

The Chicago Herald cooking school : a professional cook's book for household use, consisting of a series of menus for every day meals and for private entertainments, with minute instructions for making every article named, originally published in the Chicago Daily Herald.

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WHITEHEAD (Jessup)

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[The Chicago Herald cooking school]



➤DEDICATION➤



IF THE matters herein contained prove useful in book form as we are assured they have already been found in their serial publication, the credit is due to Mr. JAMES W. SCOTT, publisher of the CHICAGO DAILY HERALD, who first admitted me to print before the HERALD'S day, and has been constant with generous aid and encouragement for a task of several years' continuance.

THE AUTHOR.



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→*PREFACE*←

ALL THE BOOKS of this description that have been worthy of consideration seem to have had a leading motive for their composition, either to introduce foreign modes, to teach new schools of cookery or new extremes of ornamentation, to teach manners, or to put in practice the theories of great chemists and new idea doctors—Leibig, Graham, the vegetarians, and others. If a motive can be found for the work in hand, it is to make good cooks; such as are always in demand at good wages. It was commenced in a persistent endeavor of the writer, to break in untrained assistants to do cooking as it should be done, and the utmost plainness of language and exactness of quantities that were necessary in such cases have been preserved as the main requisites to the usefulness of the book. Already, before the appearance of the *Cooking School* in book form, a sort of wondering surprise had been expressed that fine cooking could be such a plain and easy matter, as if there was an expectation that the mysterious part would begin after awhile; but doubtless the day is past for the most necessary art of cookery to be hidden and made unintelligible by the use of unknown words and phrases. At least, when the writer wanted assistants to do something in a certain way, he used the kind of language to make them understand. Perhaps that is why this is called a cooking school.

In regard to the reliability of the recipes, it would be expressing but little to say they have all been tried, for they have been matters of daily practice for years, and most of them have been changed and im-

proved until it is believed the highest pitch of excellence has been reached and may always be by those who carefully follow the directions. There is much more in the book than at first may appear, for nothing is repeated and almost every dish—every meat dish and soup at any rate is a model for a number of other articles to be prepared in the same way, for example : there is one real fricassee thickened with eggs, that of frogs; one stew with wine, that of terrapin; one bird pie with brown gravy, one with common stew gravy; one example of a blanquette or white dish, the supreme of fowl, and so it will be found all through. There has been a special avoidance of the terrible “or” of most cook books, which invariably leads off to different persons’ ways of doing the same thing and to the inquirer who does know something when she has read the first recipe, ending by knowing nothing after perusing them all. Where there are more ways than one, one of them must be the best, and the author of a cook book should be able to say which it is.

As to the menus, the writer has never during an extended experience found it practicable or desirable to follow a pattern bill-of-fare in every particular, there are too many reasons for changing the intentions; either there is something in the house that must be used, or the dealer who supplies the house has not the particular article on hand or something else is in the way, so that, at best, a pattern menu can only serve as a suggestion of dishes to choose from. As nothing is repeated in the lists of available dishes here presented, the number of changes and substitutions that can be made will be found very considerable.

THE HERALD COOKING SCHOOL.

This hungry man's delight which we have before us is the New England Boiled Dinner. It is much more pleasant to treat of a thing as the very article than to have it appear vaguely as one of the indefinite number and variety of boiled dinners. It gives one a sense of possession. Doubtless there were in the long ago other boiled dinners, but they lacked the staying quality, and were incomplete in some important particulars; this has come down the stream from the granite hills like a rock in a river, jostled and chipped and worn smooth and rounded up into an entity with a name just like a boulder. It would be interesting to inquire how comes it just this, neither more nor less, a rounded up dishful, symmetrical in its proportions, passing current in the market of meals over the city counters as a pumpkin or melon or cabbage head in the vegetable market, although made up of parts. Suppose it to have originated where the soil was thin, where the potatoes were small and few in a hill, and had to battle with the stones to grow at all, and the parsnips and carrots found no place to push their long roots down and so gave it up and stopped short: where the vegetables were habitually small and could be crowded many in a dish; where the pork had always two streaks of lean to one of fat, and the beef only appeared when a neighbor killed and lent a quarter till the other neighbor should kill and pay it back, what preservative principle has enabled the New England Boiled Dinner to keep itself together through all the changes encountered while spreading over this great country? Why did it not lose one thing here, and another there and get mixed up and obliterated? How did it get over the difficulties in the rich valleys of the West when it found the vegetables growing to enormous sizes and the corn-fed beef and pork all fat? How often must there have been spoonfuls of succotash or of beans, or a section of squash or pumpkin, or peas or corn surreptitiously crowded into the dish? Why did they not remain? How did the New England Boiled Dinner get rid of them and come out clean as we see it to-day? And having passed through so much, how much more could it endure and come out intact? In going South how much of an addition of corn, peas, butter beans, rice, and sweet potatoes can it bear and still be itself? In going down the Pacific, at

what degree of mixture with water and Chili pepper will it cease to be itself and become Mexican stew? "Take away my first, take away my second, take away my all, and I am still the same," says the riddle, but can the New England Boiled Dinner say the same?

Let us take it apart and see what it is composed of. How many of its parts, if any, could be lopped off before it would cease to be?

MENU NO. 1—DINNER.

1—New England Boiled Dinner

Consists of:

- 2 portions of corned beef.
- 1 portion of salt pork
- 1 portion of cabbage
- 1 potato.
- 1 parsnip.
- 1 carrot.
- 1 turnip.
- 1 onion.
- 1 beet.

For five persons the average required will be two pounds of corned beef (raw weight) and one half-pound of pork. Wash the beef in plenty of cold water and put it on in cold water to cook. Shave off whatever of the outside of the pork you would not like in soup, and boil the pork with the beef, but for a much shorter time.

Cut the vegetables in pieces and cook each kind separately if practicable; the beets at any rate must be kept apart, and the cabbage should be drained of the first water and finished boiling in a second or with the meat. Pare the potatoes before cooking, steam them and serve them whole.

When all are done place all the vegetables in sections to themselves on a large platter, slice the beef and pork and lay on the top and send to table hot.

To cook such a dish as that properly is more of a triumph of common sense than of skill. Had the New England Boiled Dinner been left to depend for its preservation upon us, the very fine cooks, it would have perished and been forgotten long ago, for through the division of labor in large houses it often occurs that the cook who makes the compounds knows nothing about the plain vegetables. So the boiled dinner that has

survived so much would have come up with the corned beef half done and tough enough to spring off the dish—for the corned pieces nine times out of ten are such as would not do to roast or broil—and the pork would be too soft to slice. The potatoes that will steam in thirty minutes would be spoiled while waiting for the carrots, which take two hours, or the parsnips and onions, which require one hour and a half, or the turnips, one hour, or the cabbage, which one day may cook soft in twenty minutes and another day take an hour or more—owing to the kind and the season of the year. The corned beef generally requires three hours boiling to make it good, depending, however, upon the quality and size of the beef.

It will be seen from the above examples that to cook by boiling a good deal of head work is necessary, if not much skill. It is not a sort of knowledge that will come of itself, as a knowledge of broiling might. Somebody has observed that Homer in all his writings never once mentions boiling as a mode of cooking, although he describes a number of feasts and in one place has Achilles doing the broiling for a party of Kings, his guests. So it is inferred that boiled dinners were at that time unknown. People were not wise enough.

The most difficult vegetable we have to overcome by boiling is the beet, and because it takes a long time its luck is, generally, to be left uncovered and nearly boiled dry, open to the air with neither steam nor water, and somebody goes about fuming because there is no end to the boiling. The time can be reduced one-half by covering with a tight lid. A subscriber writes to an editor asking if it be true that certain articles take longer to boil, or cannot be boiled at all, at great elevations, and is answered in the affirmative, and instances quoted from the Baron Von Humboldt, who could not cook potatoes on the top of a certain mountain range. But it should be observed the experiments only referred to the low boiling point of water in open vessels, and took no account of confined and superheated steam. In point of fact, the people who live in very elevated localities find very little difference in the time required for cooking any article over lower elevations, provided they keep the lid on the kettle.

The liquor in which corned beef and salt pork has been boiled may not be very commendable as stock to make soup out of, yet it may be so available in some cases if not too salt. The meat loses from a fourth to a third of its weight in boiling, and a portion of the loss is prevented when the liquor can be put to use.

If not for that purpose, let it become cold for the fat to be taken off for use in frying.

2.—Apple Dumplings Cooked in Sauce.

First make the short paste with one pound of flour—a heaping quart after sifting—four ounces of shortening, a rounded-up cupful of minced suet, or a level cup of cold butter or lard, one cupful of water, salt. Keep out a handful of flour to dust with. Rub the lard into the flour dry till thoroughly mixed. Put in the salt and all the water; work it up to a smooth paste; roll it out once on the table like pie paste; fold it in three and it is ready for use. The water should always be poured into a hollow in the middle of the flour when making any kind of paste, and the flour drawn in gradually while stirring, otherwise the paste may be rough and lumpy, and much working to correct the fault will make it hard.

The above is the kind and quality of paste used in most of the bakeries for pies; it is the universally useful sort. Dumplings made of it do not break when boiled in water. But while the top of the range is occupied with the boiled dinner the empty oven will do for the dumplings. Half fill a bright tin pan with milk and water and set it in the oven to boil. Pare and core small but good and easy cooking apples. Roll out the paste in one large sheet, put an apple under and close and pinch off the paste underneath the apple—quickest way—and cook the dumplings in the pan. They take about half an hour. Brush a sheet of paper over with melted drippings and lay it on top to keep the dumplings from baking at first, and take it off, baste and brown them when nearly done. Add sugar and a little butter and nutmeg to the liquor in the pan; strain and use it for sauce.

I know a gentleman who, both for his own gratification and to perpetuate the custom of his father, always orders his apple dumplings when made as above, brought to him on a soup plate, and all it will hold. That is why there is no particular number of apples specified.

3.—Tapioca Jelly with Cream.

1½ pints of water—3 large cupfuls.
2 ounces of pearl tapioca—½ teacupful.
6 ounces of sugar—a teacupful.
½ a lemon.

Steep the tapioca in one cupful of the water for two hours. The water is to be cold when added, but the bowl may be set in a warm place. Then boil the other two cups of water with the sugar in it; cut the lemon rind, or part of it, into shreds and throw it in and add the juice. Stir in the steeped tapioca, and let cook at the side of

the range till transparent—about twenty minutes. May be colored with burnt sugar or cranberry syrup. Set in wetted cups or a mold. Serve cold, with sweetened cream. The rough tapioca can be used as well, but should be crushed by rolling.

4—Sugar Cakes or Cookies.

1 cupful of sugar—8 ounces.
 $\frac{1}{2}$ cupful of butter—4 ounces.
 3 eggs
 $\frac{1}{2}$ cupful of milk.
 2 teaspoonfuls of baking powder.
 1 pound of flour.
 Mix in the order as printed. Sift sugar over before cutting out.

5—Cup and Spoon Measure.

There can be very little good cooking without exact measures and weights. If scales accurate enough to weigh by ounces cannot be had it is possible to get along and do fine work even by just finding a cup or tumbler that holds $\frac{1}{2}$ pint and then learning how much a cup of each article is in weight.

A teacupful when it may occur in this book means something less than a cup.

A CUP is a $\frac{1}{2}$ pint coffee cup.

WATER—A cup is $\frac{1}{2}$ pint, which is 8 ounces.

MILK—Same as water, vinegar the same.

MOLA SES—A cup weighs 12 ounces.

SUGAR—A rounded cup is 8 ounces.

BUTTER—A pressed-in cup, or melted, is 7 ounces.

FLOUR—A level cup is 4 ounces, heaped 6 ounces.

SUET—Minced fine, a cup is 4 ounces.

LARD—A cup is 7 ounces, pressed or melted.

RAISINS—A heaped cup, without stems, is 8 ounces. A quart is a pound.

CURRENTS—A heaped cup is 6 ounces.

EGGS—A cup of raw egg is 5 eggs.

YOLKS—A cup holds 13 raw yolks.

WHITES—A cup holds 9 raw whites.

WHOLE EGGS—10 average a pound.

RICE—A cup of raw rice is 7 ounces.

GROUND COFFEE—A heaping cup is 4 ounces.

TEA—A heaping cup is 2 ounces.

A BASTING SPOON holds 4 tablespoonfuls; it holds 2 ounces of molasses, or 1 ounce of melted butter or lard.

A TABLESPOON holds 1 ounce, heaped, of sugar, flour, starch, rice, barley, sago, corn-meal; or $\frac{1}{2}$ ounce of ground coffee. Fourteen tablespoonfuls are $\frac{1}{2}$ pint or cup, liquid measure.

A TEASPOONFUL is half as much as a tablespoonful; it is $\frac{1}{2}$ ounce of many articles; a teaspoonful of tea is $\frac{1}{8}$ ounce; of ground coffee $\frac{1}{4}$ ounce.

SIZE OF AN EGG of butter or lard is anything from 1 to 2 ounces.

OYSTERS—A cup is 1 dozen selects or 2 dozen

small; 4 cups are a quart. A can of oysters contains from 3 to $4\frac{1}{2}$ dozen.

APPLES average 4 to a pound.

POTATOES—Average 6 to a pound; they lose from one-third to one-half their weight by paring raw, but only 15 pounds out of 100 if cooked and peeled afterwards.

POTATOES—2, as usually served with a meal, cost less than $\frac{1}{2}$ cent.

COFFEE—To the gallon $\frac{1}{2}$ pound is the usual allowance; 1 tablespoonful makes a good cup.

TEA—To the gallon $\frac{1}{8}$ pound is the usual allowance; 1 teaspoonful makes a good cup.

SUGAR—2 teaspoonfuls sweetens $\frac{1}{2}$ pint; allow a pound to a gallon of coffee or tea.

The cheapest dishes that are good as well as cheap are Irish stew, soup, macaroni, potpies, apple dumplings. The dearest are fried meats.

MENU NO. II.—SUPPER.

6—Cracked Wheat, Mush and Milk.

8 cupfuls of water.

1 cupful of cracked wheat, large.

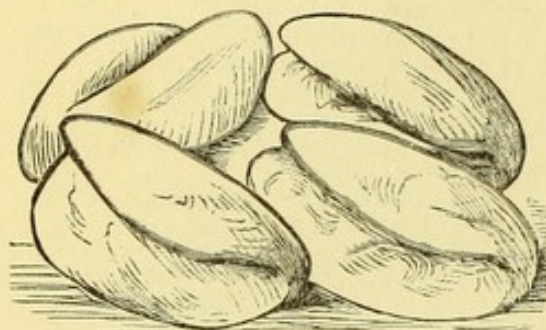
1 teaspoonful of salt.

Use a flat-bottomed, bright iron saucepan. Brush the inside with the least possible amount of melted lard. This reduces the tendency to burn and lessens the waste. Let the water boil and stir in the wheat and salt, and after a few minutes' boiling again push the saucepan to the back of the stove and let it simmer with the steam shut in for three hours. People who remember to do everything at the right time steep the wheat before cooking.

It is not the wheat itself that burns on the bottom, but the dust or flour in it that has nothing else to do but sink and stick and burn even before the water gets into motion by boiling. Wash the wheat in two waters as you would rice to get rid of the fine dust, and it will not scorch. Another expedient is to set the saucepan on a brick when the top of the range is too hot. Cracked wheat mush is served in a bowl by itself, and another bowl containing cream, set in a plate.

Most people in Chicago are familiar with the appearance of the kind of rolls shown in the cut, for they are made in vast quantities and in great perfection at some of the city bakeries, where they are generally called cream rolls, but made of varying degrees of richness they are known the country over as French rolls, or Parker House, or by bakers generally as split rolls, because they part open in the middle. The parting can be caused in any shape or kind of bread by brushing the dough where it is doubled together with a touch of melted lard or butter, no matter

how little. Plain rolls placed close together in the pans will part clean and even wherever they are so greased between.



7—French Rolls.

For fifteen and twenty rolls take
1 coffee-cupful of milk or water.
 $\frac{1}{2}$ cupful of potato yeast.
1 egg or the yolk only.
3 tablespoonfuls of melted butter.
1 tablespoonful of sugar.
1 teaspoonful of salt.
 $1\frac{1}{2}$ pounds of flour—6 cupfuls.

Sift the flour into a pan, make a hollow in the middle, mix the yeast and water together and pour them in through a strainer. Throw in the sugar, salt, egg and melted butter; stir around till half the flour is taken in, and then beat the batter thoroughly. Draw in the rest of the flour, beating all the while, and then scrape out the pan and knead the dough smooth on the table. Brush the inside of the pan with the least possible amount of melted lard, and when the lump of dough is put back in it brush over the top of that likewise. This prevents a crust forming on the dough, and prevents sticking to the pan. Cover with a cloth and set in a moderately warm place to rise.

The dough should be made at 8 or 9 in the morning. The milk or water should be milk-warm, but must not be hot enough to kill the yeast. In the city almost everybody uses compressed yeast and one cake dissolved in half a cup of water will be the same as the potato yeast called for. In the country the home-made or else the yeast cakes have to be used. One of the great city bakers told me the other day in a half confidential way, not knowing that I understood the business, that the best potato yeast started with baker's stock yeast is far better than the compressed, and he always keeps a little on hand, though the bulk of his bread is made with the compressed. The trouble in buying baker's yeast is they water it too much, and nearly all yeast and no water has to be used to raise rolls quick and well.

At 2 o'clock knead the dough on the table again for a few minutes; then put it back in the pan to rise a second time. At 4 knead it once more and make it into rolls. It makes the greatest difference in the quality of bread and rolls how the dough is kneaded. If you make it up in a round ball on the table and keep pressing it under the wrists, breaking it and pulling it over, it will make poor bread, short and crumbly and mealy, and not sweet eating. The right way, and really the greatest point in bread making, is to press out the dough flat with the knuckles, then double it and press out again, and so on for several minutes. The best city bakeries sell a yellow twisted shape of sweetened bread, a rusk or coffee cake, that can be pulled apart almost in strings, and it is made so solely by the way of working the dough above recommended.



The dough, having been sufficiently kneaded, roll it up in round balls, roll a depression across in the middle with a round stick like a piece of new broom handle, brush over in the hollow with a touch of melted lard or butter, double over the two sides together, press down nearly flat, place the rolls diagonally in a baking pan, not touching each other, brush over the tops and set them to rise nearly an hour, then bake in a hot oven about ten minutes. Brush over with clear water when they come out, and cover them with a white cloth till served.

The preceding constitutes the programme of bread-making, and will serve for reference for numerous fancy breads to come. In warm weather the safer way is to set sponge (make batter) first, and add the enriching ingredients and the rest of the flour at the 2 o'clock working. It is safer as a precaution against souring or over-fermentation.

8—Rechauffe of Beef, Mutton or Veal.

1 large cupful of meat cut in dice.
 $1\frac{1}{2}$ cupfuls of raw potatoes same way.
1 small onion cut or chopped.
Butter size of a walnut.
1 teaspoonful of salt and half as much pepper.
Parsley, and flour to thicken.

Nothing is better for this than cold corned beef, and it should be one-fourth fat. Whatever the meat may be, shave off whatever of the outside

looks black or torn that the dice shapes may be even and not discolored. Set the meat on two hours before the meal, with water enough to cover it, and let it simmer an hour. Then add the onion, pepper and salt, and the potatoes. Cook half an hour longer and throw in the butter and a little chopped parsley. It is best when two or three turns of a spoon amongst the potatoes thickens it sufficiently, otherwise a heaping teaspoonful of flour worked up with the butter can be added.

A Dish of Cold Meat

Looks very much more inviting when the meat is thinly sliced, with a knife that is ground more than once a year, and laid in neat order on a platter with a few sprigs of parsley or cress, and a dish of beets in vinegar set near than when the misshapen lump is set on the table as it is, for some one to carve in pain and tribulation.

9—Potato Salad Plain.

A pint bowl of cooked and sliced potatoes.
1 small onion, sliced or chopped.
 $\frac{1}{2}$ cupful of vinegar.
Parsley, salt, pepper.
1 tablespoonful of salad oil, or of fried bacon fat.
Mix all together by pouring from one bowl to another and shaking up.

10—A Lesson in Braising.

Braising is a little process in cookery that is but little known—by that name—but without understanding it it is impossible to be a very good cook. But many an old Virginia black aunty, and many another in the places where open fire places prevail, bakes something that has a wonderfully savory smell while cooking and delicious juiciness when done in her old-fashioned oven or skillet, or whatever it is on the hearth with a lid and coals on top of it, without ever dreaming that she is carrying on the process of braising, one of the chief methods of French cookery, and in a manner more successful through her constant practice than the imitation done on top of a range can generally be. Braise is still very often spelt braize. It is from the name of the vessel formerly used, a brazier, having hot coals on top as well as underneath. An article so cooked is described in French menus as "braise," with an accent on the e, but whether in that form or as "braised" there are few commonly-appearing words that are so little understood. The English substitutes used are "potted" and "smothered," which, however, are not equivalents and not of single meaning. We are particular in trying to lay this down plainly, because any one who is familiar with the traditions of that savory home cooking that made the turkey or duck or suckling pig, or Dinah's

'coon or 'possum with sweet potatoes browning alongside of it, that cooking that was done in the oven on the hearth, with coals under and on top, and that has always been declared to beat anything the city cooks ever do, now knows better what we are trying to do when we set about "braising," in one minute, than if they had followed us through the possible mystifications of French cooks' terms for months. It may as well be stated at once that there is no method that is good that the masters of French cookery have not adopted, and where possible improved upon, and they have made the best possible use of this method of cooking with the steam shut in and little or no water, simmering the meat in its own gravy and fat, keeping the outside soft and free from crust and discoloration, even while getting it shining brown. And not content only to make the meat tender, for the toughest goose even can be dissolved into soup meat by this way of cooking, they delighted to change the flavors of the meats and make them seem like something else by adding large proportions of vegetables and an undue allowance of spices. The great use of braising with us is to make the tough and dry and undesirable pieces of meat or fowl or game tender and even delicious eating by slow cooking in little more liquor than their own gravy. And we shall do well, if we would please the taste of the generality of people, not to throw into the skillet or oven the multifarious seasonings of the French style, but to follow the home practice of only an onion, pepper and salt, and perhaps a few sprigs of garden herbs.

MENU NO. III.—BREAKFAST.

11—Braised Beef Rolls and Mashed Potatoes.

People who buy round steaks of the butchers find over half of it tender and juicy, fit for broiling; but there is a tough side, the smaller half of the steak, that it is difficult to serve acceptably. Take such pieces and split them thinner, laying the meat on the board, the hand on top of it, and cutting through the flat way with a sharp knife. Sprinkle over these thin slices a little minced onion and a plentiful seasoning of pepper. The salt goes in the saucepan, for a good reason. Then roll up the pieces like thick sausages. They will do without tying if held down in the saucepan by a plate resting on them, but it is neater to tie with thread and take off the thread when they are done. Lay the bits of fat or suet or a thin slice of salt pork on the bottom of the saucepan and place the beef rolls on that; add about a teaspoonful of salt, and, if liked, a piece of turnip and three or four grains of allspice or a little thyme. Grease with drippings a round piece of paper and lay that on top of the meat, pour in a cupful or two of broth or water,

put on the lid and cook very slowly for about two hours.

The particular difference between braising and boiling is that in braising there is never enough liquor to allow the meat to rise and tumble about; the cooking is done by slow simmering at the back of the range or set on bricks, or possibly, still covered with paper and lid in the oven, and the essence is always ready to be quickly converted into gravy. When the meat is done tender, the water all evaporated, the grease clear and the gravy of the meat adhering to the saucepan bottom, before it gets too dark to taste well, take out the rolls, pour the fat into your jar of drippings, put a cup of water into the saucepan and let it boil up; thicken and strain for gravy, to be poured over the meat rolls at last.

That is braizing. In some places whole hams are braized in a gallon of wine in the same way and the condensed wine and meat juice at the last becomes the sauce. We cannot, with our stove or range to cook on, put the hot coals on top of the brazier and cannot in that way bake the rick brown on top that comes after the water has dried out by boiling, but the same effect is obtained by rolling the meats over on the browning gravy at the bottom. And if a suitable pot and lid be at command the watching and trouble of this method is considerably lessened by setting it inside the oven and letting the process go on at a moderate heat or with the oven door open.

Supposing our beef roll to have been done in that way, to dish up place some mashed potatoes on a family platter, smooth over, lay the beef rolls crosswise on top and press them down a little and pour part of the gravy over all.

Articles that need all the time in the morning to cook should be made ready over night and the fragments of that day's provisions so cleaned up and put to use.

12—Fried Corn or Mock Oysters.

- 1 pint of green corn or $\frac{1}{2}$ can.
- 1 egg.
- 1 tablespoonful of melted butter.
- Salt and pepper to taste.

Take half a can or less of the corn that is solid packed and pasty, and mash it in a pan to make it imitate the green corn when it is grated, mix in the other ingredients. Have a frying pan ready, hot, with a little drippings, lard or butter in it, shape up the corn with a tablespoon, drop in the pan and flatten down and fry on both sides. The grated fresh corn has the closest resemblance to the oyster taste.

13—Graham Muffins Raised with Yeast.

- 8 ounces of graham flour—2 cupfuls.
- 4 ounces of white flour—1 cupful.
- $1\frac{1}{2}$ cupfuls of liquor—milk and yeast mixed.

- 1 tablespoonful of molasses.
- 2 tablespoonfuls of melted butter.
- 1 egg. Salt $\frac{1}{2}$ teaspoonful.

Mix these things together over night; they make a stiff batter. The milk should be lukewarm when the yeast is mixed with it, not hot. Beat the mixture a minute or two. Scrape down the sides of the pan, smooth over the top with the back of a spoon, dipped in melted lard to prevent a crust drying on the top, then set the batter in a moderately warm place to rise. In the morning beat up again, put in greased gem pans or muffin rings, rise half an hour, and bake.

But if you have Graham bread dough already made—plain dough for loaves, we mean—and wish to make some muffins for breakfast of part of it, use these proportions.

14—Graham Muffins Made with Light Dough.

- 1 pound of dough, already light.
- 2 tablespoonfuls of butter, melted.
- 1 tablespoonful of molasses.
- $\frac{1}{4}$ cupful of warm milk.
- 1 egg or 3 yolks. Salt.

Put the piece of dough in a pan with all the other ingredients and set them in a moderately warm place awhile, then mix well together and beat the mixture several minutes. Half fill greased muffin rings with the batter, let rise till the rings are full, and bake about eight minutes. Brush over with a little hot water and butter when done. Make ten to fifteen, according to size.

15—Rice Batter Cakes.

- 1 heaping pint of dry cooked rice.
- 1 large cupful of milk or water.
- 6 ounces of flour—2 level cupfuls.
- 2 eggs (or 5 yolks for best quality).
- 2 tablespoonfuls of syrup.
- 1 teaspoonful of baking powder. Salt.

The amount of rice to be cooked specially for this is one teacupful, boiled in a pint of water, with the steam shut in. If ready cooked cold rice, warm the milk and mash the rice with it free from lumps, adding flour at the same time. Then mix in the other ingredients; the eggs well beaten first. Bake on a griddle. Butter-milk and soda can be used instead of the powder and sweet milk.

16—Best Doughnuts, Yeast-Raised.

- 2 pounds of light bread dough.
- 4 ounces of sugar or syrup— $\frac{1}{2}$ cupful.
- 1 egg.
- 4 tablespoonfuls of melted lard.
- Lard or other fat to fry in.

Put the lump of dough in a pan and the other ingredients with it, and set them in a warm place. When all warmed and the dough light, work them

all together. Let stand half an hour longer, then it can be beaten smooth and a handful of flour added to make it soft dough. Let it stand to rise four hours if in the day time, but if the dough is made at night with a piece of the roll dough left over from the supper breads it should be left all night to rise and be fried next morning.

Knead by pressing out and folding over a few times, roll out to a thin sheet, brush all over with the least possible melted lard and then cut out ring shapes. Place these on pans to rise half an hour, then drop them in hot lard to fry. They cook quicker than the kind made with powder or with buttermilk and are much larger for their weight. Should not be allowed to get too light in the pans, as that is one reason why doughnuts soak up fat instead of coming out dry and wholesome. It is necessary to be strict about the weight of sugar, not to get too much, for that makes them fry too dark and be doughy eating and greasy.

17—Ginger Snaps.

- 12 ounces of white sugar.
- 8 ounces of butter.
- 3 eggs.
- 1 small cupful of milk.
- 2 ounces of ground ginger.
- 2 teaspoonfuls of baking powder.
- 1½ pounds of flour, or enough to roll out.

Warm the butter and sugar and stir to a cream. Add the eggs, then the milk slightly warmed, then the ginger and powder and the most of the flour. Work the dough on the table by pressing it together with the flat hands. To be perfect the cakes must be cut out of the dough as soft as it can be handled. When the sheet of dough is rolled out sift granulated sugar all over and run the rolling-pin over it. Cut out and bake carefully.

We shall present recipes for making many richer articles, but the two just preceding are the very best possible for their kind and degree. But we all know that there is a knack to be acquired in working any kind of dough that makes one person's cookies or doughnuts very much better than another's made by the same recipe. The light dough must be really light and lively, not sour, not too much fermented, and the frying fat sweet, not tasting of onions, etc. The ginger cookies will run out of shape with too much baking powder, or be as hard as pieces of crockery with too much flour and sugar.

18—About Soup Stock Management.

A really good cook does not know how to get along without a stock boiler or something that serves for one, it is such a help toward good cooking, and makes the work easier. There

may be times when bouillon or some other clear soup is to be served in cups at luncheon that special kinds of meat will be chosen to make it with. Ordinarily, we have come to believe any directions that may be given to use a rabbit, a chicken, a piece of veal and a sample of all the rest of the butcher's stock do no good whatever and the domestic cook goes on serenely making a very passable soup with a broken marrowbone and a handful of rough cut or chopped vegetables, and thinks it no detriment if a little of the marrow fat still floats on the top. That is all right, only instead of one kind of soup always, we are going to make a good many. Where the best management prevails and the work goes on like machinery, one wheel within another, there is a regular time of day to set the stock boiler on, it may be in the evening to simmer till the last, and then the liquor strained off is set away till the next day, or it may be early in the morning. The boiler should be larger than the ordinary stove pots. Put into it a gallon of clear, cold water.

The meats to be cooked during the day are trimmed of all the tough and gristly ends, such as are sure to be thrown away if fried, broiled or roasted, and all the bones are taken from the meat that can be without detriment to the joint, and these scraps, after yashing in clear water, are put into the boiler. Then, if there is a soup bone beside, or a chicken to be boiled, or a leg of mutton it will be so much the richer stock. Some days there will be reason to choose which kind of soup to make, according to the contents of the stock boiler, which is a more economical way to look at it than if the boiler was to be furnished to suit the soup. A cream soup, for example, may be made when the stock is thin, and when it is rich as jelly make beef gravy soup or mock turtle.

The available meat being in next, throw in a little vegetable seasoning, such as a small onion and piece of turnip and carrot. But these are not indispensable for the soup will be seasoned afterwards.

Let the boiler heat slowly and when at last it boils, skim carefully two or three times, put the lid on and let simmer 4 or 5 hours, when there will probably be 2 quarts of rich stock ready when strained, to be used in soup or to make gravies and sauces.

The strainer fine enough for ordinary use is made of perforated tin, or a pan with a perforated tin bottom. Strike the edge of the pan rapidly to make the soup go through.

MENU NO. IV.—DINNER.

19—Celery Cream Soup.

- 3 pints of soup stock.
- 1 pint of rich milk.
- Outside stalks of celery, about 4.

1 small onion, minced.
Small piece of lean cooked ham.
1 tablespoonful of flour.
Butter size of an egg.
Salt and white pepper.

Boil the soup stock with the onion and scrap of ham in it for flavor. Cut up the celery—about enough to fill a large cup—in dice shapes, and boil it ten minutes in water; then strain the water away. Mix the butter and flour together, and stir them into the boiling stock to thicken it slightly, then strain it into another saucepan and put in the parboiled celery and the pint of milk. Season with pepper and salt to taste. Let it simmer ten minutes or more after the celery is in.

Mince a piece of green leaf of celery very fine, and sprinkle it from a knife point into the soup. This makes six or seven plates.

Butter and flour for thickening is the orthodox article (roux), but should the butter fail to arrive punctually at the time the flour can be mixed with a little water instead. The stock used should have been skimmed free from fat, if not the soup must be.

20—Boiled Salmon Steak.

Boil a pint of broth or water with a small piece of celery in it and half a handful of parsley, pepper and salt to season, and a gill of white wine. Cut the salmon steaks in suitable pieces, and put the fragments and bone in the boiling liquor. Place the salmon pieces in a shallow, bright saucepan, strain the seasoned broth over them and cook by brisk boiling, with a lid or plate on top, eight or ten minutes. Serve in a deep dish or tureen, with the remaining liquor instead of a sauce. To be eaten with bread and butter.

The merit of this dish is in the full preservation of the flavor and richness of the fish.

A tablespoonful of vinegar may be used instead of the wine.

21—Hollandaise Potatoes.

Generally served with fish on the same small plate. The name is derived from the sauce hollandaise.

The potatoes should be cut all into one neat shape before cooking. There are potato spoons or scoops sold that cut out marbles or boulettes, and the remainder of the potato does to steam and mash. Another way is to cut cores out of the potatoes with an apple corer, or even with a tin funnel, and cut these across in pieces like lozenges. Perhaps a large cupful of these will be enough. The remaining alternative is to cut the potatoes in large dice.

Set the potatoes on the range in cold water with a little salt in. Boil very gently about twenty minutes, taking care lest they break and

boil away, then pour off the hot water and let them cool and dry a little, and when to be served pour over them a cupful of hollandaise sauce. Sprinkle a little pinch of chopped parsley over the top.

22—Hollandaise Sauce, English Way.

For fish, cauliflower, asparagus and any vegetables. It is golden yellow, shining and smooth, just thick enough to be taken up on the point of a knife, if for fish, but needs to be thinner for vegetable dressing.

$\frac{1}{2}$ cupful of broth, milk or water.

4 ounces of butter—a teacupful.

4 yolks of eggs.

1 lemon—juice only.

Peppercorns, nutmeg, salt.

Boil the broth with the peppercorns—about a dozen—in it and a scrap of broken nutmeg and level teaspoonful of salt. When flavored strain the broth into another saucepan or a tin cup. Put in two-thirds of the butter and the 4 yolks and beat it with a fork over the fire until it thickens like cream. Then take it off and beat in the rest of the butter in little bits, still beating until all is melted. Then squeeze in the lemon juice, or use vinegar for a substitute.

The sauce must never fairly boil, only just begin to. There is a moment, about a minute after the cup is set on the fire, that the sauce is at its thickest degree, like softened butter. After that a separation or curdling takes place, not very plain to the eye, but that makes the sauce thin and spoils it.

23—Roast Chicken—Oyster Dressing.

In order to know how long to cook a fowl it is necessary to know something about the age of it. We hold that skill in cookery should be skill to equalize provisions, and while the cook should know what things are best and when there should be but little preference for one over another from the cook's point of view, it is, given the kind of provisions, what is the best method to apply to make the best of it?

The best fowls for roasting are nearly a year old, nearly full grown and fat. When the age cannot be told from the appearance after dressing, try if the thumb can be pushed through the skin that stretches between the wing joint and pinion. The ease with which this can be broken is according to the tenderness of the fowl.

Singe it and pick over, draw and wash the fowl, cut the neck off short and tie the skin over it, and truss the fowl with the wings bent over backwards and legs held either by means of a skewer thrust through them and the body or with twine. Previously to which, however, the inside should be filled with stuffing.

It is a mistake to press in the stuffing too solid. One object of the stuffing is the absorption into

it of the gravy of the fowl. Epicures have adopted various expedients to save and secure these juices, such as placing slices of toast to catch the drippings of birds roasting on the spit, and baking puddings under meat to catch the gravy. Beside that the stuffing, if not too solid to get hot and give out steam, imparts the flavor of its seasonings to the meat.

24—Oyster Stuffing for Chickens, Etc.

2 doz small oysters and their liquor.

1 cupful of white bread crumbs.

1 cupful of oyster crackers rolled small.

4 ounces of best butter—level teacupful.

1 egg. Salt and pepper mixed, 1 teaspoonful.

Melt the butter and pour it over the bread and cracker crumbs in a pan, and then strain the oyster liquor in, add the egg, pepper and salt. Stir up a little to mix but not make it pasty, and then mix in the oysters whole.

The above is sufficient for one large fowl or two small ones, or a small turkey or a goose.

The admixture of bread and cracker crumbs is not a matter of fancy, but affords a richer flavor than bread alone.

The fowl having been prepared, place it in a small pan with some salt strewn over the bottom, and put in the gizzard and heart or any other pieces of meat too small to cook alone and a cupful of drippings. Put in a cupful of hot water, lay a greased paper on top of the fowl, set it in the oven and cook about an hour. Then take off the paper and baste the fowl with a little softened butter, which will froth up on the surface and cause it to brown nicely. After the fowl has been taken out pour off all the grease, put water in the pan, boil and thicken, and strain it for gravy.

25—Asparagus on Toast.

Cut off an inch length of the bottom of the bunch of asparagus to make the stalks even and let it remain in a pan of cold water till near dinner time. To have this vegetable beautifully green it is necessary besides to put into the water it is boiled in a pinch of soda or of carbonate of ammonia, say about the weight of a pea; it does harm to have too much. Take the asparagus from the cold straight into the boiling water and let it cook from fifteen to thirty minutes, according to its thickness and the rate of boiling, and then draining the water, take the twine from the bunch and serve. There should be salt in the water it is boiled in.

Make a piece of thin toast for each individual dish. Place the white end of the asparagus on the toast and pour a tablespoonful of melted fresh butter on the green ends on the dish.

26—Sweetbreads Sautés—Milanaise.

3 calves' sweetbreads.

8 ounces of butter.

1 lemon.

$\frac{1}{2}$ can of French green peas.

Flour and seasoning.

First boil the sweetbreads, after washing them in water for an hour, if small, but twice as long if large, and then let them get quite cold, pressed between two dishes. When boiling them it is best to season the water with salt and a dash of vinegar.

Shave and trim the cold sweetbreads a little and split them into two flat halves. Pepper and salt them, roll well in flour, and a little before dinner time melt the half-pound of butter in a large frying-pan and fry the sweetbreads in it brown on both sides. The butter froths in the pan and over the sweetbreads and they should, if it can be so managed, be sent to the table before it all subsides. Warm the French peas in a saucepan, place the sweetbreads on a dish and the peas around them and ornament with the lemon cut in quarters.

Sweetbreads are the white, fat looking pieces, glands, probably, found near the heart of the animal and smaller ones are found at the root of the tongue. While calves' sweetbreads are always to be chosen if choice is given, those of full grown animals are used as well.

27—Macaroni and Cheese—Bechamel.

5 ounces of macaroni.

2 ounces of cheese.

2 ounces of butter.

$1\frac{1}{2}$ pints of milk, or water.

2 eggs. Salt.

Parsley, and flour thickening.

Boil the macaroni by itself first, throwing it into water that is already boiling and salted. Let it cook only 20 minutes. Then drain it dry and put it into a pan or baking dish holding about three pints.

Chop the cheese, not very fine, and mix it with the macaroni, likewise the butter. Beat the two eggs and the pint of water or milk together, pour them on the macaroni and set in the oven to bake. While it is getting hot boil a cup of milk (the remaining half pint of the recipe), and thicken it with a rounded tablespoonful of flour mixed up with part of it in a cup, add salt and a tablespoonful of chopped parsley, and when the macaroni in the oven is set so that the two cannot mix, pour this white cream sauce on top of it, shut up the oven, and let it bake a yellow brown. This makes a very attractive dish, as the yellow cheese and custard boils up in spots among the white sauce and parsley.

28—Roman Punch.

1 pint of water.
10 ounces of sugar.
1 lemon, juice and rind.
1 orange, juice only.
2 whites of eggs.
Few spoonfuls of rum or chablis.

Dissolve the sugar in the water, hot; grate the rind of the lemon—the yellow part only—into a bowl, and squeeze in the juice and that of the orange and pour the hot syrup to them. Let stand awhile, then strain into a freezer. Freeze, and when nearly finished whip the two whites and stir them in and beat up well. Add the rum, or the mixture of rum and wine, or the wine substitute for rum, at last. Serve in glasses.

29—Mallard Duck—Apple Sauce.

The mallard is one of the best ducks to roast, being nearly always tender and easy to cook. Epicures say that wild ducks should never be washed, only wiped dry inside and out. That must be as people may please. The mallard, though well flavored, is not so delicate that washing in cold water could injure it seriously. Besides, we are going to add to it a little flavor of the dressing.

30—Bread Stuffing for Ducks and Geese.

1 quart of finely minced bread crumbs.
1 tablespoonful of minced onion.
1 level teaspoonful each of salt, pepper and sage.
1 egg.
 $\frac{1}{2}$ cupful of warm water.
 $\frac{1}{2}$ cupful of the fat from fried sausage, or of lard.

Mix the ingredients all together in a pan, not trying to make the dressing too moist, as it will absorb gravy while baking. The egg should be mixed with the water first.

Singe the duck, pick it over, draw, and wash it in cold water, dry it out, and then stuff it. Chop off the wings, except the main joints, which tie close to the sides with twine; also tie down the legs, and bake the duck in a hot oven from thirty to forty minutes. Baste frequently with fat from the pan. It spoils these ducks to put them in an oven that is nearly cold. All the gravy oozes out. Let them be made hot quickly at first, and slack down afterward.

31—Apple Sauce for Meats.

Pare good, ripe apples and slice them into a bright saucepan. Add water enough to come up level with the apples and stew with a lid on till done—about thirty minutes. While they are stewing throw in a little butter. Mash at last with the back of a spoon. No sugar.

32—Celery Salad.

Chop equal parts of outside stalks of celery—about four—and tender white cabbage together in a chopping bowl, and throw in a green leaf of celery that has been dipped in boiling water to give it all a green color. Mix with the minced celery in a dish a spoonful of vinegar, a little salt, a pinch of sugar, and two or three spoonfuls of the Hollandaise sauce (No. 22). It makes a rich buttery salad that can be piled on a dish or in individual plates.

33—Queen Fritters—Beignets Souffles.

$\frac{1}{2}$ pint of water—a coffee cupful.
2 ounces of butter, large—size of a duck's egg.
4 ounces of flour—large cupful.
5 eggs.

Set the water on to boil in a little saucepan and the butter (or lard will do) in it. Stir in the flour all at once and work the paste thus made with a spoon till smooth and well cooked. Take it from the fire and work in the eggs one at a time, beating in one well before adding another, and when all are in beat the mixture thoroughly against the side of the saucepan. Make some lard hot. It will take half a saucepanful. Drop pieces of the batter about as large as eggs and watch them swell and expand in the hot lard and become hollow and light. Only four or five at a time can be fried because they need lots of room.

34—Transparent Sauce for Fritters.

1 cupful of water.
4 ounces of sugar— $\frac{1}{2}$ cup.
1 rounded tablespoonful of corn starch.
 $\frac{1}{2}$ a lemon. Bit of butter.
Boil the water. Mix the starch with the sugar dry and stir them in. Slice the lemon and throw it in, and a speck of butter. Let boil transparent. Pour a large spoonful over each fritter as they are dished up.

35—White Cocoanut Pie.

1 cupful of milk.
2 tablespoonfuls of sugar.
1 rounded tablespoonful of starch.
2 or 3 ounces of grated cocoanut.
3 or 4 whites of eggs.
Small piece of butter.
Pinch of salt.
Boil the milk alone. Mix the starch and sugar together dry and stir them in; then the butter and cocoanut. Set it away to get cold. Whip the whites (that were left from making Hollandaise) to a firm froth and mix them with the premixture. Bake in thin crusts of puff paste. Makes two small pies.

36—Jelly Cake.

8 ounces of granulated sugar.

5 eggs.

4 ounces of butter, melted.

$\frac{1}{2}$ cup of milk.

12 ounces of flour.

1 teaspoonful of baking powder.

Beat the sugar and eggs together a minute or two, add the melted butter, the milk, the powder and the flour. Bake on jelly-cake pans as thin as it can be spread. Have three sheets and spread jelly between and powdered sugar on top.

37—Pear Salad—Dessert Dish.

5 large mellow pears.

4 tablespoonfuls of powdered sugar.

1 lemon—juice only.

4 tablespoonfuls of kirschenwasser.

Pare and core the pears and slice them into a glass bowl, squeeze the lemon juice over the slices and cover with the powdered sugar. Keep cold, and when to be served add the wineglassful of kirschenwasser and shake to mix. Serve in glass ice dishes.

38—Coffee Ice Cream.

$1\frac{1}{2}$ pints of cream.

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

12 ounces of sugar.

Make a cold infusion of coffee by steeping a cupful of coarsely ground Java or Mocha in one and a half cups of cold water and letting it remain over night in a bottle. Strain off the required amount through a napkin previously rinsed in hot water, and mix it with sweetened cream. This is the better way, but a fair article can be made with clear coffee from the breakfast urn. Freeze, and when frozen beat the cream light with a long wooden spoon.

To freeze a quart of cream need be no more than a trifling incident to any dinner, there being a suitable tub to break ice in always ready and a pail of coarse salt. Almost any deep tin vessel will do to freeze so small a quantity in, especially in winter, independently of the cog-wheeled and porcelain-lined arrangements for making ice-cream in large amounts, that present such a barrier of expense to the private ice-cream maker. Pound the ice very fine and mix some snow with it. If you have no freezer put the prepared cream in a 2-quart tin pail, set it in the tub or pail of pounded ice and snow, mix about a sixth as much salt in and add cold water till the ice-cream pail will go down into the freezing mixture. By turning the pail about with one hand and stirring the cream with a long wooden spoon in the other a quart of cream may be frozen in a few minutes. Three kinds and colors for a brick

may be frozen with equal ease at the same time, the quantity of each being small.

"And what is the use of that?" say some quizzical people who are altogether too practical in their ideas; "does a lamb chop taste any better for being trimmed up so, or are the potatoes anything but potatoes because they are in fancy shapes?"

We have nothing to say to such people except that there is such a thing as art in cooking as there is art in dress, and it consists likewise partly in cutting and trimming and setting off and fixing up.

MENU NO. V—TEA**39—A Dish of Lamb Cutlets and Toast.**

Only the "rack" or ribs can be used this way with good effect—a reason why the dish of cotelettes d'agneau is accounted choice above its merits. The necessary selection makes it dear. Take the rack and cut the chops at home; few butchers will trim them right. First cut and chop off all the backbone at once. Saw or chop off the ends of the ribs so that all the cutlets will be of one length—but little longer than the middle finger. Then cut through, having two rib bones in each chop; carefully cut out one bone, leaving the double allowance of meat to the other, and trim and scrape the end of that clean for about an inch. Then flatten the cutlets with the side of the cleaver, and finally trim off the ragged edges to neat and compact proportions.

And now, once for all, we have the lamb cutlets trimmed the way people like them and ready for cooking. The different accompaniments and sauces for them make the great number of "styles" in which they are served.

40—Plain Broiling.

The obstacles in the way of broiling meat are not really very great in any place where a stove is used. It might be useless to recommend any particular appliances, for the best contrivance of to-day may soon be superseded by a better invention. Our concern is to get a broiling fire, and the first requisite for that is to have a sack of small charcoal in the coal house. About half an hour before the meal take the ashes out of the ashpan and lay in a bed of charcoal. Place a few live coals on it, and cover with something—say an inverted pan—to cause a draft to the fire.

Neat and easy broiling requires it, and this is the way that is practiced in the places where it is made a constant business. Have always ready a little flat tin-bound brush, like a varnish brush, but a very cheap kind, in a tin cup with either nice drippings or melted butter in it. Lay the meat to be broiled on a plate and slightly brush

over both sides. Place them on a wire broiler or the gridiron and cook quickly without smoking or burning them. A little coarse salt sprinkled on the charcoal will put out flames and make the fire clear. Never stick a fork into broiling meat, at least not in the lean part that is full of gravy. A lamb chop or cutlet will cook in about the same time that an egg will boil soft.

For tea one such double chop is usually enough for each person, though it takes five to make a restaurant meal. Cut as many pear-shaped thin slices of bread as there are cutlets, toast and butter them and set them upon end alternately with the cutlets, one toast and one cutlet, on a large dish, and serve without sauce, except table sauces, and pickles.

41—Minced Potatoes.

Chop cold boiled potatoes small, and season with salt. Spread a spoonful of drippings or butter in a frying pan, and place the minced potatoes about an inch deep. Cook on top of the range like a cake, without stirring. Invert a bowl or plate over the potatoes, let them brown nicely and slowly, then turn over on to the plate, set in another plate and serve with the brown side up.

42—Shrimp Salad.

Shred one large head of lettuce as fine as possible with a sharp knife on a board. Pick two dozen large shrimps or rinse a can of shrimps in cold water; put them in a bowl with two table-spoonfuls of olive oil and the same of vinegar, and shake about to make them look shining and moist. Cover a flat dish with the shred lettuce. Pile the shrimps neatly in the middle, and spread over the top, or at least across it so as not to hide the shrimps, some mayonnaise dressing. Shrimps that are so shaken up with oil will generally keep the shape if pressed a little in a deep dish, and can be turned out in form.

43—German Mayonaise.

We are not responsible for the name. That is the name the cooks know it by in distinction from French mayonaise. This has cold white sauce for a base instead of yolk of eggs. It is handiest to make when there is "drawn butter" or butter sauce, or cream sauce left over from a dinner dish. If from the beginning take:

44—Butter Sauce.

1 rounded tablespoonful of flour.
About the same of butter.
 $\frac{1}{2}$ cupful of boiling water or broth.
Salt.

Warm the butter in a small, deep saucepan and mix the dry flour with it while on the fire. When

hot and bubbling add the broth a little at a time and a little salt and let boil up thick. If not perfectly smooth it must be strained. Let the sauce get cold.

Now we have a thick, white sauce, whether left over or made for the purpose. The salad dressing is made this way:

Drop half a raw egg into the cold sauce and stir around rapidly with a wooden spoon. Add a tablespoonful of salad oil and stir again, then a spoonful of vinegar, then the rest of the egg and more oil and vinegar and a teaspoonful of made mustard and a pinch of cayenne. It is light yellow, just thin enough to spread over the salad material and not thin enough to run. For a larger quantity more eggs, oil and vinegar can be stirred into the same beginning indefinitely.

45—French Rusks.

1 pound of light bread dough.
2 ounces of sugar.
2 ounces of butter.
Lemon or vanilla flavoring.
2 yolks of eggs.
Small half cup of milk.
Flour to make it soft dough.

These rusks are more of a simple but showy kind of warm cake than they are bread. Should only be attempted with the strongest yeast or the lightest dough, because to be really fine and not sticky they must be more than light—spongy, dry, and almost in strings of layers, like French loaves. In short, to make rusks good is a mark of skill in bread-making. They can be made much richer than this recipe—by skillful cooks.

If for afternoon tea take the dough at breakfast time and warm it and the butter, sugar and milk (or cream) together by setting in a pan in a warm corner. Then mix them together thoroughly and add the yolks and beat up thoroughly, and then the necessary flour to make dough of it. Knead on the table by pressing out and folding over. (See directions for French rolls, No. 5.) Set the dough in a warm place for 3 hours to rise. Then knead it the second time. Every time the dough is doubled over on itself the edges should be pressed together first. When good and finished it looks silky, and air will snap from the edges when pinched. After this second kneading the dough should stand an hour and then be made into shapes, buns, oblongs, twists, or split rolls notched at the edges with a knife. Rise in the pans an hour and a half longer, then bake in a slow oven about 20 minutes. When done brush over while hot with thick syrup of sugar and water flavored with vanilla.

The directions for so many workings of the dough may seem to make this a complicated process. In fact, however, each kneading takes

no longer to perform than it does to write about it. The reason for it is that the oftener dough is kneaded, in moderation, the more elastic and better it becomes. The more sugar there is in it, the slower the dough will be to rise, hence the richer sorts are the harder to make good.

46—Cranberry Sauce.

Throw a quart of cranberries into a pan of cold water and wash and pick them over. Put them in a bright saucepan. Spread eight ounces of sugar over them, pour in half a cupful of water and simmer at the side of the range with the lid on for about half an hour. Cranberries have the best color when cooked with the sugar in them, though the chemists find some objection through an alleged change in the sugar and loss of sweetness. There is nothing that burns on the bottom quicker than cranberries. They should not be set in a very hot place, and should never be stirred till taken from the fire. The syrup that can be poured from the cranberries before they are stirred up forms the brightest jelly when cold.

Allowing that almost anybody can make a plain soup, it is no less true that to make a clear consommé or broth requires skill. The plain bouillon or beef broth served on certain occasions in china cups will serve as an example of the way the clear consommés are made, this being specially of beef, while other kinds may be of veal, chicken, etc., and have various additions, both farinaceous and vegetable.

MENU NO. VI.—RECEPTION.

47—Bouillon.

- 2½ quarts of soup stock, or broth.
- 2 or 3 pounds of lean beef.
- 3 whites of eggs and clean shells.
- 1 teaspoonful of black pepper.
- 2 teaspoonfuls of salt.

Chop the beef, after cutting in small pieces, in a chopping bowl till it is like sausage meat. Add the salt and pepper, put it in a saucepan, pour in the broth, stir up and set it on to boil, but in a place where it will heat up slowly, and as it boils skim off the scum that will rise on top. It is like beef tea, and may be kept simmering an hour or two if the time allows. Then strain it through a colander first to get out the meat, and through a napkin which may cover the clean saucepan under the colander to clear the bouillon of gravy.

Set the bouillon away to get cold, in a pan of ice water, if necessary to hurry it, because when cold every crumb of grease can be taken off in

an instant much better than by skimming while hot.

The remaining operation is to make it absolutely clear and bright.

Beat the whites of eggs and break up the shells into the cold bouillon and boil it again, stirring sometimes to make sure that the white of egg is well cooked and coagulated, and when it has boiled about thirty minutes strain it through a jelly bag or a napkin, two or three times. Keep hot till served.

Cooks who become expert through constant practice shorten the above thorough method by mixing the white of eggs with the raw beef and filtering the bouillon once for all straight from the beef into a bowl. This makes the beef useless for further soup stock purposes, however. In either case the bouillon should be allowed to become cold in order to free it from grease.

Perhaps the neat and symmetrical array of a dish of lamb cutlets trimmed up as we had them last week first set somebody wishing that chickens could be cut up the same way and led to imitations.

The croquette of minced chicken made in cutlet shape with a bone pushed into the mince, is only a sham, but real cutlets of partridge, grouse and chicken are made in this way.

48—Chicken Cutlets.

Take a chicken and cut off the two legs with all the meat that can be got by cutting close to the carcass, and also cut off the wings with all the breast meat attached. What we have to do is to get four pieces off each chicken that shall have a bone in each one to be scraped up like a cutlet bone, and plenty of meat at the end of it, the same as a lamb chop. The leg cutlets consist of drumstick and second joint; the others have the fillet or breast and the wing bone. Chop off the knobby ends. The bone of the second joint should be loosened from the meat, all the meat pushed to one side of it, and the bone pushed through a hole made in the edge of the meat—all to make it look like a lamb chop—and the ends of all the bones should be scraped clean for about an inch. When all are prepared parboil by dropping the cutlets in boiling water or broth well seasoned. They lose their shape if not so managed. When they have boiled five minutes lay them flat on dishes or pans, put other dishes on top and a heavy weight and let them get quite cold. After that trim and shape them neatly. Dip each cutlet in a little beaten egg and water; then in cracker meal, and fry in hot lard in a frying-pan, or in a smaller quantity of butter, much the same as the sweetbreads at No. 26.

49—Fried Parsley.

One of the most desirable adjuncts to dishes like fried cutlets when they are not served with a sauce.

Heat some lard in the potato frier, but not hot enough to smoke, for too much heat takes all the color out of parsley. Put the parsley in the wire basket and immerse it in the hot lard about one minute, when it should be crisp, but still green. Drain it on a sheet of paper and set for a minute in the open oven.

50—Potato Croquettes en Petites Boules.

The reason why the ordinary mashed potatoes will not do for croquettes is, the milk or water that is mixed with them when mashing, when hot makes the croquette melt away in the frying fat. Take

- 1 pound of pared potatoes.
- 1 ounce of butter.
- 1 yolk of egg.
- Salt and pepper.
- Flour to ball up with.

Use dry and mealy potatoes. Steam or boil well done, drain, mash and mix in the butter and yolk, and season to taste. No milk or other liquid to be added. Make up, with plenty of flour on the hands, into little balls not larger than walnuts. Make as much flour stick to the croquettes as possible. Put them into the wire basket or potato frier and fry them in hot lard.

There is probably no way of making that will prevent potato croquettes from breaking open in the grease if cooked long. Fry them quickly, and take out when they are of a deep yellow color. Drain on a sieve.

The chicken cutlets, the parsley and the potato croquettes having been prepared pile the croquettes in the middle of a large platter, place the cutlets in order around and decorate with the fried parsley.

51—Lobster Salad.

Take the meat of one large lobster and cut it as near as may be in large dice shapes, or at least to uniform size, and keep the reddest pieces in a dish separate. Chop two heads of celery. Par-boil two or three green leaves of celery to make them a deeper green and chop them with the celery likewise to color the whole.

Spread a layer of the celery on a flat dish or platter, then the lobster on that with the red pieces around the edge, where they will show among the green, another layer of chopped celery on top, level over the top surface and pour and spread upon it some mayonnaise dressing that is almost thin enough to run. The dressing

should be sufficiently seasoned to season all the rest.

No single book could contain all the names and variations that are made by different persons combining a few well known compounds in different forms. In our hotel cook book the attempt has been made to familiarize the reader with the principal compounds, pastes, creams, etc., used, in order that he may at once understand the composition of any new article he may meet with, that seeming to be a much more thorough plan of teaching than a gathering of all the possible names into a bulky but uninteresting mass of repetitions. A similar course is being followed in this series, as may be shown in the instance following: The puff paste now to be made is the same that is used for a great number of forms of pies and fancy pastries; the pastry cream is the same that is used to fill cream puffs, to make lemon cream pies, to serve as sauce to fritters and to spread between layers of other kinds of cakes, and the glazing is but candy poured very thin, and often is substituted by other kinds of frosting, each change serving to give the article a new name at the fine bakery or in the French menu.

52—Napoleon Cake.

Two sheets of puff paste baked in shallow baking pans. Pastry cream spread between and sugar glaze over the top. Cut in squares and serve on plates.

53—Puff Paste.

- 1 pound of cold flour,
- 15 ounces of cold butter.
- 1 cupful of ice-water.

Get quite ready to make the paste before you begin, that it may be done quickly. It will not, perhaps, be light and good if allowed to stand long in a warm room. Leave out a handful of flour to dust with. Make a hollow in the middle of the rest in a pan, pour in the ice water and mix up gradually with the fingers. Turn the paste on the table, double and press a little to make it smooth. Roll it out to half an inch thickness, pound the butter with a potato masher to make it pliable, drop half of it in lumps all over the sheet of paste, sift a very little flour over, press down the lumps of butter, fold over in three and turn the broad side toward you. Roll out again, drop the rest of the butter as before, fold in three and count that one. Roll out evenly with plenty of flour to prevent sticking, fold over in three and count that two. Do the same four times more, making six folds (beside the first one not counted) and it is ready for use; but let it stand a while.

Roll out thin sheets, take them up by winding on the rolling-pin and spread on two baking pans. Bake in a hot oven eight or ten minutes.

54—Pastry Cream.

1 quart of milk.
8 ounces of sugar.
4 ounces of flour.
1 ounce of butter.
5 eggs.
Lemon extract to flavor.

Boil the milk with a little of the sugar in it to prevent burning. Mix the rest of the sugar and the flour together dry, dredge them into the boiling milk, beating all the while, and let cook five minutes. Throw in the butter and beat the eggs a little and stir in. Put the lid on and let cook at the back of the range about ten minutes longer. Flavor when nearly cold.

55—Plain Sugar Glaze.

The simplest is a cupful of granulated sugar and a quarter-cupful of water boiled in a tin cup together to very strong syrup, almost candy. Stir it around about twelve times to partly whiten it, and pour it on top of the cake. It will set when cold, if boiled enough. Sugar dissolved in red fruit juice boiling on the fire makes glaze of the same kind colored.

Spread the pastry cream over one of the baked sheets of puff paste, place the other on top, and pour and spread the sugar glaze upon it. Cut when cold.

56—Macaroon Cake.

Commonly called macaroni cake. A sheet of cake with macaroon paste baked on top and fruit jelly in spots. For the cake take

1 pound of sugar.
8 ounces of butter.
6 eggs.
1 small cupful of milk.
1 teaspoonful of baking powder.
Flour to roll out—about 2 pounds.

