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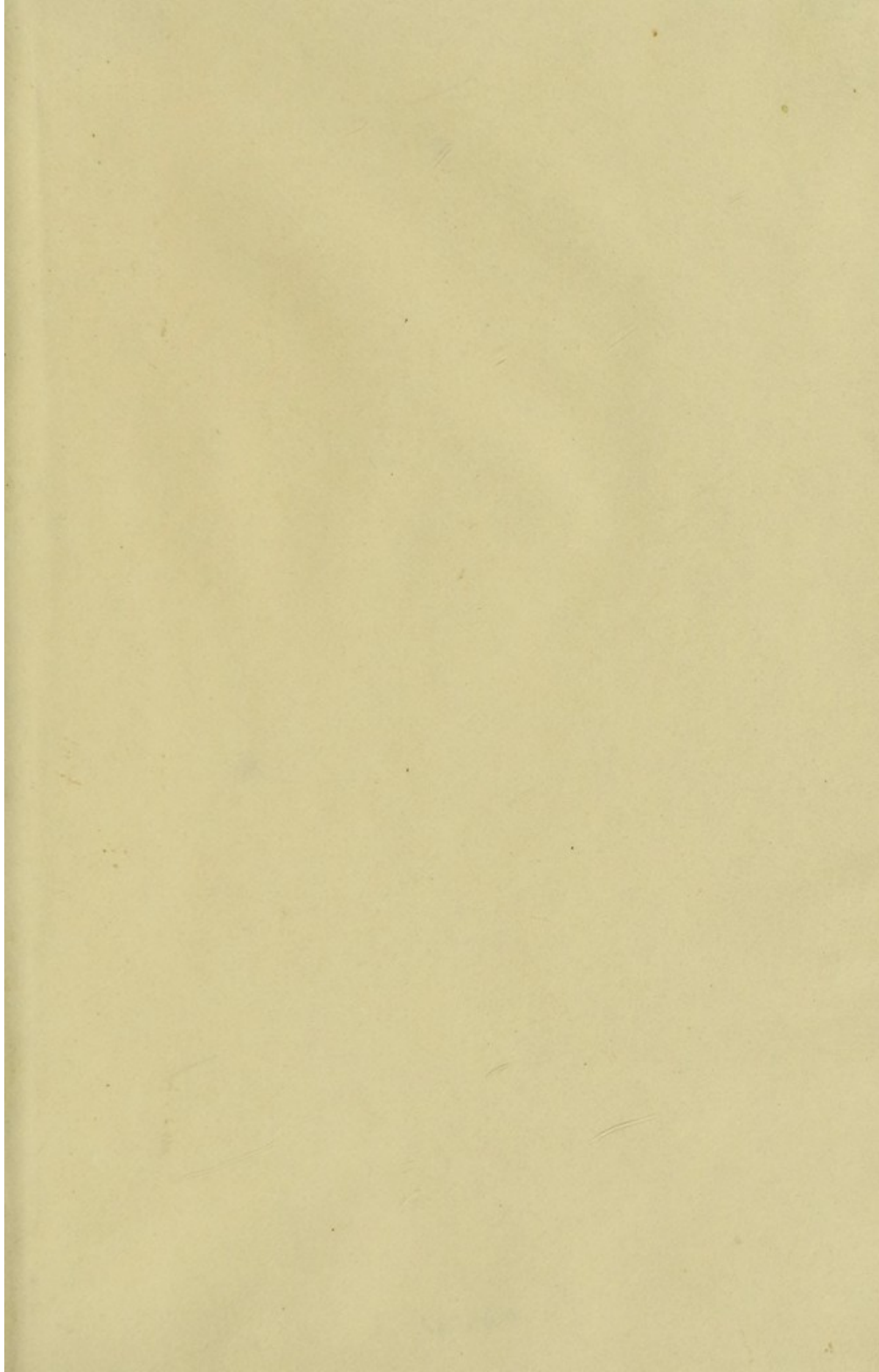
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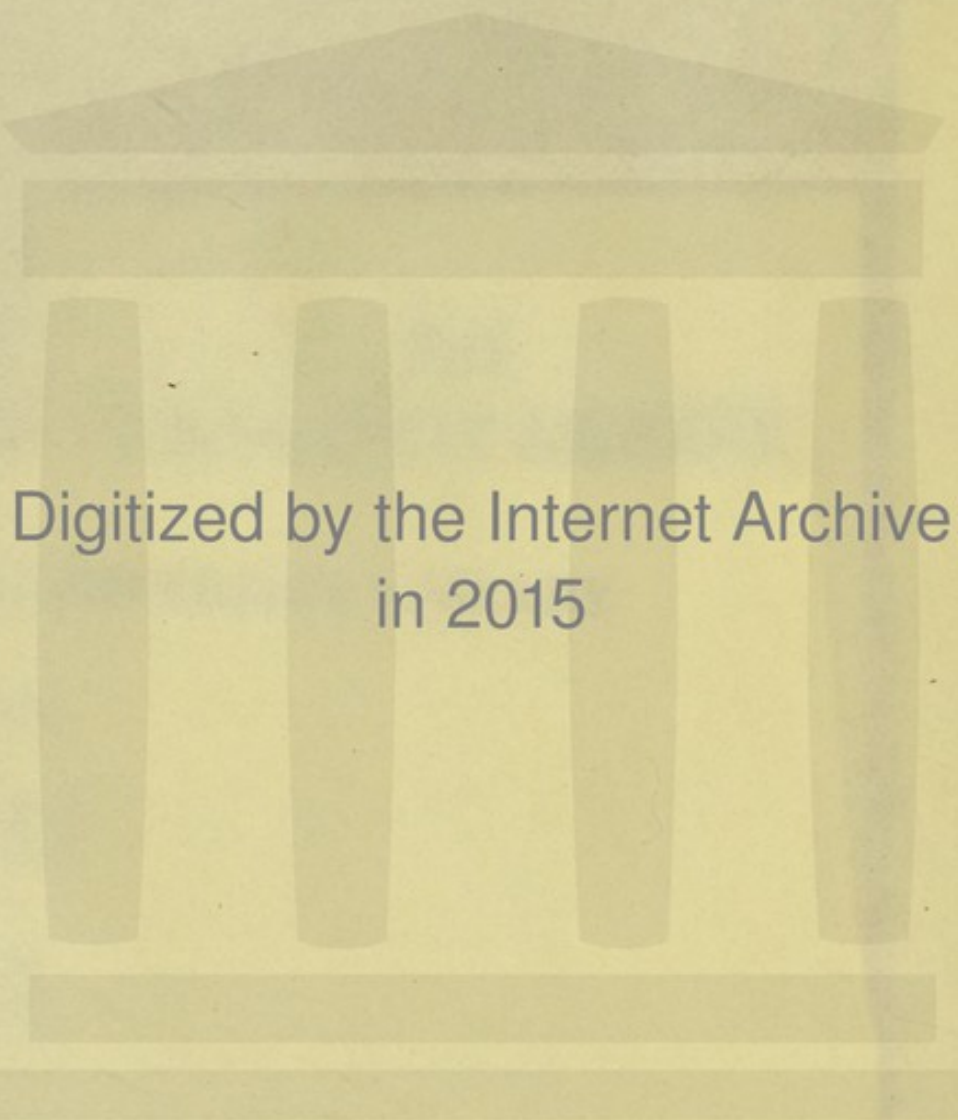
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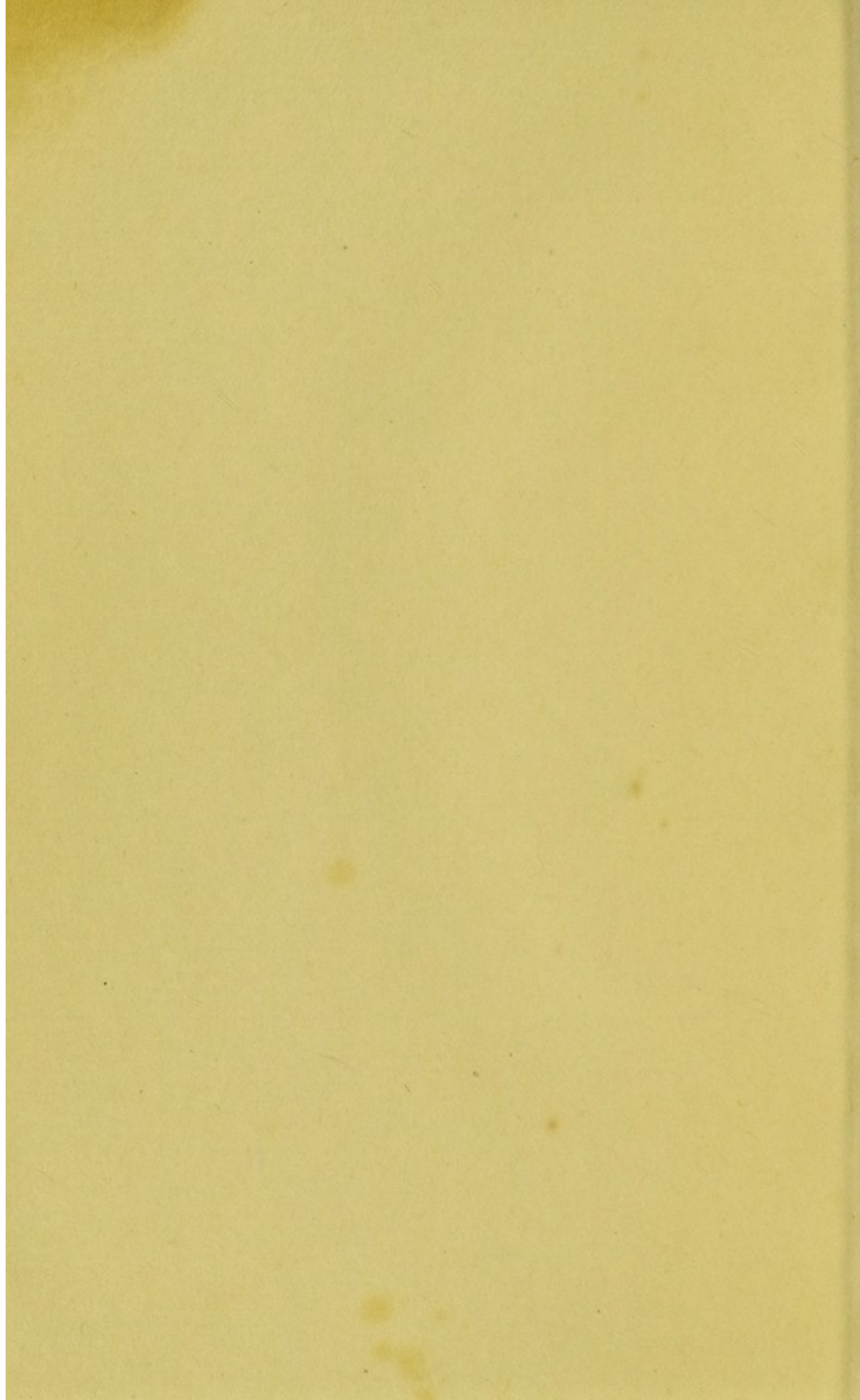




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BY

MRS. C. S. PEEL

*Author of "10/- a Head for House Books," "The Single-
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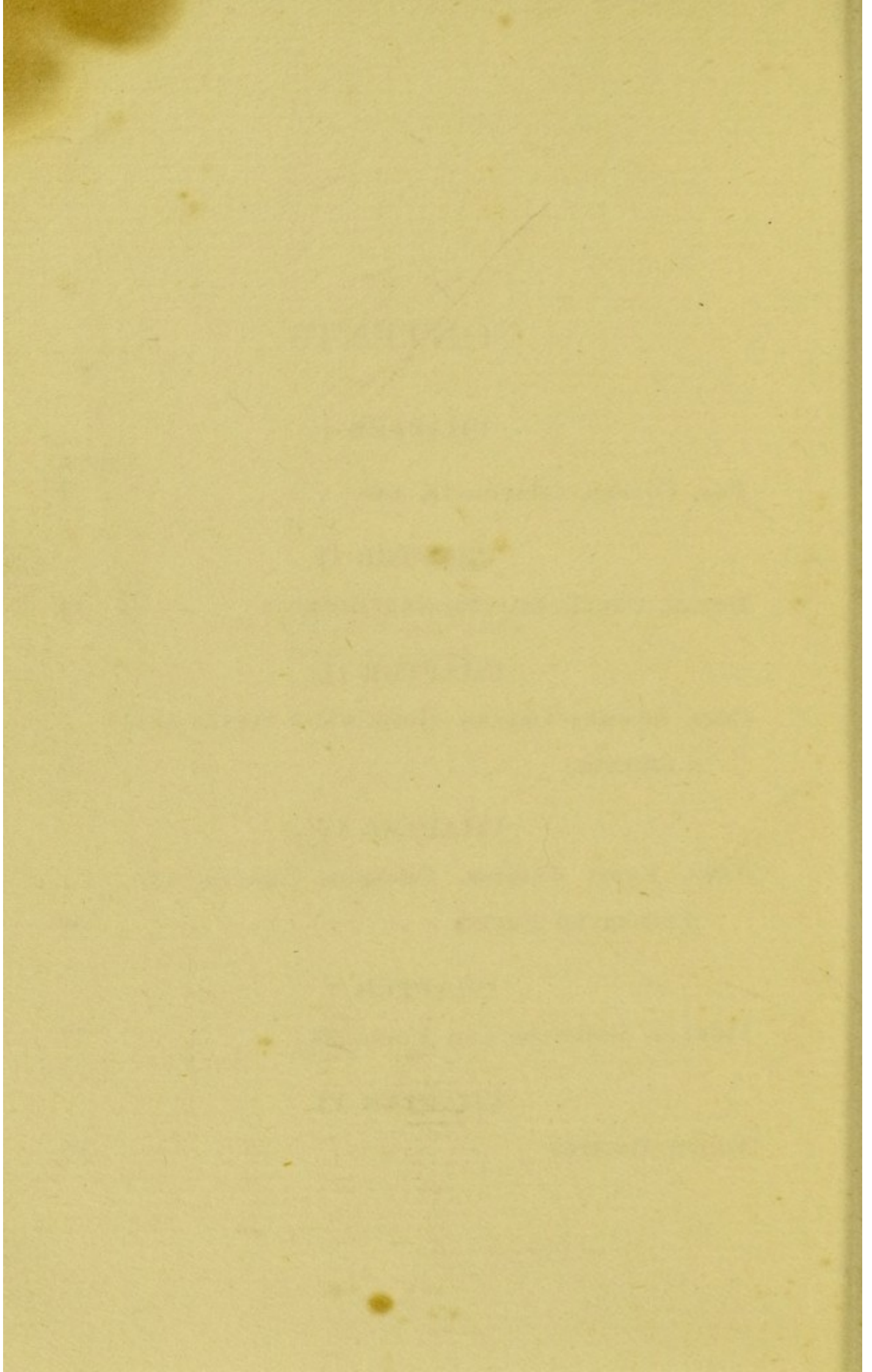
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CHAPTER I

TEA, COFFEE, CHOCOLATE, ETC.

