousness, and narrow-mindedness of the higher classes, who refuse to place a fashionable novelist or a dandy poetaster on precisely the same footing with a duke, or a *millionaire*, whose banquets and balls are the envy of the town.—*Quarterly Review*.

No one will ever shine in conversation who thinks of saying fine things: to please, one must say many things indifferent, and many very bad.

Experience proves, that in the conversational contests of politics, no one is ever convinced, and that each goes away more than ever persuaded of the truth of his own opinions.—*The Duchess of Abrantes*.

Domestic affections can no more bloom and flourish in the hardened race-course of politics, than flowers can find nourishment in the pavement of the streets.—*Lady Blessington*.

“ I know,” says Balzac, “ no such sure test of a gentleman as this, that he never corrects a solecism in conversation, or seems to know that a solecism has been committed. There is the Marquis de —— (we forget his title), confessedly the best bred man in France, and one of the most learned and eloquent, to whom a *Provençal* may talk two hours without losing the impression that he delights the Marquis by the purity of his diction; whereas, there is hardly a little *abbé*, or *avocat*, or illiterate *parvenu*, to whom one can speak without being corrected at every third sentence.”

The best rules to form a young man are, to talk little, to hear much, to reflect alone upon what has passed in company, to distrust one's own opinions, and value others that deserve it.—*Sir W. Temple*.

A philosopher's ordinary language and admissions, in general conversation, are his watch compared with his astronomical timepiece. He sets the former by the town-clock, not because he believes it right, but because his neighbours and his cook go by it.—*Coleridge*. (Yet, educated persons speak much more metaphorically than they are aware of.)

A tedious person is one a man would leap a steeple from.—*Ben Jonson*.

We are always less prone to admit the perfection of those for whom our approbation is demanded; and many a woman has appeared comparatively plain in our eyes, from having heard her charms extolled, whose beauty might otherwise have been readily admitted.—*Lady Blessington*.

Sir Walter Scott once happening to hear his daughter Anne say of something that it was *vulgar*, gave the young lady the following temperate rebuke:—“ My love, you speak like a very young lady; do you know, after all, the meaning of this word *vulgar*? 'Tis only *common*; nothing that is common, except wickedness, can deserve to be spoken of in a tone of contempt; and when you have lived to my years, you will be disposed to agree with me in thanking God that nothing really worth having or caring about in this world is *uncommon*.”—*Lockhart's Life of Scott*.

A quarrel is, nine times out of ten, merely the fermentation of a misunderstanding.—*Bulwer*.

Man is but a rough pebble without the attrition received from contact with the gentler sex: it is wonderful how the ladies pumice a man down into smoothness, which occasions him to roll over and over with the rest of the species, jostling, but not wounding his neighbours, as the waves of circumstance bring him into collision with them.—*Captain Marryat*.

The restraint which the customs of the world have put upon the conduct of females, renders the best among them, more or less, hypocrites. How hard this is—that the ingenuous confiding qualities of woman's heart should be thus tortured and spoiled; and so it must be, while the present order of things lasts.—*Theodore Hook*.

“Never be critical upon the ladies,” was the maxim of an old Irish peer, remarkable for his homage to the sex: “the only way in the world that a true gentleman ever will attempt to look at the faults of a pretty woman is to shut his eyes.”

Swift calls story-telling a knack; and Steele remarks that “a story-teller is born as well as a poet.” The late Sir Walter Scott was an excellent story-teller in his boyhood, an indication of genius which may be regarded as the corner-stone of his after fame.

Story-tellers, or anecdote-mongers, are very liable to repetitions. They seldom change their illustrative stories, so that amongst those who mix very much with one another, the same story is expected on the same occasion, as much as the known songs of an amateur singer. Again, so treacherous is the memory of some story-tellers, that they have been known to tell the same story, in the same words, to the same person—even to him who had before imparted it in the course of the same evening.

Lord Byron knew a dull man, who lived on a *bon mot* of Moore's for a week; and his lordship once offered a wager of a considerable sum, that the reeiter was *guiltless* of understanding its point; but he could get no one to accept the bet.

