

Seven hundred domestic hints in every branch of family management : combining utility with elegance, and economy with the enjoyment of home / by a Lady.

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DOMESTIC HINTS.

BY A LADY.



SEVEN HUNDRED
DOMESTIC HINTS

IN EVERY BRANCH OF

Family Management;

COMBINING

UTILITY WITH ELEGANCE, AND ECONOMY WITH
THE ENJOYMENT OF
HOME.

BY A LADY.



"Without a perfect knowledge of every branch of household economy, you can neither correct what is wrong, approve what is right, nor give directions with propriety."—LADY PENNINGTON'S ADVICE TO HER DAUGHTERS.

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CHARLES TILT, FLEET-STREET.

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TO THE READER.

Many centuries since, a learned man pronounced *a great book to be a great evil*—an objection which can, by no means, be applied to the work now presented to the public.

Perchance, however, it may be said that in the preceding title-page, very much is promised for so small a volume as this work, which, it is hoped, will not occupy too much room upon the work-table, or in the reticule, of the purchaser. Yet, gentle reader, remember the proverb, “do not trust to appearances;” for many a little book contains a great stock of information, as a perusal of the following pages will show.

As the annexed Table of Contents will guide you to the proof, I shall only observe that the SEVEN HUNDRED HINTS or Points relate to every branch of Domestic Duties, in the discharge of

which consists the true adornment and exaltation of the Female Character.

The several Hints are classed under respective heads. Thus, the work commences with a few valuable Precepts on Domestic Management; then proceeds, not with the usual routine of "Cookery-book" receipts, but a few of what are called "the Nic-nacs" of the art; next, to such articles of Confectionary as are generally made at home; then to the business or rather the Economy of the Dairy, keeping Bees and Poultry. A few observations follow upon British Wines, and the Management of Beer. To these are added Instructions for Curing Meat; Pickling; Choice and Storeing of Fruit and Vegetables; Management of Plants and Birds. Next are some new Receipts for House-cleaning.

"The Nursery," "Accidents," and "The Sick Chamber" include many Salutary Cautions, and Plain Rules. To these succeed some pages of valuable and entertaining Observations on the Conduct of House-Servants, a subject which generally

receives less attention than its importance claims. And, the work concludes with a collection of Hints on General Economy, enlivened with Anecdotes calculated to improve the mind and heart of every Reader.

It should be added that, in order to avoid a general objection made to *printed* Receipts, none have been inserted in this little book, without their actual cost being first ascertained to come within the practice of ECONOMY, a cardinal virtue in Housekeeping. A witty writer, in "A Letter to a Young Lady," observes: "I think you ought to be well informed how much your husband's revenue amounts to, and to be so good a computer as to keep within that part of the management which falls to your share, and not to put yourself in the number of those politic ladies, who think they gain a great point when they have teased their husbands to buy them a new equipage, a laced head, or a fine petticoat, without once considering what long score remained unpaid to the butcher."

Were this volume written exclusively by myself,

of course, I should not have spoken in such commendatory terms of its Contents : but, these have been gathered from the wisdom of others, *as well as from my own experience*. Above all things, I hope that nothing in this volume will be considered derogatory to you ; for,

“ To know
That which before us lies in daily life
Is the prime wisdom.”

THE AUTHORESS.

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DOMESTIC HINTS.

To be happy at home is the ultimate result of all ambition, the end to which every enterprise and labour tends, and of which every desire prompts the execution. It is, indeed, at home that every man must be known by those who would make a just estimate of his virtue or felicity; for smiles and embroidery are alike occasional, and the mind is often dressed for show in painted honour and fictitious benevolence.—JOHNSON.

THE DOMESTIC CHARACTER.

Dr. Hunter gives the following outline of a Domestic Character: "To be a good manager, without an ostentatious display of it. To be elegantly neat, without being a slave to dress or furniture. Every thing to stand in its right place. To be easy and affable with your servants; and to allow of no scolding in the kitchen or servants' hall. The family business to go on as regularly as a good clock, that keeps time without being set always faster or slower. Every one to look easy and contented, and the house-work to be done with regularity. To keep a good and plentiful table, but not covered with incitements to gluttony. Let the food be plain and in season, and sent up well dressed. When company is asked, a few well-chosen luxuries may be introduced. This is the criterion of a small but well-regulated family."

MARRIED LIFE.

As the vine which has long twined its graceful foliage about the oak, and been lifted by it in sunshine, will, when the hardy plant is rifted by the thunder-bolt, cling round it with its caressing tendrils, and bind up its shattered boughs; so it is beautifully ordained by Providence that woman, who is the mere dependant and ornament of man in his happier hours, should be his stay and solace when smitten with sudden calamity; winding herself into the rugged recesses of his nature, tenderly supporting the drooping head, and binding up the broken heart.—*Washington Irving*.

Mrs. Parkes observes: "The most important consideration of the married woman is the discharge of her duties as a wife. The precise nature of that duty must vary according to the circumstances of each individual, but in all the chief points there can be no difference. Sincerity, unbroken confidence, a modest propriety of deportment, discretion and prudence in the management of domestic concerns, with a well-governed temper, are qualities that ought invariably to adorn the character of a wife; let her add to these, amiable manners and an affectionate disposition, and her character will not only obtain esteem but influence."—(*Domestic Duties*; one of the best books of its class.)

A sensible man, who has confidence in the prudence of his wife, will have no desire to assume the privilege of opening letters addressed to his wife, which his situation as a husband confers upon him; nor to infringe upon the sacredness of her correspondence. The slightest tincture of suspicion is incompatible with the mutual happiness of

husband and wife. A married woman, therefore, although her husband may not desire it, should voluntarily place her letters in his hands, feeling that in so doing she is merely sharing with him the pleasure they may bestow, or alleviating the poignancy of grief their intelligence may impart to her. It is always preferable, however, for both parties to hold the correspondence of the other sacred, and not even to desire to become a party to it.

VISITS.

The etiquette of Morning Visits is thus briefly noted by Mrs. Parkes: "Morning visitors are generally received in the drawing-room. The occupations of drawing, music, and reading should be suspended on the entrance of the visitors. But if a lady be engaged with light needlework, and none other is appropriate in the drawing-room, it promotes ease and is not inconsistent with good breeding to continue it during conversation; particularly if the visit be protracted, or the visitors be gentlemen. It was formerly the custom to see visitors to the door on taking leave, but this is now discontinued. The lady of the house merely rises from her seat, shakes hands or courtesies according by as the intimacy is with the parties, and then ringing the bell to summon a servant to attend them, leaves them to find their way out of the house. Neither is it necessary for a lady to advance to the door to receive her company, who are expected to make their way to her, unless, indeed, great age or marked superiority of rank require, according to the usages of society, a greater degree of attention."

NEEDLEWORK AND READING.

Needlework and knitting while they employ the hands leave the mind at liberty, and the attention only so far occupied as to allow room for contemplation. Dr. Beattie mentions a highly-gifted lady of his acquaintance, who always read while she was at sewing or knitting, and had so learned to divide her sight between her book and her needle as to go through many volumes in that way. If you are unable to acquire this art, you can certainly learn to think whilst you are mechanically employed, and so redeem your mind from that slothful state which will enervate every faculty.

The *sobriquet* of "Blue" has been unjustly applied to women of highly-cultivated minds; but this reprehensible custom is now fast wearing out. Sir Walter Scott observed on a facetious and lively lady being called "a Blue:" "if to have good sense and good humour, mixed with a strong power of observing, and an equally strong one of expressing—if of this the result must be *blue*, she shall be as blue as they will. Such cant is the refuge of fools, who fear those who can turn them into ridicule: it is a common trick to revenge supposed railers with good, substantial calumny."

DOMESTIC ECONOMY.

All moral writers on female character treat of Domestic Economy as an indispensable part of female education. Madame Roland, one of the most remarkable women of the last century, says of herself: "The same child who could read systematic works, who could explain the circles of the celestial sphere, who could handle the crayon and

the graver, and at eight years of age was the best dancer in the youthful parties, was frequently called into the kitchen, to make an omelet, pick herbs, and skim the pot."

Lady Mary Wortley Montague observes that "the most minute details of household economy become elegant and refined, when they are ennobled by sentiment;" and they are truly ennobled when we do them either from a sense of duty, or consideration for a parent, or love to a husband. "To furnish a room," continues this lady, "is no longer a common-place affair, shared with upholsterers and cabinet-makers; it is decorating the place where I am to meet a friend or lover. To order dinner is not merely arranging a meal with my cook, it is preparing refreshment for him whom I love. These necessary occupations, viewed in this light by a person capable of strong attachment, are so many pleasures, and afford her far more delight than the fancies and shows which constitute the amusements of the world."

Honourable as is the performance of daily domestic duties, it is bad taste to say much about them. A well-ordered house has been fitly compared to a watch, all the wheels and springs of which are out of sight, and it is only known that they exist, and are in order, by the regularity with which their results are brought about.

IMPROVEMENTS.

Persons of title and talent have bestowed much time upon domestic improvements. The Pembroke table was the invention of a Countess of Pembroke; as was also the Pembroke pattern carpet. The little cold collation named a sandwich was first introduced by an Earl of Sand-

wich. One of the best patterns of floorcloth, designed with geometrical accuracy, was planned by a lady. And the late Mr. Hope, who wrote *Anastasius*, and an abstruse metaphysical work on Man, also wrote a volume "On Household Furniture and Internal Decorations."

EARLY RISING.

Whoever has tasted the breath of morning knows that the most invigorating and the most delightful hours of the day, are commonly spent in bed; though it is the evident intent of nature that we should enjoy and profit by them. Children awake early, and should be up and stirring long before the arrangements of the family cause them to use their limbs. We are thus broken in from childhood to an injurious habit; that habit might be shaken off with more ease than it was first imposed. We rise with the sun at Christmas; it were but continuing so to do till the middle of April, and without any perceptible change, we should find ourselves then rising at five o'clock, at which hour we might continue till September, and then accommodate ourselves again to the change of season.—*Southey.*

DIVISION OF TIME.

