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*BEVERAGES AND SAUCES
OF COLONIAL VIRGINIA*



BEVERAGES and SAUCES
OF
COLONIAL VIRGINIA

1607-1907

Compiled by L. S. F.

(F. Hett)



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By Laura S. Fitchett

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*BEVERAGES AND SAUCES
OF COLONIAL VIRGINIA*

“Much comfort may the drink afford you.”

GOETHE.

*“Drive away the cold, place abundant wood
upon the hearth, and generously bring forth the
old Sabinum.”*

HORACE.

*“Go fetch to me a pint o’ wine,
And fill it in a silver tassie;
That I may drink before I go,
A service to my bonnie lassie.”*

BURNS.

*“Now is the time to drink, now is the time
to dance, now is the time for the feast of feasts,
O, my companions!”*

HORACE.

BEVERAGES AND SAUCES

GOVERNOR YEARDLEY'S TANKARD

THE LADIES OF VIRGINIA.

"While their faults are as small as their bonnets, their virtues ever excel the dimensions of their skirts."

Ingredients.—One bottle of Bass's Ale, one pint of white wine, one-fourth pint of syrup (made by boiling one pound of loaf sugar with one and one-half pints of water one-quarter hour), one sprig of mint or borage, slice of toast, one-half teaspoonful of grated nutmeg.

Mode.—Cover the toast with the above quantity of nutmeg, mix the wine, syrup, and all the ingredients together, pour over the toast, add the mint or borage; serve in a silver tankard.

Seasonable.—June, July, and August.

BEVERAGES AND SAUCES

GOVERNOR BERKELEY'S CLARET CUP

*"Then stand to your glasses steady,
Here's a health to those we prize,
Here's a toast to the dead already,
And here's to the next who dies."*

Ingredients.—One bottle of claret, one bottle of soda water, one-half pound of pounded ice, four tablespoonfuls of powdered sugar, one-fourth teaspoonful of grated nutmeg, one liquor glass of maraschino, a sprig of green borage.

Mode.—Put all the ingredients into a silver cup, regulating the proportion of ice by the state of the weather. Hand the cup around with a clean napkin passed through one of the handles, that the edge of the cup may be wiped after each guest has partaken of the contents thereof.

Seasonable.—June, July, and August.

OF COLONIAL VIRGINIA

NATHANIEL BACON'S HOT PUNCH

"A cup of hot wine with not a drop of allaying Tibre in 't."

Ingredients.—Half pint of rum, one-half pint of brandy, one-fourth pound of loaf sugar, one large lemon, one-half teaspoonful of nutmeg, one pint of boiling water.

Mode.—Rub the sugar over the lemon until it has absorbed all the yellow part of the skin, then put the sugar into a punch bowl; add the lemon juice (free from pulp), and mix these two ingredients well together. Pour over them the boiling water, stir well together, add the rum, brandy, and nutmeg; mix thoroughly, and the punch will be ready to serve. It is very important in making good punch that all the ingredients are thoroughly incorporated; and to insure success, the process of mixing must be diligently attended to.

Sufficient.—Allow a quart for four persons; but take this *cum grano salis*, for the capacities of persons for this kind of beverage vary considerably.

BEVERAGES AND SAUCES

MIDDLE PLANTATION WHISKEY CORDIAL

*"Sinament and ginger, nutmeg and cloves,
And that gave me my jolly red nose."*

Ingredients.—One pound of white ripe currants, the rind of two lemons, one-fourth ounce of grated ginger, one quart of whiskey, one pound of loaf sugar.

Mode.—Strip the currants from the stalks, put them into a large jug; add the lemon rind, ginger, and whiskey; cover the jug closely, and let it remain for twenty-four hours. Strain through a hair sieve, add the lump sugar, and let it stand twelve hours longer; then bottle and cork well.

Seasonable.—Make this in July.

OF COLONIAL VIRGINIA

PLANTERS' MUG

"Then to the spicy nut-brown ale."

Ingredients.—One bottle of good ale, two lemons, one large glass of sherry, one glass of syrup (made by boiling one pound of loaf sugar with one and one-half pints of water one-quarter hour), one pint of water, handful of mint, grating of nutmeg.

Mode.—Put into a covered jug the juice of two lemons and the finely cut peel of one, the wine, syrup, nutmeg, water and mint. Ice this mixture for fifteen minutes, remove the mint, add the ale, and serve at once in a Norfolk mug.

Seasonable during summer.

BEVERAGES AND SAUCES

SPOTSWOOD'S CHAMPAGNE CUP

VIRGINIA.

"By the wisdom of her statesmen, and the valor of her patriots let her be judged."

Ingredients.—One quart bottle of champagne, two bottles of soda water, one liquor glass of curacoa, two tablespoonfuls of powdered sugar, one pound of pounded ice, a sprig of green borage.

Mode.—The same as Berkeley's claret cup. When borage is not easily obtainable, substitute for it a few slices of cucumber rind.

Seasonable.—Suitable for balls, weddings, and other festive occasions.

OF COLONIAL VIRGINIA

HOUSE OF BURGESS'S MINT JULEP

*"This cordial julep here,
That flames and dances in its crystal bounds."*

Mode.—The strength and degree of sweetness of the julep are matters of taste, but the advice is offered—do not use too little liquor nor too much sugar. Half hour before the julep is to be served, pour upon leaves or sprigs of mint a whiskey glass of liquor (whiskey or French brandy or any properties of the two desired) for each julep to be made. At the same time place in another tumbler (in each case when not over three juleps are to be made) a teaspoonful of sugar for each glass of liquor. Add sufficient water to barely submerge the sugar. Just before the juleps are to be served remove the leaves of mint, being careful not to bruise them. Pour the liquor upon the sugar and continue pouring back and forth until the sugar is held in suspension. Divide the mixture into the number of juleps desired, and pour it severally into thin glasses filled with finely crushed ice. Stir vigorously until frost forms upon the glass.

Garnish with selected sprigs of mint.

BEVERAGES AND SAUCES

KING CARTER'S ORANGE BRANDY

*"Know'st thou the land where the lemon trees bloom,
Where the gold orange glows in the deep thicket's
gloom?"*

Ingredients.—To every one-half gallon of brandy allow three-fourths pint of Seville orange juice, one and one-fourth pounds of loaf sugar.

Mode.—To bring out the full flavor of the orange peel, rub a few lumps of sugar on two or three unpared oranges, and put these lumps to the rest. Mix the brandy with the strained orange juice, the rinds of six of the oranges pared very thin, and the sugar. Let all stand in a closely covered jar for about three days, stirring it three or four times a day. When clear it should be bottled and closely corked for a year; it will then be ready for use, but will keep any length of time. This is a most excellent stomachic when taken pure in small quantities.

Seasonable.—Make this in March.