Merriment is always the effect of sudden impression. The jest which is expected is already destroyed.—*Johnson*.

Wits, when heated with wine, generally run over, and exemplify the observation on the flying fish, which “soars highest when its wings are wet.”

Some men are like musical glasses; to produce their finest tones, you must keep them wet.—*Coleridge*.

What the bottle tells (which is generally a great tell-tale,) perhaps, it is the duty of friendship to keep secret.

It is as well not to trust one's gratitude after dinner. I have heard many a host libelled by his guests, with his Burgundy yet reeking on their rascally lips.—*Lord Byron*.

After dinner is after dinner, an old saying and a true; much drinking, little thinking.—*Swift*.

A sot has been defined to be, “a man with a red face, and a nose exaggerated by intemperance;” which phraseology is a kind of spirit varnish.

Intemperance is to be measured not by the quantity of wine, but by its effect on the constitution; not by cups, but consequences. Let no man fancy because he does not drink much that he is not a sot. Pope said that to him more than one glass was a debauch; and every man who habitually takes more than his stomach can bear, sooner or later arrives at those miseries, which are the effects of hard drinking. Every healthy toper is a decoy-duck, and no more proves that health is safe in intemperance, than an unwounded soldier that life is secure in battle. “Strength of nature in youth,” says Lord Bacon, “passes over many excesses which are owing a man till his age.”

Drunkennes, amongst persons of character and education, is considered, as it ought to be, at once sinful and degrading. The consequence has been increased longevity, and the disappearance among the upper grades of society, of a host of distempers that follow in the train of inebriety.—*Brande*.

Voltaire defines a physician to be an unfortunate gentleman,

who is every day requested to perform a miracle—namely, to reconcile health with intemperance.

The City has always been the province for satire; and the wits of king Charles's time jested upon nothing else during his whole reign.—*Addison*.

Laughter is one of the greatest helps to digestion; and the custom prevalent among our forefathers, of exciting it at table by jesters and buffoons, was founded on true medical principles. In a word, endeavour to have cheerful and merry companions at your meals: what nourishment one receives amidst mirth and jollity will certainly produce good and light blood.—*Hufeland's Art of Prolonging Life*.

“Some people,” observes Dr. Johnson, “have a foolish way of not minding, or pretending not to mind, what they eat. For my part, I mind my belly very studiously and very carefully; for I look upon it, that he who does not mind his belly will hardly mind any thing else.”

The following extract from *Le Physiologie de Gout*, on the pleasures of the table, may serve to dissipate some portion of the existing prejudice against *gourmets*, whose high vocation is too frequently confounded with gluttony and greediness: “The pleasure of eating is common to us animals; it merely supposes hunger, and that which is necessary to satisfy it. The pleasure of the table is peculiar to the human species; it supposes antecedent attention to the preparation of the repast, to the choice of the place, and the assembling of the guests. The pleasure of eating requires, if not hunger, at least, appetite; the pleasure of the table is most frequently independent of both.”

Those unfortunate persons to whom nature has refused an aptitude for the enjoyments of taste, have long faces, long noses, and large eyes: whatever is their height, they have always in their *tournure* a character of elongation. They have black and straight hair, and above all are deficient in *embonpoint*: it is they who invented trousers. The women whom nature has afflicted with the same misfortune

are angular, get tired at table, and live on tea and scandal.—*Brillat-Savarin*.

The pleasures of the table, when used in moderation, admit of some defence; they promote social intercourse. Man, unlike animals, is in best humour, when he is feeding, and more disposed than at other times to cultivate those amicable relations by which the bonds of society are strengthened. The influence of this principle is more acknowledged in England than in any other country. With us, no public meeting is valid without a dinner; no party leader is chartered in public estimation, till his services have been anticipated or acknowledged, and his public principles pledged, amidst circling bumpers and convivial cheers. Even charity obeys the same law; and the beneficent institutions for the sick, and the lame, and the blind, find increase of propriety in their annual festive celebrations.—*Mayo*.