By having regular hours for the different employments of the day, you will avoid the great waste of time which is occasioned by the uncertainty as to what to do next. Having made a general distribution of your time and occupations for the day, provide for unavoidable interruptions and delays, by having a book of easy reading to fill up odd minutes, and a piece of needlework always at hand to employ your fingers upon, when listening to others or

when your mind is so pre-occupied that you cannot give it to a book.

ECONOMY OF EXPENDITURE.

Should you outlive yourself, retrench in time. It is an act of virtue, of which you need not be ashamed.

He who lives upon credit does not dare examine bills ; and the creditor charges according to his own wide conscience. Thus, there is a difference of, at least, cent. per cent. in every article the debtor consumes ; and two thousand pounds a year with him will not go so far as *one* in the hands of him who pays ready money, and looks to his accounts.—*Sir Egerton Brydges.*

The advantages of settling bills at a short date are many. Long credit must prove disadvantageous to both parties ; for, in proportion to the time which the tradesman has to wait for the payment of his account is the favour he may expect in the examination of the charges ; besides, the correctness of a bill of old date is not, in general, easily to be ascertained ; and, it would seem to be but an ungracious return for the accommodation which the creditor has afforded if the debtor were to institute a very strict inquisition into the minutiae of his claims.

Regularity in settlements with servants is important : an old writer observes : “if the master takes no account of his servants, they will make small account of him and care not what they spend, who are never brought to an audit.”

Mrs. Hamilton, in her admirable story of the *Cottagers of Glenburnie*, gives three simple rules for the regulation of domestic affairs, which, if carried into practice, would be the means of saving time, labour, and patience, and of

making every house a well-ordered one. They are as follows:—

1. Do every thing in its proper time.
2. Keep every thing to its proper use.
3. Put every thing in its proper place.

As a general rule for living neatly and saving time, it is better to *keep clean* than to *make clean*.

The Dutch are models of household cleanliness. In some parts of Holland, the visitor is obliged to put off his shoes before he enters the house; but he is every where expected to clean them most carefully before admission is granted.

HOME PROVERBS.

A bit in the morning is better than nothing all day.

Old young and old long.

They who would be young when they are old, must be old when they are young.

After dinner sit awhile, after supper walk a mile.

After dinner sleep awhile, after supper go to bed.

Good kale is half a meal.

Butter is gold in the morning, silver at noon, and lead at night.

He that would live for age, must eat sage in May.

After cheese comes nothing.

An egg and to bed.

You must drink as much after an egg as after an ox.

He that goes to bed thirsty rises healthy.

Who goes to bed supperless, all night trembles and tosses.

Often and little eating makes a man fat.

Fish must swim thrice.

Drink wine and have the gout, drink no wine, and have it too.

Young men's knocks, old men feel.

Eat at pleasure, drink by measure.

Cheese is a peevish elf,

It digests all but itself.

Drink in the morning staring,

Then all the day be sparing.

Eat a bit before you drink.

Feed sparingly and dupe the physician.

Better be meals many than one too many.

Fish spoils water, but flesh mends it.

Apples, pears, and nuts spoil the voice.

Old fish, old oil, and an old friend.

Raw pullet, veal, and fish make the churchyard fat.

Of wine the middle, of oil the top, of honey the bottom.

That city is in a bad state, whose physicians have the gout.

If you take away the salt throw the meat to the dogs.

Lever à cinq, diner à neuf.

Souper à cinq, coucher à neuf.

Font vivre dans nonante-neuf.

}
}

Hunger's the best sauce.

Qui a bu boira.—Ever drunk ever dry.

Bitter to the mouth, sweet to the heart.

Dr. Hunter says : " Instead of drinking three glasses of wine after dinner, drink only two ; and if you want more, drink a glass of ale. The saving will bring wine back to its old price."

Rise from table with an appetite, and you will not be in danger of sitting down without one.

DINNER-ETIQUETTE.

When your friends come to see you uninvited, do the best you can to entertain them, but make no comment or apology; for that always sounds to your guests like a reproach for taking you unawares.

The greatest hospitality is generally to be found among persons of small incomes, who are content to live according to their means, and never give any great dinners; for nothing can be further from true hospitality than the spirit in which such entertainments are usually given.

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

It has been said that a dinner party should never be less in number than the Graces, nor more than the muses; but certainly more than ten or twelve in number is not desirable. It is, however, often an object to have only a few dinner parties, when, of course, they cannot be of so limited a size; it being settled by all strict economists, that the expense of dinner parties is in proportion to the number given, and not to the size of them.

There are two stingy practices which deserve reprobation: first, having the dining-room fire lighted only just before dinner, so that when the company enter, the room is not warmed; secondly, letting the fire go out in cold weather before the guests.

As content ought to be an accompaniment to every meal, punctuality is essential, and the dinner should be

ready at the same time. A chief maxim in dining with comfort is to have what you want when you want it. It is ruinous to have to wait for first one thing and then another, and to have the little additions brought when that they belong to is half or entirely finished.—*Walker*.

Punctuality to dinner is a virtue; and to ensure it strange methods have been taken. An old Welsh squire, if dinner was not announced exactly as the clock struck two, would take the bell-rope in his hand, and never cease pulling it till dinner was announced. Ditto at the supper hour.

True politeness consists in being easy oneself, and making every one about one as easy as one can.—*Pope*.

Excess of ceremony shows want of breeding: that civility is best which excludes all superfluous formality.

Full Dress is, after all, the test of the gentlewoman. Common people are frightened at an unusual toilette; they think that finer clothes deserve finer manners, forgetting that any manner to be good, must be that of every day.—*Miss Landon*.

The following anecdote exemplifies good breeding. Lord Carteret, while Lord Lieutenant of Ireland, called one day unattended, on his friend Dr. Delany, and told him that he had come to dine with him. The Doctor thanked his Excellency for the honour, and the servant soon came to inform them that dinner was on the table. The Doctor's mother did the honours, and the host never made any apology for the entertainment, but said to his Lordship:

To stomachs cloyed with costly fare,
Simplicity alone is rare.

This was very agreeable to Lord Carteret, who, though a courtier, hated ceremony when he sought pleasure. Upon

the removal of the cloth, his Excellency told the Doctor that he always believed him to be a well-bred man, but never had so clear a demonstration of it as he had seen on that day. "Others," said his lordship, "on whom I have made the same experiment, have met me in as much confusion as if I came to arrest them for high treason; nay, they would not give me a moment of their conversation, which, (and not their dinner,) I sought, but hurried from me; and then, if I had any appetite, deprived me of it by their fulsome apologies for defects, and unnecessary profusion."

Argument, as usually managed, (says Swift,) is the worst sort of conversation. Sir Walter Scott is said to have so regulated the conversation at his table, that whenever it approached towards an argument between two of the party, by imperceptible but sure means, he contrived to check their monopoly, and turn the conversation into channels of more general interest.

The custom for the ladies to retire soon after dinner is the relic of a barbarous age, when the bottle circulated so freely, and toast upon toast succeeded each other so rapidly, that the gentlemen of a company soon became unfit to conduct themselves with the decorum essential in the presence of the female sex. But, in the present age, when temperance is a striking feature in the character of a gentleman; and when delicacy of conduct towards the female sex has increased with the esteem in which they are now held, on account of their superior education and attainments, the early withdrawing of the ladies from the dining-room is to be deprecated; as it prevents much conversation which might afford gratification and amusement, both to the ladies and the gentlemen. The truth

of this remark is almost generally acknowledged in polite circles ; and it is not now customary for the ladies to retire very soon after dinner. A lapse in the conversation will occasionally indicate a seasonable time for the change to take place.—*Mrs. Parkes.*

It is a good plan to send Coffee into the dining-room within about three hours from the dinner hour, without the formality of ringing the bell for it.

Men and women of different classes of society mingle at a Continental *table-d'hôte* much more easily and pleasantly than we see exemplified among the fortuitous assemblage in an English steam-boat. But, after all, this artificial inferiority ought to be considered with certain effects of a rather different description, which result from the same cause—namely, the more domestic habits which have for ages distinguished us above the Continental nations.—*Quarterly Review.*

In all that regards the cleanliness of the table, the French are considerably behind the English. A French gentleman fixes a napkin about his neck to prevent his clothes being bespattered by his mode of eating. An Englishman of the middle class would be ashamed of such a contrivance. The French gentleman is perpetually wiping his dirty fingers on the napkin. The Englishman of the middle class requires no napkin, because his fingers are never soiled. The French gentleman, as if incapable of raising his left hand properly to his mouth, first hastily hacks his meat into pieces, then throws down his dirty knife upon the cloth, and seizing the fork in his right hand, while his left fixes a mass of bread on his plate, he runs up each piece against it, and having eaten these, he wipes up his plate

with the bread, and swallows it. An Englishman would blush at such clumsiness. A French gentleman not only washes his hands at table, but gargles his mouth; an unclean practice borrowed from the Oriental nations, who use no knives and forks.

CARVING.