OF COLONIAL VIRGINIA

LORD BOTETOURT'S PUNCH

"The Chevalier Bayard—Sans peur, et sans reproche."

Mode.—Cover bottom of silver punch bowl with loaf sugar, pour on this four bottles of plain soda water, four bottles of claret, one pint of London brandy, one pint of rum, one bottle of sparkling moselle, one gill of vermouth. Add a two-pound lump of ice, and three oranges and one pineapple sliced.

Serve in flat glasses.

BEVERAGES AND SAUCES

GREAT BRIDGE PUNCH

“Claret is the liquor for boys; port for men; but he who aspires to be a hero must drink brandy.”

Mode.—Pour three pints of boiling water over one and one-fourth pounds of loaf sugar; add to this one pint of lemon juice, juice of six oranges, three pints of rum, and one pint of brandy. When ready to serve put a block of ice in large punch bowl, pour the punch over it, and then add a quart of champagne.

OF COLONIAL VIRGINIA

COLONEL BYRD'S CAPITAL NIGHT-CAP

Virginia and Virginians all the world over—"Distinct as the billows yet one as the sea."

Mode.—Drop four drops of essence of cloves on four lumps of sugar, add one-half pint of good strong ale, and a wine glass full of brandy. Make it hot, and drink at bed time.

BEVERAGES AND SAUCES

JOHN RANDOLPH'S PINEAPPLE TODDY

VIRGINIA.

“Virginia, the resting-place of our ancestors and the home of our birth, may her sons cherish a happy remembrance of her history, and manifest a brotherhood among themselves wherever they meet.”

Mode.—Peel and slice one ripe pineapple, and put it into a glass basin; add to this the juice of two Seville oranges, a gill of raspberry syrup, a gill of maraschino, a gill of gin, a bottle of sparkling moselle; about a pound of midwinter ice.

Mix and serve in flat glasses.

OF COLONIAL VIRGINIA

JEFFERSON'S APPLE TODDY

TO NATHANIEL BACON AND THOMAS
JEFFERSON.

*"What the first organized in his Rebellion, the latter
perfected in his Declaration of Independence."*

Mode.—Pour over eighteen pippin apples well roasted (without burning) one gallon of boiling water, and let it stand till cold; then press through a sieve to remove skin and seeds. Add to the mixture two quarts of sugar, one quart of brandy, one quart of rum, one quart of sherry, one pint of madeira, one-half pint of arrack, one-half pint of peach brandy, one-half pint of curacoa liqueur, and one grated nutmeg. Mix well and serve in punch glasses.

BEVERAGES AND SAUCES

GEORGE WASHINGTON'S CHERRY BOUNCE

*"There cherries hang, that none may buy,
Till cherry ripe themselves do cry."*

Mode.—Fill a demijohn with morello cherries, and fill it up with brandy. In December pour it off and sweeten with clarified sugar. Crack some stones and put in the kernels. Fill a three-gallon demijohn with wild cherries, and fill it also with brandy, which must not be poured off as from the morello cherries, but keep it to add to the morello cherry bounce as you require it. Always mix at least a week before you wish to use it. Allow a pint of the wild-cherry brandy to one-half gallon of the morello cherry brandy.

OF COLONIAL VIRGINIA

GOVERNOR DINWIDDIE'S SHERRY COBBLER

THE VIRGINIA WOMAN.

"Our Mother, Sister, Wife and Sweetheart, exemplary in all the duties of domestic life, ornamental in all that relates to society."

Mode.—A spoonful of rough white sugar, three slices of orange, two wine glasses of sherry. Fill up the glass with chips of ice.

BEVERAGES AND SAUCES

GENERAL LEE'S EGG-NOG

*To woman, lovely woman—"A meteor in our eyes—
in our hearts a fixed star."*

Ingredients.—Twelve eggs, twelve tablespoonfuls of fine sugar, three wine glasses of brandy, three of rum, one quart of cream.

Mode.—Beat yolks and sugar together until very light, mix the liquor in gradually, then the whites having been whisked to a stiff froth; then stir in the cream.

OF COLONIAL VIRGINIA

KING WILLIAM'S POSSETT

“Old Virginia, like old Madeira, loses nothing with age.”

Mode.—Take a quart of cream and mix with it a pint of ale, then beat the yolks of ten eggs, and the whites of four ; when they are well beaten put them to your cream and ale ; sweeten it to your taste, and flavor with nutmeg ; set it over the fire, stirring all the while ; when 'tis thick, and before it boils, take it off, and put it into the basin you serve it in.

BEVERAGES AND SAUCES

SIR THOMAS DALE'S FLOSTER

VIRGINIA.

"The star which in the darkest hour of the Revolution made surrounding darkness visible, and guided our country to its political redemption."

Mode.—Mix together a gill of pale sherry, one-half gill of noyveau, one ounce of loaf sugar, three slices of lemon, a piece of Cape Cod ice, and a bottle of iced soda water.

OF COLONIAL VIRGINIA

GEORGE MASON'S EGG-NOG

*"Here's to the maiden of bashful fifteen,
Here's to the widow of fifty,
Here's to the flaunting, extravagant quean,
And here's to the housewife that's thrifty."*

Ingredients.—Twelve eggs, twelve tablespoonfuls of sugar, six wine glasses of French brandy, six wine glasses of champagne, twelve wine glasses of cream.

Mode.—Whisk the eggs separately, and violently, until as light as the foam of the sea. Beat the sugar into the yolks, then slowly add the liquor, beating all the time, and then the whites. Last of all stir in the cream.

BEVERAGES AND SAUCES

FLOWERDIEU HUNDRED LIQUEUR OF CLOVES

Mode.—Bruise one-fourth pound of cloves, and the same of coriander seed; put them with one-half pound of loaf sugar, two dozen fine black cherries, and a quart of pure spirit. Mingle for a month, then strain and bottle.

OF COLONIAL VIRGINIA

GEORGE WYTHE'S CITRONEN LIQUEUR

Mode.—Thinly peel four lemons, and put the peelings into a quart of pure colorless spirit. It must stand from ten to twelve days, when filter it. Clarify a pound of sugar in a quart of water, add it to the spirit, with the juice of four lemons. Mix thoroughly and bottle.

BEVERAGES AND SAUCES

THE MONTICELLO CURACOA LIQUEUR

Mode.—Pour into a large glass jar the thinly pared peel of six Seville oranges and one nice lemon, one-fourth ounce each coriander seed and stick cinnamon, and as much saffron as will lie on a shilling. Over these put three pints of pure spirit. Cork very closely, setting it in a dry warm place, that the contents may infuse for six weeks. At the end of this time filter through a fine flannel. Clarify two pounds of loaf sugar in three pints of water, mixing it when cold with the filtered spirit.

Bottle and cork securely.