WEAK, tasteless tea and gritty coffee are beverages which nobody can appreciate ; and like all other culinary work they require attention to make them good.

The quality of the tea itself is not given sufficient attention in these days, for unless the leaf is good, great fragrancy cannot be expected.

In Making Tea

the scalding of the teapot and the actual boiling of the water are important points often neglected, and it is a fatal mistake to imagine that tea left standing on the leaves for half an hour is fit to drink. The leaves should be placed in the heated pot and a small quantity of boiling water poured on them. Leave for a few seconds and then add more water. The old-fashioned allowance of a teaspoonful to each person and

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one for the pot does not always hold good, and the quantities used must depend on the taste of the drinkers and the quality of the tea. When tea is required for a large number of persons it is a good plan to put the tea leaves in muslin bags at the bottom of the tea urn or pot, having previously attached a strong thread to each bag ; as soon as the infusion is sufficiently strong, the bags are removed and the tea kept hot by the spirit lamp. The portions for making tea in large quantities are :—1 oz. of tea to a quart of water ; this is ample for four people who require two small teacupsful apiece.

Coffee.

Coffee should be of the best berry obtainable and should be kept in tightly shut tins and only ground immediately before use.

Coffee roasting is performed in a cylinder over a charcoal or gas stove, or failing such an apparatus, a clean new frying pan will serve, if the beans are kept moving constantly. If, however, the coffee beans are kept in perfectly air-tight tins, there is no need to roast at home. It is best to buy coffee in small quantities ready roasted. Keep it in a tin and grind just as it is required.

TEA, COFFEE, CHOCOLATE, ETC.

Before grinding coffee, it is best to warm the beans on a tin in the oven for a few moments.

To Make Coffee.

Allow 1 cupful of unground berries for 4 cupsful of coffee.

When measuring ground coffee, a tablespoonful for each person is the allowance, and $\frac{1}{3}$ of a pint of water to each tablespoonful. For café au lait the same proportions should be used. It is quite a mistake to suppose that breakfast coffee should be less strong than black coffee. It should be made in exactly the same way, and then be diluted with boiling milk until of the right strength.

There are two methods of making coffee, the French and the Turkish, and most people prefer the former, though the latter is more economical, and if carefully carried out quite as good.

When making French coffee in the ordinary percolator, have the proper proportion of freshly ground coffee ready, the percolator (of tin or fireproof china) hot, and the water absolutely boiling. After placing the coffee in the percolator add the water slowly, keeping it boiling

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all the time, and then let it run through, standing the pot on the hob to keep hot meanwhile, as the running through of the water cannot be hurried.

It is really far better to make the coffee and to serve it in the same fireproof pot, and not to allow heat and fragrance to escape by pouring it into a silver pot. Very pretty green or brown fireproof pots may now be obtained plain, or enriched with a gilt rim. Better still, however, are the Vienna machines combined with spirit lamp, in which the coffee is made and served at the best restaurants. Good quality coffee made in these according to the directions is not to be bettered.

If a silver pot must be used it should be mounted on a spirit lamp and be made thoroughly hot with boiling water before the coffee is poured into it.

The custom of handing coffee poured out into cups is not to be recommended ; and it should be noted that really to enjoy coffee it should be hot, not tepid, and for this reason the cups as well as the pot should be heated.

When making coffee in Turkish fashion the ground coffee is placed in a pot and cold water

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is poured over. The water is brought to the boil three times and allowed to cool again slightly each time. Finally a spoonful of cold water is added, which causes the grounds to sink to the bottom of the pot and allows the clear fluid to be poured off into the cups.

A rough-and-ready and excellent way of making coffee is to tie the grounds loosely in a muslin bag, place it in a saucepan, add cold water, and bring to the boil ; while if any black coffee has been left from the previous night, if it be kept in a covered jug, placed in a saucepan with sufficient milk and brought to the boil, it provides a cup of café au lait, which, though not first-rate, is at least as good as the freshly-made coffee usually served.

Iced Coffee.

Iced coffee—quite a different thing from coffee ice, for the former is a drink, the latter an eatable—if made as follows will meet with approval.

Early in the morning of the day on which the iced coffee is to be made, have ready some good coffee, roasted not earlier than the previous

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day, grind it, and make it as strong as it would be required for after-dinner drinking. Pour it into a jug, and while hot mix in the milk, cover the jug and leave the coffee to cool. When cold, stir in sufficient thick cream to make it pleasing to the taste, and sweeten it rather more than you would for ordinary drinking, as the process of icing will reduce the sweetness. Break up some ice and rough salt, and place them in a deep pan or bucket. Place the coffee in a covered jug and stand it in the centre, piling the ice up well against the sides of the jug. Leave it for at least 3 hours, adding more ice when necessary, and stirring now and then. Keep it there, pouring a portion into a glass jug to serve as required.

The coffee should be of the consistency of custard and icy cold. When calculating quantities allow a piled-up tablespoonful of good freshly roasted and ground coffee for each person, and rather less than $\frac{1}{4}$ of a pint of iced coffee for each helping, that is about 10 small cupsful of iced coffee to the quart. To 1 quart of very strong black coffee allow $\frac{1}{2}$ pint of milk and $\frac{1}{2}$ pint of thick cream, or if you wish for a very rich mixture use cream only. Four tablespoons-

TEA, COFFEE, CHOCOLATE, ETC.

ful of sifted sugar are a good allowance to the quart of coffee when mixed. It is best, however, to add sugar and cream by degrees and to taste the coffee, for the various blends differ in strength.

When an ice machine is available the iced coffee can be made far quicker, but the slower method is described for the benefit of those readers who have neither ice machine nor ice cave.

Cocoa.

All the best makers put directions on their tins of prepared cocoa. The secret of making good cocoa is to have every particle thoroughly dissolved in the liquid. Put the dry cocoa in a cup, pour on to it a little cold milk and beat to a smooth paste, then add the boiling milk or water, stirring constantly.

Cocoa Nibs.

Soak the nibs in water for 12 hours ; then boil in the same water until it is reduced to half the quantity. When cool strain off the oily matter from the top. Serve with milk and cream. Allow $\frac{1}{4}$ lb. of nibs to 3 quarts of water.

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Chocolate.

1½ oz. chocolate to each person, ½ pint milk and ½ pint water, or 1 pint of milk.

Heat the milk or milk and water, mix the chocolate grated to a powder with a small quantity of hot milk, add the remainder and stir until thoroughly dissolved ; add ½ a teaspoonful of castor sugar, let it boil up once and serve. Whipped cream is generally put on the top of the chocolate.

CHAPTER II

Bread, Cakes, Scones and Biscuits.

BREAD

Directions for Baking, etc.

IN nearly all large houses in the country, one finds that a brick oven is in use, and for baking any quantity of bread it is unsurpassed, when once the mysteries of heating by faggot are understood. When baking in an ordinary oven the outside of big loaves is apt to get burnt up long before the heat has penetrated to the centre of the dough ; this seldom happens in a brick oven, the heat being less fierce. Half-quartern loaves, however, can be baked exceedingly well in the ordinary iron oven of the domestic kitchen. The flour for bread, cakes, etc., must be kept in air-tight tins or tubs. "Seconds" are generally employed for household bread, while for small rolls, scones, etc., many people

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prefer the best "whites." The yeast in common use to-day is German yeast, but this must be fresh and good, for nothing is more unpleasant than the bitter taste produced by stale yeast.

The exact weight of yeast must be used ; too much will make the bread a bad colour and too little will keep the dough from rising well. Hot milk or hot water used in the mixing makes heavy bread, the liquid should be lukewarm.

Clean, thick, white flannels (Bath coating), are the best covers for rising bread, and bread will not rise well in a cold or draughty room.

Kneading must be done rapidly and thoroughly with the knuckles, the thumbs being tucked in.

As a general rule the oven for baking bread should be rather quick and the heat so regulated as to penetrate the dough without hardening the outside. The oven door should not be opened after the bread is put in until the dough is set.

In old-fashioned iron ovens it is sometimes necessary to place the tins on bricks placed on the bottom of the oven, as being difficult to manage, the outsides of the loaves are apt to burn before the middle is baked.

The length of time for bread-baking can only be determined by the size of the loaf, but usually

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it is from 1 to 2 hours in duration. When sufficiently baked, the bottom crust is hard, and resonant if struck with the finger, and the crumb will rise up after being pressed down with the finger.

Household Bread.

3½ lb. of seconds flour. 1 teaspoonful of salt.

1 oz. of German yeast. Lukewarm water.

Put 1 oz. of German yeast into a small basin, add a gill of lukewarm water and work the yeast into a stiff paste ; then add, stirring all the time, 1 pint and 2 gills of tepid water, or milk and water, until every particle is separated. Put 3 lb. of flour into a large basin (leave ½ lb. on your board), add the salt, make a hole in the centre and pour in the yeast by degrees, mixing with the fingers, until a light dough is formed and the flour is thoroughly incorporated.

Sprinkle the dough with flour and stand the pan near the fire, covered with a flannel, and let it rise for two full hours. Place the pan on a table and knead the dough, working in more flour, if necessary, to make the dough clean enough to turn from the pan on to a pastry board. Knead in nearly all the flour left and

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the dough should then be smooth and soft, and should not cling to the fingers.

This quantity will cut into six loaves, which may be baked in tins, previously floured, or into long or round loaves or into two cottage loaves.

Cottage loaves are formed from two balls of dough, a smaller and a larger, placed one on the top of the other. A hole is made through the top to connect the two, and 4 slits cut in the sides. The oven shelves must have been scrubbed previously and floured and the dough set down on them.

The loaves should stand in a warm place for $\frac{1}{2}$ an hour and are then baked in a good oven, for the first $\frac{1}{4}$ of an hour on the top shelf, and then moved to the centre shelf to bake another $1\frac{1}{4}$ hours. The loaves must stand on their sides to cool.

This recipe has been used for many years without a failure.

Household Bread (No. 2).

Another recipe made with Barm.

4 lb. flour.

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

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

Put the flour into a basin, mix in a pinch of

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salt, make a hole in the centre and pour in the warm water, stir the barm in with it, shake a little flour over the top. Cover the basin with a cloth and let it stand in a warm place all night. At about 9 o'clock in the morning mix it with enough warm water to make a nice dough, and knead it well. Cover again with a cloth and let it stand for 2 hours. Make into loaves and bake.

Household Bread (No. 3).

Made with Yeast.

1 quartern of flour.

1 oz. German yeast. $1\frac{1}{4}$ to $1\frac{1}{2}$ pints of warm milk and water.

Put the flour into a large basin or pan. Make a hole in the centre, but leaving the bottom of the pan covered with a layer of flour. Mix the German yeast in a small basin with $\frac{3}{4}$ pint of warm milk and water and stir until it is quite smooth and free from lumps. Pour the yeast into the hole made in the flour and gradually slide in enough of the flour at the edges to make it into a thick batter. Strew flour on the top and cover the basin with a clean cloth, setting it in a warm place, but in equal heat. After it

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has stood about an hour, if the yeast has risen and broken through the flour and bubbles appear in it, you will know it is ready to be mixed. Pour into the sponge the remainder of the milk and water and stir as much of the flour into it as you can with a spoon, after that knead with your hands. When the flour is nearly all kneaded in, draw the edges of the dough towards the middle, mixing the whole thoroughly. When it is free from flour and does not stick to your hands, cover it again with the cloth and leave it to rise for the second time. In about $\frac{3}{4}$ to 1 hour look at it and should it have swollen very much and begun to crack, it will be ready to bake. Cut off the loaves with a knife, form on a pastry board quickly, place in tins, and bake from 1 to $1\frac{1}{4}$ hours.

Baking Powder Bread.

1 lb. flour.	About $\frac{1}{2}$ pint of milk.
1 oz. butter.	Salt to taste.

1 teaspoonful baking powder.

Mix well the flour, salt, and powder, rub in the butter. Mix the whole with the milk.

Form into a loaf and bake in a tin for about $\frac{3}{4}$ hour.

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Wholemeal Bread

is made of the whole meal. The mixing is the same as for household bread.

Brown Bread

is made of half whole meal and half white flour. The mixing is the same as for household bread.

Vienna Bread.

1 lb. flour.	1 saltspoon salt.
1 oz. butter.	1 egg.
1½ oz. German yeast.	½ pint milk.

Teaspoonful sifted sugar.;

Warm a bowl, put in the flour and salt, rub in the butter. Put the yeast in a little basin with the sugar and two tablespoonsful of flour and work it smooth, add a gill of the milk and leave it to rise for a quarter of an hour. Whip the egg, add to it the remaining milk, pour it over the yeast and stir all into the bulk of the flour, kneading lightly. Leave the dough to rise an hour. Knead the dough again, divide it into 8 or 10 pieces, put them on a clean baking sheet and stand this over a pan of boiling water to allow the rolls to rise for a quarter of an hour. Put them in a quick oven, bake for about 10 minutes ;

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as soon as they are done, brush them over at once with a little milk or egg.

Dough Cake (No. 1).

2 lb. good bread or bun dough. 4 tablespoonsful currants or sultanas.
3 oz. clarified dripping. 3 teaspoonsful carraway seeds.
4 tablespoonsful moist sugar.

Work all well together, put into a floured tin, leave it to rise for $\frac{1}{2}$ hour, then bake.

Dough Cake (No. 2).

$\frac{1}{2}$ quartern of dough. $\frac{1}{4}$ lb. of currants.
1 egg. 2 oz. of butter.
 $\frac{1}{4}$ lb. of Demerara sugar. 1 oz. of candied peel.

Put the dough on to a board, mix the currants, sugar and chopped peel well into it. Cream the butter, beat the egg, add it to the butter, then lift the dough on to a board and knead all the ingredients together, grease a tin and bake the dough cake for $\frac{3}{4}$ of an hour.