Foremost among the pleasures of the table are, what an elegant novelist has termed “those felicitous moods in which our animal spirits search, and carry up, as it were, to the surface, our intellectual gifts and acquisitions.” Of such moods the late Sir Thomas Lawrence took peculiar advantage; for it is said that he frequently invited his sitters (for their portraits,) to partake of the hospitalities of his table, and took the most favourable opportunity of “stealing” from them their “good looks,” traits which he felicitously transferred to canvass.

“I’ll send you my bill of fare,” said Lord B. when trying to persuade Swift to dine with him. “Send me your bill of company,” replied the Dean.

To the Chinese we are indebted for that convenient subterfuge, the visiting card; but we have reduced to a single slip that which is, in China, a pocket volume.

A visit should never exceed three days, “the *rest* day—the *drest* day—and the *prest* day.”

It is a heartless boast to say that you have never received any thing of any man: for, “he who is unable to receive, as well as to give, has learnt but the half of friendship.” (A pretty hint this to diners-out.)

There is nothing respectable in lodgings and a cab. Such are the appliances of a here-today-gone-tomorrow kind of life. One never looks substantial till one pays rates and taxes, and has a bill with one's butcher!—*Bulwer*.

Something like home that is not home, like alone that is not alone, is to be wished, and only found in a friend, or in his house.—*Sir W. Temple*.

The best friend is he who never deserts till he is first forsaken.

Poverty is, except where there is an actual want of food and raiment, a thing much more imaginary than real. The shame of poverty—the shame of being thought poor—is a great and fatal weakness, though arising in this country from the fashion of the times themselves.—*Cobbett*.

The swaggerer is invariably an impostor—the man who calls loudest for the waiter, who treats him worst, and who finds more fault than any one else in the room, when the company is mixed, will always turn out to be the man of all others the least entitled, either by rank or intelligence, to give himself airs. People who are conscious of what is due to them never display irritability or impetuosity; their manners ensure civility, their civility secures respect; but, the blockhead or the coxcomb, fully aware that something more than ordinary is necessary to produce an effect, whether in clubs or coffee-rooms, is sure to be the most fastidious and captious of the community, the most overbearing in his manners towards his inferiors—the most restless and irritable among his equals—the most cringing and subservient before his superiors.—*Theodore Hook*.

When a man happens to have in possession a good deal of property of his own, he is, while it lasts, usually and emphatically termed a *good fellow*; but, when his money and credit are both exhausted, so that he is obliged to sing, drink, and tell stories, for the entertainment of those who pay his shot, he degenerates into a *good companion*.

The taverns of our ancestors would ill bear contrasting with the clubs of to-day; but many a gay midnight was passed in the former:—midnights, whose mirth has de-

sceded even to us; half the jests whose gaiety is still contagious; and half the epigrams, whose point is yet felt, were born of these brief and brilliant hours.—*Miss Landon.*

A nice point is thus settled in *Boswell's Life of Dr. Johnson.*—*Boswell.* “I consider distinction of rank to be of so much importance in civilized society, that if I were asked on the same day to dine with the first duke in England, and with the first man in Britain for genius, I should hesitate which to prefer.”—*Johnson.* “To be sure, sir, if you were to dine only once, and it were never to be known where you dined, you would choose rather to dine with the first man for genius; but, to gain respect, you should dine with the first duke in England. For nine people in ten that you meet with would have a higher opinion of you for having dined with a duke; and the great genius himself would receive you better because you had been with the great duke.”

National Dinners.

THE following quotation from *Jamieson's Scottish Dictionary*, points out the frugal and temperate Scot; and may be contrasted with the proverbial invitation of the better-feeding English, “Will you come and take your mutton with me?”—“*Kail*, used metonymically for the whole dinner; as constituting, among our temperate ancestors, the principal part. Hence, in giving a friendly invitation to dinner, it is common to say, ‘Will you come and tak your *kail* wi’ me?’ This resembles the French invitation, “*Voulez vous venir manger la soupe chez moi?*”

In a comparison of French and English living, it has been said: “live as they do in Paris,” and you will find it cheaper here. Give up the joint, and take to the chop, and the difference will be apparent. In point of fact, you pay enormously for the scraps you get in France—a penny-worth of cookery costs you ten-pence. But then to be sure, as a hair-dresser once said, when his customer thought he charged rather too much;—“But then, sir, consider the science.”