OF COLONIAL VIRGINIA

DANIEL PARKE CUSTIS'S ARRACK LIQUEUR

Mode.—Put a pound of loaf sugar in a quart of water and boil it with the thin peel of one-half a lemon. Let it get cold, remove the lemon peel, and mix the syrup with a quart of arrack.

BEVERAGES AND SAUCES

GUNSTON CHERRY LIQUEUR

Mode.—Split and remove the stones from one pound of morello and black cherries. Crush the stones. Put them and the cherries into a large bottle, with a dozen bruised cloves, one-half pound loaf sugar, one-quarter ounce of stick cinnamon. Pour over all a quart of brandy. Cork closely and in a fortnight's time strain off and bottle.

OF COLONIAL VIRGINIA

COLONEL PHILIP LUDWELL'S ANISE LIQUEUR

Mode.—Into a quart of good brandy put an ounce of anise seed. Allow it to stand a fortnight, shaking it now and then. In two quarts of water boil one pound of loaf sugar to a strong syrup. Filter the brandy through blotting paper, and add the syrup.

Bottle and cork it well.

BEVERAGES AND SAUCES

FAIRFAX'S RASPBERRY LIQUEUR

Mode.—Cork closely in a bottle a pint of raspberries, and a quart of pure spirit. Clarify a pound of loaf sugar in one-half pint of water. Filter the spirit through blotting paper, add it to the syrup, mix thoroughly and bottle it in small bottles.

OF COLONIAL VIRGINIA

MULBERRY ISLAND CARRAWAY LIQUEUR

Mode.—Boil in one-half pint of water one-half pound of loaf sugar. While still hot, put in one ounce of carraway seed, and one quart of brandy. Cork it immediately. Let it stand for a week, when filter and bottle it.

BEVERAGES AND SAUCES

MINT CORDIAL.

Mode.—Pick the leaves from the young tender sprigs of mint, and put them into brandy or spirits from four to eight hours. Then strain the liquor from the mint, being careful not to bruise the leaves. If not strong enough of mint, repeat next day with fresh mint. The syrup then to be added to the taste. If the brandy is allowed to remain too long on the mint it will be bitter. Make the syrup by boiling sugar and water, throwing in the white of an egg and removing the scum as it rises.

OF COLONIAL VIRGINIA

REV. ROBERT HUNT'S FROSTY MORNING DRINK

Boil one pint of good milk, add a teaspoonful of curry powder and sugar to taste. Drink the mixture whilst hot.

BEVERAGES AND SAUCES

COWSLIP WINE

*"Where the bee sucks, there suck I,
In a cowslip's bell I lie."*

Ingredients.—To every gallon of water allow three pounds of lump sugar, the rind of two lemons, the juice of one, the juice of one Seville orange, one gallon of cowslip pips. To every four and one-half gallons of wine allow one bottle of brandy.

Mode.—Boil the sugar and water together for one-half hour, carefully removing all the scum as it rises. Pour this boiling liquor on the orange and lemon rinds, and the juice which should be strained; when milk warm add the cowslip pips, picked from the stalks and seeds; and to nine gallons of wine three tablespoonfuls of good fresh brewer's yeast. Let it ferment three or four days; then put all together in a cask with the brandy and let it remain for two months, when bottle it off for use.

Seasonable.—Make this in April or May.

OF COLONIAL VIRGINIA

ELDERBERRY WINE

"I love everything that's old—old friends, old times, old manners, old books, old wine."

Ingredients.—To every three gallons of water allow one peck of elderberries; to every gallon of juice allow three pounds of sugar, one-half ounce of ground ginger, six cloves, one pound of good Turkey raisins; one-fourth pint of brandy to every gallon of wine. To every nine gallons of wine three or four tablespoonfuls of fresh brewer's yeast.

Mode.—Pour the water quite boiling on the elderberries, which should be picked from the stalks, and let these stand covered for twenty-four hours; then strain the whole through a sieve, breaking the fruit to express all the juice from it; measure the liquor, and add the sugar. Boil the juice and sugar with the ginger, cloves, and raisins, for one hour, skimming the liquor the whole time; let it stand until milk warm, then put into a clean dry cask with the yeast. Let it ferment for about a fortnight; then add the brandy, bung up the cask, and let it stand some months before it is bottled, when it will be found excellent.

BEVERAGES AND SAUCES

GINGER WINE

"Yes, and ginger shall be hot i' the mouth too."

Ingredients.—Twelve ounces of bruised unbleached ginger, twenty-eight pounds of loaf sugar, twelve lemons, one-half pound of raisins, twelve gallons of spring water, six tablespoonfuls of yeast, one ounce of isinglass, three pints of brandy.

Mode.—Boil the water, ginger, sugar and lemon peel for one-half hour; have the raisins ready chopped in a pan; pour the liquor over them when nearly cool; add the lemon juice and the yeast; stir it every day for a fortnight, then add the isinglass. Strain it and put in a cask.

Seasonable.—Make this in March to drink in summer.

OF COLONIAL VIRGINIA

MALT WINE

"The Duke of Norfolk deals in malt."

Ingredients.—Five gallons of water, twenty-eight pounds of loaf sugar, six quarts of sweet-wort, six quarts of tun (new beer), three pounds of raisins, one-half pound of candy, one pint of brandy.

Mode.—Boil the sugar and water together for ten minutes; skim it well, and put the liquor into a convenient sized tub. Allow it to cool; then mix it with the sweet-wort and tun. Let it stand for three days and put into a barrel, allowing it to ferment for three more days; then bung up the cask and keep it undisturbed for three months. After this, add the raisins, the candy, and the brandy, and in six months' time bottle the wine off.

Seasonable.—Make this in March or October.

BEVERAGES AND SAUCES

LEMON WINE

"I'll be with you in the squeezing of a lemon."

Ingredients.—To four and one-half gallons of water allow the pulp of fifty lemons, the rind of twenty-five, sixteen pounds of loaf sugar, one-half ounce of isinglass, one bottle of brandy.

Mode.—Peel and slice the lemons, but use only the rind of twenty-five of them, and put them into the cold water. Let it stand eight or nine days, squeezing the lemons well every day; then strain the water off and put it into a cask with the sugar. Let it work some time, and when it has ceased working, put in the isinglass. Stop the cask down for about six months, then put in the brandy and bottle the wine off.

Seasonable.—Make this in January or February when lemons are best.

OF COLONIAL VIRGINIA

MULLED WINE

“Drink no longer water, but use a little wine for thy stomach’s sake.”

Ingredients.—To every pint of wine allow one large cupful of water, sugar and spice to taste.

Mode.—Boil the spice in the water until the flavor is extracted, then add the wine and sugar, and bring the whole to the boiling point, when serve with strips of crisp dry toast, or with biscuits. The spices usually used for mulled wine are cloves, grated nutmeg, and cinnamon, or mace. Any kind of wine may be mulled, but port and claret are usually selected for the purpose. The vessel that the wine is boiled in must be delicately clean, and kept exclusively for the purpose.