Warm the butter and sugar and stir them together to a cream, add the eggs two at a time, then the milk, then the powder and most of the flour. Work the dough on the table by pressing out and folding it until it can be rolled out to a sheet. Roll it thin, as if for cookies, cut to the size of your baking pans, roll up the piece of dough on the rolling-pin and unroll it on the pan, previously well greased. Bake very light colored and not quite done, because it has to be cooked again.

57—Macaroon Paste.

12 ounces of grated cocoanut.
8 ounces of powdered sugar.
2 whites of eggs.
Little lemon extract.
Stir the above ingredients together in a bowl, the sugar and whites first and the cocoanut added.

Place the paste, either with a teaspoon or with a tube and forcing-sack, in long cords across the

sheets of cake, and then diagonally across to form diamond-shaped hollows. The cord of macaroon paste need be no thicker than a pencil. Then bake in a slack oven with the door open till top is brown. When cold drop spots of clear fruit jelly in the hollows between the ridges of macaroon paste.

58—Soda Water Jellies.

1 quart of water and a cupful over.
1½ ounces of gelatine.
8 ounces of sugar.
1 large or 2 small lemons.
1 teaspoonful of whole mixed spices.
2 whites of eggs and clean shells.

Cooper's sheet gelatine is only half the price of Cox's, and is every whit as good for jellies, and the better because it will not sink and burn.

Shave off the rind of one lemon very thin, use the juice of both, careful not to boil any lemon seeds with the rest, and mix these and all the other ingredients named with the cold water. Set on to boil in a place where it will heat slowly, giving the gelatine time to dissolve, and beat the mixture with a spoon occasionally.

One reason why people have trouble in making jelly of this sort is the difficulty of getting the white of egg in it thoroughly cooked, as it floats on top in the form of scum. If not cooked hard it runs through the strainer with the jelly and destroys its clearness with a milky appearance. Another thing is, the jelly does not run through a jelly bag easily unless there is lemon juice or other acid in it. Table jellies should be as clear as glass and as rich colored or they are failures.

When the jelly has boiled about half an hour pour it through a flannel jelly bag, made funnel-shaped and suspended by strings, and repeat the running through three or four times. When all has dripped through divide it in cups, flavor with extracts, color delicately with burnt sugar and prepared cochineal, then nearly fill slender wine-glasses with it and set them in a cold place for the jelly to harden.

Pour one glassful of jelly into a soup plate and beat it with a fork, beat the white of an egg the same way, mix them together and pile the frothed jelly on top of the glasses and let it likewise solidify in a cold place.

59—White Citron Cake.

14 ounces of granulated sugar.
12 ounces of butter.
12 ounces of white of eggs.
1 pound of flour.
1 small lemon.
½ teacupful of milk.
1 pound of candied citron.

Use uncolored dairy butter. Warm the sugar and butter slightly and stir them till white and creamy. Add the egg whites a little at a

time and after that the flour. Don't beat the white of the eggs before mixing, but beat the whole mixture thoroughly after the flour is in. Then mix in the grated rind of the lemon and the juice, and last of all the milk.

Cut the citron in fine shreds, mix in, and bake the cake in a mold lined with buttered paper. It is not one of the hardest cakes to bake, but should be done in an hour, less or more, according to thickness.

60—Frosting for Cakes.

1 pound of fine granulated sugar.

6 whites of eggs.

Juice of half a lemon.

Flavoring.

Have the ingredients and the bowl all cold and do the beating in a cold place. Put four of the whites into a deep bowl holding about a quart and all the sugar with them, and beat them together with a wooden paddle rapidly for about fifteen minutes. Then add one more white and beat till the frosting is again stiff and tenacious—about five minutes more. Then squeeze in a teaspoonful of lemon juice, which whitens and stiffens the icing, and add flavoring. At last put in the remaining white of egg and beat up only a little, as this last makes the frosting glossy and smooth and with a tendency to settle down evenly on the cake.

Trim the cake a little, cover the hole left by the mold in the middle with a patch of writing paper, and spread and smooth the frosting over the top and sides with a knife. Any icing left over may be baked on pans at a gentle heat, in egg-shaped kisses.

61—Orange Ice.

3 pints of water.

1 pound of sugar.

4, 5 or 6 oranges, according to size.

1 lemon, juice only, if the oranges are sweet.

4 whites of eggs.

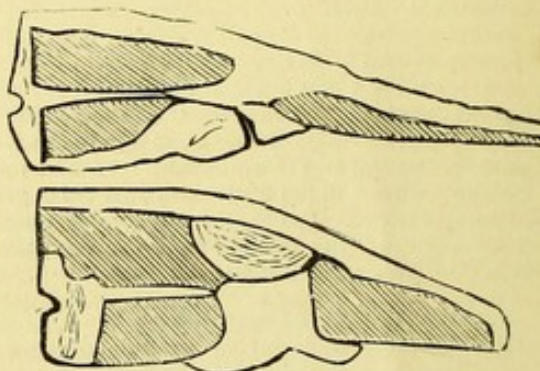
Make a thick syrup by boiling the sugar with very little water, pull two or three of the oranges apart, after peeling, by the natural divisions, and drop the pieces into the boiling syrup, carefully excluding the seeds, however.

Grate the yellow zest of the remaining oranges into a bowl and squeeze in the juice; then pour the syrup from the scalded slices into the bowl, and keep the slices on ice, to be mixed in at last.

Add the water and lemon juice to the syrup in the bowl; strain into a freezer and freeze. When nearly frozen whip the four whites firm; stir them in and beat up the ice till it looks like cream; cover down and pack with more ice and salt, and when the ice has become firm enough mix in the sugared orange slices gently, without breaking them. Serve in ice-cups, glasses or saucers.

MENU NO. VII—GENTLEMEN'S SUPPER.

62—Broiled Porter-house Steak.



The cuts show two porter-house steaks; the upper is the first that is cut, nearest to the ribs of beef, the lower is the last porter-house, and has a piece of the large hip bone. The steaks cut beyond that are the large sirloins. The small lower portions of lean on the left are slices of the tenderloin or fillet, of which every porter-house and also every sirloin steak carries a part. This tenderloin is thinnest near the ribs and thickest in the middle of the sirloin. To make satisfactory sizes of beefsteak of it, the fillet has to be cut entire out of the loin of beef, sliced two or three times the ordinary thickness, and then flattened and spread by beating with the side of the cleaver. This, it is to be understood, is for a stylish dish of tenderloin steaks, the slice of fillet of the common thickness, or less than an inch, being amply sufficient for each person for ordinary meals. The porter-house, as shown in the cuts is, however, our present order, and is, taking it all together, more of a favorite than the tenderloin itself.

When cut very long and very fat the beefsteak may be shortened and trimmed a little, but it should not be beaten or flattened unless when required to be very well done. Brush over slightly with the butter brush to prevent sticking to the bars. Lay it on the gridiron over a clear fire (see No. 40), place a hot, well-polished brick on top and let the steak broil about three minutes. Then put away the brick, turn the steak over without sticking a fork into the lean and let it broil from three to six minutes longer, according to thickness, and briskness of the fire. When done draw it on to a hot dish without losing the natural gravy that will have collected on top, and dredge with mixed salt and pepper.

63—Fresh Mushrooms.

For an accompaniment to broiled meat the canned button mushrooms bear no comparison in richness with the large, wide-open, fresh mushrooms from the fields. At least fifty varie-

ties of mushrooms are eaten in European countries, and there are kinds that are poisonous. We know but one kind and take no risks on the others. The true mushroom is of a delicate pink or flesh color on the under side when it first opens, and darkens to chocolate color and then black, according to the time it continues growing.

When such can be obtained cut off most of the stem, peel the top of the mushroom, shake about in cold water to free it from grit or sand and fry (saute) enough of them together in a little butter in a frying pan to touch and cover the bottom while cooking. They shrink very much, but give out a gravy of the richest description, which should not be allowed to dry up in the pan. Season with pepper and salt. When the mushrooms are done—in three or four minutes—place them on top of the beefsteak and pour the gravy and butter over likewise.

Another way, most suitable when the mushrooms are to form a dish alone, is to place them top downwards on the wire broiler, dredge with salt and pepper, put a small piece of butter in each, broil and serve without turning over, as soon as the butter is melted.

64—Canned Mushrooms in Sauce.

About half a can with two beefsteaks. Drain the mushrooms from their liquor and fry (saute) them in a small frying pan with a little butter. Add pepper and salt. When they have acquired a slight color draw them to one side of the pan, put in a heaping teaspoonful of flour and rub it smooth in the hot butter, still keeping the pan over the fire, and when the flour has become slightly browned pour in the mushroom liquor gradually and a few spoonfuls of water. Shake in the mushrooms, let all boil up, squeeze in the juice of a quarter of a lemon and pour over the beefsteak in the dish.

65—Frizzed or Shoestring Potatoes.

Raw potatoes cut into shreds and fried.

The cook is not always to blame for the poor appearance of fried potatoes, there being a great difference in the quality of the potatoes raw. A watery, waxy potato never has the bright appearance and crisp floury taste when fried that a dry potato has, no matter how carefully the frying may be done. Pare your potatoes, slice them thin and cut in shreds anywhere in thickness from a shoestring to a pencil, only all alike, and the longer the better. Throw them into hot frying fat or lard and let fry three or four minutes.

The infallible rule to know when fried potatoes are done is this: When first thrown into the fat they sink, when done they rise and float. After that it is only a question of how much color

when they should be taken out. Drain well in a strainer. Dredge fine salt over and a sprinkling of chopped parsley.

The porterhouse steak with mushrooms being ready on a large hot platter, place the frizzed potatoes around it on the same dish and serve.

66—Oyster Omelet—For Two or Three.

15 oysters.

4 eggs.

2 large basting spoonfuls of milk.

Seasonings.

Cook the oysters rare done in a little suacepan separately, with a spoonful of milk, scrap of butter, and thickening to make white sauce of the liquor.

Break the four eggs in a bowl, put in a spoonful of milk and beat with the wire egg whisk. Add a pinch of salt.

Shake a tablespoonful of melted lard about in the large omelet frying pan and before it gets very hot pour in the omelet and let it cook rather slowly.

Properly made omelets are not exactly rolled up, but there is a knack to be learned of shaping them in the pan by shaking while cooking into one side of it, the side farthest from you, while you keep the handle toward you raised higher. Loosen the edges with a knife when it is nearly cooked enough to shake.

When the omelet is nearly done in the center place the oysters with a spoon in the hollow middle and pull over the further edge to cover them in. Slide on to the dish, smooth side up. Garnish with parsley and lemon.

One reason of omelets and all fried eggs sticking to the frying pan is allowing the pan to get too hot. They seldom stick when poured into a pan that is only kept warm till wanted. The pans should be kept for no other purpose, and be rubbed smooth after using, if not bright.

67—Turkey Salad.

Take the remainder of a cooked turkey or half a boiled turkey, if cooked for the purpose, pick all the meat from the bones and remove the thick fat and skin, cut the meat into long shreds and then across, making the smallest possible dice shapes. Cut celery, if in season, the same way, about two-thirds as much celery as there is turkey, or if that is not in season use crisp lettuce or a mixture of lettuce and finely chopped white cabbage, and add celery salt or extract or celery vinegar. Mix meat and vegetables together, season slightly with pepper and salt. Pour in a little salad oil—say a quarter cupful, stir about and then stir in as much vinegar. Heap and smooth over the salad in a large platter—it will adhere and keep shape well—

then pour and spread over it a well-seasoned mayonaise.

68—Mayonaise Salad Dressing.

2 raw yolks of eggs.
 $\frac{1}{2}$ teacupful of olive oil.
 About half as much vinegar or lemon juice.
 A level teaspoonful of salt.
 Same of made mustard.
 Pinch of cayenne.

Put the two raw yolks in a pint bowl, add two tablespoonfuls of oil, set the bowl in ice-water or otherwise make it cold, and beat with a Dover egg-beater about half a minute. Then add more oil and whip, and then throw in the salt, and on whipping again the mixture will at once thicken up, looking like softened butter. Then add a spoonful of vinegar, then oil and so on alternately till all is in. Add the mustard and cayenne for seasoning. The best mayonaise is made with lemon juice instead of part of the vinegar, and when it will not thicken as desired the lemon juice invariably corrects the trouble and gives the dressing the desired consistency. It should not be thin enough to run, but should coat over the pile of salad material it is spread upon.

The foregoing shows the improved and quickest method of making this important sauce or dressing; the egg-beater or the want of it need not, however, be an obstacle in the way, for simply stirring around in the bowl with a wooden spoon is the way most commonly practiced.

After spreading the mayonaise over the turkey salad, ornament with quarters of hard-boiled eggs or with chopped yolks and parsley, olives, cut lemons or shapes stamped out of cooked beets.

69—Welsh Rarebit—Canapes au Fromage.

4 ounces of cheese.
 2 ounces of butter.
 Quarter cupful of milk or ale.
 2 yolks of eggs.
 Little cayenne pepper and salt.
 4 thin pieces of toast.

Chop the cheese small, throw it and the butter into a little saucepan and as they get warm mash them together. When softened add the yolks and ale and pinch of cayenne and salt. Stir till it is creamy, but do not let it boil, for that would spoil it. Place the slices of toast on a dish, pour the creamed cheese upon them and set inside the oven about two minutes. The ale only heightens the flavor, and some prefer to use milk.

The simplest form of Welsh rarebit is a slice of cheese placed on a slice of bread and baked in the oven. It depends upon the quality of the

cheese a good deal whether it will prove satisfactory.

And an addition to canapes au fromage is sometimes made in the form of a nicely-poached egg on top of each canape, in the hot cheese.

70—Macaroon Tarts.

Commonly miscalled macaroni tarts. Patty pans lined with sweet paste, partly filled with almond macaroon mixture and baked.

71—Sweet Tart Paste.

8 ounces of flour—a pint.
 3 ounces of butter— $\frac{1}{2}$ cupful.
 1 tablespoonful of powdered sugar.
 1 egg. Little salt.
 Quarter cupful of water.

Rub the butter into the flour as in making short paste, add the egg, sugar and salt with the water, mix and knead it smooth. Roll out very thin, cut out pieces and line the patty pans.

72—Almond Macaroon Mixture.

8 ounces of granulated sugar.
 4 whites of eggs.
 8 ounces of almonds.
 1 teaspoonful of lemon juice.

Put the sugar and two of the whites in a deep bowl together, and beat with a wooden paddle about fifteen minutes, then add another white and beat again, then the lemon juice and then the last white. Crush the almonds by rolling them with the rolling-pin on the table. They need not be blanched (freed from the skins) unless so preferred. When they are reduced to meal mix them with the contents of the bowl. This mixture, as well as cake icing, should always be started with bowl and ingredients all cold, for if warm they cannot be beaten to the requisite degree of firmness.

The patty pans or gem pans being already lined with the tart paste, half fill with the macaroon paste, smooth over and bake in a very slack oven. The baking is the most difficult part, for with too much heat the macaroon mixture melts away to candy. These tarts, when right, rise smooth and rounded in the crusts, and are partly hollow underneath.

73—Nesselrode Ice Cream.

Glaze Nesselrode or iced pudding. A frozen custard made of pounded chestnuts, with fruit and flavorings:

1 pound of large chestnuts.
 1 pint of rich boiled custard.
 1 cup of sweet cream.
 2 ounces of citron.

2 ounces of sultana raisins.
2 ounces of stewed pineapple.
 $\frac{1}{2}$ cupful of maraschino.
1 teaspoonful of vanilla extract.
Pinch of salt in the chestnut pulp.

Slit the shells of the chestnuts, boil them half an hour, peel clean, and pound the nuts to a paste, and rub it through a fine sieve, moistening with cream. Then mix it with the boiled custard. Freeze this mixture, and when firm whip the cup of cream, and stir it in and freeze again. Then add the citron cut in shreds, the stewed or candied pineapple, likewise the raisins, maraschino, and vanilla extract. Beat up and freeze again, and either serve in ice cream plates out of the freezer, or pack the cream in a mold, and when well frozen send to table whole, turned out of the mold on to a folded napkin on a dish.

74—Pound Cake.

14 ounces of sugar.
12 ounces of butter.
10 eggs.
1 pound of flour.

Warm the butter and sugar and stir them together to a cream, add the eggs two at a time, beating well, then the flour by degrees. When all the flour is in it is finished. There should be no baking powder nor flavorings in pound cake.

75—Coffee.

In the city the right way they have of grinding coffee makes the retail grocery merchants greater correctors of the bad coffee makers than all the tirades that have ever been written. For coffee should be ground coarse, about like oatmeal, and then when boiled it clears itself naturally, but most people who grind at home reduce it to fine powder, making it difficult to clarify. The idea is, probably, that fine grinding insures the extraction of all the strength of the coffee, but the same is obtained when it is coarsely ground, for the berry is porous and the water penetrates it all.

The ease with which coarse ground coffee can be made clear by only allowing it to stand a while after a minute or two of boiling, acts very much against the adoption of any of the newly-concocted coffee pots. I knew of a gentlemen's club once whose members, above everything, were proud of the excellence of their coffee, and I found their cook making it in as simple a manner as the Turks did at the Centennial celebration. He boiled the coarsely ground coffee in a boiler of water, set it off the fire a few minutes, and then dipped it out of the top by cupfuls, without touching the sediment. That was not science in his case, but laziness, mere letting well enough alone, and he had to waste all the coffee at the bottom of the vessel. That only

shows how easy it is to have coffee clear and of fine flavor.

One of the best arrangements is the urn with a muslin bag suspended inside, which holds the coffee grounds, the coffee being drawn off and poured into the sack repeatedly till all the strength is extracted. A coffee pot with the same inside contrivance is defective, because should there, after all, be a fine sediment at the bottom it will be disturbed every time the coffee pot is tilted.

The rule for good coffee is two ounces of coffee to a quart of water—making about five cups.

Old government Java is commonly considered the best kind; a mixture of Java and Rio the most serviceable. Rio coffee is the cheapest, strongest, and by many preferred to the other kinds.

French dripped coffee is never boiled, but boiling water is poured over the coarse ground coffee in a perforated vessel set in the top of the coffee-pot. Double the quantity of coffee is required to make it that way.

French dripped coffee has no eggs or other articles added to clear it, neither has Turkish coffee. They are not necessary. If let alone I use no eggs for such a purpose, but the custom to the contrary is prevalent, and it is not worth contending against.

Have the coffee fresh roasted and fresh ground, pour cold water to it in a bowl, just enough to wet it, put in the white of an egg and stir up, then pour it to hot water in the coffee-pot. When it has boiled a minute take it off and either pour the whole contents into the strainer in the urn or else put in half a cup of cold water and let it settle in the pot.

And once I went to a restaurant where the coffee in former times had been most excellent, but now it was detestable, being always like ink in color and of a vile cankerous taste. I advised throwing away the urn, which had been in use night and day, always with hot coffee in it, for over two years. It was a good-looking affair outside, but inside was tin-corroded and blackened. But to save it a course of scouring and intervals of dryness and new ways of making the coffee were instituted, but all to no purpose, and at last, from sheer necessity, the used-up urn was thrown away, and a new one, bright and shining, took its place, and once more there was delicious coffee. People who find coffee-making difficult, and think there must be a secret art in it that they have never found out, will perhaps do well to see that the inside of the much-used coffee-pot or urn has not become corroded and iron-rusted unawares. There are strong chemical properties in coffee that make it necessary to keep it, if kept at all, in earthenware, or something that is not metal.

MENU NO. VIII—BREAKFAST.

76—Stewed Chicken With Egg Dumplings.

It is a convenient custom that prevails of calling every fowl a chicken, although some of them could not be any tougher by any other name. Really young chickens are not very interesting, because they can be so easily broiled or fried; but on the same principle that an angler prizes most the kind of fish that it is the hardest to wrestle with when caught, we should accord the greatest consideration to the very mature fowl and measure our skill by our success in making her once more a tender chicken, if not a young or small one.

77—How to Cut Up a Fowl.

It saves a good deal of embarrassment to the person who must serve out the stewed chicken or pot-pie, if the fowl be divided in proper pieces before cooking, the object in cutting up being to make every piece presentable. For this reason the proper way is to chop it apart, neatly, and with clean cuts with a heavy knife, for if divided according to the joints some portions will be bare of meat and might as well have been kept out altogether.

First, split the fowl in halves lengthwise. This can be done by cutting down the middle of the back with a sharp kitchen knife, laying the fowl wide open and chopping through the breast bone inside. Lay a half on the board and sever the drumstick by chopping through the joint. Chop through the hip joint, or a little on the meaty side of it, and slantwise, taking at that cut the side bone and tail end, all sufficiently covered with meat, a little derived from the second joint, and then cut off the second joint by chopping straight across the fowl, making three pieces of equal weight of that quarter.

Cut off the two small joints of the wing. Chop off the main joint slantwise, so that it will have attached to it the piece of neck bone and a small portion of the breast. There will remain nearly the entire breast, which should be chopped straight across and make two pieces.

Cut up the other half of the fowl in the same way. It is just like skillful carving of a cooked fowl in results; a proper method of cutting up gives to each person at table a piece of meat of equally good appearance, and not to one all the meat and to the next a dark-looking piece of bone, already stripped.

The fowl having been cut up, wash the pieces in cold water with care to free them from any fragments of bone left by the chopping. Put the pieces into a saucepan, with cold water

enough to cover them—about a quart—and boil with the lid on till tender.

A very young chicken may be done in 15 or 20 minutes. One a year old takes an hour or more. But some that are of mature years, if fat, are as good as any if only cooked long enough—probably three hours. The cook's concern is only to know how long before the meal to commence the cooking, in order to have it just right, for too much boiling is as bad as too little. (See No. 23.)

78—Stewing and Boiling Fowls.

Stewed chicken should be commenced in cold water, as above directed, the liquor becoming the richer for it; but when a fowl is boiled whole it is desirable to have it juicy, so that the gravy will run out of it when cut, and for that reason it should be dropped into water (or soup) that is already boiling, the heat of the water immediately cooking the outside prevents the juices oozing out, as would be the case if it were set on cold and gradually heated to the boiling point.

While the chicken is stewing throw in a tablespoonful of chopped onion, a piece of pickled pork as big as an egg, cut into shreds, about a level teaspoonful of salt, half as much black pepper and a cupful of milk. Mix two tablespoonfuls of flour with a little water and stir that in to thicken it. Then make the egg dumplings, cook them separately if you care to have the dish look attractive, dish up the chicken in a large platter, lay the dumplings across the top, pour in what gravy the dish will hold and set a bowlful on the table beside.

79—Egg Dumplings.

- 1 heaping cupful of flour.
- 2 yolks or 1 whole egg.
- 3 or 4 tablespoonfuls of water.
- Little salt.

Have the flour in a bowl or small pan, make a hole in the middle and throw in the salt, mix the 2 yolks with about their bulk of water or a little more, pour into the flour and mix up to smooth yellow dough. Roll it out thin, cut in ribbons and drop them into the boiling liquor—either the chicken stew or a saucepan of salted water ready for the purpose. Keep the lid on and cook for about ten minutes.

80—Codfish Balls.

- 8 ounces of raw pared potatoes.
- 6 ounces of boneless salt codfish.
- 1 tablespoonful of butter, melted.
- 1 egg.
- Pinch of black pepper.
- Flour to ball up with.

Soak the codfish, if convenient, a little while before cooking. Boil it about half an hour.

Pick it over for bones, then pound it in a pan with the potato masher. Boil or steam the potatoes, and when done and well drained of water mash them with the fish, add the butter, pepper and egg, make up into balls either round or flattened, with plenty of flour on the hands, drop them into hot frying fat and fry of a nice brown color.

When the common large salt codfish is used chop it into pieces suitable to the saucepan, and, whether steeped in water first or not, always pour off the first water as soon as it boils and fill up with plenty of fresh. This takes away the rank taste. Good codfish balls cannot generally be made with the mashed potatoes left from dinner because of the moisture in them. The article properly made is rather dry and has a perceptible flavor of good black pepper.

81—Boston Brown Bread.

- 1 pint cupful of corn meal—large.
- 1 pint of boiling water.
- $\frac{1}{2}$ coffeecupful of black molasses.
- $\frac{1}{2}$ pint of cold water.
- 1 small teaspoonful of salt.
- 3 teaspoonfuls of baking powder.
- 1 heaping pint of Graham flour.
- 1 heaping pint of white flour.

Pour the boiling water into the corn meal in a pan to scald it, add the molasses, then the rest of the ingredients, the powder mixed in the flour. Beat up thoroughly. It makes a stiff batter or dough too soft to be handled. Put it into a tin or iron pail having a tight lid and steam it at least four hours. It may then be turned out of the pail and baked about fifteen minutes.

When the old-fashioned black molasses cannot be had, a little burnt sugar coloring ought to be added to make the bread of the proper color. A pail or two might well be provided, such as the bakers use to bake the bread in as well as steam it. They are made to hold about two quarts, in shape like a piece of stovepipe, but half an inch wider at the top than at the bottom. Russia iron is the material. Should the loaves become discolored in the pails, prevent it by lining the pails first with greased manilla paper.

Instead of the baking-powder in the brown-bread recipe, a pint of buttermilk can be used instead of that much water, and a teaspoonful of soda added.

82—Bread Batter Cakes.

- 4 pressed cupfuls of white bread crumbs.
- 1 cupful of flour.
- 2 cupfuls of buttermilk.
- 1 egg; little salt.
- 1 teaspoonful of soda.

Remove the dark crust from the bread before cutting up. Mince it small; pour the buttermilk

over it and let remain a while to soften; then mix in the flour and egg and soda.

If no buttermilk, use water and a teaspoonful of baking-powder; but bread-crumbs mixed up without scalding make a mixture light already, and the powder is of little consequence.

83—Crullers or Fried Cakes.

- 1 pound or quart of flour.
- 2 small teaspoonfuls of baking powder.
- 1 teacupful of milk.
- Butter size of an egg.
- 3 tablespoonfuls of sugar.
- 2 eggs; little salt.

Mix the powder in the flour. Melt the butter in a tin cup and add the milk to it and the sugar, eggs and salt. Pour this fluid mixture into the middle of the flour, and mix up like biscuit. Knead the dough on the table a little by pressing out with the flat hands. Roll out, cut and fry the cakes right away. Almost any shape does for these. They take longer to get done than yeast doughnuts, and, therefore, should be rolled thin. Cut out rings, or long bands and twist them.

When making fried cakes be sure that the sugar is dissolved in the liquid the flour is mixed with, as otherwise they will be greasy when done. Buttermilk and a level teaspoonful of soda may be used instead of the milk and powder.

84—Clarifying Fat for Frying.

We have had in this menu two articles to be fried by immersion in hot fat. The codfish balls might be fried in the drippings from any kind of roast meat. They make the fat they are fried in unfit almost for any other use. Crullers ought to be fried in fresh lard, and they do not injure it much.

But it is necessary that the cook should understand how to prepare the fat that is saved in cooking to make it fit for these purposes. The fat that is skimmed from gravies or taken out of the roast meat pan, or off the soup all contains water and cannot be used to fry with until the water is expelled by boiling. And when the water is expelled, if there has been much of it, a sediment like gravy will be found sticking on the bottom, and the grease must be poured from that into a clean saucepan before good frying can be done with it. Much of the bad cooking of fish, and the difficulty found in frying breaded cutlets is attributable to the want of knowledge of this apparently trifling matter. Fat to have articles fried in it must be hotter than boiling water, so much hotter that it will hiss when water is dropped into it, but it cannot be until the soup or gravy is boiled out. So when breaded articles

or doughnuts are dropped in they simply stew in it, the breading comes off and they come out after a long time soaked full of grease and smoky, with the taste of the sediment on the bottom. Properly fried articles, when well drained, have no more grease about them than the crust of corn bread. When meat is roasted, if the pan is allowed to bake after the meat has been taken out until the gravy on the bottom is brown, then the fat poured off is already clarified and ready for use in frying.

MENU NO. IX.—LUNCHEON.

85—Articles En Caisse.

The first dish in this menu requires paper cases, which may, perhaps, be found made of the proper shape of rice paper, very ornamental, and of no great cost; but if not, they can be made of fine cap, like writing paper not ruled. The cases should be from three to four inches long, one to one and a half inches wide, or thereabout, and the sides only half an inch high. It is worth while to give the details here, because such cases, but of varying shapes, are needed also for game souffles and for biscuit glaces.

To get the right size in this case take a half sheet of ordinary commercial note paper and cut off one-third of its width and one-third of its length. Fold over the two sides of the remaining piece of paper to meet down the middle and fold over the two ends to the same width as the sides; cut the edges serrated all around and bend them outward for ornament; clip once at each corner and paste the case box-like, or, rather, tray-like, into the required shape.

86—Brook Trout in Cases.

Take the smallest trout, one for each case required, dip in boiling water a moment, and then pull off the skin, beginning at the gills. Chop off the head and tail, slit down the back with a pen-knife, and take out the bone and trail. Wipe clean, spread a little of the fish forcemeat (No. 87), to restore the plump appearance of the fish, double it in natural form again, and place it in a baking pan previously brushed over with softened butter; and so continue until the pan is filled with the required number. Mince a few mushrooms and sprinkle over the fish, and some parsley and a very little minced onion, pepper and salt. Pour in broth and sherry in equal proportions, enough to moisten the bottom of the pan, set the pan in the oven, and bake about fifteen minutes, basting with the liquor from a corner of the pan once or twice.

Brush the paper cases inside with a touch of the clear part of melted butter, spread a very thin layer of fish forcemeat on the bottom of

each one by means of two spoons, and bake them in the oven with the door partly open for about ten minutes. Take up the trout with a broad knife and place each in its case. Pour a little more sherry and twice as much brown gravy into the fish pan, boil up, thicken slightly if necessary, strain, and pour a spoonful over each fish.

87—Fish Forcemeat.

8 or 10 ounces of whitefish, raw.
6 ounces of fine bread crumbs.
4 ounces of butter.
3 yolks of eggs.
3 tablespoonfuls of milk.
1 tablespoonful of chopped parsley.
Lemon juice, nutmeg, pepper, salt.

See that the fish is free from bones, take off the skin, cut up and pound the fish to a paste. Throw in the other ingredients and pound them all together till well mixed and smooth. Use the nutmeg very sparingly. Should any of this forcemeat be left over from its first purpose it can be made over into fish croquettes.

Brown bread and butter is served with fish in cases, not the partly-sweetened Boston brown, but brown home-made graham bread.

88—English Home-Made Bread.

3 pounds of sifted graham flour.
1 quart of warm water.
 $\frac{1}{2}$ ounce of compressed yeast.
1 teaspoonful of salt.

By sifted graham is meant flour with the coarsest bran taken out. Commence 7 or 8 hours before time to bake. Dissolve the yeast in the water and mix up half the flour with it, that is "setting sponge." Place the pan in a warm corner, to remain 4 hours. Then throw in the salt, mix up to stiff dough, scrape out the pan and knead smooth. Brush over the pan with the least possible amount of melted lard, or lard and hot water, to prevent sticking, put in the lump of dough and brush it over, and let rise 2 hours more. Then knead, make into loaves, rise again and bake.

Where potato yeast is used instead of compressed, take about one-fourth as much yeast as water.

89—Boned Ducks With Jelly.

Take two plump tame ducks that have not been drawn, singe, and pick out the pinfeathers, cut the skin down the whole length of the back from end to end, and with the point of a sharp knife cut the meat and skin from the bones of the carcass without cutting through. When the middle of the back has been laid bare and the hip joints

and wing joints are reached, chop through them with the heavy end of a carving knife, and keep on with the boning knife close to the breast bone till all the meat of the duck is taken off in one piece. Then bone part way down the legs and wings, chop off the rest and tuck the meat into the carcass. Wash in cold water and dry with a cloth. Lay the ducks, skin downwards, on the table and take scraps of the meat from the thick parts and lay over the thin, that it may cut all alike when cooked.

Next dredge with a little pepper and salt, and spread the galantine forcemeat of the next recipe evenly over them. Pull up the two sides together in the natural shape of the ducks before the bones were taken out. Sew them up with coarse thread or twine, roll them up in separate, clean muslin pudding cloths, pin and tie the ends and boil about $1\frac{1}{2}$ or 2 hours.

When they are done place them in a pan or bowl of some sort that will give them a good shape, set another pan on top and a heavy weight on that and leave them to get cold in the cloths.

When they are to be used take off the wrappings, wipe the ducks with a cloth dipped in hot water, trim off ragged edges, then brush them over with a brush dipped in melted butter, which, setting on the cold meat, gives it a smooth and fat appearance.

The boned ducks may be ornamented and set on the table whole, but are very suitable to be sliced and placed on a dish, the forcemeat being quite ornamental, with a mottled appearance, and jelly can be used to decorate with besides.

90—Galantine Stuffing for Ducks, etc.

- 2 ducks or fowls boiled tender.
- 12 ounces of white bread crumbs.
- 1 small onion.
- 2 hard boiled eggs.
- 3 raw eggs.
- $\frac{1}{2}$ cupful of melted poultry fat.
- 1 cupful of meat jelly.
- 4 teaspoonfuls of aromatic salt, or pepper, salt and sage.

Strip the meat from the boiled chickens or ducks when cold—there should be $1\frac{1}{2}$ pounds of it—cut it in very small dice as if for salad, likewise the boiled eggs and onion and bread crumbs. Mix all, moisten with the raw eggs and poultry fat or butter, chop the meat jelly and strew it over the forcemeat after it is spread in the boned ducks. It remains in them and sets in the forcemeat. It is not essential, however.

Directions for making aspic jelly for cold meat dishes we will give further on when we come to boned turkeys.

91—Orange Transparent Tarts.

- 4 ounces of sugar.
- 4 ounces of best fresh butter.
- 5 eggs.
- 1 large orange.

Grate the rind of the orange—only the thin yellow part—into a deep saucepan, using a tin grater, and scraping off with a fork what adheres. Throw in the sugar, squeeze in the juice, add the butter and the eggs slightly beaten. Stir the mixture over the fire till it becomes thick and ropy, like melted cheese. Then take it from the fire and beat it a minute with the wire egg-beater. The cooking of this mixture in the saucepan causes it to remain light and thick and rounded in the tarts, instead of waxy, as it otherwise would do.

Make the sweet tart paste, No. 71, and line patty pans or gem pans with it, half fill with orange mixture and bake on the bottom of a very slack oven. Sometimes it is necessary to have a pan on the shelf above to ward off the heat. The quantity of the recipe should make ten or twelve tarts, depending, of course, upon their size. Powdered sugar may be dredged over when cold.

MENU NO. X—DINNER.

There are some immense steam stock boilers in use in the large establishments of this city—in the Tremont House and Kinsley's—that would surprise some people, showing what importance is attached to the making of good soup. Two eighty-gallon boilers bubble and steam at once, reducing meat to the state of jelly, extracting the essence of poultry and game, all these large amounts to be dipped up at last by spoonfuls at the table. But these boilers have to fill a great many mouths, and if we examine it will appear that the eighty-gallon space is two-thirds taken up with the bones and frames of fowls and shanks of veal, and there will only be a small barrel or two of soup after all when it is drawn off at the stock-boiler faucets.

92—Scotch Barley Soup.

- 3 or 4 pints of soup stock.
- 2 tablespoonfuls of pearl barley.
- Turnip, carrot, onion, parsley.
- A piece of boiled meat.
- Salt and pepper.

When there is choice of meat this soup should be made with mutton; or, a piece of cold mutton may be cut up in it, the stock having been made of any other kind.

Wash the barley in two waters and boil it in plenty of water for about two hours, then strain away the blue looking liquor from it, rinse in

cold water, and have the barley ready to put in the soup at last.

Cut two slices of turnip and half as much carrot and onion in small dice, all of a size, and boil them in the soup until tender—about three-quarters of an hour. Cut the meat—about as much as there was of turnips, and all lean—the same way and throw in, and the cooked barley and chopped parsley. Season slightly. No thickening. This is a cheap soup, of good appearance in the plates, and is a favorite with most people.

If any one doubts that a soup can be of noticeably good appearance, even ornamental, they are reminded how often the novelists describe magnificent entertainments where many-colored soups are served in porcelain cups—soups white with cream, green with pounded peas or spinach, red with lobster coral, amber, clear, and so forth, and with all sorts of colored additions of egg-balls and pastes in them, and will see that it is worth while to select colored vegetables and cut them in neat shapes, even for the simple Scotch broth.

93—Baked Mackinaw Trout.

Chop off the head, tail and fins of the trout and scrape it. The scales are few and small, but the outward fishiness of the skin needs scraping off, nevertheless. Push the point of a knife down and sever the bone at the places where the portions are to be taken off after cooking, so that the fish will not have to be torn to pieces. Cleanse and wash it.

Spread drippings, or the fat taken off the top of the soup boiler, in a narrow baking pan, strew in a little salt and add a few shreds of onion, turnip and carrot, half a cupful of broth and a spoonful or two of vinegar (or half a lemon cut up), and set the fish in it to bake about half an hour. The style of cooking is known as Genevoise and the object is to get the fish coated and glazed over with its own gravy, that mixes with the contents of the pan, and that means frequent basting until there is no liquor left in to baste with. Take up the fish, pour a little sherry wine and water into the pan, let it boil a minute, then thicken slightly and strain the gravy and pour it under the fish.

94—Mashed Potatoes

Are generally served, a little on the same plate, with baked fish. Being such a common and easy article it is often the most neglected and goes to table dark and full of lumps, when it ought to be as smooth as if pressed through a sieve. Butter and milk to mash with are good additions in their way, but vigorous pounding of the potatoes with a little salt and hot water or perhaps the clear fat from the top of the soup will make very fine mashed potatoes when neither of those luxuries

can be afforded. The longer the mashing is continued, provided the potato is kept hot at the same time, the whiter it becomes. It is an improvement, to serve with fish, to bake the mashed potato in a pie pan, brushing the top over with milk to cause it to brown easily.

95—Boiled Mutton.

Where selection can be made the leg of mutton is always the piece that is boiled. This, with caper sauce, is one of the peculiarly English dinner dishes, and it is a continual source of dissatisfaction with English tourists that American boiled mutton is always well done while they expect it to be as underdone as our rare roast beef. For well-done boiled mutton a shoulder, or even a coarser piece, does nearly as well. Take the bone out of a shoulder of mutton by cutting close with the point of a knife until the meat comes off all in one piece. Roll it up, tie round with thread, wash in cold water, then drop it in the boiling soup stock and let boil an hour.

96—Caper Sauce.

1 tablespoonful of flour.

Same weight of butter.

$\frac{1}{2}$ cupful of boiling water.

1 tablespoonful of capers and vinegar.

Melt the butter in a tin cup over the fire and stir the flour into it, and when it bubbles up add the water a little at a time. To have it very nice a teaspoonful of cold butter should be beaten in after the sauce is removed from the fire. After that mix in the caper vinegar and a pinch of salt. Pour a spoonful of sauce over the slice of meat and shake some capers over with a teaspoon. Pickies are often used instead of capers, chopped to the same size.

97—Kentucky Corn Pudding.

A vegetable side dish, not sweet.

1 pint of grated green corn—or $\frac{1}{2}$ can.

Butter size of an egg.

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

Little white pepper.

3 yolks of eggs.

1 cupful of milk.

If canned corn is used, mash it a little; warm the butter and stir in, and the eggs mixed with the milk. Bake in a pan same as a custard, only till the pudding is just fairly set in the middle. Serve instead of other vegetables. It is a country treat.

98—Radish Greens.

Pick over the radish leaves, cut off the thickest stems, and let lie in cold water. Have a pot of water ready boiling, throw in soda the size of a bean and then put in the greens. Boil half an

hour. They will retain their green color. Drain well, season and chop them short in the pan.

99—Boiled Suet Pudding.

$\frac{3}{4}$ pound of flour—a pint.
3 ounces of chopped suet—1 cup.
4 ounces of sugar— $\frac{1}{2}$ cup.
4 ounces of currants or raisins.
 $\frac{1}{2}$ cupful of milk.
1 egg.
Pinch of soda. Salt.

Rub the suet into the flour first. Stir up thoroughly with all the other ingredients. Tie up in a floured pudding cloth, drop into boiling water and let boil four hours.

100—White Sauce for Puddings.

1 level cupful of powdered sugar.
 $\frac{1}{2}$ cupful of butter.
3 whites of eggs.
2 tablespoonfuls of brandy or flavoring.

Take half the sugar and stir it up with the softened butter to a cream, as if making cake. Have the whites (that were left over from making corn pudding) quite cold, that they may whip easily; whip to a firm froth and stir in the remaining sugar. Mix this and the butter mixture together lightly, without beating; add the brandy and keep the sauce on ice till wanted. It should be made late.

101—Lemon Pie.

4 ounces of sugar— $\frac{1}{2}$ cupful.
1 large lemon.
 $\frac{1}{2}$ pint of water—1 cupful.
1 rounded tablespoonful of corn starch.
3 yolks, or 1 or 2 eggs.

Put the sugar in a saucepan, grate into it the yellow rind and squeeze in the juice of the lemon without the bitter seeds. Add the water and set over the fire. Mix the starch with a spoonful of water and add it as soon as the lemon syrup begins to boil. Take off immediately and add the eggs, which are not to be cooked in it, but in the pies. This makes 1 or 2 pies, according to size.

102—Plain Pie Paste.

2 rounded cupfuls of flour.
 $\frac{1}{2}$ cupful of butter, or lard, drippings, or minced suet.
 $\frac{1}{4}$ cupful of cold water.
Little salt.

Keep out a dusting of flour. Rub the shortening into the other, dry. Pour the water in the middle, and mix up soft. Pat it out smooth on the table, roll out once and fold over, and it is ready for use.

103—Meringue for Lemon Pies.

3 whites of eggs.
2 tablespoonfuls of granulated sugar.
Flavoring.

Whip the whites with a wire egg whisk. They must be cold, to whip up easily. Stir in the sugar and few drops of flavoring. Use immediately.

Meringue or frosting falls flat and worthless on lemon pies and other articles generally through too much baking. When the pies are nearly done spread the meringue upon them in the oven as they are by means of a long spoon. The hot surface cooks the frosting at bottom at once, and prevents its melting away. Let remain with the oven door open till the top is straw-colored.

104—Corn Starch Blanc-Mange.

1 pint of milk—2 large cups.
3 ounces of sugar—3 tablespoonfuls.
 $1\frac{1}{2}$ ounces of starch—2 tablespoonfuls.
Butter size of a cherry.
Flavoring extract.
Pinch of salt.

Boil the milk with the sugar in it. Mix the starch in a cup with a little cold milk extra, stir into the boiling milk and let it cook a minute or two. Take from the fire, beat in the butter to whiten it; salt and flavor, and put immediately into cups or other moulds previously wetted with cold water.

Turn out when cold and serve with sweetened cream or diluted fruit jelly. A small peach leaf boiled in the milk gives a good flavor, or a piece of stick cinnamon, or orange peel—the thin-shaved yellow zest only. These, of course, are in place of the extracts.

105—Scotch Seed Cake.

Takes 5 hours' time to make, raise and bake, using dough to begin with.

1 pound of light bread dough.
6 ounces of sugar.
6 ounces of butter.
2 eggs.
1 small teaspoonful of caraway seeds.
4 ounces of flour.

Weigh out the dough at 7 or 8 in the morning, set it with the butter and sugar in the same pan in a warm place. At about 9 work all together and beat in the eggs, and add the seeds. Give it another half hour to become smooth, then add the flour and give the whole 5 minutes' beating. It makes a stiff batter—not dough. Let it rise in the pan about two hours; then beat again. Put it in a buttered cake mould. Rise about an hour. Bake as you would bread.

106—Corned Beef Brine.

6 gallons of water—nearly 3 pailfuls.
3 to 6 ounces of saltpeter, in large crystals.
1 pint of molasses or sugar.
10 pounds of coarse salt.

Boil the above all together and skim while it is boiling. Pour it into two stone jars or a keg or barrel. The jars are best in places where

there are pieces of beef unsuitable for roasting, to be rolled up and tied in shape and dropped in every day, one jar to receive the fresh additions and the other to use out of that which is sufficiently corned.

For this use the larger quantity of saltpeter is needed. Beef dropped in this pickle will be ready for use in a week.

But when a quarter of beef is to be cut up and put down in brine to remain in it a very long time, 3 or 4 ounces of saltpeter is sufficient. For the saltpeter makes the red color, and we do not want the sliced corned beef on our New England boiled dinner to look as red as the beets. The barrel should be kept in a cool, dry cellar. Put a board on top of the meat and a rock upon that. Keep covered.

107—Potato Yeast.

6 or 8 potatoes.

1 handful of hops.

1 pint cupful of flour.

1 tablespoonful of sugar.

2 dry yeast cakes to start it, or a cupful of yeast from the baker's.

Pare the potatoes and boil them in plenty of water, and tie the hops in a piece of mosquito bar and boil with them. Have the flour in a pan, pour the boiling potatoes and water to it and mash all together. Let it cool, or add cold water or ice. When no more than milk-warm strain through a sieve, mix in the sugar and the yeast cakes or yeast, and let it stand in a warm corner in a jar to ferment for twenty-four hours.

Yeast of this sort will not turn sour so soon if the flour is well scalded as above directed. Sugar makes it stronger than it would be without. This having been started with dry yeast cakes will do to start the next making without using yeast cakes again. Salt is not needed in yeast, but it seems to do no harm. The very strongest, sweetest and best yeast can only be made by starting the fermentation in it with bakers' stock yeast, which sometimes can be obtained of them. We will return to this matter at another time. Yeast will keep good in cold weather two or three weeks if free from sourness at the start.

108—Dry Yeast Cakes.

Take a quart of potato yeast, add a spoonful of sugar to it and stir in a quart of flour. When it has well risen in the pan add a quart of meal, or what will make dough of it all; press out, roll, cut out like biscuits and dry as quickly as possible. Hop yeast cakes are the same thing made with stock yeast instead of potato.

109—Cream Cheese.

Take a quart of cream that has become sour and thick, mix in a tablespoonful of salt and pour into it a piece of thin muslin (butter wrapping)

placed in a sieve or basket bottom. Leave it in the milk house or other cool place three days, to drain and ripen, pouring away the whey from the dish it stands on every day. Lift the cheese out by taking hold of the corners of the cloth; invert it on to a plate. These are sometimes inverted on to a large cabbage leaf on the second day and taken to market on the leaf the next day by those who make them for sale.

110—Sour Milk Cheese.

Set a pan of clabbered milk on the stove when there is not much fire, and let it heat slowly without burning on the bottom. When it shows signs of boiling it should be taken off, as actual boiling makes the curd tough. Pour it into a piece of muslin, tie and hang on a nail to drip till next day. Chop up the ball of curd and mix with salt, pepper and cream to taste, or cream or sweet milk and sugar.

111—Pickled Nasturtium Seeds.

Substitute for capers and good in a jar of mixed pickles.

Gather the green seed-pods daily and throw them into brine to keep till there is enough. Wash in fresh water; fill pickle bottles with them; pour in boiling vinegar enough to cover them; cork when cold, and seal with wax. They improve with keeping. Any fence-corner does for nasturtium flowers and seeds.

112—Pickled Radish Pods.

Pick off the green seed-pods of radishes while they are tender and throw them into a jar of salt and water. When you have enough drain the salt and water from them, boil it and pour it hot upon the pods; cover down, let remain till cold, then boil and pour it over the pods again, and after that twice more; then drain them dry and put them back in the jar.

Boil enough good vinegar to cover the pods with a small piece of race ginger and some pepper-corns in it; pour it hot over the pods and let stand till cold. Boil and repeat twice more. Tie down when cold and keep in a cool place.

113—Pickled Sweet Corn Ears.

Take the "nubbins" of early corn where there are too many forming on the stalk, while very small and tender. Trim neatly, and boil them 5 minutes in water slightly salted. Drain and put them in a jar. Boil good white vinegar enough to cover and pour it boiling hot over the corn and let it remain so until next day. Then boil the vinegar again, adding a little salt; fill up the jar with it when partially cold. Cork the jar and seal it.

114—Pickled Celery Roots.

Save the solid white roots of celery, that are usually thrown away, trim and cut them in thick

slices. Boil them in salted water about ten minutes, drain, and put them into a jar.

Boil vinegar enough to cover them, with a tablespoonful of whole pepper-corns in it and pour it to the celery. After standing a day drain off the vinegar, mix mustard with it and cayenne, and pour it back into the jar.

This has some resemblance to chow-chow, and other kinds of pickles can be added. Cork down and seal the jar.

115—Pickled Carrots.

Take small carrots, such as first come to market in bunches in summer. Scald them and rub and wash off the skin. Parboil them in salted water, drain, and put them in a jar. Boil vinegar enough to cover them, pour it in and let remain so twenty-four hours. Then drain off the vinegar and boil it again. Put one bay leaf and three or four cloves in with the carrots, add a little salt to the boiling vinegar and pour it to the carrots again. Cork down the jar when nearly cold and seal it.

These pickled young carrots are as good as pickled beets, care being taken not to get them cooked soft when parboiling them, and they add another color and ornament to the salad dishes and supper table.

116—Pickled Beets.

They are so called when only sliced cooked beets put into vinegar as wanted. The French, however, cut them in fancy shapes and add flavorings to the vinegar.

Having cooked the beets a longer or shorter time, according to the size and kind, cut them into pieces of even size. Boil vinegar enough to cover them in the jar, with a blade of mace, a piece of ginger and a piece of horseradish; pour it boiling hot to the sliced beets, and cork down when cold. If to be kept long, boil the vinegar again in a week, pour it to the beets, cork when cold, and seal. The bottles or glass jars should be heated gradually by setting them in a pan of very warm water to prevent breaking.

It is customary to say when giving directions for making pickles, because so many have said it, that nothing but the best cider vinegar should be used. In spite of that, however, the great firms that put up goods for the trade find that the keeping quality is very uncertain of pickles put up in that kind of vinegar, and they use a colorless vinegar that is made by distillation and other processes from corn and barley, the same as alcohol is. As it leaves the apparatus where it is made this vinegar is strong enough to dissolve many substances, and it has to be reduced considerably. As all true vinegar is the result of alcoholic fermentation, which changes to acetic fermentation, the probabilities are that this highwine vinegar is as wholesome as vinegar of

any other sort. There is, however, a spurious vinegar, which is no better than a slow poison, which is cheaply made and sold cheap, being nothing but a mixture of sulphuric acid with water. Such "vinegar" will "eat up" the pickles made with it.

Cider vinegar is the best, with the allowance made for its uncertainty mentioned above. Any kind of wine will change to vinegar in the course of time if left with the bung out of the barrel so that the air can reach it.

A cheap vinegar is made at the factories by letting fermented liquor, such as sugar and water, trickle slowly through a cage of wood shavings two or three stories high. The exposure to the atmosphere changes the vinous fermentation to acetic quickly. By the following method the change requires about six months before strong vinegar is made. The vinegar thus produced is good for most household purposes.

117—Home-Made Vinegar.

14 pounds of the coarsest brown sugar.

10 gallons of water.

1 cupful of brewers' yeast or bakers' stock.

Boil the sugar with three pailfuls of the water and skim while boiling. Take it off the fire and pour in a pailful of cold water. Strain it into a ten-gallon keg and put in some small pieces of toast spread with the yeast, or a hop yeast cake will do. Stir every day for a week, then tack a piece of gauze over the bung-hole, set the keg where the sun will shine on it, and let it remain six months, by which time, if made in the spring of the year, it will be good vinegar. It shortens the time of standing if a vinegar plant or "mother" from a former keg of vinegar can be had to put in it.

Bay leaf for flavoring is among soups and meats what vanilla is among sweets. Skillfully used it gives that flavor of French cookery that is recognized as something different from the ordinary home-made article, even by those who cannot tell wherein the difference consists. Of course there are many others, just as there are other flavors for ice cream besides vanilla; we speak of its relative importance to advise a particular discretion in its use. One large bay leaf will flavor two gallons of soup, and only a small piece is wanted in soup for a family dinner.

118—Consomme Royal.

We have no word in English for consomme but broth, and that is not an equivalent, but only a substitute. French cooks understand by consomme a clear soup as rich as melted jelly. Consomme royal is of the color of brandy, with little egg custards floating in it.

Simmer a large fowl and two or more shanks of veal in a gallon of water for three or four hours, and while it is cooking add the vegetables and seasonings. These should be the usual

soup bunch (without parsnips or green onion tops, however), together with a stalk of celery, half a bay leaf, a teaspoonful of bruised peppercorns and a sprig of green thyme or marjoram.

When it has boiled long enough strain the broth into a saucepan.

Chop a pound of lean beef fine, mix with it two whites of eggs and a cup of cold water. Then pour the broth to the beef, stir up and boil again. Strain through a napkin or jelly bag, season with salt, color with a teaspoonful of dissolved burnt sugar and remove every particle of grease.

To make the floating custards take three or four yolks of eggs, raw, and mix with them a spoonful of the consomme. Pour into a slightly buttered saucer and steam it until done—10 minutes. Cut the custard in diamond shapes and drop three or four in each soup plate.

Where it is not necessary to be extremely particular good clear soup can be obtained by letting the soup-stock get cold in a jar and after taking off the fat, pouring it off without disturbing the sediment. Strain through a napkin, make hot and add the spoonful of coloring, and salt as before.

119—Sliced Tomatoes.

Should have pieces of ice scattered on top in the dishes. Salad dressing and oil should be ready on the table.

120—Broiled Shad—Maitre d'Hotel.

It looks best if placed on the dish in one piece, split open down the back. It may be necessary in most places, however, to divide it before cooking.

Scale the fish; cut off the fins, head and tail; split it down the back and take out the backbone. Wash, and dry it on a cloth. Brush over slightly with butter or bacon fat, and broil it in the wire toaster. It will take about ten minutes, or fifteen if a large one. It should be moistened with a touch of the butter brush while cooking, to prevent blistering and sticking to the wires. Sprinkle with salt. Dish on a hot platter, or individually in pieces on small fish-plates, with a slice of cold maitre d'hotel butter on the top of each and a spoonful of French fried potatoes.

121—Maitre d'Hotel Butter or Cold Sauce.

4 ounces of fresh butter.

1 lemon—juice only.

1 tablespoonful of chopped parsley.

A pinch of cayenne pepper.

Soften the butter by warming it a little. In that condition it will absorb liquids added gradually. Stir in the juice of the lemon, the parsley and cayenne. Set on ice. Serve slices on hot broiled or fried fish.

122—French Fried Potatoes.

Cut raw potatoes in fluted strips with a Sabatier scollop knife and try them light-colored in hot lard.

123—Roast Ham and Spinach.

The thick end of a ham sawed across at the bone where the choice slices end does well for boiling and roasting. Scrape and shave off the outside, and, if convenient, steep the piece of ham in cold water some hours before cooking. Boil according to size—about a quarter of an hour for every pound. Take it out and remove the rind; bake about half an hour, or till richly browned. Serve it thinly sliced on a bed of spinach in a dish.

124—Boiled Spinach.

This needs the least cooking of any kind of greens, and will boil away in the water if left on too long. Pick it over, wash and let lie in a pan of cold water. Then put it into water that is already boiling, with a pinch of soda or ammonia to keep it green, and boil about fifteen minutes. Let it drain in a colander; season with salt, pepper, and butter or corned beef fat.

Spinach is also served with a poached egg on top, or the egg and spinach slightly chopped together; also with good cream sauce poured over, and in other ways; with boiled jowl and bacon.

125—Parsnip Fritters.

1 cupful of dry mashed parsnip.

1 ounce of butter—guinea egg size.

1 ounce of flour—large tablespoonful.

1 egg.

1 teaspoonful of mixed salt and pepper.

Stir all together. Drop spoonfuls in a frying pan of hot lard or drippings and fry brown.

126—Baked Celery with Cheese—Italian.

A way of using the outside stalks of celery to make a dish that finds many admirers at hotel tables.

2 cupfuls of celery cut small.

$\frac{1}{2}$ cupful of grated cheese.

$\frac{1}{2}$ cupful of butter or poultry fat.

$\frac{1}{2}$ cupful of gravy.

Little pepper and salt.

The celery should be in pieces about an inch long and split to look like macaroni. Boil ten minutes in water. Drain, mix in the cheese and butter and pepper and little salt and bake it in a pan. Baste over the top with spoonfuls of meat gravy. Serve like a vegetable in tureen or individual dishes.

127—Bird's-Nest Pudding

No doubt derives its name from its appearance when baked in a small pudding dish and set on the table whole. The batter rises round the

edges and the apples might be supposed to resemble eggs.

3 large tablespoonfuls of flour.

1 pint of milk—2 cupfuls.

Butter size of an egg.

2 tablespoonfuls of sugar.

2 eggs.

Pinch of salt.

Nutmeg or cinnamon.

Apples enough for a two-quart pan.

Pare and core the apples, put them in the pan whole, shake a spoonful of sugar over them and half the butter and grate nutmeg. Add water enough to wet the bottom of the pan, then bake with a sheet of paper over the pan till the apples are done, basting with the syrup occasionally.

Then mix the flour, milk and eggs to a smooth batter, melt the butter and beat it in and the sugar.

Pour the batter over the apples and bake about half an hour.

128—Cream Pudding Sauce.

1 cupful of thin cream.

3 tablespoonfuls of sugar.

1 large teaspoonful of corn starch.

Same of butter.

Flavoring of broken nutmeg.

Boil the cream with the nutmeg (or stick cinnamon) in it and half the sugar, which prevents burning. Mix the starch in the remaining sugar dry, stir into the boiling cream and take off when it thickens. Beat in the bit of butter and strain for use.

129—Rich Lemon Pie.

7 ounces of sugar—a cupful.

3 lemons.

1 cupful of rich cream.

6 yolks of eggs and 2 whites.

Place the sugar in a bowl and grate the lemon rinds into it with a tin grater, and then squeeze in the juice. Beat the yolks of eggs light and mix the cream with them; pour this to the lemon and sugar, and just before filling the pie crusts with the mixture whip the two whites to a froth and stir them in.

Use puff-paste (No. 53), to line the pie pans. The mixture will fill two pies, or three if small. It is hard to bake without browning the top too much, so should be under the shelf of the oven. These rich pies do not need frosting, only a dredging of powdered sugar.

130—Boston Cream Puffs.

$\frac{1}{2}$ pint of water—coffee-cupful.

4 ounces scant of lard or butter.

4 ounces of flour—good weight.

5 eggs.

Pinch of salt.

Boil the water with the lard and salt in it. Put in the flour all at once, and stir the mixture over the fire about five minutes, or till it becomes a

smooth cooked paste. Then take it off and beat in the eggs, one at a time. Drop small spoonfuls of the paste on baking pans very slightly greased, allowing an inch or more of space between them, and bake in a moderate oven about twenty minutes. Cut a slit in the side and fill the puffs with pastry cream (No. 54). This makes about twenty puffs. The pastry cream of the receipt will fill them, and enough will be left over to spread between two layers of cake or bake in a pie.

The difficult part in making cream puffs is the baking in the uneven heat of a stove or range. They are nothing if they do not rise round and hollow, and the stove must be slacked down to suit.

The more the paste is beaten against the side of the pan, as the eggs are added and after, the more the puffs will expand in baking.

The puffs will not rise at all if the paste be allowed to get cold before the eggs are beaten into it.

The handsomest puffs are those baked done without the oven door ever being opened in the meantime.

MENU NO. XII.—DINNER.

131—Consomme Sevigne.

This is to be a deep brown consomme of high flavor, with a shape or two of bread fried in clear butter floating in each plate.

Roast a fowl and a shank or two of veal in a bright tin baking pan, together, having a little salt, some water, one onion and a spoonful of butter or other fat in the pan. The object is to get a nice brown color as well as flavor to impart to the soup. Veal makes the best color, both of gravy and soup, of any kind of meat. The gravy, technically called glaze, that will adhere to the pan when the meat is brown is soluble when salt is cooked in it from the first. After the meats are browned put them on to boil in a gallon of water and simmer about four hours. Boil a little of the liquor in the meat pan and when the brown glaze is dissolved add that to the stock. Throw in also a little bunch of soup vegetables, some parsley, half a bay leaf and four cloves, and a few broken pepper-corns. When the stock has boiled long enough strain it, remove the grease, clarify by boiling a little chopped raw beef and two whites of eggs in it and strain again. A slice of good bread for each plate should be cut out with a biscuit cutter, then fried light brown in the clear oil of melted butter. One at a time can be fried in the smallest deep saucepan, as they only take a minute, and but little butter will be required. Drain them on paper before putting them on the plates.

The reader of these recipes has now had three or four examples of the ways of making the

bright and clear consommés that are served at fashionable dinners; the one above made brown with roast meat; that last week, a simpler sort, artificially colored; a plainer vegetable broth before that, and the simple, unflavored bouillon at the beginning. These examples are enough for a complete cook book, taken with the various thick soups not yet mentioned.

Consommé au riz has whole grains of cooked rice in it. A spoonful of rice must be boiled in plenty of water for about twenty minutes, then the water strained away, the rice rinsed clear and put into the consommé. The grains can hardly sink in it, and look quite ornamental.