The Honours of the Table were until within a few years performed by the mistress of the mansion. In the last century, this task must have required no small share of bodily strength, "for the lady was not only to invite—that is, urge and tease—her company to eat more than human throats could conveniently swallow, but to carve every dish, when chosen, with her own hands. The greater the lady, the more indispensable the duty,—each joint was carried up in its turn, to be operated upon by her, and her alone; since the peers and knights on either hand were so far from being bound to offer their assistance, that the very master of the house, posted opposite to her, might not act as her croupier; his department was to push the bottle after dinner. As for the crowd of guests, the most inconsiderable among them—the curate, or subaltern, or squire's younger brother—if suffered through her neglect to help himself to a slice of the mutton placed before him, would have chewed it in bitterness, and gone home an affronted man, half inclined to give a wrong vote at the next election. There were then professed carving masters, who taught young ladies the art scientifically; from one of whom Lady Mary Wortley Montague said she took lessons three times a-week, that she might be perfect on her father's public days; when in order to perform her func-

tions without interruption, she was forced to eat her own dinner alone an hour or two before hand.—*Lord Wharncliffe's edition of the Correspondence of Lady W. Montague.*

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

Among choice cuts and delicacies to be remembered in carving are the sounds of cod-fish, the thin or fat of salmon, the thick and fins of turbot, the fat of vension, lamb, and veal kidney; the pope's eye of a leg of mutton, the ribs and neck of a pig; the breast and wings of a fowl; the legs and back of a hare, and the ears which are of great delicacy; the breast and thighs, (without the drumsticks,) of turkey and goose; the legs and breast of ducks; and the wings and breast of game generally, although the back is highly relished.

Fish should be helped in handsome slices. Salmon and all short-grained fish, should be cut lengthwise, and not across.

Although handsome slices are admired in carving poultry, for a *large* party it is better to cut slices from side to side than to leave so much on the wings.

The prime parts of a partridge are the breast and wings, the tips of the latter being exquisite delicacies.

In helping a pigeon pie, if the birds be not previously divided, take them out separately on a plate, and cut each asunder.

The fairest mode of cutting a ham, so as to eat fat and lean evenly, is to begin at a hole in the centre of the thickest part, and cut from it thin circular slices: by this means also the moisture and flavour of the ham are best preserved.

TO CURE MEAT.

In curing meat, bay-salt gives a sweeter flavour than any other kind. Sugar makes the meat mellow and rich, if rubbed in before salt. Saltpetre reddens meat, but hardens it. In frosty weather, warm the salt, to ensure its penetrating the meat.

To salt meat immediately, lay salt on it, place it upon two sticks over a pan of cold water, and the salt will be drawn through, so that the meat may be boiled next day.

For brine, the proper proportion of salt is $7\frac{1}{2}$ oz. to each pint of water: the old test of an egg floating in brine is an uncertain one.

Sugar is used in curing bacon in Bucks. and Wiltshire: a table-spoonful of impure pyroligeous acid to each pound of salt used for bacon gives the meat a rich, smoky flavour. The best method of smoking is over a wood fire, occasionally fed with oak, beech, or mahogany sawdust.

Hams are sometimes cured with treacle, black pepper, and juniper berries, added to the salting mixture: strong beer forms part of the Westmoreland pickle: laurel-leaves are added in pickling, and juniper branches in smoking, hams in Westphalia.

Fine bacon has thin rind, pink-hued fat, and lean close to the bone.

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

If a leg or haunch of mutton be kept burried in sugar for a fortnight or three weeks, its flavour will improve.

Newly-killed meat may be made tender by hanging it up in a fig-tree when the leaves are on. A haunch of venison, newly killed, has thus been hung up about ten o'clock at night, and upon being taken down before sunrise next morning it was found in a fit state for cooking.

To render meat or poultry tender, wrap it in a cloth, and place it the evening before cooking on the hearth of a fire-place.

CULINARY IMPLEMENTS, COALS, &c.

Copper pans, if put away damp, will become coated with a poisonous crust, or verdigris; as will also a boiling copper, if left wet. If copper cooking utensils are kept clean or bright, the rubbing or scraping that takes place when making stews, or cooking dishes that require stirring, and remaining a considerable time on the fire, always wear off some of the metal which impregnates the food, and has a deleterious effect. If, however, copper utensils are to be used, they should be employed with the same precaution as in France, where the tinning of the vessels on the inside is done as regularly as the shoeing of horses in a farm-yard. If the least occasion is thought to exist, the vessel is immediately tinned; but to prevent all risk, it is generally done once a month, with stewpans that are in daily use. Moreover, the victuals is never stirred with any thing of metal, but with a wooden spoon or flat stick. Accidents most frequently happen by soup being set aside in copper kettles. In the year 1837, the daughter of the Countess of L——, and all her family, residing in Paris,

were poisoned by partaking of a stew which had been allowed to stand and get cold in a copper saucepan. Notwithstanding that the ablest medical assistance was immediately procured, the lady of the house expired in a few hours, in excruciating agony.

Glazed cream-coloured earthenware is very pernicious, the glazing being composed of a preparation of lead, which is affected by acid or salt: hence the pots of the above ware should not be used for preserves or pickles. Wooden tubs lined with lead, should not be, as they often are, used for salting meat, as the salt brine corrodes the lead, all compounds of which metal are dangerous to health.

A German saucepan is best adapted for boiling milk in: this is a saucepan glazed with white earthenware, instead of being tinned; the glaze prevents the tendency to burn, which, it is well known, milk possesses.

A stewpan made as the German saucepan is preferable to a metal preserving-pan; as simple washing keeps it sweet and clean.

Zinc sieves are more easily kept clean than those made of hair: besides, they last longer, and do not rust.

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

Glass dishes and stands made in moulds are much cheaper than others, and they have a good appearance, if not placed near cut-glass.

The four kinds of kitchen cloths are knife-cloths, dusters, tea and glass-cloths. Knife-cloths should be made of coarse sheeting. Dusters are generally made of a checked cloth of mixed cotton and flax. The best material for tea

and glass cloths is a sheet which has begun to wear thin: the open sleezy cloth which is sold for tea and glass cloths soon wears out.

“German Silver,” or “British Plate” will not rust; but it does not contain a particle of silver, it being only white *copper*. If left in vinegar or any acid mixture, it will become coated with verdigris. Indeed, at all times, it is liable to receive stains.

Pimento, or allspice, is one of the best spices; though, being cheap, it is not so highly esteemed as it deserves.

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

A French table-lamp will consume a quarter of a pint of oil in four hours and a half.

Coals should be purchased about Midsummer, when they are much cheaper than in winter. In long frosts, especially if there be strong easterly winds, coals rise considerably in price. Purchase first-hand of the coal-merchants, and not of their agents, or “brass-plate coal-merchants,” who receive a commission, which is just so much loss to the purchaser.

The advantage of charcoal over that most extravagantly expensive article of household economy, fire-wood, is little known in domestic life. When a fire is already kindled, in order to light another fire with charcoal, we have only to lay three or four pieces of it between the bars of the grate; and having then laid a few bits of fresh coal upon the bottom of the grate in which the second fire is to be

made, to lay the kindled pieces of charcoal upon them, only taking care that the ignited parts be placed in juxtaposition. These may then be covered with embers, or with pieces of fresh pit coal, and upon directing the blast upon them, they will soon take fire.

COOKERY.

GENERAL ECONOMY.

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

A quick eye and a steady hand are the main requisites for excellence in cookery.

Cookery-books have long been condemned for misguiding young housekeepers, and leading them into expense, without certainty of the promised results. These objections are partly true. Occasionally, you have a dish far too rich; at other times too poor; and yet the recipes have been implicitly followed. Experience alone can rectify this inconvenience; and you will find that by taking the medium of most recipes, you will avoid it; at the same time taking care to register these modified recipes, and of them form a cookery-book of your own. Sometimes, however, the recipes are not closely followed, or the proportions of ingredients are not cleverly altered by the young cook, and for saving a trifling sum the dish is spoiled; in which the blame belongs to the inexperienced person, and not to the cookery-book.

Almost every family has its *set taste* for flavouring, sweetness, and seasoning; so that until a cook has had some experience in these matters, she cannot reasonably

be expected to please the palates of her employers. To condemn a "new servant" in such a case is unfair.

The best method of ascertaining quantities in cookery is to try by tasting. A medical man once asked Ude why cooks had not weights and measures as apothecaries, to which Ude replied: "Because we taste our recipes, whereas doctors seldom taste those they are mixing; wherefore they must have exact measures."

Plain dinners are often spoiled by the addition of delicacies; for, so much time is consumed in preparing the nic-nacs that the more simple cooking is neglected.

Lady Morgan in contrasting the cookery of past and present times, observes: "Cruelty, violence, and barbarism were the characteristics of the men who fed upon the tough fibres of half-dressed oxen; humanity, knowledge, and refinement belong to the living generation, whose taste and temperance are regulated by the science of such philosophers as Carême, and such amphytrions as his employers."

THE KITCHEN FIRE.

It is wasteful to wet small coal, though it is commonly thought to make a fire last longer: in truth, it wastes the heat, and for a time makes a bad fire.

A good fire should be bright without being too hot: to make up a neglected fire stir out the ashes, and with the tongs fill up the spaces between the bars with cinders or half-burnt coals: thus you will soon produce a glowing fire. If coke can be mixed with coals, the fire will require extra attention: coke, however, makes too much dust for fires in the best rooms; and is uneconomical.

BOILING.

Fast boiling is a waste of fuel, and spoils the cookery : when once a pot boils, very little heat will keep it boiling. The less water the more savoury will be the meat, provided it be always covered. Slow boiling ensures tenderness, fast boiling hardness and toughness, for all kinds of meat. Green Vegetables, however, cannot be boiled too fast, or in too much water.

ROASTING.

A Roasting-fire should be made up according to the size and shape of the joint ; it being from three to four inches longer than the meat, and kept clear of dust and ashes. A thin joint requires a brisk fire ; a larger joint requires a strong, sound, and even fire,—to be put down at a moderate distance, and afterwards brought nearer, else the meat will be overdone half-way through, and elsewhere nearly raw. When the joint is nearly done, clear the fire, so as to brown the outside ; and when steam puffs out from the meat, it is done, and should be taken up, and served immediately, to be eaten in perfection.

Such joints as are covered with paste or paper, to keep the fat, should be uncovered to brown about half an hour before they are done.

BROILING AND FRYING.

In broiling, be careful that the gridiron be heated before the article is placed upon it ; in the case of a fry, observe the same precaution with the frying-pan.

To broil thick meat, place it at a greater distance above the fire than if the meat be thin, and afterwards bring it

nearer to brown. For turning the meat, use tongs, as a fork will let out the gravy.