Sally Lunn.

$\frac{1}{2}$ pint milk. $\frac{3}{4}$ lb. flour.
 $\frac{1}{2}$ oz. butter. $\frac{1}{2}$ oz. German yeast.
saltspoonful salt. 1 egg.

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Mix the salt in the flour, warm the butter and milk in a saucepan, pour it over the yeast, stir till smooth, add a beaten egg, stir all into the flour gradually. Fill small cake tins half full and set them to rise for an hour ; then bake in a moderate oven for $\frac{1}{2}$ an hour.

French Rolls.

For these the proper baking tins are necessary.

1 lb. flour. 1 oz. butter.

$\frac{1}{2}$ oz. baking powder. 1 egg.

$\frac{1}{2}$ teaspoonful salt.

Mix the flour, baking powder and salt together and rub in the butter. Beat up an egg and stir it in, then add gradually $\frac{1}{2}$ pint of new lukewarm milk with a wooden spoon. When firm and thoroughly mixed, divide into 6 or 8 rolls ; butter the tins, lay in the rolls, brush them with milk and bake in a quick oven.

Brown Scones.

$\frac{1}{4}$ lb. wholemeal flour $\frac{1}{2}$ teaspoonful salt.

1 oz. butter. 1 teaspoonful sugar.

$\frac{1}{2}$ teaspoonful baking powder.

Mix the baking powder, salt and sugar into the flour, rub in the butter, then add just enough water to make a stiff dough. Roll out to $\frac{1}{2}$

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inch thickness, cut into rounds and bake in a moderate oven.

Breakfast Rolls.

$\frac{1}{2}$ lb. flour. 1 oz. butter.
1 teaspoonful baking 1 pinch salt.
powder.

Mix the flour, powder and salt. Rub in the butter and mix all together with just enough milk to make an ordinary dough. Pull into small rough lumps, and bake on a tin for 15 minutes in a moderate oven.

Hot Rolls.

$\frac{1}{2}$ lb. flour. A large pinch salt.
 $\frac{1}{4}$ oz. baking powder. $\frac{1}{2}$ oz. butter.

Mix together the flour, powder and salt, rub in the butter and gradually stir in with a wooden spoon a gill of warm milk. Divide into 6 or 8 rounds, brush over with milk and bake for 20 minutes. The rolls must be kept covered up and eaten while hot.

Scones.

1 lb. flour. 1 dessertspoonful baking
3 oz. butter. powder.
 $\frac{1}{2}$ pint milk. A pinch of salt.

Mix the flour and baking powder, rub in the

BREAD, CAKES, SCONES AND BISCUITS

butter well, blend with $\frac{1}{2}$ pint of milk. Roll out to $\frac{1}{2}$ inch thickness and cut into three-cornered pieces and bake in a good oven for about a quarter of an hour. When the scones are half baked open the oven door and brush them over with milk. To vary this recipe, the yolk of an egg may take the place of $\frac{1}{2}$ a gill of the milk.

Oat Bannocks.

1 gill milk.	$\frac{1}{2}$ teaspoonful baking
$1\frac{1}{2}$ oz. butter.	powder.
$\frac{1}{2}$ lb. oatmeal.	$\frac{1}{2}$ saltspoonful salt.

Put the oatmeal, baking powder and salt in a basin, dissolve the butter in the milk and mix. Roll out $\frac{1}{2}$ an inch thick, cut into 3 or 4 squares. Make a clean frying pan or girdle hot and bake the bannocks on it, turning them to cook both sides. Bannocks which are not freshly made should be toasted before serving.

Bun Loaf.

1 lb. flour.	$\frac{1}{4}$ lb. butter.
$\frac{1}{2}$ lb. brown sugar.	$1\frac{1}{2}$ gills milk.
$\frac{1}{2}$ lb. currants.	2 eggs.
1 teaspoonful carbonate of soda.	4 oz. peel, if liked.

Rub the butter well into the flour, add the

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sugar, peel and currants. Dissolve the soda in a tablespoonful of cold milk, then mix it with the rest of the milk which should be warm. Slightly beat the eggs and add them to all the other ingredients. Beat all together for 3 minutes and put the mixture into a buttered tin. Bake in a moderate oven for about 1 hour.

Soda Scones.

1 lb. flour.	1 teaspoonful carbonate
$\frac{1}{2}$ pint milk.	of soda.
2 oz. butter.	2 teaspoonsful cream of
1 pinch salt.	tartar.

Well mix the flour, powders and salt. Rub in the butter, mix all together with the milk, making a light dough, roll out, cut into three-cornered scones and bake in a very hot oven.

Little Girdle Cakes.

$\frac{1}{2}$ lb. flour.	1 teaspoonful baking
1 oz. butter.	powder.
A good pinch of salt.	Sour cream or milk.

Mix the powder and salt with the flour. Rub in the butter, mix with sour cream or milk until the dough can be rolled out. Cut into rounds, bake on a girdle. Split open and butter or use cold for breakfast.

BREAD, CAKES, SCONES AND BISCUITS

Yorkshire Tea Cakes.

2 lb. flour.	$\frac{1}{2}$ pint milk.
1 egg.	1 oz. yeast.
1 pinch of salt.	1 dessertspoonful sugar.
3 oz. butter or lard mixed.	

Put the yeast in a little warm water and leave for an hour. Rub the lard and butter, salt and sugar into the flour. Break the egg into the yeast and mix together. Form a hole in the centre of the flour and pour the yeast in, mix all well together and knead well. Set in a warm place to rise for 2 hours, then make into round tea cakes, set on a baking sheet to rise again for $\frac{1}{2}$ hour. Bake 10 or 15 minutes.

Girdle Bread.

Take some good bread dough. Roll it out into a flat round cake not more than $\frac{1}{2}$ inch thick. Place on the girdle, and bake until nicely brown on the outside and cooked through. Tear open and cut into neat pieces, butter and use when it has cooled a little.

Directions for Making and Baking Cakes.

The flour for cakes should be well dried by the fire before being used, the fruit washed, picked, and well dried in a floured cloth some

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hours before being wanted, the candied peel cut into small pieces, the almonds sliced and the cherries, etc., prepared. Everything should be put ready before the mixing begins, the oven should be ready for the cakes, as on no account must the cakes be kept waiting for it.

These directions should be carefully read, as they are not repeated in the recipes.

The whites of eggs are whipped separately for spongecakes, yolks and whites together for ordinary cakes. Unless the recipe distinctly states otherwise the usual process of mixing cakes is to cream the butter and sugar, add the whipped eggs, the fluid and flavouring, then dredge in the flour, whipping all the time, and lastly mix in the fruit. If baking powder is used it is mixed into the dry flour. In making sponge cakes the whipped whites of eggs should be added last. If beef dripping is used it must be well clarified.

The cake tins should be well greased with lard, dripping or butter, and when possible lined with well-greased paper; a piece should also be cut to cover over the top.

Now as regards baking. The fire should be so made up that it will last throughout the baking

BREAD, CAKES, SCONES AND BISCUITS

of a cake. A hotter oven is needed for a thin cake than for a thick one. The oven door should not be opened for 20 minutes after the cake is put in, except in the case of small buns, when it may be opened at 10 minutes. A cake should never be jarred or the oven door slammed.

It is hardly possible to give the *exact* time for baking cakes, but whenever possible the best way is to test the article before removing it from the oven by running a long thin skewer into the centre of it: if it comes out dry and clean the cake is done, if it sticks and is wet, further baking is required.

The heat of the oven must now be considered. If a thermometer is not in use the best way of testing is to tear up a sheet of kitchen paper and try the oven by placing it in it, every few minutes, until the required temperature is arrived at. If after the stay of a few minutes the paper turns a dark brown the oven is "hot" and fit for patties and small pastry. If after the same time the paper turns a good brown the oven is "quick" and ready for tarts and things of that description. If a yellowish brown the oven is "moderately quick" or "soaking," ready for bread, cakes, etc. If

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after being left in a few minutes the paper is only slightly tinged, sponge cakes, meringues, etc., may be baked. Oven thermometers are the greatest help to an inexperienced cook. 450° corresponds to a "hot" oven, 400° to a quick or sharp oven, 350° moderately quick, 300° steady or soaking, 275° to 250° slack or cool oven.

It should be borne in mind, however, that the thermometer being on the oven door, is always a trifle cooler than the interior of the oven.

Both bread and cakes should be a few minutes in the oven before beginning to colour, for after they turn brown they stop rising.

When once any fancy layer cake has been accomplished successfully, there is no limit to the variety of decorations and flavourings upon which changes may be rung.

Recipes are given for sponge and Genoa cakes, and these are the foundations of most fancy cakes; various icings and fillings are described. Layer cakes can either be made by cutting a deep cake in slices and spreading the cream between, or by baking the layers in separate shallow sheets and putting them together afterwards. Walnut, pistachio and almonds may be added to the cream filling given on p. 37,

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and some of the nut should be sprinkled on the top icing as well. Safe green colouring can be bought at any good shop and may be used to colour a pistachio cake inside as well as outside.

Icing should be smoothed with a knife dipped in boiling water.

A pipe and bag are necessary for elaborate ornamentation or sugar work.

Plain Cake.

1 lb. flour.	$\frac{1}{4}$ teaspoonful allspice
4 oz. clarified dripping.	or ground ginger.
1 teaspoonful baking powder.	$\frac{1}{4}$ lb. Demerara sugar.
	$\frac{1}{4}$ lb. currants.
$\frac{1}{2}$ saltspoonful salt.	$\frac{1}{2}$ pint milk.

Dry a pound of flour and put it in a mixing pan and stir in the baking powder and the salt. Rub in the dripping, put in the currants, the flavouring, and the sugar, and stir well with a wooden spoon. Add the milk very gradually and mix well. Grease a cake tin, pour in the mixture and bake in a moderate oven for an hour.

N.B.—This is an excellent household cake for luncheon or for the nursery.

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Birthday Cake.

2 lb. flour.	10 oz. sugar.
1½ lb. butter.	8 eggs.
1 lb. sultanas.	1 gill new milk.
¼ lb. currants.	Pinch of salt.
½ lb. mixed peel.	1 teaspoonful carbon-
¼ lb. chopped sweet almonds.	ate of soda.

Cream the butter and the sugar together ; dissolve the carbonate of soda in the milk and add to the butter, etc., then add the yolks of eggs well beaten, next the whites well beaten ; put in the fruit, the almonds, and lastly the flour. This large cake must bake from 3½ to 4 hours in a moderate oven and must be turned round so as to get the heat evenly. It can be decorated with icing, cherries, silvered bonbons, etc., and should first be covered with half an inch of almond paste.

Rock Cakes.

½ lb. flour.	1 teaspoonful baking
¼ lb. castor sugar.	powder.
¼ lb. currants.	¼ lb. butter or beef
2 tablespoonsful chopped citron.	dripping.
1 teaspoonful crushed ginger.	1 egg.
	1½ tablespoonsful new milk.

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Rub the fat into the flour, add the sugar, fruits and flavouring. Beat the egg, add it to the milk and make all the ingredients into a well mixed paste. Grease a baking sheet, divide the paste with a fork into little rough heaps and bake in a moderate oven for a quarter of an hour.

Chocolate Cake.

$\frac{1}{4}$ lb. chocolate grated	3 oz. flour.
and melted in a basin	2 eggs.
in the oven.	4 drops vanilla essence.
3 oz. butter.	1 teaspoonful baking
$\frac{1}{4}$ lb. castor sugar.	powder.

Beat the butter, chocolate and sugar to a cream, add the vanilla. Beat the eggs and add the flour and baking powder and whip well for 5 minutes. Bake in a moderate oven in a buttered tin for an hour.

Oswego Cakes.

8 oz. cornflour.	4 oz. butter.
1 teaspoonful baking	6 oz. castor sugar.
powder.	3 eggs.

A pinch of salt.

Beat the butter to a cream with the sugar,

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add the salt and the 3 eggs well whisked, dredge in the cornflour, adding the baking powder last. Fill some buttered patty pans three parts full and bake in a moderate oven for about 20 minutes.

Plain Carraway Cake.

1 lb. flour.	$\frac{1}{2}$ pint milk.
$\frac{1}{2}$ lb. butter.	1 egg.
1 teaspoonful carraways.	1 teaspoonful carbonate
$\frac{1}{4}$ lb. Demerara sugar.	of soda.

Rub the butter into the flour, add the sugar, carraways and the beaten egg. Dissolve the soda in the milk, which add to the other ingredients, stirring well all the time. Put in a buttered tin and bake 1 hour.

Genoese Cake.

3 eggs.	1 saltspoonful salt.
The weight of 3 eggs in butter, sugar, and flour.	$\frac{1}{4}$ teaspoonful vanilla or orange or lemon flavouring.

Cream the butter and sugar, beating for quite 5 minutes; add the salt and flavouring. Beat up each egg separately and add. The mixture should now be beaten for a quarter of an hour to 20 minutes and the flour sifted in a little at

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a time. The cake tin should not be more than three parts full.

Many variations of this cake can be achieved.

Pistachio Cake.—Made by layers of cream filling, coloured green, and the cake ornamented with chopped pistachio nut.

Walnut Cake.—Layers of cream filling, with walnuts placed here and there, and the outside of the cake ornamented with them.

Ginger Layer.—Layers of cream filling with chopped preserved ginger and the outside ornamented with it.

Strawberry Cake.—The layers spread with strawberry jam, the outside iced and ornamented with rose leaves.

Coffee Cake.—Layers of coffee filling, the outside decorated with the same and ornamented with violets.

Chocolate Cake.—Layers of chocolate filling.

Fig Layer Cake.—Prepare some almond icing, cut the cake into 3 layers, spread 1 with some cooked figs cut into small pieces, pressing the next layer well down on to them. On the top of this put a layer of almond icing, put on the top, ice and decorate with icing and chopped

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almonds. If a more superior cake is wanted, put the figs and almond paste in each layer, spreading the paste on the top half and pressing it well down on to the figs.

Apricot Cake.—Spread the cake with layers of apricot jam, put through a sieve and flavour with curaçoa. Ice with soft icing tinted yellow and ornament with pieces of preserved apricot and silver bonbons.

Sponge Cake.

5 new-laid eggs. $\frac{1}{2}$ teaspoonful vanilla or
The weight of 4 eggs in lemon juice.
sugar and of 3 in flour.