Consommé aux pâtes d'Italie has the little alphabet macaroni pastes that are sold at the grocer's treated as directed for rice, but not cooked so much. Then there is consommé with whole green peas, with pearl tapioca—previously soaked in tepid water—with vermicelli and other similar additions. There is a harmless trick of the trade resorted to sometimes to give density enough so that the things added will seem to swim about in the consommé instead of sinking, and that is to add a teaspoonful of corn starch, which does not injure its clearness.

132—Boiled Red Snapper—Shrimp Sauce.

There should be a proper fish kettle for boiling a fish whole, having a perforated false bottom or drainer, that can be lifted out with the fish upon it when done. Where there is no such article the best substitute is a common milk pan of large size. Cover it with another pan that the fish may get steamed if not quite covered.

Choose a small fish, scale it, draw, chop off the fins, wash and wipe it dry on a cloth.

Half fill the pan with water and put in a little salt, vinegar, a small onion and four cloves stuck in it and half a bay leaf. When it boils put in the fish and simmer it at the side of the range about half an hour. Then pour off the water, take the skin off the upper side, slide the fish on to its dish, if to be served whole, and pour over it some shrimp sauce. But if served individually it may be divided with a fish slice in the pan and sauce poured over in the plates. Small and tender fish, like fresh mackerel, are best rolled up in a pudding-cloth and boiled in plain salted water, then carefully unrolled onto the dish.

133—Shrimp Sauce.

- 1 pint of clear broth or water.
- Butter size of an egg.
- 1 tablespoonful of flour—rather large.
- Yolk of 1 egg.
- Salt and pepper.
- 1 can of Barataria shrimps.

Stir the flour and most of the butter together over the fire. When they bubble begin adding the hot broth or water, and stir it till cooked

and thick—about two minutes longer. Then drop in the egg-yolk and beat, and next the remaining small piece of butter and beat till it is melted. Season slightly and put in the shrimps. They are already cooked.

134—Duchesse Potatoes.

Usually served with fish, on the same plate. They are little cakes of mashed potatoes. Take four steamed potatoes and mash them with an ounce of butter, the yolk of an egg and salt. Spread on a pie plate, brush over with the yolk of an egg mixed with a spoonful of milk, cut in pieces of any shape, take up the pieces with a knife point, place them on a greased baking pan and bake a nice color on top.

135—Roast Lamb.

Briefly, the piece of lamb should be dusted with flour, and roasted just done.

But meat cutting is quite an art. Very few women cooks understand it. As it makes meat "go further" at the carving table to have it cut up properly before cooking, it may easily be the case that the low-priced cook costs the employer more than the really skillful one at twice the wages.

In dividing a side of lamb get the ribs and loin as long and as well covered with meat as possible by cutting off the shoulder with the knife close up to the blade bone. People who choose almost invariably want the ribs—the same cut that makes chops—and next to that for choice is the loin, which should be well cut down into the leg.

With the point of the kitchen cleaver hack through the backbone at one or two ribs apart, and the same along the brisket, and chop the ribs once across the breast, and all without dividing the meat more than can be helped.

Chop off the shanks and end of neck, wash and put them in the stock boiler.

Put a little salt in the baking pan, the fat from the lamb, and a very little water; make it hot; dip the meat in flour on both sides and lay it in the hot pan. Keep only enough water in to prevent burning the bottom of the pan. A little drippings may be needed for basting. The ribs and shoulder should be done in twenty minutes, the leg in half an hour.

There will not be any real gravy in the pan worth speaking of by this method, the juices all being retained in the meat; but if you can afford it put a spoonful of fresh butter in during the last few minutes and baste the joint with it; it gives a richer brown to the outside, and makes a good pan gravy when water is added.

136—Cream Sauce for Roast Lamb.

The preceding directions having been followed and the baking-pan brown already with flour

and butter, and not burnt, pour off all the clear fat, and instead of water add a cup of milk. Let cook in the pan a few minutes, then strain it and add a sprinkling of chopped parsley, and juice of half a lemon. The parsley should be added only when the sauce is to be sent in, as it loses color by standing.

137—Mint Sauce for Roast Lamb.

The conventional lamb sauce. No other sauce or gravy is needed when this is used:

2 tablespoonfuls of green mint.

1 tablespoonful of sugar.

$\frac{1}{2}$ cupful of vinegar.

Pick the leaves of mint from the stems, wash and chop fine, and mix with the sugar and vinegar in a bowl. Serve cold, a spoonful to each plate.

138—New Green Peas.

Nothing comes to market that is so uncertain in quality and so likely to prove vexatious in the cooking as green peas. They may cook one day in fifteen minutes and would break and dissolve in the water if kept on longer, and the next may still be hard and unsatisfactory at the end of two hours' boiling. It depends mostly upon how young or nearly ripe they are, and partly upon the kind of pea. The worst for the cook are the mixed lots, that part boil away in the water and the rest remain like beans. Canned peas of good brands are preferable to what the market gardeners generally offer.

To cook peas green in color when done, it is necessary to drop them into water that is already boiling and has a little salt and a pinch of either soda or carbonate of ammonia in it. The ammonia evaporates during the boiling. A piece the size of a pea will do, of either. When the peas are done, drain the water from them.

Green peas are said to be dressed à l'Anglaise when they have only a little butter and salt and spoonful of water shaken about in them. They are à la Française when they have cream sauce mixed in.

139—Browned Potatoes.

Pare the potatoes and steam them, and the broken ones being used to mash, or à la duchesse, put the others in a small pan with some of the drippings from the roast lamb pan and a dredging of salt and bake them brown. Cold boiled or baked potatoes are not fit for this purpose—they can be used better for breakfast dishes.

140—Bread Custard Pudding.

2 cupfuls—pressed in—of fine bread crumbs.

2 cupfuls of milk.

1 ounce of butter—small egg size.

1 tablespoonful of sugar.

$\frac{1}{2}$ a lemon.

2 yolks, or 1 whole egg.

Crumble the bread fine either by chopping or grating; grate half the rind of a lemon into it

and squeeze a little of the juice into the sugar. Mix the milk with the yolks and sugar; melt the butter and mix in and pour the mixture over the bread crumbs in a buttered pudding-pan or bowl and bake about twenty-five minutes. Various changes can be made by adding raisins, currants or citron to this pudding. The fruit must be sprinkled in after the pudding is in the baking pan. It will sink if stirred. Serve a sauce with the pudding.

Calves' heads ought not to be thrown away, as they are in the country, for want of knowledge of an easy way of cleaning them. They are comparatively worthless when the skin is removed (which is the gelatinous portion that makes calf's-head soup, almost as good as turtle), and yet that is the way they are generally served if saved at all.

141.

To remove the hair drop the head and feet into a tub of hot water that has had a shovelful of wood ashes boiled in it, or a few crumbs of concentrated lye, or washing soda. The water must not be quite boiling hot, as that will set the hair and make cleaning difficult. Churn them about with a stick of wood a few minutes, then scrape with a sharp knife. Roast the hoofs in hot coals and pry them off with a knife point. A nicely cleaned head and feet bring \$1 or \$1.50 in market.

142—Calf's Head Soup.

Mock turtle soup is made of calf's head, but it is quite an elaborate and tedious affair to make it right. We will have mock turtle next week. This is much more simple.

$\frac{1}{2}$ a head and 2 feet.

3 quarts of water or stock.

Small slice of fried ham.

$\frac{1}{2}$ a bayleaf, 3 cloves, fragment of mace.

A soup bunch with parsley and cives.

Salt, pepper and thickening.

1 hard-boiled yolk of egg.

$\frac{1}{2}$ a lemon.

As these seem a good many things for a simple soup, let us analyze: The head gives the richness of jelly, but it is insipid; the scrap of ham, the spices, herbs and vegetables give the necessary flavor. The most of the meat is to be saved for the entree, the rest goes back in the soup after it has been strained, seasoned and thickened. Then chop the hard-boiled yolk and sprinkle it in, and the half lemon cut in small pieces. Or, to state it in order:

Saw the calf's head in two; save the brain and tongue, steep the half head you are going to use in cold water. Put it and the feet on in cold water or stock and simmer about two hours with the vegetables and spices, then strain off, season and thicken with a little flour. Cut the best part of the head into oblong pieces and reserve them, and take what is left to chop coarsely—or cut in

dice—and put it in the soup with the egg and lemon and a little minced parsley.

143—Cucumber Salad.

Slice the cucumbers two hours before they are wanted and sprinkle the slices plentifully with salt. Set the dish in the refrigerator. Just before dinner drain away the salt liquor from the cucumbers and mix them with oil first, and then with vinegar and pepper. Serve on a very cold dish.

144—Broiled Salmon Steak with New Potatoes.

One of the greatest luxuries that can be provided for a fine breakfast or dinner, not only for its high price but because the salmon is called the king of fishes.

Slice the fish with a sharp knife and sever the bone in the center by striking the point of the knife with a hammer—not to break or tear the meat. Lay the steaks in a bright tin pan or dish, dredge with pepper and salt, brush them over with olive oil, if you can, or with clear melted butter and let them lie till wanted. Then broil in the hinged wire broiler same as beefsteaks, about ten minutes. Dish up on a large platter hot. Have some new potatoes ready boiled, cut them in quarters lengthwise and place them as a border around the steak. Shake a teaspoonful of chopped parsley over the salmon steak, melt a piece of fresh butter in an omelet pan and pour it hot over it, squeeze the juice of a half a lemon over that. Place three or four green tufts of parsley among the potatoes in the border and send it in.

145—Rib Ends of Beef with Yorkshire Pudding.

Instead of having the rib bones taken out and the thin flap of meat coiled around the roast; have the roast shortened by sawing off the ends. These with the bones in, about two inches in length, make a very popular dish if cooked tender.

Bake them in a deep baking pan with water and drippings and a good allowance of salt for two or three hours.

Manage it so that the meat will be stewing in the water and gravy three-fourths of the time, and dry out and brown in the hot glaze on the bottom at last. Use a greased paper to lay on the top of the meat to keep it moist during the first hour. Roll the pieces over and over in the glaze during the last five minutes, to make them shining brown with it. Pour off the fat after the meat is removed and make gravy in the pan.

146—Yorkshire Pudding.

Originally it was baked in front of the fire under the meat roasting on the spit, the gravy

dripping upon it. The Yorkshire pudding that is baked in a range is good enough, however.

1 cupful of flour—sifted, heaping.

1 pint of water—2 cupfuls.

2 eggs.

1 tablespoonful of drippings, melted.

Salt and baking powder, very little.

Mix the flour and water (or milk) together gradually by stirring in the middle. When it is free from lumps add the melted drippings or butter, salt, and the eggs well beaten. Bake in a shallow pan, half an inch deep, about twenty minutes. Cut it in squares and serve it with the piece of meat on top, in a hot dish, and the meat gravy separately.

The batter, as above made, is excellent for sweet puddings, with a spoonful of golden syrup added and the whites of the eggs whipped light. Strew raisins in the batter in the pan before putting it in the oven, or quartered apples partly cooked in syrup first.

147—Calf's Head Breaded.

Take the shapely pieces that have been reserved from the soup-making, pepper and salt them, then roll in beaten egg with a little water added, and then in cracker meal, and fry them quickly brown in hot drippings or lard.

Serve with tomato sauce.

148—Stewed Oyster Plant or Salsify.

Scrape the roots white, wash and cut them in inch lengths. Boil in salted water till tender. They should be tried with a fork, as the time required varies. Generally, salsify takes about an hour to cook. Then drain away the water and put in some cream sauce, or milk, butter, salt and thickening.

149—Lemon Cream Pie.

We have had already two lemon pies, a common and a rich kind. This cream pie may be made in a crust that is already baked, if preferred, or baked together like the others.

I. Line the plates with pie paste and bake of a light color.

Make the pastry cream (No. 54), and when it is cold whip a cupful of thick cream in a whip-churn to a firm froth and mix part of it in. Use the remaining whipped cream, sweetened and flavored, to spread over the top after filling the crusts. These pies, of course, do not need baking.

II. Make a special cream filling this way:

1 pint of milk.

4 ounces of sugar.

2 ounces of flour—2 heaping tablespoonfuls.

1 tablespoonful of butter.

4 eggs.

$\frac{1}{2}$ a lemon, or lemon extract.

Boil the milk. Mix the sugar, the grated

lemon rind, and flour together dry and stir them into the boiling milk with a wire whisk.

Add the butter and juice of the lemon and then the yolks of the eggs well beaten, but take from the fire before they cook. Line pie pans with puff paste or tart paste. Pour in the cream and bake in a slack oven. When done meringue over as directed at No. 103.

Variations of these kinds are made by first spreading fruit jelly or marmalade in the crusts and the lemon cream on that, and by making deep patty pan sizes, finished in the same way.

150—Strawberry Meringue.

Bake a sheet of sponge cake on a jelly cake pan, take it off warm and gently press it, top side down, into a dinner plate to shape it hollow. Mix half a cup of sugar with two cups of strawberries by shaking about in a bowl, and spread them on the cake. Whip the whites of three eggs firm, mix in two tablespoonfuls of sugar, spread the meringue over the berries and bake with the oven door open about five minutes, or until it is lightly colored. A piece of board should be placed under the plate to keep it from getting too hot in the oven, as it is not intended to bake anything but the top covering. Serve cold.

151—Sponge Cake.

14 ounces of granulated sugar.
12 eggs.
12 ounces of flour.

Beat the sugar and eggs together with a stout wire egg whisk for half an hour. Then cut in the flour. The goodness of the cake depends altogether upon the beating, and for that to be effectual the ingredients must be cold. The eggs need not be separated, the whites from the yolks. The best vessel for the beating is a bell-metal kettle, but a deep pan or tin pail will do. After the flour is in and just stirred enough to be fairly out of sight it is finished, and should not be beaten more. Bake as soon as possible.

It may interest some readers to know that at the great bakeries where almost everything else is done by machinery, the sponge cake, one of the most important articles in the trade, is still made by hand as above described.

152—Small Sponge Cakes.

Brush inside some small sponge cake pans, or gem or muffin pans, with a touch of melted lard, and sift flour in them. Shake out, and half fill them with the sponge cake batter. Sift powdered sugar over the tops—the pans being set on a paper—and bake the cakes in a slack oven till of a light brown color.

153—New York Ice Cream.

1 quart of thin cream.
12 ounces of sugar.
12 yolks of eggs.
Vanilla bean or extract to flavor.

Boil the cream with the sugar and a vanilla bean in it. Beat the yolks light and pour the boiling cream to them. Set on the fire again for a minute. This yellow custard will not become frothy, rich and light in the freezer if cooked much, but should be taken off and strained as soon as slightly thickened. Set the freezer containing it in its tub and pack with ice pounded fine and mixed with one-fifth as much coarse salt. Turn the freezer, and when the contents is nearly frozen, if a common freezer is used, take off the lid and beat up the cream with paddle or spoon.

154—Cocoanut Candy Drops.

1 pound of granulated sugar.
8 ounces of grated cocoanut.
One-third cupful of water.

Set the sugar and water over the fire in a small, bright kettle and boil about five minutes, or till the syrup bubbles up and ropes from the spoon, and do not stir it. Then put in the cocoanut, stir to mix, and begin at once and drop the candy by tablespoonfuls on a buttered baking pan. The dry dessicated cocoanut is the easier kind to work with. With the moist, fresh grated more time should be given for the sugar to boil to the candy point.

MENU NO. XIV.—DINNER.

155—Mock Turtle Soup.

1 gallon of soup stock or water.
½ a calf's head, 2 feet and tongue.
Soup bunch of vegetables and sweet herbs.
Flour browned with butter, for thickening.
1 lemon. Some spices. Bay leaf.
A glass of sherry. Cayenne. Salt.
Egg balls and meat balls.

Simmer the meats in the stock about two hours, along with the soup bunch and thyme, savory and parsley, and half a bay leaf and four cloves.

While this is boiling put into a frying pan a small, thin slice of ham and butter the size of an egg. Fry the ham on both sides, put in with it two tablespoonfuls of flour and set the pan in the oven for the flour to brown nicely in the butter without getting black. Then take the calf's head out of the soup and stir the browned flour and ham into it. Let cook a while to thicken. After that pass the soup, which should be like thin gravy, through a strainer into a clean saucepan, and when it boils skim it. Mix

the juice of half the lemon in a little cold water, pour it in and skim when it boils up again. This makes the soup bright. Season with salt and cayenne. Cut some scraps of the head in neat dice and throw them in, then the quenelles, the remaining lemon sliced thin, and the glass of sherry.

156—Egg Balls, or Quenelles, for Soups and Entrees.

2 hard boiled yolks of eggs.
 $\frac{1}{2}$ as much hot boiled potato.
 1 teaspoonful of chopped parsley.
 Cayenne and salt.
 1 raw yolk.

Mash all together. Make up in balls size of cherries, with flour on the hands. Poach them a minute or two in a frying pan of boiling water. Take up on a skimmer and drop them into the soup.

157—Forcemeat Balls, or Quenelles, for Soup, Etc.

$\frac{1}{2}$ a calf's tongue, cooked, or some cold veal.
 $\frac{1}{2}$ the weight of fine bread crumbs.
 2 or 3 tablespoonfuls of melted butter.
 Seasoning of sweet herbs, and nutmeg.
 Pepper and salt.
 1 raw egg.

Mince the meat small, add the other ingredients, and pound them all together. Make up in little balls, with flour on the hands. Poach them in boiling water and put them in the soup.

The above two mixtures can be used as croquettes, made into shapes, and fried; and are good to place as ornamental accessories in the sauces to fish and meats.

158—Small Patties au Salpicon.

These little trifles that are often served betwixt the soup and the fish are made in a dozen different shapes and filled with as many different preparations. The word salpicon means a mince like sausage meat, highly seasoned, and may be made like the forcemeat balls preceding of cooked meat as well as raw, with chicken minced as if for croquettes, and the like.

Make the puff-paste No. 53, and roll out thin as the edge of a plate; cut out with a biscuit cutter. Wet one flat with a brush dipped in water, place a teaspoonful of extra high-seasoned sausage meat in the center and cover with another of the flats. Press the edges together lightly all around and bake about twenty minutes.

159—Baked Whitefish, Tartar Sauce.

Split the fish, after cleaning, down the back and take out the backbone. Put some good, clear drippings to get hot in a baking pan. Wipe

the fish, dip it in beaten egg, then dip it in flour and then in egg again; lay it in the pan of hot fat and bake it carefully at a moderate heat—perhaps with the oven door open—for about twenty minutes. Baste the exposed surface with the fat. Fish looks extremely rich cooked this way, yellow-brown and semi-transparent, if not allowed to get too hot while baking; yet the fat must be hissing hot when the fish is put in. Serve cold tartar sauce in a boat separately. Garnish the fish with fried parsley.

160—Tartar Sauce, Cold.

Make the mayonaisse sauce, No. 68, and add to it a little finely-minced onion and green gherkin.

161—Dauphine Potatoes.

Served with fish, in the same plate. Press mashed potatoes through a sieve; mix the yolk of an egg in it; drop a few tablespoonfuls on a baking pan, in shapes like little drop-cakes, and bake them a light color.

162—Roast Beef.

"Cooks are born, not made; but it requires genius to roast"—the aphorism of a noted French gourmand, so often quoted, let us repeat once again. It may not bear to be construed literally, but it expresses the idea of relative importance. Was it not really a genuine expression of impatience at the dullness of apprehension of the good man's own cook, who, likely enough, would keep sticking the fork into the meat and letting out all the juices?

To roast or bake meat so that, however small the piece may be, it will be found full of gravy when cut, it is necessary to have the pan it is baked in hot before the meat goes in, and although there must be liquor in the pan while it is baking, that should be added after the meat has become hot enough outside for the pores to be closed and the juices retained inside.

The choice roasting piece of beef is the ribs between the edge of the shoulder-blade and the loin—the short ribs. As the butchers have to sell everything, as a matter of business, they take out the ribs and coil the thin meat of the breast around the choice upper portion, and make a neat cushion-shaped roast, secured with twine and skewers. In the places where the highest prices are paid, however, the breast portion has to be cut away altogether and cooked separately, as in our example last week, and the choice upper portion or entre-cote only is roasted. This is nearly always cooked rare done, and the plentiful gravy that flows from it when cut is caught in a dish and is the only gravy served with it. As to time, the old rule is the only one: Allow a quarter of an hour for each pound of meat, and less, according to judgment, when the roast is of thin shape or required to be very rare done.

When a made gravy is required to go with the beef, the bones and trimmings of the roast should be put in the pan with it, a little salt, a slice of carrot and turnip, and a little hot water, and when the meat is done and the water all dried out, pour off the grease, add some broth or water to the glaze on the bottom of the pan, and when it is dissolved by boiling thicken it slightly with flour and strain it. This is called sauce brune; but when made richer by the use of large quantities of meat, and highly flavored with spices and herbs, it is called espagnole by the cooks, who then subdivide it, and by adding different ingredients to different portions, make the host of sauces with unfamiliar names that lead off to the inextricable entanglements of French cookery.

163—Browned Parsnips.

There are two kinds of parsnips; the hollow-crown or sugar parsnip is the best, and will take on a rich brown in the oven when the other kind comes out only dried and tasteless. Pare the parsnips, cut in pieces lengthwise and steam about an hour. Then bake in a hot oven, with a little salt and meat drippings. Drain by tipping up one end of the pan.

164—String Beans.

Snap them in two in the middle and pull off the strings. Boil in salted water about three-quarters of an hour. Drain the water away and put in the same seasonings as in green peas, either a little cream sauce or butter, salt and pepper.

165—Croquettes of Calves' Brains.

- 1 set of brains—about $\frac{1}{2}$ pound.
- 1 cupful, loose measure, of bread crumbs.
- 1 ounce of butter.
- $\frac{1}{2}$ an egg—or the yolk.
- 1 tablespoonful of chopped parsley.
- 1 teaspoonful of mixed salt and pepper.
- Little lemon juice, or tablespoonful of vinegar.
- Slight grating of nutmeg.

Simmer the brains in salted water for about twenty minutes, then put them in cold water and peel off the dark outside, cut them up and mash with the bread crumbs and all the other ingredients.

Make up in shapes with flour on the hands. Long rolled shapes like link sausages, with the ends cut off square, are best. These, if well coated with flour, can be fried in the wire basket in hot lard, of a nice yellow color, or may be rolled first in beaten egg and then in cracker meal and fried. Let them get well done. Serve with cream sauce, or with green peas dressed with butter.

166—Cream Sauce, or Bechamel.

- 2 rounded tablespoonfuls of flour.
- Butter size of an egg.
- 1 cupful of boiling milk or cream.
- Salt.

Mix the flour with most of the butter in a little saucepan and let them get hot and bubbling over the fire with constant stirring, then add the milk a little at a time and stir it up smooth. When it is cooked thick beat in the remaining portion of butter. Strain if not quite smooth.

This sauce is useful in fifty ways, for codfish in cream, chipped beef, vegetables, sauce for fresh boiled fish, etc., etc. As we suppose we are writing explanations for domestic cooks, as well as others, who should know how to cook for the wealthy who can choose the best, it may be stated that the elaborately prepared Bechamel, that is, the sauce originated by a cook of that name, is made of broth with all the vegetable seasonings in it boiled down very strong and rich, then thickened as above shown with flour and butter, and thick cream added at last. Plain people will hardly care for such niceties in small matters, yet when club men vaunt the excellence of the club or restaurant table it must be a source of satisfaction to know whereof they boast.

167—Calf's Head, Vinaigrette.

Cut the calf's head that was reserved from the soup-making into oblong pieces and turn off the rough ends and edges. Keep the pieces on a plate ready. Make the sauce of:

- 1 cupful of clear broth or stock.
- 1 tablespoonful of butter.
- 6 tablespoonfuls of vinegar.
- 1 teaspoonful of corn starch.
- Salt and cayenne.
- 1 pickled gherkin, chopped small.

Boil and thicken slightly with the starch. It makes a clear acid sauce. Put in the pieces of calf's head and let them get warm through without boiling. Add the chopped pickle. Ornament the dish when served with quarters of hard-boiled eggs, or a little chopped eggs sprinkled over.

The same dish made without butter is also served cold, along with the side dishes of cucumbers, cress, etc., like soured head or feet.

168—Potatoes in Cream.

Buy freshly dug potatoes that can be scraped, if they can be had as well as the wilted ones that must be pared. Steam them till done, about half an hour, then put them in cream sauce made thin, and sprinkle in a little chopped parsley.

169—Banana Fritters.

Peel the bananas, cut them in two across and steep the pieces in syrup of sugar and water. After they have lain in syrup an hour or two drain them, roll well in flour, making a good coating stick and either fry in hot lard or bake and baste them till of a nice light brown color and crisp outside. Boil the syrup and strain it for sauce.

170—Boiled Plum Pudding.

$\frac{1}{2}$ pound of white bread crumbs.
4 ounces of sugar.
4 ounces of chopped suet.
4 ounces of raisins.
4 ounces of currants.
 $\frac{1}{2}$ coffee-cupful of milk.
1 egg.
1 teaspoonful of mixed ground spices—cinnamon, nutmeg and mace.
Little salt and a pinch of soda.
Mix the dry articles together—the bread crumbs being grated or chopped quite fine—then wet with the milk and egg, with the pinch of salt and soda dissolved in them; tie up in a pudding bag and boil four hours.

171—Brandy Sauce for Plum Pudding.

$\frac{1}{2}$ cupful of sugar.
 $\frac{1}{2}$ cup of water.
1 tablespoonful of butter.
A slice of lemon.
1 teaspoonful of whole spices—cloves, mace, cinnamon.
A wineglassful of brandy. Boil all, except the brandy, together for five minutes, then strain and add the brandy.

Another half cup of water and a teaspoonful of corn starch mixed up in it may be added to the above. It will still be transparent and cheaper than the strong syrup sauce.

172—Rhubarb Pie.

Rhubarb should be peeled and cut in two-inch lengths, and cooked with only water enough to cover the bottom of the kettle, with half a pound of brown sugar to each pound spread over the top and the steam shut in. It burns easily, and should be cooked at the side of the range or set upon a brick till the sugar dissolves with the juice to form a syrup.

Line the pie pans with puff paste, made not very rich, fill with the stewed rhubarb and place broad strips of paste, cut with a paste jagger across and bake; or use the plain pie paste and bake with a top crust. Sift powdered sugar over.

173—Chocolate Cream Tarts.

This is pastry cream like the lemon cream pie filling with chocolate in it.

1 pint of milk.
4 ounces of sugar.
2 ounces of flour.
1 ounce of chocolate—grated.
1 ounce of butter.
3 or 4 yolks of eggs.

Boil the milk with the chocolate in it and a little sugar to prevent burning on the bottom. Mix the flour with the rest of the sugar, dry, and beat them into the boiling milk. Then add the butter and the yolks well beaten and take the mixture immediately off the fire. The yolks should finish cooking in the tarts. Flavor with vanilla. Line deep gem pans with tart paste, fill with the chocolate cream and bake in a slack oven. Whip the whites of eggs, add two spoonfuls of sugar, meringue over the tops of the tarts and let them get slightly colored on top.

The same cream may be made suitable to fill shells of pastry already baked, by letting it cook sufficiently on the range and mixing in some whipped cream when cold.

174—Tutti Frutti Ice Cream.

Make the frozen custard of the menu preceding and add to it a wineglassful of maraschino for flavor and a teaspoonful or two of burnt sugar coloring to give it a darker hue. Then cut a pound of French candied fruits in small pieces and mix in and freeze again. The tutti frutti may either be dished up out of the freezer by spoonfuls, or pressed into a brick-shaped mould. In the latter case, it should be prepared several hours before it is wanted, and the mould when filled should be packed in ice and salt and covered down to remain two or three hours.

175—Jelly Roll.

Make sponge cake mixture, spread it thinly on a sheet of manilla paper and bake it light colored, on a baking pan. Lay the sheet when done, cake downward on the table, brush the paper over with water and pull it off the cake. Spread with jelly and roll up.

MENU NO. XV.—DINNER.**176—Mutton Stew with Vegetables.**

3 pounds of breast or neck of mutton.
1 onion and a little of the green tops.
4 potatoes.
Piece of turnip, carrot and parsnip.
Piece of pepper pod minced, parsley and salt.
The meat for this first-class dish can be bought for 4 or 5 cents per pound, because so

few know how good it is when stewed long enough. Four hours before the meal chop the breast of mutton in pieces of even size, wash and put it on in a good sized saucepan with cold water enough to cover. When it boils skim it. Throw in the vegetables all but the potatoes, let stew, with the lid on, two hours, then add the potatoes, parsley, red pepper and salt, and simmer an hour longer. The vegetables should be cut in pieces of even size, and other kinds can be added, such as celery and peas. Add more hot water if necessary, thicken with a spoonful of flour mixed with water.

177—Buttermilk Biscuits.

1 pound or quart of flour.
2 cupfuls of buttermilk.
1 rounded teaspoonful of soda.
1 teaspoonful of salt.

Sift the soda into the flour dry, add salt, and mix with the buttermilk poured into a hollow in the middle. Care should be taken to keep the dough as soft as it is possible to roll it out. Knead it only by pressing out with the flat hands. Let stand five minutes for the soda to be well dissolved in the dough, then knead again and cut out.

178—Baked Rice and Milk Pudding.

1 cupful of rice.
1 cupful of sugar.
6 cupfuls of milk.
Cinnamon or nutmeg.
A pinch of salt.

Wash the rice in three or four waters, put it into a tin pudding pan, and the sugar, milk, salt and piece of stick cinnamon with it, all cold, and bake in a slow oven for three or four hours. It may be best to use only five cups of milk at first, and add the other if the time allows the pudding to boil down dry enough. Cover with a sheet of greased paper to keep the top from scorching.

MENU NO. XVI.—DINNER.

179—Onion Soup.

3 or 4 pounds of breast of mutton.
1 cupful of minced onion.
2 quarts of water.
1 cupful of milk.
Flour thickening; salt and pepper.

Take a breast of mutton and two shoulder shanks, or any coarse piece beside, and four hours before dinner time put them on without chopping or cutting up, in three quarts of water. Put the lid on, and let stew for three hours.

Then take out all the meat, strain the broth, and add the minced onion, pepper and salt to taste, let cook some time longer, then thicken

with a tablespoonful of flour mixed up with the milk, cold, and skim the fat off as it rises.

180—Breast of Mutton, Fried or Boiled.

The mutton having been cooked till tender, as directed in the preceding recipe, pull out all the bones and press the meat between two dishes. Set in a cold place. When cold, trim off rough edges; pepper and salt it; then either dip both sides in flour and fry it nicely brown (in the fat skimmed off the soup) or broil or bake it brown without flour, and baste with a little fat while it is cooking.

181—Mashed Ruta-Bagas.

Pare one large ruta-baga turnip, cut it in thin slices, and steam about an hour over the same kettle the breast of mutton is boiled in. Mash smooth when done, and season with salt and pepper, and add milk, if available.

182—Lettuce Salad.

2 heads of lettuce.
1 hard-boiled egg.
 $\frac{1}{2}$ cup of vinegar.
Salt and pepper.

Chop the lettuce the last thing before dinner—that it may not have time to wilt and turn dark—and chop the white and yolk of the egg separately. Mix lettuce, vinegar, salt and pepper, and chopped white of egg together in a bowl, and sprinkle the minced yolk on top.

183—Boiled Corn Meal Pudding.

2 level cupfuls of white corn meal.
2 cupfuls of water.
1 cupful of minced suet.
2 tablespoonfuls of sugar.
1 egg. Salt.
Lemon or orange zest, or ground ginger.

Boil the water with the sugar in it, sprinkle in the meal as in making mush, and stir it over the fire for five minutes, mix in the suet, salt, beaten egg, and grated rind or ginger. Wet and flour a pudding cloth, place it in a bowl, pour in the mixture, tie loose enough for it to swell nearly double its bulk, and boil it five hours. Serve with sauce or syrup.

184—Plain Pudding Sauce.

1 cupful of hot water.
1 cupful of brown sugar.
1 tablespoonful of flour.
Little butter.

Stir the sugar and flour together dry, pour the water to them, add butter, and keep stirring over the fire till it boils.

185—Common Gingerbread.

12 ounces of black molasses—a coffee cupful.
 4 ounces of butter or lard—a small cupful.
 1 egg.
 1 tablespoonful of ground ginger.
 1 small teaspoonful of soda.
 1 pound or quart of flour.
 1 cupful of hot water.
 Salt when lard is used.

Melt the butter and stir it into the molasses and then the egg, ginger and soda.

The mixture begins to foam. Then stir in the flour, and lastly the hot water, a little at a time. Bake in a shallow pan.

186—Collops of Beef in Glaze.

By long stewing and with care at the finish, we can have small pieces of beef, no matter how coarse the cut, perfectly tender and covered with the richest natural gravy without any additions whatever other than plain seasoning.

Take two pounds of the neck of beef and cut it into small but thick steaks. Put them on in cold water with a teaspoonful of salt and half as much black pepper, and boil with the lid on for three hours. As the water boils away stir up the meat from the bottom lest it stick and burn. Move the saucepan to the front where you can watch it, and as soon as the water is nearly all expelled and before the saucepan bottom begins to brown, take it off. Put the pieces of meat on a hot dish. There will perhaps be a teacupful of essence of meat in the saucepan. Skim off the fat if necessary and pour the essence over for gravy.

187—Roasted Onions.

Peel a sufficient number of onions and steam them until done, which may take an hour and a half. Then bake them in a pan with a little drippings and salt and a sprinkling of sugar or syrup to cause them to brown on top. Serve them in the same dish with the collops of beef placed around the edge.

188—Hot Slaw.

1 quart of finely shred cabbage.
 1 cupful of mixed vinegar and water.
 1 egg or 2 or 3 yolks.
 1 tablespoonful of butter.

Little salt, sugar and red pepper. Mix all together in a bright saucepan set in another of boiling water, and stir until it is at boiling heat, and the eggs in it thicken and make it look creamy. Do not let it cook.

189—Boiled Molasses Roll.

For the paste:
 8 ounces of flour—2 heaping cupfuls.
 Lard or butter size of an egg.
 1 teaspoonful of baking powder.
 Little salt.
 Water to mix—over half cupful.
 The good of knowing how much water by

measure is that it saves weighing or measuring flour, as so much water will take up so much.

Mix the flour and water with nothing else in but salt. Have the dough as soft as it possibly can be worked. Knead it on the table a little, roll out and drop the lard on it in little lumps, fold over in three and roll out again. Then strew half the baking powder over the sheet of paste dry, fold up and roll out; spread the rest of the powder and fold and roll it twice more. That makes flaky roly-poly pudding paste.

For the filling take half a cupful of molasses, stir into it a tablespoonful of flour and two tablespoonfuls of vinegar. Spread the preparation over the sheet of dough rolled out thin, roll it up, tie in a pudding cloth and pin the middle, and boil or steam it one hour. Dip the pudding a moment in cold water when to be taken out of the cloth. Serve with plain sauce.

A still cheaper paste for roll puddings is the biscuit dough made with buttermilk and soda, as at No. 177.

MENU NO. XVIII.—DINNER.**190—Beef Pot-Pie.**

2 pounds of coarse fat beef.
 1 slice of salt pork or bacon.
 1 onion.
 Salt, black pepper, flour thickening.
 Biscuit dough for dumplings.

Take any pieces of beef not suitable for steaks, cut them to one size, put on in cold water, and let stew at least two hours, with the lid on. Throw in the seasoning of pickled pork and onion, pepper and salt. Mix a teaspoonful of flour with water for thickening.

191—Light Dumplings For Pot-Pies.

1 heaping cupful of flour.
 1 small teaspoonful of baking power.
 $\frac{1}{2}$ cupful of water.

Mix the powder in the flour dry, add a little salt; then mix up with a spoon. The dough should be a little too soft to handle and the dumplings then will remain light after cooking instead of turning heavy as they often do after being good when first done. Drop the dumplings with a spoon all over the top of the stew, put on the lid and when they are nearly cooked set the saucepan in the oven without the lid to brown the top. Baste once with the stew liquor.

192—How to Boil Potatoes.

While the complaint is so common that very few cooks know how to boil a potato properly, it may be well to remember that some kinds of potatoes are so bad already they can neither be made better nor worse, no matter how they are cooked. The early sorts, that grow rapidly and soon become low-priced, are usually of a watery

nature. If a potato has any mealiness in it at all it will show if cooked this way:

Pare and put them on in cold water, with a little salt in it. Boil with the lid on till they will leave the fork when tried—about twenty to thirty minutes. Drain away the water, and keep the potatoes hot with the lid on, but not quite closed. The next best way is to steam them; and potatoes with their jackets on are still in favor even at the best tables. Potatoes to be baked should have the ends cut off and black spots removed. Cutting off the ends is supposed to make them mealy by allowing the inside moisture to escape. Whether that be true or not they look the better for the attention bestowed.

193—Boiled Corn Starch Pudding.

- 1 pint of milk—2 cupfuls.
- 1 tablespoonful of sugar.
- 2 heaping tablespoonfuls of starch.
- 1 tablespoonful of butter.
- 1 egg or the yolk only.
- Flavoring and little salt.

Boil the milk with the sugar in it. Mix the starch with a spoonful of cold milk and some of the hot; stir it in, and let cook with constant stirring about two minutes. Beat in the yolk and butter, and take it at once from the fire. For flavoring a piece of orange zest, pared thin, may be used, or stick cinnamon. Serve with sweetened milk or cream.

This pudding should be made only just before it is wanted, and not kept hot enough to cook more when once done.

194—To Stew Evaporated Apples.

The light colored, better qualities of dried apples are made scarcely distinguishable from fresh fruit by cooking a little acid with them, such as lemon juice, in the water, or some sour fruit. They should be steeped in cold water before cooking, and be cooked in plenty of water and the steam shut in. The apples are all the richer for having to stew till the surplus water, if any, is expelled. Dried pears cannot be cooked soft unless of a special kind, but need to steep awhile and then cook about an hour.

MENU NO. XIX—DINNER.

195—Beef Heart, Stuffed and Baked.

Boil the heart tender first, allowing about two or three hours, and let the water be nearly all boiled away at the finish, that the remaining liquor may be available for gravy.

Make the bread stuffing with onion and sage in it as at No. 30, but it will do without the egg. When the heart has boiled long enough cut out a portion of the middle and fill the cavity with stuffing. Set the heart in a pan in the oven with the liquor it was boiled in, and salt and pepper and bake brown. Cut the piece of heart into small pieces, put them to the liquor remaining

in the pan and stir up with the fragments of dressing and a spoonful of thickening, making a savory thick sauce or ragout.

196—Boiled Navy Beans.

Steep a pint of beans in water overnight. Put them on in plenty of cold water to cook, and throw in soda or saleratus the size of a bean. Let boil an hour and a half, then drain off the hot water and fill up again with cold. Boil again till the beans are well done. Drain and season. The foregoing will be found an effectual method for cooking beans soft, no matter how difficult the sample furnished may be.

197—Washington Pie.

As there are other articles known by this name, it may be as well to state that this is a sort of brown bread pudding baked in a crust, such as is sold at the bakeries.

- 1 pound of bread crumbs—a pressed-in quart.
- 8 ounces of molasses or sugar—a teacupful.
- 8 ounces of currants or raisins.
- 2 teaspoonfuls of mixed ground spices, chiefly cinnamon.
- 2 teacupfuls of water.
- 1 small cupful of vinegar or hard cider.
- 8 ounces of suet chopped fine.
- 2 eggs—optional.

Mix everything together. Cover the bottom of a baking pan with a thin sheet of common short paste (No. 102), pour in the mixture to be an inch and a half deep, cover with another thin crust, brush over the top with milk. Bake to a light color in a slow oven about three-quarters of an hour. Cut out squares either hot or cold.

MENU NO. XX—DINNER.

198—Potato Cream Soup.

- 2 quarts of soup stock.
- 1 medium-sized onion.
- A knuckle of boiled ham.
- 2 large potatoes.
- 1 cupful of milk or cream.
- Salt and pepper.

Boil the veal bones named in the recipe below, a soup bone beside, a small knuckle bone of boiled ham or a slice of pickled pork and a soup bunch of vegetables in three quarts of water until it is reduced to two quarts. Mince an onion very small and throw it in.

Boil and mash the potatoes, mix the milk with them, add this to the soup, and then strain it through a colander. Season with salt and pepper and shake in a teaspoonful of mixed parsley.

199—Baked Pickerel with Green Peas.

Split the fish, after scalding it, down the back, and cut out the backbone, take off the head, tail and fins.

Lay these boneless sides in a baking pan with a little salt in the bottom and a half cupful of

water, the skin side of the fish upward. Bake it about ten minutes and baste it once with the water in the pan, then take out the pan and remove the skin from the fish—it peels off easily. Beat an egg in a teacup, put a little salt in and brush it all over the surface and cover that with sifted cracker dust or very finely crushed dried bread crumbs. Set it again in the oven and presently baste the breading with either clear dripping lard or butter. The fish should be done and handsomely browned in about twenty minutes. Serve with a border of green peas, either in a large dish—the fish being taken up with two cake turners—or in individual portions with the peas in the same plate.

200—Stuffed Brisket of Veal.

The breast or brisket of veal is a low-priced cut, at least when the veal is large, but is most excellent when cooked tender. There is a large proportion of gelatinous bone and tendon good for soups and stews. Take the entire "plate," as the butchers call it, and take out the bones by cutting down the sides of the ribs and along the brisket edge with the point of a knife, without cutting through. Then chop the bones in pieces and use them in the soup, as directed in a preceding recipe. Make the bread stuffing, No. 30 (without the onion), lay it on the broad, boneless piece of veal—which may be made broader and even by splitting the breast edge part way—then roll up and tie it in good shape with twine. Put the rolled veal into a baking pan, with fat skimmed from the soup, a little water and salt, and bake with a greased paper on top for a time, according to the size of the veal—probably an hour and a half. Baste it with a little drippings, roll it over in the glaze or gravy of the pan when that becomes brown at last, and make pan gravy when the meat is taken out in the usual way.

201—Summer Squash.

This vegetable should always be steamed, or at any rate not boiled in water, it being an object to get it as dry as possible so as to allow the addition of milk or cream when it is mashed. Shave off the outside thinly with a sharp knife; cut each squash in six or eight pieces. It depends upon the age and distinctness of the seeds whether they should be cut out or not; if large enough to show prominently in the mashed squash take out the entire core. Squash cooks in about half an hour, and may be allowed to simmer and dry out more after mashing and seasoning, in a pan set upon a couple of bricks.

202—Steamed Cherry Pudding.

Make a light dough without shortening, either the same as the buttermilk biscuit at No. 177, or the potpie dumplings at No. 191, only in each

case make the dough carefully, not to get too much flour mixed in, as very soft dough will prove to be much lighter than that worked up hard. Grease the bottom of a pan or dish that will go in your steamer, cover it with a thin layer of the paste, spread over that a cupful of pitted cherries (or other fruit), cover with another thin sheet of paste, then another layer of cherries and a cover of paste on top. Steam it an hour and a half or more. Serve with sugar dip (No. 184) or the more expensive hard sauce.

203—Hard Sauce.

1 large cupful of powdered sugar.

1 small cupful of fresh butter.

Grated nutmeg.

Soften the butter but not melt it. Stir it and the sugar together to a cream as in making cake. The more it is stirred (if in a bowl or dish and not in tin) the whiter it becomes. Spread it on a dish and grate nutmeg on top. Keep it cold until wanted.

Good for all kinds of puddings, and can be colored pink by adding while steaming a little red fruit juice.

204—Covered Lemon Pie.

Cheapest kind, as made by the bakers. No eggs needed.

8 ounces of sugar—1 large cupful.

3 ounces of flour—1 small cupful.

1 lemon.

1 pint of water—2 cupfuls.

Grate the rind of the lemon into a small saucepan, using a tin grater and scraping off with a fork what adheres. Squeeze in the juice, scrape out the pulp, chop it, put in the water and boil. Mix the sugar and flour together dry and stir them into the boiling liquor. When half thickened take it off and let finish in the pies.

The above makes two large pies or three small. It is necessary to be particular to get the right amount of flour. The mixture is pale yellow from the rind and sugar.

For the crust rub half a pound of shortening into a pound of flour, mix with cold water and roll out three times. Put top as well as bottom crust on these pies.

205—Ice Cream With Pure Cream.

1 quart of cream.

12 ounces of sugar.

Flavoring extract.

Mix, whip the cream partly to froth, pour into a freezer that will hold twice as much, freeze it quickly, and if in a common freezer turned by hand beat it up light afterward, cover down and let freeze again.

MENU NO. XXI—DINNER.

206—Cauliflower Cream Soup.

1 quart, more or less, of soup stock.
 1 pint of rich milk.
 1 pint cupful of cooked cauliflower.
 1 tablespoonful of minced onion.
 $\frac{1}{2}$ blade of mace.
 1 tablespoonful of butter.
 Salt and white pepper or cayenne.
 1 tablespoonful of minced parsley.
 Cauliflower left over from a previous dinner can be used.

The clear white broth that has had an old fowl boiled tender in it is best for such a soup as this. Any pieces or bones from the breakfast or dinner meats may be put into the stock pot with it to make it richer. Also add the scrap of mace and a small allowance of any soup vegetables at hand. The cauliflower is to be the principal article. If to be cooked for the purpose, pick the cauliflower into little branches and boil it separately in salted water nearly or quite half an hour.

Strain off a quart of the stock clear and free from grease into a saucepan, boil it with the minced onion in it, mash about half of the cauliflower and put in, boil the milk and add that, season with pepper and salt, thicken, if not thick enough already, till it looks like thin cream, with flour-and-water thickening, add the butter, the balance of the cauliflower branches whole as they are, and the green sprinkling of pastry.

207—Bluefish Stuffed and Baked.

Scale and cleanse the fish, clip or chop off the fins, and that it may be easy to serve in good shape drive the point of a knife into it through the bone where the portions are to be taken off. Dry the fish inside and out with a clean towel, fill the inside with the bread stuffing of the following recipe, sew it up and lay it in a baking-pan. Put into the pan beside it a slice of pickled pork, a small piece of onion, some salt, drippings or butter and put enough water to keep the pan from burning. Bake the fish from half to three-quarters of an hour, basting frequently. Butter in the pan gives the best color and makes the best gravy. When the fish is done take it up on two batter-cake turners and place it on its dish, then make gravy in the pan in the usual way, add pepper and strain it for sauce. Serve some of the dressing with each portion in lieu of potatoes.

208—Bread Stuffing for Fish.

2 pressed-in cupfuls of bread crumbs.
 A sprinkling of thyme and savory.
 1 teaspoonful of mixed salt and pepper.
 1 small cupful of minced suet.

1 small cupful of warm water.
 1 egg.

Mix all together in a pan. Let the dressing have a decided seasoning of pepper, which improves the flavor of the fish.

209—Squab Pie.

6 fledgeling pigeons.
 4 ounces of butter.
 1 quart of broth or water.
 Flour, pepper and salt.
 1 pound of pie crust.

The squabs can be picked dry, but a little easier if scalded. Singe and draw, splitting them down the back first, like broiling chickens, and then cut in halves. Wash and dry them, flatten a little with the side of the cleaver, pepper and salt and flour on both sides, then fry them slightly in the butter melted in the same baking pan the pie is to be made in.

When the squabs have acquired a light brown on both sides pour into the pan about a quart of broth or water and set in in the stove that they may stew tender while you make the crust. See whether the flour on the birds has thickened the liquor sufficiently, and add salt and pepper. Cover with a thin sheet of dough and bake twenty or thirty minutes longer.

The short paste, as made for lemon pie, No. 204, is good for all sorts of meat pies; but for a handsome family dish to be set on the table whole a covering of well-made light and dry puff paste is not too good. There should not be enough gravy in the dish, however, to reach the paste while baking, as it would prevent it from rising, but the reserved portion can be poured in when the pie is done. For a family pie of this sort the birds, of course, have to be transferred from pan to dish before the crust is put on.

210—Stewed Tomatoes.

Put the tomatoes in a pan and pour boiling water over to scald the skins. Let stand till cool enough to handle, then peel them. Place the peeled tomatoes in a colander that some of the surplus liquor may drain away, after that set them over the fire in a saucepan and break them up with a spoon. Season with pepper and salt; let stew awhile, and add a few fine bread crumbs if desired. The bread addition is only a device to thicken the vegetable, and many people prefer to omit it and make the tomato thick enough by draining first and stewing down.

211—Floating Islands.

Small sponge cakes sliced, the slices spread with fruit jelly, placed in ice cream saucers and rich boiled custard poured in to float them, and a spoonful of whipped cream piled on top. The best may be made by the following recipes:

212—Italian Cakes.

Make sponge cake mixture like No. 151, by the same mode, with ingredients as follows:

- 14 ounces of granulated sugar.
- 12 eggs.
- 10 ounces of flour.
- 1 teaspoonful of cream of tartar.
- Lemon extract to flavor.

When the eggs and sugar have been beaten up to more than twice their original bulk beat in the cream of tartar, flavor, and lightly stir in the flour. Drop portions of the batter on sheets of paper, either with a teaspoon or through a cornet made of a sheet of paper pinned to shape and the point clipped off. As soon as the sheet is full sift powdered sugar all over the cakes. Then take hold of two corners of the sheet of paper, shake off the surplus sugar and put the sheet of cakes on the baking pan. Bake in a slack oven until light brown. Take off the paper by moistening the under side with a brush dipped in water.

These cakes are for the cake baskets, to have jelly spread between twos, to line molds for charlotte-russe and for floating islands, etc.

213—Wine Custard.

- 1 quart of rich milk.
- 12 yolks of eggs.
- 12 ounces of sugar.
- 1 cupful of sweet wine.

Boil the milk with about half the sugar in it. Beat the yolks with the rest of the sugar until light and thick, pour the boiling milk to them, set on the fire again and let it thicken, but take off at the first sign of boiling, as it will curdle if allowed to get too hot. Strain the custard, and when cold add wine or maraschino for flavoring. Serve ice cold in custard cups or glasses, or in a large glass bowl with jelly cake floating in it, and whipped cream on top, or in saucers with small, round Italian cakes in the same way, but in individual style.

214—Frozen Strawberry Punch.

- 1 quart of strawberries—red, ripe and sweet.
- 1 pound of sugar.
- 3 cupfuls of water.
- 1 cupful of sweet wine.

Cover the strawberries with the sugar and let remain some time to form a thick red syrup. Pick out a few of the berries to be mixed in the ice at least. Rub the rest through a strainer into the freezer with the syrup and add the water and wine. Freeze as usual. This is punch frappe; but if to be a la Romaine whip the whites of three eggs to a firm froth and mix them in after freezing and beat up well. In either case mix in the reserved berries lightly just before serving. They are not good if hard frozen in it. Serve in glasses.

MENU NO. XXII—SUPPER.

One of the odd institutions of the city, is a "Chicago Mush Company," brought into being, of course through the dislike people have of doing their own cooking, or, perhaps, the inconvenience of carrying on prolonged operations like that of cooking cornmeal till thoroughly done. The "Mush Company" furnishes the retail stores with pans of cold mush, presumably well-cooked by steam, marked into five-cent blocks, and ready for the purchaser either to warm up with water, or slice and fry. Some people will still, probably, continue to make their mush at home.

Mush or porridge of cornmeal is by no means the peculiarly American dish it is generally supposed to be, the corn-raising peoples of Europe making it not only in its simple form but in dishes of considerable pretensions, under the name of polenta, mixed with cheese, with meat, with herbs and mushrooms and even with truffles, and baked, fried, steamed in shape, and made the most of in every way.

Well cooked mush is one of the things most rarely met with, but when to be had, made as good as it can be, is found at public tables to be in better demand than many articles of food that cost ten times as much.

215—Corn Meal Mush.

- 2 quarts of water.
- 12 ounces of corn meal—2 cupfuls.
- 1 rounded tablespoonful of salt.

Where the mush has to be made on a cook stove, a cast pot with feet, to raise the bottom an inch from the fire, is the best vessel to use. It lessens the tendency to burn and reduces the waste if the inside is brushed over with a touch of lard or drippings. Put the salt in the water, boil, and sprinkle the dry meal in with one hand while you beat with an egg-beater or spoon in the other. Put on the lid, and let simmer with the steam shut in for about three hours.

Double the quantity needed for one meal should be made and half put away to become cold to fry. For this purpose very slightly grease a pan, press the mush in evenly, and slightly brush over with melted lard again. No matter how little the grease, it prevents the formation of a crust by drying on top.

Each quart of cold mush will cut into about ten slices or blocks for frying.

216—Smoked Haddock, or Finnan Haddies.

The favorite way of cooking, when it is cooked at all, is by broiling. Brush the fish over with butter and pepper it well, then broil or toast until it is cooked through. But it is equally good this way: Pour boiling water over the fish from the tea kettle, take it out of the water, lay it in a baking pan, brush over with a little butter, pepper it well and bake in a hot oven about eight or ten minutes.

217—Broiled Liver.

Slice the liver thinly, pepper and salt the slices, dip them in a little melted drippings on a plate and broil in the wire toaster over a clear fire. Where there is no convenience for broiling over coals the slices, after being dipped, may be laid in a baking pan, baked on the top shelf in the stove oven, and when the top is browned turned over, and the liver will be as good as if broiled, much better for a supper dish than if fried in fat, and not needing bacon to make it palatable.

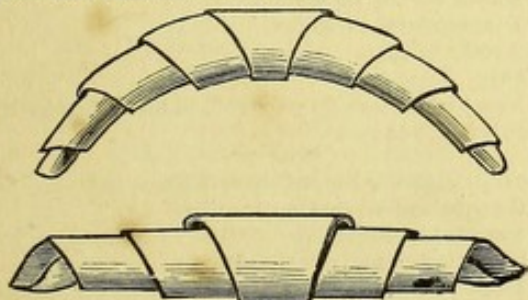
218—Vienna Rolls.

2 pounds of flour.
2 cupfuls of milk.
 $\frac{1}{2}$ cake of compressed yeast, or $\frac{1}{2}$ cupful of potato yeast.
2 teaspoonfuls of sugar.
2 teaspoonfuls of salt.

Make the milk lukewarm and dissolve the yeast in it. Set sponge at 9 in the morning, at noon add the salt and sugar and make up stiff dough. Let rise till about 4. Then work the dough well on the table by pressing out and folding over.

Roll out the dough in one large sheet as thin as you can, which will be about the thinness of a dinner plate edge; then, measuring with your hand, cut the dough into strips or bands as wide across as your hand is long. Cut these again into triangular pieces for rolls, not equal sided but long and narrow triangles. Roll these triangular pieces up, beginning at the broad bottom end, and the point will come up in the middle, and there will be a spiral mark around from end to end.

Give each roll a few turns under the hands to smooth it and place it on the frying pan in the form of a crescent—just the shape and size of the new moon. Brush over with water or melted lard. Let rise in the pans about half an hour and bake about ten minutes.



VIENNA ROLLS.

219—Baked Apples.

10 apples.
4 ounces of sugar.
Butter size of an egg.
Half-cup of water.
Grating of nutmeg.
Cut off a slice of paring from the top and bottom of each apple, core, but do not pare them,

place in a pan, put the sugar in the core holes and the nutmeg and butter on top, add the water and bake and baste frequently with their own syrup till done. The syrup at last should be thick as jelly and may be served with the apples. A bright pan or dish should be used. A sheet of greased paper laid on top will keep the fruit from blistering and blackening before it is baked through.

220—Sponge Gingerbread.

8 ounces of molasses—a teacupful.
3 large tablespoonfuls of sugar.
4 ounces of butter—a teacupful, small.
1 cupful of milk.
3 eggs.
1 large teaspoonful of ground ginger.
1 large teaspoonful of baking powder.
1 pound or quart of flour.

Melt the butter in the milk made warm, and pour them into the molasses and sugar, mix, add the eggs, the ginger and powder, and lastly the flour.

It is a great improvement to beat the cake thoroughly with a spoon. It is too soft to be handled. Spread it an inch thick in a buttered pan or mold. Bake twenty or thirty minutes.

221—Brown Ginger Cookies. Good Common.

Quarter pound of butter.
Quarter pound of sugar.
Quarter pound of black molasses.
2 eggs.
1 tablespoonful of ground ginger.
Quarter cupful of water.
2 teaspoonfuls of baking powder.

1 pound or quart of flour, or enough to make soft dough.

Mix the ingredients in the order they are named in, roll out and cut with a small cutter.

MENU NO. XXIII---BREAKFAST.**220—About Breeding.**

Breading an article consists in making either fine bread crumbs or the meal of crushed crackers, or sometimes corn meal adhere to the surface while it is fried, giving it a crisp coating. It is usual to dip the article first in egg or egg and water, but experienced cooks have several other expedients to save eggs, such as dipping in the flour and water batter, or in cream sauce, or, when the thing to be breaded is a croquette containing eggs already by balling them up in cracker meal without dipping at all.

Where the time is not worth more than the material, the dry slices of bread left over should be dried to a crisp in a warm place, then rolled or pounded fine and run through a sieve. Rolls and gems containing sugar will not answer for the purpose, the crumbs soon turning too dark in the frying. The use and intention of breading meats and fish is to inclose the juices and flavors

in the crisp envelope of egg and crumbs, to accomplish which the articles must be dropped into clear lard or other fat that is hot enough already to hiss sharply when a drop of water touches it. The fat is too hot when it smokes, so that the smoke can be seen, and will discolor anything attempted to be fried in it. If properly done, breaded fish and cutlets come out as dry and free from grease as the crust of a loaf.

Sometimes, when potato croquettes or croquettes of chicken or rice, or codfish balls and the like are made accidentally too soft to be fried by merely rolling in flour, they can be finished very satisfactorily by rolling in egg and crumbs.

221—Eels Breaded and Fried.

Eels, eel-pouts, and similar fish can always be had ready skinned for cooking, in the market. Eels of large size should be split lengthwise, and the bone taken out, which is done by pressing the fish on the table with one hand while the knife in the other is guided by the spine bone and run along horizontally on both sides of it.

Then cut the strips into three-inch lengths, dredge with pepper and salt, dip each piece in an egg beaten with half as much water, then in the cracker meal—with care not to rub and make bare spots, which will spoil the breading—and when the lard is hot drop them in and fry about five minutes. Garnish with parsley either plain or fried and serve with potatoes.

222—Saratoga Chip Potatoes.

Potatoes sliced thick are not Saratogas though generally so called. The true chips are as thin as paper and curl up when fried. They are used cold as well as hot, and may be prepared before wanted and kept a considerable time. It is necessary to have clean fresh lard and potatoes of good quality to get Saratoga chips of good color and the proper crispness. They should be put in before the lard gets very hot, have time to dry out in it, and when yellow should be drained in a colander, set in a pan and salt sprinkled over.

223—Broiled Liver and Bacon.

It is too wasteful and untidy to broil the bacon, unless in the restaurants, where the customers are charged for the waste. Half the bacon goes away in fat and flames. Fry the slices in a small frying pan, dip the liver in the fat, lay it on the broiler over clear coals, pepper and salt while it is cooking, and serve a slice of the fried bacon on top of each piece.

224—Fried Mush.

The mush put away in a can over night can be turned out on to the table after setting the pan a moment on the stove top to warm. Cut blocks or slices, dip them in egg and then cover with

cracker meal or fine bread crumbs and drop them into hot lard or drippings.

225—To Fry Mush Without Breading.

Roll the pieces in flour and let them lie in it a while to become well coated, then drop them into lard or drippings that is hot enough to brown the outside instantly.

Thin slices may also be rolled in flour and browned on a greased cake griddle.

226—Wheat Muffins.

These are very fine and well worth knowing how to make.

- 1 pound of light bread dough.
- Butter size of an egg.
- 1 basting spoonful of milk.
- 1 teaspoonful of sugar.
- 2 yolks—or 1 egg.
- 1 ounce of flour.
- Little salt.

Take the piece of dough—about two large cupfuls—from your light bread that was set to rise over night. Two hours before breakfast work in the ingredients named and beat the stiff batter thus made against the side of the pan until it is very elastic and smooth. Let rise in a warm place about an hour.

The muffin rings should be two inches across and one inch deep. Grease them, set in a greased pan, half fill with the batter, which should be thin enough to settle down smooth, but thick enough not to run under the rings; let rise half an hour, bake ten minutes in a hot oven.

227—Muffins from the Beginning.

When there is no dough ready made the muffins can be mixed over night with these ingredients and thoroughly beaten in the morning:

- 2 heaping cupfuls of flour.
- 1 small cupful of yeast and water.
- Butter size of an egg.
- 1 teaspoonful of sugar.
- 2 yolks of eggs.
- Salt.

The batter should be too soft to handle, yet not thin enough to run.

228—Corn Batter Cakes.

- 2 cupfuls of white corn meal.
- 1 cupful of flour.
- 2 cupfuls of milk or water.
- 1 egg.
- 1 basting spoonful of melted lard.
- A little salt.
- 1 teaspoonful of baking powder.