The art of dressing a steak is to keep the gravy in the meat, which can only be done by a clear fire and frequent turning. If the steak be kept too long on the fire, to do which is the error of all bad cooks, the meat will be hard and juiceless.

For frying, the fat or oil should have left off bubbling, and be quite still before the articles be put into it, else they will be neither crisp nor of the proper colour.

Crumbs for frying are best prepared by drying bread before the fire, then pounding it in a mortar, and sifting it: as it is a good plan to keep stale pieces of bread for this purpose in a cullender covered and placed within the meat-screen.

Charcoal makes the best fire for frying, broiling, and generally for stewing.

Iron ovens succeed best when they have a stone shelf and bottom.

SOUPS.

Soup should be made the day before it is wanted for use, so that the fat may be removed in a cake when cold; it need not be seasoned till it be warmed again. Beware of setting aside soup in the soup-kettle.

Economical Soup Ingredients are the liquors in which have been boiled a leg of pork, calf's head, knuckle of veal, or poultry; trimmings of undressed meat, game or poultry; bones of all kinds, especially roast beef, and a ham-bone, which has much savour. All these will save much gravy-meat.

In stewing bones for soup,—The more veal bones there are among them, the more readily the broth will become jelly; but it will not be on this account, more nutritious.

A Fagot of Sweet Herbs consists of a sprig of knotted marjoram, thyme and parsley. Onions when old and dry and very strong.

Ketchup, spices, wine or lemon-juice should not be added to soup till it is nearly done. Over-salting, and excess of spice and ketchup are common faults of soups.

Thin soups should be clear; and thickened or *purée* soups of the consistence of rich cream.

Soup should not be set aside with vegetables in it, else it will soon turn sour; as it will if removed in a jelly.

To re-warm Soup, put the vessel containing it into a saucepan of water, and set it upon the fire to boil, rather than put on the soup in a kettle.

Arrow-root is the best thickening for White Soup.

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

FISH.

The high price of fish is not, as generally supposed, from any monopoly in the sale of it; but is, in a great measure, owing to the system of credit which the retail dealer is compelled to give; his frequent losses, &c.

The freshness of fish is known by red gills, plump and bright eyes, and stiffness of fin, body, and tail.

Some fish may be kept much longer than other kinds. Thus, mackerel, salmon, trout, and herring should be

dressed as soon as possible ; carp, tench, and the several flat fish, which are firmer to the touch, will keep longer.

A turbot, if kept two or three days will be much better eating than a very fresh one.

TO DRESS FISH.

Fish are best cleaned by the fishmonger : avoid over-washing, as water diminishes the flavour. Sea-fish are improved by boiling in sea-water. It is better to put all fish on in boiling than in cold water.

In frying, the oil, dripping, or lard should boil before the fish is put into it, else the fish will not be crisp or dry ; when done, it should be of a yellowish-brown colour ; and be drained by wrapping it in paper. For broiling, fish should be dried and floured, and the gridiron bars should be chalked, or rubbed with suet.

If boiled fish be covered up, the steam will spoil it, as will also cold garnish, as parsley, horse-radish, and lemon ; and if fried fish be served with boiled, the former will lose its crispness.

Cold fish, as turbot, skate, cod, and soles, is often wasted ; whereas, it may be scalloped with bread-crumbs, &c., or dressed as salad ; made into an omelet, or curried ; and turbot and soles may be cut into fillets, and warmed in sauce.

Salmon requires very nearly as much boiling as meat.

Split salmon is a prudent fashion ; for, if you boil the fish whole, or cut through the middle, it will be impossible to cook it thoroughly, the shoulders and the back being so thick that, if the outside be done, the inside will not be.

Dried salmon should only be warmed through—not broiled.

A cod-fish cannot be properly boiled whole, as the tail being thin will be overdone before the upper part is done enough. Therefore, divide the fish; boil the head and shoulders, sprinkle the lower half with salt, and hang it up for a day or two. Salt much improves the firmness and flavour of cod-fish.

Cod should be crimped in thin slices, so that the whole of the fish may be boiled equally; whilst in thick slices, the thin or belly part will be overdone before the thick part is half boiled. Another advantage of thin slices is, that the fish need not be put into the kettle before the guests have arrived.

Dried salt-fish should be soaked in water, then taken out for a time, and soaked again before it is dressed. This plan is much better than constant soaking.

Smelts should not be washed, else they will lose their delicate flavour.

Mullet should be cleaned of scales, but should not be opened; bake them in buttered paper-cases in a deep dish; pour off the liquor, add to it butter and flour, flavour it with essence of anchovies and sherry, and serve as a sauce for the fish separately. Or, the liver may be taken out and mixed with the sauce.

Mackerel are best when split, rubbed with butter, sprinkled with pepper, salt, and chopped parsley, and broiled over a clear, slow fire.

River-fish are constantly sold and eaten in London during March, April, and May, when they are out of season and consequently unwholesome; the above being the fencing or spawning months for all kinds of river-fish, except trout and eels. Barbel should be eaten with care, as the roe is poisonous.

Barbel have been erroneously rejected ; but they are good eating, if the back-bone be taken out and they be cleaned, sliced, thrown into salt and water for an hour or two, and then spitch-cocked as eels.

Trout is generally better, and more delicate than salmon.

Fish is best fried in olive-oil, which will serve for more than one frying, if it be strained through a sieve before it is set aside.

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

LOBSTERS.—CRABS.—OYSTERS.

Choose lobsters and crabs not by size but by their weight : for, a thin crab or lobster will be as large as a fat one, from the stomach being formed on a kind of skeleton, and therefore not falling in when empty. Reject those fish which have very rough shells, for they are old : the heaviest are the best, and those of middling size are of sweetest flavour. The hen lobster is preferable for sauce, on account of the eggs or spawn.

The neater the shell the finer the oyster ; and when the shell *bites* or closes on the knife, the fish are alive and strong.

Lobsters and crabs are stated to be improved in flavour if killed before they are boiled, by putting them into the hardest pump water. The tail of a lobster thus dressed is said to lose much of its hardness and indigestibility.

To boil oysters put them unopened, hollow shell downwards, into a jar, which cover and set to its neck in water to boil ; when the oysters will be boiled in their own liquor, unmixed with water.

In stewing oysters, beware of using the liquor freely,

which is mostly too salt. Fried oysters are generally too hard to be eaten. In scalloping oysters, they should be warmed before they are put into the scallop-shell, else they will not be done.

Scallops and cockles are dressed as oysters.

Prawns make an elegant dish when lain back uppermost upon parsley, over a napkin raised in the form of a pyramid.

DRESSING MEAT.

Meat loses by cooking from one-fifth to one-third of its weight: boiling is more advantageous than roasting; baking is almost wasteful. The average loss in joints, and in cooking the bone, is one-half: by knowing the above a cook may provide accurately for a certain number of guests.

Meat is as often dressed too fresh as fish is cooked too stale.

VENISON.

Venison gravy should be made with the lean of a loin of mutton, and seasoned with salt only. Venison can only be served in perfection in a lamp-dish and water-plates. The proper vegetable is French Beans.

Water Plates and Dishes have lately been much improved; the plate or dish being of earthenware, and the part to contain the water being of metal.

BEEF.—VEAL.

Ox-beef is altogether finest; but heifer-beef, if well fed, is preferable for small families.

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

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

Veal is finest and most wholesome when it is very white and fat, with a small kidney. The fillet of a cow calf is preferable, on account of the udder.

MUTTON.—LAMB.

Mutton should be of a dark colour, plump, and marbled; the fat being firm and white: such is *wether* or the finest; but *ewe* mutton is paler and altogether inferior. The much-prized Oakhampton or Devonshire mutton weighs about 14*lbs.* per quarter.

A Saddle of Mutton is a handsome but extravagant joint; for, if properly trimmed by cutting off the flaps, tail, and chump-end, a saddle of 11*lbs.* weight will be reduced to 7*lbs.*

If a Leg of Mutton has hung long, it will not be so good for boiling, but the better for roasting.

A Leg of Mutton ought never to be roasted upon a spit, which lets out the gravy, and makes an unsightly hole near the pope's eye.

Legs and shoulders of meat should be hung knuckle downward, to keep in the gravy.

Grass Lamb continues in season till August; house lamb may be always had, but the best from Christmas to Midsummer.

PORK.

Pork is only fine during the winter months. The dairy-fed is known by its white and thin lean. The finest pigs are from Berks, Oxford and Bucks. In abundant seasons,

pigs have been partly fed upon apples, which have improved the delicacy and flavour of the meat.

TO DRESS HAMS.

Short-hocked Hams are generally the best. The fine, clean Yorkshire salt is desirable for curing Hams.

If a Ham be tainted, saw off the spoiled part, to prevent the taint spreading.

Soak a Ham 12 hours, if newly cured; if very dry, 24 hours; but, if green, it need not be soaked. It is best boiled or rather simmered in a copper: when done, take off the skin whole, and keep it to lay over the ham when cold, to keep it moist.

A Ham baked in paste will cut fuller of gravy, and have a finer flavour, than a boiled ham.

The gravy or essence of Ham is rich flavouring for gravies and soups: and the liquor in which it has been boiled, will make good soup when lowered.

A Ham is much improved by braizing and glazing.

In Westphalia, a pint of oak sawdust is put into the pot.

The flavour of a Ham will be much improved by boiling with it a few cloves and sweet herbs.

TO DRESS TONGUE.

To skin a Tongue, dip it while hot into cold water; it will be much improved in appearance by glazing.

A nice dish may be made of cold Tongue sliced, covered with grated Parmesan cheese and butter, and put into an oven to brown.

POULTRY.

If Poultry be not of good colour, blanch it by putting it

on the fire in cold water, allowing it to boil up, and plunging it into cold water.

TURKEYS.—FOWLS.