Beat the yolks and the sugar together with the flavouring, sprinkle in the flour, beat the whites to a froth and stir them in very lightly with a few turns only, or the cake will be heavy. Bake for three-quarters of an hour in a buttered mould ; a moderate oven is best. For Genoese and Sponge Cakes the flour must be dried and sifted ready for use. These mixtures are the foundations of layer cakes of all sorts ; they can also be cut into small rounds, hearts or ovals, and iced and decorated in various ways.

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Cream Filling for Cakes.

1 dessertspoonful corn- Yolk of 1 egg.
flour. 1 teaspoonful lemon
3 oz. white sugar. juice.
 $\frac{1}{2}$ teacupful cold milk.

Blend the cornflour with the milk and stir in the sugar, put it in a pan on the fire and stir until it thickens. When cool, beat the yolk of an egg, add also the lemon juice, and stand aside to get cold, when it may be placed between Genoa or sponge cake layers.

Vanilla flavouring, coffee or chocolate may be substituted for the lemon flavour. If coffee is used, it must be strong and good; use a quarter of a cup of milk and the same amount of coffee. A tablespoonful of chocolate powdered finely may be added to the cornflour, if a chocolate filling is required.

Icing for Cakes.

Put the white of an egg on a plate, add a few drops of vanilla, orange water, or any flavouring you wish, also add a teaspoonful of water. Stir into it gradually icing sugar enough to make it of spreading consistency (if too liquid it will run). If coloured icing be required, a few drops

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of cochineal, green colouring, or any of the harmless vegetable colourings, now easily obtained, can be added. This is the best kind of foundation icing.

Mocha Icing.

$\frac{1}{2}$ lb. icing sugar. $\frac{1}{4}$ lb. butter.
1 tablespoonful coffee 2 teaspoonsful brandy.
essence.

Cream the butter, add the sugar, sifted, coffee essence and brandy, mix to a smooth cream and spread over the cake. This mixture can also be used as layers between Genoa or angel cake.

Vienna Icing.

Mix 2 oz. fresh butter with 5 oz. icing sugar until the mixture creams. Flavour with a few drops of brandy or liqueur. Colour as required and use a bag and pipe to ornament with.

Vienna Chocolate Icing.

6 oz. icing sugar. 4 or 5 drops Marshall's
 $\frac{1}{4}$ lb. fresh butter. coffee brown.
2 oz. finely powdered $\frac{1}{2}$ teaspoonful brandy.
chocolate.

Dissolve the chocolate in a very little water

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in a saucepan ; when smooth, pour into a bowl, add the sugar, butter, etc., and stir well for 10 minutes and spread over the cold cake, or on each layer if required for a layer cake.

Lemon Icing.

2 lemons.

$\frac{1}{2}$ lb. icing sugar.

Put the sugar in a basin, squeeze 2 lemons, strain the juice and add it to the sugar, stirring it with a wooden spoon until quite smooth.

Almond Paste.

2 oz. icing sugar. 2 eggs.

$\frac{1}{4}$ lb. ground almonds.

Pound the almonds with the sugar, whip the yolks of the eggs and blend with the mixture ; beat well, lastly add the beaten whites ; stir and work the paste until it is quite smooth.

It is quite unnecessary to take the trouble to blanch and pound whole almonds for this purpose, as the ground almonds sold in tins answer perfectly well.

The cake which is to be covered with the paste should be trimmed neatly and any burnt pieces scraped off. Use the floured hands to press the paste into shape. Leave to dry for 2

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days before icing or the almond oil will spoil the appearance of the sugar icing.

Drop Cakes.

$\frac{1}{2}$ lb. butter. $\frac{1}{2}$ lb. currants (these
1 lb. flour. may be omitted for
 $\frac{1}{2}$ lb. sugar. a change).
Grated peel of 1 lemon. 3 eggs.

Cream the butter and sugar, add the eggs well beaten, then the lemon and fruit, and dredge in the flour, beating the mixture for 10 minutes ; bake in patty cases in a quick oven for about 20 minutes.

Rice Cakes.

$\frac{1}{4}$ lb. ground rice. 1 tablespoonful flour.
 $\frac{1}{4}$ lb. castor sugar. $\frac{1}{2}$ teaspoonful baking
3 oz. butter. powder.
2 eggs.

Cream the butter and sugar, beat and add the eggs, stir in the flour, rice and baking powder, and bake for 15 minutes in well greased little patty tins.

Chocolate Drop Biscuits.

Whites of 2 eggs. 2 oz. grated chocolate.
 $\frac{1}{2}$ lb. castor sugar.

Beat up the white of 1 egg, mix into it $\frac{1}{4}$ lb.

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of castor sugar until well dissolved and of the consistency of icing ; add 2 oz. grated chocolate and the white of another egg beaten to a solid froth. Stir in lightly another $\frac{1}{4}$ lb. of sugar. Drop the mixture in spoonful on a sheet of kitchen paper and bake in a slow oven 10 minutes.

Campaign Cake.

$\frac{1}{4}$ lb. butter.	2 eggs.
$\frac{1}{4}$ lb. sifted sugar.	2 tablespoonsful milk.
$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ teaspoonful baking
$\frac{1}{4}$ lb. sultanas.	powder.

Cream the butter and sugar, beat the yolks of the eggs and add them, beating all the time, then add the milk, and lastly the whisked whites of the eggs. Put the baking powder and fruit into the flour and add them gradually to the butter, eggs, etc., beating the mixture for at least 5 minutes. Fill a buttered tin half full and bake in a slow oven for an hour.

Cherry Cake.

$\frac{1}{2}$ lb. flour.	1 teaspoonful baking
$\frac{1}{4}$ lb. butter.	powder.
$\frac{1}{2}$ lb. castor sugar.	3 oz. candied cherries
2 eggs.	cut into halves.
2 tablespoonsful milk.	

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Cream the butter and sugar, beat the eggs and add them, then milk and fruit, and lastly the flour, previously mixing to it the baking powder. This cake must be thoroughly mixed and must bake about an hour in a slow oven. When cold, ice and decorate with candied cherries.

Jumbles.

6 oz. flour.	4 oz. butter.
5 oz. castor sugar.	The yolk of 1 egg.

Beat up the butter with a wooden spoon by itself and add half the sugar to it, then put in the yolk of the egg and the flour, and mix all up to a stiff paste with a wooden spoon; cut the paste into three dozen equal bits, of any shape; then roll each bit in the other half of the sugar and twist into the shape you want. Put them in a slow oven to bake for about 10 minutes.

Ginger Bread.

1½ lb. flour.	1 oz. powdered ginger.
1½ lb. treacle.	1 oz. grated lemon peel.
1 oz. brown sugar.	1 oz. candied orange peel (if liked).
¾ lb. butter.	

Melt the butter in the treacle, add the sugar, ginger, lemon and orange, dredge in the flour, stirring all the time. When well mixed, pour

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the mixture into flat baking tins, put into a quick oven and bake for 1 hour.

Another Ginger Bread.

$\frac{1}{2}$ lb. treacle.	$\frac{1}{2}$ teaspoonful carbon-
2 oz. coarse brown sugar.	ate of soda dissolved
2 oz. butter.	in teaspoonful warm
12 oz. flour.	milk.
$\frac{1}{2}$ oz. ground ginger.	2 tablespoonsful warm
$\frac{1}{4}$ oz. allspice.	milk.

2 eggs.

Put the flour, sugar, ginger, and the allspice in a basin and mix ; warm the butter and the treacle together and stir into the flour. Warm the milk and dissolve in it the carbonate of soda, pour in and stir all together. Whip the eggs and add last. Bake in a buttered tin from $\frac{3}{4}$ to 1 hour according to the thickness of the ginger bread. Just before it is done brush the top over with the beaten yolk of an egg mixed with 2 teaspoonsful of milk and put it back in the oven to dry.

Shortbread.

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

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Put the flour and sugar in a basin, add the butter melted, and mix well. Turn the paste on to a board, rub a little flour on the hands and knead it well. Roll out $\frac{1}{2}$ an inch thick, grease a baking tin and bake in a quick oven for about 20 minutes.

Lunch Biscuits.

1 lb. flour.

2 oz. butter.

1 pint milk.

Boil 2 oz. of butter in a pint of milk and pour it boiling on to 1 lb. of flour. Beat the paste 20 minutes and then roll very thin, prick with a fork, cut into rounds and bake lightly.

Oat Biscuits.

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

2 oz. seconds flour.

3 tablespoonsful

$\frac{1}{2}$ teaspoonful salt.

milk.

$\frac{1}{4}$ teaspoonful carbon-

4 oz. oatmeal.

ate of soda.

Stir the oats, flour, salt and soda together. Melt the butter in the warmed milk and stir in gradually with a wooden spoon to the flour, etc. Put a little oatmeal and flour on a board, roll out the paste thin, cut into rounds and bake for 6 or 7 minutes in a moderate oven.

CHAPTER III

CUPS, SUMMER DRINKS, HOME-MADE WINES AND LIQUEURS

Champagne Cup.

- | | |
|---------------------------------------|--|
| 1 quart bottle cham-
pagne. | 2 tablespoonsful castor
sugar. |
| 2 bottles soda water. | Ice. |
| 1 liqueur glass brandy
or curaçoa. | Sprig of borage.
Slice of lemon peel. |

Have the champagne and the soda water well iced and all ingredients ready. Mix in a large glass jug just before the cup is required, and add a lump of ice. Many people prefer the cup without sugar, or with less.

Claret Cup.

- | | |
|-----------------------------------|---|
| 1 quart claret. | A liqueur glass brandy
or maraschino. |
| 1 bottle soda water. | |
| 4 tablespoonsful castor
sugar. | A sprig of borage or 3
or 4 slices cucumber. |

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Make as for Champagne Cup. The cucumber and borage must only remain in the cup 5 minutes.

Cider Cup.

1 quart sweet cider.	The juice of $\frac{1}{2}$ a lemon
1 bottle soda water.	and the rind of a $\frac{1}{4}$.
1 wineglassful sherry.	Add sugar to taste and
$\frac{1}{2}$ wineglassful brandy.	a small bunch borage.

Make as before.

Bola.

1 bottle hock.	A slice of cucumber.
1 bottle soda water (previously kept in ice).	Ice and sugar to taste and 8 strawberries to float on the top.

The grated rind of a lemon.

When making cup, some notice should be taken of the occasion on which it will be served. If it is required for lunch or for drinking in the afternoon after tennis, or in very hot weather at a dance, it should not be as strong as if it were to play its part at dinner. The recipe given might have an extra bottle of soda water added if the cup is to appear at a tennis party or luncheon, while rather less might be used if the cup is to be drunk at dinner.

CUPS AND SUMMER DRINKS

Barley Water for Invalids.

Take of Robinson's Patent Barley 1 oz., mix with a wineglassful of cold water into a smooth paste free from lumps, pour this into a stew-pan containing 1 quart of boiling water, stir over the fire while boiling for 5 minutes ; then flavour with a small bit of lemon peel or cinnamon, and sweeten according to taste.

NOTE.—When the Patent Barley is used to make a summer beverage, only $\frac{1}{2}$ oz. must be used.

Oatmeal water made of patent groats is equally good.

Toast and Water.

A nicely made piece of toast (stale bread), lightly but crisply browned. Put into a jug, pour over boiling water, cover and when cold strain through a muslin. This must be made quite 2 hours before it is wanted and can be iced if liked.

Lemonade (to Keep a Week).

6 lemons.

2 teaspoonsful Robin-

2 oz. sugar.

son's Patent Barley.

1 quart water.

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Peel the lemons thinly, put the rinds in a saucepan with cold water and boil, squeeze in the juice, add the sugar, blend the barley in 2 teaspoonsful of water, pour in and stir until it thickens.

Lemonade Syrup (to Keep).

4 lb. loaf or preserv- ing sugar.	1 quart boiling water.
2 oz. citric acid.	6 or 8 lemons accord- ing to size.

Put the sugar into a 2-quart jug, then the acid, next the thinly pared rind of half the lemons and the juice of all, then pour on the boiling water, stirring it up well. Put a baking tin on the stove with boiling water in it, put the jug in this so that it keeps hot ; the lemonade must be stirred occasionally so that the sugar does not settle at the bottom, and it should be kept warm for 5 or 6 hours ; if made in the afternoon it can be taken off the stove before going to bed. In the morning strain it through a muslin, bottle and cork down.

Quickly Made Lemonade.

The juice of 2 lemons.	A tablespoonful castor
The very thinly-pared rind of 1 lemon.	sugar.

CUPS AND SUMMER DRINKS

Put all in a jug and pour over a quart of boiling water and cover. When cold strain and stand in ice or put a lump of ice into it.

Ginger Beer (for Bottling).

4 lb. white sugar. 2 lemons, juice and
 $\frac{1}{4}$ lb. ginger bruised. rind.
2 oz. cream of tartar.

Four gallons of boiling water to be poured on the above, when nearly cold add 2 table-spoonsful of yeast, let it work for 24 hours. Strain and bottle, tying the corks down firmly. It will be fit to drink in about 2 days. German yeast makes it clearer.

Ginger Beer (not for Bottling).

Put into 6 gallons cold water, 8 lb. loaf sugar, 4 oz. bruised, unbleached ginger. Boil these together for 1 hour and put them into a barrel and when cooled sufficiently (it ought to be a little warmer than tepid), add 1 oz. hops and 4 table-spoonsful of yeast ; let it stand for 3 days, then close the barrel, putting in 1 oz. isinglass. It will be fit to draw out in a jug and use in 1 week.

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HOME-MADE WINES

These are harmless and pleasant drinks and in the country when fruit is cheap they can be made easily.

Six-gallon casks are the best size to use and these should be well scalded out and cleaned before each fresh brew.

As a general rule it is safe to average a gallon of water to each gallon of fruit and 3 lb. of sugar to each gallon of water. It takes $\frac{1}{2}$ oz. of fresh good German yeast to ferment 6 gallons of wine ; the yeast should be mixed with a teaspoonful of brown sugar and 2 or 3 tablespoonsful of lukewarm water and when it has frothed up, it should be poured into the cask.

Blackberry Wine.

Gather the fruit ripe on a dry day. Put 1 or more gallons of it into a tub or pan and pour over a gallon of boiling water to each gallon of fruit. Mash the berries and let them stand covered till the pulp rises to the top and forms a crust which will be in 3 to 4 days. Remove the crust and strain the liquor into a clean vessel, adding 3 lb. of loaf sugar to every gallon, mix well

HOME-MADE WINES AND LIQUEURS

and pour into a cask to work for a week or 10 days. If the liquor wastes, add to it a little extra liquor. When the working has ceased bung it down and after 6 months it may be bottled.