The best French cooks are from Picardy; those from Orleans come next; then Flanders, Burgundy, Courtois, Lorraine; the Parisian last but one; the Norman last of all.

Fish, really fresh, is the rarest of all delicacies in the *restaurants* at Paris.

A German dinner is remarkable for the simplicity of its cookery, in contrast with that in other parts of the Continent. Thus, at the primitive hour of one, after the soup, the invariably boiled beef revolves round the table, attended by its two "satellites,"—a bowl of smoking brown gravy, and a dish of potatoes, or sliced pumpkin. Next comes fish, or fowls—then the pudding—and lastly, some sort of roast meat with its never-failing accompaniments of stewed plums or pears, and salad.

The *table-d'hôte* is, probably, best enjoyed in Germany, where it is frequented by persons of the highest rank, from grand dukes and princes downwards. The stranger will find much more urbanity here than in a similarly mixed assemblage in England: the topics and news of the day are discussed without restraint; and local or general information may frequently be thus obtained. Added to this, the best dinner is always to be had at the *table-d'hôte*. It answers the landlord's purpose to provide sumptuously, *en gros*, for a large company, and he, therefore, discourages dining in private.

A *table-d'hôte* dinner at Weimar usually opens with *potage au riz* and grated cheese. To this succeed plain boiled beef and sour mustard, with a profusion of fermented red cabbage; boiled carp; light and savoury ball puddings swimming in a bowl of oiled butter, and eaten with *compôte de pommes*. *Chevreuil piqué au lard* is, perhaps, next introduced; followed by fried fish. Next, boiled capon, with fried parsley roots, hot and hissing from the pan. Dutch cheese, pears, sponge biscuits, coffee and liqueur, follow; and the charge for such a repast is eighteen-pence!

One of the finest *table-d'hôtes* in Europe is that in the Kur-Saal, at Wiesbaden, in Nassau. At one o'clock, din-

ner is sometimes served here to 300 persons of all ranks, from sovereign princes to ordinary bourgeois. On Sunday, the Duke of Nassau, to whom the Kur-Saal belongs, commonly dines at the table.

It was Count Charles de Mornay's practice, whenever he dined at a *table-d'hôte*, to instruct his valet to come in and sit down with the company, place himself at the bottom or top of the table, treat his master as a perfect stranger, and help him to the best of every thing.—*Quarterly Review*.

On the 24th of August, a festival is held at Stralow, on the banks of the Spree, in Prussia, when the river is thrice dragged with nets, and the Berliners proceed thither to dine on the fish.

The wine and beer-houses of Berlin, in splendour, may vie with the gin-palaces of London, and are nearly as injurious to public health and morals.

A dinner at Langenshwalbaeh, in Nassau, according to Sir Francis Head, is an odd affair. "After soup, which all the world over is the alpha of the gourmand's alphabet, the barren meat from which the said soup has been extracted, is produced: of course, it is dry, tasteless, withered looking stuff, which a Grosvenor-square cat would not touch with his whiskers; but this dish is always attended by a couple of satellites—the one a quantity of cucumbers stewed in vinegar, the other a black, greasy sauc; and, if you dare to accept a piece of this flaccid beef, and decline the indigestible cucumber, sauce comes into your plate a deluge of the sickening grease. After the company have eaten heavily of messes which it would be impossible to describe, in comes some nice salmon—then fowls—then puddings—then meat again—then stewed fruit—and, after the English stranger has fallen back in his chair, quite beaten, a leg of mutton majestically makes its appearance.

In Nassau, a dinner of fifteen dishes is sometimes given for fifteen pence!—such as could not be had in England for as many shillings.