Make a hollow in the middle of the meal and flour, put in all the other ingredients and stir up smooth.

When there is no milk to mix up with add a spoonful of syrup to make the cakes brown easily on the griddle.

It is practicable to bake batter-cakes without

greasing the griddle. It need only be rubbed with a cloth after each baking.

229—Chocolate.

1 quart of milk and water.

1 ounce of chocolate.

Boil the milk and water in a small, bright saucepan. Scrape down an ounce as marked on the half-pound cakes of common chocolate, throw it in and beat with a wire egg whisk about one minute, or till the chocolate is all dissolved. Send it in as soon as made, if practicable; but if kept on hand set it where it will keep hot, but not boil.

MENU NO. XXIV.—DINNER.

232—Tomato Soup.

2 quarts of soup stock.

1 cupful of stewed tomatoes.

1 small cupful of minced vegetables.

6 cloves.

1 tablespoonful of minced parsley.

Salt and pepper to taste.

Little flour thickening.

The soup stock may be the liquor in which a piece of beef or mutton is boiled for dinner, with the addition of other raw scraps and pieces, such as the bones and gristly ends of a beef-steak. An hour before dinner time take out the meat and strain the stock through a fine strainer into the soup pot. Cut a piece of carrot, turnip and onion into small dice and throw in and let cook till done, add the cloves and cup of tomatoes, pepper and salt, thickening and the parsley at last.

It is generally considered a reproach to say the soup is thin, and our people have to be educated up to the appreciation of the thin soups of the French. A proper medium should be observed. A spoonful of flour gives the smoothness and substance required without destroying the clearness of the soup.

Tomatoes stewed down after seasoning with salt, pepper and butter, are a different article from the freshly prepared and impart a new richness to soup.

233—Fried Bass with Bacon.

Scale and clean the fish, chop off the fins, and if small cook them without cutting; if large, split them lengthwise and cut across making four.

Pepper and salt the pieces, roll them in flour and let lie in it until the last; drop them into a pan of hot lard and let fry from five minutes upward according to size.

Fry a slice of breakfast bacon for each piece of fish in another pan and send in the bacon on the fish and a garnish of parsley and plain boiled potatoes.

234—Boiled Beef with Horseradish.

A fat, unctuous, gristly piece of the brisket or "plate" is best for this, or the rib ends that are

sawn off a rib roast. Boil it slowly for at least three hours; have a little salt in the water (which is afterwards to be used to make soup). Grate or finely scrape down a stick of horseradish, put it in a bowl with vinegar and water enough to cover, and use it for sauce.

235—Larded Liver with Onions.

Calf's liver is the best. Take a piece of liver and about one-third as much bacon or salt pork. Cut the bacon into strips about the size of a pencil and draw them through the liver with a larding needle, or if no needle is handy push the strips of bacon, cut pointed, into holes made with a narrow knife or a steel. The closer the strips and the more of them the better, and let the larding be done so that the slices can be cut across it after cooking; place the liver in the oven in a baking pan with a little drippings and a greased paper laid on top to keep it moist, and cook half an hour or more, according to size. Serve in slices either with roasted onions (No. 187) or fried onions, or a mild onion sauce poured under.

236—Cauliflower in Cream.

Cauliflower takes from half to three-quarters of an hour to cook done. It should not boil rapidly enough to destroy the small flowerets. Try the stems with a fork and take off when tender. A lump of baking soda the size of a bean in the water will hasten the cooking without injuring the vegetable.

Divide the cauliflower into portions of convenient size before cooking, and when drained and dished up pour a spoonful or two of good, strained cream sauce (No. 166) over each portion.

237—Egg Plant Plain Fried—(Sautéed.)

Slice the egg plant, without paring, into five or six, throwing away only the end parings. Boil the slices in salted water a few minutes to extract the strong taste, drain them, and while still moist dip both sides in flour, then fry brown in a fryingpan with a little drippings. They are served as a vegetable, like fried parsnips, etc.

238—Macaroni with Tomatoes.

4 ounces of macaroni.

1 ounce of grated cheese.

$\frac{1}{2}$ cupful of thick stewed tomatoes.

$\frac{1}{2}$ cupful of brown meat gravy.

Salt and pepper.

This is a favorite way with the Italians. The dish need not be baked. They simply boil the macaroni and then make it rich, not to say greasy, with the other articles and gravy from the meat dishes.

Break the macaroni into three-inch lengths, throw it into boiling water and let cook twenty minutes. Drain it, put it into a baking pan, mix in the grated cheese, the tomatoes, the gravy, salt and pepper and, if necessary, a lump of

butter. Mix up and let simmer together about half an hour, either in a slack oven or on the stove hearth. It will be all eaten if not made too strong flavored with tomatoes or too salt—the common mistakes.

239—Spanish Puff Fritters.

At No. 33 we had queen fritters, or puff fritters of a rather plain sort. This variety is sweet, and the harder to fry without burning, but is rich and round-shaped.

- $\frac{1}{2}$ pint of water—1 cupful.
- $3\frac{1}{2}$ ounces of butter— $\frac{1}{2}$ cupful.
- 2 tablespoonsful of sugar— $1\frac{1}{2}$ ounces.
- 5 ounces of flour—a heaping cupful.
- 3 large eggs.
- 1 teaspoonful of vanilla extract.

Boil the water with the sugar and butter in it in a deep saucepan. Drop in the flour all at once and stir the mixture over the fire till you have a firm, well-cooked paste. Take it from the fire and work in the eggs one at a time with a spoon, and beat the paste well against the side of the saucepan. Add the vanilla with the last egg.

Drop pieces as large as guinea eggs into hot lard in a saucepan and let fry slowly. Only four or five at a time, as they expand after a few minute's cooking and need all the room. Serve either with powdered sugar sifted over or a rich pudding sauce. (No. 34.)

240—Sliced Apple Pie.

Use this way only the best ripe cooking apples. Pare and core and slice them thin across the core hole, making rings. Fill paste-lined pie pans about two layers deep. Thinly cover the apple slices with sugar, and grate nutmeg over. Put in each pie butter the size of a walnut and a large spoonful of water. Bake without a top crust slowly and dry. The apples become transparent and half candied.

241—Baked Indian Pudding.

This is the richest of cornmeal puddings, and everybody's favorite.

- 1 quart of milk or water.
- 6 ounces of corn meal—a teacupful.
- 5 ounces of butter—a teacupful.
- 1 small teacupful of black molasses.
- 1 small lemon, juice and grated rind.
- 6 eggs well beaten.

Butter the bottom of a kettle and make mush in it of the milk and meal, and let it simmer with the steam shut in an hour or two. Then mix in the other ingredients and bake about half an hour.

242—Lemon Sherbet.

- 1 quart of water.
- 1 pound of sugar.
- 2 large lemons.
- 3 whites of eggs.

Grate the rinds of the lemons into a bowl and squeeze in the juice. Make a boiling syrup of the sugar and half the water and pour it hot to the lemon zest and juice and let remain so till cold, or as long as convenient, to draw the flavor. Then add the rest of the water, strain into a freezer, freeze as usual, and when it is pretty well frozen whip the whites to a froth, mix them in, beat up and freeze again.

243—Small Cream Cakes.

Make the cheap, but excellent and very useful cake mixture at No. 36. Slightly grease some baking pans and drop the batter by tablespoonfuls to form little round cakes. Sprinkle granulated sugar on top of each one. Bake in a slack oven. The cakes run out rather thin and delicate and should have plenty of room. Take off with a knife when cold and place twos together with pastry cream (No. 54) spread between.

MENU NO. XXV.—TEA.

244—Salt Mackerel Boiled.

There is as much difference between mackerel boiled soft and boiled hard as between eggs similarly cooked. If you would have mackerel tender, as well as of good color, put it on to cook in cold water and take it off as soon as it begins to boil. It is best if it can be cooked to order, or only as wanted, as it becomes hard and curls out of shape with standing long in the water. Mackerel looks best if cut across, not lengthwise, each fish making three portions. Dish the skin side up and a spoonful of melted butter over it.

Mackerel put in water to freshen will hardly keep sweet twelve hours unless ice water be used or the vessel set in the refrigerator. It should remain in water at least twenty-four hours, and be changed once or twice. After that if any are wanted to broil, they should be hung up to dry one meal ahead.

245—Salt Mackerel Broiled.

Divide the fish lengthwise, and, if of the largest size, again into quarters. Broil over clear coals, or toast before the fire in the hinged wire broiler, browning the inside first. Serve the brown skin side uppermost, with a spoonful of melted butter poured over. It should cook in five minutes.

246—Calf's Liver a la Brochette.

Take a thin slice of liver and one of breakfast bacon for each person and cut them into little square pieces as nearly of one size as may be and place them on tinned skewers, a piece of liver and a piece of bacon alternately till the skewers are full. Dredge with pepper, place them in a dripping pan in the oven, turn them over two or three times while they are cooking and when done place the liver and bacon on long pieces of buttered toast already in a dish, hold in place with a fork while you draw out the skewers, then send it in.

247—Potted Veal, or Veal Loaf.

We have to make such minced dishes as this by rule and measure, lest they be too soft to slice when cold or too much the other way to be good eating:

- 6 ounces of mixed cold veal—a cupful.
- 1 ounce of bacon or knuckle of ham.
- 1 ounce of butter.
- 1 egg.

Salt, pepper, grating of nutmeg, and little lemon juice.

Shave all the outside off the cooked veal (or other white meat) before mincing it. Add a thin slice of raw bacon and a few shreds of cooked lean ham, if convenient, for flavor, and when all are finely chopped add the rest of the ingredients and season well with pepper. Make up in a little loaf shape, smooth it over and bake in a dripping pan about half an hour. It may be eaten hot with gravy or kept and sliced cold for tea or supper.

Various kinds of sausages are made with part cooked meat and part raw, and with additions of bacon or ham and powdered bay leaf for seasoning. When cold meat is minced there must be a binding ingredient added, else it will fall apart in the baking and be unsavory eating. The preceding recipe requires an egg. This is very nice, and firmer to slice with half raw meat and no egg.

248—Veal Loaf, or Potted Veal.

- 4 ounces of cooked meat.
- 4 ounces of raw veal.
- 1 ounce of raw fat bacon.
- Shreds of lean ham for flavoring.
- A pinch of powdered bay leaf.
- Salt and pepper to taste.

Mince and mix all together; make up in a ball and bake half an hour. To be eaten either hot or cold.

249—Cauliflower Salad.

Take cauliflower left over from dinner, or else pull a head apart into suitable sized bunches, and boil them in salted water about three-quarters of an hour, drain and set away to get cold. Then

put it into a bowl containing the following salad dressing, and when to be served dip out the pieces well coated with it and place them neatly in a pile on a flat dish and ornament the edges.

250—Salad Dressing Without Oil.

- $\frac{1}{2}$ cupful of vinegar.
- $\frac{1}{2}$ cupful of water.
- $\frac{1}{4}$ cupful of butter—3 ounces.
- $\frac{1}{2}$ cupful of yolks of eggs—5 yolks.
- 1 tablespoonful of made mustard.
- Salt and cayenne.

Boil the vinegar, water, butter and salt together in a bright saucepan, beat the yolks, and add to them some of the boiling liquid, then pour all into the saucepan, stir rapidly, and in a few seconds, or as soon as the mixture becomes thick and smooth, like softened butter, take it from the fire. Add the mustard and cayenne, and make it ice cold for use.

251—Sally Lunn Tea Cakes.

- 20 ounces of light dough—about 3 cupfuls.
- 2 ounces of butter— $\frac{1}{2}$ cupful.
- 2 tablespoonfuls of sugar.
- 1 whole egg and 1 yolk.
- $\frac{1}{4}$ cupful of milk.
- 1 cupful of flour—4 ounces.

Take the dough either from the rolls or bread or procured from the baker's, at about 4 or 2 o'clock, and work in the enriching ingredients, then add the flour and beat thoroughly. It makes dough too soft to be kneaded, and like fritter batter.

Rise 3 hours. Beat again. Divide it into 2 pie pans. Rise half an hour. Bake about 15 minutes. Brush over the top with a little good butter. Cut in pieces like pie, but carefully with up and down strokes with a sharp knife, not to crush the spongy cake. Serve hot.

Excepting only ice cream the pastry cooks produce nothing that is so unusually acceptable as the charlotte russe. Everywhere, from the places of the grand banquets to the shops where it is exchangeable for a 5-cent piece, it is seen constantly in one form or another. There are several varieties to be made in this article, and since it must appear and is welcome often, we may go a little out of the way to avoid the ready-made appearance of the shop article in these we make ourselves. The prime necessity for making charlotte russe is commonly supposed to be pure sweet cream. Nevertheless it is not difficult to do without that scarce article. A few months ago a pastry cook from Chicago was sent for to take a situation in a hotel in another city some 600 miles away, his fare and expenses paid, and he went prepared for work. Yet before a week had passed he was back in Chicago again—could not work there. There

were small obstacles in the way, such as the lack of a suitable oven, but the great, insurmountable difficulty that caused him to travel over 1,200 miles for nothing and squander his cash getting home again was, they wanted him to make charlotte russe without cream. Yet, the other day I went into the pastry room of one of the largest Chicago hotels and saw there over 150 individual charlottes standing ready for the dinner, and being apt to observe such things I thought a large number were slightly different in the color of the cream from the others and looked firmer, and the pastry cook guessing my question said: "I hadn't enough cream, and had to make a cream for the rest." So it shows there are ways of making charlotte russe both with and without cream, which it will be useful to know, for the solid fact of the matter is that at public tables the charlottes filled with the various made creams, if they are well and delicately made, are received every whit as well as those filled with pure whipped cream; it is rather a matter of more or less trouble in making than a question of difference of quality. In this and the three or four menus next to follow we will show the various ways of making charlotte russe.

252—Charlotte Russe.

Individual size. White cake cases filled with yellow cream. For the cake take
10 ounces of granulated sugar.
12 ounces of white of eggs—13 whites.
6 ounces of flour.
2 large teaspoonfuls of cream of tartar.
Flavoring of vanilla extract.

This is a very delicate white sponge cake. Have the ingredients all cold to begin with. Put the sugar and white of eggs into a brass kettle or deep pan and beat them together with the wire egg whisk for about twenty minutes. If beaten rapidly in a cool place the mixture will then be like good cake frosting. Then add the cream of tartar and flavoring and beat a minute longer, then lay aside the whisk and stir the flour in with a spoon. As soon as the flour is mixed out of sight it is ready and should be baked immediately.

Lay a sheet of manilla paper on the largest baking-pan and spread the cake batter on it only deep enough to hide the paper. Bake about five minutes. Lay the sheet-cake downwards on the table, wet the paper and take it off. Cut the cake into pieces that will fit inside your tin muffin rings as linings, and small pieces to form the bottoms. Small tumblers or cups may answer as well where there are no suitable rings. Then make the filling.

253—Roman Cream.

1 pint of milk.
5 ounces of sugar.
1 ounce of gelatine—light weight.

Small piece of stick cinnamon.

$\frac{1}{2}$ cupful of thick cream.

6 yolks of eggs.

$\frac{1}{2}$ cupful of curacao, or a wine substitute.

Set the milk over the side of the fire, with the sugar, cinnamon and gelatine in it, and beat often with the wine egg whisk till the gelatine is all dissolved, which will be at about the boiling point. Beat the yolks light, mix them in like making custard, allow a few moments for it to thicken but not boil, then strain into a tin pail or a freezer and set in ice water; when nearly cold whip the cream to froth and beat it in and add the curacao or other flavoring; fill up the charlotte cases and set them in the refrigerator to remain till wanted.

When to be served take the charlottes out of the tin rings; the cream being set will hold them together.

The preceding white sponge cake mixture will be enough for half a yard square of sheet cake, and a small cake in a mold beside.

Where there is no cream whatever to be used for the purpose after beating up the gelatine cream quite light as it cools whip the whites of three eggs to froth and mix in by beating. Pour it into the cases while fluid enough to run into the form. The same cream can of course be set in molds without cake.

MENU NO. XXVI—RECEPTION.

254—Consomme With Green Peas.

3 quarts of rich seasoned soup stock.

1 cupful or a can of French peas.

To make stock, as it is called before it is strained, two plump young chickens should be boiled in a gallon of water along with some broken up veal bones and a piece of gravy beef, etc., the chickens to be taken out within an hour to be used for patties or salad. Throw into the stockpot after that a teaspoonful of bruised peppercorns, a small bay leaf, half blade of mace, a bunch of soup herbs and bunch of parsley. When the stock has simmered about three hours strain it first into a deep vessel such as a tin pail or jar, skim it free from grease, pour it without the sediment through a broth napkin spread in a colander or through a jelly bag twice over to get it as clear as possible. Then boil it up again in a clean vessel, add salt to taste, a tablespoonful of starch mixed with water, a little burnt sugar to make the consomme of the color of strong tea; then wash the green peas in a strainer under the hot water faucet, and add them to the consomme just before serving. The peas must be really green. They have a pretty effect in the rich, brandy-colored liquor, in which they will hardly sink. (See Nos. 118 and 131.)

255—Chicken Patties, or Bouchees a la Reine.

1 pint cupful of chicken cut in dice.

1 pint cupful of rich cream sauce.

Seasonings.

Parsley.

Vol-au-vent patty cases.

Pick the meat from one or two boiled chickens, cut it into long strips and then across into small dice. Put it into a saucepan, season with white pepper or cayenne, a grating of nutmeg, the juice of half a lemon, salt and an ounce of butter. Next pour over it the cream sauce, No. 166, and let it gently simmer at the back of a range or on a brick on the range top till time to dish up, then fill the patty cases with it. If there is no cream sauce ready, it amounts to the same thing to add a pint of rich milk and a spoonful of thickening to the chicken, care being taken not to make it pasty, nor yet so thin that the sauce will run out of the patties.

256—Vol-au-Vent Patty Cakes.

These are shells of pastry baked without the fillings, opened and the meat, etc., put in afterward.

Roll out a piece of puff paste (No. 53) to about a quarter of an inch in thickness, cut out flats with a large biscuit cutter, then take a small cutter and cut nearly but not quite through the middle of each one and bake on a pan in a brisk oven. The paste rises and the inside cut becomes a lid that may be lifted out with a knife point. Remove the surplus paste from the inside, fill with the prepared chicken, put on the lid and ornament with a sprig of parsley.

Proper cutters for these patties are double, the inside cutter edge being lower than the other, so that it does not cut clear through; and the shape may be oval to fit a dish, or any other shape. A round tin cutter may be bent to cut an oval patty.

But where large numbers are made there is something slightly exasperating in the primness of these little pies with their little lids, especially when they are cut with a scalloped edge cookie cutter, and to get away from their prettiness we often cut out oval flats, quite thin, without any inside cut, brush them over with egg and water, bake and then split them with a knife, place the spoonful of minced chicken on the bottom piece and the top crust on top.

257—Frogs' Saddles on Toast.

While the supply of this delicacy is becoming greater every year, frogs are still sufficiently high priced to be accounted an article of luxury. It is very probable that in the course of time the frog will take the place in the summer left void by the long vacation of the oyster.

There are two varieties of frogs in market, the small ranging in price from about 30 cents to

50 cents per dozen, and the large at about \$1 to \$1.50 per dozen. The prices take a wide range and these common figures are only intended to apprise the buyer of the different values of the two sorts. A restaurant order requires six of the small saddles for each person, while two of the large kind are sufficient and contain more meat. Only the hind quarters or saddles of frogs are used. Those who would be extremely nice in their preparation parboil them a few minutes in the same kind of stock that fish is boiled in, that is water with salt and a little vinegar in it, and then take them out and cook them in the various ways. Commonly at the restaurants they are treated simply as spring chickens—steeped in cold water till wanted, then breaded and fried, broiled, stewed, or otherwise prepared.

Take the saddles out of the water or out of the boiling liquor, as the case may be, and roll them in flour, then in an egg (beaten a little, with a spoonful of water added), and then in cracker meal, giving them a good coating, pressing but not rubbing off the breading, which will not stick a second time. Fry in a pan of hot lard from four to six or eight minutes.

Cut large square slices of buttered toast across diagonally, making triangular pieces; place two on a dish, the broad bases together in the middle and points at the ends of the dish, and frogs on the toast in corresponding manner. Ornament with cut lemons and parsley. Large dishes have the frogs placed overlapping down the middle like cutlets.

For a private party prepare fringed spiral paper handles before the frogs are cooked, and slip one over the end of each pair of bones placed together similarly to the fringed paper handles on lamb cutlets. Directions for making these papers will be found at another place.

258—Stewed Corn and Tomatoes.

Boil twelve tender roasting ears in salted water till the milk is set—about fifteen minutes—then cut the corn off the cob. There will be about a heaping pint, according to the size of corn.

Take three cupfuls of peeled tomatoes, cut them in small pieces, season with salt, pepper and butter, and let simmer on the shelf or back of the range, or on a brick on the stove top, till they are reduced to two cupfuls. Then mix the corn and tomatoes together, and keep them slowly cooking till wanted. Serve as a vegetable, hot.

259—Fried Macaroni—Genoise.

4 ounces of macaroni.

3 ounces of cheese.

1 egg and cracker meal for breading.

Take the best macaroni in pound papers; break the sticks only once in the middle. Throw a quarter of a pound into salted water that is

already boiling, and let it cook twenty-five minutes.

Mince the cheese fine. Drain the macaroni and mix the cheese with it while it is hot, that the cheese may be melted in it. When cold, or nearly so, dip each string of macaroni separately into the egg (beaten a little with a spoonful of water added) and then in cracker meal. A short time before it is to be served make some fresh lard hot in a frying-pan, drop in the macaroni and fry about one minute. Drain in a colander, cut the strings in two, pile loosely on a dish; serve very hot.

260—Egg Salad.

Border of green, sliced hard-boiled eggs in the center and salad dressing poured over.

Chop heart lettuce, if at hand, or else tender cabbage or celery, or a mixture, and season with salt, pepper and vinegar, and oil if liked, and place it with a teaspoon as a border on the dishes. Slice hard-boiled eggs and put four slices to each individual dish on edge leaning and overlapping in the middle of the green. Pour over the eggs, either the salad dressing, made without oil, or the mayonnaise No. 68.

261—Cold Roast Ham.

Steep a small ham in cold water over night if convenient, wash the outside in warm water, put it on to boil and let it slowly cook about three hours. Take off the skin, trim around the knuckle bone, and if necessary to make a neat shape saw off the bone that protrudes from the thick end. Then bake it nearly half an hour. Take it out and press on to the brown surface all the cracker meal or powdered dry bread crumbs that can be made to adhere and bake again very carefully till the breading is handsomely browned all over. It may be necessary to baste the breading a little with fat enough to barely moisten it. When cold put a fringed paper on the clean knuckle bone and place the ham on its dish, to be sliced cold as wanted.

262—French Cream Puffs.

- 1 pint of water.
- 7 ounces of butter.
- 3 ounces of sugar.
- 10 ounces of flour.
- 6 eggs—or 7 if small.
- 2 teaspoonfuls of vanilla extract.

Boil the water with the sugar and butter in it in a deep saucepan. Drop in the flour all at once and stir the mixture over the fire till you have a firm, well-cooked paste. Take it from the fire and work in the eggs one at a time with a spoon, and beat the paste well against the side of the saucepan. Add the vanilla with the last egg. The more this paste is beaten the more the puffs will expand in the oven. Grease the baking pans and then rub

them clean and bright. Place the paste in oval lumps like walnuts with plenty of room between, using a lady-finger sack and tube, or else a spoon and knife to shape them. Bake in a slack oven about twenty minutes. The puffs will be hollow. Cut them open at the side and fill with pastry cream, or, more suitably for these, with fruit jelly.

263—Glazed Eclairs.

The puffs of the preceding recipe dipped into sugar glaze of different colors and flavors.

264—Quickest and Easiest Icing or Glaze for Cakes.

- 8 ounces of fine powdered sugar.
- 2 whites of eggs.
- Flavoring extracts.

Mix the sugar and whites together in a bowl by merely stirring them with a spoon, cold. Use part of it white and semi-transparent as it is, and add a drop of prepared cochineal or carmine to the rest, and also a teaspoonful of lemon juice to brighten the color. Dip puffs or eclairs and small cakes into the glaze, and allow them an hour in a warm place to dry. Flat cakes spread with a knife.

265—Yellow Glaze or Icing.

The same as preceding, but the sugar moistened with three yolks of eggs instead of two whites. Flavor with lemon.

266—Neapolitan Ice Cream, or Glace Napolitaine.

Three different colored ices placed in layers in a brick-shaped mold, and frozen solid enough to be cut in slices.

Neapolitan molds can be bought at the house furnishing stores. They are of about the size and shape of a cigar box; both top and bottom can be taken off; some have the top lid stamped in a fruit shape like a jelly mold.

There is no particular rule as to what kind of ices shall be used; they may be caramel ice cream, which is brown, or chocolate, coffee or burnt almond, or white pure cream or yellow custard, with a pink, red or purple fruit ice for the middle layer. For example:

Make the yellow boiled custard No. 153, but half the quantity may suffice. Also make the white ice cream No. 205, or a corn starch cream, quite white, and for the red make the following.

267—Concord Grape Ice.

- 4 ounces of ripe Concord grapes—a cupful.
- 1 pound of sugar.
- 1 quart of water.
- Juice of one lemon.

Mash the grapes and sugar together raw, add the lemon juice and water, strain into a freezer

with all the pulp obtainable and freeze at once. The lemon juice brightens the color.

Small quantities like the preceding can be frozen in tin pails set in a freezing mixture of finely pounded ice and salt in a tub, if kept constantly in motion, though proper freezers, of course, are better.

When all three are frozen lay a sheet of thin paper on the bottom lid of the mold to make a tight fit; place the mold, spread in the three layers with a spoon evenly, put on paper, then the lid; fill the crevice along the edges of the papers with a little melted butter to keep out the salt water, then put the mold down in the freezing mixture, cover it well with ice and salt and let it remain two or three hours.

When to be served wash off the mold in cold water and wipe dry, take off the lids and paper and place the tri-colored brick of cream on a folded napkin on a dish, or on a silver dish having a perforated bottom drain.

Where a large quantity of this fashionable ice is made to serve at dinners that last for hours the bricks are all taken out of the molds early, wrapped in manilla paper and packed in a large ice cream freezer, there to remain frozen until they are taken out one by one as wanted.

268—Angel Food.

The fanciful name for white sponge cake—the whitest cake made.

The angel food recipe was given sub rosa at No. 252. Having made the cake mixture as there directed, take bright tin molds having large inside tubes, and nearly fill without previously greasing them. Bake about twenty-five minutes in a slack oven. Let the cakes remain in the mold until cold, then shake them out. This cake is better when a day or two old than when freshly baked.

Make the quick icing, No. 264, and spread over the cakes.

269—Chocolate Puff Meringues, or Chocolate Kisses.

Make like cake frosting, No. 60, with chocolate mixed in.

8 ounces of granulated sugar.

3 whites of eggs.

2 ounces, or a little less, of grated chocolate.

A pinch of cream of tartar or other acid.

Vanilla flavoring.

Use common chocolate, and have it cold to grate. Beat the sugar and two whites together in a bowl with a wooden paddle for about fifteen minutes, when, if it has been kept cold, the mixture will be white and firm enough to draw up in points. Then add the other white and beat five

minutes, then a pinch of acid or lemon juice, flavoring and the grated chocolate. Stir to mix. Drop pieces large as walnuts on baking pans slightly greased, and bake in a very slack oven. The baking is the critical part. They need heat enough to cause them to swell and become rounded and almost hollow, but not enough to melt or color. They will slip off the pans when cold.

MENU NO. XXVII—GENTLEMEN'S SUPPER

270—Little Neck Clams—Raw on Shell.

Wash the clams in water, using a brush, and wipe dry. Open, and loosen the clams from both shells. Serve five on a plate on the half shell with half a lemon placed in the center. Oyster crackers and a small dish of finely shred cabbage at the side.

271—Andalusian Soup.

This is a brown tomato soup highly seasoned. 3 quarts of soup stock.

1 pint of dry stewed tomatoes—2 cupfuls.

1 cupful of minced soup vegetables, mostly onions.

1 small capful of butter.

The same of flour.

Seasonings.

Make the soup stock rich with stewing pieces of beef, cut small, and some veal or veal bones previously roasted brown to give it color.

Fry the minced vegetables in the butter in a frying-pan, and when the butter has become light brown mix the flour in and set the pan inside the oven for the mixture to brown thoroughly without getting the least burnt. After that scrape the contents of the pan into the soup stock. Throw in eight cloves, half a bay leaf, a teaspoonful of black pepper and a slice of broiled ham. Let simmer half an hour, then strain the stock through a gravy strainer into the soup pot, add the tomatoes, rubbed also through the strainer, and set the soup on the side of the range to slowly boil for half an hour longer, during which time skim off the grease as it rises at one side. Season with salt. The soup should be of the consistency of thin brown sauce.

272—Broiled Pompano.

The pompano is a Southern sea fish somewhat rare and high priced. It has a decided flavor of its own that suggests the taste of black walnuts when broiled. It has the flattened shape of the sunfish, and scales almost as fine as those of the mackerel.

Scrape the skin thoroughly. The smallest size, weighing about one pound, may be broiled whole in the wire broiler previously greased. Split the large ones down the back and through the head. Broil the cut side first—eight or ten minutes—brush over with fresh butter and

dredge with salt and pepper, then broil the skin side till done. Serve on a hot dish. Squeeze a little lemon juice over, and serve cold tartar sauce in a sauce boat separately, or for individual orders, the hot tartar sauce in the same dish.

273—Tartar Sauce—Hot.

$\frac{1}{2}$ cupful of vinegar.
1 teaspoonful of finely minced onion.
1 ounce of butter.
Same of olive oil—a cooking spoonful.
Salt and cayenne.
4 yolks of eggs.
Little minced pickled gherkin.

Boil the onion in the vinegar a few minutes, throw in the butter and yolks and beat until it cooks thick and like softened butter, about a minute. Take it from the fire and beat in the oil gradually. Add the seasonings.

274—Chapin & Gore's Spanish Stew.

3 fat pullets, large but young.
6 green pepper pods—or 1 or 2 red.
1 good sized onion.
1 slice of broiled ham.
1 can of tomatoes—or a quart.
1 can of French peas.
Salt and some more pepper.

Cut the chickens into joints, and stew them till the bones could be pulled out of the meat, in just enough stock or water to cover them, together with the six peppers, the onion and slice of ham. Then take out the chicken on to a large dish, and keep it hot, strain out the pods, etc., put the tomatoes into the liquor and stew down thick, seasoning with salt and perhaps a little cayenne, if the pepper pods have not had full effect. Make the peas hot in a saucepan separately. Pour the thick-stewed tomatoes over the chicken, and strew the peas all over the surface.

275—Mashed Potatoes in Form.

Mash some potatoes with butter and salt, but with a very scant addition of milk, lest they be too soft. Make up in two pineapple shapes, mark the outsides with the back of a knife, brush over with a little egg and water—not to make them yellow, but only to bind and glaze—and bake light brown on pie pans in a hot oven. Send in very hot on flat dishes.

276—Crab Salad.

6 boiled crabs, common size.
1 cupful of finely minced white cabbage.
 $\frac{1}{2}$ cupful of salad dressing.

Pick the meat out of the crabs, cut all that can be cut into pieces of even size and rub the rest smooth in salad dressing, adding a little mustard. Mix cabbage and dressing thoroughly, and the crab meat mix in lightly without breaking the

pieces. Fill the crab shells with the salad and place them on a dish previously prepared with a bed of cress or other green.

277—Rum Omelet—For Three or Four.

6 eggs.
A third as much milk.
 $\frac{1}{2}$ cupful of rum.
Powdered sugar.

Put the eggs and milk and a teaspoonful of powdered sugar in a bowl together, and beat enough to mix but not to make the omelet too light. Set the rum where it will get warm. Put a teaspoonful of the clear oil of melted butter in the large frying-pan, and pour in the omelet before the pan gets hot enough to make it stick on the bottom. An omelet should not be cooked through and the brown outside rolled in, but should be shaken and shaped in the further side of the pan, as soon as the edge is cooked enough to fall over from the edge into the middle shaken further over, so that the omelet is not a cake but a soft cooked mass with thick middle and pointed ends. A broad bladed knife is useful to help shape it.

Make an iron wire red hot in the fire.

When the omelet is done slip it on to a hot dish, dredge the top with powdered sugar, mark it with bars across with the hot wire laid a moment on the sugared top. Pour the rum around and set it on fire and send it in.

The sugaring and marking generally causes too much delay for individual omelets in large numbers, and has to be omitted in such cases.

278—Charlotte Russe.

Two-quart size in a mold. Lining of lady fingers and filling of maraschino cream.

$2\frac{1}{2}$ pints of thin cream.
1 teacupful of maraschino.
7 ounces of sugar.
1 package of Cox's gelatine— $1\frac{1}{2}$ ounces.

Put the extra half pint of cream in a small saucepan and the gelatine and sugar with it, set over the fire and beat with the wire egg whip till the gelatine is all dissolved—the quicker the better. Pour the maraschino into the cream, then strain in the contents of the saucepan, set the whole in a pan of ice water with salt in it and whip the cream mixture till it begins to set, when pour it into the prepared mold.

The mold should be made ready beforehand. A two-quart jelly mold will do, or a cake mold. Line it with lady fingers placed edge to edge, the edges wetted with white of egg. Ornament the top on turning out with whipped cream or meringue.

The less gelatine such creams as the preceding can be made with, and the lighter and spongier.

they are the better, but as they are then the more liable to break out of shape when turned out, only shallow molds should be employed, the ends of the cakes trimmed off level with the cream and the charlottes kept very cold till the last.

MENU NO. XXVIII, GENTLEMEN'S SUPPER.

279—Oyster Soup—For Twelve.

1 quart of oysters, or 1 can.
1 quart of clear broth or soup stock.
1 quart of milk.
4 ounces of fresh butter.
1 teaspoonful of salt.
Same of white pepper or cayenne.
 $\frac{1}{2}$ cupful of crushed oyster crackers.

If there is no good clear broth at hand water will do instead. The things to be guarded against are not to get the milk curdled by boiling it with the oysters, and to avoid having the skum from the oyster liquor floating on top of the soup. Boil the stock (or water) in one saucepan and the milk in another. Pour a ladleful of the hot liquor over the oysters in a colander, and when they are drained boil their liquor and what has run through in a little saucepan by itself and skim it, then strain it into the soup stock. Put in the oysters, and just as it begins to boil take from the fire, stir in the rolled crackers for thickening, the butter, salt and pepper and then the milk. Sprinkle a little chopped parsley on top when about to serve it. The oysters should not be allowed to become hard-boiled.

280—Middle Cut of Salmon—Boiled with Scotch Butter Sauce.

Take about three pounds of the middle cut of a small salmon, and, having scaled and cleaned it, put it on to cook in water that is already boiling and strongly salted. The fish should be placed on the drainer or false bottom of the fish kettle, but where there is no such utensil the precaution should be taken to wrap and pin it in a buttered napkin, that it may come out of the water unbroken. Let it cook very gently at the side of the range for three-quarters of an hour. Take it up, remove the skin, and place it carefully on a hot dish. At the moment that it is sent to table pour over it some of the fresh butter sauce of the next recipe, fill the remaining space around it in the dish with a pint of potato boulettes, and send in some more of the sauce in a sauce-boat.

281—Scotch Fish Sauce.

Set 8 ounces of the best butter, the juice of one lemon, a pinch of cayenne and a tablespoonful of chopped parsley in a bowl in a place warm enough to soften the butter, but not melt it, and

when the sauce is wanted for use stir together until creamy.

282—Potato Boulettes.

Scoop balls the size of cherries out of large potatoes with a Parisian potato spoon or scoop (to be had at the furnishing stores) and set a pint of them on to stew in butter, or a mixture of butter and lard. They are not to be fried, but only to be simmered in the melted butter until it begins to fry and brown the bottom of the saucepan. Stir them when first put in lest they stick on the bottom and get a scorched taste. When done drain and set them in a pan in the oven to acquire a very slight color. Sprinkle salt and parsley and shake up.

The butter remaining can be used in cooking. The potatoes scooped full of holes will do to steam and mash.

283—Double Tenderloin Steaks.

Cut a fillet of beef into 3-inch lengths, remove enough of the skin that incases the outside to allow the steaks to spread when flattened, but be careful to retain a good border of the fat as well. Beat down with the side of the cleaver to make large steaks nearly an inch thick.

Fifteen minutes before they are to be served brush over both sides with the butter brush and set the steaks to broil over clear coals. They will be medium well done in 8 or 10 minutes. Take them from the gridiron without spilling the gravy that collects on top, place on a hot dish and garnish with cut lemons and chip potatoes.

284—Egg Plant Fried in Batter.

Slice the egg plant, without paring, into four or five, throwing away only the end parings. Boil the slices in salted water a few minutes to extract the strong taste. Drain, dip them in the frying batter of the next recipe, and fry them brown in a pan of hot lard. Keep the slices a minute or two spread on a pan tilted to one side in the oven, to become free from grease and crisp on the outside.

285—Frying Batter for Egg Plant, Fruit Fritters, Etc.

$\frac{1}{2}$ cupful of milk.
1 egg.
2 tablespoonfuls of melted butter.
1 tablespoonful of syrup or molasses.
1 cupful of flour.
 $\frac{1}{2}$ teaspoonful of baking powder.

Put all into a pan together, the flour last and the powder in it, and a pinch of salt, and work them together with a spoon.

It should be a batter that is thin enough to coat the article dipped in it without seeming to make it all dough when fried.

286—Fat Liver Cake, or Pain de Foies de Poulardes.

8 ounces of poultry livers.
 4 ounces of fat ham or salt pork.
 1 ounce of lean cooked ham.
 $\frac{1}{2}$ cupful of sherry.
 $\frac{1}{2}$ a bayleaf, pepper, salt, snap of mace.

4 ounces of bread panada (rolls soaked in water and then squeezed dry in a cloth).

1 raw egg.

3 hard-boiled yolks.

1 corned sheep's tongue or part of a large tongue, cooked.

A spoonful or two of chopped mushrooms.

Aspic jelly to garnish with.

This is an article of the head-cheese order, not so formidable on trial as the number of ingredients make it appear. In the first part are the articles to be cooked together, the others are to be added to the paste afterwards.

Steep the poultry livers in cold water to whiten them, and remove all gall stains, which make them bitter. Set all the ingredients of the first part to simmer in a saucepan with the lid on at the back part of the range, and let remain till a convenient time, or two or three hours. Then mash to a paste. The livers, etc., should be nearly dry in the saucepan, but not at all fried or browned.

Mix the raw eggs with the panada, and these with the pounded liver. Press through a sieve. Cut up the red tongue, the hard-boiled yolks and mushrooms, if you have them, and mix these in the paste. Bake about an hour with thin slices of fat pork first laid in the bottom of the pan or mold, and also on top of the liver cake, and a buttered paper over that, and the mold set in a shallow pan of water in the oven.

The paste, as made above, can be taken from the pan or mold, freed from fat and decorated like boned fowls.

We seem to need some mild laws to make people like such elaborate compounds as the foregoing (which are considered very fine in certain places across the seas and are beautifully incased in jelly and ornamented), or at least to make them eat them, it being a pity that the trouble of making them good should be all for nothing.

There were some dishes of the sort put up by the best French cooks in Chicago at their banquet last winter, and no doubt but they were as good as could be made, besides being extremely ornamental, yet the way the Philistines, after tasting with their knife points, pushed them away and took their plain ham and beef instead was sad for the artists to see. However, our fat liver cake is a modified preparation, and instead of truffles has yolks of eggs in it which show up when it is cut as raisins do in a cake.

It is nice for a cold luncheon at any time, if carefully made and kept, and served cold and firm.

287—Lobster Salad.

Pick the meat out of one or two lobsters, all but the uneatable portion, cracking the claws carefully to get the red meat out in large portions, and line a melon shaped mold with it, the best pieces at the sides.

Mix some finely-minced salad material—either tender white cabbage, with a green celery leaf or two mixed in, or heart lettuce, or celery with salad dressing (No. 250) sufficient to make it buttery and thick enough to keep shape. Fill the inside of the mold with this and press it into the lobster lining. Turn out carefully on to a dish. Spread thick mayonnaise upon the top and decorate with olives and yolks of eggs, and the edge of the dish with the lobster, clams and horns and parsley.

288—Frozen Maraschino Punch.

1 pound of sugar.

1 quart of water.

1 lemon—juice only.

1 orange—juice only.

$\frac{1}{2}$ pint (or more) of maraschino.

3 whites of eggs.

Mix all, except the whites, together cold, strain into a freezer, freeze as usual, whip the whites firm and stir in and beat up well and freeze again. It is a snow-white ice, rich and tenacious like pulled candy. The fruit juices are not essential, but an improvement.

289—Charlotte Russe.

Individual size, cases of yellow cake filled with a white cream.

For the cases make sponge cake batter (No. 212) and spread it on sheets of paper very thinly. Bake about five or six minutes. Take off the paper by dampening it with a brush dipped in water and cut the sheet of cake into pieces of the right size to line tin muffin rings and small pieces to push down to form the bottoms.

The rings should be two and a half inches in diameter and one and a half inches deep.

290—Bavarian Cream—Ordinary.

Three cupfuls of rich milk.

One cupful of cream thick enough to whip.

Six ounces of sugar—a small cupful.

One ounce of gelatine—nearly a package of the shred.

Three whites of eggs.

Flavoring.

Set the milk over the fire with the sugar and gelatine in it, and stir till the gelatine is all dissolved. Do not let it boil. Strain into a freezer placed in ice water, and when nearly cold enough to set add half the cup of cream, beat ten minutes, whip the six whites firm, stir that in and

beat the cream five minutes more. Flavor while beating with lemon, vanilla, almond or other extract, or with maraschino.

The cream makes the preparation richer, but is not indispensable.

Fill the charlotte cases with the Bavarian cream, and set them in the refrigerator to remain till wanted. Then take them out of the rings and place them on a dish. Pipe a spoonful of whipped cream on top of each one.

291—Pound Fruit Cake.

14 ounces of sugar.

14 ounces of butter.

11 eggs.

18 ounces of flour.

Mix the above ingredients together the same as pound cake, then add to it:

2 teaspoonfuls of mixed ground spices, mostly cinnamon and mac.

1 lemon grated and squeezed, or some lemon extract.

1 pound of seedless raisins.

1 pound of currants.

$\frac{1}{2}$ pound of citron.

Mix the fruit together and dust it well with flour before stirring it into the batter. The cakes require from 1 to $1\frac{1}{2}$ hours to bake.

MENU NO. XXIX.—BREAKFAST.

292—Oatmeal Mush.

4 cupfuls of water.

$\frac{1}{2}$ cupful of oatmeal, large measure.

1 small teaspoonful of salt.

Boil the water, sprinkle in the oatmeal while stirring with the other hand, and when it boils up again put the lid on the saucepan and set it at the back of the stove or on a brick to simmer with the steam shut in for three hours. Stir it from the bottom occasionally.

The large grained oatmeal is the best and the best liked; the finer oatmeal is ground the poorer it is and the harder to cook. There are several grades sold. If the large sort of oatmeal is mashed like rice it will scarcely ever burn.

When mush of any kind has become burned on the bottom, instead of making the whole potful taste by stirring it up, change it into another vessel by inverting it without the interference of a spoon. The upper part will seldom be the worse for the accident if changed immediately.

Serve the mush in individual deep dishes, and a bowl set in a plate and a pitcher of milk or cream with it.

293—Spring Chicken, Maryland Style.

Split the chickens in two by cutting down the back and then through the breast; if small

chickens, the halves are small enough; if large, cut again into quarters. Wash well, and let the pieces lie awhile in fresh, cold water.

If only one or two chickens, put a spoonful of butter and a spoonful of clear drippings, or the fat of fried salt pork into a baking pan that the chickens will just lie in without overlapping; make it hot, shake the water from the pieces of chicken, dip them in flour on both sides and lay them in the hot fat with the skin downwards. Dredge liberally with fine salt and good home-ground black pepper, that will flavor without making the chicken look dingy. Shut up in a hot oven, let cook a few minutes, then baste well. When the upper side is brown turn the pieces over and brown the other.

The management that makes chickens done this way such good eating lies in so covering the bottom of the pan with the pieces that they are lightly browned all over before it has quite dried up all the moisture that runs from them or began to burn; the chickens remain moist and juicy.

Take out the pieces onto a hot dish. Pour off most of the clear grease from the light brown flour and gravy sticking to the bottom of the pan; put in a cup of milk and let it boil up. The dredging of the chicken sufficiently seasons the gravy, as the flour they are dipped in thickens it.

294—Poached Eggs.

It is no trouble to poach eggs handsomely if two or three rules are observed.

Have a roomy vessel with plenty of water, the frying-pan shape is good, but it is not deep enough. Have a little salt in the water. Never let the water boil furiously after the eggs are in, as that breaks them; keep it gently simmering at the side.

The eggs break and are wasted because when first dropped they go heavily to the hot bottom and there stick, to prevent which set the water in motion by stirring it around with a spoon. The eggs dropped in and carried around a moment and the white cooks sufficiently to prevent adhesion.

Break the eggs carefully into little dishes and drop into the water one at a time. Take them out with a perforated ladle.

Serve either well drained in a small deep dish and a speck of butter on top or else laid neatly on a trimmed slice of buttered toast.

295—Fried Sweet Potatoes.

Cut sweet potatoes into slips not thicker than a pencil, and throw them into hot lard in a frying-pan. They are done when they float in the lard. Being sweet, they are apt to get an unpleasantly dark color if not watched and will fry best with the lard only moderately hot.

296—Boston Baked Beans.

Live and learn. The advertisers of the canned beans put forth a statement that seemed absurdly brazen-faced to some of us when they said that beans put up in Boston, it was well known, have a superior flavor to beans put up anywhere else—as if beans could be anything more or less than beans wherever they might hail from. However, we have since seen it stated by another authority that 10,000 barrels of beans per month are cooked in Boston, which is a much larger amount than New York consumes, and Boston bakers say the New Yorkers do not soak their beans sufficiently to make them good. The advertisements may be right, after all, for, as is well known, seeds put in soak till the process of growth begins change starch to sugar and acquire a sweet taste, as is the case of barley when it changes to malt.

Pick over and wash a pint of beans, and let them steep in water for twenty-four hours. Put them into a two-quart earthen jar, fill up with water and bake in a brisk oven about eight hours, or all night, to have them warm for breakfast. Two hours before they are to be taken out put into the jar a small tablespoonful of molasses, the same of salt, and a square block of salt pork. Where there is no brick oven the jar may be set in a large iron pot containing water, and baked in that manner in the stove during the afternoon and evening, and made hot again in the morning.

297—Boston Brown Bread, Yeast-Raised.

At No. 81 we had brown bread made with baking powder, and that may be made as well with buttermilk and soda. This is the same thing made with yeast. The scalding of the meal is a great improvement to the quality over cold mixing.

- 1 pound of corn meal—about 3 cupfuls.
- 1 pint of boiling water—2 cupfuls.
- $\frac{1}{2}$ cupful of black molasses.
- 1 cupful of cold water.
- 1 cupful of yeast, or a yeast cake in water.
- $\frac{1}{2}$ pound of either rye or graham flour.
- $\frac{1}{2}$ pound of white flour, a heaping pint.
- Salt.

Pour the boiling water over the cornmeal in a pan and mix, throw in a teaspoonful of salt, add the molasses and cold water, then the yeast and then the two kinds of flour. Line two sheet-iron brown bread pails with greased paper, put in the dough and let rise from one to two hours, then bake or steam for five hours. If steamed, bake the loaves afterward long enough to form a light crust.

A good sort of bread is made as above with a pound of graham sifted through a common flour sieve to remove the coarse bran, and the white flour omitted; or with all rye flour and no graham or white. Care should be taken not to scald

the yeast by adding it to the hot meal before the cold water. When this kind of bread is sticky when sliced it shows it was made up too wet. When the loaves come out hollow or caved in it shows too much fermentation.

298—Fried Apples.

Fried apples with salt pork is the restaurant dish, but there is no particular need of the pork in ordinary, unless when the fried slices are left over from making fat for cooking chickens in. Slice good ripe apples across the core without paring, throwing away only the end slices, and fry five or six slices at a time flat in a large frying-pan with no more pork fat or butter than just enough to cover the bottom. When the slices are brown on one side turn over with a knife. This is the only way to have the apples really nice, though, it being too slow for a number of people, they are commonly thrown in quantities into a dripping-pan and done in the oven, when it depends upon the luck and careful draining from grease whether they come out good. With some kinds of apples it is an advantage to dip the slices in flour before frying. Both methods should be tried.

Serve the fried slices neatly placed in flat individual dishes.

299—Buckwheat Cakes.

1 heaping cupful of buckwheat flour.

2 cupfuls of warm water.

$\frac{1}{2}$ cupful of yeast, or piece of compressed yeast dissolved.

1 small teaspoonful of salt.

2 tablespoonful of syrup.

Same of melted lard.

Make a sponge or batter over night of the warm water, yeast and flour. In the morning add the enriching ingredients; beat up well, and bake thin cakes on a griddle.

Most people like buckwheat cakes with a little cornmeal mixed in the batter. Eggs are not needed except when accidentally the batter ferments too much, when an egg will bind and make the cakes easier to bake. Serve with butter and syrup. Naturalists say that this is the kind of grub that makes the butterfly.

300—Cookies—A Rich Kind.

$\frac{1}{2}$ pound of sugar.

$\frac{1}{2}$ pound of butter.

6 eggs.

1 heaping teaspoonful of baking powder.

$1\frac{1}{2}$ pounds of flour, or enough to make soft dough.

Cream the butter and sugar together the same as for pound cake. Beat the eggs and mix them in, then the powder, add lemon or cinnamon flavoring, then flour. Let the dough, after it has been patted smooth, stand on the table a

few minutes before rolling it out. Sift sugar over the sheet of dough before cutting out the cakes. Another good kind less rich was given at No. 11.

MENU NO. XXX—LUNCHEON.

301—Consomme aux Pates d'Italie.

2 quarts of rich soup stock.
A shank of veal.
A small knuckle-bone of boiled ham.
2 or 3 tomatoes.
2 tablespoonfuls of alphabet pastes.
Salt and pepper.

Take about 3 quarts of soup stock, as commonly made by boiling any kind of fresh meat bones and fragments, and a small bunch of vegetables in water, and to give it color and richness roast a veal shank or other veal bones nicely brown in the oven, basting with a little butter if convenient to help the coloring, and then boil the roasted veal in the stock. Add, for flavoring the ham bone, tomatoes broken in pieces and perhaps a little minced onion, if not already in the stock. Put in also a teaspoonful of black pepper and the same of salt. When these additions have been cooked in the stock about an hour strain it off into a jar or other deep vessel, take off the grease, and when the consomme thus made has settled, pour it through either a broth napkin or jelly bag without the sediment, then set it over the fire to get hot again.

Boil the Italian pastes gently in water for not more than fifteen minutes, drain off and put the pastes into the consomme. For directions for the super-clarification of consommés and thickening—which is not ordinarily necessary—see Nos. 118, 131 and 254.

302—To Curl Celery.

The tops of the stalks of celery are made to curl outward for ornamental purposes by slitting them with a penknife as closely as the fringe is desired to be fine, and the slits should all end at an even line. Where a large amount of celery is used every day set on the tables in celery glasses. A kind of rake is used instead of the penknife, made by driving a number of the three-edged sacking needles of the smallest size through a soft piece of cigar box wood. The celery ends are combed with this and set in glasses of ice-water to curl at leisure.

303—Lobster in the Shell.

Keep the lobster on ice till wanted. Crack the clams, cut in two lengthwise, then across, and serve the quarters with crisp lettuce or other green in the dish, and oil and other condiments in the casters.

304—Croustades of Chicken—Or Timbales with Chandroid of Chicken.

Much the same as to the filling as the chicken patties No. 255, but brown sauce instead of cream sauce is used.

1 pint of chicken cut in dice.

1 pint of brown chicken gravy.

$\frac{1}{2}$ cupful of mushrooms cut in dice seasonings.

Light rolls or muffins (No. 226) cut in cup shapes, hollowed out and fried light brown.

Remove the brown skin from a roast chicken, cut the meat into squares, season with pepper and with salt, according to the saltiness of the gravy, mix with the gravy and let simmer together five minutes. Fill the shells of fried bread just as they are to be served. Garnish with a sprig of parsley or fringed celery.

To make the chicken gravy—supposing none from roast chicken or veal on hand—boil the bones of the chicken in a little soup stock, brown a spoonful of fresh butter and the same of flour together in a frying pan, add the chicken liquor to it, stir well, let boil at the side of the range and skim, then strain free from lumps and mix the chicken with it, as above stated. Send in hot.

305—Rissoles of Macaroni.

These are little rolls of macaroni with cheese cooked, made cold, then breaded and fried. It is necessary to boil the macaroni in full length sticks that the tubes may be kept clear and open.

8 or 10 sticks of macaroni—about 4 ounces.

3 ounces of cheese and little butter and milk.

1 egg and cracker meal for breading.

Roll up the sticks of macaroni (pound paper length) in a pudding cloth, pin in four or five places without quite closing the ends, as the macaroni will swell and lengthen in cooking, and boil it in a long vessel, like a dripping-pan, in salted water for twenty-five minutes, then set it away to get cold. Chop the cheese, add $\frac{1}{2}$ ounce of butter and 2 tablespoonfuls of milk and melt together in a frying-pan without letting it boil. Take the macaroni out of the cloth and dip and roll it in the melted cheese. It may have to be cut in two for convenient handling. Afterward roll it in the egg mixed with a spoonful of water, then in cracker meal and fry it in hot lard. Cut in $2\frac{1}{2}$ inch lengths to serve. Send in hot. May have a good tomato sauce poured under or a garnish of finely grated cheese placed as a border in the dish.

306—Boned Turkey.

Singe and pick over a fat young turkey, and without otherwise opening it, cut through the skin along the whole length of the back, and with the point of a knife go on cutting the meat from the bone on both sides until the hip joints and wing joints are reached. Chop through these with the heavy end of a carving knife,

severing the legs and wings from the carcass at the sockets, and continue cutting close to the breast bone, pulling out the back bone as soon as it is free and taking out the gizzard and entrails, and on the ridge of the breast bone cut carefully and a little into the bone to avoid cutting the skin. After that bone the legs and wings half way and chop off the rest. The meat of the legs and wings is to be tucked into the body, which, when done up, will be a smooth cushion shape.

Then wash the turkey in cold water and dry it on a cloth. Spread it out with the skin side down on the table and cover with the forcemeat of the next recipe; draw the two sides together, sew with twine, put it into a pudding cloth previously buttered and tie and pin it securely. Boil the turkey in salted broth or water containing the bones and any other trimmings left from the forcemeat besides for from two to three hours, according to size. Let it cool in the liquor it is boiled in, then press between two dishes with a weight on top. take it out of the cloth, trim, pull out the twine, wipe off grease and jelly with a napkin dipped in hot water, and at last brush over with clear, melted butter two or three times and keep it cold. To be thinly sliced and served cold ornamented with aspic jelly in the dishes.

307 — Forcemeat for Boned Turkey and Chicken.

The quantity of this recipe is sufficient for one medium-sized turkey that will slice into twenty-five individual dishes. For a large chicken the amounts may be one-half. This makes about three pounds of choice meat, in addition to the turkey.

- 2 hens, boiled tender.
- 6 ounces of fat salt pork.
- 6 ounces of butter.
- 6 ounces of white bread crumbs.
- 2 raw eggs.
- 8 hard boiled eggs.
- 1 cupful of broth or water.
- 1 lemon.
- Salt and pepper.

Take the dark meat of the fowls, cut it in very small dice and keep it separate. Take off the white meat, chop fine and then pound to a soft paste. Throw in the fat pork minced, the teaspoonful of pepper and salt and the bread crumbs and mix together, and soften the butter and stir in. Mix the two raw eggs with the cup of broth and add the juice of the lemon, and with this mixture moisten the forcemeat. It is now ready for use.

Stew over the turkey about half the dark meat mince, and over that spread half the white forcemeat. Cut the yolks of the hard boiled eggs in quarters and scatter some over the layer of forcemeat, then the rest of the minced dark

meat, then the remaining forcemeat and egg yolks. Do up the boned turkey thus filled as directed in the preceding recipe.

When sliced cold the above shows little dark squares set in a white meat, all spotted through with the yellow egg yolks. Though lengthy in directions there is nothing difficult and the dish is one of the finest possible.

308—Oyster Salad.

- 2 dozen fresh oysters.
- 2 heads of celery with part of their green tops.
- About half as much tender white cabbage.
- The mayonaise salad dressing, No. 68.

After washing the celery and cabbage throw them into boiling salted water, let boil 5 minutes, pour off the hot water and drain and chop them fine. The green celery leaves acquire an intenser green in the boiling water and when chopped with the rest give a color to the whole.

Drain the liquor from the oysters and boil and skim it. Add an equal quantity of vinegar, some broken pepper-corns, pepper-sauce and salt. Put in the oysters and keep shaking the pan while they are scalding that they may set in round and plump shape. Do not let them boil. Drain and set them away on a dish to become ice cold.

When to be served season the chopped celery slightly with oil and vinegar. Spread part of in a dish or in individual dishes, place the oysters in it side by side and the rest of the celery on top of them. Smooth the top a little and pour mayonaise over just thin enough to run.

Pickled or spiced oysters answer well for salad as above instead of the fresh.

309—Cheese Curd Puffs.

- 3 ounces of cream curd (product of 1 quart of rich milk curdled with rennet).
- $\frac{1}{4}$ pint of milk— $\frac{1}{2}$ coffee cupful.
- 1 ounce of butter—size of an egg.
- 2 ounces of flour—a teacupful.
- 2 ounces of grated cheese.
- 3 eggs.

Some pie paste for the bottoms.

This is a mixture that puffs up, hollow like cream puffs, and is made into a cooked paste before baking as follows:

The curd must have been scalded and drained dry, as in making cheese or smearcase.

Boil the milk with the butter in it; drop in the flour all at once and stir the paste over the fire a few minutes.

Put in the curd and the grated cheese and pound the mixture smooth; then add the eggs one at a time and beat them in.

You may drop spoonfuls of this cheese-flavored mixture into patty pans, lined thinly with pie paste, and bake in a slack oven; or else cut

out flats, very thin rolled; put a spoonful of the mixture in the middle and pinch up the sides like a three-cornered hat and bake on a biscuit pan. They will open out in baking. Good to eat with apple sauce.

310—Orange Honey Tartlets.

The rich sweetmeat variously known as orange paste, honey, or conserve, or fairy butter, is made as follows:

- 8 ounces of sugar.
- 2 large oranges.
- 2 lemons—juice only.
- 2 ounces of butter.
- 3 yolks and 1 whole eggs.

Little rose water or extract, if at hand.

Put the sugar and butter into a bright, sauce-pan, grate in the yellow rinds (using a tin grate and scraping off with a fork what adheres), and squeeze in the juice of both oranges and lemons. Stir up and boil, add the eggs and let cook at the side of the range until it looks like melted cheese. Use cold to fill tartlets and spread between cakes.

The same kind of vol-au-vent patty cases described at No. 256 are used for filling with sweets. Cut them out round or in diamond shapes, and cut a small middle not quite through. When the puff paste are baked take out the middle and put in a teaspoonful of the orange honey.

311—Charlotte Russe.

Make it with white lady-fingers and pure whipped cream. Individual size.

312—White Lady-Fingers.

- 7 or 8 whites of eggs—according to size.
- 6 ounces of powdered sugar—a teacupful.
- 4 ounces of flour—a rounded coffeecupful.
- 1 rounded teaspoonful of cream of tartar.
- Lemon extract to flavor

Whip the whites to a perfectly firm froth; it will take ten minutes' beating in a cool place.

Have the sugar, flour and cream of tartar all well mixed together by running through a sieve; add them and the extract to the whites and stir without beating till fairly mixed.

Fill the lady-finger sack and tube with the mixture (or use a paper funnel); press out finger shapes on to a sheet of paper; sift powdered sugar over plentifully; catch up two corners of the paper, shake off the loose sugar, put the sheet on a baking-pan and bake in a slack oven. Dampen the paper, under side, with a brush dipped in water to get the cakes off. This mixture may also be baked in molds.

Line rings, molds or teacups with the lady-fingers, the edges first dipped in white of egg and well pressed together, and fill up with

whipped cream, concerning which see next article.

MISCELLANEOUS RECIPES.

313—About Whipped Cream.