Turkeys and fowls should not be chosen by shortness of spurs, as the poulterers cut long spurs to get off old birds. Rather choose them by transparency and delicacy of skin.

The red American turkey is far superior in flavour to any other. The only way to obtain any thing like it is with the brown Norfolk turkey, which must be cooped up four days previous to being killed. On the first day, after feeding as usual, an entire walnut with the shell, soaked in water, is crammed down the bird's throat; the second day it has two more walnuts, and three on each of the two following days.

A Christmas turkey will be much improved by hanging for a fortnight or even three weeks, in which time the flesh will acquire the fine flavour of game.

Roasted chestnuts, grated or sliced, make an excellent addition to the stuffing for turkeys or geese.

All fowls of the original Dorking breed have five claws, although a great many are reared there with only four. They are large and superior in flavour. The sale for the London Markets is estimated at more than £8,000 per annum.

If a fowl be half-roasted and finished on the gridiron, it will be less dry than if wholly broiled.

DUCKS.—GEESE.

The finest Ducks are from Aylesbury, whence there are annually sent 800,000.

Geese and ducks when young, have yellow feet and bills, and firm and thick bellies. If ducks be old, keep them a few days, and they will become tender.

Pigeons should be fat; but the crop is often mistaken for fatness: the legs should be supple, and of a dusky white.

Dressed Poultry may be warmed into a nice dish by covering the pieces with egg, chopped parsley, bread-crumbs, and seasoning, and frying them as cutlets.

GAME.—RABBITS.

Of Game, cock Pheasants are best, except when the hens are full of eggs. Partridges should have dark bills and yellowish legs; the red-legged are high-flavoured. Woodcocks, Landrails, and Snipes should be thick and firm. Teal are only fine in very cold weather.

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

Partridges are improved by putting a piece of butter into them, when trussing them.

A Pheasant will be enriched by a piece of beef in the inside, which should be taken out before serving.

Hares and Rabbits should have smooth and sharp, and tender ears. Hares are generally improved by keeping; but Leverets will not keep.

An old Hare is neither fit for roasting nor jugging; but should only be potted or made into soup.

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

rabbit is young ; and more or less so, as the two bones are more or less separated.—*Nimrod*.

Where Rabbits are abundant, use the fillets for the dining-room, and make a kitchen pie or pudding with the legs and shoulders.

EGGS.

Choose Eggs by holding them to the light or to a lighted candle : if they are clear, they are fresh ; if they are thick, they are stale ; if they have a black spot attached to the shell, they are worthless. Eggs should be new, or not more than twenty-four hours old, when they are stored, else their flavour cannot be relied on.

To keep Eggs, dip them one or two minutes into boiling water ; or turn the Eggs every day. New laid Eggs require boiling a minute longer than stale Eggs.

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

Plovers' Eggs should be served hot in a napkin for breakfast ; or cold in moss for supper : they require boiling ten minutes. The hard yolks in a mould of savoury jelly form an elegant supper dish. Great numbers of the Eggs of Sea-gulls are sold in London for Plovers' Eggs.

TO MAKE GRAVY.

In making gravy, it is advantageous to flour and fry the meat and onions lightly in butter : the same should be done for Haricot Mutton and Stewed Steaks, which are excellent and unexpensive made dishes for a family.

To make readily gravy for veal cutlet or liver and bacon, empty the pan, put into it a little butter and flour, broth or water, with pepper, salt, and lemon-juice, and warm together : a few chopped mushrooms will much improve it.

Gravy for Wild-fowl : Simmer in half a pint of plain gravy a few leaves of basil, a small onion or shalot, and a piece of lemon-peel ; add the juice of half a Seville orange, a glass of port wine, season with salt and pepper, and warm again ; and in a few minutes strain.

SAUCES.

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

Oystersauce should resemble thickened gravy rather than melted butter with oysters in it, as is generally the case. Cream is a fine addition.

Essence of Anchovies is a good addition to oyster sauce for fish ; but it should be omitted when the sauce is for boiled fowl or rump-steaks.

The common error in making lobster sauce is not chopping the lobster small enough : when cut into large dice, (as directed in most cookery-books,) it is scarcely a sauce, for the result is too much like *eating fish with fish*.

Sauce for Pork Chops : Put into half a pint of brown gravy a table-spoonful of chopped marjoram, thyme, parsley, and shalot *mixed*, a little butter, lemon-juice, salt, and pepper ; simmer together and strain.

Tomata Sauce for Pork Chops : chop a shalot, simmer it with a little vinegar, add some store Tomata Sauce and brown gravy to taste.

Ketchup, or other sauce, for Steaks, should be warmed; shalots and tarragon chopped fine and warmed in gravy are relishing accompaniments.

Onions for Steaks should be scalded, sliced, and fried in a little butter; but the Steaks should be broiled.

Raisin wine is an economical and good substitute for sherry or brandy, in Sauces.

Cavice is much improved by keeping: in two or three years it will be excellent.

A few drops of Shalot Vinegar will give to gravy one of the finest flavours in cookery.

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

A Turnip boiled with Onions will make them milder.

Apple-sauce is best made by putting the apples pared and cored into a preserve-pot, which cover up, and set on the hob till the fruit is pulpy, when add butter and sugar.

In making Mushroom sauce, throw the mushrooms into cold water and lemon-juice as they are peeled, to keep them white: if they boil too long, they will turn black.

To hash a cold joint, cut off the meat in slices, cover it, and set it aside: then with the bones and trimmings of the joint make a gravy, in which simmer the meat long enough to warm it through, but not longer, else it will be hard.

In preparing rice for Currie, shake it lightly into a dish, but do not touch it with the fingers or a spoon.

Currie-powder can be made just as good here as in India: but we make it too hot with Cayenne-pepper. In India, there are mild curries, and hot curries: the former contain no Cayenne-pepper or chili; the latter are warmed,

not with Cayenne-pepper, but with the green chili, which is always preferable.

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

Truffles are used as an addition to meat pies, sauces, and ragouts, and a particular dish is made of them nearly alone. They are also used in stuffing turkeys, game, &c.

SALADS.

Salad Ingredients: French and various flavoured vinegars; cream or oiled butter; a spoonful of mealy potato rubbed with mustard, salt, and a little cream, as a substitute for egg; boiled and sliced truffle; a spoonful of gravy or lukewarm glaze; a tea-spoonful of soy, essence of anchovies, or sugar; ground black pepper, mustard, and salt; the best oil is not always sold in flasks; lettuces should not be wetted; yolks of eggs should be quite cold; tomato pulp, chervil and young shalots are excellent; the herbs being picked and washed, should be covered up in a cloth until they are dried, when salad washed in the morning will be fresh for evening use.

Boiled onion and baked Beet-root, sliced together, make excellent winter salad: Endive is not good until the outer leaves have rotted.

PICKLING.

The best vinegar should be used in Pickling: it should be boiled, as raw vinegar will not keep. Oilmen usually boil their vinegar three or four times, or so long as any scum rises. The following is a good spice mixture: to each quart of vinegar, half an ounce each of whole black pep-

per, ginger, and allspice; one ounce of mustard seed, four shalots, and two cloves of garlic: the vinegar should be poured through a sieve upon the articles.

The principal season for pickling is July and August: walnuts are only fit when they can be pierced with a fork; in a few days they will become hard and shelled, and unfit for pickle.

The articles for Piccalili are best pickled separately, and then mixed in the "Indian" liquor.

Beet-root is a handsome pickle: wash it but do not cut off the rootlets; boil or bake it tender, rub off the outside with a coarse cloth, cut it into slices, put them into a jar, with cold boiled vinegar, black pepper, and ginger.

The least quantity of water, or a wet spoon put into a jar of pickles, will spoil the contents.

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

TO CHOOSE VEGETABLES.

Vegetables, for genteel tables, should be of moderate size, or even small, provided they are of good colour and flavour. Vegetables of very large growth are of inferior flavour.

The history of the Potato strongly illustrates the influence of authority: for more than two centuries, its use was vehemently opposed; till Louis XV. wore a bunch of its flowers in the midst of his courtiers, when the consumption of the root became universal in France.

Potatoes: in quality, the very early kinds are watery;

the American and Irish reds, waxy ; and the champion, the kidney, and red-apple, mealy and agreeably-flavoured : the latter will keep longest of any. New potatoes are scarcely worth eating, till they cost little.

Red Cabbages are much finer in Winter and in Spring than in Autumn.

The varieties of Brocoli are better as they approach to a pale or light colour.

Turnips: the yellow are much more nutritious than the white varieties : French turnips in seasoning give a much higher flavour than other kinds. Of Carrots, the best kind are the large, long orange : the white are dry and strong. The garden Parsnep has smooth leaves. The green-leaved Beet is much more tender than the red-leaved kind. Sorrel, broad-leaved, is most juicy, and improves turnip-tops, greens, and salading.

Field Turnips and Potatoes are much finer than those grown in a garden.

TO DRESS VEGETABLES.

Vegetables, when fresh gathered, will not require so much boiling by a third of the time, as when they have been gathered the usual time those sold in our markets have.

The principal points in cooking vegetables is to boil them soft, and sufficiently to get rid of any rankness, without losing their grateful flavour.

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

To free Vegetables from insects with certainty, wash them first in salt or sea-water, and then in plain water.

Soft water is best fitted for boiling vegetables ; but, if

only hard water can be obtained, put into it a tea-spoonful of salt of tartar. This may also be added when green vegetables do not boil readily in soft water.

Potatoes *à la Maitre à Hôtel* : slice rather thickly boiled potatoes, and pour over them melted butter, with pepper, salt, finely-chopped parsley, and a little lemon-juice : warm together and serve.

The potato-saucepan is a safe and simple contrivance for cooking potatoes by steam : it consists of a saucepan with a drainer on feet, beneath which is poured about a pint of water, which, as it boils, rises in steam through the potatoes. They should be taken off when done, else, the water having boiled away, they will become burnt.