Cowslip Wine.

To every gallon of water, allow 3 lb. lump sugar, the rind of 2 lemons, the juice of one, the rind and juice of 1 Seville orange and 1 gallon of cowslip pips. To every 4½ gallons of wine allow 1 bottle of brandy.

Boil the sugar and water together for ½ hour ; remove any scum there may be. Pour this boiling liquor on the orange and lemon rinds and the juice which should be strained, when milk-warm add the cowslip pips or flowers picked from the stalks and seeds ; and to 9 gallons of liquor put ¾ oz. of good German yeast. Let it ferment 3 or 4 days ; then put all together in a cask with the brandy and let it remain for 2 months, when bottle it off for use.

TIME.—To be boiled ½ hour ; to ferment 3 or 4 days, to remain in cask 2 months.

Make in April or May.

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Elder Flower Wine.

6 gallons of water, 18 lb. lump sugar. Boil together for $\frac{1}{2}$ hour, then cool to luke warmth ; put into a vessel, leaving the bunghole open, with a quarter of a peck of clean, picked elder flowers, the juice of 6 lemons, 6 lb. of stoned raisins, and $\frac{1}{2}$ oz. of German yeast ; stir every day for 3 or 4 days. When it has done working bung it up.

N.B.—The lemons must be pared as thinly as possible ; half a bottle of brandy may be added before bunging. It may be bottled in 6 or 8 months and the corks must be wired.

Elderberry Wine.

Boil 25 lb. of ripe elderberries in 11 gallons of water for 1 hour, add to them 2 oz. ginger and 1 oz. of allspice. Allow 4 lb. of sugar to every gallon. Put the sugar in a tub and pour the boiling liquid over it, straining and pressing all the juice from the fruit. Add $\frac{1}{4}$ lb. of cream of tartar and let the liquid stand in the tub for 2 days, then remove it to a barrel and cover the bunghole. Stir the liquid every other day and fill up as it wastes. When fermentation has ceased, close up the barrel and after 4 months

HOME-MADE WINES AND LIQUEURS

bottle for use. A bottle of brandy may be added before the cask is closed.

Ginger Wine.

10 oz. bruised ginger.	6 Seville oranges.
28 lb. loaf sugar.	4 lb. raisins.
15 lemons.	12 gallons water.

Boil sugar and ginger with the lemon peel for $1\frac{1}{2}$ hours, let it stand until nearly cold, add the juice of the lemons and oranges, put the raisins and all into the cask with 1 oz. of German yeast. Stir every day for a fortnight; then add $\frac{1}{2}$ oz. of isinglass and a bottle of brandy. Bung up for 10 weeks and then if clear and fine strain and bottle.

Orange Wine.

10 gallons water.	100 Seville oranges.
30 lb. sugar.	$\frac{3}{4}$ oz. German yeast.

Whites of 5 eggs well beaten.

Boil the water, sugar and whites of eggs for a quarter of an hour, skim very clean and let the liquid stand till nearly cold. Pare the oranges very thinly, peel off the white, break them and take out the pips, put juice and pulp into the liquor with the German yeast. Measure off 2 quarts

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of the boiling liquor and put into it half the orange peel, let it stand 9 days, strain through a hair sieve and put all together into a cask ; add a quart of brandy and bung up. When clear and fine, bottle.

Parsnip Wine.

Take 15 lb. of sliced parsnips and boil until tender (but on no account broken), in 6 gallons of water, squeeze the liquor out of them, run it through a hair sieve and add 3 lb. of coarse white sugar to every gallon of liquor. Boil the whole for $\frac{3}{4}$ of an hour ; when it is nearly cold add $\frac{1}{2}$ oz. of German yeast. Let it remain in a tub for 10 days, stirring it from the bottom every day. Then put it into a cask for a year.

Rhubarb Wine.

Gather 6 lb. of spring rhubarb, cut it in pieces and beat it with a wooden spoon in a large crock or tub. Pour over a gallon of cold water, let it steep 3 days, stirring it several times a day. Then strain off through a sieve and measure the liquor into a small tub, putting in 3 lb. of crushed white sugar to every gallon. Add the juice of 1 lemon and the rind peeled thinly. When the crust has formed, which is in 4 or 5 days, remove

HOME-MADE WINES AND LIQUEURS

it ; put the liquor into a clean cask with $\frac{1}{2}$ oz. of dissolved isinglass which will clear it. Seal the cask.

Make the wine in May, but do not bottle it till February.

Damson Gin.

To every quart of best unsweetened Plymouth gin, allow 1 lb. of damsons, 6 oz. loaf sugar, and 5 bitter almonds. Prick each damson with a silver fork, put them in a dry stone jar with the sugar and almonds, add the gin ; cork and seal. Leave for 5 months, give the jar a good shake occasionally. Taste the gin before bottling, and add sugar if not sweet enough. Filter through muslin and bottle, shaking the jar as little as possible while so doing. The gin should be a bright pink colour and quite clear.

Curaçoa.

Put 18 whole Seville oranges, wiped clean, and 2 pounds of sugar candy in 1 gallon of *good brandy*. It should be stirred frequently, and there will be no harm in tasting it now and then that you may know if an addition of either of the component parts may not improve the whole.

The spirit extracts all that is good from the oranges. Tie down and seal over.

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Noyeau.

To 1 gallon of whiskey, 3 lb. loaf sugar, the thin rind and juice of 3 large lemons, 1 lb. bitter almonds, blanched and bruised in a mortar. Let all these ingredients stand in a well-covered jar for 6 weeks, stirring daily ; then filter through blotting paper and bottle.

Sloe Gin.

1 gallon unsweetened gin.	2½ lb. crushed sugar candy.
2½ quarts sloes.	2 oz. bitter almonds pounded.

Place all together in a jar and shake 2 or 3 times a week for 6 weeks, strain and bottle.

N.B.—The sloes make better coloured gin if all are pricked well all over.

French Plum Liqueur.

Put the best French plums into a wide-necked bottle until it is half full. Fill up the bottle with gin (Old Tom), add powdered sugar candy according to size of bottle, tie over, shake frequently. In 2 months pour off the gin, which makes an excellent liqueur, and the plums can be used as a dessert dish.

HOME-MADE WINES AND LIQUEURS

Date Rum.

Put good dried dates into a 3-lb. wide-necked bottle, put over them $\frac{1}{2}$ teacupful of castor sugar and cover with the rum.

This makes a good liqueur, or the fruit can be used as dessert.

Orange Brandy.

1 quart bottle good brandy. $\frac{1}{2}$ pint Seville orange-juice.

10 oz. loaf sugar.

Rub the orange peel off 2 oranges on lumps of sugar, peel the rind of 3 more, squeeze out $\frac{1}{2}$ pint of orange juice and put with the brandy and sugar in a jar. Stir well, put the lid on the jar and put a weight on the top to keep it close. Stir 3 times a day for 3 days. Strain into bottles and cement. This should be made when oranges are at their prime.

Currant Rum.

1 pint red currant juice. 1 lb. pounded or castor sugar.

Let these stand in a jar 1 night ; add 1 bottle of rum. Stir well together, strain through a jelly bag, bottle and cork.

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Cherry Brandy.

To every lb. of sound Morella cherries, allow a $\frac{1}{4}$ of a lb. of white sugar and a pint of good brandy. Wipe and stone the cherries, cut off half the length of stalk, put them in clean, dry bottles, and strew the sugar over them and pour in the brandy. Cork the bottles securely, and leave them for at least three months before opening them. Then strain off the liquor; bottle, cork and seal. The cherries may be used for dessert, etc.

Peach Brandy.

Take six peaches not quite ripe, throw them into boiling water and let them simmer until the skins will strip off. Boil $\frac{1}{2}$ a lb. of white sugar in $\frac{3}{4}$ of a pint of water to a syrup, then place the peaches in this to stew until tender. Put them into a clean bottle, which they must only half fill. When cold, pour over them good brandy to within about an inch of the top. Cork the bottle and seal it. Leave for three to nine months. Then strain off the liquor; bottle and seal.

Apricot Brandy is made in the same manner, and both liqueurs should be kept a year before using.

CHAPTER IV

JAMS, FRUIT JELLIES, CHEESES, PRESERVES, ETC.

JAMS are quite easy to make and to keep. The principal reasons of failure are, using fruit which is not perfectly sound, insufficient boiling, not keeping the jams air-tight or putting away the pots in a damp place. Another source of trouble is burning the preserving pan ; this should never be stood down on the stove plate but should rest on a short legged trivet, or failing that, a pair of tongs can be opened and the pan should be placed upon them.

A great deal of jam can be wasted in the skimming ; scum does not rise much on jam made of thoroughly clean fruit and good sugar ; if a thick scum rises it should be removed with a silver spoon, as a wooden one wastes the jam. Many good cooks put a piece of fresh butter, the

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size of a walnut, into the preserving pan just before the boiling is finished, and this clears the jam so that no skimming is required. All jams must be stirred constantly. The usual allowance of sugar is $\frac{3}{4}$ lb. to each pound of fruit ; very sour fruit should be allowed a full pound.

Before tying down jam, a paper dipped in perfectly fresh good salad oil should be placed entirely over the jam. Parchment papers are cheap and easily put on, they should be wetted on the upper side only.

Many experienced cooks are of opinion that jam is much improved and keeps better if the sugar is boiled first with just sufficient water to dissolve it before putting in the fruit. For example to 7 lb. of sugar put $\frac{1}{2}$ pint of water and boil for $\frac{1}{2}$ hour, then add the fruit and boil quickly until it sets. This method can be applied to any of the recipes in this book.

Blackberry Jam.

To each pound of blackberries allow $\frac{1}{2}$ lb. good cooking apples and 1 lb. of sugar. Put all in a pan and boil for $\frac{3}{4}$ hour after it first boils up. Beat through a fine wire sieve and pot.

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Apricot Jam (of Tinned Fruit).

Large tins of French tinned apricot pulp make excellent jam for common use. The tins hold 10 or 11 pounds. $\frac{3}{4}$ lb. sugar to each pound of fruit boiled gently for an hour. Pot and cover.

Fresh Apricot Jam.

Skin ripe apricots, break them in two and stone. Allow $\frac{3}{4}$ lb. sugar to each pound of fruit. Lay the apricots on a tin hollow side up. Sift the sugar over and leave for 10 or 12 hours. Kernel the stones and put the kernels with the fruit and sugar into the pan and simmer for about $\frac{3}{4}$ hour. The jam should be clear. Lift each piece of fruit and put some in the bottom of each jampot, allowing a few kernels to each pot, fill up with syrup and cover with air-tight parchment paper.

Black Currant Jam.

To each pound of fruit, weighed before stalking, allow $\frac{3}{4}$ lb. sugar, 1 gill of water.

Put the fruit, when cleaned, and the water in the preserving pan and boil together for a quarter of an hour. Add the sugar and boil again for

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30 minutes, or longer if it does not jelly when tried in a saucer. Pot and tie down.

Black Currant Jam (No. 2).

$\frac{3}{4}$ lb. of sugar to 1 lb. of picked fruit. Place in a preserving pan and allow it to stand near the fire until the sugar has dissolved. Stir it and bring to the boil, stir and skim until the jam thickens when tested on a plate. Take off the fire and bottle.

Cherry Jam.

Stone the fruit, then weigh it. Allow 1 lb. of sugar to every pound of fruit. Boil the kernels in a little water. Place the sugar in a preserving pan, adding a cupful of the water in which the kernels have been boiled to every 2 lb. of fruit, making up the measure if insufficient with water. Boil to a syrup, then add the fruit, and boil it quickly until it is on the point of jelling. Pour into jars and tie down tightly.

Marmalade.

(A Yorkshire Recipe.)

Slice bitter oranges very thinly, first cutting them into quarters and picking out the seeds. To each pound of sliced fruit add 3 pints of

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cold water, let all stand for 24 hours, Then boil fruit and water well for $\frac{3}{4}$ of an hour till the chips are quite tender. Let it stand till the next day, then weigh to every pound of fruit and water $1\frac{1}{2}$ pounds of loaf sugar, and boil the whole $\frac{3}{4}$ hour, or an hour, if any chips should still remain hard. The pips are put into a basin covered with a pint of the measured water and the jelly from them is squeezed through a cloth and added to the marmalade before the last boiling. Tie down as other jam.

N.B.—This recipe has been tested for 20 years.

Quince Marmalade.

Pare and quarter 4 lbs. of quinces, weigh an equal quantity of sugar. To 4 lb. of sugar put a quart of water and boil to a syrup.

Put the 4 lb. of quinces in a stone jar with a cupful of cold water, sprinkle them with sugar, cover and stand in a cool oven until the fruit is red and soft. Then pour the syrup and the fruit and a quart of extra quince juice into a preserving pan and boil for $\frac{1}{2}$ hour, breaking up the fruit with the wooden spoon.

N.B.—The extra quince juice is made from

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inferior quinces, which are baked in a jar with water to cover them ; they are squeezed through a tammy cloth, previously wrung out in boiling water.

Rhubarb Jam.

Wipe young rhubarb sticks dry ; string and weigh. Put in the preserving pan with 1 lb. of sugar and the grated rind of $\frac{1}{2}$ a lemon to each pound of fruit. Boil $\frac{3}{4}$ of an hour after it comes to the simmer. Put into jars and tie down in the usual way. If this jam is made of old rhubarb it should be allowed to boil for 1 hour to $1\frac{1}{2}$ hours, counting from the time it begins to simmer all over.

Raspberry Jam.

Equal quantities of fruit and sugar.

Put the raspberries in a preserving pan, boil them quietly and stir constantly for a quarter of an hour. Add the sugar and simmer for half an hour. Bottle and tie down.

If the fruit is not very fresh allow $\frac{3}{4}$ lb. of sugar to each pound of fruit, put the sugar and fruit in layers on a large dish and leave for some

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hours ; place all together in a preserving pan and boil gently until done.

Whortleberry Jam.

$\frac{3}{4}$ lb. sugar to each pound of fruit. Boil for an hour, stirring and breaking up the berries. Bottle and tie down.

Plum, Greengage, or Damson Jam.

To each pound of whole fruit, $\frac{3}{4}$ lb. sugar. Stone the fruit and add half the kernels. Boil all for an hour ; then bottle.