Good thick cream, if cold, can be made firm enough by beating with a wire egg whisk to fill charlottes, or even plates lined with a thin sheet of cake, or to spread over a cream pie without the addition of gelatine or anything else, and once so whipped to firmness it will not go down again as long as it is kept cold—provided, however, that there is not much sugar mixed with it. A half pint cupful of good cream will increase in volume, when beaten sufficiently, to fill about eight of the small charlotte cases previously mentioned. A tin whip-churn is a useful article for the purpose, though not essential. It is a tube with a dasher in it, the bottom of the tube closed, but perforated with holes. Any tinner can make them. It is useful when a bowl of thin cream, slightly sweetened, is to be churned to a light froth for piling on top of a cake, afloat in a custard or as a sort of sauce, as well as ornament to saucers of blanc mange and chocolate cream.

314—Bavarian Cream—Best.

But whipped cream as stated in the foregoing not being capable of carrying much sugar or flavoring a little gelatine has to be added to give it substance. Half an ounce to a quart is sufficient unless there is to be an addition of some flavoring cordial or fruit juice, when an ounce to a quart will be the rule, and four to six ounces of sugar. No boiling is required, but set the gelatine—a broken up sheet of the opaque kind is the easiest to work with—in half a cup of milk or cream on the shelf of the range where it will gradually get hot. When it is dissolved whip the cream in a deep pan set in ice water and pour in the dissolved gelatine while heating. The cream can be then put into molds very slightly oiled, and left to become firm, or used to fill cases lined with cake for charlottes, like any other.

315—About Puff Paste.

As whoever teaches cookery labors under a disadvantage when trying to instruct in an article but little known, we have found the remark several times repeated in different forms, "few know what really good pastry is, and fewer still know how to make it." There are half a dozen public places in Chicago where perfect puff paste is made every day, and half of them exhibit their wares so that any one may see what puff paste can be when at its best. It is strictly an article of luxury and rather expensive, but not so costly, because light and large for its weight, when made thoroughly good, as it is when half

spoiled, in which state it is a heavy mass of washed butter and flour. It is an article that if rolled out to an eighth of an inch thickness and put into a hot oven will rise to about or over an inch, and be light and flakey enough almost to blow away. As to the necessity for such an article we are not speaking; the mere fact of its being only a luxury makes its appearance so rare. But it is certainly a very gratifying accomplishment to be able to make it at will; and then, besides, the one who makes the finest puff paste perfectly from the simple force of habit is sure to make the ordinary; i.e. paste, only half as rich, much better than the average, through the observance of the same simple rules in both cases.

We gave the plain and simple formula, such as most pastry cooks follow, at No. 56, and have referred to it since, but have now to mention the points, often of more consequence than the recipe itself, which a recipe does not tell. There are other ways of doing the same thing. The standing rule is a pound of butter to a pound of flour and ice-water enough to wet the flour into soft dough.

You may mix the flour and water together with nothing else whatever in them, roll out to a sheet and place all the butter at once in the middle. Cover up with the edges of the paste and go on rolling out and folding up till it has been rolled and folded six times, when it is ready for use. Or, a little of the butter may be rubbed into the flour as shortening, and all the rest put in the middle and rolled five times. Our rule at No. 53 amounts to this, without weighing ingredients.

Pour a cup of ice-water into your flour, mix with two fingers, and take the piece of dough very soft and pat it smooth on the table. Roll it out about half an inch thick. Put lumps of butter size of guinea eggs all over the sheet at the width of two fingers apart, dredge a little flour, press the lumps down to keep their place, fold over the paste in three, roll out as before and place lumps of butter the same way again. Fold up in three and roll out either five or six times. At five times the flakes after baking will be the more distinct, at six times the shorter and better eating.

But the little points that affect success are these:

If the paste be kneaded or mixed up hard with too much flour it will not roll out easily, but spring back; then if the butter be soft it will be squeezed out at the ends and there will be no puff paste. The layers of dough and layers of butter must keep their places and roll out at even pace; that is why it must be made of cold materials, and either be made in a cold place or be made so quickly on the kitchen table that it has not time to get warm enough to soften the butter before it is finished.

Again, when the dough is soft and the butter in hard lumps these cut through and destroy the

flakes, and there is no puff paste. When the butter is not already pliable so that it will roll into sheets easily it should be made so, not by making warm but by pounding with a paddle or potato masher in a wooden bowl.

Those are the particular points. Some add an egg to the flour-and-water paste, but it is doubtful if it does any good. No such thing as baking powder is ever needed or should be used for puff paste.

It is an improvement when there is a good refrigerator at hand to place the half finished puff paste in it on a dish and do the other three rollings after it has stood there half an hour and become cold all through; also to keep the finished paste in the refrigerator till the moment that it is to be finally rolled out and baked.

Lard of a good, firm, tenacious sort, or part lard and part butter can be used and will make nearly as good puff paste as butter alone—a little salt being added—but soft and oily lard will not do.

316—About Aspic or Savory Jelly.

The cooks have never invented anything else so good for ornamenting cold dishes and making common articles look uncommon as this. Those who delight in colors and bright objects like to test its capacity for making the table shine. But it should always be preserved in its original condition of something good to eat, and not deteriorated into a wasteful matter of decoration only. For the real savory jelly is the jelly formed by boiling meat down till the liquor will set when cold, the jelly, for example, of head cheese, or of boiled chickens when the liquor has nearly all boiled away, and if it is the intention to make jelly of such liquor an extra calf's foot or pig's foot or two will be thrown in at the beginning of the boiling and make the liquor stronger. This being the jelly in the rough state—seasoned as soup would be to make it taste good and relishing—in order to change its appearance from dull gray into an article of sparkling transparency it is necessary to clarify it by boiling white of eggs and lemon juice in it and straining it through a flannel jelly bag.

The above is the explanation of what is aimed at and is to show that the making of savory jelly is not an abstruse and foreign affair, but anyone who takes pleasure in such things finding at hand some meat liquor that has set in jelly firm enough to cut with a knife can clarify it and use it to set off a luncheon or supper table in a way that is by no means common.

The uses of spiced jelly will be understood from these instances. A dish of sliced chicken or turkey or veal or corned beef, the slices all being cut to some particular shape and size, may have melted jelly poured over, just enough to cover, and some leaves of parsley or cress dropped here and there on the white meat. When cold and set the slices in jelly are cut out and placed on other dishes to serve.

Dishes of sliced chicken or boned turkey are

decorated around the edges and on top of the meat with shapes of the jelly colored in two or three tints, cut out with something, perhaps a fancy cake cutter, or with a knife in diamonds and triangles. The jelly for this purpose is made cold in shallow platters.

Jelly molds are filled partly with thin slices of meat kept apart by cut or chopped hard-boiled eggs strewn over each layer, with lemon slices and parsley or celery put in for ornament, and the whole cemented together by melted jelly poured in. The veal or chicken or tongue or corned beef loaf, as the above is called, can be turned out of the mold when cold and the dish ornamented at pleasure.

Solid articles like the boned turkey, No. 306, can be incased in jelly by first coating a mold or jar (set in ice water) with jelly, something like lemon slices being set in the bottom to keep the turkey from displacing the coating, putting in the cold turkey and then filling around and over it with jelly nearly cold.

317—To Make Aspic Jelly.

To each quart of meat jelly, or chicken liquor that is boiled down so that it can be cut with a knife, when quite cold, allow:

2 whites of eggs and the clean shells.

1 lemon—all the juice and small piece of thin-shaved peel.

3 cloves, bit of celery or parsley.

Salt and white pepper to season.

Take every particle of grease off the meat jelly while it is cold, and wipe off the top beside with a cloth, then melt it and pour it through a fine strainer. Mix the above ingredients with it, beating the whites first with a third of a cupful of cold water. Boil it gently for fifteen minutes or more, taking the precaution to set it at first at the side or back of the range to heat gently, as it is liable to burn on the bottom. When the white of egg in it is thoroughly cooked and looks like gray curd or meat in the jelly strain through a jelly-bag, and repeat the pouring through three or four times.

But when there is no meat jelly already formed make some by dissolving an ounce of sheet gelatine in a quart of good soup stock, season it nicely, let it get quite cold to remove the grease, then melt and clarify it as above.

Make different tints by adding burnt sugar dissolved in boiling water for amber and brown, and cochineal or beet juice for pink and red.

Extra fine jelly, more brilliant than is ever seen in the restaurant windows, is made by putting it through the clarifying process twice, allowing a little in the measure for the inevitable loss of quantity in the repeated boiling and filtering; and a correspondingly enhanced flavor is obtained by adding a proportion of sherry.

MENU NO. XXXI—DINNER.

318—Bean Soup—Plain.

This is designated plain because the beans are added whole, like any other vegetable, and there is another way with the beans mashed to make a puree.

3 quarts of soup stock.

$\frac{1}{2}$ cupful or more of minced vegetables.

$1\frac{1}{2}$ cupfuls of cooked navy beans.

A small piece of lean ham or a knuckle bone.

Salt and pepper, thickening, parsley.

The stock may be made by boiling a shank of beef and any other coarse pieces in a gallon of water till the meat all slips off the bones, then strain off the remaining liquor. The ham or ham bone is one of the good flavoring materials for soup, but of course can be done without. Cut up the usual soup bunch of vegetables small, with care to have a large proportion of onion, and put them into the strained stock, and the beans previously cooked in a separate vessel. After boiling a half hour, add a spoonful of flour mixed up with water, pepper and salt, and a sprinkling of chopped parsley.

319—Beans for Soup.

Pick over the beans and wash them. Better soaked in water overnight, if remembered in time, but will do without. Put on a small cupful to boil in more than twice as much water and a lump of baking soda as big as a pea and boil for two hours. Pour off the water, fill up with cold water instead, and when the beans boil up again they will be done and ready for the soup or to eat as a vegetable.

Overanxious people can make even beans burn on the bottom by repeatedly stirring them. It is best to let all such things alone and not make them mushy by bruising with a spoon. Hominy, rice, pie fruits, and a score of articles of the same character come under this rule.

320—Salt Whitefish—Egg Sauce.

Put the whitefish to soak in fresh cold water early in the morning and change the water twice. This fish becomes soft and hard to manage if kept in water too long. Skin it, cut in suitable pieces, put on in a frying-pan or fish-kettle with cold water to cover. When it boils it is done. Make butter sauce without salt, and chop a hard-boiled egg and mix in.

321—Veal and Oyster Pie.

1 pound of flank or neck of veal.

1 green onion, or onion and parsley.

1 or 2 ounces of salt pork.

1 cupful of small oysters.

$\frac{1}{2}$ cupful of milk.

Pepper, salt, thickening.

Common pie crust to cover.

The veal may be any piece that is not suitable to roast or fry. Cut it in small pieces and stew

it an hour, or till tender, in just water enough to cover it. Chop the onion with a little of the green and put it in, the pork also cut up, salt and pepper and at last a spoonful of thickening and the milk. Take it from the fire and turn it into a shallow pan that will hold $1\frac{1}{2}$ or 2 quarts. Then scatter the oysters and their liquor over the top, sprinkle a little more pepper and a dust of flour from the dredger, and cover with a crust. Bake about half an hour. The crust may be made by rubbing a small cupful of minced suet with a heaping cupful of flour and a pinch of salt, and mixing with lukewarm water, or with lard and flour in about the same measures, mixed up very cold.

322—Coarse Hominy.

Is seldom cooked as much as it ought to be and should be put in water overnight to soften. Wash it free from the flour, which is the part that burns on the bottom, and put it on to cook with four times as much water early in the morning. Keep it slowly boiling without ever putting a spoon in it till nearly dinner time. It should either be in a stove pot with feet to raise it from the fire or be set on a couple of bricks. Season with salt and stir up. It is better with butter and milk added indefinitely.

323—Indian Pudding—Cheap.

A rich pudding of this kind was given at No. 241. The following, though cheaper, is among the best:

- 2 heaping cupfuls of cornmeal mush.
- 2 heaping tablespoonfuls of minced suet.
- Quarter cupful of black molasses.
- $\frac{1}{2}$ teaspoonful of ground ginger.
- 2 eggs.

Mix all together gradually, so as to break all the lumps in the mush; bake about half an hour.

A small cupful of cornmeal, boiled in 3 cupfuls of water or milk with salt will make the mush.

324—Golden Sauce for Puddings.

- $\frac{1}{2}$ cupful of sugar.
- 1 small tablespoonful of corn starch.
- 1 cupful of water.
- 1 ounce of butter.
- Yolk of egg.
- $\frac{1}{4}$ a nutmeg.

Break the nutmeg in pieces and put it in the water. Mix starch and sugar together dry and stir them in and let thicken, then beat in the butter and egg yolk just mixed and beaten with some of the sauce. Take it from the fire before the yolk has time to curdle in it. Strain for use.

325—Squash Pie—Cheap.

- 1 large cupful of dry mashed squash.
- 1 or 2 tablespoonfuls of sugar
- Butter size of a guinea egg, melted.

1 egg.

$\frac{1}{2}$ cupful of milk.

Little ground cinnamon to flavor.

Line two pie-pans with common paste and divide the mixtures into them.

326—Pumpkin Butter—Fine Quality.

- 2 pounds or pints of dry mashed pumpkin.
- 1 pound of sugar.
- 4 ounces of butter.

Flavoring either of shaved lemon rind, cloves, nutmeg or race ginger.

The pumpkin must be dry, either baked or steamed. Mash it through a strainer, mix the sugar and butter with it and the piece of ginger bruised, or thin shaved lemon rind; let simmer at the side or set upon bricks on the stove for perhaps an hour. It becomes thick and semi-transparent; can be kept in jars in a dark place. Good for the same uses as fruit jellies and marmalades.

MENU NO. XXXII.—TEA.

327—Chicken or Turkey Sausage.

Take the skin off a large fowl by first cutting down the back and cutting around the joints to the skin as nearly whole as possible.

Cut all the meat of the fowl from the carcass without bone or gristle, chop it raw, like sausage meat, and then pound it with a masher in the chopping bowl. Weigh it, and take half as much fat bacon, chop and pound it likewise. Mix the two pastes together, season like sausage-meat with pepper, sage and salt. Roll up in the skin of the fowl and then in a napkin, and boil the sausage in seasoned broth, with the bones of the fowl in it, for an hour. When done put it on a dish to cool in the napkin it was boiled in, and another dish or other weight on top to give it an even shape. Slice cold and ornament with jelly and parsley.

328—Grape Sweet Pickles.

- 5 pounds of grapes.
- 2 pounds of light brown sugar.
- 1 quart of vinegar.
- 1 tablespoonful of whole spices—cloves, allspice, and mace.

The solid, dry, white grapes of California will do to make into sweet pickles at any time; the juicier kinds must be taken before they become too ripe.

Boil the vinegar and sugar together gently for ten minutes. Put in the grapes, and let simmer in the syrup half an hour. Pour all into a colander set in a pan, put the grapes into a jar, and the syrup back on the fire, with the spices tied up in a piece of muslin in it; boil ten minutes and pour over the grapes in the jar.

As with vinegar pickles, Nos. 112 and 113, after standing a day or two the pickle must be drained from the grapes, boiled and poured hot

over them again. Tie down, keep in a cold place.

329—Chipped Beef in Cream.

1 large cupful of shaved dried beef.
1 cupful of water.
1 cupful of milk.
Butter size of a walnut.
1 tablespoonful of flour.

Chip the dried beef either with a sharp knife or a plane and boil it a short time in the cup of water and then add most of the milk and the butter. Wet the flour with the remaining milk and stir it in to thicken.

330—Butter Rolls or Tea Cakes.

$\frac{1}{2}$ pound of light bread dough—a large cupful.

2 teaspoonfuls of sugar.
1 ounce of butter—size of an egg.
Yolk of an egg.
 $\frac{1}{4}$ cupful of milk or cream.
1 cupful of flour to work in.

When dough has been made for plain bread take out the cupful four hours before the meal-time and mix in all the above ingredients except a small part of the flour, which will be left over for dusting. Let rise two hours.

Then knead the dough on the table by pressing it out with the knuckles, doubling over, closing the edges and pressing out again, and so continuing for several minutes, till the dough is worked full of air bubbles and light and silky looking.

Make out the dough into round balls and when all are molded roll them out flat. Brush one with melted butter, place another on top, press in the middle and place in a baking pan. Brush over the tops with a very little clear melted butter. Rise an hour; bake fifteen or twenty minutes. Butter inside and cut in quarters.

331—Apple Jelly.

3 pounds or quarts of apples pared and in slices.

1 quart of water.
12 cloves.
2 pounds of sugar.

Use ripe, mellow apples, such as dissolve in the water after a few minutes cooking. Have the water ready boiling in a brass kettle or bright pan and throw in the cloves and apples. Let simmer till the apples are dissolved. Pour the contents of the kettle into a flannel jelly bag, and the liquor that runs through first pour in again and let all drip dry without pressing. Measure the clear juice back into the same kettle, boil up, and then put in ten ounces of white sugar for every pint (two cupfuls). Simmer together for about half an hour. Use cold. Keep in jars or glasses tied down with paper.

332—White Butter Sponge Cake.

Easy, cheap and useful kind.

8 ounces of white sugar.
10 whites of eggs—or 9 ounces.
4 ounces of melted butter—a teacupful.
 $\frac{1}{2}$ cupful of milk.
12 ounces of flour—3 large cups.
1 teaspoonful of baking powder.

Beat the sugar and white of eggs together a minute or two, add the butter, the milk, the powder and flour. Beat up well. Spread thinly on a baking pan, greased and floured previously, and bake about ten minutes. Good also for jelly roll. Does to make when the white of eggs is left over from other cooking that has used up the yolks.

MENU XXXIII.—GENTLEMEN'S SUPPER.

333—Broiled Kidneys.

Sheep's kidneys are the best for broiling; calves' are the next best. Procure them, if you can, with the suet still upon them. Slice them through the fat, then pare off enough of it just to leave a border around the slices of kidney. Pepper and salt them, and broil in the hinged wire broiler over clear coals. They should be fairly done through and no more, and should be turned over only once, that the gravy may collect on the top.

Dish the broiled kidneys on broad, thin slices of broiled potatoes, buttered, and drop a small piece of butter on the top of each slice.

334—Broiled Potatoes.

Pare the largest potatoes and cut them in slices about an eighth of an inch thick. Touch them with the butter brush, and broil over clear coals at a good height above the fire. Try with a fork to know when done. Dip in butter and sprinkle with fine salt. Serve with kidneys, chops, steaks, etc.

335—Broiled Mutton Chops.

Cut the chops from the rack for choice. The rack is the name for all the ribs when they have been shortened by taking off the breast and the shoulder has been removed. The next best is the loin, continuing from the ribs and trimmed to the same length. Having divided the ribs into chops take off the piece of backbone, cut away an inch of the thin meat at the rib end and scrape the bone clean. Flatten the chop slightly with a tap of the cleaver. Lay the chops on a plate and touch both sides with the butter brush. Broil over clear coals about five minutes, turning over only once.

Put a tablespoonful of butter into a tin pan, together with as much water and a pinch of salt and pepper. Shake together and when the chops are done let them lie in the pan and form their own gravy until the other articles for the

supper are ready, then dish the chops standing almost on end in the dish, with thin, triangular pieces of toast between, and pour the butter gravy from the pan around them.

336—Prawns in Butter, or a la Maitre d'Hotel.

Empty a can of Barataria shrimps (which in reality are prawns) into a frying pan and put in a piece of fresh butter. Shake about over the fire till they are hot through, but they are not to fry or begin to brown. Sprinkle a small tablespoonful of minced parsley over them and a pinch of white pepper or cayenne. Dish the shrimps piled in the center of a hot flat platter with whatever butter may remain in the pan poured around, and cut a lemon in quarters and place around the edge.

337—French Peas in Sauce.

Pour the liquor away from a can of French peas and set them on the stove-hearth to get warm. Boil half a cup of milk in a small saucepan with a teaspoonful of butter and half a teaspoonful of salt. Mix a teaspoonful of flour in a cup with cold milk and use it to thicken the other. When this cream sauce has boiled a minute try it to see whether it is scorched, and, if not, put the peas into it and let them become thoroughly hot. Dish them as a vegetable to go with the foregoing meat in scollops or deep dishes or a tureen.

338—Sweet Omelet with Jelly.

For individual omelets break for each dish two eggs and put into the bowl with them about two tablespoonfuls of cream. Beat to mix, but not make it too light. Put a tablespoonful of the clear part of melted butter into the frying pan, pour in the omelet without waiting for the butter to get hot and discolored, let cook gradually, shaking it frequently to the further side of the pan until the thin edge, forced upward, falls over into the middle. When it is nicely browned and the upper side just set, put currant jelly, or other fruit jelly, in a long line in the middle that is made hollow for the purpose in the side of the pan. Roll over so as to shut in the jelly, slide it smooth side up onto a hot dish. Dredge powdered sugar on top and mark it with crossbars by touching the sugar with a hot wire.

339—"Maids of Honor."

However carefully we may try to set down the quantity of any given article that should be provided for the entertainment of about half a dozen people, it must be owned that an impossibility arises when it is required to say how many Maids of Honor a party of gentlemen ought to devour at one sitting, if, indeed, they ought to be allowed to have any. But as Maids of Honor have become so uncommon at these entertainments, perhaps a little explanation had better be made.

We have among our collected facts and scraps

a little menu of one of Washington's dinners, not a state affair, but small and recherche, where perhaps General Washington sat at the head of the table and Lady Martha did the honors at the other end. There is green goose as the piece de resistance, olives are set out among other things, and in two places, both on the right hand and on the left—not of the table, but in the menu—are Maids of Honor. We never serve Maids of Honor for dinner or supper in any hotel or restaurant nowadays, but—

Well, we have another menu of one of Benjamin Franklin's dinners that is almost a facsimile of the other, but has roast forequarter of lamb in place of the green goose, and in the places occupied by the Maids of Honor in that we find dishes of cheesecakes in this. Now, perhaps, some reader will remember that cheesecakes, than which there is nothing in the pastry department better, used to be ever so long ago great favorites with those who gave entertainments to a few friends, and among the varieties of little tarts that bore the name one kind was called Maids of Honor. None of us can tell why. The only peculiarity that made these cheesecakes different from the common seems to be in the use of the lightest puff-paste to line the patty-pans with instead of a plain and unassuming short paste, making a frilled-edged and be-ruffled article of much more frivolous appearance than the steady everyday sort of cheesecake. The following preparation does for the filling of both kinds, those made with fine puff-paste and those with common short, or with sweet tart paste.

340—Cheesecakes.

Procure a calf's rennet, such as the cheese-makers use, from the butcher, put a piece the size of two fingers into a vial, fill up with water. When it has stood a few hours strain the rennet-water into a pan of new milk, and stir to mix. In two or three hours the milk will turn to curds and whey. Set the pan over a slow fire to get hot without scorching at bottom, and without stirring. When at the boiling point pour the curd into a napkin set in a strainer, tie and hang up to drip dry. This curd is good for a number of excellent articles. For cheesecakes take:

12 ounces of curd—product of 4 quarts milk.

4 ounces of sugar— $\frac{1}{2}$ teacupful.

3 ounces of butter—same measure.

4 yolks of eggs.

Lemon rind grated, or lemon extract.

Grated nutmeg.

Pinch of salt.

Rub the curd, as taken from the draining cloth, through a flour sieve, mash it smooth, add the other ingredients and pound them all together. Line patty-pans with paste, nearly fill with the mixture, bake about fifteen minutes. The curd mixture, though seemingly too firm at

first, melts and puffs up in the oven. Dredge powdered sugar over the tops when done.

As substitutes for rennet curd, which is as sweet as pounded almonds, the curd of sour milk and the curd of a custard that is spoiled through letting it boil, can be used if prepared by scalding and draining in the same way, but will not be quite so good.

MENU NO. XXXIV—BREAKFAST.

341—Melon Salad.

Pare the rind from half a musk melon; cut the melon slices to sizes like sliced cucumbers; place in a bowl; dredge with salt and pepper and shake about with 3 or 4 tablespoonsful of olive oil. When that is well distributed sprinkle with vinegar, a spoonful at a time, enough to flavor and moisten without leaving any residue in the bottom of the bowl. Serve heaped in the middle of a flat platter and garnish with green. Takes the place of fruit at the beginning of breakfast.

342—Fried Oysters—Single Breaded.

Dry the oysters by pressing with a napkin; drop them into beaten egg, in which is a little salt, and out of that into cracker meal. Give them a good coating by pressing with care, not to rub or leave a bare place for the grease to get in. Drop them singly into a frying-pan of hot lard. Fry brown in 2 or 3 minutes. Dish neatly in the middle of a hot platter, with a quartered lemon and sprigs of parsley.

343—Fried Oysters—Double Breaded.

Out of their own liquor into cracker meal, coat well, dip in beaten egg and then in cracker meal again. Fry four or five minutes. Oysters look twice as large as they really are when double breaded.

Various fancies are made known by different people in regard to fried oysters, the commonest being a preference for corn meal to dip them in instead of cracker meal. Fried oysters never look very well done that way and are only served so when so ordered. A hotelkeeper of considerable traveling experience used to say the best he ever ate were breaded with white of egg and cracker meal and patted down flat, then served set on edge with very small and thin pieces of buttered toast between, like so many lamb chops set up in a dish.

344—Corn Bread—Good Common.

1 cupful of white corn meal.
1 large cooking-spoonful of melted lard.
1 cupful of boiling water.
1 small cupful of cold water or milk.
1 egg. Little salt.
1 teaspoonful of baking powder.
Scald most of the meal with the boiling water—

which is the most essential thing in making first-rate corn bread—then add the other ingredients, the powder last, and beat up thoroughly. Make baking pan hot in the oven without greasing it. When the batter is poured into a pan hissing hot it never sticks, and there will be no discoloration of burnt grease. It should be over an inch deep in the pan and bake about half an hour. The top crust should be baked quickly that the bread may rise with a smooth top, not cracked open.

Really good corn bread makers are about as scarce as are the makers of fine puff-paste. Few seem to know how good corn bread can be, and how quickly skillful hands can make the people leave all other kinds of bread and prefer this.

Buttermilk and soda can be used instead of the cold milk and powder.

345—Liver and Salt Pork, with Gravy.

Cut three slices of salt or pickled pork, then divide them, making six pieces, and fry them on both sides. Take out the pork and fry six slices of liver in the fat, and pepper it well while cooking. When done on both sides take out the liver and make gravy in the pan by putting in a tablespoonful of flour and stirring it about over the fire until it is well mixed with the fat and gravy, then pour in a cup of water, and let boil up. Strain this sauce over the liver and pork in the dish. If not salt enough from the pork, salt should be added.

346—Hominy Grits, Fine Hominy or Samp.

Experiments tried for the purpose with this troublesome article have proved that if it is washed free from the flour that is in it, put into water that is already boiling, and kept in motion till it boils again, it may then be left to simmer with the lid on for the necessary two hours without danger of burning; and also that it does as well and cooks as quickly without previous soaking in water as with it. Use three cupfuls of water to one of hominy, and add milk and salt when it boils dry. There are such things as double kettles for boiling these mealy articles of diet in, but few care to provide them.

Hominy grits cooked as above, and perhaps with a little butter stirred in, is served either as mush with milk, or as a vegetable, with a dish of liver and salt pork.

347—Baked Bananas.

Peel a dozen bananas and split them in halves lengthwise. Lay these strips in close order in a baking pan, strew sugar over, and some bits of fresh butter, and grate a little nutmeg. Bake in a moderate oven about 20 minutes. They should come out glazed, and if not syrup enough in the pan, a little should be mixed in a cup to baste them with. Serve as a last course with cake and milk.

MENU NO. XXXV.—LUNCHEON.

348—Leg of Beef Soup.

10 pounds of shin of beef.
4 quarts of water.
1 medium onion.
1 ounce of butter.
A bunch of soup vegetables.
1 tomato or some catsup.
Salt, pepper, cloves, flour.

Break the marrow bone and cut the meat in pieces, simmer them in the gallon of water till it is reduced to two quarts. Skim when it first boils, and then throw in six cloves. When the meat is quite done tender strain off the liquor into another saucepan and set it to boil again. Cut the onion across and across into little squares, and fry it in the butter in a frying-pan, but only till it is yellow and not burnt; then put in a tablespoonful of flour and stir it up with the butter and onion and set the pan in the oven for a minute or two to brown it for thickening.

Cut the soup bunch vegetables into little squares, and throw them into the boiling broth. Chop some of the lean meat, about enough to fill a teacup, and put that in and then the browned flour and onion out of the frying-pan. Let boil gently for about half an hour. Season with pepper and salt to taste and add at least either a chopped tomato, a spoonful of catsup, or a quarter of a lemon cut small.

349—Oyster Pies.

The individual oyster pies of this sort at the restaurants are made of about the size of a common saucer and contain a dozen or more of small oysters. They can be made smaller, of course, to suit other localities and also larger to admit of division. Lay a very thin crust of common pie paste on the plate, put in the oysters and their liquor, dredge with salt and pepper, drop in a piece of fresh butter, cover with a thin top crust and bake quickly in a brisk oven. Serve the pie in a soup plate and pour a little thin oyster sauce or milk stew liquor around it.

350—Potatoes Baked in Milk.

Or Dutch baked potatoes. The excellence of potatoes cooked this way is dependent upon slow baking to evaporate the milk without burning it. Cut enough potatoes in thick slices to half fill a two-quart pan or dish. Drop in butter the size of an egg, in little bits, a teaspoonful of salt and a tablespoonful of chopped parsley, then fill up the pan with milk and bake for two hours. The milk remaining in the pan should by that time be as thick as cream, and the dish should be light brown on top.

351—Corned Beef in Jelly.

Take some streaked pieces of corned beef, either thin flank or brisket with the bones removed, wash in cold water, then roll up to about

the thickness of a wrist, and tie tightly with several turns of twine. Boil the beef gently for at least three hours, then set it away to get cold. Slice the rolls, lay the slices on a large platter, and pour clear aspic jelly (No. 317), just enough to cover them. The jelly should be only just warmed sufficiently to run, as if hot it will melt the fat and make a bad appearance. When again cold and set cut out the slices with the jelly coating them, place on another platter, and ornament with parsley, cress, cooked beets, or shred pepper pods.

352—Tomatoes in Mayonnaise.

Select smooth apple tomatoes, pare them, without scalding, with a sharp knife, cut each one in three or four slices, but leave them in place, the tomatoes appearing whole in the dish. Keep cold till wanted, then serve with a spoonful of mayonnaise dressing (No. 68) on top of each tomato, and a border of shred lettuce, cress or other salad green around the dish.

353—Apple Souffle.

On account of the scarcity of culinary terms, the word souffle has to stand for a great number of light articles that may have very little resemblance to each other. This consists of a border of dry stewed apple raised in a large dish or an ice cream saucer, as the case may be, the hollow middle filled with boiled custard and whipped white of egg and sugar, like the frosting on lemon pies, piled on top. It need not be baked, but the top may be browned by holding a red hot shovel over it or on the shelf in the oven. Serve cold.

354—Wafer Gingerbread.

1 cupful of butter.
2 cupfuls of light-brown sugar.
1 cupful of milk.
4 cupfuls of flour.
1 teaspoonful of ground ginger.

Warm the butter and sugar slightly and rub them together to a cream. Add the milk, ginger and flour. It makes a paste like very thick cream. Spread a thin coating of butter on the baking pans, let it get quite cold and set, then spread the paste on it no thicker than a visiting card, barely covering the pan from sight. Bake in a slack oven, and when done cut the sheets immediately into the shape and size of common cards. This is also known as euchre gingerbread, is served in packs and eaten between games.

MENU NO. XXXVI—DINNER.

355—Pure Soups.

A puree is a pulp of meat, vegetables or fruit pressed through a sieve. Mashed potato is a puree of potatoes, technically. A number of soups are made by thickening them to the consistency of gravy with these smooth pastes,

such as puree of chicken, rabbit, etc., and puree of turnips, peas and beans.

As these soups are imperfect when the purees sink in them like a sediment in the plates, leaving the liquor thin and clear, a number of precautions and expedients are generally attached to the directions for making them, to the extent of causing them to appear very formidable and difficult, as, for instance, it is said the soup must never boil after the puree is added, but be constantly stirred. In regard to the present example, only two little points need be made, and nothing is easier than to produce this favorite soup in perfection:

Be sure that the beans are cooked perfectly, to a state of mushiness, before they are mashed, and use, beside, a very little flour thickening in the soup. The bean puree will then never sink as long as the soup is kept hot whether it boils or not. The same hints apply to all vegetable purees.

356—Puree of Bean Soup with Crusts.

The special seasonings that make this soup good are mustard, butter and minced red pepper, to be added at last. A little of the liquor from the boiling corned beef or a knuckle bone of ham will improve the flavor.

2 quarts of soup stock.

1 cupful of navy beans.

1 tablespoonful of minced onion.

Butter size of an egg (optional).

1 teaspoonful of made mustard.

Parsley, salt, little minced red pepper.

Make the soup stock by boiling almost any kind of meat and marrow bones in a gallon of water, with the usual soup bunch of various vegetables in it, until the liquor is reduced nearly one-half. Then strain it and skim off the fat.

Boil the beans as directed at No. 319, with the pinch of soda to help dissolve them, and when perfectly soft mash them through a sieve or gravy strainer. Have the stock boiling; pour it to the puree gradually and stir to mix. Throw in the minced onion. Set on the side of the range or on bricks on the stove top, and let simmer 15 or 20 minutes. Season as already indicated. Add a spoonful of thickening along with the mustard. Sprinkle parsley over the surface. Serve with crusts.

357—Conde Crusts for Soup.

It is a common fault to make these large and unsightly. When, in addition, they are burned in the oven, they spoil any soup, however well made.

Shave away the dark crust from cold rolls or slices of bread; cut the bread in neat, dice shapes of even size, and toast it in a pan in the oven to a light brown color all over. Pour from six to twelve in each soup plate before the soup. It is better not to add these crusts to the soup in the

pot, as they dissolve and give it a bad appearance.

358—Boiled Codfish, with Oyster Sauce.

Boil in plain salted water generally about half an hour, or until the meat of the fish will leave the back bone. Serve with white oyster sauce.

359—White Oyster Sauce—Common.

1 cupful of stock, or liquor from boiling fish.

2 dozen oysters and their liquor.

Butter, size of an egg.

1 tablespoonful of flour.

Have the fish liquor boiling, and pour it to the oysters to shrink them, strain the liquor away from them and boil it. Skim, stir in the flour made into thickening with a little water, then the butter, and at last the oysters. As soon as it begins to boil again take from the fire before the oysters become hard.

360—Roast Turkey, with Cranberry Sauce.

Choose a small, fat hen turkey or young but full-grown gobbler for straight roasting, as the largest turkeys are tough unless boiled before being roasted, and a fowl of any kind is never quite so good done that way as if cooked entirely in the oven.

Singe, pick over and wash the turkey and truss it with the legs in the body and wings bent under the back. Put it in a pan with a tablespoonful of salt, a cup of water and any ends of beefsteak or trimmings of roasts that can be spared to enrich the pan gravy. There will be required, also, a cupful of sweet drippings from the previous day's roasting or fat from the soup stock or lard or butter.

Roast the turkey about an hour and a half. Baste frequently with the liquor from a corner of the pan. As soon as it has begun to brown lay a greased sheet of paper on top to keep it from blistering. Roll the turkey over occasionally that it may color all over alike, but do so without ever sticking a fork into the meat. It is a good sign that a turkey is done when little jets of steam burst out of the breast and thick parts. While the turkey is cooking boil the gizzard and heart in a little water, and when done cut them into dice. Let the pan gravy dry down after the turkey is taken out until the fat can be poured off quite clear. Pour a cup of water into the pan and let it boil to dissolve the brown glaze, then stir in a spoonful of flour thickening. Strain the gravy into a bowl, and add the cut up gizzard to it. Serve some of this brown gravy with the turkey and cranberry sauce in individual sauce dishes separately.

361—Cranberry Sauce for Turkey.

2 large cupfuls of cranberries.

1 small cupful of light brown sugar.

1 cupful of water.

Wash the berries, put them in a saucepan with

the water, spread the sugar over the top, cook with a lid on for half an hour. Pour off a glassful or two of the clear syrup, if wanted for cold jelly, before stirring up the berries, then mash them with a spoon. Sometimes, from motives of economy, the stewed cranberries are mixed with an equal amount of brown sauce from the turkey pan on the same plan as some of the game sauces made with fruit in gravy.

362—Browned Sweet Potatoes.

If the potatoes are of good size pare them before cooking, split lengthwise and steam them until done. Turn them into a baking pan, sprinkle with salt, moisten with spoonfuls of fat from the roast meat pan and bake them a handsome brown. Sweet potatoes will not bake to a rich color and be really good unless they are first steamed or boiled thoroughly done. Thin and stringy potatoes can be steamed first and peeled afterward.

363—Cooking Sweetbreads and Brains.

It is generally agreed that a knowledge of a number of what are called side dishes in private houses and entrees in hotels is a desirable thing in a cook, if only to break up a dreary repetition of dishes in the daily menu in one case, or to surprise the home-coming head of the family with a little freshness and variety in another, yet this knowledge is hard to acquire, not through the real difficulty or complication of the matter itself, but because of the incomprehensible nature of all printed directions that include some three or four, or more, separate operations to produce one not very important result, causing the mystified and impatient reader to say, with the girl in the play, "Oh, we'll just stuff 'em with beans and inguns, and let 'em stew."

Thus we have known professed cooks in good hotels, who never mastered more than ten or twelve of these entrees, which they had to shuffle up and deal out as variously as they could, while the articles, however placed, were always recognizable as the same.

Should we here, in directing the making of the following little dish, which really in the main part takes but a few minutes, begin at the beginning, with steeping the sweetbreads in cold water, there would be in all five different operations to perform to prepare two sweetbreads for the table. However, if the learner will remember that both sweetbreads and brains are always boiled first, before any of the little dishes are made of them, and that they may and ought to be boiled the day before they are wanted, and be a ready cold to cut up for side dishes, then the directions are shortened one-half and may begin to appear plain.

Steep and wash the sweetbreads in cold water, then boil them until tender. If calves' sweetbreads, they will be done in half an

hour; if beef sweetbreads they will take twice or thrice as long. There should be a little salt and vinegar, or lemon juice in the water they are boiled in. When done take them up on a dish, and set them away to get cold. The liquor may be used instead of water to make the sauce for them afterward, the fat being removed when it has become cold.

With brains, proceed in the same way, washing away the blood before cooking, and after they are boiled picking them over, and peeling off the dark places. Brains need to simmer gently, in salted water only, twenty or thirty minutes.

364—Ragout of Sweetbreads and Mushrooms.

2 or 3 large sweetbreads, or 1 pound.
 $\frac{1}{2}$ can of mushrooms.
 2 ounces of butter—size of an egg.
 1 tablespoonful of flour.
 Little minced onion and ham for seasoning.
 Juice of 1 lemon.
 Cayenne and salt.
 Fried shapes of bread for the border.

Take the sweetbreads already cooked and cold, and cut them into large dice.

Make the sauce for them in a deep saucepan, first putting in half the butter, a large teaspoonful of minced onion and a very thin slice of ham, and when these are cooked enough for flavor without browning put in the flour and stir the mixture over the fire until it begins to color. Then add gradually the mushroom liquor and a cupful of the liquor the sweetbreads were boiled in; let it boil up and become thick. Add a pinch of cayenne. Next, melt the other piece of butter in a frying-pan, put in the mushrooms and the cut up sweetbreads and shake them about over the fire until they begin to show color; take it off, squeeze in the juice of the lemon and then strain in the thick sauce from the other vessel. Dish them heaped up in the center of a flat platter, or of small dishes for individual orders, and place a border of thin shapes of bread fried in lard around the edge.

365—Fried Crusts or Shapes for Garnishing.

In a case where economy is not in question the handsomest shapes for a border can be made by taking a stale, long and narrow loaf of bread and trimming down on both sides to some pattern (like a piece of carpenter's molding), so that when it is sliced up with a sharp knife the slices will be heart-shaped, or leaf or club or spade-shaped, etc., and all alike. Simple triangles may be set up on edge around a large dish, and fastened to stand by dipping the bottoms in egg and then making the dish hot enough to dry it. This makes a raised case, into which a ragout like that of the foregoing recipe may be poured. Or a long and slender leaf shape may be laid on

the small dish, projecting well over the side, and the ragout or fricassee dished upon the end of it.

All these shapes are first to be fried, either in lard or the clear part of melted butter. They take but about one minute in the fat, when it is hot, and need care to have them all of a nice, even color. Cold rolls and slices can be used in similar ways.

366—Stuffed Onions.

6 or 8 large onions.
 $\frac{1}{2}$ cupful of sausage meat.
 $\frac{1}{2}$ cupful of bread crumbs.
 1 egg.
 1 cupful of brown sauce.
 Pepper and salt.

These have to be prepared early, as it takes a long time to cook onions tender.

Peel the onions and boil them in water 10 minutes; both to extract some of the strong taste and to make the inside easy to remove. Then drain them and push out about half the insides; chop these and mix with them the sausage meat, and bread crumbs, and egg, and a good pinch of black pepper, and little salt. Stuff the onions with the mixture and heap it a little on top to use up the surplus. Place them in a deep pan that will go in your steamer and let steam about an hour and a half. Then brown them off in the oven with the cup of gravy poured in the pan.

When not convenient to steam they can be simmered in gravy in the oven if kept covered with a greased sheet of paper. Any kind of minced cold meat, or part raw and part cooked without an egg, can be made into a savory side dish in the above manner. See hints at Nos. 247 and 248.

367—Indian Fruit Pudding.

3 cupfuls of milk or water— $1\frac{1}{2}$ pints.
 1 cupful of yellow corn-meal—6 ounces.
 1 teacupful of minced suet—3 ounces.
 $\frac{1}{2}$ teacupful of black molasses—3 ounces.
 2 eggs. Little salt.
 1 cupful of seedless raisins—4 ounces.
 Same of currants.
 $\frac{1}{2}$ teaspoonful of ginger, cinnamon, or grated lemon rind.

Make mush with the meat and water and let it cook well with the steam shut in for an hour or two. Then mix in all the other ingredients, the fruit previously dusted with flour, and bake it in a pan or mold about an hour. Cover with greased paper to keep the fruit from blistering. Three heaping cups of corn-meal mush ready made will do as well. The above makes a quart of pudding.

368—Lemon Butter Sauce for Puddings

$\frac{1}{2}$ cupful of sugar.
 1 tablespoonful of corn starch.
 1 cupful of water.

Butter size of a walnut.

1 small lemon.

Yolks of 2 eggs.

Grate the rind of the lemon into the sugar, put in the starch and mix them well together dry, stir them into the water already boiling in a saucepan. Add half the juice of the lemon and the butter. Pour some of the sauce to the yolks, beat up, then mix all and almost immediately take the sauce from the fire before the yolks curdle in it.

Any of the foregoing sauce that may be left over can have the whipped white of an egg added and be used to fill paste-lined pat'y pans for tarts or cheesecakes.

369—Pumpkin Custard Pie.

1 cupful of dry, mashed pumpkin.
 1 cupful of common custard.

A common custard is one egg to a cup of milk and two tablespoonfuls of sugar. Prepare this mixture in a bowl, and stir the pumpkin into it. If the pumpkin be not dry—either baked or steamed—another egg may be needed to make the pie set. Add a grating of nutmeg or a little ginger. Bake in two deep pie pans lined with paste.

370—Good Common Mincedmeat.

2 pounds of minced beef or tongue.
 3 pounds of suet.
 4 pounds of currants.
 3 pounds of apples.
 1 pound of raisins.
 1 pound of brown sugar.
 1 ounce of mixed ground spices.
 1 pound of candied citron, or the same of orange and lemon rinds boiled tender.
 1 pint of common brandy.
 3 quarts of cider, or enough to make it juicy.
 Put the raisins in whole. Mince all the rest, seasoning the meat and suet a little with salt and pepper. Should be kept three or four weeks before using.

Makes about $2\frac{1}{2}$ gallons, or 40 or 50 pies.

Nothing is saved by buying trashy currants. They have to be well washed and picked over free from stones, and the more dirt there is the more will wash away. Some currants are like small raisins, nice and clean and large. There is no waste in them.

371—To Clean Currants.

Put them into a colander with holes not too large; set that down in a pan half full of warm water and stir the currants about vigorously. The dirt will go through the holes. Pour the water away two or three times. This is the quickest plan, and most thorough. Spread the currants out in a baking pan; pick them over and let them dry for use.

372—To Clean Raisins.

When sultana seedless are furnished, or even the larger kind of seedless raisins, put them in a colander with a handful of flour mixed in, and rub off the fine stems, which then, by sifting about, will fall through the holes. When the greater part have been so got rid of the raisins must be picked over separately, especially to remove the gravel stones that may chance to be among them. Layer raisins have to be seeded to be good in anything—a most tedious operation, and requiring such help as can be had.

MENU NO. XXXVII.—TEA**373—Oysters Sautéed or Fried Without Eggs.**

Out of their own liquor into cracker meal, press and coat them well without rubbing, as the coating will not stick a second time.

Put a little butter, say as big as a walnut, into the frying-pan and when it is melted lay in the oysters close together and fry them light brown, and the quicker the better, not to let them cook hard and tough. One side being done invert a plate that will just fit upon them in the frying-pan, turn over—there should be butter enough in the pan to spill—and then slide them from the plate into the pan again to brown the other side. Dish them up without breaking apart and garnish with parsley and lemon.

374—Chipped Beef in Butter.

Shave dried beef very thinly either with a knife or inverted plane. Put into a pan enough butter to cover the bottom when melted and then a cupful of the shaved beef. Dredge with pepper. Stir about. When fairly hot through it is done. May be served heaped up on thin toast or in individual deep dishes.

375—Chow-Chow—Home-Made.

2 quarts of green tomatoes.

1 large head of cabbage.

1 dozen large cucumbers.

1 dozen onions.

Chop fine, sprinkle plentifully with salt and let stand over night. Then drain off and cover with weak vinegar and let stand two days. Drain off again and add

3 quarts of cider vinegar.

$\frac{1}{2}$ pint of grated horseradish.

4 ounces of white mustard seed.

$\frac{1}{2}$ ounce of celery seed.

$1\frac{1}{2}$ ounces of ground cinnamon seed.

2 tablespoonfuls of turmeric.

Same of ground mustard.

$\frac{1}{2}$ pound of sugar.

2 tablespoonfuls of black pepper.

2 green peppers chopped fine.

Boil up all together a few minutes, and when cold it is ready for the table. Keep in jars, covered down.

376—St. Charles Corn Bread.

A sort of cornmeal cake, but not sweet, once famous on the lower Mississippi.

2 small cupfuls of white cornmeal—8 ounces.

Butter size of an egg—2 ounces—melted.

1 cupful of boiling water— $\frac{1}{2}$ pint.

Same of cold milk.

2 eggs.

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

1 teaspoonful of baking powder.

Pour the boiling water into the meal, wetting and scalding it all. Then add the melted butter, salt and milk and then the eggs.

Put a cake mold into the oven to get hot. Add the powder to the batter and beat up thoroughly with an egg whisk; then pour it into the hot mold, which need be greased. Bake carefully, like a cake, about $\frac{1}{2}$ hour. The batter for this when ready to be baked should be as thin as if for batter cakes, and the top crust should be the first to bake, to prevent cracking open. Eat hot.

377—Compote of Apples.

This is but another term for apples stewed in syrup. A compote of fruit is understood to be different from stewed fruit, in being richer with sugar and the fruit being either whole or in large pieces.

Five ripe apples of a kind that have proved to be good to cook make a delightful sweet dish for tea in this way:

4 large apples.

1 cupful of sugar.

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

Piece of orange peel or lemon peel, or cloves, or stick cinnamon for flavoring.

Put the sugar, orange peel and water on to boil in a deep saucepan. Pare the apples, cut each one in three and cut out the cores. Drop three or four pieces at a time into the boiling syrup, and let simmer about fifteen minutes, or until done and almost transparent; take them out with a fork, and cook some more in the same syrup, and so on till all are done. Serve in dessert saucers. The apples can be colored pink by adding red fruit juice or currant jelly to the syrup.

378—Water Sponge Cake.

Valuable recipe. Excellent sponge cake and cheap.

$\frac{1}{2}$ cupful of sugar—4 ounces.

2 eggs.

6 tablespoonfuls of water.

1 cupful of flour—4 ounces.

1 teaspoonful of baking powder.

Separate the eggs—the whites in a bowl or dish, the yolks in the mixing pan. Put the sugar and water in with the yolks, and beat them till they are a thick yellow froth. Mix the powder in the flour, add that and stir up well. Whip the whites firm, add them last. Suitable to bake in a cake

mold, or in gem pans, with powdered sugar on top, or in a sheet spread on paper for jelly roll or for lining Charlotte molds.

MENU NO. XXXVIII.—RECEPTION.

379—Potage aux Amandes.

3 quarts of white soup stock.
1 tablespoonful of minced onion.
A slice of lean ham.
 $\frac{1}{2}$ blade of mace and piece of nutmeg.
6 cloves.
A sprig of green thyme.
1 pound of almonds.
1 pint of thick sweet cream.

Make the stock by boiling an old fowl and about ten pounds of veal and veal bones in about five quarts of water until it is reduced three quarts, and sets in jelly when cold—about five or six hours of gentle boiling at the side of the range. Take care while it is heating at first that the veal does not burn on the bottom.

Never put raw ham in a soup boiler along with raw veal, lest it turn the stock red; but when this stock is nearly ready to take off put in all the seasonings named in the list, except the almonds and cream, and let boil long enough to flavor. Strain off into a jar or pail, take off the fat, then again pour the stock, without the sediment, into a clean saucepan, and set it over a slow fire.

Boil the almonds a few minutes and peel them, cut about one-fourth of them into shreds to go into the soup at last. Pound the larger portion to a paste, a few at a time, and add spoonfuls of water while pounding; add the paste to the soup and season with salt. Boil the most of the cream separately and add it to the soup along with the reserved almonds just before serving.

Cream or milk added to a soup that is rich enough to become jelly when cold will turn to curd, fine like meal, if allowed to boil. The same takes place in a rich stew or fricassee. Although this is not always a disadvantage it is undesirable in a soup that should be smooth and creamy, hence the necessity for reserving the boiling cream until the last minute.

Serve the foregoing soup hot in cups, and let some one be ready with a bowl of cold cream whipped to a froth and drop a tablespoonsful in each cup as it goes in. There will be about 25 cups.

380—Scalloped Oysters in Silver Shells.

7 or 8 dozen oysters and their liquor.
1 pound of fine bread crumbs.
1 pound of fresh crushed oyster crackers.
12 ounces of butter.
1 pint of milk.
Pepper and salt.
From 16 to 20 silver scallop shells.

Soften the butter and brush a coating of it over the bottom of the shells and strew a layer of the mixed bread and cracker crumbs.

Shake the oysters about in their own liquor in a pan over the fire to make them shrink a little without boiling. Take out with a drainer, and place 4, 5 or 6 in each scallop. Cover with the mixed bread and cracker crumbs.

Strain the oyster liquor, mix the butter and milk with it, add salt and pepper to taste, and divide it by spoonfuls into the scallops, moistening the crumbs all over. Wipe the exposed edges perfectly clean. Bake light brown on the middle shelf of the range.

381—Fillets of Trout—Italienne.

Choose brook trout weighing about eight ounces each, or lake herring or cisco or other small fish in their stead. Dip them a moment in boiling water and peel off the skin. Split them lengthwise and take away the bone and lay the fillets in a dish with enough olive oil and lemon juice to moisten them.

For twenty such fillets five eggs will be needed, a tablespoonful of chopped parsley and some flour. Beat the eggs slightly and mix the parsley in. Drain the pieces of fish from the oil, dip them in flour first, then in egg, then fry in hot olive oil or lard for about five minutes. Drain on a sheet of paper and dredge with fine salt. It is all in the frying whether they come out of a fine golden color or not. Serve in a hot dish with a little Italian sauce poured under.

382—Italian Sauce.

1 cupful of brown sauce (roast meat gravy strained and skimmed).
1 teaspoonful of minced onion.
2 of minced mushrooms.
Same of parsley.
Juice of 1 lemon.
Cayenne and salt.

Pour half the juice from a can of mushrooms into the brown sauce, add the other ingredients and simmer together for fifteen minutes.

383—Mashed Potatoes in a Mold.

When mashing the potatoes add one or two eggs, with the usual cup of milk, to enough potato to fill a 2-quart mold. Butter the mold well, fill and bake it half an hour set in another pan containing water. Turn out onto a dish.

384—Rissoles of Partridge.

3 roast partridges.
 $\frac{1}{2}$ cupful of mushrooms.
1 small cupful of butter.
Same of flour.
1 cupful of cream.
Same of broth or water.
A slight grating of nutmeg.
A little lemon juice.
Pepper and salt.

Cut the meat of the roast partridges into the smallest possible dice, mince the mushrooms and add, sprinkle with a teaspoonful of mixed pepper and salt, grate a little nutmeg and squeeze a lemon over it.

Make cream sauce by stirring the butter and flour together in a saucepan and adding the broth and cream when it begins to bubble, and when the sauce is ready moisten the meat with it, stir up well and set it away to become cold. Then make out in rolls about the size of a finger, roll in flour, then in egg, then in cracker crumbs and fry in hot lard. Pile in the dish and garnish with fried parsley.

385—Reed Birds, Roasted.

Pick and singe them, cut off the heads and feet, wipe clean without drawing them. Wrap a very thin piece of fat bacon around each one and run a skewer through about a dozen of them placed side by side. Make the oven hot and roast them with the ends of the skewers resting on the edges of a shallow pan on the top shelf. Turn them over once while cooking and brush over with butter. They should be done in six or eight minutes. Dish up on a bed of fried bread crumbs, withdrawing the skewers when the birds are in place.

To prepare the bread crumbs cut two slices of bread extremely thin and cut them again into very small dice. Fry these a few moments in the clear part of melted butter made hot for the purpose. Take up with a skimmer and drain.

386—Stewed Celery.

Cut tender, white outside stalks of celery into 3-inch lengths and boil them for 10 minutes in salted water. Then throw away the water and fill up instead with clear strained soup stock, add minced onion and parsley. Boil until the celery is tender, throw in a piece of butter softened and stirred up with flour, and shake the stew until thickened. Dish the pieces in straight order and pour the sauce over them.

387—Turkey in Mayonnaise Jelly.

Cut the breast of a cooked turkey or chicken into slices and then, either with a round tin cutter or a knife, cut these again into shapes all alike.

Make some good mayonnaise sauce with lemon juice (No. 68), and mix with it nearly an equal amount of aspic jelly (No. 317), barely warmed enough to melt it. Cover the slices of turkey in the dish with the mayonnaise-jelly and set the dish in the refrigerator. Mince a slice of cooked blood beet extremely fine and some parsley the same. Take up the slices of turkey on a fork, when the jelly is set quite firm, and dip the upper side lightly into the minced parsley, and then into the beet, making them appear sprinkled

over, and place in neat order in a clean dish. Garnish the edge with green, such as shred lettuce.

388—Snow Cake and Fairy Butter.

For the cake take:

7 ounces granulated sugar—a small cup.

6 ounces uncolored butter—the same.

9 whites of eggs—8 ounces.

4 ounces of flour—a cupful.

5 ounces of corn starch—the same.

Little lemon juice or cream tartar.

$\frac{1}{2}$ cupful of milk.

Flavoring extract.

Warm the butter enough to soften it, rub it and the sugar together to a cream, add the white of eggs a little at a time without previous beating, then the starch and flour. When these are well mixed add the milk and juice of half a lemon or a small teaspoonful of cream of tartar, and a teaspoonful of lemon extract. Grease and flour a mold, and bake the cake about half an hour. It is best when not too deep in the mold.

389—Fairy Butter.

The yolks of 4 hard boiled eggs.

1 teacupful of the best butter.

3 heaping tablespoonfuls powdered sugar.

1 teaspoonful orange flower water.

Either grate the yolks or pound and rub them smooth in a bowl, mix the softened butter with them and the sugar and flavoring. Set the mixture where it will get cold, and afterward rub it through a sieve. It looks something like vermicelli.

Pile the fairy butter lightly in the middle of a cake dish, cut the snow cake in slices and lay around. They are to be eaten together like bread and butter.

390—Pineapple Sweet Salad.

1 pineapple.

1 teacupful of powdered sugar.

$\frac{1}{2}$ cupful of maraschino.

Peel a pineapple, cut it into uniform slices and cover them with the sugar in a glass dish. Let it remain to form a syrup, and when to be served add the maraschino.

391—Meringues with Wine Jelly.

4 whites of eggs.

1 small cupful fine granulated sugar.

Vanilla or lemon flavoring.

Put the whites into a deep bowl, pan or pail, have them cold and beat with a bunch of wire until the froth is firm enough to bear up an egg. Put in the sugar and a few drops of flavoring extract, and beat about half a minute longer.

These meringues are to be hollow, mere shells of pasting, and to make them so they are baked on pieces of board that will not let the bottoms cook.

Cut some strips of paper two inches wide, place them on boards that will go in the oven, drop

large spoonfuls of the meringue paste on the paper and form them in egg shapes or round, smoothing them with a knife dipped in water. Sift a little sugar over them, and dry bake in a slack oven about twenty minutes. Too much heat will cause them to melt and go down. When they are cold take them off the paper, and with a knife scoop out the soft inside. When to be served cut different colors of clear wine jelly into small dice, mix them together, and pile up in the meringues, which serve as cups. Whipped cream may be used the same way instead of jelly. These meringues can also have a little whipped cream inserted and be joined by twos together by the bottoms.

392—Star Kisses.

A simpler form of meringue made of the same paste or frosting as the foregoing, common in shops and hotels: Procure a tin star tube from the furnishing store. It is about the length of a finger and the point cut serrated. This is inserted in the point of a funnel shaped bag, which is then filled with the paste, and star-shaped drops are pressed out on to baking pans slightly greased. They are baked to a light fawn color and slip off the pans easily when cool. No filling required. A sheet of paper can be pinned in shape and the point cut so as to do duty temporarily in place of the tube.

393—Wine and Fruit Jellies.

To make the brilliantly clear, many-hued, and delicately flavored jellies that are found on the tables of the best hotels and at the confectioners', the simple lemon jelly has first to be made in perfection. It is technically called stock jelly, because, when finished, it can be mixed with wine or other liquors and cordials, or be flavored and colored to make as many varieties as may be desired.

It may be as well to explain that these jellies are transient and will not keep over two or three days, not like the boiled fruit jellies, but of the same nature as the old-fashioned calf's foot jelly, made now with gelatine.

Once making stock jelly should serve either for a large party or two or three meals.

For 3 quarts of jelly take:

3½ quarts of water.

1½ pounds of sugar.

4 ounces of gelatine.

5 lemons—juice of all, thin shaved rinds of 2 or 3, according to size.

1 ounce of whole spices—cloves, mace, and stick cinnamon.

5 whites of eggs to clarify it.

Put the water in a bright brass kettle, add all the other ingredients—the lemon juice squeezed in without the seeds, the yellow rind pared very thin, and the white of eggs beaten a little with some water mixed in first. The clean egg shells

may be put in also to assist in the clarification. Use the sheet gelatine that floats, for preference. Then set the kettle on the side of a range and let it slowly come to a boil with occasional stirring.

Let it boil about half an hour, and above all, to avoid the trouble and waste of having to boil it again, be sure that the white foam of egg on top becomes thoroughly cooked so that it will go down and mix with the jelly again like so much meal. Sometimes, to accomplish this, as a lid cannot be kept on without its boiling over, it is necessary to set the kettle in the oven a few minutes to get heat enough on top.

Then run it through a jelly bag suspended from a hook. The boiling having been properly attended to, there should not be the slightest difficulty in getting it to run through not only clear but bright and transparent as glass. The first pouring coats the inside of the filtering bag with the coagulated white of egg, and each succeeding running through brightens the jelly.

It may be set down as a rule that this kind of jelly cannot be successfully made without more or less lemon juice, or some acid equivalent—it will not run through a filtering bag without. A cheaper quality can be made with less sugar and lemons.

The stock having been made, it can now be divided into as many kinds as may be wished. But the stock jelly is already good and mildly flavored and care should be taken not to over season it, or injure its bright appearance.

Jelly is quite as much for ornament as use. It can easily be made to attract notice at the finest table for its luster and rich colors even if never tasted, therefore its appearance is the main consideration. Lemon extract cannot be put into jelly because it makes a milky appearance and dims its brilliancy. Orange extract the same. Most of the other extracts can be used to flavor. Use wine in small proportion to mix with some of the stock, and color deep red, but run through the jelly bag again while it is yet warm. Flavor some with vanilla, and color it either amber or brown with burnt sugar. Flavor some with strawberry and color it pink, and leave some plain, pale yellow.

394—One Quart of Jelly.

The rule is, for good quality:

1 quart of water.

1½ ounces of gelatine.

8 ounces of sugar.

1 or 2 lemons.

1 teaspoonful of whole mixed spices.

2 whites of eggs and the clean shells.

But a cupful of water must be added to allow for evaporation and loss, unless it is intended to add ½ pint of wine to the stock jelly produced.