The *Oxalis Crenata* is a new kind of potato brought from South America : its stalks may be used as rhubarb in tarts.

Cabbages, if strong, should be boiled in two waters ; that is, when they are half done, pour off the water, and add fresh boiling water.

Red Cabbage, stewed in gravy with a little butter, is a nice dish ; its colour may be heightened by beet-root.

Cauliflower and Parmesan : Pour melted butter over the boiled cauliflower, grate on it Parmesan cheese, and brown with a salamander or red-hot fire-shovel.

A lump of sugar enriches stewed Spinach, and Green Peas. A peck of Peas requires a gallon of water to boil them in. To ensure Peas being of the same size, and all done alike, pass them through a coarse sieve.

If Spinach be old and bitter, boil it in water : it is best served in a shape or mould.

Sea-Kale cannot easily be overcooked : it should be well drained, and set a few minutes before the fire previous to serving ; the toast is not requisite.

Boiled Beet-root, sliced, and Parsneps fried, are excellent with roast mutton.

Young Carrots should not be scraped, but the skin should be rubbed off with a coarse cloth after they are boiled.

Very young Turnips should be boiled with an inch or two of the green tops on them.

In dressing Turnips, mix with them a small lump of sugar, to overcome their bitter taste.

Brussels Sprouts are good with a sauce of melted butter, vinegar and nutmeg.

Celeriac, or celerie rave, may be used in the kitchen for seven or eight months in succession.

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

Sea-Kale, unlike most other vegetables, is improved by forcing; that produced at mid-winter being more crisp and delicate than that of natural growth in April or May.

Asparagus: the green-topped has the finest flavour.

Spinach: choose the round-leaved in Spring and Summer; and the triangular-leaved for Winter.

Of Peas, several new varieties are delicious, especially late in the season. The deadman's-dwarf is in high request for genteel tables.

Beans: only such as are tender should be gathered for table use: when black-eyed, they are tough and strong. The forced dwarf kinds have little flavour; young scarlet-runners are thick and tender. Upon the Continent, the white seed-beans are made into a haricot. Beans are more nourishing than most other vegetables.

If Onions begin to sprout, sear the roots with a hot iron, and the vegetation will cease.

To stew Onions, peel them whole, flour and fry them

lightly in butter ; season and stew them slowly in weak gravy for two hours : dish them upside down with the gravy over them : do not cut the top or bottom too closely, else the onions will not keep whole.

Spanish or Portuguese Onions, baked, and served with cold butter, make a nice supper dish ; the outer peel being taken off at table.

Artichoke-bottoms, dried in an oven and powdered, are used to enrich made-dishes and savoury pies. Jerusalem Artichokes should be peeled and boiled in milk and water.

The fruit of the Egg-plant is excellent when seasoned and fried in butter, with bread-crumbs.

Laver is eaten with roast mutton : it is dressed by warming it with butter, salt, and lemon-juice : serve it hot in the saucepan.

Vegetable Marrow is nice eating if sliced and fried in butter ; plainly boiled, or stewed with rich sauce.

Root vegetables may be kept in the ice-house ; in Summer, peas, kidney-beans, cucumbers, and fruits, can be thus kept fresh for several days.

Forced Vegetables are not only very expensive, but are very inferior in flavour to those of natural growth.

CUCUMBERS.—MUSHROOMS.—TRUFFLES.

Cucumbers : among the finest sorts are the early long, with few prickles ; and the early short. The Flanagan, nearly two feet long, is deliciously crisp. Lettuces : the cabbage kinds, when very young, are milder than the Cos lettuces. Endive : broad-leaved for soups, and curled for salads. Celery : white for salad, and red for soups. Mustard and Cress are rank when the leaves are rough.

Radishes in winter have a strong flavour: the spindle kinds should have small leaves; and the turnip small roots.

Of Mushrooms, the wild sorts from old pastures are more delicate and tender than those raised in artificial beds; but the young or cultivated mushrooms are best for pickling: indeed, there is altogether much less risk in using cultivated mushrooms.

The large horse-mushroom, except for ketchup, should be cautiously eaten. In wet seasons, or if produced on wet ground, it is very deleterious, if used freely.

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

HERBS.

Herbs, when hung up in loose bundles to dry, soon lose their odour: they should be thinly spread out, shaded from the sun, and when dried, pressed together, and covered with paper.

Thyme, when broad-leaved and common is preferable; but the lemon kind is liked in certain dishes. Mint should be gathered when the tops are from one to six inches long. Sage, when red, has the finest flavour. Curled Parsley is the finest garnish: the poisonous Fools' Parsley has dark leaves. Onions: the Deptford and Globe sorts are mild and keep well; the silver-skinned and two-bladed are best for pickling; the Portuguese and Spanish are only in perfection from August to Christmas. Chives, in Spring are very mild.

"A bundle or bunch" in cookery is made with parsley and green onions: when seasoned, bay-leaves, two bunches of thyme, a bit of sweet basil, two cloves, and six leaves of mace are added.

Herb mixture:—equal proportions of knotted marjoram and Winter savoury, with half the quantity of basil, thyme, and tarragon; to be dried and rubbed to powder, and kept in a wide-mouthed bottle, closely corked. This mixture will be very useful for force-meats.

Sun-flower seeds not only rapidly fatten poultry, but greatly increase the number of eggs.

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

The object in cutting lemon-peel thin is that you cut through the little cells, and thus let out the flavour; whereas, if you pare it thickly into the white, the cells are left whole, and the flavour remains in the peel. When, however, the peel is cut thinly, much of the oil remains on the white; but this may be obtained by rubbing a lump of sugar over it.

TO MAKE PASTE.

Suet makes the lightest pudding-crust. Pick currants upon tin, when by rubbing them, any stone may be detected by its noise. Stone raisins with clean hands rather than a knife-point.

A mealy Potato beat to a paste with milk will lighten a plum-pudding; as will also stale bread-crumbs instead of flour; a pinch of salt will improve it.

Beat Eggs separately, else one bad one may spoil a basin-full: when the whites only are wanted, the yolks, if not broken, may be kept good, if covered. Eggs should be added last of pudding ingredients.

Warm butter will not oil, if mixed with a little milk.

It is not requisite to flour a pudding-cloth, but merely

to dip it into boiling water before the pudding is tied in it.

To prevent a pudding sticking to the bottom of the saucepan, lay in it a dish or plate hollow downwards.

Upon taking up a pudding boiled in a cloth, dip it into cold water, and it will not stick.

The art of making Pastry was formerly taught in schools. Edward Kidder, the famous pastry-cook, who died in 1739, is said to have taught nearly 6,000 ladies the art of Pastry; for which purpose he had two schools, one in Queen-street, Cheapside, and the other at the corner of Furnival's Inn Court, Holborn.

To make Paste requires a good memory, practice, and dexterity; the method of mixing the ingredients being the main point.

Touch the Paste as little as possible; roll it invariably *from you*, but the less it is rolled the better; flour and pounded sugar should be dried and sifted; both salt and fresh butter should be washed and dried, and broken to pieces; lard will make paste light but not of good colour or flavour; work up paste lightly, without strength or pressure; use very little flour in rolling, else the paste will not be clear.

If paste be for savoury pies, use salt butter, but only squeeze do not wash it.

Baking is very important: the paste should be put into the oven as soon as possible after it is made, else it will be heavy: for puff paste, a brisk oven, for other kinds, moderate; cakes should be set in a cool oven.

For Puff Paste, a good proportion is one pound of flour to three quarters of a pound of butter: for Family Pie Paste, half a pound of butter to a pound of flour.

TARTS.

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

Quinces and Cranberries should be stewed before they are put into a pie.

The French fruit tart is usually a cake of flaky paste, and a pile of fruit stewed with sugar.

Codlins and Apricots for Tarts should be scalded, and have loaf sugar sifted over them.

Fruits, if preserved with the full proportion of sugar, do not require baking ; so that it is better to put the preserve into tartlets after the paste is baked.

One pound of sugar to a quart of unripe Fruit is a good proportion for Puddings and Pies. It is wasteful to spare the sugar in making them, as dry sugar added at table has not so much sweetness as in syrup.

PUDDINGS.

Baked Fruit Puddings : Put gooseberries, currants, raspberries, or rhubarb, with very little water into a jar, which set by the fire till the fruit will pulp ; strain it, and to each pint of the juice add three eggs, 1oz. butter, sugar, and bread-crumbs to thicken ; bake in a dish edged with paste.

Apple or green Apricot pulp may be made into puddings as above, the bread being omitted, and a little pounded mace added.

Rhubarb should not be peeled unless it be old.

If the fruit be first stewed to a pulp, an apple pudding will require but one hour's boiling: when cut, add ginger or nutmeg, fresh butter, and sugar ; or a well-beaten egg.

Orange-flower Water is a delicate and harmless flavour-

ing for Puddings, which is not the case with black-cherry water.

A cheap ornamental pudding may be made by boiling rice in a buttered mould, (if open the better); set it in a dish, and put round it a wall of preserved currants, with their syrup to cover the bottom of the dish.

A bottom layer of Marmalade or any preserve is a great improvement to a rice, vermicelli, macaroni, or custard pudding; also to an Arrow-root pudding, which may be made transparent, if water be substituted for milk.

Orange and Lemon are among the most elegant Puddings and Tarts.

The celebrated Bakewell Pudding: line a dish with puff paste, and spread on it jam half an inch thick; mix the yolks of eight and the whites of two well-beaten eggs, with half a pound of powdered loaf sugar, the same of warmed butter, and black-cherry water to taste; pour this mixture an inch thick upon the jam in the dish, and bake an hour in a moderate oven.

A Plum-pudding may be kept for months in the mould and cloth as taken from the copper; when wanted re-boil it an hour.

SAVOURY PIES.

Suet should not be put in the force-meat of Pies when they are to be eaten cold.