BEVERAGES AND SAUCES

NEGUS

*"Come thou monarch of the vine,
Plumpy Bacchus with pink eyne."*

Ingredients.—To every pint of port wine allow one pint of boiling water, one-fourth pound of sugar, one lemon, grated nutmeg to taste.

Mode.—Put the wine into a jug, rub some lumps of sugar on the lemon rind until all the yellow part of the skin is absorbed, then squeeze the juice, and strain it. Add the sugar and lemon juice to the port wine with the grated nutmeg; pour over it the boiling water, cover the jug, and when the beverage has cooled a little it will be ready for use.

OF COLONIAL VIRGINIA

HOME-MADE NOYEAU

*"There's naught, no doubt, so much the spirit calms,
As rum and true religion."*

Ingredients.—Two ounces of bitter almonds, one ounce of sweet ditto, one pound of loaf sugar, the rinds of three lemons, one quart of Irish whiskey or gin, one tablespoonful of clarified honey, one-half pint of new cream.

Mode.—Blanch and pound the almonds, and mix with them the sugar, which should also be pounded. Boil the milk; let it stand till quite cold; then mix all the ingredients together, and let them remain for ten days, shaking them every day. Filter the mixture through blotting paper, bottle off for use in small bottles, and seal the corks down. This will be found grateful to the palate for seasoning toothsome dishes.

Seasonable.—May be made at any time.

BEVERAGES AND SAUCES

EGG WINE

"Come, come, good wine is a good familiar creature, if it is well used."

Ingredients.—One egg, one tablespoonful and one-half glass of cold water, one wine glass of sherry, sugar and grated nutmeg to taste.

Mode.—Beat the egg, mixing it with a tablespoonful of cold water; make the wine and water hot, but not boiling; pour it on the egg, stirring all the time. Add sufficient lump sugar to sweeten the mixture, and a little grated nutmeg; put all into a very clean saucepan, set it on a gentle fire, and stir the contents one way until they thicken, but do not allow them to boil. Serve in a glass with sippets of toast.

OF COLONIAL VIRGINIA

SYLLABUS

POCAHONTAS.

*"A forest rose, diffusing sweet odor of rarest virtues
and ever fragrant in the memory of Virginia."*

Mode.—Whisk together one quart of cream,
one-half pint of sweet milk, one-half pint of
sherry, and sugar to taste. Serve in low glasses.

BEVERAGES AND SAUCES

GINGER BEER

Ingredients.—Two and one-half pounds of loaf sugar, one and one-half ounces of bruised ginger, one ounce of cream of tartar, the rind and juice of two lemons, three gallons of boiling water, two large tablespoonfuls of thick, fresh brewer's yeast.

Mode.—Peel the lemons, squeeze the juice, strain it, and put the peel and juice into a large earthen pan, with the bruised ginger, cream of tartar, and loaf sugar. Pour over the ingredients three gallons of boiling water; let it stand until just warm, then add the fresh yeast. Stir the contents of the pan well, and let them remain near the fire all night, covering the pan over with a cloth. The next day skim off the yeast, and pour the liquor carefully into another vessel, leaving the sediment; then bottle immediately, and tie the corks down, and in three days the ginger beer will be ready for use.

Seasonable.—This should be made during the summer months.

OF COLONIAL VIRGINIA

RASPBERRY VINEGAR

Ingredients.—To every three pints of best vinegar, allow four and one-half pints of freshly gathered raspberries; to each pint of liquor allow one pound of pounded loaf sugar, one wine glass full of brandy.

Mode.—Let the raspberries be freshly gathered; pick them from the stalks and put one and one-half pints of them into a stone jar; pour three pints of the best vinegar over them and let them remain for twenty-four hours, then strain the liquor over another one and one-half pints of fresh raspberries. Let them remain another twenty-four hours, and the following day repeat the process for the third time; then drain off the liquor without pressing, and pass it through a jelly bag (previously wetted with plain vinegar) into a stone jar. Add to every pint of the liquor one pound of pounded loaf sugar; stir them together, and when the sugar is dissolved, cover the jar; set it upon the fire in a saucepan in boiling water, and let it boil for an hour, removing the scum as fast as it rises; add to each pint a glass of brandy, bottle it, and seal the corks. This is an excellent drink in cases of fevers and colds.

BEVERAGES AND SAUCES

GOOSEBERRY VINEGAR

Ingredients.—Two pecks of crystal gooseberries, six gallons of spring water, twelve pounds of sugar of the coarsest brown quality.

Mode.—Mash the gooseberries (which should be quite ripe) in a tub with a mallet; put to them the water nearly milk warm; let this stand twenty-four hours; then strain it through a sieve and put the sugar in it; mix it well, and tun it. These proportions are for a nine-gallon cask; and if it be not quite full, more water must be added. Let the mixture be stirred from the bottom of the cask two or three times daily for three or four days; then paste a piece of linen cloth over the bung hole, and set the cask in a warm place, but not in the sun. The following spring it should be drawn off into stone bottles, and the vinegar will be ready for use twelve months after it is made.

Seasonable.—This should be made the end of June, or the beginning of July, when gooseberries are ripe and plentiful.

OF COLONIAL VIRGINIA

Cooling and temperance drinks are always in request when summer comes, or when slight illnesses attack us. It would be well to have at one's fingers' ends the easy method of making several of these, such as are here given. A glass of lemonade, sharp, grateful, and wholesome, made at home, will scarcely ever be refused.

COLONIAL LEMONADE

*"A Persian's heaven is easily made,
'Tis but black eyes and lemonade."*

Ingredients.—The rind of two lemons, the juice of three large, or four small ones, one-half pound of loaf sugar, one quart of boiling water.

Mode.—Rub some of the sugar, in lumps, on two of the lemons until they have imbibed all the oil from them, and put it with the remainder of the sugar into a jug; add the lemon juice (but no pips) and pour over the whole a quart of boiling water. When the sugar is dissolved, strain the lemonade through a fine sieve, or piece of muslin, and, when cool, it will be ready for use. The lemonade will be much improved by having the white of an egg beaten up in it; a little sherry mixed with it also makes the beverage much nicer.

BEVERAGES AND SAUCES

ORANGEADE

Mode.—Peel three oranges thinly in one pint of syrup (made by boiling three-fourths pound of loaf sugar in one pint of water). Press out the juice of twelve fine large oranges through a hair sieve into a jug. Now add the syrup and three pints of cold water, mix, and let it stand in ice for an hour. Serve it from cut-glass jugs, and large claret glasses.