Green Gooseberry Jelly.

Put some green gooseberries into a stew pan, cover with cold water, boil for 2 hours and then strain. To every pint of juice put $\frac{3}{4}$ lb. of white sugar, boil until it jellies and turns a good colour, which will be in about $2\frac{1}{2}$ hours. Bottle and tie down in the usual way.

Blackberry Jelly.

Put any quantity of the fruit, without water, into a good sized earthen jar (covered) and keep it in a not too hot oven for several hours. Strain off the juice *without pressing*, and to every pint

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of juice put 1 lb. of white sugar, and boil until it will jelly. When nearly cold, pour into moulds or pots. The juice of 1 lemon (strained) to every pint of fruit juice is considered an improvement. Pour into jars and tie down.

Preserved Damsons.

Wipe and stalk damsons, not too ripe. To each pound of fruit allow 6 oz. sugar.

Fill stone jars with the damsons, sprinkle them with the sugar in exact proportions. Cover the jars and place in a cool oven. Bake the fruit for about 5 hours. When cold cover the fruit with white paper and pour over melted mutton suet so as completely to exclude the air. Tie down well. These plums will make good tarts and keep 3 or 4 months.

Red Currant Jam.

$\frac{3}{4}$ lb. sugar to each pound of fruit weighed with the stalks on. After stripping put the fruit in a preserving pan with the sugar and boil $\frac{3}{4}$ of an hour. Skim if necessary.

Gooseberry Jam.

To each pound of fruit $\frac{3}{4}$ lb. of loaf sugar. To 6 lb. of red gooseberries add $\frac{1}{2}$ pint of red

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currant juice. Put in a preserving pan and boil till they break ; add sugar and boil for 1 hour.

Apple Preserve (for Keeping).

Boil in 1 pint of water $1\frac{1}{2}$ lb. of loaf sugar till it becomes a rich syrup. Weigh 2 lb. of apples after they have been pared, cored and sliced small. Boil them in the syrup, with the grated peel and juice of a large lemon, till they are reduced to a pulp. Put into moulds. This preserve can be used in 24 hours, or if well tied down and kept in a dry place will keep for a year.

Green Tomato Jam.

Skin the tomatoes and cut them into 4 or 6 pieces, according to size. To each pound of fruit put $\frac{3}{4}$ lb. of loaf sugar and $\frac{1}{2}$ oz. of crushed ginger.

Dissolve the sugar in as little water as will melt it, throw in the ginger and let it heat for 5 minutes, add the fruit and boil about $\frac{3}{4}$ of an hour ; then if the seeds look white and the jam clear, try a little in a saucer and if it jelly it is done. Place in jars and tie down. Some people strain off the fruit and use the jelly only.

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Vegetable Marrow Jam.

Peel and seed the marrows, cut in pieces $\frac{1}{2}$ inch thick. To 4 lb. of marrow put 4 lb. of preserving sugar ; the juice and grated rind of 4 lemons, 1 oz. of whole ginger tied in a muslin bag. Boil gently for 2 hours, then add a wine-glass of whisky. Pot and tie down.

Crab Apple Jelly.

Stalk the apples, weigh them, wipe and cut in half. To each pound and a half of apples allow a pint of water and boil them till soft but not pulpy. Strain through a jelly bag and when the juice is quite clear, weigh it, boil it up and let it simmer for a quarter of an hour. To each pound of the juice allow $\frac{3}{4}$ lb. of sifted preserving sugar ; stand the pan off the fire and add the sugar gradually, stirring till every particle is dissolved. Now boil the whole for another quarter of an hour, remove any scum and pour into cups or small moulds. This recipe yields a bright red jelly and is excellent for dessert.

Apple Jelly (to Keep).

Wash 6 lb. of apples whole, top and tail, cut off bruises, etc., slice as for a tart. To every

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6 lb. of apples allow 3 pints of water ; put them into a large covered jar in a cool oven, and when the juice is thoroughly drawn and the apples soft, strain through a jelly bag or a new clean cloth. To every quart of the juice allow 2 lb. of crushed preserving sugar ; put both into a preserving pan. Boil for 40 minutes, remove the scum, add the juice of half a lemon just before removing the pan. Put the jelly into pots and tie down.

Black or Red Currant Jelly.

Take off the stalks, put the fruit in a stone jar, set in a pan of water and boil until the juice be extracted. Strain off the liquor and into every pint, weigh 1 lb. of loaf sugar ; let it stand till the sugar is nearly dissolved, then put in a preserving pan and let simmer. Cook until it will jelly on a plate (in about half an hour).

About 2 quarts of fruit will yield 1 pint of juice.

Medlar Jelly.

Put ripe medlars in a pan, cover with water, stew until pulped, strain through a jellybag. To every pint of liquor add $\frac{3}{4}$ lb. sugar and boil

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1½ hours. Pour into small moulds and tie down like jam.

Quince Jelly

is made of equal weights of fruit juice and sugar boiled together for half an hour.

Damson Cheese.

Put some good damsons into a large earthenware jar, cover closely, and stand in a saucepan of boiling water until the fruit is tender, taking care to add more water to the saucepan from time to time. While the damsons are still warm rub them through a sieve into the juice which is in the jar. Add ½ lb. lump sugar to every 1 lb. of pulp, and boil all quickly until it is a stiff paste. Add the kernels of half the stones, to improve the flavour. The fruit must boil for about 4 hours or until it clings in a mass to the spoon.

Blackberry Jelly.

4 lb. blackberries, 1½ lb. sloes.

Bruise the fruit, crack the stones, boil for a quarter of an hour and strain the juice. To every pint add 1 lb. of preserving sugar ; boil fast until the liquid jellies.

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Damson or any other Fruit Syrup.

Remove the stalks and leaves from freshly gathered ripe damsons ; put them in a pan and barely cover them with water. Place the pan on the fire, and stir the fruit until it is reduced to pulp by heat. Strain through a jellybag and to every quart of juice add $2\frac{1}{2}$ lb. of white sugar. Then boil it all for 10 minutes, skim carefully and, when cold, bottle and cork.

Rhubarb Preserve.

Red stalked young fruit is best. Wash and wipe dry but do not peel. Cut into cubes and spread in a single layer on a tray, and place in the sun and air to dry for 24 hours. Weigh the fruit, and to each pound allow $\frac{3}{4}$ lb. of crushed cane sugar ; place both in a bowl, and stir together. Sprinkle over a few drops of water to assist in dissolving the sugar, and leave till next day. Then strain off the sugar, which will now be in a thick syrup, into a clean pan ; bruise some root ginger in the proportion of 1 oz. to 4 lb. of fruit, tie it in muslin, add to the syrup in the pan, boil up for a minute or two and pour over the pieces of rhubarb while hot. Set aside till next day ; then boil the rhubarb, syrup and

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ginger together, stirring very carefully, to avoid breaking the pieces, until they look clear and the syrup thick. Remove the ginger and put the jam into medium sized jars.

Brandy Peaches or Apricots.

Wipe, weigh and pick the fruit. Have ready a quarter of their weight in fine sugar.

Put the fruit into a jar, throw the sugar over and cover the fruit with brandy. Put several layers of white paper over the jar and shut the lid airtight and put a weight on it so that no moisture can escape. Set the pot in a saucepan of water and heat till the brandy be too hot to bear your finger, but it must not boil.

Put the fruit in a glass jar, pour over the brandy and tie down. The peach brandy is an excellent liqueur.

Dried Apricots.

Pare and halve 4 lb. of apricots, put them in jars, hollow side up, strewing over 3 lb. of sifted sugar. Set the jars in a cool oven so that the fruit may cook very gently, remove the pieces, when done but not broken, to a bowl. Cool the syrup a little and pour over the fruit.

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In 2 days lay the pieces on dishes, leaving only a little syrup in each half, the next day turn them and dry them by the open window in a hot sun, if possible. Keep in boxes with paper between.

Strawberries in Wine.

Put large strawberries in a glass jar, strew in 3 tablepoonsful of castor sugar and fill up with Madeira wine.

Candied Cherries.

Stone 3 lb. cherries, put them in a pan with a pound of white sugar sifted over them, simmer till they shrivel, strain from the juice and place on papers to dry in a hot sun or in a cool oven. The syrup can be used to pour over any other fruit.

Brandy Cherries.

Weigh the finest Morellas, cut off the stalks, and drop them in a wide-necked bottle.

Pound smooth three quarters the weight of the fruit in white sugar, strew over and fill up with good brandy. Cover air-tight.

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Pears in Syrup.

Pare some Jargonel pears very thin, lay them in a pan and pour over them a syrup made of 1 lb. sugar and $1\frac{1}{2}$ pints water, let them lie 24 hours. Remove the syrup. Add $\frac{1}{4}$ lb. more sugar to it, boil and skim and pour over the pears and repeat till the fruit looks clear. Put them in jars, cover with the strained syrup and tie down.

Fruit Bottling.

Gooseberries, plums, damsons, greengages, and all stone fruits bottle well ; they can be prepared in the following manner.

To Bottle Fruit with Sugar.

To each quart bottle allow $\frac{1}{4}$ lb. of pounded sugar. Let the fruit be gathered in dry weather. Pick it carefully and place in scrupulously clean and very dry glass bottles, leaving enough room to sprinkle over it the above proportion of pounded sugar to each quart. Put the corks into the bottles and place them in a copper or in a large pan of cold water up to their necks, with small hay wisps round them to prevent the bottles from knocking together. Light the fire underneath, bring the water gradually to the boil ; let it simmer gently until the fruit in the

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bottles is reduced nearly one-third. Extinguish the fire and let the bottles remain in the water until it is perfectly cold, then take them out, make the corks secure and cover them with melted resin or wax.

TIME.—About $\frac{1}{2}$ hour from time the water commences to boil, allowing more time for hard than for soft fruits.

To Bottle Fruit without Sugar.

Get some screw-necked jars, fill them with sound ripe fruit, cover with saucers, place them in a cool oven. When the fruit is sufficiently done, it will have shrunk about a third but must not burst.

Fill the jars with *boiling* water to within an inch of the top, screw up instantly, wipe and stand where they are to be stored in a cool place and do not move until wanted. When wanted for use, pour off the juice, boil up with sugar to taste and pour over the fruit or bake all in a tart.

N.B.—Screw-necked bottles can be bought at 2s. 6d. a dozen for the 2-lb. size and so on in proportion ; but should they be unobtainable, ordinary fruit bottles or 3-lb. glass jam jars will

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do equally well, if the tops are tied over very tightly with bladder directly the boiling water is poured on the fruit.

To Bottle Vegetables.

Have ready perfectly clean screw-top bottles, fill as closely as possible with sound, ripe vegetables (peas, French beans, young broad beans, or artichoke bottoms), and then add cold water to nearly fill the bottle. Replace the top of the bottles, place in a pan of cold water, preventing the bottles from touching one another by bands of hay. Bring to the boil, and then simmer for 1 hour. Let the bottles cool in the water; wipe and store.

To Make Bottle Cement.

$\frac{1}{2}$ lb. black resin, same quantity of red sealing wax, $\frac{1}{4}$ oz. beeswax, melted in an earthen or iron pot; when it froths up and before all is melted and likely to boil over, stir it with a tallow candle, which will settle the froth till all is melted and fit for use.

N.B.—This cement is of very great use in preserving things that you wish to keep a long time, and which without its help would soon spoil.

CHAPTER V

PICKLES, ESSENCES AND VINEGARS

General Directions.

THE best vinegar must be used for pickling, and French wine vinegar is the most suitable.

Never boil the vinegar in a brass pot, to produce a good colour, as it is a poisonous process.

The use of hot brine makes the vegetables ready in half the time taken by the old method of soaking them in cold salt and water for 6 or 8 days.

Boiling the vinegar for a long period, as sometimes recommended, is a mistake, as it evaporates the strength of the spices and vinegar.

Pickles should be kept in good bottles or jars and in a dry airy place ; they must be tied down and bunged carefully.

Pickle jars should not be more than three parts filled with vegetables pickled, as the liquid should reach a good inch above their surface.

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Pickles should always be removed from the jars by a wooden and not by a metal spoon.

In some households it is not unusual to keep large stone unglazed jars on purpose for the pickling. Whatever utensils are used must be scoured and scalded scrupulously before being used.

Only ripe sound fruit and vegetables should be employed for pickling.

Very few people make essences or vinegars nowadays for the flavouring from fresh ingredients is undoubtedly preferable.

The vinegar left over from various pickles should always be saved for flavouring, and some bottles of tarragon, horseradish and chalog vinegar should be made every year.

Essence of celery is a decidedly useful addition to the store cupboard, and the same may be said of essence of mushrooms, mushroom catsup, tomato and walnut catsups.

The usual proportion of brine for pickling vegetables in, is 6 oz. salt to each quart of water.

Walnut Catsup.

If walnut catsup is made with vinegar, it tastes very much the same as the vinegar in

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which walnuts have been pickled. An old-fashioned recipe made without vinegar is as follows :—Take half a large sieve of green walnut shells, put them in a little wooden tub and mix them up well with a good $\frac{1}{2}$ lb. of coarse salt, leave them to stand 6 days, beating them and smashing them up with a weight.

The shells are now pulpy and can be banked on one side of the tub ; the tub must be tipped up so that the expressed juice can drain into the lower part. Remove the liquor and repeat the pounding until all the fluid is extracted. Strain and let the liquid simmer in a preserving pan, until the scum has cleared, then add 2 oz. bruised ginger, 2 oz. allspice, $\frac{1}{2}$ oz. whole pepper, $\frac{1}{2}$ oz. cloves, and boil all together very slowly for an hour. Let an equal quantity of spice go into each pickle bottle, fill up with the catsup. The catsup must be well sealed and put away till the following year.

Mushroom Catsup.

In the first week of September, gather early a peck of large flap mushrooms, break them into an earthenware pan and mix a good $\frac{1}{2}$ lb. of salt amongst them ; let them remain 3 hours,

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then pound them in a stone mortar and leave them for 2 days, mashing daily. Pour them into a stone jar and to each quart add 1 oz. of whole pepper. Put a plate on the top of the jar and on it stand a weight ; stand the jar in a pan of boiling water and keep it boiling for 2 hours good.

Pour off the juice through a tammy into a clean pan and let it boil gently for $\frac{1}{2}$ hour.

The next day add a tablespoonful of brandy to each pint of catsup and let it stand in a cool place for 24 hours in large jugs.