The luncheon or supper Steak Pie—or a steak between two layers of paste in a shallow dish, is very convenient: the meat and crust being cut sandwich fashion.

A Raised Pie should be dished on a fine napkin; as should all Patties.

When a hog is killed, a Raised Pork Pie may be economically made of the trimmings; there being no bone, and the meat packed closely, or cut into dice, fat and lean alternately.

Oysters and a large flap mushroom will materially improve a beef-steak pudding or pie; and sheep's kidneys will enrich them with gravy.

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

SOUFFLÉ.—OMELET.—MACARONI.

A *soufflé* resembles a custard, but is *baked* in a raised paste case, or in a mould; or it may be simply baked in a dish. It is usually finished by sifting pounded sugar over it.

Omelettes should be folded lightly and nearly in the form of a Banbury Cake; if fried and served flat, they will be heavy.

Macaroni and Parmesan Cheese are prepared by first boiling the Macaroni tender in broth or water, then grating the cheese over it, and adding butter,—then to be finished in a cheese-toaster, or scallop-shells before a clear fire.

SWEET DISHES.

The *art* of making mince-meat is to pick, chop, and mix the articles carefully; the currants should be *quite dry*; to secure which, wash them and dry them before the fire, a day before mixing. It should be closely covered, and kept in a cool place.

Kitchen Spice, for seasoning: three-quarters of an ounce each of ground allspice, black pepper, and nutmeg, one

ounce and a half of ground ginger, one dozen cloves in powder, and nine ounces of salt: mix in a mortar, and keep it closely stopped. Omit the pepper and salt, and this spice will be good for cakes.

For Calves' feet Jelly, buy the feet at the butcher's, as those sold by tripemen are mostly overboiled. Or, Cowheels, nicely cleaned are much cheaper, and make equally good jelly. Wine should be added to Jelly in clarifying it, else its qualities will evaporate in boiling.

Punch Jelly may be made by adding rum, brandy, and sugar to calves' feet jelly.

Grape Jelly is made by adding a quarter of a pound of loaf-sugar to a pint of the juice of very ripe grapes after just boiling them.

Clouted Cream: Put equal quantities of new milk and cream into a pan, which set in an open kettle, half-filled with water; set it over a slow fire, stir it till hot, when bubbles rise on the surface, remove it from the fire, and in twenty-four hours will be thrown up a fine rich cream.

A zinc tray has lately been invented for clouting cream; but it has the disadvantage of spoiling the remaining milk.

Mock Cream: Stir a dessert-spoonful of flour into a pint of new milk; simmer it, to take off the rawness of the flour, stir in the yolk of an egg, well beaten, and strain it through a fine sieve.

TO CHOOSE FRUIT.

Forced fruits are very inferior to those of natural growth: the former are obtained at a period when there is little sunshine, but the latter are ripened in the full blaze of a summer sun.

Fruit should be gathered in the middle of a dry day: it

is better stored in a cellar than in dry presses and closets higher in the house. Every sort of apple and pear should be kept by itself; and apples will keep longer in heaps covered up, than if lying exposed. When apples are frozen, no artificial means must be used to thaw them, else they will be quite spoiled: if they thaw in the light they rot; but if in darkness, they keep sound.

The early Elford rhubarb is not surpassed in flavour by that of any other variety.

Gooseberries: the large kinds have least flavour; but Wilmot's early red is excellent for puddings and tarts. The small early green hairy kind is capital for tarts. The old rough red is finest for jam when ripe, and for bottling when green. Yellow gooseberries are generally richer than the white, and are best for dessert and wine-making. Currants: the finest are the common black, Champagne pale red, red Dutch; the white Dutch, with yellow fruit are preferable for dessert and wine.

Strawberries can only be had in perfection in dry weather, for a slight shower will render them flavourless: pines are highest flavoured. Raspberries should be eaten or preserved as soon as gathered, as they lose flavour in a few hours. Cherries, Kentish and Morella for preserving.

Mulberries should only be eaten when they are fresh gathered.

Pine-apples: the new and curious sorts are not of such fine flavour as the old kinds. Small Melons are, when equally ripe, more richly flavoured than large ones.

If you wish to keep a pine-apple, twist out the crown, else it will suck out the goodness.

Grapes should have a fresh bloom; if the stalks be dry, the fruit is mostly stale and flat.

To restore the freshness of grapes, cut the stalk of each bunch, and put it into wine, as flowers are set in water.

Plums: the Morocco is one of the best early plums; the finest green-gages have a yellowish-green skin, purplish, marbled with russety, muddy red; the purple-gage equals the green-gage in flavour, and may be kept longer; the Orleans are mostly abundant; the Wine-sour is the most valuable of all our plums for preserving, and may be kept one or two years; and the white Bullace, when boiled in sugar, may be kept twelve months. The Sloe, when ripe, forms an excellent preserve; and will communicate to wine the roughness of Port.

Peaches should have the skin thin, of a deep, or bright red colour next the sun, and of a yellowish-green next the wall. Nectarines should be chosen by the same rule. The deep Orange-Apricot is prized in tarts and for preserving.

THE FRUIT-ROOM.

Filberts may be kept upwards of two years by packing them, when quite ripe and dry, with their husks on, in earthen jars; spread a layer of salt over the fruit, tie them over with brown paper, and keep them in a dry cool cellar.

Filberts may also be kept through the Winter, in an earthenware-pan, covered with a piece of wood, and a heavy weight, the pan being buried in the earth.

Nuts of all kinds are apparently freshened by dealers with the fumes of sulphur, by which filberts and walnuts of last year are made to resemble those of the present.

Apples for the table should have a fine juicy pulp, regular form, and beautiful colour: those for kitchen use should be of large size, and form a pulpy mass of equal consis-

tency, when baked or boiled ; as codlins, and the russet kinds.

The Hawthorden is an excellent cooking apple. Among the best kinds for keeping are the Golden Reinette, the Old Nonpareil, and the Foreman Screw.

Pears for dessert should have a sugary aromatic juice, and soft melting pulp, as in the *beurrés*, or butter-pears ; or they should be crisp, as in the Winter bergamots. Kitchen-pears should be of a large size, with the flesh firm, and rather austere than sweet.

Fine pears should be wrapped separately in paper, and kept in glazed crocks closely covered ; or each pear should have its stalk tipped with sealing-wax.

If walnuts become shrivelled, before you send them to table, soak them for eight hours in milk and water, which will make them plump, and cause them to peel easily.

Prunes, on the Continent, are stewed with sugar, and served as a winter dessert-dish.

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

Baked Apples: scoop out the core, without cutting quite through, and fill the hollow with fresh butter and sugar ; bake slowly, and serve in the syrup.

The Seville, or bitter Orange, is chiefly used for making marmalade ; but it may be employed for all the purposes of the lemon: it is only to be purchased fresh from February to April.

Oranges are rarely sweet till after Christmas.

TO MAKE COFFEE.

A good method of roasting Coffee is in an earthen basin,

placed in an oven, the coffee to be frequently stirred with a spoon.

Grind coffee just before using, in the proportion of a quarter of a pound for three persons. Put it into a basin, and add to it a crushed egg, yolk, white, and shell : mix it with a spoon, and put it into the coffee-pot, pour upon it warm, not boiling, water ; let it boil up and break three times, then stand a few minutes, and it will be clear and rich.

By Parker's Steam-fountain Coffee-pot, every good quality of the coffee is extracted, without any of the unwholesome acid which is more or less mixed with all coffee made by the common methods. A clear and pure essence is produced, small in quantity, but of such strength that it may be freely diluted.

Loaf Sugar should be used for sweetening Coffee : for it gives more sweetness than moist sugar, and adds to the delicate flavour of the coffee ; besides being the cheapest.

A pinch of *carameled* sugar will much improve coffee, and allow of a less quantity of the seed being used.

COFFEE IN FRANCE.

The French method of making coffee is as follows:—the coffee should be roasted only till it is of a *cinnamon* colour : it should be coarsely ground soon after it is roasted, but not until quite cool. The proportions are usually one pint of boiling water to two ounces and a half of coffee. The coffee being put into the water, the coffee-pot should be covered up, and left for two hours surrounded with hot cinders, so as to keep up the heat, without making the liquor boil. Occasionally stir it, and after two hours' in-

fusion, remove it from the fire, allow it a quarter of an hour to settle, and when perfectly clear, decant it. Isinglass, or hartshorn shavings, are sometimes used to clarify coffee; but by this addition you lose a great portion of its delicious aroma.—*From Le Manuel de l' Amateur de Café.*

CHICORY IN COFFEE.

Succory, or Chicory, the Wild Ediver, is grown to some extent in this country as an herbage plant, but, in Germany, and in some parts of the Netherlands and France, it is widely cultivated for the sake of its root, which is used as a substitute for coffee. When prepared on a large scale, the roots are partially dried, and sold to the manufacturers of the article, who wash them, cut them in pieces, kiln-dry them, and grind them between fluted rollers into a powder, which is packed up in papers containing from two ounces to three or four pounds. The powder has a striking resemblance to dark ground coffee, and a strong odour of liquorice; it wants the essential oil, and rich aromatic flavour of the coffee, has little in common with the latter except its colour, and has nothing to recommend it except its cheapness. It is only lately that Succory powder has been used in England, where it was introduced by some designing traders to *improve coffee*, whereas, as we have stated, on the Continent, it is only used as a substitute for, or to adulterate, coffee; and, since the rise in the price of coffee, very large quantities have been imported from Hamburgh, Antwerp, &c. The evils of this adulterating fraud fall chiefly on the lower classes, who, having rarely facilities for roasting or grinding coffee at home, almost uniformly buy it in the shape of powder.

Or, the ground coffee sold at chandlers' and small grocers'

shops is often adulterated with parched peas and beans, or with roasted corn. It is well, both in regard to coffee and to pepper, and other articles, to avoid their passing through the grocer's mill.

CHOCOLATE.