OF COLONIAL VIRGINIA

PINEAPPLE WATER

Mode.—Peel a nice large foreign pineapple, slice it, and pound it to a pulp. When well mashed put it into a basin, pouring upon it one pint of boiling syrup (made by boiling three-fourths pound of loaf sugar, and one pint of water), add the strained juice of one lemon, stir all together, and cover. Let it stand for two hours untouched, then filter through a fine silk sieve, and add a quart of spring water.

BEVERAGES AND SAUCES

ORGEAT

Mode.—Wash and pound in a mortar two ounces of Jordan almonds, one-half ounce of bitter almonds, that have been scalded and blanched, together with a tablespoonful of orange flower water and two ounces of loaf sugar. Add a few drops of water occasionally, whilst pounding, to avoid too much oiliness. When this mixture looks smooth and creamy, put it into a clean basin, add one pint of spring water, and stir with a silver spoon. Leave it thus for two hours, when strain off the milk, which should be kept either on ice, or in some exceedingly cool place. Orgeat is served with an equal quantity of water.

OF COLONIAL VIRGINIA

MEAD

Ingredients.—One and one-half pints of sugar, one-half pint of molasses.

Mode.—Pour on this three pints of boiling water, let it stand until luke warm. Add two ounces of tartaric acid, and one ounce of essence of sassafras; when cold, bottle. When required for a drink, put a tablespoonful of the mead in a tumbler; fill two-thirds full with cold water, stir in a little soda, and drink while foaming. Very delicious in hot weather.

BEVERAGES AND SAUCES

WELSH NECTAR

*"I ne'er saw nectar on a lip,
But where my own did hope to sip."*

Ingredients.—One pound of raisins, three lemons, two pounds of loaf sugar, two gallons of boiling water.

Mode.—Cut the peel of the lemons very thin, pour upon it the boiling water, and, when cool, add the strained juice.

ROYAL STRAWBERRY ACID

Ingredients.—Three pounds of ripe strawberries, two ounces of citric acid, one quart of pure water.

Mode.—Dissolve the acid in the water ; pour it on the berries and set it away in a cool place for twenty-four hours. Then drain off the liquid, and pour it on three pounds of fresh strawberries, and let it again stand twenty-four hours. After which drain off, and add to the liquid its own weight of best refined white sugar. Boil it three or four minutes. When cool put it in bottles, cork lightly for three days, then close them tightly and seal. Keep them in a cool dry place where there is no danger of freezing. This acid is delicious, used with ice water.

Raspberries may be prepared in the same way.

BEVERAGES AND SAUCES

COFFEE

*"Coffee which makes the politician wise,
And see through all things with half-shut eyes."*

Ingredients.—Allow one-half ounce or one tablespoonful of coffee to each person; to every ounce allow one-half pint of cold water.

Mode.—Have a small iron ring made to fit the top of the coffee pot inside, and to this ring sew a small muslin bag (the muslin for the purpose must not be too thin). Fit the bag into the pot, pour some boiling water in it, and when the pot is well warmed, put the ground coffee into the bag; pour over as much boiling water as is required, close the lid, and when all the water has filtered through, remove the bag and send the coffee to the table. The water should be poured on the coffee gradually, so that the infusion may be stronger; and the bag must be well made that none of the grounds may escape through the seams, and so make the coffee thick and muddy.

NUTRITIOUS COFFEE

Ingredients.—One ounce of ground coffee, one pint of milk.

Mode.—Let the coffee be freshly ground, put it into a saucepan with the milk, which should be made nearly boiling before the coffee is put in, and boil both together for three minutes; clear it by pouring some into a cup and then back again, and leave on the hob for a few minutes to settle. This coffee may be made still more nutritious by the addition of an egg well beaten, and put into the coffee cup.

BEVERAGES AND SAUCES

CAFÉ AU LAIT

This is merely very strong coffee added to a large proportion of good hot milk; about six tablespoonfuls of strong coffee being quite sufficient for a breakfast cupful of milk. A little cream mixed with the milk (if the latter cannot be depended on for richness) improves the taste of the coffee, as also the richness of the beverage.

OF COLONIAL VIRGINIA

CAFÉ NOIR

This is usually handed round after dinner, and should be drunk well sweetened with the addition of a little brandy or liqueur. The coffee should be made very strong, and served in thimble cups, but never mixed with milk or cream.

BEVERAGES AND SAUCES

SALOOP

Mode.—Take a quart of fair water, and let it boil one-fourth hour; then put in one-fourth ounce of saloop finely powdered, and let it boil one-half hour longer, stirring it all the time, then season with white wine, and juice of lemons, and sweeten it to your taste; drink it in china cups as chocolate; 'tis a great sweetener of the blood.

OF COLONIAL VIRGINIA

TO MAKE TEA

"Sometimes counsel take—and sometimes tea."

Follow the time-honored plan of allowing a teaspoonful to each person and one over. Warm the teapot with boiling water, then pour it away. Put in the tea, pour in the one-half pint of boiling water, close the lid, and let it stand for the tea to draw from five to ten minutes; then fill up the pot with water. The tea will be quite spoiled unless made with water that is actually boiling, as the leaves will not open. For mixed tea, the usual proportion is four teaspoonfuls of black to one of green, more of the latter when the flavor is very much liked; but strong green tea is highly pernicious, and should never be partaken of too freely.

BEVERAGES AND SAUCES

TEA CAUDLE

Mode.—Make a quart of strong green tea, pour it into a skillet, and set it over the fire; beat the yolks of four eggs, and mix with them a pint of white wine, a grated nutmeg, sugar to your taste, and put all together; stir it over the fire till 'tis very hot, then drink it in china dishes.

OF COLONIAL VIRGINIA

TO MAKE CHOCOLATE

Mode.—Pour one quart of boiling milk over four ounces of chocolate dissolved in milk. Make the chocolate very smooth and allow all to boil three minutes. Just before taking from the fire add the beaten yolks of two eggs.

BEVERAGES AND SAUCES

AN EXCELLENT SUBSTITUTE FOR MILK OR CREAM IN TEA OR COFFEE

Ingredients.—Allow one new-laid egg to every large breakfast cup of tea or coffee.

Mode.—Beat up the whole of the egg in a basin, put it into a tea cup, and pour over it the tea or coffee very hot. These should be added very gradually, and stirred all the time, to prevent the egg from curdling. In point of nourishment both these beverages are much improved by this addition.

OF COLONIAL VIRGINIA

"Epicurean cooks sharpen with cloyless sauce the appetite."

The preparation and appearance of sauces are of the highest consequence. Their special adaptability to the various viands they are to accompany cannot be too much studied, in order that they may harmonize and blend with them as perfectly as does a harpsichord accompaniment with the voice of the singer. Meats that should have a sauce and are deprived of their natural rights are ill-used viands.

SIR JOHN HAWKINS'S ANCHOVY SAUCE

Ingredients.—Four anchovies, one pound of butter, one-half pint of melted butter, cayenne to taste.