Captain Basil Hall thus describes the dinner of a Hungarian magnate. "We had first of all coldish, dirty-

looking, thin soup; then a plate of ill-cut slices of ill-salted tongue; and after a dreary interval, a dish of slices of boiled beef, very cold, very fat, and very tough. The next dish promised better: it was a salmon, twisted into a circle, with his tail in his mouth, like the allegorical image of eternity. But if I were to live, as the Americans say, from July to eternity, I should not wish to look upon the like of such a fish again. Yet, its bones were so nicely cleaned, that the skeleton might have been placed in a museum of natural history. Next arrived a dish of sausages, which disappeared in the twinkling of an eye. Lastly, came the roast, but instead of a jolly English sirloin or haunch, the dish consisted of what they facetiously called venison—but such venison! Yet, had the original stag been alive from which this morsel was hewn, it could not have moved off faster. To wind up all, instead of a dessert, we were presented with a soup-plate holding eleven small, dry sweet cakes, each as big as a Genevese watch-glass. The wine was scarcely drinkable, excepting, I presume, one bottle of Burgundy, which the generous master of the house kept faithfully to himself, not offering even the lady by his side, a stranger, and his own invited guest, a single glass.”

The etiquette of a Russian dinner is very formal. When the guests are seated, the master and mistress of the feast remain standing, it being their business to attend upon the company, and to see that the servants do their duty. Nothing can escape their observation: your plate does not remain a moment empty, nor your glass a moment either empty or full. French wines are mostly drunk; Madeira is also a favourite; and a bottle of port is set down expressly for the Englishman. At her own time, the mistress gives the signal, and all rise from the table.

The Emperor and Empress of Russia dine at three o'clock, (the general hour for the upper classes in Russia,) with perfect simplicity; and towards the conclusion of the meal, their children come in to kiss them. When they rise from table, the emperor bestows upon his consort also some hearty kisses.

A Persian dinner is a strange repast. The guests are first served with coffee in very small cups, and without cream or sugar; then tea, in large cups, and at last dinner. The table-cloth, or *sofra*, of flowered cotton, is spread upon the carpet; and this cloth is used so long unchanged, that the accumulated fragments of former meals collect into a musty paste, emitting no very savoury smell; but the Persians are content, for they say that changing the *sofra* brings ill luck. A piece of their bread or cake is then set for each guest, to be used as a plate and napkin. Then a tray is placed between each two persons, containing two bowls of sherbet, each with a wooden spoon; two dishes of pillau of rice soaked in oil or butter, boiled fowl, raisins, and a little saffron; two plates of sliced melon; two of kabobs, or morsels of dry broiled meat; and a dish of a fowl roasted to a cinder. As forks are not used, the guests dexterously scoop up the contents of the plates into their mouths, with three fingers and the thumb of their right hand.

In Persia, it is etiquette to keep the head covered, and never to enter a room in boots or slippers. Our countrymen speak of being obliged to dine in their cocked hats and feathers as a far more troublesome extremity of politeness than leaving their shoes at the door.

Shumzi-Tabreezee, a saint of Bagdad, long begged his bread, and one day, in his hunger, caught a fish, which he held up to the sun, and brought that luminary near enough to roast it!

A grand Chinese dinner is an aldermanic affair. The notes of invitation are much larger than ours, and are written upon beautiful red paper. The company are received by hosts of attendants bearing lanterns; and being welcomed by startling music, they are first served with tea, without milk or sugar. There is no table-cloth; instead of napkins, three-cornered pieces of paper are used, and for knife and fork are substituted two little round chop-sticks; whilst porcelain spoons are used for soup. There are many hundred dishes served, the roasts being carved by cooks in uniform and tasteful costume. The whole repast occupies full six hours.

The Chinese are much more skilful in contrivances for supplying the luxuries of the table than is generally imagined. Dempster's scheme for preserving fish in ice, (adopted in Scotland in 1800,) has been practised in China for centuries. Wheels driven by crews keep in life and freshness, by a stream of water, thousands of fish brought by boats into the Canton market daily. The French have been particularly successful in preserving provisions by exclusion of air; but the Chinese had preceded them for centuries in their simple and effectual methods of keeping eggs, fish, and vegetables. Sugar is of early origin, and, perhaps, more is used in and exported from China, than all the rest of the world put together; and Chinese sugar-candy does not yield to our highest refined sugar.