Strain it off into little bottles without disturbing the dregs, cork and seal.

This will not keep as long as spiced catsup, but is of much finer flavour for sauces.

Tomato Catsup.

There are many recipes for bottling tomatoes whole, but they are very difficult to do on account of their tender skins, and wealth of juice. The following purée is easily carried out and is a very useful preserve. Take $\frac{1}{2}$ peck of ripe tomatoes (best English), wipe them carefully with a clean cloth and cut them into quarters with a sharp knife. Spread them on dishes,

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covering them with $\frac{1}{2}$ lb. of salt. In 24 hours' time drain the juice from them through a hair sieve into a stewpan ; into this put 2 dozen small capsicums and 10 chalots. Boil the juice for $\frac{1}{2}$ hour and add the tomatoes which have been previously pulped through a sieve and boil all together for another $\frac{1}{2}$ hour.

Stand some wide-necked glass bottles near the fire to warm and pour the tomato mixture in while still hot. Then cork the bottles and seal.

Pickled Onions.

1 quart small onions. 1 dessertspoonful salt.
1 quart vinegar. 1 oz. whole white pepper.

Choose the small white round onions in September, take off the outer skins with the fingers or a silver knife ; place them in a clean stewpan of boiling water, throw in as many onions as it will hold. As soon as they look clear remove them with a slicer, put them on a cloth, and cover with another cloth till cold. Then put them in jars or wide necked glass bottles and fill them with the vinegar pickle, which must be very hot but not boiling. When cold tie down tightly.

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Pickled Chalots.

1 quart chalots. 2 oz. salt.
1 quart of vinegar. 1 oz. whole white pepper.

Skin the chalots with a silver knife or the fingers. Bring the vinegar pickle to boiling point, and if any scum rises remove it ; throw in the chalots for 2 minutes and pour them into clean stone jars. Tie down with parchment paper.

Lemon Pickle.

Wipe 6 lemons, cut each into 8 pieces. Put on them 1 lb. of salt, 6 cloves of garlic, 2 oz. of horseradish, crush $\frac{1}{4}$ oz. of cloves, $\frac{1}{4}$ oz. of nutmeg, $\frac{1}{4}$ oz. of mace and $\frac{1}{4}$ oz. of cayenne pepper, 2 oz. of dry mustard. Into these stir 2 quarts of vinegar ; pour this into a strong glazed jar and stand it in a saucepan of boiling water and boil for a quarter of an hour. Set the jar by and stir with a wooden spoon daily for 6 weeks. Cover the jar closely between whiles. At the end of this time put it into small bottles and tie down tightly.

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Piccalilli.

To each gallon of the strongest vinegar put 4 oz. of curry powder, ditto of flour of mustard, 3 oz. of bruised ginger, 2 oz. of turmeric, $\frac{1}{2}$ lb. of skinned chalots (slightly baked in a Dutch oven), $\frac{1}{4}$ lb. of salt and 2 drachms of cayenne pepper. Put these ingredients into a stone jar, cover it with a bladder wetted with the pickle, and set it on a trivet by the side of the fire for 3 days, shaking it up 3 times a day. It will then be ready to receive gherkins, sliced cucumbers, sliced onions, button onions, cauliflowers, celery, broccoli, French beans, nasturtiums, capsicums. The vegetables must be separately parboiled (excepting the capsicums), in a brine sufficiently strong to float an egg, taken out, drained and spread out and thoroughly dried in the sun, or before the fire, for 2 days, then put into the pickle.

Pickled Beetroot.

To each gallon of vinegar 2 oz. of allspice, 2 oz. whole pepper. The beets must be carefully cleansed without breaking the outer skin. Lay them carefully into a pot of boiling water, let

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them cook gently for about $1\frac{1}{2}$ hours ; drain them and when cold peel and slice neatly.

Put them into a dry jar. Let the vinegar boil up for a minute, then stand to become perfectly cold, when it is poured over the beets. Cover with a parchment paper. The beetroot will be ready in about a week.

Pickled Red Cabbage.

Slice up the cabbage finely and place it in a colander, sprinkle each layer with common salt ; let the strips drain for 2 days, then put them in a jar and cover with boiling vinegar. If a spice is used it must be put in with the vinegar in the proportion of 1 oz. of whole black pepper and $\frac{1}{2}$ oz. of allspice to the quart.

Pickled Gherkins.

Brine to pour on the gherkins : to each quart of water take 6 oz. salt.

Strip the gherkins of the blossoms, put them in a stone jar and cover with boiling brine, after 24 hours take them out, wipe each one and place them in a clean jar with $\frac{1}{2}$ a dozen bay

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leaves. Pour over them a pickle made as follows :—To every quart of vinegar allow 3 blades of mace, 2 tablespoonsful of bruised ginger, $\frac{1}{2}$ oz. black pepper, $\frac{1}{2}$ oz. of allspice, 4 cloves; a small quantity of tarragon, if liked, may be added to the pickle. When boiling fast pour the pickle over the gherkins, cover the jar with a small plate for 2 days, when the pickle must be drained off and boiled up again. At boiling point the gherkins must be thrown in for 2 minutes and then placed back in the jar. Cover with a bladder or parchment paper.

Pickled Mushrooms.

Young wild button mushrooms should be used only. Cut off the stalks from a quart of mushrooms, cleansing the skin with a piece of new flannel dipped in salt.

Place them in a deep stewpan and sprinkle over them 2 teaspoonsful of salt, $\frac{1}{2}$ oz. of whole white pepper and 2 blades of crushed mace. Shake them over a bright fire until the natural liquor has been drawn out and has dried up again. Then pour over them as much cold vinegar as will cover them, let it come to the boil for 1

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minute and no more. Pour them into a clean dry jar, and tie them down. They must be pickled in September or October.

Pickled Walnuts.

100 walnuts, gathered while young enough for a pin to prick them easily.

Brine sufficient to cover them in the proportion of 6 oz. salt to 1 quart of water.

Pickle of a full $\frac{1}{2}$ gallon of vinegar, 1 teaspoonful of salt, 2 oz. whole black pepper, 3 oz. crushed ginger, 3 oz. crushed mace, $\frac{1}{4}$ oz. of cloves stuck into 3 small onions, 2 oz. mustard seed.

Boil up the brine and remove the scum, and when cold pour over the walnuts, stirring them night and morning ; change the brine every 3 days, removing them in 9.

Spread the walnuts on dishes and let them remain in the air till black (about 12 hours).

Boil the pickle for a minute, have the walnuts ready in stone jars and pour it on them as taken from the fire. When quite cold cover the jar with parchment paper and store in a dry place.

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Pickled Small Vegetables.

Take young cauliflowers cut into small pieces, nasturtium pods, French beans, or young runners, and lay them in a stone jar, pouring over them a boiling brine composed of 6 oz. salt to each quart of water.

The next day drain them off and shake gently in a clean cloth and put them in a dry jar.

Pour over them the following pickle which must have come to the boil and have remained boiling for 1 minute. To each quart of vinegar put 1 oz. black pepper, 1 oz. of crushed ginger, 1 oz. chalots, 1 oz. salt, 1 oz. allspice and a pinch of cayenne. Cover the jar for 2 days, drain off the liquor, boil it up and throw in the young vegetables for a minute. Replace them in the jar and cover tightly with a bladder or a parchment paper.

Tarragon Vinegar.

In August on a dry day pick a handful of tarragon leaves, strip them from the stalks and spread them on a paper in the sun or before the fire. Put them into a wide-mouthed bottle, cover them with the best vinegar and let them

THE STILL ROOM

steep a fortnight. Strain off the vinegar into little bottles and cork tightly.

Horse Radish Vinegar.

In November get a stick of horseradish, wash it, and scrape off 3 oz. Mix into it 1 oz. of chopped chalot and a pinch of cayenne pepper. Cover with a quart of the best vinegar. Strain and bottle.

Essence of Celery.

This is prepared by soaking for a fortnight $\frac{1}{2}$ oz. of the seeds of celery in $\frac{1}{4}$ pint of brandy. A few drops will flavour a pint of soup or broth equal to a head of celery.

Essence of Mushroom.

This delicate relish is made by sprinkling a little salt over either button or flap mushrooms; and leaving them for 3 hours. The next day mash them and strain off the liquor that will flow from them, put it in a stewpan to simmer until it is reduced one half. This essence will not keep long, but is preferable to any of the other ketchups containing strong spices, which overpower the flavouring of the mushroom.

PICKLES, ESSENCES AND VINEGARS

Sweet Tomato Chutney.

3 lb. green tomatoes, 2 lb. cooking apples (all of one variety), $\frac{3}{4}$ lb. sultanas, 1 lb. brown sugar, 1 oz. black ground pepper, $\frac{1}{2}$ oz. of mustard seeds, 4 tablespoonsful of salt, cayenne pepper to cover a threepenny piece, 1 quart of malt vinegar.

Peel and slice the apples, cut up the tomatoes, chop the sultanas. Put in an enamelled saucepan with mustard, salt, sugar, etc. Boil gently for 2 hours, stirring constantly. When cold bottle and tie down.

Hot Chutney.

24 ripe tomatoes, 12 large cooking apples, 16 red capsicums, 1 head of garlic, a piece of ginger shredded small, 1 lb. of sultanas, $\frac{1}{4}$ lb. white sugar, 1 pint vinegar, 4 oz. mustard seed.

Wash the tomatoes, break them in half, sprinkle them well with salt, put them in an enamelled stewpan, let them boil quickly to allow the fluid to escape. When soft pass them through a coarse wire sieve, replace in the pan, cook over fire until thickened, when remove. Pare, core, and chop apples, boil them with the

THE STILL ROOM

vinegar, withdraw them from the fire before they are too soft. Put in the sultanas, sugar, garlic, chopped, capsicums, chopped, and mustard seeds, then add the tomatoes. Mix well, return to the fire and boil all together gently for $\frac{3}{4}$ of an hour. While hot, bottle and tie down with bladder.

Raspberry Vinegar.

2 lb. raspberries, not thoroughly ripe, pour a quart of the best white vinegar on them and let them stand 24 hours. Then strain off the liquor through a hair sieve, be careful not to bruise the fruit; pour it again on 2 lb. more raspberries, leaving them to stand the same time as before and strain through a lawn sieve. To each pint of fluid take $1\frac{1}{2}$ lb. refined white sugar, pour all into a jug and set it on the fire in a baking tin or saucepan till the sugar is dissolved. Take it off and when cool skim off the dross of the sugar. Bottle next day and keep in a dry place.

To Preserve French Beans in Salt.

Put a layer of salt in a large earthenware jar (unglazed), cover this with a layer of beans, and fill up the jar with salt and beans in alternate

PICKLES, ESSENCES AND VINEGARS

layers until full, leaving a good covering of salt at the top. Cover the jar with a cloth, and over this place a clean board, which must be weighted down. When required for use, the beans must be soaked in several fresh waters for 12 hours, and be prepared and boiled in the usual way. Broad beans may be preserved in the same manner.

CHAPTER VI

TOILET RECIPES.

Cold Cream.

Sweet oil of almonds, $\frac{1}{2}$ pint.

White wax, 3 tablespoonsful.

Spermaceti, 3 tablespoonsful.

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

Oil of bergamot, 1 tablespoonful.

Oil of lavender, 1 teaspoonful.

Otto of roses, 1 teaspoonful.

Put the oil of almonds into a scrupulously clean jar, which must be stood in a pan containing almost boiling water, add the wax and spermaceti and melt them in the oil. Heat a marble mortar, put into it the wax and oil and add the rose water gradually. Keep working with the pestle until the mixture is thoroughly smooth and cold, when it must be kept in pots, sealed down. In cold weather use half a tablespoonful less of wax and spermaceti.

TOILET RECIPES

Lavender Water.

Put into a large clean gallon bottle—

Oil of Mitcham Lavender, 4 fluid oz. or
8 tablespoonsful.

Musk, 20 grains.

Triple rose water, 8 fluid oz.

Rectified spirits of wine, 1 gallon.

Keep the bottle well corked and sealed for at least 3 months, the longer the better ; shake frequently. If necessary it can be filtered through white paper, which has been previously warmed in the oven.

Cost per gallon, £2 6s. 6*d.*, and a well tested recipe.

For Healing Spots on the Face.

Take of oxide of zinc, 2 drams.

Calamine powder, 2 drams.

Glycerine, 2 drams.

Bisulphide of mercury, 2 grains.

Rose water, 2 oz.

Paint on with a camelhair brush at night.

Carron Oil for Burns.

Mix thoroughly in a bottle equal parts of lime water and the best olive oil. Cork tightly

THE STILL ROOM

and apply at once to a burn, covering with clean linen rag.

Camphor and Borax Hair Wash.

$\frac{1}{2}$ oz. camphor. 1 oz. borax powder.

Cut the camphor into small pieces, add the borax, put into a jug and pour over a quart of boiling water. When cold bottle. When required, strain a little through a muslin into a saucer and rub on the head with a sponge or a piece of flannel.

Hair Tonic for Weak and Falling Hair.

Hydrochlorate of ammonia, 2 drams.

Spirit of juniper, 20 drops.

Tincture of cantharides, 1 oz.

Rectified spirits of wine, 2 oz.

Camphor water, $\frac{3}{4}$ pint.

To be applied once a day.

Hair Lotion for use after Illness.

Spirit of ammonia, $1\frac{1}{2}$ oz.

Glycerine, $1\frac{1}{2}$ oz.

Oil of rosemary, $\frac{1}{2}$ oz.

Spirits of wine, 4 oz.

To be applied at night with a small sponge.