For jellies to serve ordinarily at dinner pour them in bright pans an inch or more in depth, and when set cut out little diamond-shaped blocks and serve two such pieces of different color in the same saucer.

395--Apricot Ice.

3 cupfuls of apricots cut in pieces.
1 cupful of sugar—8 ounces.
2 cupfuls of water.
The kernels of half the apricots.
2 whites of eggs.

The ripest and sweetest apricots, if the fresh fruit be used, should be kept out, one cupful to be mixed in the ice when finished.

Stew the other 2 cupfuls and the peeled kernels in the water and sugar for a few minutes, rub the fruit then with the back of a spoon, through a strainer into the freezer along with the syrup. Freeze like ice cream and when it is nearly finished whip the two whites to a firm froth, mix them in and turn the freezer rapidly a short time longer. Stir in the cut apricots just before serving. Canned apricots can be used as well, and if in syrup that can be mixed in also.

396--Eckhart's Wedding Cake.

The recipe was presented by the caterer to a Chicago belle whose marriage feast he prepared. It has traveled an immense distance since, and come to light again in the heart of a great wilderness.

2 pounds of sugar.
1½ pounds of butter.
12 eggs.
2 pounds of flour.
8 tablespoonfuls of wine.
Same of brandy.
6 nutmegs ground or grated.
5 pounds of raisins.
4 pounds of currants.
2 pounds of citron.

Stone the raisins, wash and dry the currants, cut the citron small, then mix all three together and dust them with a cupful of flour.

Mix the first four ingredients together the same as if for pound cake, add the liquors, nutmeg, and then the fruit.

Line the mold with buttered paper, and wrap another paper around the outside and tie it with twine. Bake the cake about three hours.

397--Iced Tea.

To have it perfect and without the least trace of bitter, put tea in cold water hours before it is to be used; the delicate flavor of the tea and abundant strength will be extracted, and there will not be a trace of the tannic acid, which renders tea so often disagreeable and undrinkable. You need not use more than the usual quantity

of tea. Put broken ice in it a few minutes before serving.

Iced tea can be served with a light froth, like that of ale, on top, if shaken with the ice in it in two glasses placed one over the other—the brims together.

MENU NO. XXXIX.—SUPPER.

398—Oyster Stew—Milk Stew.

Cook the oysters and the milk in separate saucepans. Dip the oysters from the saucepan into the bowl they are to be served in, add a ladleful of milk and a small piece of fresh butter. Serve crackers, butter and shred cabbage separately with the stew.

Oysters do not always curdle the milk when boiled in it, but there is always a danger that they may, so the rule is not to run any risk. Besides, to cook the oysters in the milk, although good for flavor, always makes a dingy looking stew, with a scum on top. To obtain the best quality and appearance, boil some oyster liquor separately and keep it ready for orders. As it reaches boiling point the scum on top can be skimmed off, and after that pour it through a fine strainer into a clean saucepan, and you have the oyster essence clear and ready for use without detriment to the appearances.

It is with cooking an oyster as with cooking an egg. It may be either soft boiled or hard boiled, only there is the difference that an oyster boiled hard is spoiled. To cook oysters for stews set some of the liquor that has been boiled as above mentioned, on in a little saucepan and drop in the oysters with a fork. Add a pinch of salt and pepper, shake them back and forth while heating and as soon as the liquor fairly boils they are done. Time about three minutes for one stew.

399—Plain Stew.

The oysters cooked as above with the liquor only served with them, and no milk.

400—Dry Stew—Restaurant Order.

The same as plain stew without the liquor, or with only a spoonful.

401—Boston Fancy Stew—Restaurant Order.

The milk stew with a slice of buttered toast floating in it and the oysters on the toast. Use a large, shallow bowl, put the square of toast in it first, drain the liquor of the stew into it and place the oysters neatly.

402—Fried Smelts.

Draw the fish through the gills without opening them and wipe them clean. Dip in beaten egg and cracker meal. Be careful not to rub off

the breading, as it will not stick a second time, and there is a bad appearance when fried. Fry a few at a time in a pan of hot lard. They should be done and of a handsome light brown color in 4 minutes.

403—Potato Boulettes in Cream.

Scoop out a cupful of potato balls the size of cherries (See No. 282), steam or boil them, and when just done and before they break pour over them some hot cream sauce, or thickened milk with salt and butter in it.

404—Teal Ducks, Broiled.

There are blue-wing and green-wing teal, nearly alike, though the blue-wing seems to be preferred; and the butter-ball duck comes next in quality and size.

Having picked and singed them, split them down the back and draw them. Cut off neck and feet. Wash them off quickly in cold water and wipe dry, and flatten them slightly to broiling shape with a tap of the cleaver. Lay the duck on a plate, dredge with salt and pepper and brush over both sides with butter. Broil on the gridiron over clear coals, the inside first, about 15 minutes. Serve on a hot dish, with a border of small pieces of toast or chip potatoes, and with currant jelly or a quartered lemon, or with the following sauce.

405—Orange Sauce for Game.

- 1 orange.
- 1 cupful of brown sauce.
- $\frac{1}{2}$ cupful of claret.
- A little cayenne.

Shave off very thinly the yellow rind of about a quarter of the orange and boil it in the brown sauce about 10 minutes. Cut half the orange into small slices and remove the pith and seeds.

Strain the brown sauce from the peel, throw into it the orange slices, squeeze in the juice of the remaining half, add the claret and cayenne, let boil up and skim off the film that will rise.

If there is no brown sauce on hand soup stock can be used and thickened with a spoonful of flour worked in a small piece of soft butter. Pour the sauce under the ducks in the dish and dispose the juice of orange around them.

406—Fried Hominy Cakes.

- 1 large cupful of cooked coarse hominy.
- 1 tablespoonful of flour.
- 1 egg.

Take cold hominy that has been well cooked and is dry (see No. 322) and pound it with a potato masher to make it adhesive, mix in the flour and egg. If not already seasoned it will require salt and a little butter. Make it out in flat biscuit shapes with floured hands and fry brown in a frying-pan.

407—String Beans, French Way.

Drain away the water from a can of string beans, put them into a small sauce-pan and shake them over the fire, without water, until they are quite hot. Put in a piece of fresh butter, the size of an egg, salt, pepper and the juice of half a lemon, or a spoonful of vinegar. When the butter has melted and become hot they are ready to serve.

408—Chicken Salad.

Pick the meat from a boiled fowl and cut it into very small dice. Cut likewise about the same quantity of celery not quite so small and put them into separate bowls. Season both with salt and white pepper, and a few tablespoonfuls of olive oil and the same amount of vinegar. Stir to mix thoroughly. When to be served heap the chicken in the middle of a flat dish or dishes, place the celery around it as a border, and spread over the chicken a coating of thick mayonnaise. Garnish with quartered hard-boiled eggs. In the best hotels there is a perpetual change in the salads and ways of placing them in the dishes. The celery and chicken may be mixed together, and, again, be mixed with the dressing, made thin as cream for the purpose, but part left thick for the top covering. The chicken should always be cut, if possible, and not chopped.

409—Mock Mayonnaise.

$\frac{1}{2}$ cupful of thick cream sauce or butter sauce, cold.

Half as much olive oil.

Same of vinegar.

1 egg.

Salt, made mustard, sugar, cayenne, a small allowance of each.

Any white sauce that may have been made with flour for other articles will answer if thick enough and cold. Drop in the egg and stir it around rapidly; add a tablespoonful of oil, then one of vinegar, and keep stirring and adding by spoonfuls till all is mixed in, then add the seasonings.

This dressing will be thick enough to coat over a salad. It is best to set the pan in ice water while stirring, as it thickens sooner if quite cold.

410—Apple Shortcake.

Make a flaky short puff paste of medium richness by the method described for puff paste, No. 5, using

- 1 cupful of butter or lard—6 ounces.
- 2 rounded cupfuls flour—9 ounces.
- $\frac{1}{2}$ cupful of ice water.

When the paste has been rolled and folded six times cover two jellycake pans with it, trim around and bake them plain. When done spread a thick layer of apple cream on one, place the other on top, and for a finish wet half a cupful of

powdered sugar with two spoonfuls of water; spread this wet sugar over the surface and let it dry.

411—Apple Cream.

2 cupfuls of grated apples.
1 small cupful of sugar.
Butter size of a walnut.
2 tablespoonfuls of water.
1 egg.
Orange or lemon peel for flavor.

Either grate apples on a tin grater or finely mince them; put the specified quantity into a saucepan with all the other ingredients and stir them over the fire about ten minutes.

412—Grapes Glazed with Sugar.

Divide some bunches of grapes into small clusters.

Put into a deep saucepan.

1 pound of sugar.

A large half cupful of water.

$\frac{1}{2}$ teaspoonful of cream tartar.

Stir to dissolve the sugar, then set it on to boil, as if for candy.

When the syrup has boiled 10 minutes try a drop in cold water. When it sets so that it is hard to press between finger and thumb and the edges of drops are hard and brittle it is ready.

Take it from the fire, dip the clusters of grapes in (without ever stirring the candy) and lay them on dishes slightly greased to dry. Should the candy become set in the kettle it may have a spoonful or two of water added and be made hot again.

MENU XL—BANQUET.

413—Oysters on the Half Shell.

The small, but fat and shapely oysters are chosen for serving in the shell, preliminary to a dinner, known at present by the names of Blue Points, Shrewsburys, Morris Rivers and others. Brush them clean in cold water before opening. Place four, five or six in each small plate, in whichever shell happens to be the best shaped for holding them, and a quarter of a lemon in the center. For sale by the dozen, the large oysters are naturally preferred.

As to the grades of oysters it may be useful to parties in business to state that "Counts" or New York counts are the largest oysters sold by count and not by the gallon. "Culls" are the largest "selects." "Selects" are the ordinarily large oysters sold by gallon or can. "Straights" are supposed to be of all sizes unsorted. "Standards" are small oysters, and there is a grade below known as "common." These quotations—as the dealers in perishable articles say—are subject to alteration at any time. A can that will hold only three dozen of the largest oysters will hold eight dozen

of the small grade, which makes it possible for retailers of a certain class to sell by the dozen at apparently a very low price.

414—Cold Slaw.

Shred tender white cabbage extremely fine, put it into a bowl, sprinkle with salt, mince half a pod of red pepper very small and add that and vinegar enough to moisten. Set on the table in pickle dishes or in individual deep scollops.

415—Olives.

Are in request only in one way, that is raw, in pickle dishes on the table, where they should have broken ice strewn upon them. They are used to some extent in the sauces of entrees and for ornamenting salads, but seldom eaten otherwise than as a cold relish. A small sort can be bought by the keg cheaper for secondary purposes, but Spanish olives in bottles for the table.

416—Winter Salad.

1 cupful of red pickled cabbage.

1 cupful of cooked salsify, cut small.

1 cupful of leaves of water cress.

1 pickled (salt or soured) herring.

Wash the herring, and without cooking it, pick the meat from the bones and cut it small, the cabbage and salsify likewise, mix all together, season with oil and vinegar, pepper sauce, and perhaps a little salt. The red cabbage is for making this a dish of mixed colors; when not at hand some substitute, such as radishes or beets, can be used. Set it in pickle dishes on the table.

417—Potage a la Reine.

2 quarts of chicken broth.

3 solid cupfuls of chicken meat.

1 cupful of boiled rice.

1 pint of cream or milk.

Seasonings.

This is a puree soup like the potato, cream and puree of beans, but thickened, instead, with the paste or puree of pounded chicken and rice.

Procure a pound, or 3 cupfuls of clear chicken meat tender enough to mash to a paste, either from 2 or 3 young chickens roasted, or 1 large fowl boiled. Mince it fine, pound it smooth, add the rice to it while pounding, pour in some of the broth to moisten it, then rub it through a perforated tin gravy strainer or a sieve.

The chicken (or veal) broth should have a small bunch of parsley, 1 stalk of celery, a small piece of onion and piece of broken nutmeg boiled in it, and if obtainable a sprig of green thyme, and after that be strained. Mix it boiling hot with the puree of chicken and rice; set on bricks or at the back of the stove to keep hot without boiling, and boil the cream separately and pour it in at last. Season with salt and white pepper.

418—Consomme Julienne.

2 quarts of soup stock.
1 white turnip.
A piece of yellow ruta бага turnip.
1 carrot.
1 onion.
1 head of celery.

Make the soup stock clear by letting it settle in a jar or pail after the first straining from the boiler, removing the fat, and then, without disturbing the sediment, pouring it through a napkin set in a colander or through a jelly bag. The size and quantity of the vegetables is not a matter of much consequence, but too little is better than too much, as they consume time in the shredding. Cut them first into very thin slices, then into shreds an inch or two long and as thin as straws. Put them into a saucepan with butter size of an egg and half as much sugar, simmer in the butter with the steam shut in until they begin to brown on the bottom, then pour in the stock and boil about half an hour. Skim while boiling. Season with salt and cayenne. If not of a light brown color add a spoonful of burnt sugar caramel. It is a clear soup, but it does no harm to give body to it with a spoonful of starch wetted with broth.

419—Baked Sturgeon.

As only two or three ounces of fish is generally served to each person on a small plate, it is easy to calculate the amount to be provided, allowing something like one-third for shrinkage in cooking.

When it is a large fish it is better for this way of cooking to have two broad and not very thick cuts across the fish than to have one solid section, that each person may receive a like portion of the browned surface—in short, for convenience of serving.

Let the fish lie in cold salted water a while before cooking. Put it on in boiling water or broth that has an onion and a quarter cupful of vinegar in it, boil gently at the side of the range for about forty-five minutes. Take it up without breaking, brush over with beaten egg, sift on all the cracker meal or crushed bread crumbs that will stick, put it in a pan with enough of the liquor it was boiled in to keep the pan from burning, and when the surface has become hot enough to set the breading so that it will not wash off, baste with butter and let it brown. Serve with anchovy sauce and a small portion of potato in some form in the same plate.

420—Anchovy Sauce.

1 heaping tablespoonful of flour.
Same weight of butter.
1 cupful of liquor the fish was boiled in.
2 tablespoonfuls essence of anchovies.
1 of lemon juice.
A pinch of cayenne.

Warm the butter and flour, stir them together in a frying-pan and bake light brown in the oven.

Pour in the liquor, boil up, strain, add the other ingredients. When there is brown sauce on hand use that instead, with the essence, etc., added.

421—Potato Crulls.

Pare good, smooth potatoes raw. Cut them into thick slices, as many as there will be plates of fish. Cut out the centers with an apple corer, making rings. Take a small penknife and begin inside and cut the slice all around into a coil or string as thin as may be without breaking through till the knife comes out at the outer edge. Fry the crulls in hot lard, light colored. Drain, and sprinkle with fine salt.

422—Boiled Corned Tongue, Caper Sauce.

Fresh tongues put in a jar and covered with the brine or pickle No. 106, will be of a good pink color and nicely salted in from a week to ten days.

Wash off the corned tongue and boil it three hours. Plunge it in cold water and peel off the skin then set it in a hot place. In carving cut slantingly to make long slices that will not run out too small at the thin end. Serve with caper sauce, which is butter sauce with a little of the caper vinegar mixed in and the capers—about a teaspoonful—dashed on top of the sauce on the meat.

423—Mashed Parsnips.

Pare and cut them small, steam an hour or more, mash and season the same as potatoes except that a little white pepper should be added, or cayenne or a finely minced piece of red pepper if that is not to be had. Keep hot in a saucepan. Whatever is left over will make parsnip fritters, which are a favorite dish if well made. See No. 125.

424—The Fillet of Beef.

The fillet, otherwise known as the tenderloin, of beef is the long band of meat inside of the loin that, beginning in a thin point at the last rib, extends the whole length of the loin, almost to the end. The very tender, lower meaty portion of every porter house steak and sirloin steak is a slice of the fillet. When cut out of a loin of beef entire, it weighs from 3 to 5 pounds, according to the size of the beef and closeness of trimming. When, after being divested of fat and skin, the thin end is cut away and the thick end trimmed and rounded, the smooth fillet, ready for roasting, will weigh about 3 pounds, all solid lean—enough for from fifteen to twenty cuts after cooking.

While the fillet, on account of both its tenderness and its symmetrical shape for serving whole has been favored with greater attention by the decorative cooks than any other piece of meat whatsoever, it should be remembered that when it is served at dinner to the average

American as honest beef, and not so much as a thing of beauty, it had better not be much fixed up and disguised, but only splendidly plain roasted, with the thick end rare, when it is not the only reliance for roast beef; but there is another cut ready for those who are dissatisfied. The fillet, as an entree (a dish that the majority are unkind enough to regard as not a principal, but an unimportant side dish), can be larded with fat bacon, flavored with vegetables, herbs and spices, and steeped in olive oil and lemon juice, as we will show in detail further on.

425—Roast Fillet of Beef, with Mushrooms.

A fillet, to be plainly yet skillfully roasted, to be carved in the kitchen and not sent to table whole, need not have all the fat removed, only cut down thin. It must be cut off the top side, however, which means the side that had the kidney fat upon it, and a ribbon-like strip of the skin covering taken off the meat the whole length down, as otherwise it will draw up in the oven. Make the pan hot first and put into it all the pieces of meat and a little of the fat that has been trimmed off the fillet, and let them stew and bake in the pan with a pint of water and a little salt to make a glaze or gravy on the bottom for the fillet to be rolled in at last. An hour after, or when the water is nearly all gone out of the pan, make the oven hotter and put the fillet in and roast off quickly.

It may be done enough with the thickest part medium rare in a hot oven in half an hour or three-quarters, and is sure to be done through in an hour. Never stick a fork in it, but roll it over in the pan by means of a broad fork and spoon several times, which will make it shine with the light brown glaze, and make it cut full of juice when done.

Lift out the roast meat, then the fat pieces from the pan, and pour off the grease, which will be clear if the water has been allowed to boil away; put in a pint of soup stock and let boil up in the range. Thicken either with flour mixed in soft butter or with flour and water; strain into a saucepan. Boil it on top of the range, and put in some of the liquor from a can of mushrooms, cold. That will cause fat and scum to rise. Skim off, put in mushrooms, and let boil again. Serve the meat with the natural gravy on the slices, and mushrooms in sauce around.

426—Oyster Plant Croquettes.

Pare the salsify or oyster plant thinly, and either boil or steam quite tender, which may take an hour and a half in the fall, but a shorter time after frost, when this vegetable is at its best. Cook the roots whole, or only cut across, mash plain when done, and take—

1 cupful of dry mashed salsify.

Butter, size of a walnut.

1 teaspoonful of mixed salt and pepper.

Yolk of egg.

1 tablespoonful of vinegar.

Mix well by pounding together, make up in little balls, with plenty of flour on the hands, and fry them yellow in hot lard.

427—Roast Turkey Stuffed with Chestnuts.

Singe and draw a young turkey. Cut off the neck about midway, and when the crop has been taken out, without cutting the skin of the breast, shorten the neckbone still more and pull the skin over the end and tie it. When the turkey has been washed and prepared make the following stuffing:

3 cupfuls of pork sausage meat.

1 pressed cupful of bread crumbs.

40 or 50 of the large foreign chestnuts.

Mix the bread crumbs in the sausage meat dry, and add a little salt and pepper.

Boil the chestnuts $\frac{1}{2}$ hour, peel them, scrape off the furry inside skin, mix them with the sausage and break and stuff the turkey with it.

Roast according to size from $1\frac{1}{2}$ to $2\frac{1}{2}$ hours. If a large turkey that must stay in a long time, keep a sheet of greased paper over it in the oven to prevent blistering the surface.

428—Chestnut Sauce for Roast Turkey.

Boil chestnuts tender, peel, cut them in halves and mix them in the brown sauce made in the turkey pan.

429—Baked Winter Squash.

Bake it in pieces without paring. Those with the hardest shell are oftenest the best eating, but difficult to divide neatly. The common expedient is to put a whole squash in a steamer, after washing off the outside, and let it stay there half an hour. That softens the shell sufficiently, and it can be cut in strips about the width of two fingers. Place these in a baking pan, brush them with a brush dipped in butter and sprinkled with a little salt and a little sugar. Bake without burning, with greased paper, if necessary.

430—Larded Sweetbreads.

Having boiled the sweetbreads thirty to sixty minutes, according to size, and allowed them to get quite cold, according to directions at No. 363. Cut them for this dish in two, or possibly three slices if large, the broad way, and lard them—that is, draw them full of little strips of fat bacon. These strips should be scarcely thicker than a pencil and not so long as the little finger. There are larding needles for the purpose, costing but a dime or two, that have the ends split open for the bacon to be inserted and so drawn through the meat. The easy way is to take another large needle of any kind, catch up the end of one of these strips of bacon on the point and draw it by that means into the open end of the larding needle, and then with the larding needle

into the meat, the ends showing on each side of the slice.

When the sliced sweetbreads are drawn full of strips of bacon place them close together in a baking-pan, mince a tablespoonful of onions and sprinkle over them, and perhaps a little green herbs, if any at hand, pour in equal parts of strong soup stock (made strong by boiling down on the range) and brown meat gravy, but only enough altogether to come up level with the sweetbreads, then bake them until brown on top. Baste them with the sauce from the corner of the pan and let bake until that is dried on them. Then take them up on to a dish or dishes. Warm some olives in gravy and cut a lemon in small pieces, and dish them up with the gravy around the sweetbreads.

431—Stewed Lamb, with Tomatoes.

2 pounds of breast of lamb.
1 cupful mixed vegetables, cut in dice.
1 cupful of tomatoes.
1 tablespoonful of chopped parsley.
Salt and pepper.

Saw the breast or brisket of lamb lengthwise through the bones; then divide in pieces, wash, and put it on to stew in water or broth enough just to cover; cut carrots, turnips and onions (enough to fill a cup) in squares, and boil them in water separately; pour off the water when they are half done and put them in the stew, and also the tomatoes. Boil half an hour longer, thicken slightly if necessary, season, and at last throw in the parsley.

The above makes a very pretty dish. In dishing up take up two pieces of the meat for each dish and place them square in the middle of an individual flat platter, and dish the vegetables and sauce in order at each end.

432—Spaghetti and Cheese—Romaine.

Spaghetti is macaroni in another form, a solid cord instead of a tube.

4 ounces of spaghetti—2 cupfuls when broken.
1 cupful of minced cheese—2 ounces.
1 cupful of milk.
Butter size of an egg.
2 yolks of eggs.

This dish ought to be quite yellow. Throw the spaghetti into water that is already boiling, and salted. After cooking 20 minutes drain it dry, and put it into the buttered dish it is to be baked in.

Put the cheese and butter and half the milk into a saucepan and stir them over the fire till the cheese is nearly melted, mix the yolks with the rest of the milk, pour that into the saucepan, then add the whole to the spaghetti in the pan, and bake it a yellow brown in as short a time as possible. It loses its richness if cooked too long, through the toughening of the cheese.

433—Russian Punch.

2 cupfuls of tea, made as for drinking.
1 cupful of water.
1 cupful of port wine.
 $\frac{1}{2}$ cupful of brandy.
2 small cupfuls of sugar.
2 lemons—ripe and thin skinned.

Cut the lemons without grating or squeezing, in small slices into a bowl, make a boiling syrup of the sugar and water and pour over them and let stand until cold. Then put in the tea and liquors and strain the punch into a freezer and freeze as hard as the spirit in it will allow. Save the lemon slices and mix them in at the finish.

434—Roast Partridge with Cress.

Cleanse them the same as chickens and wipe dry. Bind very thin bands of fat bacon on the breasts, and roast them in a pan in the oven for about 20 or 30 minutes. Remove the bacon, roll them in the pan and brown the surface quickly. Serve them in a dish, or halves in individual dishes, with water cress, crisp and fresh, but quite free from water, at each end.

435—Dressed Crab.

Pick the meat from the shell and claws, cut the solid part into small pieces, dry the soft part with the addition of a spoonful of fine bread crumbs, mix all with a little oil, vinegar and mustard. Wash and dry the shells and serve the meat in them, placed on a bed of something green—lettuce, cress, young celery plants or parsley.

436—Custard Fritters Glazed.

A sort of sliced custard, breaded and fried, very rich and very generally liked, made of

1 cupful of milk.
2 tablespoonsfuls of sugar.
1 tablespoonful of corn starch.
1 heaping tablespoonful of flour.
2 yolks of eggs.
Butter size of a walnut.
Flavoring. Pinch of salt.

Boil the milk with the sugar in it, which prevents burning. Mix the starch and flour in a cup, with a spoonful of cold milk extra, and some of that on the fire; pour it when the milk boils and let boil thick. Beat in the butter and yolks and take it off. Flavor with lemon or other extract, and let it get cold like mush, in a buttered pan. Cut in thick slices or blocks, roll in beaten egg and then in cracker meal, fry golden yellow in hot lard. Pour over the hot slices when they are served a thick, transparent glaze, like the following:

437—Rich Sauce for Fritters.

1 cupful of water.
 $\frac{1}{2}$ cupful of sugar.
1 tablespoonful of corn starch.

$\frac{1}{2}$ cupful of curacao or rum.

Mix the starch in the sugar dry, boil the water and stir them in. Take it from the fire and add the curacao. It changes to a pink color. Other flavorings can be used. Have it thick enough to glaze the articles.

438—Lemon Mince Patties.

Roll out pie paste to a thin sheet, and cut out like cookies with a scallop-edge cutter. Line the bottoms of patty pans or gem pans, of the right size, with these, half fill them with lemon mince meat, and cover with another of the cuts of paste. The bottom piece of paste, when put in, should be pressed with the thumbs up the sides of the pan, to spread it up to the rim. Brush the tops over with a little egg and water, dredge sugar on top, and bake the patties in a slack oven.

439—Lemon Mince Meat.

Has no meat in it, but

4 lemons.

2 pounds of white sugar.

2 pounds of currants.

1 pound of seedless raisins.

2 pounds of suet.

1 ounce of mixed ground spices.

$\frac{1}{2}$ pint of brandy and port wine mixed.

Use lemons that are ripe and thin-skinned, not harsh and bitter. Boil them in a quart of water till the water is half boiled away. Then squeeze the juice into the sugar, throw away the seeds, and mince the lemon rinds and pulp small.

Cut or chop the raisins, mince the suet fine, and mix all the ingredients together. Keep in a covered jar.

The water the lemons were boiled in should be added to the mince.

440—Rhubarb Marmalade for Tarts.

Rhubarb flavored with oranges and boiled down with sugar.

4 cupfuls of rhubarb cut very small.

2 cupfuls of sugar.

3 oranges—or orange peel only.

Grate the yellow rind of the oranges into the saucepan and then cut up the insides, carefully excluding the seeds and white pith. Put in a spoonful or two of water to wet the bottom, then the sugar and rhubarb, and simmer at the back of the range with a lid on for an hour. Keep in a jar. Use to fill tarts or spread between layers of cake.

441—Frozen Fig Pudding.

Figs cut small and mixed in caramel ice cream and frozen in brick molds is a most excellent combination—a modified tutti frutti.

1 quart of milk.

8 yolks of eggs.

14 ounces of sugar.

1 pound of figs.

The caramel gives the flavor, but half a cupful of curacao improves it.

Take four tablespoonfuls of the sugar to make caramel, put it into a saucepan or frying-pan over the fire without any water, and let it melt and become a medium molasses color, not burnt, however, then pour in half a cupful of water, and let boil and dissolve.

Make rich boiled custard of the milk, sugar and yolks, pour the caramel into it, strain into the freezer, and freeze as usual. Cut the figs small as raisins and mix them in. Put the ice cream into Neapolitan molds, and bed them in ice and salt for two hours. See Nos. 266 and 267 for details.

442—Finger Biscuits—X L Recipe.

8 ounces of fine granulated sugar.

4 eggs.

4 tablespoonfuls of water.

6 ounces of flour—a heaping cup.

Separate the eggs, the whites into a bowl, the yolks into the mixing pan. Put the water and sugar in with the yolks and beat them with a bunch of wire ten minutes, till they are a thick light batter. Have the flour ready. Whip the whites to a very firm froth, then mix the flour with the yolk mixture and stir the whites in last. Fill a stiff paper cornet with the point cut off (or a lady finger sack and tube) with the batter, and press out finger lengths on to a sheet of manilla paper. Sift powdered sugar over, shake off the surplus and lay the sheet on a baking pan. Bake about six minutes. Dampen the paper under side, take the cakes off and place by twos together.

443—Angel Food, or White Sponge Cake.

5 whites of eggs—or 6 if small.

5 ounces fine granulated sugar— $\frac{1}{2}$ cup.

$2\frac{1}{2}$ ounces flour— $\frac{1}{2}$ cup.

1 rounded teaspoonful cream tartar.

1 teaspoonful vanilla or lemon extract.

Mix the cream tartar in the flour by sifting them together. Whip the whites firm, put in the sugar and beat a few seconds, add the flavoring, then stir in the flour lightly without beating. As soon as mixed put the cake in the oven. It needs careful baking like a meringue, in a slack oven and should stay in from twenty to thirty minutes. A small, deep, smooth mold is the best and should not be greased. When the cake is done turn it upside down and leave it to get cold in the mold before trying to take it out.

When you have pure cream tartar from a drug store use only half as much as of the common lest the cake taste of it.

444—Rich Fruit or Wedding Cake.

1 pound of sugar.

$1\frac{1}{2}$ pounds of butter.

10 eggs.

$1\frac{1}{2}$ pounds of flour.

Mix the above like pound cake, then add:

1½ pounds of seedless raisins.
 1½ pounds of currants.
 1 pound of citron.
 8 ounces of almonds, blanched.
 1 tablespoonful of mixed ground spices.
 Half pint of brandy.
 1 lemon, juice and grated rind.

Bake in molds lined with buttered paper. Takes from 1 to 2 hours according to depth. This cake cannot be cut while fresh without crumbling, but becomes moister and firm with a few days' keeping.

445—Frosted Grapes.

Take grapes of two colors, as red Tokays and white Muscadels and pull the bunches apart into clusters of three or four grapes each. Prepare a platter with the sort of pulverized sugar known as fine granulated, and make it warm. Whip some white of eggs in a shallow bowl, dip the grapes in it, lay them on the sugar and sift more sugar on top. Lay them on sieves to dry.

446—Brie Cheese, or Fromage de Brie.

Is a cream cheese, often soft when cut, and of high flavor; is round and shallow, comes in a flat box, usually weighs four pounds, and retails at 50 cents per pound. The cream cheese made by the recipe No. 109 resembles Brie when made large enough and kept until ripe.

447—Neufchatel Cheese.

Is the small cheese, weighing about four ounces, done up in tinfoil; sells at about \$1 per dozen. The sour milk cheese made by the recipe 110, if made with a proportion of cream mixed in, and kept some time, resembles Neufchatel. This cheese varies in character, according to the time it is kept, from the mildness of sour curd when fresh to a dry mold and strong flavor when aged. Some who will condemn it in one state will be suited with another sample of it. The foreign cheeses bearing these designations are said to be made with proportions of goat's milk, or have other peculiarities.

448—Roquefort Cheese.

A dry and high-flavored cheese, of the common round and thick shape; sells at about the same price as Brie, and is of about the same weight.

These three are the oftenest served at dinners where something less common than Western cheese is desired. The hardest water crackers are served at the same time.

MENU NO. XLI.—BREAKFAST.

449—Ante-Breakfast Oranges.

When an orange is at the most luscious stage of ripeness it must seem an act of super-

fluous care to serve it in any but its natural state, particularly at the morning meal, though there are well known ways of serving it sliced in a bowl with sugar over, as a sweet salad, and with the addition of a liqueur, and later it has been suggested that even with salad oil, lemon juice and cayenne the orange is delicious. But while the preference is so generally for keeping the natural fruit just beyond the verge of the cook's jurisdiction, we will let a sprightly writer—or two of them—in the midst of the groves of Florida discourse upon a matter of which we can otherwise know nothing, that is the difficulty and danger there is in eating an orange with its jacket on.

We had not heard of any written rule prescribing just when to eat an orange, and, in the absence of any time card, we have been going it wild, on the restaurant plan, at all hours. Now Sidney Lanier tells us how. Hear him:

At this hour in the morning, in Florida, everybody is eating his ante-breakfast oranges with as much vigor as if he saw himself growing suddenly wrinkled and flaccid, like the gods and goddesses in Wagner's Rheingold, when they had, in their agitation, forgotten to eat their daily allowance of the golden fruit which grew in Freya's garden, and which was the necessary condition of their immortal youth. In truth, to eat one's orange with some such thought as this would not be wholly absurd.

But the sight of dripping fingers reminds one that while there are few pleasanter things than the eating of an orange, yet it is also in the order of nature that difficulty and delight, which are essentially birds of a feather—should fly together, and there are, therefore, few harder things than the eating of an orange dry fingered. The stickiness of orange juice seems, somehow, at once one of the most unavoidable and most disagreeable of all the earthly bads that hang by the goods; and we can never help regretting that neither the author of "Problems of Life and Mind" nor the author of "Rocks Ahead" has thought to treat the question, "How to eat an orange." Yet it can be done with great daintiness if the proper appliances are at hand. By appliances I mean a lady. It is notorious that women can manage an orange with their delicately tactile fingers to a marvel. There is a tradition in Jacksonville of one who, with kid gloves on her hands, kept the same wholly unspotted during the entire process of peeling, dividing and eating. However that may be, it is certainly an æsthetic delight to see ten white fingers deftly coaxing apart the juicy orange sectors. Indeed, that is apples of gold in pictures of silver. It has been suggested that the reason of this superior skill is longer experience; woman, though younger than man, commenced to handle fruit sooner. But it is a suggestion that I make a point of loudly and ostentatiously scorning; for, as has been said, the solution of the problem of

"How to eat an orange," depends on being on good terms with woman.

"First get your orange; and you will at least produce an implication of your connoisseurship in the mind of the dealer, if, in doing so, you ask for Indian River oranges, which many persons hold to be the tropic fruit. Then get your sister, or any available womankind—another man's sister might do—to peel your orange; divide it into sectors, and hand you these, each lying on its detached arc of peel as on a small salver. The rest, as the old play says, can be done without book." * * *

"It may be all very well for Growly to have Mrs. G. peel his orange, leaving him only the arduous duty of eating it; but no 'knightly lover' would stand by, after gathering his sweetheart's roses, and permit her to peel the breakfast oranges, however deftly. Oh, no! if his 'Dearie' was a little late, which she might sometimes be, you know, she would find the oranges peeled in a way which will admit of her handling them with or without gloves. The 'knightly lover' finds a fresh orange, with a thin brown rind, carefully cuts the rind without abrading the inner skin, cutting deftly around the periphery, then taking a teaspoon passes it under the rind, then gently turn it wrong side out, as it were, now cuts the orange diagonally across, passing to his audience, who most surely will give him *en encore*."

450—Fried Chicken.

Take young chickens and cut them into joints. If wanted to be extremely neat, take only four joints of each one, cutting off the legs at the hip joints, getting all the meat that belongs with a broad, flat cut that leaves the carcass bare, then chop the breast part from the back, and divide the breast in two, each piece having the first wing joint attached. Wash the pieces, wipe dry, dredge with salt and pepper, then bread them by dipping first in egg and then in cracker meal, being careful not to rub off the breading or leave a hole in the coat.

Fry in a skillet of hot lard, a few pieces at a time, with care not to let the under side burn unawares. The frying takes about 10 minutes. It makes all the difference between good cooking and bad whether the chicken comes out of a fine golden brown or black and smoky.

Pour some good cream sauce in the dish and lay the pieces of chicken in it without covering them.

451—Water Cress Salad.

Cut away the rough stems, pick off the root fibers, and wash the cress carefully. Drain, cut it in inch lengths, season in a bowl with a little salt and pepper, and when they are mixed in sprinkle with vinegar. Serve in small salad dishes individually.

452—Hominy Cake.

Use the fine hominy, or grits, as it is called. Take a large half-cupful and wash the dust out of it—like washing rice—to prevent burning. Put it on to boil gently in two cupfuls of water, with a little salt. Let it cook an hour, and if dry in the meantime add half cupful of milk. When done measure—

Two cupfuls of cooked hominy.

Butter size of an egg.

1 teaspoonful of sugar.

1 or 2 eggs.

$\frac{1}{2}$ cupful of milk.

Stir the butter in while the hominy is warm, beat the eggs and milk together, mix all; bake in a shallow pan. Serve as a vegetable side dish like fried mush.

453—To Dress Terrapin.

When there is a question of the quantity required for a given number of persons, it may be counted about the same as of young chickens. As they ordinarily run, a terrapin weighs from two to four pounds live. There are larger and better, but rarely obtainable away from the source of supply. The amount of meat in a terrapin is not over half the live weight. It is most serviceable stewed or in soup. Drop the terrapin alive into a pot of boiling water. At the end of fifteen minutes take it out and take off the bottom shell by chipping through the thinnest part, where it joins the back shell between the openings. This can be done with the heavy handle end of a stout knife. Cut close to the shell, not to bring any meat away with it. Pour away the water that will be found inside, but save the blood that collects in the deep shell afterwards. The gall, about the size of a cherry, will be seen near the center, and must be taken out without breaking; also take out the single fish-bait entrail. Loosen the meat from the back shell, and cut through the spine bone that attaches to the shell at a joint above the tail. Empty it into a pan. When all are done go over them, take off the heads and put them with the shells for soup; separate the hind and fore feet (or fins as some call them), making four pieces; trim off the claws and scrape off the thin outside cuticle. It is worth while to take off the rich fat that will be found at the shoulder-joints of the females, because it boils away while the meat is cooking tender, and should be added later. It is of a very dark green color, almost black. Preserve along with it all the eggs, both large and small. Keep all the pieces of meat, fat and eggs in cold water. Put on the heads, shells and remaining scraps in water enough to more than cover, boil slowly for two or three hours, skimming when it first boils, then strain the liquor or stock into a clean saucepan, put the pieces of terrapin in and boil them one hour. The pieces that were like india-rubber at first will begin to be tender by that time, but before being finished

as stew or soup, or otherwise, should be taken up on a dish to cool, and the liquor strained into a bowl.

The terrapin prepared as above directed is at the same stage as canned terrapin, and, like that, it can be seasoned and finished for the table in different ways.

454—Terrapin in Shell, Maryland Style.

Take a baking pan large enough to hold as many terrapins as wanted, half fill it with dry gravel or sand, and make it hot in the oven. Kill or stun the terrapins, wash off and bed them back downward in the pan of gravel. Bake about an hour. Take hold with a towel, pry off the belly shell, remove the gall bag and entrail from the inside, and loosen the meat from the shell without taking it out. Work a lump of soft butter with a little flour, pepper, salt and lemon juice, drop a spoonful in each terrapin and replace them in the oven for the seasonings to cook. Serve in shell on a folded napkin.

455—Stewed Terrapin.

The meat of two terrapins—about 3 pints.

The liquor or stock—about 3 pints.

Butter size of an egg.

1 large tablespoonful of flour.

Herb and spice seasonings.

$\frac{1}{2}$ cup of sherry or madeira.

The terrapin and the liquor it was boiled in being ready add a little water to the latter and set it on to boil with a teaspoonful of bruised pepper corns, a sprig of green thyme, three or four of parsley, two cloves, half blade of mace, and teaspoonful of onion. Stir the butter and flour together in a small saucepan over the fire until it is yellow or light brown, add it to the boiling stock, and also a teaspoonful of salt. When boiled sufficiently with the thickening in it, strain it into a clean saucepan—that is the sauce. Take the pieces of cooked terrapin and chop off all the projecting points of bones and otherwise trim the joints smooth and shapely, then put them into the sauce to simmer at the side of the range; add the wine and the fat pieces, if any saved, also the eggs, and strew them over the surface of the stew when served.

456—Corn Meal Muffins.

These can be made with yeast, but the process is longer. Buttermilk and soda will do instead of the sweet milk and powder named below, and either way the muffins take no longer to make than corn bread.

1 heaping cupful of white corn meal.

Butter or lard, size of an egg.

1 cupful of boiling water.

$1\frac{1}{2}$ cupfuls of cold milk.

1 level cupful of flour.

2 yolks or 1 egg.

1 teaspoonful of baking powder.

Same of salt.

Boil the butter or lard and cup of water together and pour them into the meal to scald it all. Add salt. Mix in the cold milk and flour and powder. Beat up well with a bunch of wire or wire egg-whisk. Bake in greased muffin rings or in deep gem pans. If the former, make the baking pan and rings both hot before pouring in the batter, then it will not run under; for the mixture has to be quite thin to make the muffins the very best.

457—Marmalade of Canned Apricots.

2 cupfuls of sugar to 2 cupfuls of apricot pulp.

Drain the fruit from the syrup by pouring all into a colander set in a sauce-pan. Press the fruit through the colander into another vessel and measure it. Put as much sugar by measure into the apricot juice in the sauce-pan and boil them gently for half an hour, skimming once; then put in the mashed apricot and simmer down thick.

458—Omelet Soufflee.

A soufflee is a puff, and an omelet so called is one whipped very light in the raw state, cooked carefully to preserve its lightness and should be eaten as soon as done.

2 eggs.

1 teaspoonful of powdered sugar.

1 teaspoonful of milk.

Clear butter to fry in.

Yolks of eggs beat up lighter and better with a few drops of liquid added. Beat the yolks in a small bowl and the sugar and few drops of milk with them until thick and light. Whip the whites very stiff and stir them into the yolks. Put a spoonful of the clear part of melted butter into a small frying-pan, put in the omelet and spread it out level, and if convenient cook it in the oven, set on the bottom. This kind of omelet is very apt to burn, through the butter and sugar, and needs but little heat. It will bear turning over with a broad knife if it has to be cooked over the fire. Dredge powdered sugar over the top before taking from the fire. Slide on to a hot dish.

MENU NO. XLII.—LUNCHEON.

459—Cream of Terrapin Soup.

Selected meat of 3 terrapins.

2 quarts of terrapin stock.

1 quart of cream.

Seasonings.

Canned terrapin can be used to cut up into a rich cream soup, but at least an equal portion should be taken to make the stock.

When the terrapins have been prepared from the first, as directed at No. 453, there will be 2 or 3 pints of strong stock already, and another quart should be made by boiling the bones, after

the meat has been cut off, until all the glutinous parts are dissolved, which may take two hours' slow cooking, starting with 2 quarts of water. Add seasonings, as before, of black pepper-corns (bruised), parsley or sliced parsley root, a scrap of mace and teaspoonful of onion.

Cut the meat of the terrapin, cold, into neat squares, size of green peas. Strain all the terrapin stock through a fine strainer into a clean saucepan, throw in the meat and let boil up. Boil the cream separately, and while it is heating rub a tablespoonful of flour and butter, size of an egg, together in a saucepan and pour the cream to it, then through a strainer add it to the soup just before serving. Add salt. The cream will be very liable to curdle in the soup if they are allowed to boil together.

460—Truffled Oysters.

- 4 dozen of the largest oysters.
- 1 small can of truffles.
- 6 ounces of breast of chicken, cooked.
- 3 ounces of fat salt pork, raw.
- Red or pickled pepper.
- 5 eggs, flour, toast.

Mince and then pound to a paste the chicken and salt pork, and add a quarter pod of red pepper very finely minced. Cut the truffles to the size of peas and mix them in. Lay the oysters out on a napkin, insert a penknife at the edge and split each oyster up and down inside without making the opening very large, then push in a small teaspoonful of the truffle forcemeat.

As the oysters are stuffed lay them in flour and coat well with it, then dip them in beaten egg in a plate. Drop a few at a time into hot lard or oil and fry for three or four minutes. The lard should be deep enough to immerse them and hot enough to hiss sharply but not smoking. When the oysters are of a golden brown take them up and drain on blank paper in a hot place. Dust with fine salt.

Cut diamond shaped slices of thin dry toast and serve four oysters laid diagonally on each slice.

461—Stuffed Oysters—Broiled.

Grate the yolks of hard boiled eggs—3 or 4 for every dozen of the largest oysters—mince half as much fat salt pork or bacon and mix in, also black pepper and chopped parsley. Add a raw yolk to make a paste of it. Split the oysters and stuff them according to the preceding directions. Dip them into bread crumbs very finely minced and sifted through a colander, then into butter melted on a plate, then into the bread crumbs again and broil them over a clear fire.

462—Potted Ham.

Take the remainder of a ham when the hand-somest slices have been cut away; trim off all

the meat, rejecting whatever of the outside is dark colored or strong, and apportion one-third fat to two-thirds lean. Season with white pepper or cayenne. Mince the meat fine, the lean first, and then pound it to a paste and mix both lean and fat. Rub it through a sieve with the back of a wooden spoon. Press it into small jars, and pour melted butter on top to exclude the air. This is for present use. If to be kept some time make the potted ham hot by baking in a vessel set in another containing boiling water before putting into jars, and stir up as it cools.

463—Sandwich Rolls

- 4 cupfuls of light bread dough.
- 1 cupful of butter.

Take the dough from the bread. If set with yeast over night it will be ready for this purpose at any time in the morning. Spread it out on the table with the knuckles and then roll thin with the rolling-pin. Spread the butter all over the sheet, fold it up and roll out again; fold in three as before and let it stand a few minutes in a warm place to lose its elasticity. After that the dough can be rolled and folded twice more. Give it another short interval then roll out, cut out biscuits, place them in pans not touching, brush over the tops with a little lard and hot water in a cup. Let rise an hour and bake. These are light rolls that will pull apart in flakes.

464—Claret Cup.

- 1 bottle of claret.
- 1 bottle of soda water.
- $\frac{1}{2}$ cupful of sherry.
- Peel of lemon.
- $\frac{1}{2}$ pound of sugar.
- 2 or 3 slices of cucumber or a sprig of borage or verbenia.

Ice.

Either grate the lemon rind or pare extremely thin and rub it and the sugar and a few spoonfuls of water together in a bowl. Add the liquors and when the sugar is dissolved strain, add ice and the herbs or cucumber slices.

465—Truffled Chicken.

- 1 fat pullet, and the breasts of 2 more.
- 1 large can of truffles.
- $\frac{1}{2}$ pound of fat salt pork.
- Seasonings.

Bone the fowl according to directions at No. 306, and cut off the fillets or white meat of the other two and lay them all side by side on the table. Cut the fat pork in thin strips, score gashes in thick parts of the chicken and lay the strips in, cut the truffles and dispose the pieces evenly where they will show the black spots in the white meat when the chicken is sliced. Dredge well with salt and white pepper and a

little nutmeg and powdered thyme. Then lay the chicken breasts in the thin places of the fowl, bring the two sides together and sew up the fowl into nearly its original shape. Do it up in a cloth, tie and pin it, and boil it two hours in salted broth. Press it while cooling. Take off the cloth when cold, draw out the thread it is sewed with. Serve the fowl either incased in aspic jelly, or coated with melted butter, or slice it and display the slices in a dish.

466—Pickled Mangoes.

These are small, green melons, hollowed out, filled with other pickling vegetables and all pickled together.

Take the young musk-melons, the last on the vines, cut off one end, scoop out the inside, tie on the piece and put them into a keg of strong brine, the same way that cucumbers are kept, for a day or two, or until wanted. Prepare in like manner the other articles named in these proportions: To every

2 dozen melon mangoes
1 pint of small pickling onions.
1 pint of smallest young cucumbers.
1 pint of smallest green peppers.
1 pint of green string beans.
 $\frac{1}{2}$ pint of shred horseradish.
1 tablespoonful smallest red peppers.
2 ounces of mustard seed.
1 ounce each of cloves, allspice and whole black pepper.

Rinse the small vegetables from the brine, set them over the fire in cold water in separate vegetables, and as soon as they begin to boil take them off and drain dry.

Rinse the melons in fresh water and wipe them dry, then fill them, put into them besides the small vegetables a little horseradish and mustard seed. Tie on the end pieces, place the mangoes thus finished in a three gallon jar. Boil six quarts of good vinegar with the pepper and spices in it, pour over the mangoes, cover and let stand twenty-four hours. Drain off, boil the vinegar again and pour it over, and then once or twice more. Keep covered in a cool place.

467—Chocolate Layer Cake.

Is made of layers of delicate cake, very white and fine grained, with chocolate icing spread between. The recipes for both are found below.

468—Delicate Cake.

14 ounces granulated sugar—2 cupfuls.
12 ounces butter—2 cupfuls, small.
12 ounces of white of eggs—14 whites.
1 pound of starch and flour mixed—2 cupfuls of each.

Juice of a lemon, or teaspoonful cream tartar.

$\frac{1}{2}$ cupful of milk.

Flavoring extract to fancy.

4 tablespoonfuls of brandy (optional).

Soften the butter and rub it and the sugar together to a cream, add the white of eggs a little at a time in the same way that eggs are added in making pound cake, without previous beating, then add the mixed starch and flour and beat most thoroughly. Put in then the lemon juice or other acid, the flavorings and milk and beat again, the more the better for whiteness and fine texture. Bake either in a mold or on jelly cake pans.

The use of baking-powder has become so nearly universal the writer finds that the great majority of people are unaware that the best cakes can rise and be light and far better without it or any other raising than the butter or eggs that is in them. In the following very fine white cake the cream tartar and soda may seem to be the same thing as using baking powder, but in reality they have to be kept apart and managed as directed, or the cake will not be the delicate cake it is intended to be.

469—Fine White Cake.

18 ounces granulated sugar— $2\frac{1}{2}$ cups.
8 ounces white butter—1 large cup.
 $\frac{1}{2}$ pint of milk—1 large cup.
5 ounces of corn starch—1 rounded cup.
12 ounces of flour—3 rounded cups.
2 large teaspoonfuls cream tartar.
1 small teaspoonful of soda.
12 whites of eggs.
Vanilla extract to flavor.

Sift the cream tartar in the flour three or four times over.

Mix the starch in a small bowl with the cup of milk.

Get the whites of eggs ready in a tin pail or large whipping bowl.

Dissolve the soda in two spoonfuls of milk in a cup.

Put the sugar and butter together in the mixing pan, warm them slightly and stir till creamy and add the dissolved soda. Stir in the corn starch and milk. Whip the whites to a firm froth and mix them and the prepared flour in a portion of each alternately. Flavor. Bake as soon as mixed; either in layers for chocolate cake or in a mold. If the latter, frost over when cold.

470—Chocolate Boiled Icing—Best.

For spreading between layers of cake and for covering the top, or for dipping cream puffs in to coat them.

1 pound of granulated sugar—2 cupfuls.
 $\frac{1}{2}$ teacupful of water.
3 ounces of grated chocolate—the common sort—a small cupful.

4 whole eggs.

Vanilla flavoring extract.

Boil the sugar and water together in a deep saucepan for five minutes, add the chocolate.

When a drop in cold water sets hard almost as candy, stir in the eggs rapidly, beating all the while. Let cook about five minutes more with constant stirring. Flavor with vanilla. Beat more or less while it is cooling. Spread or pour it over sheets of cake. It is called best because it cuts well, and does not crack and break off the cakes.

471—Chocolate Boiled Icing Without Eggs.

1 pound of sugar—2 cupfuls.

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

4 ounces of common chocolate, graded—a cupful.

Boil all together almost to candy point, flavor with vanilla when partly cooled, beat a short time, spread over the cake.

472—Chocolate Icing Not Boiled.

1 pound of sugar—2 cups—either granulated or powdered will do.

6 whites of eggs.

4 ounces of grated common chocolate—a cupful.

2 teaspoonfuls of vanilla extract.

Put the sugar and white of eggs together into a bowl and beat rapidly with a wooden spoon or paddle in a cool place for about ten minutes, or until you have good white frosting. Set the grated chocolate on the side of the stove to melt merely by the heat, without anything added to it. Pour it to the frosting in the bowl, add flavor, beat up and use to cover cakes or spread between layers.

473—Frosted Oranges.

Make plain white icing (see former portion of preceding recipe), and use it to dip orange slices in just when it has become too thick with beating not to run off, and yet thin enough to settle to smoothness. Or, if so good that it has already become too firm, thin it by adding the white of another egg or part of one.

Prepare the oranges by peeling and separating by the natural divisions, without breaking the covering or getting the pieces wet. Have a long splinter or thin skewer ready for each one, and fill a large bowl with sugar or salt and stick them in. Stick the point of a skewer into the edge of the orange section, dip into the frosting, push the other end of the skewer into the bowl of salt, and let the pieces hang over the edge of the bowl in a warm place to dry.

MENU NO. XLIII.—DINNER.

474—Vegetable Soup.

2 quarts of soup stock—8 or 10 cups.

3 cupfuls of mixed vegetables.

Seasonings.

Take for the stock the liquor in which almost

any kind of meat has been boiled—beef shank, mutton, heart, tongue, fowl, rabbit, etc., and corned beef liquor does very well. The richer the stock can be, of course, the better it is. Strain it into the soup pot. Skim off most of the fat. Almost every kind of vegetable can be used. Take a piece of each and cut all into dice shapes, or, if to be very nice, cut vegetables in slices and stamp out little patterns with a tin cutter or the point of a tin funnel. There should be turnips white and yellow, carrot, pumpkin, celery, string beans, green peas, onions, summer squash, cauliflower. If vegetables are scarce, a little parsnip and cabbage and potatoes can be used, but the latter put in late so as not to boil away.

Boil the hard vegetables, such as carrots, turnips, onions, string beans and celery, together in a little saucepan first; then pour the water away and put the vegetables in the boiling stock, and add the easy-cooking kinds, such as cauliflower, asparagus heads and peas—whatever may be on hand. At last add a piece of red tomato, cut small, salt and pepper to taste and a tablespoonful of corn starch mixed in a cup with water.

475—Soft-Shell Crabs, Boiled.

Every part of a soft-shell crab is eatable, shell, claws and all, except the sand pouch on the under side, but the small claws should be taken off when the crabs are to be cooked by boiling.

Drop the crabs into boiling water already well salted, cook about fifteen minutes, drain, and serve with a sauce at the side.

Mayonaisse sauce, cold, tomato catsup, hot cream sauce, butter sauce or parsley sauce are suitable kinds.

476—Boiled Bacon and Cabbage.

Cut summer cabbage in quarters and cut out most of the thick stem part. Let it lie in a pan of cold water until wanted to cook. Put on a saucepan plenty large enough with water and salt and a very little baking soda in it—about the size of a bean for two cabbages—when it boils put in the cabbage and let it cook half an hour.

Shave the smoky outside off a pound of bacon and boil the bacon in a saucepan by itself for half hour. Then drain off both cabbage and bacon and put them both together in one pot, pour in boiling water just to cover, put on a good-fitting lid and let them slowly cook together half hour longer.

The quarters of cabbage, nice and green appearing, should be drained in the spoon as they are taken up without destroying their shape, and placed in the dish with the bacon sliced on top.

477-Larded Fillet of Beef.

This is nothing if not neat, uniform, precise and workmanlike in appearance. There must be a pound of fat bacon for larding, cold and firm, so that it can be cut aright. Cut the slices a quarter inch thick, cut these in lengths of $1\frac{1}{4}$ inches and then into strips all precisely alike and as thick as a common pencil.

Procure the fillet or tenderloin of beef with the fat on it, that is with the coating of suet that covers the upper side of it, and shave that down until the covering of fat is about as thick as a beefsteak all over it. Then raise the edge of the fat at one side, skinning the fillet, so to speak, and lay the sheet of fat over on the other side without cutting it off. This is to have the sheet of fat attached ready to cover over the fillet again after it is larded with the strips of bacon. Draw the point of a sharp knife across and across the skin inside the fat, to score it so that it will not draw up in cooking. Trim off the thin end of the fillet and round off the thick end. Commence at the thick end with the larding. Insert a piece of bacon in the end of the larding needle (see No. 430) and draw it through the top parts of the meat pinched up with the left thumb and finger for the purpose, one end of the strip of bacon so inserted will be left leaning backward, the other forward, on the surface. Insert 6 or more of these strips in a row across. Begin the next row so that the strips will come alternately between those of the first, and the exposed ends will cross the others, and so continue, with the regularity of stitching cloth, to the other end. Cover the larded fillet with the sheet of fat. Make a long and narrow baking pan hot in the oven, with a tablespoonful of salt and a cup of drippings in it and enough water to keep the bottom from burning. Put in also a slice of turnip, carrot and onion, and a piece of celery. Have the oven hot, put in the fillet, and roast it with the fat, covering it half an hour; then take off the fat, baste the fillet with the contents of the pan, and let cook fifteen minutes longer, by which time the surface of the meat should be brown, and bacon strips brown too, without being burnt at the ends.

Fillets of beef vary in weight and thickness, and the time above given is only a guide to the average. Unless specially ordered otherwise, the thick part of the fillet should cut slightly rare in the middle, while the thinner portion is well done.

In carving, the fillet should be sliced across vertically because it is a mass of strings of meat lying side by side, and if cut slantingly the slices begin to be stringy and coarse. A fillet that is to be braised along with herbs, spices, vegetables, wine, etc., is larded with strips of bacon or fat pork that pass clear through from one side to the other diagonally, so that the slices

are cut across when done and show the larding all through the meat.

478-Brown Gravy.

Before serving the fillet, or any roast meat, let the gravy in the pan dry down until the grease can be poured off clear, while the glaze remains adhering to the pan; pour in water to dissolve it, and when it has boiled add a trifle of brown flour thickening if it seems to need it; strain through a fine strainer; serve some in the dish with the fillet, the rest in a sauceboat.

479-Brown Flour for Thickening.

While butter and flour mixed in equal parts and baked brown makes the best thickening for gravies, plain browned flour does nearly as well and is more desirable when the butter is not very good. Put some sifted flour dry into a frying-pan and bake deep brown in the oven. Use it at the rate of a tablespoonful to a cupful of liquid. Wet with water the same as raw flour, before stirring it in. It may be kept in a can always ready.

480-Stuffed Tomatoes.

6 or 8 large tomatoes.
1 cupful of fine bread crumbs.
1 rounded tablespoonful of minced onion.
1 heaping tablespoonful minced fat bacon, or butter in equal amount.
Slight grating of nutmeg.
Cayenne and salt.

Do not peel the tomatoes, and take a slice off the rough stem side and scoop out the inside with a teaspoon into colander, so that the juice may partly drain away. Cut a thin slice or two of bread and mince it across to make a cupful. Mix the crumbs and tomato pulp together, bacon, onion, very little salt, if any, pepper, and touch of nutmeg or mace.

Fill the tomatoes with the mixture rounded up on top, bake in small pan well buttered, with a greased sheet of paper over, one-half hour. Then moisten over the tops with the back of a spoon dipped in butter, dredge fine bread crumbs on top and bake again without cover until they are well browned.

481-Chicken Croquettes.

2 cupfuls of cut chicken meat—8 ounces.
1 small cupful of bread panada—4 ounces.
Butter size of an egg.
1 egg.
1 tablespoonful of chopped parsley.
Lemon juice, nutmeg, salt, pepper.
Cracker meal and milk for breading.
Bread panada is stale bread steeped a few

minutes in cold water and then wrung dry in a cloth. One roll will be enough for this recipe.

Cut the chicken meat in thin strips and then across, making very small dice-shapes—a way that is always better than chopping it.

Mix the meat, panada, cold butter, egg and parsley by rubbing together with a spoon, add a squeeze of lemon and half a teaspoonful of mixed salt and pepper and slight grating of nutmeg.

This makes seven or eight croquettes in pear shape or round or flattened.

To bread them, mix flour and cracker meal in equal parts together dry. Roll the croquettes in milk, then in the mixture, then in milk and in the mixture again, coating them well without rubbing, and drop them into a deep saucepan of hot lard. Let them be well done through and brown.

See, also, No. 384. By these two recipes croquettes of all kinds of meat can be made.

482—Sauce for Croquettes.

$\frac{1}{2}$ cupful of brown meat gravy.

$\frac{1}{2}$ cupful of fresh butter.

$\frac{1}{2}$ teaspoonful of white pepper.

Salt, if not in the gravy.

Boil all together; pour a spoonful over the croquette when served.

483—Terrapin Vol-au-Vent.

2 cupfuls of cut terrapin meat.

1 cupful of terrapin stock.

$\frac{1}{2}$ cupful of sherry.

2 cloves and small scrap of mace and a sprig or two of parsley or savory.

1 tablespoonful of butter.

1 tablespoonful of browned flour.

Having the terrapin meat already prepared and cold on a dish, as directed in the latter part of No. 453, and the liquor it was boiled in likewise, set the specified amount of the liquor or stock on to boil, with the seasonings in it. Mix the butter and browned flour together and thicken the liquor with them, add the wine, strain into another saucepan, put in the cut terrapin, add a little salt and cayenne and let simmer a short time at the back of the range.

Bake six or eight vol-au-vent cases of puff paste (see No. 256) and fill them with the prepared terrapin.

484—Stewed Cucumber.

Pare three or four young and good cucumbers, and cut them in thick slices, boil these in water, with a little salt and vinegar in it—the same as for egg-plant—for about fifteen minutes, then pour away the water. Make a cupful of cream sauce in another saucepan, and, when ready,

beat in the yolks of two eggs and a tablespoonful of vinegar. Pour this yellow sauce (Hollandaise) over the slices of cucumber, after they have been placed neatly in their dish.