Mode.—Bone the anchovies and pound them in a mortar to a paste with one ounce of butter. Make the melted butter hot, stir in the pounded anchovies and cayenne; simmer for three or four minutes; and if liked, add a squeeze of lemon juice. Boil the whole up for one minute and serve hot.

BEVERAGES AND SAUCES

“SAUCE FOR THE GOOSE AND SAUCE FOR THE GANDER”

Ingredients.—Six good-sized apples, a piece of butter the size of a walnut, sifted sugar to taste, water.

Mode.—Pare, core, and quarter the apples, and throw them into cold water to preserve their whiteness. Put them in a saucepan, with sufficient water to moisten them, and boil till soft enough to pulp. Beat them up, adding sugar to taste, and a small piece of butter.

ANN BURWELL'S CAPER SAUCE

Ingredients.—One-half pint of melted butter, three tablespoonfuls of capers, tablespoonful of their liquor.

Mode.—Chop the capers twice or thrice, and add them, with their liquor, to one-half pint of melted butter; keep stirring well; let the sauce just simmer, and serve in a tureen. Sufficient to serve with a leg of mutton.

BEVERAGES AND SAUCES

LADY FRANCES BERKELEY'S SAUCE FOR CHOPS

Ingredients.—One-fourth pint of walnut ketchup, one-fourth pint of mushroom ketchup, two tablespoonfuls of Indian soy, two tablespoonfuls of port wine, one-fourth ounce of white pepper, two ounces of eschalots, one-fourth ounce of cayenne, one-fourth ounce of cloves, three-fourths pint of vinegar.

Mode.—Put the whole of the ingredients into a bottle, and let it remain for a fortnight in a warm place, occasionally shaking up the contents. This sauce will be found an agreeable addition to gravies, stews, fish, etc.

Note.—The eschalot was first found by the Crusaders, growing wild in the vicinity of Ascalon; it is also found to flourish in His Majesty's Colony of Virginia.

OF COLONIAL VIRGINIA

NEWPORT'S SAUCE FOR GAME

Ingredients.—One glass of port wine, one dessertspoonful of mushroom ketchup, one dessertspoonful of pounded white sugar, one tablespoonful of lemon juice, one-half teaspoonful of cayenne pepper, one-half teaspoonful of salt.

Mode.—Mix all the ingredients together thoroughly and heat the same gradually, by placing the vessel in which it is made in a saucepan of boiling water. Do not allow it to boil, and serve directly it is ready. This sauce if bottled immediately will keep good for a fortnight, and will be found excellent.

BEVERAGES AND SAUCES

HERMITAGE MELTED BUTTER

Ingredients.—One-fourth pound of butter, a dessertspoonful of flour, one wine glass full of water, salt to taste.

Mode.—Cut the butter up into small pieces, put it into a saucepan, dredge over the flour, add the water and a seasoning of the salt; stir it one way constantly till the whole of the ingredients are melted and thoroughly blended. Let it just boil, when it is ready to serve.

OF COLONIAL VIRGINIA

KECOUGHTAN SAUCE FOR CRABS

Ingredients.—One crab; salt, pounded mace, and cayenne to taste.

Mode.—Choose a nice fresh crab, pick all the meat away from the shell, cut into small pieces. Add the meat to one-half pint of melted butter with the seasoning, let it gradually warm through and simmer for two minutes. It should not boil.

BEVERAGES AND SAUCES

LA BELLE SAVAGE CELERY SAUCE

Ingredients.—Six heads of celery, one pint of white stock, two blades of mace, one small bunch of savory herbs; thickening of butter and arrowroot.

Mode.—Boil the celery in salt and water, till tender, and cut into pieces two inches long. Put the stock into a saucepan with the mace and herbs and let it simmer for one-half hour to extract their flavor. Then strain the liquor, add the celery and a thickening of butter kneaded with arrowroot; just before serving, put in the cream, boil it up and squeeze in a little lemon juice. If necessary, add a seasoning of salt and white pepper.

This is a delicious sauce for boiled turkey.

OF COLONIAL VIRGINIA

SARAH DRUMMOND'S WHITE STOCK

Ingredients.—Four pounds of knuckle of veal, any poultry trimmings, four slices of lean ham, three carrots, two onions, one head of celery, twelve white pepper corns, two ounces of salt, one blade of mace, a bunch of herbs, one ounce of butter, two quarts of water.

Modc.—Cut up the veal and put it with the bones and trimmings of poultry, and the ham, into the saucepan, which has been rubbed with the butter. Moisten with one-half pint of water, and simmer till the gravy begins to flow. Then add the water and the remainder of the ingredients; simmer for five hours. After skimming and straining it carefully through a very fine sieve, it will be ready for use.

A foundation for many sauces.

BEVERAGES AND SAUCES

GERMANNA CHESTNUT SAUCE

Ingredients.—One-fourth pound of chestnuts, one-half pound of white stock, two strips of lemon peel, cayenne to taste, one-fourth pint of cream.

Mode.—Peel off the outside skin of the chestnuts and put them into boiling water for a few minutes; take off the thin inside peel, and put them into a saucepan, with the white stock and lemon peel, and let them simmer for one-half hour, or until the chestnuts are quite tender. Rub the whole through a hair sieve with a wooden spoon; add seasoning and the cream; let it just simmer, but not boil, and keep stirring all the time.

Serve very hot and quickly.

POINT COMFORT FENNEL SAUCE
(FOR MACKEREL)

Ingredients.—One-half pint of melted butter, rather more than one tablespoonful of chopped fennel.

Mode.—Make the melted butter very smooth; chop the fennel rather small, carefully cleansing it from any grit or dirt, and put it to the butter when it is on the point of boiling. Simmer for a minute or two, and serve in a sauce tureen.

BEVERAGES AND SAUCES

ANN PAGE'S WHITE SAUCE

Ingredients.—One small bunch of parsley, two cloves, one-half bay leaf, one small faggot of savory herbs, salt to taste, three or four mushrooms, two pints of white stock, one pint of cream, one tablespoonful of arrowroot.

Mode.—Put the stock into a saucepan with the parsley, cloves, bay leaf, herbs, and mushrooms; add a seasoning of salt, but no pepper, as that would give the sauce a dusty appearance. When it has boiled long enough to extract the flavor of the herbs, etc., strain it, and boil it up quickly again, until it is nearly half reduced. Mix the arrowroot smoothly with the cream, and let it simmer very gently for five minutes over a slow fire; pour it to the reduced stock, and continue to simmer slowly for ten minutes, if the sauce be thick. If, on the contrary, it be too thin, it must be stirred over a sharp fire till it thickens.

OF COLONIAL VIRGINIA

LORD DELAWARE'S SAUCE FOR FISH

Ingredients.—One and one-half ounce of cayenne, two tablespoonfuls of walnut ketchup, two tablespoonfuls of soy, a few shreds of garlic and eschalot, one quart of vinegar.