It is a curious fact, that the Chinese make no use of milk, either in its liquid state, or in the shape of curds, butter, or cheese.

The natives of the East Indies are excellent cooks: their stews and haricots are capital, but a prejudice exists against these preparations amidst the greater number of Anglo-Indians, who fancy that "black fellows" cannot do any thing beyond their own pillans, and are always in dread of some abomination in the mixture; a vain and foolish alarm, where the servants are cleanly, and curry is not objected to.

The natives of Sindh, in India, believe that fish diet prostrates the understanding; and, in palliation of ignorance in any one, they often plead that "he is but a fish-eater."

An Indian breakfast is an unrivalled repast: fish of every kind,—fresh, dried, pickled, or preserved; delicate fricassees, risoles, croquettes, omelettes, and curries, of all descriptions; cold meats and game of all sorts; *pâtés*, jellies, and jams, from London and Lucknow; fruits and sweet-meats; with cakes in endless variety, splendidly set out in china, cut-glass, and silver, the guests providing their own teacups, plates, &c.

In some parts of the western coast of Africa, bread and milk are the most expensive articles of food. A small roll,

of the value of one penny in England, costs there threepence, and a quart of goat's milk nearly two shillings.

In the West Indies, the iguana, a species of lizard, which lives upon flowers and the blossoms of trees, is eaten in fricassees and pies. It is said to be very delicate, and to resemble turtle in flavour.

English tavern keepers simply give notice by public advertisement of their intention to "dress a fine lively turtle" on such a day; but the Yankee, more atrociously, writes in chalk upon the devoted animal's back, "Soup to-morrow," and places him on parade before his hotel; thus basely making him a party to his own murder, and deluding him, in defiance of all the laws of nations, to advertise his own execution.

Though the American gentlemen drink more than any other *gentlemen*, the lower orders in America are more temperate than in England.

In American towns, the loftiest roofs are invariably those of its taverns, which are so many pyramids in honour of brandy and mint-juleps.

The King and Queen of the Sandwich Islands and their suite, who visited this country in the year 1825, were wantonly charged with gluttony and drunkenness by persons who ought to have known better. "It is true," observes Lord Byron, in his *Voyage to the Sandwich Islands*, "that, unaccustomed to our habits, they little regarded regular hours for meals, and that they liked to eat frequently, though not to excess. Their greatest luxury was oysters, of which they were particularly fond; and one day, some of the chiefs having been out to walk, and seeing a grey mullet, instantly seized it and carried it home, to the great delight of the whole party; who, on recognizing the native fish of their own seas, could scarcely believe that it had not swam hither on purpose for them, or be persuaded to wait till it was cooked before they ate it." The best proof of their moderation is, however, that the charge at Osborne's Hotel, in the Adelphi, during their residence there, amounted to no greater an average than seventeen shillings

a head per day for their table: as they ate little or no butcher's meat, but lived chiefly on fish, poultry, and fruit, by no means the cheapest articles in London, their gluttony could not have been great. So far from their always preferring the strongest liquors, their favourite beverage was some cider, with which they had been presented by Mr. Canning.