485—Angelica Punch.

2 cupfuls of California angelica wine.

2 cupfuls of hot water—a pint.

1 cupful of sugar— $\frac{1}{2}$ pound.

1 cupful of stemmed raisins— $\frac{1}{2}$ pound.

1 lemon.

2 whites of eggs and 2 tablespoonfuls of powdered sugar to beat in.

Chop the raisins, grate half the rind of the lemon, squeeze in all of the juice, pour the hot water to them, add the sugar, and stir until it is all dissolved. Strain the flavored syrup thus obtained into a freezer, and rub the most of the raisin pulp through as well. Add the wine and freeze. When nearly frozen whip the two whites and the powdered sugar together till thick, add them to the punch and finish freezing. It is like cream. Serve in stem glasses.

486—Roast Prairie Chickens.

Choose small prairie chickens when choice is given, for the large birds are likeliest to prove tough and can be cooked in stews and pies instead of roasted. The breast is the principal part. Lard it with thin strips of fat bacon, in rows as directed at No. 477. Roast as directed for larded fillet of beef, with a greased sheet of paper on top, to protect the larding, and let remain in the oven about 40 minutes.

Prepare a border of water-cress for the dish by picking it over, cutting away the coarser stalks and shaking it free from water, and dish the prairie chickens in the midst.

487—Fine Hominy Pudding.

2 large cupfuls of cooked fine hominy—hominy grits or samp.

Butter size of an egg— $1\frac{1}{2}$ ounces.

2 tablespoonfuls of sugar—2 ounces.

2 yolks or 1 egg.

1 small cupful of milk.

The hominy grits already cooked, should be dry and firm, otherwise use less milk or none. Mix all the ingredients together, the butter softened first, and bake in a buttered pudding pan about fifteen minutes. It takes a quart pan to bake it in. Use yolks of eggs if a rich pudding is wanted. Serve with a sauce. If no hominy ready put on a large half cupful in full cup of water, and when it has boiled nearly dry add a small cup of milk and pinch of salt; never stir it, but let cook with a lid on one half hour longer, at the back of the range.

488—Curacao Sauce.

1 cupful of water
 ½ cupful of sugar
 1 rounded tablespoonful of corn starch
 A slice of lemon
 ½ cupful of curacao.

Boil the water, mix starch and sugar together dry and stir them in and a slice or two of lemon. Let simmer until it becomes quite clear. Then add the curacao. The sauce changes to rose color after a few minutes. Curacao is a cordial made of orange peel, cloves and spirits of wine.

489—Sliced Banana Pie.

Lay a crust of puff paste in the pie pan, rolling the paste so that the middle of the crust will be much thinner than the edge. This is done by doubling the paste over before putting it on the pan and rolling the part that will be the middle with the end of the rolling pin, having flour enough about the paste to prevent sticking, then opening it and pressing it in the plate all around. Peel 3 or 4 bananas, cut them lengthwise in 2 or 3 and lay the slices in the pie 2 layers deep, cover moderately with sugar, drop a blade of mace broken in pieces and some little lumps of fresh butter all over the banana slices, pour in 4 tablespoonfuls of wine and bake in a moderate oven 20 minutes. No top crust.

490—Banana Cream Pie.

1 large cupful of mashed banana.
 2 tablespoonfuls of sugar.
 Butter, size of an egg.
 2 eggs.
 ½ cupful of milk.
 ½ cupful of angelica or sherry

Separate the eggs and keep the whites to whip. Soften the butter, mix all and stir well. Add the whipped whites just before the pies are to be baked. Bake without top crust. It makes 2 pies. They are apt to bake too quickly on top and should be guarded with something on the top shelf of the stove.

MENU NO. XLIV—DINNER.**491—Split Pea Soup.**

2½ quarts of soup stock.
 A soup bunch of vegetables.
 A cupful of split peas.

The stock may be the liquor in which any kind of meat has been boiled, and should have a flavoring of salt meat, such as a cupful of liquor from the corned beef boiler or a small ham bone.

Soak the peas some time before cooking, if convenient. Drain them and boil then in the soup about an hour. While boiling add a small quantity of chopped vegetables, mostly onions

and celery. The peas should partly boil away and thicken the soup, while some of them still remain distinct; when this is not satisfactorily accomplished, add a spoonful of flour thickening. Season with salt and pepper, and add a small lump of butter at last.

Puree of pea soup can be made as directed for puree of beans. It is an English custom to dry mint and crumble it over the top of pea soup.

492—Boiled Rabbit and Salt Pork.

Cut the rabbit in 6 pieces, first across the hip joints, and separating the legs, then the loins make 2 cuts, and at last divide the shoulders, throwing away the head and the thin edge of the ribs. Steep in cold water to draw the blood and wash carefully. Boil in salted water until tender, and boil ½ pound of salt or pickled pork with it. Large rabbits usually have to be boiled 2 hours before they are fit to eat; young ones may cook in the same time as chickens.

When done place the pieces in natural order in a dish, slice the pork and lay it on top, and pour parsley sauce over all.

493—Roast Sucking Pig.

The pig will be ready trussed when it comes from the butcher's, with the toes inserted in slits cut in the skin. Lay it on its back and drive the point of a sharp knife down through the bone of the back, dividing it convenient for carving, and also detach the ribs along one side, and loosen the inner joints of the hips and legs, which can be done without spoiling the outside appearance of the pig. Wash, and wipe it dry, stuff with the bread dressing containing sage and onions, No. 30, and sew up with twine. Roast about two hours, covered with a sheet of greased paper for part of the time, and baste with butter to get a fine transparent brown color on the skin at last. Make gravy in the pan to pour around the pig in the dish. Serve apple sauce separately in a sauce dish. It is a time-honored custom to insert a small apple in the mouth of the pig before sending it to table.

494—Boiled Kale or Seakale.

Wash free from grit, tie it in bunches, trim off the root end and boil it in salted water, like winter spinnach, about twenty minutes. Drain in a colander. Pour a spoonful of butter sauce over each bunch in the dish.

495—Tapioca Pudding.

3 ounces of tapioca—large ½ cupful.
 1½ pints of milk—3 cups, small.
 2 tablespoonfuls of sugar.
 1 ounce of butter—small egg size.

4 yolks or 2 whole eggs.

Vanilla extract or grated lemon rind for flavor.

Yolks of eggs make the richest puddings, the whites are only like so much corn starch added, unless in articles that require them whipped up, when they add lightness.

The pearl tapioca, in round grains, is the best to work with. The other, large and rough, cannot well be measured, but should be weighed. Crush it with the rolling-pin, and sift away the dust. Soak it in half the milk about two hours in a warm place, but not hot, lest it cake together too much. Boil the rest of the milk with the sugar in it—which prevents burning—put in the soaked tapioca and simmer $\frac{1}{2}$ hour. Add the butter, beaten yolks and flavor. Bake about 20 minutes. Serve with any of the pudding sauces.

Family pudding dishes consist of a tin pan or a graniteware pan, holding about a quart, for baking in, with another pan or dish, plated, to set the baking pan in, and a plated ring that fits and covers the edge of both, thus hiding the baking pan itself from sight when set on the table whole. In the best hotels the puddings are baked in pint bowls and served entire, one to each person.

496—Plain Apple Pie.

For the crust:

1 cupful of lard— $\frac{1}{2}$ pound.

3 cupfuls of flour, large—1 pound.

Rub the lard and flour together dry with the hands until they are evenly mixed all through, then pour cold water in the middle, add a little salt, and stir up with two fingers, drawing in the flour gradually. Spread some of the flour on the table and pat the paste into a smooth mass in it; roll out the paste once, fold it up like doubling up a napkin, and it is ready for use.

Cover a pie pan with a layer of the paste rolled thin. Peel 2 good apples, such as will cook easily, slice them off the cores into the pie, cover with another crust, cut off the paste at the edges by pressing with both hands against the pie pan and turning it around at the same time. Bake in a slack oven until the apples are done, from 15 to 30 minutes. Some people grate nutmeg or add cinnamon to the apples, and dredge a little flour over them before putting on the top crust.

497—Rice Cup Custard.

The right proportion of rice, or tapioca, or sago to mix in a boiled custard for a cold cup custard of this sort is 2 ounces to each quart of milk—4 ounces to a quart makes a pudding.

3 cupfuls of milk— $1\frac{1}{2}$ pints.

2 tablespoonfuls of raw rice— $1\frac{1}{2}$ ounces.

5 tablespoonfuls of sugar—5 ounces.

2 eggs (4 yolks better.)

$\frac{1}{2}$ cupful of cream to whip.

Flavoring extract, or stick cinnamon.

Boil the milk with the sugar in it, wash the rice and throw it in and let simmer slowly until the rice is cooked tender—about $\frac{1}{2}$ hour or more. Beat the eggs, pour a little of the rice-milk to them, add them to the milk on the fire, stir, and watch till it begins to boil up in the middle again, when instantly take it off and pour it into another vessel to stop the cooking lest the eggs curdle in it.

Make the rice custard ice cold and flavor it. Whip the half cupful of cream and mix it in just before serving. Serve in custard cups.

MENU NO. XLV.—SUPPER.

498—Old-Fashioned Family Beefsteak.

Some people manage very well to broil meat by taking off a stove lid and placing the gridiron or wire broiler over the hole. With a little forethought to let the fire burn down clear in time it does very well. The damper should be turned so as to make a strong draft and draw the smoke and flame up the chimney, especially when it is a coal fire. Some of the best hotels have ranges with large openings in the top for the very same purpose, but used especially for toasting bread.

The better way is to put a layer of small broken charcoal in the ash-pan and some live coals on top, and cover all except an opening in front with an inverted baking-pan, so that the draft to the fire must pass over the charcoal under the pan.

Take the steak as bought of the butcher and notch the edges to prevent drawing up in cooking, and beat it out more or less with mallet or cleaver, lay it on the gridiron and place it over the glowing coals. Sprinkle coarse salt on the fire if the flame is troublesome; the salt puts it out and makes the fire clear.

Prepare the gravy while the steak is broiling. Put a quarter pound of butter into a pan with a teaspoonful of black pepper, same of salt, and $\frac{1}{2}$ cupful of water. When the steak is sufficiently done on both sides put it into the pan with the butter, etc., and press it and turn it over to thoroughly season it. Set pan and steak over the fire a minute, and the gravy will presently be found to be as thick as cream. Serve whole on a large, hot dish, with the gravy poured over.

499—Baked Yams.

These are large, yellow sweet potatoes, somewhat coarse, but mealy and good, that grow to

an enormous size in the far South. Cut or chop them into the size of ordinary potatoes and bake in the same way with the skins on, about an hour.

500—Shrimp Toast.

1 cupful of picked shrimps or canned shrimps or prawns.

$\frac{1}{2}$ cupful of fresh butter.

3 or 4 slices of thin toast.

Pound a quarter of the shrimps to a paste. A porcelain potato masher and a round-bottomed saucepan does well for the purpose if you have no mortar and pestle. Mix the paste with half the butter and spread the slices of toast with it. Warm the rest of the butter in a frying-pan and the shrimps in it, and pile them on the toast in a dish. The toast should be cut to a neat shape, without rough edges.

501—German Apple Cake.

2 cupfuls of light bread dough—1 pound.

2 tablespoonfuls of sugar.

Butter or lard size of an egg.

2 or 3 apples.

Sugar and cinnamon to dredge.

Take the piece of light dough—either from the bread pan, or procured from the baker, or started with yeast for the purpose—at noon and work in the sugar and butter slightly warm. Knead it on the table with flour sufficient to make it soft dough again. Set it away to rise until 4 o'clock. Knead it then on the table, spreading it out with the knuckles, folding over and repeating the process for several minutes. This makes all kinds of raised dough good.

Let it stand a few minutes to lose its elastic tendency to draw back out of shape, then roll it out and cover a baking pan with it. Pare and cut the apples in slices, stick them into the sheet of dough and dredge all over with mixed sugar and cinnamon. Let rise till 5 and bake $\frac{1}{2}$ hour.

502—Peach Butter.

8 cupfuls of sliced peaches.

4 cupfuls of sugar.

2 cupfuls of water.

The peaches need not be peeled, but should be rubbed in a coarse towel before slicing.

Put the water into a kettle or bright pan; then the peaches; shut in the steam and let cook at the back of the stove, or set on bricks, for an hour or longer. Then add the sugar, and do not leave it, as it burns very easily, but keep stirring with a broad wooden paddle while it boils one-half hour more. Keep in a jar in a cool place.

503—Family Fruit Cake.

3 cupfuls of raisins—1 pound.

4 of currants—1 pound.

1 of sugar—6 ounces.

1 of butter—6 ounces.

1 molasses—12 ounces.

2 eggs.

1 cupful of sour milk.

1 teaspoonful of soda.

4 large cupfuls of flour—18 ounces.

Having prepared the fruit, make the butter soft, mix it and the sugar, molasses, eggs and sour milk together in a pan, and beat well; mix the soda in the flour, put that in and beat again. Dust the fruit with flour, stir it, bake in a mold or shallow pan.

Another cake of the same sort can be made by mixing fruit in the sponge ginger-bread, No. 220.

MENU NO. XLVI.—BREAKFAST.

504—Stewed Rabbit.

1 rabbit.

1 slice of salt pork.

1 teaspoonful of minced onion.

Black pepper and salt.

Flour thickening.

Cut the rabbit in pieces, according to its size, and let them lie in cold water overnight. Put on in the morning with enough to cover, and let stew until tender—about two hours, unless the rabbit happens to be young. Toward the latter part of the time cut the pork in small pieces, and put in, and the onion. Season with a teaspoonful of mixed pepper and salt, and thicken with a spoonful of flour stirred up with water.

505—Hamburg Steak.

1 pound of beef.

1 clove of garlic, minced.

1 teaspoonful of minced onion.

$\frac{1}{2}$ teaspoonful of black pepper.

Same of salt.

Chop the beef like sausage meat, with one-fourth fat to three-fourths lean. Add the seasonings. Make it up in balls, flatten out to thin cakes, dust with flour on both sides and fry in a frying pan with a little drippings.

506—Lyonnaise Potatoes.

Lyonnaise potatoes are cold boiled potatoes sliced in a frying-pan, and browned with a little minced onion mixed with the drippings. But, on account of the very general objection to onions, at least among business people, the name of lyonnaise is often given to the plain article, that is, to cold potatoes fried more or less brown, in a little fat in a frying-pan without the onions. Other restaurant names for this favorite way of cooking potatoes are sauteed and Dutch fried.

507—Omelet with Onions and Parsley.

Slice a small onion as thin as possible and fry it in a small frying-pan with a spoonful of lard and a plate inverted over it to hasten the cooking without getting the onion brown. Chop a spoonful of parsley.

Mix 2 eggs with a tablespoonful of milk and pinch of salt and the parsley, and pour it into the omelet frying-pan, already greased with a spoonful of clear butter, and set it over the fire. Drain the cooked onion away from the grease, strew it over the omelet, shake the pan to keep the omelet loose from the edges, and when it is nearly set in the middle roll it, and dish with the smooth side up.

508—Yeast-Raised Batter Cakes, Without Eggs.

- 1 heaping cupful of flour.
- 1 cupful of water or milk.
- $\frac{1}{2}$ cupful of yeast.
- 2 tablespoonfuls of melted lard
- Same of syrup.
- Little salt.

Mix all together, the same as setting sponge for bread, either with cold water over night, the batter to be set in a warm place in the morning to rise for breakfast, or else four or five hours before the meal with warm water or milk. Beat well, the more the better, both at the time of mixing and just before baking.

MENU NO. XLVII.—BUSINESS LUNCH.**509—Ox Tail Soup.**

- $2\frac{1}{2}$ quarts of soup stock.
- 1 ox tail.
- 1 small carrot.
- 1 turnip.
- 1 onion.

Celery, bay leaf, cloves, salt and pepper.

Make the stock by boiling a beef shank in 6 quarts of water several hours, until it is reduced one-half.

While the stock is boiling take a carrot, turnip, onion and stalk of celery, and, with any kind of a round cutter or an apple-corer and knife, cut enough lozenge shapes to fill a cup with the mixed sorts. Throw a few of the remaining scraps into the boiling stock for seasoning, and $\frac{1}{2}$ a bay leaf and 3 cloves.

Saw the ox tail into thin round slices and steep them an hour in cold water. The ox tail must stew at least 2 or 3 hours to be eatable and so far dissolved as to enrich the soup, and it may be done either in the stock boiler, and the pieces picked out afterward to go in the soup plates, or may be stewed in some of the stock in a separate saucepan, whichever may be most convenient.

At last strain the specified amount of stock clear into the soup pot. Boil the shapes of vegetables in water by themselves $\frac{1}{2}$ hour, then

drain off and put them into the soup, also the ox tail slices. Add brown butter and flour thickening in small quantity, let the soup simmer slowly until it becomes smooth and clear again, and skim until all the fat is removed. Season with salt and cayenne.

Serve a slice or two of the ox tail and some of the vegetables in each plate.

When a soup like the foregoing has not a clear syrup-like sort of thickness or body, but is dull, like flour gravy it may be cleared by longer simmering and adding more stock with some cold tomato juice, or lemon juice, or even cold water, and skimming from the side.

If not already light brown add a spoonful of burnt sugar caramel.

510—Oysters and Macaroni—Milanese.

A third of a package of macaroni—5 ounces.

- 1 cupful of oysters—2 dozen.
- $\frac{1}{2}$ cupful of butter—3 ounces.
- 1 cupful of milk— $\frac{1}{2}$ pint.
- 1 egg.
- 1 tablespoonful of flour.

Pepper and salt.

Boil the macaroni by itself first, throwing it into water that is already boiling and salted. Let it cook only twenty minutes, then drain it dry. Butter the bottom of a baking or pudding pan that will hold three pints. Put in half the macaroni, strew the oysters over it, drop in the butter in small pieces, dredge with salt and pepper and cover with the rest of the macaroni. Mix the spoonful of flour with a little milk, beat in the egg, then the rest of the milk, and oyster liquor, if any; pour it into the pan, and bake until it is set, or about twenty minutes.

511—Broiled Guinea Fowl.

Prepare young guinea fowls like young chickens for broiling; use the old ones in pies and stews. Split them down the back, draw, wash, wipe dry and flatten them with a stroke of the cleaver on the back. Pepper and salt on both sides, dip them in flour and place them on the gridiron. While they are broiling brush them over with a brush dipped in butter. They require about fifteen minutes to cook. Serve with potatoes and butter gravy in the dish.

512—Chicken Pie, Plain.

When chicken pie or any similar dish is written in a menu as of some particular style, it, of course, carries the implication that there are more ways than one. A very small variation or addition of vegetables, mushrooms or eggs and wine may suffice to change the name. It is only necessary to say here that one way by which young chickens, squirrels, rabbits, etc., are partly fried in butter before being covered with a crust, and the gravy in the pan is made rich

and light brown, may be found detailed at No. 209, for pigeon pie, and the following is the other principal method, or country style:

- 1 large fowl or 2 chickens.
- 1 slice of fat salt pork—2 ounces.
- 1 large potato.
- 1 teaspoonful of minced onion.
- 1 of black pepper
- 1 of salt.
- 1 pound of pie crust.
- 2 tablespoonfuls of flour.
- A little parsley

The salt pork is only a seasoning, and may be dispensed with or substituted with butter or the fat of the fowls.

Cut the fowl in 6 pieces if large, first dividing it in half through the back and breast, chop each side in three, taking a piece out between the leg and the wing. Cook the gizzard and heart with the fowl, but leave out the liver, which is apt to impart its flavor to the whole dish. Boil the meat till tender, which may take anywhere from 1 hour to 4, according to the kind of fowl. It does not make much difference how old the fowl is if it be boiled accordingly with the seasonings added. It will make the liquor rich as jelly after a while.

Half an hour before taking the fowl from the fire put in the potato, cut in pieces, and afterward thicken the liquor with flour and water and mix in some chopped parsley.

Turn it into a baking pan, dredge a little more black pepper over the top and a little flour over that, then cover with plain pie paste and bake it $\frac{1}{2}$ hour.

513—Cider Punch.

- 1 bottle of "champagne" cider.
- 1 cupful of sugar.
- 1 of sherry.
- 2 lemons.
- $\frac{1}{2}$ cupful of water.

Mix the sugar, water and wine together in a pitcher, and stir until the sugar is dissolved, slice in the lemons as for lemonade, put in a lump of ice, and then fill up with cider.

MENU NO XLVIII.

Church Festival Dishes.

Among all the associations that have been formed for the amelioration of the condition of the human race, is it not wonderful that there has never yet appeared a 'Society for the Improvement of the Quality of Church Festival Suppers?' This, of course, would embrace all similar affairs gotten up for the purpose of raising money, such as for buying books for the library, furnishing the Lyceum Hall, buying instruments for the brass band, buying uniforms for the fire company, or for the benefit of some unfortunate and worthy object of compassion and charity. These affairs are

taking place too frequently and too constantly to be ignored by any one who is at all interested in the subject of cookery. No doubt but, if they were set at regular intervals apart, one or more such festival takes place for every hour in the year, and so far as the cooking of dishes is involved, there is nothing needs improvement so much. The writer has had something to do with scores, perhaps hundreds, of them, either directly or indirectly, either willingly or otherwise, and this description of the very latest will nearly fit the culinary management of them all.

The parties interested procure the use of a vacant store and divide themselves into committees, and the Supper Committee subdivides into a committee to cook the oysters, a committee to procure and put up the stove, another to prepare sandwiches, another cakes, another pickles and preserves, another the ice-cream, the coffee, and so forth. Some of the articles are to be made at the members' own houses, in the places and with the utensils they are accustomed to, and that part goes on well. A candy maker, who is a member, offers, if they will furnish the sugar, to make the candy, this is done, and that part goes well, and there is a person who thinks it will be good fun to sell the candy, and goes, and borrows a glass show-case and scales and weights, without waiting to be appointed a committee; so that goes well too. But not so with the cooking. It is a poor festival that will not have a hundred visitors, and perhaps there will be twice that many. They all come with the special intention of eating oysters, if it be in the oyster season, and the managers always undertake to cook for them on one rusty little old castaway stove that is not really large enough to do the cooking for a family.

The committee finds the stove in a woodshed where they are directed on the morning of the festival day, but never can find all the stove pipe, and by the time the missing joint or elbow is finally put in place it is pretty well along in the afternoon. The different committee drop in to see whether each other has arrived and then drop out again until, about sunset, the committee on setting the tables grows anxious and sets the coffee boiler on the fire. Then a spectator asks what time they will have the oysters ready, and somebody sets on the tin pail full of milk, but as the stove is too small to hold both, the coffee-pot has to be set back against the stove-pipe, or, perhaps, on the hearth in front. Then the committee on oysters comes in and seem surprised; says that somebody said there was plenty of help, and there was no need to come any earlier, but proceeded at once to fill the stove with chips and the fat rind of the sandwich ham, and ten minutes later all the milk they have in the house is scorched on the bottom, and tastes of it. But it has to go in all the same, and in go the oysters. Before many

dishes of stewed oysters have gone in the question is asked more and more frequently whether oysters cannot be had in other ways beside stewed and raw, and at last there is a determined demand for fried, and the committee answers yes, they can have them in a few minutes. Then some one discovers that the coffee has never been put in and the water does not boil; but it is hot and the coffee is stirred in, the oyster stew kettle or pail is set on the floor, the coffee-pot is put in the hottest place for three minutes, then fifteen or twenty waiting cups are filled, the coffee still floating on top of the water because not cooked, being held back with a spoon. Meantime a skillet has been found, a spoonful of grease is put in it, and it is set over the fire. Somebody rolls a few oyster crackers on the table with a bottle, partly crushing them, but there is neither sieve nor rolling-pin in the house. The oysters are rolled over in the crushed crackers and the skillet is half filled with them. They are then stirred about with a spoon, like so much cold sliced potatoes or hash being warmed up, and sent in a mess of grease, crackers and oysters jumbled together. Somebody ventures to ask whether they would not have been better dipped in egg first, and the committee answers that it would have been too much trouble and take too much time, and that they could not afford the eggs any way—which is quite true, and eggs are not necessary to fry oysters properly, as we will show further on. While this has been going on, the discovery has been made that the oyster stew is all gone, except some quarts of the liquor, but there are no oysters in it, and half the tables have not been served yet; so the oyster pail goes on the fire again and some raw oysters in it. There is too much clamor for more for it to be allowed to boil again; besides, some half dozen persons or more must have some tea, and there is no tea and no committee on tea. But the water must be hurried to boil and the oyster frying must go on, so the stew is pushed back and is dished up with the oysters neither cooked nor raw, but warm and repulsive.

We "set down naught in malice," and will not ask how the people at the tables like the supper, nor what motives, whether of policy or benevolence, they have for paying to partake of it, but supposing the desire all around is to have the supper good, we merely describe the disorder before pointing out our part of the remedy, and would suggest, first, that at every festival of the kind where any cooking, coffee-making or dish-washing is to be done, there should be two stoves at least, and plenty of boiling water ready for all purposes in a reservoir, or some vessel that cannot be emptied and taken for another purpose; second, borrow all the kitchen tables that there is room to place, or that can possibly be used for setting dishes on, for provisions and for cooking operations—the dining-room and its

tables will take care of themselves; third, have it positively decided beforehand what is to be cooked, and in what way, and then provide both the necessary materials and the proper utensils; fourth, make the closest estimate possible of the quantities required, based upon the guide recipes here appended, and have it understood where more oysters, more milk, butter, coffee, ice, salt, fruit, bread, etc., can be procured if needed, and who is to go for them, and, fifth, set some one to cook oysters, at least, who has had experience of larger demands than those of a family table.

514—Oyster Stew for Fifty.

A quart of small oysters bulk, "solid meat," contains 8 dozen.

A quart of selects, bulk, "solid meat," contains 4 to 4½ dozen.

A can of selects contains 3½ dozen, generally.

The ordinary conventional oyster stew, such as people expect to receive when it is cooked to order, is a pint bowl nearly full, consisting of 1 dozen oysters and 1 or 1½ cups of milk, or milk and oyster liquor.

To serve this according to the letter a pint of small oysters should be sufficient for 4 stews or a can of selects for 3½ or 4; but as the stews for a large number are dipped up and guessed there is always a discrepancy, and a pint can only be relied upon for 3 dishes, though a pint of selects may hold out on account of their larger size.

Proceeding on those calculations provide for 50 stews:

9 quarts of small oysters, or 12 or 13 quarts of selects, or 14 or 15 cans of selects.

1½ gallons of milk.

½ gallon of oyster liquor or water.

1 pound of fresh butter.

2 tablespoonfuls of salt.

Set the milk on in good time that it may heat gradually and not burn, and put in the required amount of salt, which also helps to prevent burning. A thick metal pot is better than a thin tin pail for such a purpose. As to measures, it may be remembered that a common wooden pail holds 2½ gallons or 10 quarts. Never cook oysters and milk both together from the first.

If it can be done conveniently, instead of setting the oysters over the fire as they are, to heat up gradually, and some to cook and shrink to nothing before others are fairly warm, and probably to burn on the bottom besides, drain them in a sieve or colander, and pour a quart of boiling water over them. The liquor will then run through abundantly. Set it on the fire, boil and skim, then put the oysters in and add the boiling milk. Drop in the butter and take the kettle of oyster stew off the fire and do not let it boil any more.

For oyster soup, made with half as many oysters, see No. 279.

515—Oysters Fried Without Eggs.

Mix cracker-meal and flour together, about half and half, but the cracker-meal rather the larger. If none to be bought at the stores crush oyster crackers and put them through a flour sieve.

Have some milk in a shallow dish.

Dip the oysters out of their own liquor into the mixed meal and flour, out of that into the milk, then into the mixture again. It does no harm to let them lie a while before frying. Handle carefully, not to rub any of the coating off, as it will not adhere a second time.

Have enough lard very hot in a deep pan to quite cover the oysters. Drop in a few at a time, fry 3 to 4 minutes, take out with a skimmer when light brown and drain free from grease before sending them in.

The milk causes them to fry to the same fine brown color as if eggs were used. If they are quite immersed and fried quickly in lard that is hissing hot, they come out crisp and dry yet full of the juice of the oyster. If simmered in lard that is only half deep enough the breading peels off like so much greasy pudding.

It is useless to try to hurry up a large quantity by filling the pan too full: that must be done by having more pans or deeper ones and more hot lard. It does quite as well to put a deep pan of lard inside the oven and fry them that way when the top of the stove is otherwise occupied. For the sake of an estimate it may be calculated that two ounces of lard will be used for every dozen oysters fried—not that it will be all gone, but it becomes black with sediment and foul with the gelatine of the oysters and has to be renewed.

516—Clam Fritters Without Eggs.

Take fresh clams and their liquor in a separate pan and bread them in a mixture of cracker meal and flour, as directed for fried oysters in the preceding article. Dip the clams, however, in the meal mixture 4 times, giving them four coats, three of them with their own liquor, and the last dip in milk before the cracker-meal. Clam fritters are better made this way than with eggs.

517—Clam Chowder.

2 cupfuls of clams, or a can.

A slice of salt pork—6 ounces.

4 cupfuls of sliced raw potatoes.

$\frac{1}{2}$ cupful of sliced onion.

1 teaspoonful of salt.

$\frac{1}{2}$ teaspoonful of pepper.

2 cupfuls of milk and the clam liquor.

1 cupful of broken crackers.

Cut the pork small, put it in a pan that will hold over 2 quarts and bake or fry it light brown. Put the potatoes, onions and clams on top of the fried pork in layers, add the

milk and clam liquor with the seasoning in, the crushed crackers on top, and bake until the potatoes are done, or over an hour. The surface should be moistened with spoonfuls of the liquor and a greased paper laid on top to prevent burning.

518—Boiled Ham.

A ham that weighs 14 pounds as bought raw will weigh only 13 pounds after boiling, and will yield 9 pounds of meat to slice. A plate of ham is about 4 ounces. A 14-pound ham may be expected to make about forty plates.

519—Ham Sandwiches.

About 1 ounce of ham is enough for a large biscuit sandwich for a party, and 2 ounces for the larger sort, made with baker's rolls, for sale at lunch counters. A ham that weighs 14 pounds raw will make about 140 of the festival sandwiches or 75 for lunch counters. Another way besides slicing the ham for sandwiches is to take the pieces that will not make good slices for the plates and chop fine, season with pepper and warm butter and a little made mustard, and spread the mince between the split biscuits.

520—Baking-Powder Biscuits.

Not long since we witnessed what seemed a somewhat odd proceeding—the sending of a sample of baking-powder biscuits from one friend to another some fifty miles away as a present. They were daintily packed in a delicate fringed napkin, in a dainty little basket, and were sent carefully by rail. Just biscuits! But these were almost as good as fine rolls; they were cut out rather large, just right for church fair sandwiches; they were white, fine grained, soft and flaky, and, come to think of it, what with the setting aside of the yeast-raised breads, and the growing forgetfulness of how to make them, and the misrepresentations of the baking-powder makers, really fine biscuits, are getting to be scarcer than diamonds, and are rising in value accordingly. If things keep growing worse in the domestic bread line a few years longer, Christmas cards will go out of fashion and people will pay high prices for the few fine biscuits that will be attainable and send them as presents instead. This mischief is caused by the baking-powder manufacturers saying that two, or even one, teaspoonful of powder is enough for a quart of flour, and as most people use only a level teaspoonful, or at most only slightly rounded, it has no perceptible effect at all and the biscuits are dreadful. If biscuits are wanted that will do to send as Christmas presents you must use three heaping teaspoonfuls of the best powder in the market. Of course it is expensive. Baking-powder bread is

the dearest in the world. But this is the way to make it good:

1 pound or quart of flour.

Lard size of an egg, melted; or 4 tablespoonfuls.

3 heaping teaspoonfuls of baking powder.

1 small teaspoonful of salt.

3 cupfuls of water or milk.

Mix the powder in the flour dry. Place the melted lard in a hollow in the middle, the salt and water or milk with that, and stir around, drawing the flour in gradually, so as to make a smooth, soft dough. Turn out on the floured table. Press the dough out flat with the hands, fold it over again and again, and press out till it is compact, even and smooth. Let stand 5 minutes. Roll out and cut into biscuits. Bake 15 minutes.

521—To Make Baking Powder.

2 teaspoonfuls cream tartar.

1 teaspoonful baking soda.

1 teaspoonful corn starch.

Mix all together by sifting and it is ready for use.

522—Plain, Sweet Buns, Made Without Eggs.

2 large cupfuls of light bread dough—1 pound.

Butter or lard size of an egg—2 ounces.

2 heaping tablespoonfuls of sugar—2 ounces.

Extract of cinnamon or nutmeg to flavor.

Take the light dough from the bread pan at about noon and work in the butter, sugar and flavoring. Let stand an hour; then knead thoroughly, observing the directions already several times elsewhere repeated, to spread and pound the dough with the fists, and fold over and repeat till the dough is full of air bubbles, silky-looking and elastic.

At 4 o'clock knead again, mold into round balls, flatten them slightly as you place them in the pan, and touch each side with melted lard if they are likely to touch each other, for the lard prevents sticking together. Rise an hour in the pan, bake about 20 minutes. Brush them over the tops with syrup when done, and dredge granulated sugar upon them.

523—Meringue Cakes.

Bake sheets of cake in large pans—Nos. 36 and 332 are good kinds of cake—and cover them with meringue or frosting made as for star kisses, which has more sugar than that for frosting lemon pies, and consequently is firmer to cut. Bake the meringue very gently with the oven door open, and slip a board under the pan to keep the cake from baking too much on the bottom. Cut the cake in squares when done.

Granulated sugar sifted over the top of the frosting before baking gives it a finer glazed surface.

524—Strawberry Shortcake.

It is a cake of short paste, not sweet, as large as a dinner plate and thick as a biscuit, split in two after baking, strawberries and sugar spread on the lower half, the other placed on top with the split side upward and more berries spread upon that. It is eaten with cream. The ingredients required are:

1 cupful of lard or butter—8 ounces.

3 cupfuls of flour—12 ounces.

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

1 cupful of ice water.

1 quart of strawberries.

1 cupful of sugar—8 ounces.

Pick the stems from the berries before making the paste, also mix the sugar with them by shaking about and set them in a cool place.

Rub the butter into the flour thoroughly with the hands. Salt is needed only when lard is used. Make a hollow in the middle, pour in the water, mix up soft, roll out on the table in flour reserved for the purpose. It makes the cake flaky and part in layers to roll it and fold it a few times like pie paste.

Then make it up round, let stand five minutes, roll out thick as biscuit and bake on a jelly-cake pan. Finish with fruit as above stated.

525—German Coffee Cake.

Make the sweetened light dough the same as for buns at No. 522, and at 4 o'clock, instead of making it into round buns roll it out very thin—not thicker than a pencil—then take upon the rolling-pin and unroll it on a large baking pan. Brush over the surface with a spoonful of lard melted in hot water, to prevent a crust drying on top, and let it rise an hour. Before setting the light cake in the oven mark it with cuts of a knife point to prevent puffing up. Bake ten minutes. Brush over as soon as done with syrup and sift mixed powdered sugar and ground cinnamon all over it. Cut in squares.

526—German Sugar Tops.

Rich cookies sprinkled with gravel sugar.

1 cupful of sugar—8 ounces.

$\frac{1}{2}$ cupful of butter, large—4 ounces.

3 eggs.

$\frac{1}{2}$ cupful of milk.

2 teaspoonfuls of baking powder.

4 cupfuls of flour—1 pound.

Work the softened butter and sugar together to a cream, the same as for pound cake, beat the eggs and mix them in, then the milk, and the flour with the powder mixed in it. Keep the dough as soft as it can be handled. After it has been pressed and worked smooth on the table let it alone a few minutes before rolling out, then the cakes will not draw out of shape when cut.

While they are baking mix an egg and some syrup together in a cup, add some flavoring

extract, brush the hot cakes over with it and dredge gravel sugar on top.

Gravel sugar is loaf sugar crushed and the dust sifted away, then again sifted in a colander. The sugar that passes through the holes of the colander is gravel sugar.

527—Coffee for a Festival.

1 half pint cupful of ground coffee shaken in and heaped up is 4 ounces.

4 ounces of ground coffee makes 8 half pints or 10 cups, as they are commonly filled, of good quality.

1 pound of coffee makes 2 gallons or 40 cups
2 teaspoonfuls of sugar on an average is used to sweeten a cup of coffee.

2 teaspoonfuls is an ounce.

2½ pounds of sugar, or 40 ounces, is required for every pound of coffee, or forty cups.

2 tablespoonfuls of cream, on an average, is required to each cup of coffee.

14 tablespoonfuls make ½ pint.

1½ or 2 pints of cream is enough for every pound of coffee, or 40 cups; provided, however, the cream be served in individual small pitchers.

528—Ice Cream and Strawberries.

Four quarts of cream is sufficient for fifty common plates of ice cream. It will increase to six quarts in bulk if properly frozen, and there should be room in the freezer accordingly. A little difference will be found in amount required when berries are served in the same plate.

Strawberries generally are improved by being covered with sugar some hours before they are to be used, and set in a cold place to form their own syrup.

Recipes for making different kinds of ice cream and frozen custards may be found by reference to the index.

MENU NO. XLIX.—BREAKFAST.

529—Fresh Strawberry

If you have fine freshly gathered strawberries properly clipped off with an inch of the stalk attached do not pick them over, but serve as they are, with powdered sugar in very small glass bowls set at each plate. But strawberries that are to be served from a bowl and with cream are generally the better if covered with powdered sugar and set on ice some time before the meal.

530—Soft Shell Crabs, Fried.

Every part of a soft shell crab is eatable, shell, claws and all except the sand scraper, which pull off and wash the crab and dry it. Bread it in the usual manner, by dipping in egg in which a small proportion of water has been beaten, then in cracker-meal. Drop it into a saucepan of hot lard or oil and fry light brown in about ten minutes. Mayonnaise sauce may be served at the side separately.

531—Breaded Veal Cutlets, Broiled.

Cut thin chops of the ribs, scrape the end of the bone clean for about an inch, trim off the gristle from the broad end, flatten slightly with the cleaver, dredge with pepper and salt, dip in melted butter on a plate, then in bread crumbs minced extremely fine, then in the butter, then in the bread crumbs again. Grease a sheet of writing paper with oil or butter and lay it on the gridiron over clear coals and the cutlets upon it, thus giving them time to get done before the breading is brown. Throw the paper away at last and finish the cutlets on the bars. Serve garnished with parsley and lemon.

532—Sauteed Sweet Potatoes.

Slice cold steamed sweet potatoes into a frying-pan that has butter in it, only just enough to cover the bottom. When the potatoes have become lightly browned underneath, shake the pan and toss them over. Dredge with salt.

533—Frogs' Legs Fricassee.

Take the frogs out of the cold water they have been steeping in, and, having trimmed away the feet, place them in a broad-bottomed saucepan with a little fresh butter and very little minced shallot, and let them stew in the butter until it begins to brown, then pour in half cup of sherry or white wine, or a little of each (for a dozen large frogs saddles) and twice as much hot water. Stew with the lid on for twenty minutes, then skim off most of the butter and add a seasoning of salt and cayenne. Thicken the liquor with four yolks of eggs beaten with two spoonfuls of cream. Pour some of the hot liquor to the yolks before adding them to the contents of the saucepan, and take it from the fire almost immediately, or as soon as it shows the first sign of boiling again. Place the frogs in order in the dish and pour the sauce over them through a strainer. Frogs can also be plainly stewed like chickens, without wine and without the egg thickening.

534—Tongue Toast.

Make some thin slices of toast, cut them to a shape and cut off rough edges. Spread thinly with butter, then with a layer of potted tongue, and set in the oven with the door open for a few minutes.

535—Potted Tongue.

Boil a corned tongue 3 hours, if a beef tongue, or until tender. Dip it in cold water and peel off the skin. Cut up and mince small, then pound it to a paste. Melt two large cupfuls of butter and prepare a teaspoonful of mixed ground spices, half mace and the rest cloves, nutmeg and cayenne. Add the spices to the tongue, and a little salt besides, and most of the clear part of the melted butter, and pound it all together.

Press it into cups or small jars tightly to exclude the air and pour the rest of the clear butter on top. Keep covered in a cool place.

536—Ham and Eggs.

Cut out the meaty side of a ham, close down by the bone, all in one piece, then, after shaving off all the outside, cut it as wanted into broad slices as thin as they can be cut with a sharp knife. Broil a slice about four minutes over clear coals.

Break 2 eggs into a small, deep dish, put a teaspoonful of clear melted lard into a very small frying-pan, and before it gets very hot pour in the eggs without breaking the yolks. When nearly done, dexterously turn one half over onto the other. Place the broiled ham on a good-sized dish, well up toward one end of it, and the eggs lying on the edge of it in the middle of the dish.

537—Finest Breakfast Rolls.

8 level cupfuls of flour—2 quarts or pounds.
1 full cup of milk— $\frac{1}{2}$ pint.
 $\frac{1}{2}$ cup of yeast, or a compressed yeast cake dissolved.

Butter size of an egg—2 ounces.
1 tablespoonful of sugar—1 ounce
2 yolks of eggs.
 $\frac{1}{2}$ teaspoonful of salt.

Keep back a cupful of the flour to knead with. Sift 7 cupfuls into the bread pan, put all the ingredients named into the hollow middle, the butter melted first, and mix up to soft dough and knead it thoroughly on the table. Set it away to rise in a warm place. Before the dough is put back in the pan, however, the pan should be scraped clean and the inside brushed slightly with melted lard or butter, and the lump of dough rolled over in it that the touch may prevent a crust forming, or sticking to the pan. The first thing in the morning, knead the dough again, pounding and folding over repeatedly, then roll out to a sheet, cut out, brush one side of each piece with melted butter and double them to form "pocket-book" rolls. Set to rise for an hour or longer. Bake 10 minutes.

538—Rice Croquettes.

$\frac{1}{2}$ cupful of rice, raw—or 2 cups cooked.
 $1\frac{1}{2}$ cupfuls of water and milk.
Butter size of a guinea egg—an ounce.
1 tablespoonful of sugar.
2 yolks, or 1 egg.
Nutmeg.

Put the rice on to boil in a measured cupful of water, and when it is half done add $\frac{1}{2}$ cupful of milk. It is an object to have the rice dry when done, and yet well cooked. Keep the steam shut in while it is cooking. When soft enough, mash it slightly with the back of a spoon, work in the other ingredients and a pinch of salt. Make it in shapes, with flour on the hands, like small

biscuits, and make a hollow in the middle to hold a spoonful of jelly. Having coated the shapes well with flour, fry them in a saucepan of hot lard. They will do without breading in egg and cracker meal. Put currant jelly in the depression when dishing up.

539—Waffles, Yeast Raised.

To make the cheapest waffles without eggs use the batter made by the recipe No. 508, and dry them well in the waffle irons. The following makes a richer and better sort:

3 cupfuls of flour—12 ounces.
 $1\frac{1}{2}$ cupfuls of milk.
 $\frac{1}{2}$ cupful of yeast, or a yeast cake in water.
1 tablespoonful of sugar or syrup.
Lard size of an egg, melted.
2 eggs.
1 teaspoonful of salt.

Mix up over night with the milk cold; early in the morning set the batter where it will get warm, and when it is well risen beat it thoroughly.

Put a spoonful of melted lard in the waffle iron and turn it over to grease both sides. Pour the batter in from a pitcher and bake brown on both sides.

540—Baking Powder Waffles and Batter Cakes.

2 cupfuls of flour—8 ounces.
2 of water or milk.
3 tablespoonfuls of melted lard.
1 of syrup.
1 egg. Little salt.
1 heaping teaspoonful of baking powder.

Put all the above at once, except about half the milk, into a deep pan and stir up hard. Thin it down with the rest of the milk.

MENU NO. L.—DINNER.

541—Clams on the Half Shell.

The smallest clams are preferred. Wash the outside thoroughly before opening. Loosen the clams from the shell they are served in and retain all the liquor the shell will hold. Place 4 or 5 in each plate and half a lemon in the middle.

542—Terrapin Soup.

Meat and stock of 3 terrapins.
2 quarts of veal and chicken stock.
Herbs and seasonings.
Light butter and flour thickening.
Lemon and wine.

To prepare the terrapin from the first see directions at No. 453.

There will be 2 or 3 pints of the liquor they were boiled in. Make as much more by boiling the heads in water until dissolved, also cut the meat of the terrapins into pieces of small size and put most of the bones back in the soup, keeping the meat to be added later.

Make 2 quarts of good meat stock by boiling a veal shank and a chicken in 4 quarts of water until reduced to 2 quarts. Add while it is boiling a small slice of ham, a green onion, 3 cloves, $\frac{1}{2}$ blade of mace, 4 or 5 sprigs of parsley, 1 each of green thyme, marjoram and savory, if they can be had. When it is reduced sufficiently take out the chicken and veal, pour the terrapin stock into the veal stock, and for every quart allow 1 tablespoonful of flour and the same of fresh butter. Work these together in a saucepan over the fire as if making drawn butter, pouring in some of the soup when it begins to brown and then turning the whole into the soup pot.

Then strain the soup through a fine strainer into a clean saucepan, let it simmer slowly and skim it until clear. Mix $\frac{1}{2}$ cup of Madeira, juice of $\frac{1}{2}$ a lemon and a large spoonful of cold water and add them to the soup and also the terrapin meat. These will bring up the scum when the soup boils again and make it clearer still and bright. Season with salt and cayenne and add the terrapin eggs.

543—Baked Sea Bass.

Scale and clean the fish; leave the head on if it is to be sent to table whole. Make a stuffing for it of 2 pressed cupfuls of bread crumbs, a small cupful of butter, rind of a quarter of lemon minced fine, parsley, green thyme and marjoram, and pepper and salt, and two eggs mixed with a spoonful of water to moisten it. Sew up the fish when stuffed. Mark it in slices as it is to be carved, on both sides, by cutting down to the bone, and put a thin slice of salt pork in each incision. Bake in a long pan, with soup stock and salt and pepper in it, about 30 or 40 minutes, or according to size. Put a little strained tomatoes and brown gravy into the fish pan, and water if necessary; let boil up, skim and strain for sauce.

544—Roast Leg of Mutton.

For plain roast leg of mutton proceed in the same manner as for roast beef. Read remarks at No. 162. Whether the mutton shall be rare done or well done must depend upon the preferences of those it is cooked for, but in either case the method is the same, and the natural gravy should flow from a well-done leg of mutton as well as one under-done, if not in such large quantity. It is best to make it a rule to always put a little salt in the pan the meat is roasted in, and water enough to cover the bottom, and if a made gravy is wanted some scraps and trimmings beside. The reason is that the gravy that oozes from these scraps, and that will escape from the meat, too, to some extent, will be found at the end of the roasting sticking to the bottom of the pan, while the grease is above it as clear as water, and if this condensed gravy has salt in

it it will dissolve as soon as the grease is poured off and water reaches it instead, but if there is no salt it is slow to dissolve. A spoonful of thickening will be needed in it.

Let the leg of mutton have a good brown color on the outside, even if not done through. Turn it over by lifting the projecting bone, and do not pierce the meat with a fork. From 1 hour to 2 will be required to roast it, according to size.

545—New Potatoes, Maitre d'Hotel.

They never seem so good when they have to be pared. Take potatoes that are small and just out of the ground and scrape them, keeping them covered with cold water until time to cook. Put them on in cold water, with salt in it; boil with care, not to let them break when done. Drain off; put in fresh hot water, little salt, lump of butter, vinegar to make taste slightly, chopped parsley, and when these have boiled up, a spoonful of flour thickening. Shake about, without putting a spoon in, until it thickens. All articles that are a la maitre d'hotel have an acid and some green in the sauce.

546—Roast Green Goose.

Singe and pick the young goose free from pinfeathers and draw it. If to be sent to table whole, the pinions should be cut off before cooking and the main wing joints skewered to the back, and the legs held compactly to the side either with skewers or twine. Fry a minced onion in butter, light yellow, and not at all dark and strong, and mix it with some dry mashed potatoes; add an egg and the butter that the onion was fried in and a seasoning of white pepper. Stuff the goose with the seasoned potato, sew up, bake it in a pan for about one hour, or more, if large. Dredge the goose over with flour when nearly done, and baste it with butter, which will produce a fine crust and brown color.

If to be sent in whole, bake some small apples in a pan covered with greased paper and place them around the goose in a dish.

547—Stewed Butter Beans.

Throw Lima or butter beans into a sauce-pan of water that is already boiling and has salt in it, and cook about half-hour, if green beans, but if dried they will take one and a half hours, besides a previous soaking in water. Drain away the water, and mix in a little cream sauce or butter sauce, or add milk, butter and salt, and thicken when it boils up.

548—Artichokes as a Vegetable.

Let the artichokes lie in a pan of cold water, the same as is the rule for cauliflower, spinach, etc., an hour or two before they are to be cooked. Wash well, and if the tips of the leaves are discolored, clip them; cut the artichokes in 4 and remove the stringy core. Have the water ready

boiling, put in a teaspoonful of salt and baking soda the size of a bean, boil the artichokes about $\frac{1}{2}$ hour or until the soft end of the leaf when pulled out proves to be tender. Drain and serve like cauliflower, 2 pieces in a dish, and a spoonful of butter sauce poured over.

549—Lambs' Tongues with Artichokes.

Take, for preference, corned lambs' or sheeps' tongues of a good pink color, and boil them not less than 2 hours, which may be done the evening before they are served, if more convenient. Put them into cold water and peel off the outside and split them lengthwise in two.

Having the halves ready in a dish when the roast meat is done, after taking it out lay the tongues in the fat and glaze in the baking pan for about 5 minutes, then take them out slightly browned and glazed and keep hot.

Cook an artichoke for each dish, as directed in the preceding article, boiling them, that is to say, like summer cabbage or cauliflower, but cut them in halves instead of quarters; only scoop out the fibrous part before cooking. Drain them well. Serve a half tongue in the small dish and a half artichoke at each end, and a spoonful of brown gravy over the vegetable without covering the tongue. Tongue and spinach may be served the same way.

550—Supreme of Fillets of Fowl with Asparagus Points.

Takes its name from sauce supreme, which is simply the richest white sauce that can be made; and when the breasts of chickens, cut and trimmed perfectly smooth and shapely, are covered in the dish with sauce looking as glossy as white satin, just thin enough to settle down smooth, yet too thick to run off the meat, and spotted all over the surface with green heads of asparagus and bordered with the same, it makes a very attractive dish. There is no probability that such a name for a dish will ever be accepted for common among English-speaking people, the ideas associated with the word supreme making such a connection seem incongruous, if not ridiculous. We talk about it here because the dish is one of the most prominent in the banquets of the crowned heads and dignitaries of Europe, and it is desirable, at least, to know what it is.

Take 2 fat pullets and cut them so that the breast and breast-bone entire will be one piece and the back and legs another. The latter may be chopped in small pieces to make the essence, as only the breasts are wanted for the dish. Boil all in about 4 quarts of water, but do not put in the breasts until the other is boiling, and take them out at the end of an hour, or sooner, if done. Then set them away to get cold. Add vegetable seasonings to the liquor the pieces are stewing in, but very little, for it has to be condensed. When it has simmered half way, strain

the liquor through a napkin, set it on again in a bright saucepan, thicken it with two tablespoonsful of flour and as much butter, that have been stirred together over the fire, but not browned, and keep it simmering slowly and skim often. When it is down to a quart or less pour in the liquor from a can of mushrooms or some mushroom liquor obtained by boiling minced button mushrooms for the purpose. When, after that, the sauce is again reduced to less than a quart, and is becoming thick, beat in a spoonful of fresh butter, a squeeze of lemon juice, salt and cayenne, and boil a cup of cream in another saucepan. Add cream, a little at a time, to the sauce just before it is wanted, making it of the consistency required, and pass it through a fine strainer.

The breasts of the fowls are to be brought out a sufficient time before the meal, cut carefully off the bone and trimmed to a good form, then made hot in chicken broth, taken up and placed on the dish or dishes, and the sauce poured over.

The asparagus heads, having been cut from the stalks before cooking and carefully boiled like green peas, are to be drained and shaken about in butter, and placed in the dish with a fork.

551—Scrambled Brains in Patties.

1 pint or pound of brains.

4 eggs.

1 ounce of butter, size of an egg.

Parsley, pepper and salt.

Simmer the brains in water, with salt and a little vinegar in it, about 20 minutes. Take out, pick them over to remove the dark portions, put them into a frying-pan with the butter, break in the eggs, add a little chopped parsley, pepper and salt, and stir all together over the fire until the eggs in it are soft cooked. Then fill patty shells made of puff paste, put on the lids (see No. 256) and ornament with a sprig of parsley.

Scrambled brains as above also make a good breakfast dish without the patties. It is common to put the brains in the pan raw, but not a good way, for it is difficult to get them cooked through without making them too dry, and almost impossible to free them from blood discolorations.

552—Rice Custard Pudding.

A large $\frac{1}{2}$ cup of raw rice—4 ounces.

Butter size of an egg— $1\frac{1}{2}$ ounces.

2 tablespoonfuls of sugar—2 ounces.

2 yolks of eggs.

Vanilla extract to flavor.

1 cupful of milk.

Wash the rice and put it on to boil in a measured cupful of water, and when it is half cooked pour in $\frac{1}{2}$ cupful of milk. Put on the lid and

let it cook gently at the back of the stove. Never stir it and it will not be very apt to burn.

Then mix in the other ingredients—the $\frac{1}{2}$ cup milk remaining to be beaten in with the yolks—and pour it into a buttered pudding pan that will hold a quart. Bake only till fairly set in the middle, as too much baking will cause the eggs to separate and make it watery. Serve with a sauce.

553—Raspberry Tart.

1 quart of fresh raspberries.

1 small cupful of sugar.

Puff paste for the crust.

Boil the raspberries with the sugar spread over the top and only a spoonful or two of water in the pan to moisten the bottom until the juice begins to run.

Lay a crust of puff paste rolled thinner in the middle than at the edges in a very small pie pan, or as many of them as are needed, fill the little pies with the stewed raspberries and bake without a top crust for about fifteen minutes. The puff paste edges of such pies as these rise the better if the oven is hot when they are first put in, and then allowed to cool so that they may dry well done.

554—Red Cherry Ice.

4 cupfuls of sweet red or black cherries—1 quart.

2 cupfuls of water—1 pint.

2 level cupfuls of sugar—12 ounces.

Mash the fruit raw and thoroughly so as to break the stones—a potato masher and deep saucepan will do—and strain the juice through a fine strainer into the freezer. Boil the cherry pulp with some of the sugar and water to extract the flavor from the kernels, and rub that also through the strainer, add the other pint of water and balance of the sugar and freeze. Use no white of eggs in this ice, as the color is not good unless frozen natural. This makes a good ice for the third color in a Neapolitan.

555—Queen Cakes.

1 level cupful of granulated sugar—7 ounces.

1 of butter—6 ounces.

6 or 7 whites of eggs—6 ounces.

2 cupfuls of flour—8 ounces.

Grated rind and peel of $\frac{1}{2}$ a lemon.

5 tablespoonfuls of sherry.

1 cupful of cut citron—8 ounces.

1 cupful of almonds, peeled and split.

1 cupful of sultana seedless raisins.

This, as is seen, is a white cake mixture with fruit in it. The appearance will be the finer if the citron can be procured of a light green color, as it sometimes is. Get the fruit ready first.

Then cream the butter and sugar together, add the whites a very little at a time without previous beating. When they are worked in add the flour, and after that beat the cake for about 10 minutes. Add the flavorings and then the fruit, but first dust it well with flour to prevent sinking in the cake.

Bake in small patty pans or muffin rings, and when done spread the tops with icing.

MENU NO. LI.—TEA.

556—Deviled Crabs.

Boil the crabs in salted water 20 minutes, open, crack the claws and take out the meat, measure it with a spoon into a bowl and add half as many spoonfuls of fine bread crumbs. For each crab add a teaspoonful of softened butter, same of vinegar mixed with a small teaspoonful of made mustard, a pinch of salt and cayenne. Pack the mixture in the crab shells and cover the surface with cracker meal, bake brown in a brisk oven and baste the tops once with butter to moisten the breading. Serve in the shells.

557—Buttered Toast.

Slice the bread thin and toast in the wire broiler over clear coals, or over the stove fire with the stove lid removed. Cut off the rough edges, and cut the toast either in long or triangular pieces all alike. Moisten it slightly by pouring a very little boiling water over it with a teaspoon, especially around the edges; then spread with softened butter and set it before the fire a few minutes.

558—Rice Waffles.

1 cupful of dry, cooked rice.

1 small cupful of milk.

1 of flour.

2 or 3 yolks and 1 whole egg.

2 tablespoonfuls of melted butter.

1 of syrup.

Little salt.

1 teaspoonful of baking powder.

Mash the dry-cooked rice in a pan with a little of the milk, which should be warm, till there are no lumps left, then add the rest of the ingredients all at once, and beat up thoroughly. Bake in a waffle iron.

Sour milk and soda can be used instead of sweet milk and baking powder.

559—Country Pancakes.

Bake batter cakes on a large griddle, so as to get a number at once. Spread them with butter and sugar, and pile up six or more in a plate. Cut in quarters when served.

560—Peaches and Cream.

The harder kinds of peaches should be chopped to the size of strawberries and mixed with sugar two or three hours before the meal. Allow about four ounces of sugar to a quart. Soft peaches, after peeling, are best only quartered or sliced. If admissible, serve them in large glass bowls ornamented with quarters of red or yellow peaches placed in order and a pitcher of cream with each bowl separately. If served individually in saucers, pour the cream over only as they are dished up.

MENU NO. LII.—BALL SUPPER.**561—Egg Lemonade for Fifty.**

8 quarts of water—a tin milk pail full.
3 pounds of sugar—6 or 7 cupfuls.
2 dozen lemons.
2 oranges.
8 or 10 whites of eggs.
Shaved or broken ice.

Grate the rinds of 8 or 10 of the lemons and the oranges into a large bowl, using a tin grater, and take less or more, according to the size and degree of ripeness or greenness of the fruit. Scrape off the grated rind that adheres. Put a little sugar in the bowl and rub the zest and sugar together with the back of a spoon. Squeeze in the juice of all, add the sugar and some water and then the whites of eggs, and beat the mixture till the sugar is dissolved; put in water to make the specified amount and strain the lemonade into another vessel containing ice.

When to be served fill a glass three parts full, invert another on top, the rims close together, and shake up to make the foam.

562—Plain Lemonade.

Three or four lemons, according to size, and a small cup of sugar to a quart of water. Slice the lemons into the water beforehand, and let stand. Put shaved ice in the glasses before filling.

Clear lemonade can be obtained by filtering it, when made, through blotting paper folded to fit in a glass funnel.

563—Catawba Cup.

To each bottle of dry catawba allow two bottles of soda water and a quarter pint of curacao, mix in a pitcher, and add ice abundantly. If not convenient to get bottled soda, use water and sugar or lemonade to mix with the wine and liqueur.

564—Turkey Galantine, or Boned Turkey in Jelly.

Three different ways of preparing either chickens, turkeys or ducks for this purpose have been described at Nos. 89, 306 and 465.

When the boned and stuffed fowl has been sufficiently boiled press it, still in the cloth, into a pan or mold, and there let it remain with a weight on top until cold. Into whatever shape it may be, there should be another vessel a size larger precisely like it, and the boned turkey or chicken, being taken out of the first mold, and the cloth taken off and the surface wiped clean with a napkin dipped in hot water, is then to be placed in the larger one; the space is then filled up with aspic jelly, poured in nearly cold, and when set, the mold being dipped a few moments in warm water, the galantine can be turned out onto its dish and decorated.

Two fair-sized turkeys, prepared as above, either stuffed with forcemeat or with the meat of another turkey or chicken, will slice into fifty plates.

565—Sandwiches of Potted Rabbit.

Make baking powder or buttermilk biscuits large in diameter, but thin and flaky, split them, spread one-half with butter, the other with potted rabbit and place them together again.

566—Potted Rabbit.

Potted meats will keep for months if required and can be drawn upon as the occasion arises.

2 small rabbits or 1 large one.
1 pound of fat bacon.
1 pound of veal.
The liver of the rabbits.
Salt, pepper, and spices.

Cut the rabbit in pieces and put it in a stone jar; cut the veal and bacon in large dice, mix them and add a teaspoonful of mixed mace, cloves, and black pepper, and a teaspoonful of salt, and fill the spaces between the pieces of rabbit. Lay a thin slice or two of bacon on top and 1 bay leaf, then cover with a lid of plain paste made of flour and water only, set the jar in a pan or pot containing water and bake in a slow oven 3 or 4 hours. There is no water needed in the meat. A greased paper on top will keep the paste from burning.

When done, set the jar away to become cold, pick the meat from the pieces of rabbit and pound them to a paste along with the veal and bacon and fat, and if any gravy at the bottom, boil down almost dry and mix it in. Taste for seasoning. Press solid into small jars or cups, and cover the top with the clear part of melted butter. Keep tightly covered in a cool place.