Mode.—Put all the ingredients into a large bottle, and shake well every day for a fortnight. Keep it in small bottles well sealed, and in a few days it will be fit for use.

BEVERAGES AND SAUCES

TOWER HILL MINT SAUCE

Ingredients.—Four dessertspoonfuls of chopped mint, two dessertspoonfuls of pounded white sugar, one-fourth pint of vinegar.

Mode.—Wash the mint, which should be young and freshly gathered; pick the leaves from the stalks; mince them very fine, and put them into a sauce tureen; add the sugar and vinegar, and stir till the former is dissolved. This sauce is better by being made two or three hours before being wanted for the table, as the vinegar then becomes infused with the flavor of the mint.

BEVERAGES AND SAUCES

SHIRLEY WALNUT KETCHUP

Ingredients.—One hundred walnuts, one handful of salt, one quart of vinegar, one-fourth ounce of cloves, one-fourth ounce of nutmeg, one-fourth ounce of ginger, one-fourth ounce of whole black pepper, a small piece of horse radish, two eschallots, one-fourth pound of anchovies, one pint of port wine.

Mode.—Procure the walnuts at the time when you can run a pin through them, slightly bruise, and put them into a jar with salt and vinegar; let them stand eight days, stirring every day, then drain the liquor from them, and boil it, with the above ingredients, for about one-half hour. It may be strained or not as preferred. When bottled well, seal the corks.

Seasonable.—Make this from the beginning to the middle of July when walnuts are in perfection for pickling purposes.

OF COLONIAL VIRGINIA

**ARTHUR SIMKINS'S SWEET SAUCE FOR
VENISON**

Ingredients.—A small jar of red currant jelly, one glass of port wine.

Mode.—Put the above ingredients into a saucepan, set them over the fire, and when melted pour into a sauce tureen, and serve. It should not be allowed to boil.

BEVERAGES AND SAUCES

ROSEWELL SALAD DRESSING

Ingredients.—Four eggs, one teaspoonful of mixed mustard, one-fourth teaspoonful of white pepper, half that quantity of cayenne, salt to taste, four tablespoonfuls of cream, vinegar.

Mode.—Boil the eggs until hard, remove the shells and pound the yolks in a mortar to a smooth paste. Then add all the other ingredients, except the vinegar, and stir them well until the whole is thoroughly incorporated one with the other. Pour in sufficient vinegar to make it the consistency of cream, taking care to add but little at a time. The dressing will then be ready for use.

BETSY HANSFORD'S TOMATO SAUCE

Ingredients.—To every quart of tomato pulp allow one pint of cayenne vinegar, three-fourths ounce of garlic, peeled and cut in slices; salt to taste. To every six quarts of liquor, one pint of soy, one pint of anchovy sauce.

Mode.—Gather the tomatoes quite ripe; bake them in a slow oven till tender; rub them through a sieve, and to every quart of pulp add cayenne, vinegar, garlic and salt in the above proportions; boil the whole together till the garlic is quite soft; then rub it through a sieve, put it again into a saucepan, and to every six quarts of the liquor add one pint of soy, one pint of anchovy sauce, and boil together for about twenty minutes; bottle off for use, and rosin the corks. This will keep for two or three years, but will be ready for use in a week.

BEVERAGES AND SAUCES

VARINA SAUCE FOR STEAKS

Ingredients.—Two ounces of butter, three onions, one tablespoonful of flour, four tablespoonfuls of stock, salt and pepper to taste, one teaspoonful of made mustard, one teaspoonful of vinegar, the juice of one-half lemon.

Mode.—Put the butter into a saucepan on the fire, and, when browning, throw in the onions, which must be cut into small slices. Fry them brown, but do not burn them; add the flour, shake the onion in it, and give the whole another fry. Put in the stock and seasoning, and boil it gently for ten minutes; skim off the fat, add the mustard, vinegar, and lemon juice; give it one boil, and pour around the steaks.

OF COLONIAL VIRGINIA

ACCAWMACK PARSLEY AND BUTTER
(TO SERVE WITH CALF'S HEAD)

Ingredients.—Two tablespoonfuls of minced parsley, one-half pint of melted butter.

Mode.—Put into a saucepan a small quantity of water, slightly salted, and when it boils throw in good bunch of parsley which has been previously washed and tied together; let it boil for five minutes, drain it, mince the leaves very fine, and put the above quantity in a sauceboat; pour over it one-half pint of smoothly made melted butter; stir it once, that the ingredients may be thoroughly mixed, and serve.

BEVERAGES AND SAUCES

ELIZABETH BACON'S OYSTER KETCHUP

Ingredients.—One pint of oysters, one pint of sherry, three ounces of salt, one drachm of cayenne pepper, two drachms of pounded mace.

Mode.—Scald the oysters in their liquor with the sherry; strain the oysters, and put them in a mortar with the salt, cayenne, and mace; pound the whole until reduced to a pulp, then add it to the liquor in which they were scalded; boil it again five minutes, and skim well; rub the whole through a sieve, and when cold bottle and cork closely.

OF COLONIAL VIRGINIA

WESTOVER ORANGE GRAVY
(FOR WILD FOWL)

Ingredients.—One-half pint of white stock, one small onion, three or four strips of orange peel, a few leaves of basil, the juice of one orange, salt and pepper to taste, one glass of port wine.

Mode.—Put the onion, cut in slices, into a saucepan, with the stock, orange peel, and basil; let them simmer very gently for one-fourth hour, or rather longer; strain and add to the gravy the remaining ingredients; let the whole heat through, and when on the point of boiling, serve very hot in a sauce tureen which should have a cover to it.

BEVERAGES AND SAUCES

SPRING GARDEN OLIVE SAUCE

Ingredients.—One-fourth pound of French olives, one-half pint of stock, one teaspoonful of lemon juice.

Mode.—Carefully stone the olives by paring them round in ribbons, so that they may recover their shape when stoned. Blanch them in boiling water, and throw them into cold water for five minutes, and stew slowly for one-half hour in the gravy. Add the lemon and serve.

OF COLONIAL VIRGINIA

KIPTOPEKE BACON SAUCE

Mode.—Cut some rashers of streaky bacon into small neat dice, fry them slowly in a saucepan for a minute or so, then add two moderate-sized finely chopped onions, stir them well in with the meat, dredge with flour, and stir on till the onion looks of a pale brown color.

BEVERAGES AND SAUCES

POQUOSON COLD SAUCE

Mode.—Take equal proportions of horse-radish and boiled apples, and grate them together with good vinegar and a little sugar. Rub them with a wooden spoon till the mixture is smooth; the quantity can be as you yourself desire.