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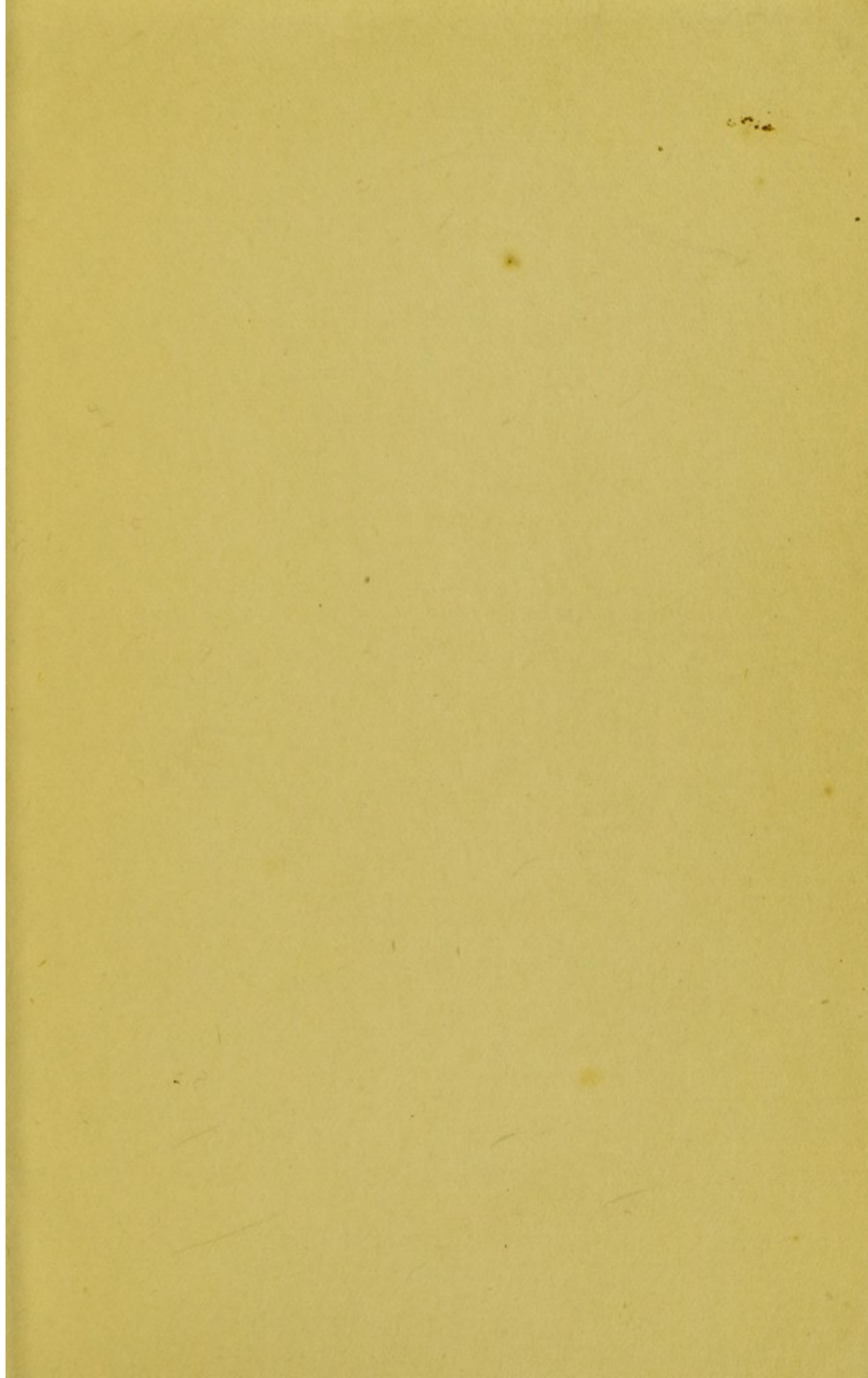
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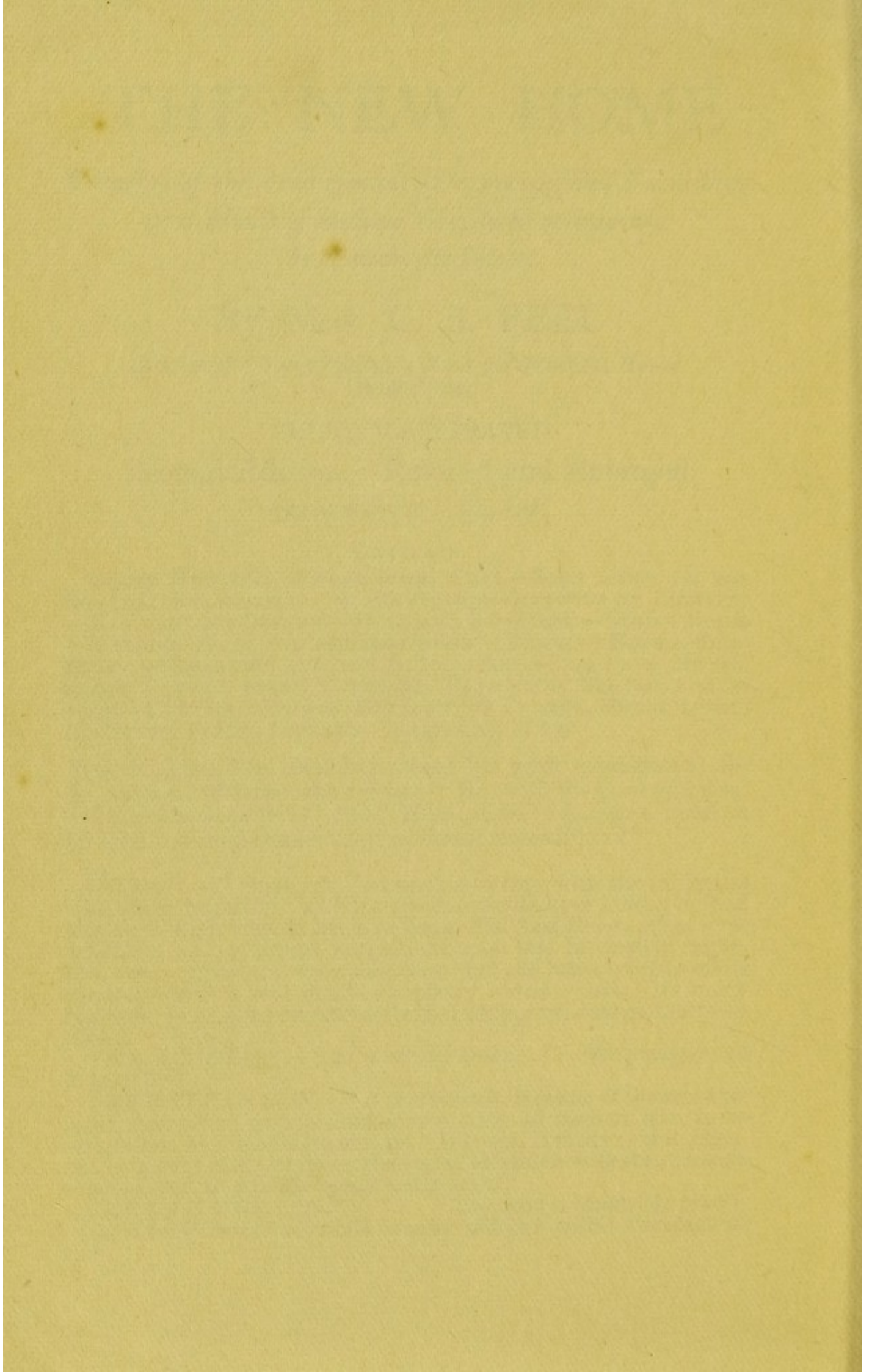
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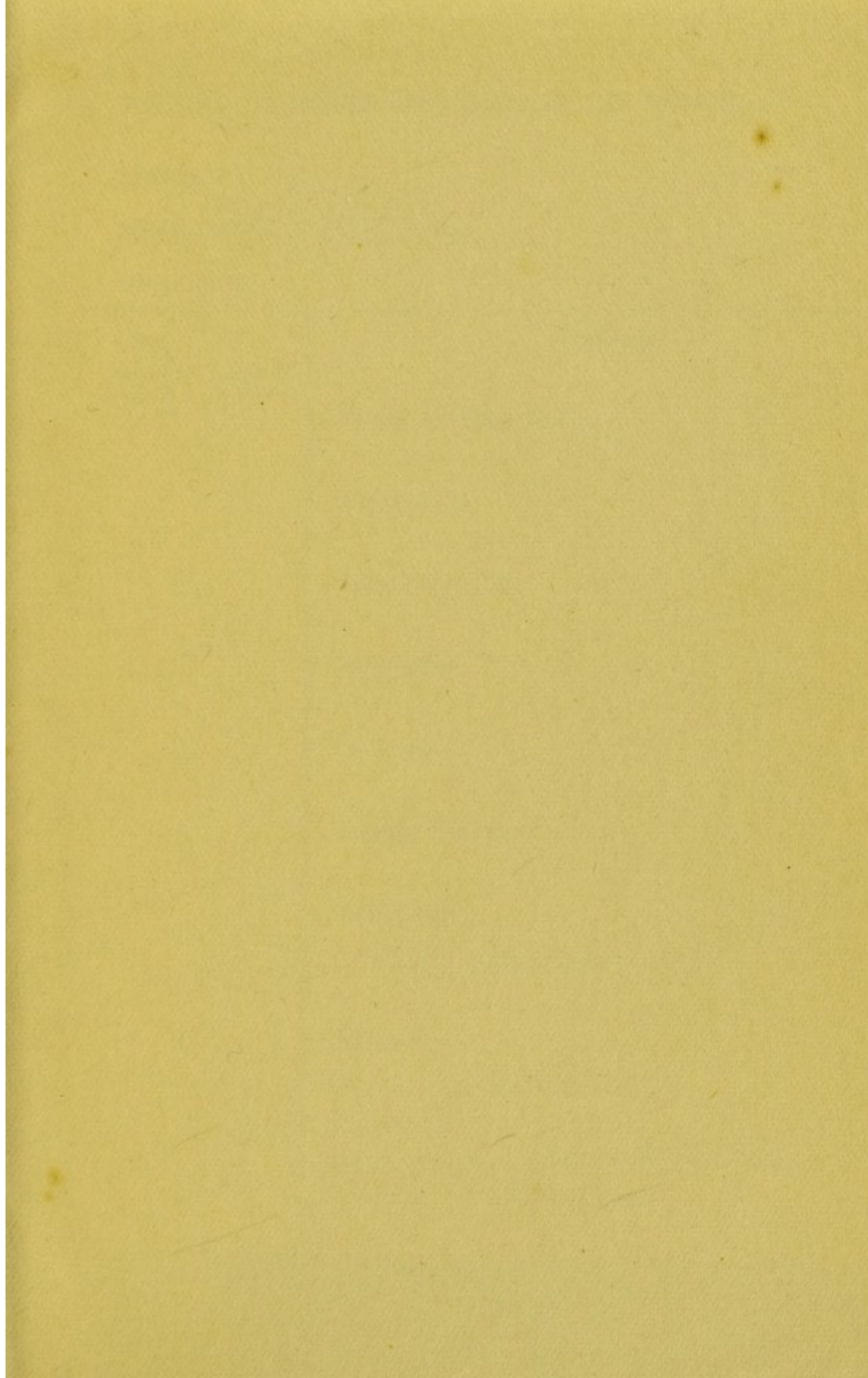
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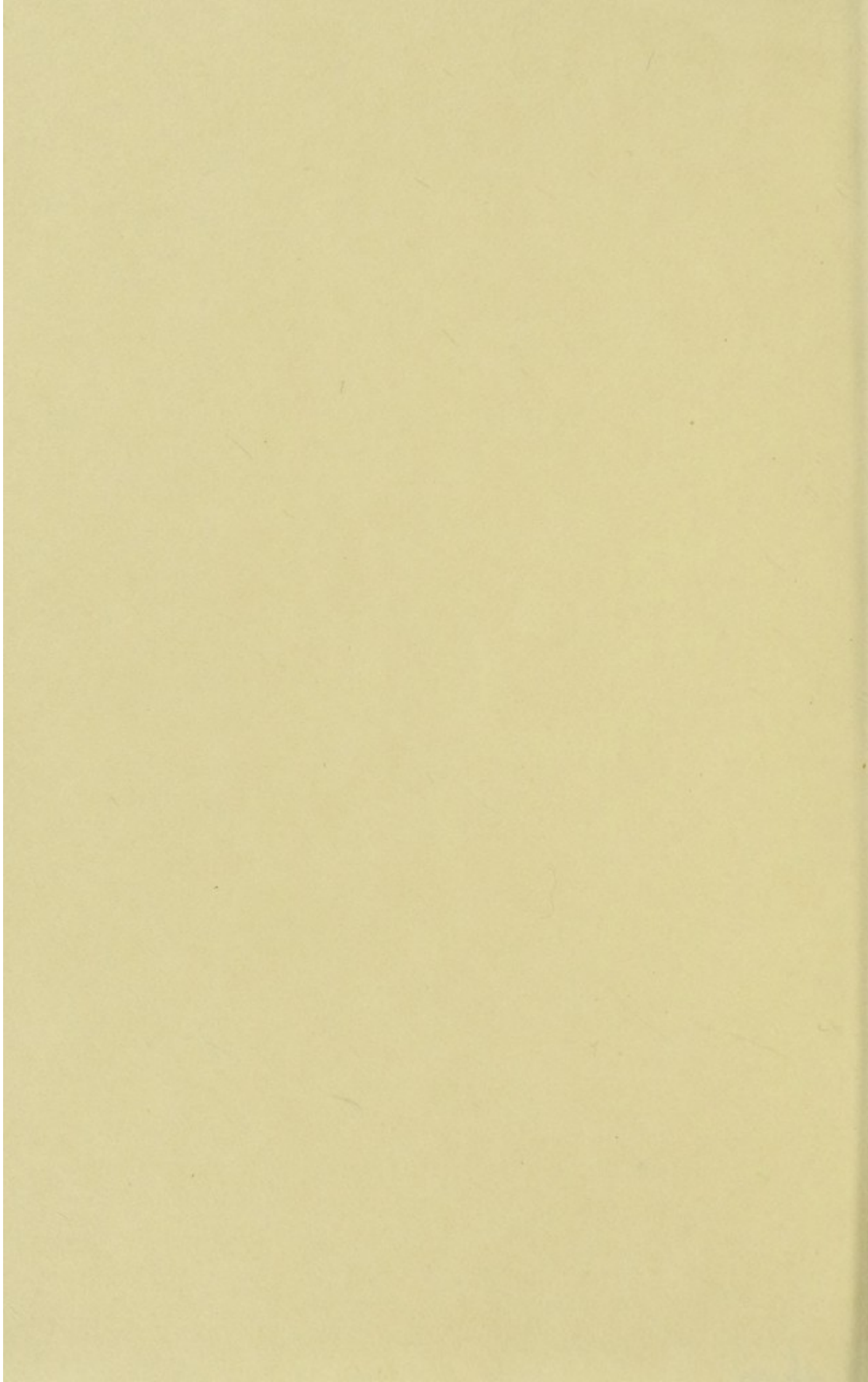
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