567--Sandwiches of Potted Quail.

Make rolls, either split or rounded, but flat, and place inside a half of a potted quail, prepared according to the following recipe.

568--Potted Quail.

- 1 dozen quail.
- 1 pound of veal.
- 1 pound of fat bacon.
- Seasonings and paste.

Bone the birds as directed for boning fowls; a penknife may be used, and no great care is required, except to get all the meat and not tear the sides to tatters. Cut each in two. Chop the veal and bacon together into sausage meat, and season with a teaspoonful of mixed mace, cloves and white pepper, and the same of salt, and a teaspoonful of finely minced lemon rind.

Select a jar or two small ones that the quail may be kept in after cooking, spread a thin layer of the veal and bacon forcemeat on the bottom, lay the halves of quail in order on that, spread them with a little of the forcemeat and so on till all are in, having forcemeat for the top. Cover with a thin slice or two of bacon, then with a crust of flour and water paste and bake by setting the jar in a pan of water in the oven for three hours.

When done take off the crust and drain away the fat and gravy and press by placing a small plate inside on the meat and a weight on that. When cold cover with clarified butter and cover tightly to exclude the air.

In case bacon is not liked in such pottings as the two preceding, fresh butter sufficient to cover and bake the meat or birds in can be used instead.

569--Smoked Tongue.

Smoked reindeer, buffalo or ox-tongues should be soaked in water a day or two before they are cooked. Boil them about three hours, peel off the outside skin, slice very thin, when cold, on a large platter. Around the edge put a border of green pickled peppers and gherkins, cut in strips and interspersed with shapes of beets scooped out with a potato spoon and previously steeped in vinegar.

570--Chicken or Turkey Salad for a Handful Supper.

6 or 8 fowls or 2 turkeys, or both, for a large party.

- 12 to 24 heads of celery—according to size.
- 1 dozen hard-boiled eggs.
- Salad dressing and olives.

Boil the fowls until tender and set them away to cool. Pick off all the meat and cut it first in

strips and then across in dice, the smaller the better, but never chop it.

Cut the celery stalks lengthwise, also, and then in dice not so small as the chicken. Mix them, season lightly with pepper and salt and moisten with a sprinkling of oil and vinegar, then pour over it in the pan or bowl the salad dressing of the annexed recipe. This salad, that being ready-mixed, will be placed by the spoonful upon the plates along with other meats, should be moist enough not to be a compact paste, as it is when the chicken is minced too fine, yet the dressing must not run like a sauce. If the dressing or the salad need thinning use a cupful of the broth the fowls were boiled in, cold, but not ice-cold, lest the butter separate. Round up the salad slightly in a flat dish or shallow bowl and border with olives and quartered eggs, or with shred green lettuce.

571--Best Salad Dressing.

This quantity is for salad for a party:

- 6 yolks of hard-boiled eggs.
- 3 raw yolks.
- $\frac{1}{2}$ cupful of olive oil.
- $\frac{1}{2}$ cupful melted fresh butter.
- 1 cupful of vinegar.
- 2 teaspoonfuls of salt.
- 1 tablespoonful of made mustard.
- Little pepper-sauce and cayenne.

Grate the hard-boiled yolks or pound them quite smooth in a bowl with the butter, made soft by warming, and the raw yolks. Add the salt, mustard, cayenne, and then a little oil and a little vinegar next, working in first one and then the other, a spoonful at a time, until all of the specified amount is in. The bowl should be set in ice water. This makes a buttery compound that may either be mixed with the salad material or spread on top.

572--Poached Yolks for Salad Dressing.

A considerable saving may be effected when preparing for a party, at the season when eggs are dear, by separating the eggs raw, taking the whites for the many articles that require them, such as egg lemonade, meringues, kisses, frostings, frozen punches, white cakes, etc., and dropping the yolks into boiling water to poach them for salads and salad dressings, stuffing of boned fowls and other uses.

573--Best Salad Dressing in Small Quantity.

- 2 hard boiled yolks.
- 1 raw yolk.
- Butter size of an egg.
- 2 tablespoonfuls of olive oil.
- 5 tablespoonfuls of vinegar.
- Salt, made mustard and cayenne.

Pound the hard boiled yolks and butter together warm, add the raw yolk, the seasonings, oil and vinegar alternately.

574—Three-Cornered Tarts.

To be neat and rich and fit for a party supper these must be made small, baked dry and have a sugar glaze baked on them.

Have some stewed apple ready, thick and with considerable sugar in it—any other kind of jam will do as well—and some puff-paste. Roll the paste to a thin sheet and cut it in $2\frac{1}{2}$ inch squares, that is about the length of a middle finger across.

Put a teaspoonful of jam in the center and fold over so as to make a three-cornered tart. Run the paste jagger along the edges to close them by cutting off a shred, or pinch them together with the fingers. Brush over the tops, after placing in the baking pan, with egg and water and sprinkle granulated sugar upon them. Bake in a slack oven.

575—Paper Cases for Individual Charlottes.

Procure half a dozen sheets of cap or fine book paper, which is like writing paper not ruled, and make a pattern for the paper cases by fitting a band of paper to the outside of a very small tumbler, such as is used for Roman punch, or some similar small shape. The band of paper, when cut to fit, will form a curve. Cut as many such pieces as are needed from the sheets, and then, placing three or four together, cut both top and bottom edges into fringe a quarter of an inch or less in depth. Make some corn-starch paste very stiff, and paste the ends of the bands together, forming cup shapes, then cut around the edges, press the fringed bottom edges of the cups onto the paste, the fringe bent outward, and the shapes are made.

576—Strawberry Charlottes in Cases for Fifty.

Having prepared 50 paper cases of about the capacity of very small tumblers, according to the directions in the preceding article; next bake 6 sheets of cake of any kind that is suitable to roll up, or of the following, which is right in quantity for 50 small Charlottes.

3 rounded cupfuls of granulated sugar— $1\frac{1}{2}$ pounds.

15 eggs.

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

4 rounded cupfuls of flour—18 ounces.

Separate the eggs. Beat the yolks, sugar and water rapidly for 10 minutes.

Have the flour weighed or measured ready. Whip the whites perfectly firm. Stir the flour into the beaten yolks and the whipped whites last.

Spread thinly on sheets of blank paper not gased, and bake in a quick oven about 6 minutes.

Careful baking is required, because if dried or burnt the cake will break.

Brush the paper, under side, with water, and it can be pulled off the cake. Should any of the sheets become too dry to roll or bend in spite of care in baking, lay them on top of each other after wetting the paper, and let lie so half an hour.

Cut out the pieces of cake by the same paper pattern the cakes were cut by, but a trifle shorter, and put the lining of cake in the paper cases. No bottom of cake is needed, but little square pieces can be pushed down inside if wished.

A short time before serving fill the Charlottes with the cream intended for the purpose.

577—Strawberry Whipped Cream for Fifty.

1 quart of red strawberries.

3 pints of thick sweet cream.

1 pound of sugar—2 cupfuls.

$1\frac{1}{2}$ ounces of gelatine—a package.

Cover the fruit with the sugar in a bowl, mash together and rub through a sieve.

Dissolve the gelatine in a cup of milk extra, in a small vessel set in a place where it will warm gradually. When the gelatine is dissolved put the cream into a pail or pan, take the large wire egg whisk and whip it to a froth, pour in the gelatine, and continue whipping, with the pan set on ice; then add the strawberry pulp or syrup, and when it is firm enough, and before it is quite set, fill the individual Charlottes with it, well piled above the edge.

Cream without fruit, and only flavored with strawberry extract, does not need any gelatine. See No. 313.

578—Indian River Orange Jelly.

12 large red-fleshed oranges.

$1\frac{1}{2}$ pints of water—3 cupfuls.

1 pound of sugar.

1 package of gelatine.

1 lemon—juice only.

5 whites of eggs.

Put on the cold water, with everything in it except the oranges, and let heat gradually, with care not to let it burn, as it is very apt to do at first. Pare off the yellow zest of 1 orange and throw that in for flavor, not forgetting the lemon juice, which is essential. Squeeze enough of the oranges that have red meat and juice to make a quart.

When the jelly on the fire has boiled about 15 minutes pour it through the jelly bag and pour the orange juice through immediately after, letting them mix, and run through several times, the object being to filter the orange juice to brightness by passing it through the coagulated white of egg without boiling it. If not of good

color add cochineal. Can be set in molds or served in glasses or cut in diamonds in meringue cups, etc.

Meringue cups for fifty will be made with 15 whites and a pound and three-quarters of sugar.

579—Lemon Butter Drops.

Make the cake mixture No. 442, and drop in round cakes on sheets of paper, dredge with sugar and bake. Spread lemon butter between two placed together.

580—Lemon Butter, or Paste, or Cheesecake, or Lemon Honey.

A world-wide favorite, made of—

1 cupful of sugar—8 ounces.

3 lemons.

Butter, size of an egg—2 ounces.

4 to 6 yolks or 3 whole eggs—not particular.

Cut the sugar, butter, grated rinds and juice into a saucepan and boil, add the yolks and stir until it becomes thick.

581—Whipped Cream Frozen in Glasses.

For a party supper that takes place at a time when the weather is extremely cold, it is easy to freeze glasses of variously flavored creams by only exposing them to the outer air. Otherwise it may be found inconvenient to prepare them in this way because of the large amount of room in the freezing boxes required.

582—Coffee Flavored Whipped Cream Frozen.

1 quart of thick cream.

1 cupful of strong black coffee.

1 cupful of sugar.

Mix these in a tin pail or deep pan and whip with the wire egg-whisk until it is all froth. Pile up in stem glasses, freeze and serve in the same glasses. See No. 581.

583—Maraschino Cream Frozen in Glasses.

1 quart of thick cream.

1 cupful of maraschino liqueur.

$\frac{1}{2}$ cupful of sugar.

Whip to a froth with the wire egg-whisk, pile in glasses and freeze. See No. 581.

584—Chocolate Cream Frozen in Glasses.

1 quart of thick cream.

4 ounces of sweet chocolate—a cupful grated.

1 cupful of sugar—8 ounces.

1 cupful of milk.

Vanilla flavoring.

Set the milk over the fire with the sugar and

grated chocolate in it and beat until the chocolate is all dissolved, strain it into another vessel and let it cool.

Whip the cream in a pail or pan, set on ice, and add the chocolate milk while whipping. Flavor with vanilla extract. Heap the whipped in stem glasses and freeze as directed in preceding articles.

585—Neapolitan Cake.

Sheets of pound cake mixture baked on jelly-cake pans, a good number of them with jelly spread between, piled high, the cake trimmed and ornamented.

586—White Mountain Cake.

Jelly cake sheets like the foregoing kind, with cake frosting, the same as made for meringues and kisses, spread thickly between the layers and on top. Chopped almonds may be mixed in.

587—Layer Fruit Cake.

Like the preceding, but minced raisins, citron, almonds and currants mixed with the frosting between the layers.

588—Tokay Grape Ice.

5 pints of red Tokay grapes—4 pounds.

3 cupfuls of water.

3 cupfuls of sugar.

1 lemon and 1 orange.

4 whites of eggs.

Select about a fourth of the grapes, to be dropped whole into the ice at last. Scald the rest in a syrup made of the sugar and part of the water, and rub the pulp through a strainer, with the syrup, and pour the remaining water over the skins while pressing. Add the juice, only, of the orange and lemon, freeze in a freezer the usual way, and when nearly done add the whites of eggs whipped firm, also the raw grapes, and finish the freezing.

589—Hickory Nut Ice Cream.

1 pound of hickory-nut kernels.

2 cups of sugar.

1 quart of cream.

2 tablespoonfuls of sugar burnt brown.

Pick over the kernels carefully for pieces of shell, then pound them in a mortar with a little sugar and water added.

Set 2 spoonfuls of sugar over the fire without water and let it melt and brown. Pour in a little water to dissolve it, then add it to the cream with the sugar and nut paste and freeze in the usual manner.

The two foregoing ices may be packed in brick molds in layers, put down and frozen firm.

590—Richest Fruit Cake or Black Cake.

Prepare the fruit first.

2½ pounds of seedless raisins.

2½ pounds of clean dry currants.

1½ pounds of citron, shred fine.

2 ounces of mixed ground spices—cinnamon, cloves, nutmeg and mace.

1 small cupful of burnt sugar coloring.

1 small cupful of reboiled molasses.

1 small cupful of brandy.

1 tablespoonful of extract of lemon.

A small addition of almonds, nuts, candy, or cut figs can be made if wished.

Then mix the cake batter:

14 ounces of sugar.

14 ounces of butter.

10 eggs.

18 ounces of flour.

Mix up same as pound cake; after the flour is all in add the 2 ounces of spice, then the caramel coloring, molasses, brandy and lemon extract. The batter will then be quite thin. Dust the fruit well with flour and mix it in.

Line two cake molds with buttered paper and divide the mixture into them. Set the molds in the middle of a sheet or two of greased paper, gather it up around them and tie with twine, thus wrapping the molds in paper to shield them from too much heat and avoid burning the fruit. Bake from 2 to 2½ hours in a slack oven.

The black cake above should be at least 2 or 3 days old before it is cut. The amount of cake batter only serves to hold the fruit together, but, it ought to be mentioned, the quantity of the pound cake mixture in it may be doubled and all the other ingredients remain the same and it will still be a very rich black cake.

591—Tea for a Large Party.

To make what tea-drinkers call a real good cup of tea takes nearly a teaspoonful of green tea for each cup, or 4 teaspoonfuls to 5 cups of water, the leaves absorbing 1 cup. But then there is a second drawing that brings this out.

Four ounces of tea contain 28 teaspoonfuls or 2 cupfuls, rounded up. Using mixed tea, and allowing time to draw 2 cupfuls of tea, is sufficient to put into 40 cups of water, or a quarter-pound of tea to 2½ gallons of water, which is the same thing in other words.

The best way to make tea for a number is to have the water boiling in an urn and put the tea in a box made of perforated tin and drop it into the water, which must then be stopped from boiling.

592—White Coffee

Is made with coffee that, instead of being browned, is only baked to a slight yellow color

and is not ground, or at most the berries are only bruised, and is made with one-half milk and one-half water. It requires twice as much coffee as the ordinary.

For 8 cups take:

2 cupfuls of light baked coffee berries.

4 cupfuls of boiling water.

5 cupfuls of boiling milk.

The berries may have been parched before, but when wanted, heat them over again and throw them hot into the boiling water. Close the lid and let stand to draw for ½ hour, then add the boiling milk through a strainer.

When the milk is first set on to boil, put in a tablespoonful or two of sugar to prevent burning at the bottom. Serve sugar with the coffee as usual, and, if for a party, a spoonful of whipped cream in each cup.

MISCELLANEOUS RECIPES.**593—Icing and Ornamenting Cakes.**

Fruit cakes always need two coats of icing. Common glaze or sugar only, melted with white of egg, may do for the first, and if to be very nice, mix some minced almond in it. The first coat will dry in an hour in a warm place.

Cake icing is the same as the star kiss mixture or meringue, at No. 392, only it is surer to beat sugar and whites together in a bowl, and powdered sugar makes the smoothest icing. Put into a deep bowl two whites and a cupful of sugar, which makes a stiff paste, and beat them with a wooden paddle fifteen minutes. Add some flavoring extract. To smooth over the cake cut a strip of writing paper an inch wide end, stretching it between the hands, draw the edge over the top of the cake.

To make a border put some of the icing into a cornet made of writing paper, and pinned. Clip of the point, and the pipe of icing that is pressed out can be laid on the edge of the cake like a braid. Leaves and flowers can be bought ready made.

594—Paper Frills and Rosettes for Outlets, Etc.

Cut a sheet of note paper into strips two inches wide, and double them lengthwise, to make the width of a knife blade. Cut the double edge into fringe a quarter inch deep. Move the edges of the paper one higher than the other, and the fringe will be bowed out instead of lying flat. Fasten the edge that way with a touch of corn starch paste made very stiff. Then roll the fringed pieces of paper around a pencil and fasten the end with paste—if to be slipped over the ends of frogs' legs; but if for outlet bones of uncertain size wrap them just before serving, and a touch of the very stiff paste will hold them in place.

595—Potted Lake Herring or Cisco.

Take one dozen small lake herring, cisco or trout, or enough to nearly fill the jar they are to be cooked and kept in, dress and wipe with a dry cloth; strew a little salt in and over them, and let them lie over night; then wipe again with a dry cloth and season with two teaspoonfuls of white pepper, one teaspoonful of ground cloves and a level teaspoonful of cayenne and ground mace together. Then put the fish, with their backs down, in the jar, crowded close together. Melt a sufficient quantity of fresh butter, probably three pounds, and when it has settled pour the clear part over the fish, enough to cover them. Put a greased paper and a lid of some sort on top of the jar, set it in a pan of water and bake it so in a slow oven about four hours. Keep in the same jar, always covered with butter, in a cool place.

596 Curries.

A curry may be described as a brown stew with curry powder added to it.

Cut up a chicken, veal, lamb or whatever is to be curried, and fry the pieces in butter until the outside of them is a very light brown, and while frying sprinkle over a teaspoonful of curry powder. Then put in a minced onion, some salt and a little water or broth, cover with the lid and simmer until the meat is tender. Take the pieces out on a hot dish, pour off the grease from the pan and make gravy in it and thicken in the usual way and pour it over the meat. It is customary to serve dry boiled rice with a curry, and a border to the dish may be made with it and the curry dished in the center.

597—Pressed Corned Beef.

After boiling the corned beef two hours take it out of the water—which will be too salt when reduced to use for jelly—cut in pieces size of eggs and simmer it about two or three hours more, using fresh water if no clear broth is to be had, and only just enough to cover it, that it may stew down rich enough to set in jelly when cold. Pour it into a deep pan when done and push a gravy strainer or colander down into it; the liquor will rise in the strainer, and the fat can be skimmed off. Put a plate on top of the meat after that and a weight, and let it get cold with the jelly in it.

The meat, having been so cut in pieces, will be evenly mixed, the fat with the lean, all through.

Another good way is to roll up streaked pieces and tie with twine. When they are boiled very tender take them on a dish and remove the strings, lay them in a long mold in two layers and press them together with enough of the liquor about to fill up the spaces with jelly.

598—Head Cheese and Brawn.

Much the same as pressed corned beef. The best or the variety called brawn is partly corned before boiling. Where it would take a week in pickle to make salt pork of it, let the head to be made into head cheese lie in it only 2 days. The pickle or brine recipe is at No. 106.

Wash the head and boil it 2 hours. Cool it, take out the bones and cut the meat in pieces. Season it with sage, a little salt, and a good allowance of pepper. Strain the liquor it was first boiled in, put the pieces in again and simmer 2 hours longer. Press in a pan, or else put it into a muslin bag, tie and press in a pan with the liquor surrounding it.

599—Pork Sausage.

Twice as much lean as fat. To 6 pounds of the chopped meat allow a heaping teaspoonful of salt, the same of powdered sage, and a heaping teaspoonful of pepper and a cup of water.

600—Tomato Ketchup.

$\frac{1}{2}$ bushel of tomatoes, or 25 pounds.

1 bay leaf.

$\frac{1}{2}$ head of garlic.

3 pints of vinegar

$\frac{1}{2}$ cupful of salt

1 tablespoonful of cayenne.

1 ounce of bruised peppercorns.

1 of blades of mace—4 tablespoonfuls.

1 of cloves—same.

Wash the tomatoes and cut out the green part around the stem, cook them at the side of the range in a bright kettle or pan and a lid on, in their own juice and steam for about an hour, and the spices, garlic, bay leaf and pepper with them. Mash them through a colander to remove the skins, then put the pulp through a sieve that will not let the seeds go through. Add the vinegar to help it through, for the straining is rather tedious; then boil it down to half. It is difficult to keep it from scorching at the bottom. Use a broad wooden paddle to keep it stirred up with, and make the catsup at a time when a slow fire can be kept for it. Bottle it warm, cork down and seal.

OBSERVATIONS ON TABLE MANNERS.

From the Chicago Herald.

More people receive invitations to dinners and receptions that know how to accept them. At least that is the opinion of a Chicago lady, who, to cancel her social obligations, has entertained very largely during the last year. It is a cruel blow to upper-tendom, and all the more lamentable because of its truth. Over-eating and immoderate drinking are the most common forms of bad breeding, and the raven-

ousness with which some of the swells gorge themselves at dinner parties and luncheons would make a cannibal blush. Ladies who look as spiritual as though they lived on dew and sunlight order the entire menu, and afterward gorge themselves with cream and cake, loading their pockets with the fruits and confections which they cannot devour. Precious young men are frequently seen draining the glasses of wine which some waiter has left on the sideboard for half a dozen guests. It is customary for the host to leave a supply of cigars in the gentlemen's room for the pleasure of such guests as may soon find the hasty compliments of the parlor tedious. One such thoughtful host was somewhat nonplussed, on going to the guests' chamber for a quiet smoke with a friend, to find that 300 choice Habanas had been appropriated by the gentlemen who honored him with their company.

Yet all guests are not so boorish, and for the edification of the timorous the following observations are offered: The spirit of social etiquette in olden days consisted in a more marked regard for ostentation and ceremony. Modern hospitality is remarkable for simplicity, avoiding all unnecessary display of plate, raiments, and the manner of entertainment. It is customary to have cards presented to each gentleman signifying the lady who is to have his escort. This saves the ladies a good deal of embarrassment, as it is never proper for her to descend to the dining-room alone, and even though her neglect may result from an oversight, it is none the less an annoyance, which apologies only increase. When dinner is announced the gentleman offers his left arm, when possible, to keep the lady next to the wall. In entering the dining-room, if the door-way is not wide enough for both to pass abreast, the gentleman enters first taking care not to turn his back to his company; but swinging himself in with a graceful bow and offering the other arm. This gives the lady more freedom in managing her train. But on no other occasion should a gentleman precede a lady. The lady of the house should always be escorted to the table by the most honored guest. The gentlemen of the house are the last to enter the room. If the company is small the carving is done by the host. No more difficult task than that of doing the honors gracefully could be imposed. No comments should be made by the guests, and apologies from his wife or daughter are in very poor taste, as well as aggravating.

When the affair is conducted on a grand scale the carving is done by the servant in the pantry, and the table attendants bring in the plates on a silver tray. They also pass round the table with such vegetables or table luxuries as are not served individually. The table is tastefully dressed with flowers and desserts, in which case the cloth is not removed. Great display is never

indicative of anything but shoddiness. Good taste suggests simplicity and a harmony of surroundings and circumstances. Insufficiency of light, turning off part of the burners, making the dining-room fire just before the company enter and allowing it to go out before their departure, is certainly a sign of economy, but may be instrumental in giving the host a sordid reputation. The guests who can find no other topics for conversation than passing compliments on the dishes, viands and wines are certainly to be pitied. The lady of the house is supposed to use some tact in leaving the table shortly after the dessert is finished. Some hints given to the ladies at either side are telegraphed down the sides, or it is quite proper for ladies who are in the midst of earnest conversation to follow the first withdrawal as soon as it is politely convenient. Many of the younger gentlemen, and those averse to smoking or the influence of the bowl, retire with the ladies. In that case coffee is served in the parlor earlier than usual. When the majority, with the hostess, retire, all gentlemen rise and remain standing until the last lady has disappeared.

Ceremonials differ at different entertainments, but there are some formulae that are always to be observed. At large dinners soup and fish are never called for a second time. When asked for a choice of cuts the guest should always specify, and when inquiry is made as to whether the light or dark meat of poultry is preferred, a call for both is not strictly elegant, as the great number to be served may exhaust the fowl too soon. If the delighted feaster will avoid the embarrassment of having to leave some course untouched, he will leave the cravings to be satisfied on the dessert.

In serving, the sauces, vegetables and appetizers are brought in on separate dishes, or at least kept distinct, and no cultured person will hurt the taste by mixing them. No plate should be loaded nor should anybody be pressed to try a certain dish or have a new supply. If he is an intelligent individual he best knows how to show deference to his stomach, and if he does not, it is well for him that some one else exercises that civility. While it is often impossible to wait for the entire board to finish a course it is well to delay until your immediate neighbors have finished before sending away the plate. At a small company guests should wait until all are served before beginning to eat, unless otherwise requested by the host. In that case the guest can display the nicety of culture by sipping water, arranging the small table furniture, as the two knives and forks, pepper and salt cruets, wine glasses, water jug, napkin holder, or prepare his food. It is different at a larger affair, where couples begin the course as soon as served. Crackers, cubes of bread and celery are taken with the soup. Celery is a

treacherous vegetable, and unless masticated noiselessly will brand the consumer. Some very polite people never serve it, excepting when chopped up and dressed; then it comes with the entree. If the knives are steel, fish is always eaten with a small fork and a cube of bread, which may be five inches long and one and a half thick. The steel will corrode on touching the fish. But even when plated cutlery is used, the knife is frequently dispensed with.

So much has been said about the vulgarity of eating with the knife that little that is new can be offered here. The knife was certainly intended for cutting purposes, yet a millionaire, who may take precedence in financial circles, is denominated a boor in the society that he thus offends, and inwardly detested by the urbane. But a gentleman is never so much a gentleman as when he has a knife and fork in his hands and knows how to use them. Filling the mouth too full to permit conversation, drinking and eating noisily, staring around the table over the edge of a cup or glass while drinking, blowing hot dishes, pouring tea and coffee in a saucer and getting the hiccoughs are vulgarisms almost intolerable to the refined.

It is often a delicate matter to know just what dishes should be eaten with a fork and spoon. Usually all vegetables are taken to the mouth with a fork, and also as many side dishes as possible. Peas, beans, succotash, curry, creams, ices, puddings, custards and fancy pastry are eaten with a spoon. Pie and melon are always mastered with a fork. The best authority asserts that all articles of diet should be taken from the side of the spoon rather than from the end. And the same judge decrees that the spoon shall be filled by moving it away from the individual rather than toward him.

In eating the lips should always be kept closed. The spoon should be removed from the cup and placed in the saucer before drinking; nor should it be allowed to knock against the side of the cup in stirring. Bread, cake, rolls, etc. should always be broken and kept on the tablecloth near the plate. It is perfectly proper to pick a bone and take corn in the fingers; but care should be used against soiling the mouth and hands. Any disagreeable article that may be found on the plate should be quietly ignored without calling the attention of guests or host. When finished the knife and fork are laid on the plate parallel to one another, with the handles at the right, the spoon placed in the cup and egg-shells crushed on the plate. It is also one of the niceties of refined society that the table be left as neat as possible. Every one is under a social obligation to contribute to the conversation, mirth and congeniality of the table, while the lion should be amiable enough not to monopolize all the attention.

A LONG-FELT WANT

The Need of Good Cooks Especially Observable in the South.

I have had occasion to travel considerably during the past year, and at half the houses I stopped the biscuits were raw at the bottom, and either as heavy as lead or yellow as a pumpkin with soda, while the meat was swimming in grease. Why, it is enough to give a razor-back hog, a sheep-killing dog or a Bengal tiger dyspepsia. And then the coffee—how delectable. What it is made of I have not the slightest idea; but, whatever it is, it has not the slightest kinship to genuine Rio or the deliciously flavored Java. Horace Greeley visited the South soon after the war, and the only criticism his kind heart made was in these memorable words: "The South needs 20,000 cooks." It would not have been prudent for Mr. Greeley to have made a visit to the South before the war, but if he had, and been entertained by 20,000 farmers and planters, he would have said: "The South has 20,000 of the best cooks in the world!" Southerners always educated their daughters, and when these daughters married they made their home attractive in various ways, and especially in the cooking department. They educated negro women in the art of cooking, and allowed them to do nothing else, consequently the cooking was excellent. But the abolition of slavery also abolished good cooking, except as to the negro women who were educated by their mistresses in the culinary art, and the mistresses themselves. I heard a gentleman make a very sensible remark recently, "Vanderbilt, Peabody and Slater have given millions of dollars to the cause of education in the South, and I honor them as great benefactors of our section; but if I had several millions to give away, I would establish all over the South schools in which the art of cooking would be taught. In doing this I would be subserving the cause of morality and religion, as well as of civilization and humanity. Properly-cooked food causes health, and perfect health is conducive to good temper, cheerfulness, kind feeling, efficient and capable work, mental and physical, while badly cooked food produces indigestion; indigestion causes bad health in every part of the human system, fretfulness, hatefulness, discontent, poor mental and physical labor, and renders life a curse to himself and all those around him. A man cannot be a true Christian, in all that means, if he is fed upon badly cooked food all his days. The great need of the country is good cooks and plenty of them. Young ladies should be instructed in the art, both at school and at home. It is time the country was awakening to this great need. A well-to-do parent spends \$500 to give his daughter a musical education, and another \$500

to buy her a piano, and nine chances to one she never plays on it a year after her marriage. If that \$1,000 were spent in giving her a practical and theoretical knowledge of cooking, it would be far better for her and infinitely better for her future husband and children." The man who made these remarks is married, and has three beautiful daughters—"hence these tears."—Correspondent Nashville (Tenn.) American.

SOCIETY'S FAVORITE FLORAL GEMS.

There is probably no metropolis in the world, says the New York Star, where the beautiful in flowers is more sought for than in this city, where the society belle would as soon face a water famine as a dearth in the supply of her favorite bouquets, composed of the richest, rarest and most expensive products of the botanical kingdom. According to the statements of a number of the leading florists, there is a wanton extravagance in the fragrant productions of the nursery or hot house, for of late even a private parlor entertainment is considered as nothing if the choicest buds and bouquets are not strewn around in profusion. For the purpose of learning something of the demand for the beauties of the garden, a Star reporter called upon one of the leading florists of the city. That gentleman is of a decided poetic turn of mind, and the moment the subject was mentioned he began by saying:

"Flowers are like children, sir; symbols of love, nature's offspring, and the jewels of God. To be without them would be like life on a barren island. He who loves not flowers cannot love children. Nothing will refine our little ones more than their early introduction to flowers."

"I came rather," said the reporter, "to inquire as to the styles in flowers, their prices, and the demand for them."

"The styles vary like everything else, and what is worn plentifully this week is cast aside the next," said the florist.

"Are there not some flowers that are always in demand?" was asked.

"Yes, you can dispose of pure lilies or large red roses at any time, and like everything else, the scarcer they are of course the dearer they get to be. Let me show you a specimen. Bessie, bring that bouquet ordered by that actress."

The bouquet was a gem, a marvel of artistic skill. In the center was a magnificent lily, surrounded by rosebuds and lilies of the valley.

"Look at that lily," said the botanical scientist, throwing himself into an attitude of extreme admiration. "Is it not a beauty? Tall, stately and almost transparent. Look at those rosebuds. Are they not charming? Oh, it is a pity to think that they must wither and die. That bouquet,

is to be presented at the footlights to one of our leading actresses to-night."

"How much does such a bouquet cost?" inquired the reporter.

"A few years ago a gem like that would have cost at least \$100. To day I can afford to make it up for \$50. You want to know why it is that the prices of flowers have fallen so much. Well, I'll tell you. The secret is that I grow all my flowers right in the rear of these premises. If I was compelled to purchase flowers from any botanist, why of course I could not afford to sell them so cheap. Within the past four or five years all descriptions of flowers have fallen in price."

"I understand you made the first bouquet that was presented to Mrs. Langtry, the Jersey Lily, on her arrival in this country?" said the reporter.

"How much did that cost?"

"It cost \$150," was the answer. A few years ago it would have sold for \$300. There were three large letters in the center resting on a bed of roses. Then there were two borders of smaller lilies of the choicest kind, while the outside border was woven into Mrs. Langtry's name. I think, without exception, it was the most artistic piece of workmanship that ever passed through my hands."

"Might I inquire who presented the bouquet to Mrs. Langtry?"

"It would not be professional to give the name, but it was a very prominent citizen," whispered the florist.

"What do those bouquets the ladies wear on their bosom cost—I mean the choicest?" queried the reporter.

"That depends upon what they are composed of," said the florist. "I have a number of standing orders from some of the richest families up-town to supply them daily with small bouquets, which average from \$2 to \$5 each. You would be astonished at the quantity of daisies and violets we sell for the same purpose, so that the beauties of the field, which you can gather at will in summer, cannot be bought for less than \$5. Apropos of these sentiments, the following lines are expressive of the association of joy and grief just referred to:

Flowers are the gentlest emblem
We wear upon the heart;
With flowers we crown the victor,
The queens of song and art.

With flowers we speed the parting
And greet the coming friend;
Enhanced by every fragrance,
Our friendship's vows we send.

Place flowers upon the bier,
The wreath upon the breast;
Then leave the one we held so dear
Among the flowers to rest.

"Is there any particular flower that is the favorite at this season of the year?" he was asked.

"Yes; here are some jacquemint roses," he said. "They are the favorites just at present, and are in great demand. The 'Jack' rose is a very delicate creature, and, although I grow, nurse and care for them myself, I cannot possibly sell them under \$1 each. Formerly they used to cost as high as \$3 and \$5 apiece. You have no idea of the immense sums of money that are expended yearly in this city on flowers, and I am free to admit that there is a great extravagance displayed. You can go to the Academy of Music on any gala night and reckon the price of the flowers worn by the thousands of dollars."

"Is there any change in the style of wedding flowers this season?"

"Nothing particular," answered the florist, "except that for weddings floral displays are not at all what they used to be, notwithstanding the great reduction in prices."

"How about funeral supplies?"

"There is a marked falling off in the demand for funeral floral offerings. We make most of our bouquets this winter for street wear, and in my mind there is nothing can compare with a bunch of bright roses for the fair-complexioned: the dark jacquemint for the brunette. Then you have the Marshal Neil, the mermaid and the beautiful Malmaison, and the simple, but magnificent, pearl defan—all of which cost from \$1 to \$10."

CURIOSITIES OF OLD COOK BOOKS.

One thing that it is perfectly plain to be seen is that there has always been an insurmountable difficulty in finding suitable names for the cook's dishes after they were made, and, bad as the corrupted French terms are which constitute the modern absurdities of bills of fare, could some experienced gourmand of a hundred years ago awake, like Rip Van Winkle, and go about to break his fast at the public eating houses he could be just as unintelligible while employing only the terms that were in common use among the housewives of his youthful days. He would not, perhaps, call for "an Indian devil," that not being a strictly uncommon article, although he would have the satisfaction of seeing this one served up on toast, for it is a piece of meat made red hot with chutney, cayenne and walnut ketchup; nor "a wet devil," which is not necessarily as mad as the traditional wet hen, for it is only a broil with a hot and peppery sauce poured over it; or "a dry devil," a very proper and orthodox affair beautifully grilled over the coals, without a drop of moisture other than hot butter to bathe in. These three were well known to the novelists of our grandfather's time. But he might call for "dumpokht," a dish of stuffed kid mentioned in the Arabian Nights, but modernized to mean a hare cooked with almonds and raisins, or "mumbled rabbit," which is minced rabbit meat stirred with eggs

over the fire like scrambled brains; or some "kedgeree," a mixture of minced cold meat, hard boiled eggs and cooked rice all scrambled together over the fire, and different from "salma-gundi," because the latter consists of minced meat, tongue and eggs served cold and ornamentally, which he might have in place of a salad, or even an "Indian kabob," which no one would pretend was a thing in too common demand, although it is only a skewer full of little mutton steaks with sliced apples strung on between each one, seasoned with turmeric and cayenne, fried in butter and served with rice. "Kebobbed mutton" would take more time and trouble to prepare, as it needs roasting, being a loin sliced down to the bone and stuffing inserted in the cuts, but if, when they had kebobbed it, it had not been kebobbed enough, he could send it back and make them kebob it some more.

As for vegetables, he might demand "fregahead greens" that are shut in a saucepan with batter and onions, and cooked so without water, and bread different from other people's would have been "fadge," a sort of graham flour short-cake without any "rising" in it, baked in a skillet on top of the stove.

A number of bills of fare might thus be made up of articles that would have a tendency to drive the restaurant men to the verge of distraction, as they understand scarcely anything but French. At one time it might be "pereque turkey," not like the common, with cranberry sauce, but stuck full of truffles, steeped in wine over night and roasted next day; "a pupton of pigeons," a sort of pie, or rather a "terrine" of pigeons, having bread stuffing for the bottom and top crust; "a dunelem of veal," minced veal and mushrooms in brown gravy, on toast; "podories of beef," which are fried patties with beef filling; "gobbets of beef," stewed beef thickened with vegetables and rice; "sansartees mutton," curry of mutton on skewers, or "bobotee," another curry of meat and almonds baked. "China chilo" might be referred to the editor of the new Chinese newspaper, to see if it be genuine Chinese. It has the predominant L in it anyway, and besides that is made of minced mutton, onions, lettuce and green peas simmered together and served in a border of rice. For sauces and relishes there are "aristocratique sauce," a mixture of walnut ketchup and port wine, and "ballachony," made of pounded shrimps, ginger and onions.

That fine cook, good old Mrs. Adjective, has left us an entirely different assortment, among which "disguised love," a calf's head coated an inch thick outside with stuffing and then baked, if not more misleading than "bombarded veal," which, so far from meaning a cannonaded calf, is but stuffed veal cut like kebobbed mutton and boiled spinach crammed into the gaps, then baked with paste over the dish, or "surprised

rabbits," which are, in fact, surprised at nothing, although the diners, may be, finding the meat of the rabbits has been removed, reduced to a paste and seasoned, and plastered on the carcass again in the original form and then browned. "Turkey in a hurry" in this case has no reference to a turkey traveling across lots just before Thanksgiving, nor has "pulled turkey" the meaning that seems so obvious after the bird has been caught. On the contrary, they were regularly finished dishes that might be called for at any public house, just like "jugged hare," a hare cut up and cooked by baking in a jar closely covered, or "snipes in surtout," baked in a pie like a puppet of pigeons, with the crust of bread stuffing.

"Cropped heads," "green caps" and "light wigs," if they were inquired for at any of our bon-ton restaurants would probably lead to the inquirer being carried to a barber's shop, but it was not always thus. Cropped heads are stuffed haddock's heads, breaded and fried; green caps are greening apples, carefully baked and a cap of frosting placed on top, and light wigs are light batter cakes; we call them "flannel cakes," but they had the old name when white powdered wigs were worn. "Cats' tongues" were eaten then as now. They are, however, only a variety of the cakes called lady fingers. Our lady of the bombarded veal exhibits the ruling passion to the last, and gives us "a grateful pudding" for a benediction. Still, as one can be sure of nothing in the names, this may mean only that it will be a grate full if thrown into the fire. For "a Scotch woodcock" might be bought at any season without reference to the laws for the protection of game, it being as innocent of meat as a Welsh rabbit, being, in fact, a pile of anchovy toast with cream sauce poured over it, as far from the thing hinted at as a Devonshire squab pie, which has not the slightest relationship to a pie of young pigeons. "Between two stools we come to the ground," says the old proverb. In this manner we have not now a distinctive name for a custard pie. It is bad enough for the common comprehension for the French to call it a "flan," but not a whit more strange than the old English name "downset," and while calling everything a cream, even fried cream and cream fritters, we have forgotten the old word "fraise," belonging especially to articles like almond porridge, to be cut when cold and fried, and if placed in fanlike order in a dish called "palm-tree pudding." Not that the names of puddings were always intelligible, for, while a reason may be found for "quaking pudding," seeing that it consists of custard, boiled in a mold, and is quite shaky on its foundations, it is not so clear why "fun pudding" should be named so. It is a dish of sliced apples, with jam on top, and an arrowroot custard to fill up, and baked. It must be guessed where the fun comes in. Perhaps it is with the "Jersey wonders," which, like other wonders, as

a prominent actress is showing, will never cease, although they may have new names. These are crulers, or fried cakes. Speaking of names, however, "Michael Angelo pudding" is quite an imposing designation, and, when it is desired to know what sort of pudding that great man delighted in it is found to be a cheese cake made of cream and baked in a dish lined with fine bread crumbs, and a Milton pudding is a rich brandy custard with sponge cake crumbled in it and boiled in a mold, which, it is to be hoped, does not tend to scandalize the blind poet; and "Hannah More's pudding" is a delicate sort of plum pudding like that one still known as "Eve's." "Polka pudding" is quite a modern affair and quite interesting, it being a hollowed-out sponge cake filled with ice-cream, the top put on, brandy put over and set on fire, in which blazing condition it is waltzed into the dining-room, followed very naturally by "polonaise cake," and, for fear these should not please every guest, there is another pudding of the lemon cream pie sort that has not a word to its name but general satisfaction.

TOOTHPICKS.

Imagine a lady in faultless attire, handsome and admirable, with a toothpick in her mouth. The spectacle is not pleasing. Or imagine a dinner party, the last course of which consists of toothpicks handed around by the waiters and then applied by the whole company. The sight is perfectly unpleasant. Every civilized man, woman and child has the right to use a toothpick, but have they the right to use toothpicks to the discomfort of others? And to fine organizations the visible use of the toothpick is a source of disgust. A man who uses a toothpick in public shows either that he is not aware of the annoyance which he gives to others or he defies good manners and prefers to be set down indelicate and gross. The same rule applies with double force to woman, for women are the natural and conventional guardians of good manners. When sensible men are in doubt on a matter of politeness or propriety they consult a lady. What, then, can be said of a lady who carries a toothpick in her mouth? She might as well rinse her mouth or brush her teeth in public.

The truth is that the associations of a toothpick are necessarily indelicate, for the toothpick reminds one of bad teeth or food particles held in the wrong place. The toothpick is, therefore, a toilet article, and ranks with the toothbrush, the nail cleaner or the ear spoon. These articles have to be used, but not in public. Every hand is marred by unclean finger-nails, but the nails ought not to be cleaned in public. Nor should teeth be brushed or picked in public. In hotel lobbies there are always men—not really gentlemen—and, alas! occasionally women, with a toothpick in their mouth. Quite likely these same persons eat with their knives and cut their finger-nails at the dinner table. But in this matter their example is not commendable.

"WHAT SHALL WE HAVE
FOR
DINNER?"



HERALD COOKING SCHOOL

MENUS.

MENU No. I.—DINNER. Page 5.

New England Boiled Corned Beef.
Boiled Salt Pork.
Potatoes. Turnips. Beets. Parsnips.
Carrots. Onions. Cabbage.

Apple Dumplings Cooked in Sauce.
Tapioca Jelly with Cream.
Sugar Cakes.

MENU No. II.—SUPPER. Page 7.

Cracked Wheat. Mush and Milk.
Rechauffe of Beef, Veal or Mutton.
Dish of Cold Meat. Potato Salad.
French Rolls and Butter.
Stewed Fruit.

MENU No. IV.—DINNER. Page 11.

SOUP.

Celery Cream.

FISH.

Boiled Salmon Steak.
Hollandaise Potatoes.

REMOVE.

Roast Chicken Stuffed with Oysters.
Asparagus on Toast.

ENTREES.

Sweetbreads Sautes in Butter.
Macaroni and Cheese, Bechamel.

ROMAN PUNCH.

GAME.

Mallard Duck, Apple Sauce
Celery Salad.

SWEETS AND DESSERT.

Queen Fritters, Transparent Sauce.
White Cocoanut Pie.
Coffee Ice Cream. Sliced Pears in Syrup.
Almonds. Jelly Cake. Raisins.

MENU No. III.—BREAKFAST. Page 9.

Braised Beef Rolls and Mashed Potatoes.
Corn Mock Oysters.
Graham Muffins. Rice Batter Cakes.
Doughnuts. Ginger Snaps.

MENU No. VI.—RECEPTION. Page 17.

Bouillon.

Chicken Cutlets.
Small Potato Croquettes.
Lobster Salad.
Napoleon Pastry. Macaroon Cake.
Frothed Jelly in Glasses.
White Citron Cake. Orange Ice.
Fruit.
Coffee. Tea.

MENU VII.—GENTLEMEN'S SUPPER. Page 20.

Broiled Porter-house Steak.
Fresh Mushrooms. Frizzed Potatoes
Oyster Omelet. Welsh Rarebit.
Turkey Salad.
Macaroon Tarts. Nesselrode Ice Cream.
Pound Cake. Crackers. Cheese.

MENU No. VIII.—BREAKFAST. Page 24.

Stewed Chicken with Egg Dumplings.
Codfish Balls. Steamed Brown Bread.
Bread Batter Cakes. Crullers.

MENU No. IX.—LUNCHEON. Page 26.

Brook Trout in Cases.
English Brown Bread.
Boned Ducks with Jelly.
Olives. Pickles. Slaw.
Orange Transparent Tarts.
Fruit.

MENU V.—TEA. Page 15.

Lamb Cutlets and Toast.
 Shrimp Salad. Minced Potatoes
 French Rusks. Cranberry Sauce.

MENU No. X.—DINNER. Page 28.

SOUP.

Scotch Barley.

FISH.

Baked Mackinaw Trout.

Mashed Potatoes.

REMOVE.

Boiled Leg of Mutton, Caper Sauce.

Kentucky Corn Pudding.

Radish Greens.

PASTRY AND DESSERT.

Boiled Suet Pudding, Wine Sauce.

Lemon Pie.

Scotch Seed Cake. Cream Cheese.

Cornstarch Blanc Mange.

Cider. Buttermilk.

MISCELLANEOUS RECIPES. Page 29.

Corned Beef Brine.

Potato Yeast.

Dry Yeast Cakes.

Cream Cheese.

Sour Milk Cheese or Smearkase.

Pickles, Various.

Home-made Vinegar.

MENU No. XI.—DINNER. Page 31.

SOUP.

Consomme Royal.

Lettuce. Bermuda Tomatoes.

FISH.

Broiled Shad, Maitre d'Hotel.

Potatoes Francaise.

REMOVE.

Roast Ham and Spinach.

Parsnip Fritters.

ENTREE.

Baked Celery and Cheese, Italienne.

SWEETS AND DESSERT.

Birdsnest Pudding with Sweet Cream.

Lemon Pie.

Boston Cream Cakes.

MENU No. XIII.—DINNER. Page 35.

Calf's Head Soup.

Forced Cucumbers. Lettuce.

Broiled Salmon Steak.

New Potatoes.

Roast Rib Ends of Beef.

Yorkshire Pudding.

Calf's Head Breaded.

Stewed Oyster Plant.

Lemon Cream Pie. Strawberry Meringue.

Small Sponge Cakes. Frozen Custard.

Cocoanut Candy.

MENU No. XIV.—DINNER. Page 37.

SOUP.

Mock Turtle with Quenelles.

Small Patties, au Salpicon.

FISH.

Baked Whitefish. Tartar Sauce.

Dauphine Potatoes.

REMOVE.

Roast Beef.

ENTREES.

Croquettes of Brains.

Calf's Head, Vinaigrette.

Banana Fritters.

VEGETABLES.

Browned Parsnips. String Beans.

Potatoes in Cream.

PASTRY AND DESSERT.

Boiled Plum Pudding, Brandy Sauce.

Rhubarb Pie. Chocolate Cream Tarts.

Tutti-Frutti. Jelly Roll.

Nuts. Raisins. Figs.

MENU No. XV.—DINNER. Page 40.

Mutton Stew with Vegetables.

Buttermilk Biscuits.

Baked Rice and Milk Pudding.

MENU No. XII.—DINNER. Page 33.

Consomme Sevigne.

Boiled Red Snapper, Shrimp Sauce.
Duchesse Potatoes

Roast Lamb, Mint Sauce.
New Green Peas. Browned Potatoes.

Bread Custard Pudding.

Cheese. Fruit.

MENU No. XVI.—DINNER. Page 41.

Onion Soup.

Breast of Mutton Boiled or Fried.
Mashed Rutabagas.

Lettuce Salad.

Boiled Cornmeal Pudding with Sauce.
Hot Water Ginger Cake.

MENU No. XVII.—DINNER. Page 41.

Scotch Collops in Demi-glaze.
Roasted Onions.

Hot Slaw.

Boiled Molasses Roll.
Milk. Fruit.

MENU No. XVIII.—DINNER. Page 42.

Beef Pot Pie.
Boiled Potatoes. Light Dumplings.

Boiled Cornstarch Pudding.
Stewed Apples.

MENU No. XIX.—DINNER. Page 43.

Beef Heart Stuffed and Baked.
Boiled Navy Beans.
Washington Pie.

MENU No. XX.—DINNER. Page 43.

Potato Cream Soup.

Boiled Pickerel with Green Peas.

Stuffed Brisket of Veal.
Summer Squash.

Steamed Cherry Pudding, Hard Sauce.
Lemon Pie. Cake.
Ice Cream.

Cheese. Raisins. Nuts.

MENU No. XXI.—DINNER. Page 45.

Cauliflower Cream Soup.

Bluefish Stuffed and Baked.

Pigeon or Squab Pie.
Stewed Tomatoes.

Floating Island.
Frozen Strawberry Punch.
Italian Cakes.

MENU No. XXIII.—BREAKFAST. Page 47.

Eels Breaded and Fried.
Saratoga Potatoes.
Broiled Liver and Bacon.
Corn Batter Cakes.
Fried Mush. Wheat Muffins.
Chocolate.

MENU No. XXII.—SUPPER. Page 46.

Cornmeal Mush and Milk.
Broiled Liver. Smoked Haddock.
Vienna Rolls. Baked Apples.
Sponge Gingerbread. Cookies.

MENU No. XXV.—TEA. Page 50.

Salt Mackerel Boiled or Broiled.
Potted Veal.
Calf's Liver, a la Brochette.
Cauliflower Salad.
Sally Lunn Tea Cakes. Small Charlottes.

MENU No. XXIV.—DINNER. Page 49.

Tomato Soup.

Fried Bass with Bacon.
Mashed Potatoes.

Boiled Beef, Horseradish Sauce.
Cauliflower in Cream.

Larded Liver with Onions.
Egg Plant Fried Plain.
Macaroni and Tomatoes.
Spanish Puff Fritters.

Baked Indian Pudding.
Sliced Apple Pie. Small Cream Cakes.
Lemon Sherbet.

MENU No. XXVI.—RECEPTION. Page 52.

Consomme aux Petits Pois.

Chicken Patties.

Frogs' Saddles on Toast.
Stewed Corn and Tomatoes.
Fried Macaroni, Genoise.

Cold Roast Ham.
Egg Salad.

Cream Puffs. Grape Ice.
Glazed Eclairs. White Sponge Cake.
Chocolate Kisses.
Neapolitan Ice Cream.

MENU No. XXVII.—GENTLEMEN'S SUPPER. Page 55.

Clams on the Half Shell.

Andalusian Soup.

Broiled Pompano, Tartar Sauce.
Spanish Stew.
Mashed Potatoes in Form.
Crab Salad.

Rum Omelet.
Charlotte Russe.
Cheese. Fruits. Nuts. Coffee.

MENU No. XXVIII.—GENTLEMEN'S SUPPER. Page 57.

Oyster Soup.

Boiled Middle Cut of Salmon.
Potato Boulettes.

Double Tenderloin Steaks.
Egg Plant Fried in Batter.

Pain de Foie Gras. Lobster Salad.

Frozen Maraschino Punch.
Bavarian Cream. Pound Fruit Cake.

MENU No. XXIX.—BREAKFAST. Page 59.

Oatmeal Mush and Milk.
Spring Chicken, Maryland Style.
Poached Eggs.
Fried Sweet Potatoes.
Fried Apples.
Boston Baked Beans.
Boston Brown Bread.
Buckwheat Cakes. Jumbles.

MENU No. XXX.—LUNCHEON. Page 61.

Consomme aux Pates d'Italie.

Lobster in the Shell.
Celery.

Croustades of Chicken.
Rissoles of Macaroni.
Boned Turkey.
Oyster Salad.

Cheese Curd Puffs.
Charlotte Russe. White Lady Fingers.
Orange Honey Tartlets.

MISCELLANEOUS RECIPES. Page 63

About Whipped Cream.
Bavarian Cream, Best.
About Puff Paste.
About Savory Jelly.
To make Aspic Jelly.

MENU No. XXXI.—DINNER. Page 65.

—
Bean Soup.

—
Salt Whitefish, Egg Sauce.

—
Veal and Oyster Pie.
Boiled Hominy.

—
Indian Pudding.
Squash Pie. Pumpkin Butter.

MENU No. XXXII.—TEA. Page 66.

—
Chicken or Turkey Sausage.
Grape Sweet Pickles.
Chipped Beef in Cream.
Butter Rolls or Tea Cakes.
Butter Sponge Cake. Apple Jelly.

MENU No. XXXIII.—GENTLEMEN'S SUPPER. Page 67.

—
Mutton Chops.
Broiled Kidneys.
Broiled Potatoes.
Prawns in Butter. French Peas.
Sweet Omelet with Jelly.
Cheese Cakes.

MENU No. XXXVI.—DINNER. Page 70.

SOUP.

Puree of Beans with Crusts

FISH.

Boiled Codfish, Oyster Sauce.
Potatoes.

REMOVE.

Roast Turkey, Cranberry Sauce.
Browned Sweet Potatoes.

ENTREES.

Ragout of Sweetbreads and Mushrooms.
Stuffed Onions.

PASTRY AND DESSERT.

Indian Fruit Pudding.
Mince Pie. Pumpkin Custard. Cakes.
Cheese. Fruit.

MENU No. XXXIV.—BREAKFAST. Page 69.

—
Fruit Salad.
Fried Oysters.
Calf's Liver and Bacon in Gravy.
Corn Bread. Hominy Grits.
Baked Bananas.

MENU No. XXXV.—LUNCHEON. Page 70.

—
Beef Soup, Anglaise.
Oyster Pie, Individual.
Potatoes Baked in Milk.
Corned Beef in Aspic Jelly.
Tomatoes in Mayonnaise.
Apple Souffle. Wafer Gingerbread.

MENU No. XXXVIII.—RECEPTION. Page 75.

—
Potage aux Amandes.
Olives. Minced Celery. Cress.
Filletts of Trout, Italienne.
Scalloped Oysters in Shells.
Potatoes in Mold.
Reed Birds Roasted.
Rissoles of Partridge.
Stewed Celery.

—
Filletts of Turkey, Mayonnaise. Salad.

—
Snow Cake and Fairy Butter.
Pineapple in Liqueur.
Meringue Shells Filled with Jellies.
Apricot Ice. Macaroons.
Wedding Cake. Fruits. Water Crackers.
Tea. Fromage de Brie. Coffee.

MENU No. XLI.—BREAKFAST. Page 85.

—
Florida Oranges.
Fried Chicken.
Terrapin Baked or Stewed.
Water Cress Salad.
Hominy Cake. Cornmeal Muffins.
Apricot Marmalade.
Omelet Soufflee.

MENU No. XL—BANQUET. Page 80.

✓ Raw Oysters on Shell.

Cold Slaw. Olives. Winter Salad.

SOUPS.

✓ Consomme Julienne. Potage a la Reine.
Small Patties.

FISH.

✓ Baked Sturgeon, Anchovy Sauce.
Potato Crulls.

REMOVES.

✓ Boiled Corned Tongue, Caper Sauce.
Turkey Stuffed with Chestnuts.
Roast Fillet of Beef with Mushrooms.

ENTREES.

✓ Stewed Lamb with Tomatoes.
Spaghetti and Cheese.
Larded Sweetbreads.

VEGETABLES.

✓ Oyster Plant Croquettes.
Baked Winter Squash.
Mashed Parsnips.

RUSSIAN TEA PUNCH.

GAME.

✓ Roast Partridge with Cress.
Dressed Crab. Lettuce Salad.

PASTRY AND DESSERT.

✓ Custard Fritters Glazed au Curacoa.
Lemon Mince Patties. Rhubarb Tarts.
Frozen Fig Pudding.
✓ Naples Biscuits. Angel Food. Fruit Cake.
Frosted Grapes.
✓ Brie, Neufchatel, Camembert Cheese.
Crackers. Fruits. Nuts.
Coffee.

MENU No. XXXVII—TEA. Page 74.

Browned Oysters.

Chipped Beef in Butter. Chow Chow.
St. Charles Corn Bread.
Compote of Apples. Sponge Cake.

MENU No. XXXIX.—SUPPER. Page 78.

Stewed Oysters.

Pickles. Shred Cabbage. Crackers.

Fried Smelts.

Parisian Potatoes.

Teal Ducks Broiled, Orange Sauce.

String Beans, French Dressed.

Fried Hominy Cakes.

Chicken Salad.

Apple Shortcake. Grapes Glazed with Sugar.

MENU No. XLII.—LUNCHEON. Page 87.

Cream of Terrapin Soup.

Truffled Oysters. Stuffed Oysters Broiled.
Potted Ham. Sandwich Rolls.

Claret Cup.

Galantine with Truffles.
Pickled Mangoes.Chocolate Layer Cake. Delicate Cake.
Frosted Oranges.

MENU No. XLIII.—DINNER. Page 90.

Vegetable Soup.

Soft Shell Crabs Boiled.

Boiled Bacon and Cabbage.
Larded Fillet of Beef.
Stuffed Tomatoes.Chicken Croquettes with Butter Gravy.
Terrapin Vol-au-Vent.
Stewed Cucumbers.

ANGELICA PUNCH.

Roast Grouse with Cress.

Fine Hominy Pudding.
Banana Pie. Cake.
Cheese. Fruits. Nuts. Coffee.

MENU No. XLIV.—DINNER. Page 93.

Split Peas Soup.

Boiled Rabbit and Salt Pork.
Roast Sucking Pig, Apple Sauce.
Seakale. Potatoes.

Tapioca Pudding. Plain Apple Pie.
Rice Cup Custard.
Cake. Fruit.

MENU No. XLV.—SUPPER. Page 94.

Old Fashioned Family Beefsteak.
Baked Yams.
Shrimp Toast. German Apple Cake.
Molasses Fruit Cake. Peach Butter.

MENU No. XLVI.—BREAKFAST. Page 95.

Stewed Rabbit.
Hamburgh Steak.
Lyonnaise Potatoes.
Omelet with Onions and Parsley.
Yeast Raised Batter Cakes.

MENU No. XLVII.—BUSINESS LUNCH. Page 96.

Ox Tail Soup.
Oysters and Macaroni, Milanaise.
Broiled Guinea Fowl. Chicken Pie
Fried Potatoes.
Cider Punch.

MENU No. XLVIII.—CHURCH FESTIVAL. Page 97.

Oyster Stew for Fifty.
Fried Oysters (Without Eggs.)
Clam Chowder.
Clam Fritters (Without Eggs.)
Boiled Ham.
Baking Powder Biscuits.
Ham Sandwiches.
Sweet Buns (Without Eggs.)
Meringue Cakes.
Strawberry Shortcake.
German Coffee Cake. German Sugar Tops.
Coffee for a Festival.
Ice Cream and Strawberries.

MENU No. XLIX.—BREAKFAST. Page 101.

Fresh Strawberries.

Soft Shell Crabs, Fried.

Breaded Veal Cutlets, Broiled.
Sautéed Sweet Potatoes.

Frog's Legs Fricassee.
Tongue Toast.

Potted Tongue. Ham and Eggs.
Rice Croquettes with Jelly.
Finest Breakfast Rolls.
Waffles.
Buttermilk. Batter Cakes.

MENU No. L.—DINNER. Page 102.

Clams on the Half Shell.
Florida Tomatoes.

SOUP.

Terrapin.

FISH.

Sea Bass Stuffed and Baked.
Potatoes.

REMOVES.

Roast Leg of Mutton.
Roast Green Goose.

ENTREES.

Lambs' Tongues with Artichokes.
Supreme of Fowl with Asparagus.
Scrambled Brains in Patties.

VEGETABLES.

New Potatoes, Maitre d'Hotel.
Stewed Butter Beans.
Artichokes in Sauce.

PASTRY AND DESSERT.

Rice Custard Pudding.
Red Cherry Ice. Raspberry Tart.
Queen Cakes.
Cheese. Fruit. Coffee.

MENU No. LI.—TEA. Page 105.

Deviled Crabs.
Buttered Toast. Rice Waffles.
Country Pancakes.
Peaches and Cream.

MISCELLANEOUS RECIPES. Page 110

Icing and Ornamenting Cakes.
Paper Frills and Rosettes for Cutlets.
Potted Lake Herring or Cisco.
Curries.
Pressed Corned Beef.
Head Cheese and Brawn.
Pork Sausage.
Tomato Catsup.

MENU No. LII.—BALL SUPPERS. Page 106.

Egg Lemonade for Fifty.
Catawba Cup. Plain Lemonade.
Boned Turkey Decorated with Jelly.
Sandwiches of Potted Rabbit.
Sandwiches of Potted Quail.
Chicken Salad. Smoked Tongue.
Three Cornered Tarts.
Strawberry Charlottes in Cases.
Strawberry Whipped Cream.
Indian River Orange Jelly.
Lemon Honey Drops.
Whipped Cream Frozen in Glasses.
Maraschino, Chocolate and Coffee Creams.
Neapolitan Cake.
White Mountain Cake
Layer Fruit Cake.
Tokay Grape Ice.
Hickory Nut Ice Cream.
Richest Fruit Cake.
White Coffee.



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