OF COLONIAL VIRGINIA

KNIGHTS OF THE HORSE-SHOE SAUCE (GOOD WITH ALL KINDS OF GAME)

Mode.—Put into an earthen jar the following ingredients: two ounces of salt, the juice of a lemon, six dessertspoonfuls of very strong vinegar, one-half ounce of long pepper, one-fourth ounce each of mace and cloves, a teaspoonful of grated orange peel, one-half ounce of bruised mustard seed, a handful each of thyme, basil, and tarragon leaves, two laurel leaves, six shredded shallots, a clove of garlic split, one-half pint of white wine. Cover the jar very closely, put it into an oven, or upon hot coals to infuse properly. Allow it to settle, strain till quite clear; bottle it, and close the bottle securely. A small quantity only is required with the viand.

BEVERAGES AND SAUCES

TARTARE SAUCE

Mode.—Put the yolks of four eggs into a basin, with salt and mustard to taste, and stir olive oil into them, one tablespoonful at a time; after each tablespoonful of oil put in two teaspoonfuls of farragon vinegar. Continue this until the sauce is of the desired consistency; then add a little cayenne, two shallots, or a few pickled gherkins, or onions chopped very fine.

OF COLONIAL VIRGINIA

WYANOKE MUSHROOM SAUCE

Ingredients.—One pint of mushroom buttons, salt to taste, one grated nutmeg, one blade of pounded mace, one pint of cream, two ounces of butter, flour to thicken.

Mode.—Rub the buttons with a piece of flannel and salt to take off the skin; cut off the stalks, and put them into a saucepan with the above ingredients, previously kneading together the butter and flour; boil the whole for about ten minutes, stirring all the time.

Seasonable.—From August to October.

BEVERAGES AND SAUCES

MRS. CHEESMAN'S GRAPE KETCHUP

Mode.—Nine pounds of grapes, boil and run through a sieve; add to this juice three pounds of sugar, one pint of vinegar, two teaspoonfuls of cloves, two of cinnamon, two of allspice. Boil slowly until the consistency of cream; bottle and cork closely.

OF COLONIAL VIRGINIA

BRANDON BRANDY SAUCE

Mode.—To a teaspoonful of baked flour add three ounces of fresh butter, and work them well together with a wooden spoon, stir in one and one-half gills of boiling water, a tablespoonful of moist sugar, boil gently for ten minutes; add a wine glass full of French brandy.

BEVERAGES AND SAUCES

SAUCE CHANDEAU

Mode.—Put the yolks of eight eggs, the peel of a lemon rubbed on the sugar, the juice of it, four ounces of loaf sugar, one-half pint of light French wine, and one-half pint of water into a saucepan and well whisk them together. Put the pan over the fire, and keep whisking and beating continuously until the sauce is upon the point of boiling and has thickened to the consistency of cream.

OF COLONIAL VIRGINIA

HUNGAR'S RASPBERRY SAUCE

Mode.—Beat well four eggs and put them into a saucepan with two teaspoonfuls of flour smoothed in a little water, one-fourth pound of loaf sugar, and a pint of fresh raspberry juice. Put on the fire, and whisk lightly until it thickens. It will become light and frothy, and should be served thus.

BEVERAGES AND SAUCES

PARK HALL CHOCOLATE SAUCE

Mode.—Grate two ounces of the best cake chocolate, and stir it into one-half pint of cream and one-half pint of milk. Sweeten to taste with good loaf sugar. Directly it boils whisk into it the yolks of four eggs till you have obtained a good froth. Put it back into the saucepan, and stir till it is thick; but do not boil it. Remove it from the fire. Have in readiness the whites of the four eggs whisked to a firm white froth with a tablespoonful of powdered sugar. Stir this in without breaking up the snow-like look of the froth, and serve.

Nice with any pudding.

OF COLONIAL VIRGINIA

ARCHER HOPE'S APRICOT SAUCE

Mode.—Cut good apricots in halves, and remove the stones, break them, and, crushing the kernels, stew them in just enough water to cover them. Mix a spoonful of arrowroot with water, very smoothly, for the purpose of thickening; then add a wine glass full of sherry with sugar to taste. When the apricots are well stewed the sauce is done. Strain and serve.

BEVERAGES AND SAUCES

EDMUND SCARBOROUGH'S WINE SAUCE

Mode.—Smooth thoroughly in a little water a tablespoonful of flour, and the beaten yolks of three eggs. Add one-half pint of any nice sweet wine. Rub six lumps of sugar upon the rind of one lemon, and add ; then put the saucepan on the fire and stir briskly till of the consistency of thick cream.

OF COLONIAL VIRGINIA

WILLOUGHBY CREAM SAUCE

Mode.—Take one-half pint of cream, a teaspoonful of flour, the yolks of two eggs, with a little sugar. Put these in a saucepan, stirring continuously till almost boiling; any flavor may be used.

BEVERAGES AND SAUCES

WHITE APRON SAUCE

Mode.—Whisk the whites of three eggs to a stiff froth, add three tablespoonfuls of powdered sugar to each egg. Add a large tablespoonful of melted butter, and season with sherry.

ARLINGTON PRUNE SAUCE

Mode.—Take one-half pound of the best prunes, and boil them in just enough water to cover them, till soft. Take out the stones, and break them in a mortar; put the kernels and the fruit, with a glass of any sweet wine, the juice of a lemon, and a small piece of the peel, into a saucepan, add the syrup in which the prunes were boiled, sugar to taste, one-half teaspoonful of powdered sugar, and simmer for seven or eight minutes. Strain through a coarse sieve; add more wine if too thick.

BEVERAGES AND SAUCES

PATIENCE ROBIN'S FOAMY SAUCE

Mode.—Cream together one-half cupful of butter, one cupful of powdered sugar; add one teaspoonful of vanilla, two tablespoonfuls of sherry, whisk well together, and just before serving stir in a cup of boiling water, and add the white of one egg whisked to a stiff froth.

OF COLONIAL VIRGINIA

EYRE HALL PLUM PUDDING SAUCE

Ingredients.—One wine glass full of brandy, two ounces of very fresh butter, one glass of Madeira, powdered sugar to taste.

Mode.—Put the powdered sugar in a basin, with part of the brandy and the butter; let it stand by the side of the fire until it is warm and the sugar and the butter are dissolved; then add the rest of the brandy, with the Madeira. Either pour it over the pudding, or serve in a saucepan.

BEVERAGES AND SAUCES

VIRGINIA SPINSTERS' WHIPT CREAM

Mode.—Take a quart of thick cream and the whites of eight eggs beaten with one-half pint of sack; mix it together, and sweeten it to your taste with double refined sugar. You may perfume it, if you please, with some ambergris tied in a piece of muslin, and steeped a little in the cream; whip it up with a whisk, with a bit of lemon peel tied in the middle of the whisk. Take the froth with a spoon, and lay it in your glasses.