Mr. Beckford, who visited the monastery of Alcobaça, about forty years since, gives the following glowing picture of the kitchen of that magnificent establishment: "Through the centre of the immense and groined hall, not less than sixty feet in diameter, ran a brisk rivulet of the clearest water, flowing through pierced wooden reservoirs, containing every sort and size of the finest river fish. On one side, loads of game and venison were heaped up; on the other, vegetables and fruit in endless variety. Beyond a long line of stoves extended a row of ovens, and close to them hillocks of wheaten flour, whiter than snow, rocks of sugar, jars of the purest oil, and pastry in vast abundance, which a numerous tribe of lay-brothers, and their attendants, were rolling out and puffing up into a hundred different shapes, singing all the while as blithely as larks in a corn-field!" The banquet is described as including "exquisite sausages, potted lampreys, strange messes from the Brazils, and others still more strange from China, (viz. birds' nests and sharks' fins,) dressed after the latest mode of Macao, by a Chinese lay-brother. Confectionery and fruits were out of the question here; they awaited the party in an adjoining still more sumptuous and spacious saloon, to which they retired from the effluvia of viands and sauces. On another occasion, by aid of Mr. Beckford's cook, the party sat down to "one of the most delicious banquets ever vouchsafed a mortal on this side of Mahomet's paradise. The *mucédoine* was perfection, the ortolans and quails lumps of celestial fatness, the *sautés* and *bechamels* beyond praise; and a certain truffle cream was so exquisite that the Lord Abbot piously gave thanks for it."

Addenda.

Drinking at Meals. Page 7.

WHEN fat meats, or sauces composed partly of butter, are taken, and cold drink directly after, the butter and fat are rendered concrete, and separated from the rest of the aliment. This congealed oily matter being then specifically lighter than the remaining contents of the stomach, swims on the top of the food, often causing heavy, uneasy, and painful sensations about the cardia and breast, and sometimes a feeling of scalding and anxiety; at other times, when the stomach regains its heat, this fatty matter is rejected, by little and little, from weak stomachs, in oily regurgitations, which are very disagreeable. In such cases a little compound spirits of hartshorn, with a glass of warm water and sugar, will convert the fat into a soap, and give instant relief.—*Sir James Murray's Medical Essays.*

Lighting Rooms. Page 45.

Cocoa-nut oil, though retailed in this country at 4s. 6d. per gallon, weighing 9lb., was sold at Bombay, in January 1837, at 1s. 9d. for 18lb.; our charge upon the cost price being 312 per cent. It is to be regretted that cocoa-nut oil is not more generally used in England; for, instead of the detestable smell of fish oil, it has rather an agreeable odour; and it is readily consumed in open glass vessels, with floating outstanding wicks, whatever the temperature of the air may be.—*Colonel Sykes; Literary Gazette.*

Sea-cow. Page 45.

It has lately been ascertained that the flesh of cow-fish is very easy of digestion; the soup made from it is delicious, and equal to turtle, though not so gelatinous; the flesh will also keep wholesome without salt for many months.

Frogs. Page 45.

The hind legs of frogs are fricasseed, and their fore legs and livers put into soups, on the Continent. The edible

frog is considerably larger than the common frog, and though rare in England, is common in Italy, France and Germany. Frogs are brought from the country to Vienna, 3000 or 4000 at a time, and sold to the great dealers, who have conservatories for them.—*Proceedings of the Ashmolean Society*, 1837.

Tender Meat. Page 46.

Newly killed meat may be made tender by burying it in the soil for ten or twelve hours, or by hanging it up in a fig-tree when the leaves are on. A haunch of venison lately killed has thus been hung up, at about ten o'clock at night, and upon being removed before sunrise next morning, it was found in a perfect state for cooking; and in a few hours more it would have been in a state of putrefaction.

Ducks. Page 55.

From the small town of Aylesbury, there are annually sent to London, through the hands of the higglers, 800,000 ducks.

Ripening Fruit. Page 86.

A method has lately been proposed to the French Academy of Sciences, of retarding the maturation of plants, &c.; so that fruits, which are usually not eaten after September or October, have been retarded until December.

Making Coffee. Page 120.

For some years past, there has been sold at Paris, under the pompous name of "Coffee-flowers imported from America," a dark powder, a pinch of which communicates to coffee a very agreeable aroma, and allows of a little diminution of the quantity. This powder proves to be only sugar caramelized, or rather, almost completely charred. A small quantity of caramel produces precisely the same effect.—Chestnuts, peeled, cut into pieces the size of coffee-seeds, dried, roasted and ground, are excellent substitutes for real coffee.—*Herapath's Railway Magazine*.

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