Put into a chocolate-pot as many cups of water as requisite; set it on the fire, and when nearly boiling, put in the proportion of chocolate in pieces or shavings, and mill it; boil it twice or thrice, and set it to simmer upon hot cinders; when to be served, mill it again till it froths.

TEA.

There is scarcely any article, the delicacy and flavour of which is so easily impaired as tea; hence the necessity of great caution in packing and warehousing it. The miscellaneous collections of articles in grocers' warehouses, are often unfavourable to the delicacy of tea; and the trash of chandlers' shops is fatal to it.—*Brande*.

The lowest priced teas are dearest to the consumer; the cheapest tea to drink is of a very superior quality, emphatically termed the back-bone of tea, which could scarcely be retailed under 6s. per lb.: this tea will yield two liquorings, whilst the strength of common teas is expended in the first water.

To make tea, the tea-pot should not be scalded, which causes the escape of some aroma: pour a breakfast cup and a half of boiling water upon it, and pour the *tea* out in two minutes. By this means you have all the flavour, without too much of the bitter of the tea.

As a hint to Tea-makers—put a small quantity of carbonate of soda into the pot with the tea, and this, by sof-

tening the water, will much accelerate infusion. Should the water be hard, it will increase the strength of the tea at least one half. A lump of sugar put into the pot will also hasten the infusion of the tea.

A polished metal tea-pot is preferable to one of earthenware, as it will best *draw* the tea.

A polished silver or brass tea-urn will keep the water hotter than one of a dull brown colour, such as is commonly used. The more of the surface of a kettle is polished, the sooner the water will boil in it.

Much of the prejudice against our native tea-plants has arisen from the tea being made of fresh herbs, and by far too strong.

TO CLEAN PLATE.

The best preparation for cleansing plate and renewing its polish is a mixture of prepared chalk or hartshorn powder and spirits of turpentine. Having washed the plate with hot water, rub it over with the above mixture; then rub it off with leather, and with another leather, polish the silver. This should be done twice a week; but, on other days it will be sufficient to rub the plate with leather after washing. Great care should be taken so to rub off the mixture, that the plate shall not retain the slightest smell of turpentine; the latter is useful in removing every particle of greasiness from the plate, which mere washing will not do. A brush may be used for chased work, but it is liable to scratch the smooth surfaces. Plate cleaned with whiting and water is apt to bear a poor, pewtery, or whitish polish.

CONFECTIONARY.

PRESERVING FRUIT.

The grand secret in Preserving Fruit is to deprive it of its water in the shortest possible time ; for which purpose the fruit ought to be gathered just at the point of its proper maturity. Over-ripe fruit is disadvantageous, it being always found to have parted with a portion of its flavour.

Loaf Sugar for preserving should be coarse, strong, and of open texture.

The more sugar that is added to Fruit, the less boiling it will require. In wet seasons, fruit requires rather more boiling than in dry seasons ; and this should be done before the sugar is added. A little powdered alum dissolved in water, and put into the syrup of preserves, with a full quantity of sugar, will sometimes prevent their candying.

It is useless to cover preserves with *brandied* paper, as the spirit will soon evaporate, and leave the watery particles, which cause mouldiness.

When fruit is very plentiful, it may be preserved for Winter use by boiling it with a *small* quantity of sugar for a *long* time.

Fruit for bottling without sugar, should be gathered and bottled the same day, else it will be more likely to break the bottles, to show a small white spot, and become musty.

Red Gooseberries, when preserved in Scotland, are not mashed, but merely slit with a knife, and boiled nearly whole with the sugar.

To candy Fruit readily, lay it from syrup into a clean sieve, which dip quickly into hot water, and drain the fruit on a fine cloth ; sift over it refined sugar, and dry on a sieve in a moderate oven.

APPLES.

Enjoyment is not found so much in luxuries as in less costly dishes. Fried Apples are better and more wholesome than expensive preserves.

To dry Apples and Pears, as in France, soak the fruit in boiling water until it becomes soft; when take it out, and carefully peel it, the stalk being left on: next place it upon a sieve in a dish, and put it into an oven heated as for bread for 24 hours; when taken out, and cold, press the fruit between the hands, and pack it into boxes. For use, these apples and pears should be warmed in a rich syrup until they become pulpy and sweet.

The celebrated Norfolk "biffins" are the beauffin apples baked between straw in a slack oven, flattened with the hand occasionally, and when cold rubbed with syrup.

Pulped Apples served beneath Chocolate Cream give it a gentle acidity, and take off the lusciousness of the chocolate. It is a good restorative dish.

PEAR SYRUP.

Heat any juicy pears in a saucepan over the fire, until the pulp, skin, &c., have separated from the juice, which should be then strained, and gently boiled to the consistence of molasses or treacle, which in appearance and flavour it will exactly resemble, but with a more agreeable flavour of sweet and acid. On the Continent, this syrup is made in considerable quantities by the peasantry for consumption in their own families; it is eaten by children on slices of bread, and used by pastry-cooks in making gingerbread.

TO PRESERVE GINGER.

Pare green Ginger, and throw it into cold water, to keep its colour; boil it tender in three waters, at each change putting the ginger into cold water. For each pound of ginger, clarify one pound of refined sugar: when cold, drain the ginger, put it into a pan with enough of the syrup to cover it, and let it stand for two days; then pour the syrup to the remainder of the sugar, and boil it for some time; when cold, pour it upon the ginger again, and set it by for three days; then boil the syrup again, and pour it hot over the ginger. Proceed thus till you find the ginger rich and tender, and the syrup highly flavoured. If you at first pour on the syrup hot; or if it be too rich, the ginger will shrink, and not take the sugar.

JELLIES AND JAMS.

Beware of over-boiling Fruit Jellies, else they will waste, and soon spoil: from 15 to 20 minutes are sufficient boiling after the sugar has been added: a flat, circular piece of wood, about the size of a large plate, if lain upon the surface of the boiling jelly will readily take up the scum. Jams and Jellies should be poured into the pots the moment they are taken off the fire, by which means a sort of skin forms upon the top in cooling, which, if unbroken, will keep out the air.

The juice of white currants improves the flavour and colour of red juice in making jelly: one quart of white currants to three of red is a good proportion: a gallon of fruit, if well managed, is sufficient for a quart of jelly.

Blackberry Jam, cheap, and wholesome for children, may be made by boiling the berries with half their weight of coarse brown sugar, for about three quarters of an hour.

Blackberry jelly, made as currant jelly, added to an apple tart not only colours it, but gives it a sort of plum flavour.

With Gelatine, sugar, and orange-flower water, may be made the very pleasant kind of lozenge sold under the name of *Patés de Jujubes*.

CAPILLAIRE.

Capillaire should be made with a fern-like foreign plant of that name, which has pectoral and astringent properties; the proportion being one ounce to a pint of syrup. But the Capillaire mostly sold by confectioners is merely a fine syrup, flavoured with orange-flower water.

“FLAVOURING.”

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

A much more agreeable flavour than either bitter almonds or the laurel can impart, may be produced by grated cocoa-nuts, which are imported in such quantities as to be sufficiently cheap for any culinary purpose. In the United States of America, a very favourite pudding is made of grated cocoa-nut, bread or flour, milk or eggs, and other common ingredients of a pudding.

Where the tinge and flavour of Saffron are desired in confectionery, it ought to be used with great caution, or

it will impart a disagreeable flavour. The safest mode will be not to extend its use beyond the slight tinge of colour, which a small quantity affords.

BAKING.

BREAD.

Excellent home-made bread can be produced, even with flour at 6s. and 6s. 6d. per bushel, at from 4½d. to 5½d. per loaf of four pounds.

Home-made bread is full of flavour, while the bakers' bread is comparatively tasteless. Home-made bread is firm, goes far, and keeps well; bakers' bread is light, white, and spongy; but it can scarcely be kept four days: it may be more sightly than bread made at home, but, to produce this appearance, so many articles are used with the flour as to diminish its nutritious qualities.

French Bread and Rolls will be much lighter if baked on strong buttered paper than upon tins, or in shapes.

Brown Bread to possess the aperient qualities for which it is so much recommended, should be made from "tail wheat," the bran of which is extremely fine, and is retained in the meal.

The Iron ovens attached to kitchen-ranges, in most cases, will spoil the bread attempted to be baked in them, as it will be either unevenly baked or altogether burnt. If, therefore, a family possess not a brick oven, the bread should be sent to the baker's.

Gingerbread and Bread containing Caraway Seeds is far less liable to mouldiness, than plain bread. Mouldy bread is poisonous, and children have died from eating it.

APPLE-BREAD.

Weigh seven pounds of fresh juicy apples, peel and core them, and boil them to a pulp, which mix with fourteen pounds of flour, the usual quantity of yeast, as in common bread, and a little water, if requisite, to form a dough; put it into a pan to rise eight or twelve hours, and bake in small long loaves. This bread is much eaten in France.

SODA-BREAD.

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

OATMEAL AND BARLEY.

Scotch Oatmeal undergoes a process, in order to dry it, which imparts a peculiarly rich and delicious flavour to it, totally wanting in that which is ground in England.

Scotch Barley contains a great deal of nourishment, but few persons understand dressing it: unless boiled, at least, two hours, it will be hard.

If Pearl Barley be pounded in a mortar, it will equal

tapioca, or ground rice, and at one-twelfth of the price of the first, and one-third of the price of the last article.

THE DAIRY.

MANAGEMENT OF MILK.

By the Devonshire Method of scalding Milk,—the cream may be kept for a long time, so that the butter is as sweet and fresh as if made from one day's cream. The mode is to pour the milk into a shallow brass pan, and simmer it over a stove or wood fire until bubbles rise; then take it off, let it stand till cold, when skim off the cream.

A spoonful of scraped horse-radish, put into each pan of milk, will keep it sweet for several days. Cream may be kept for twenty-four hours by scalding it; and if sweetened with pounded loaf-sugar, it may be kept two days.

The Cream Gauge is a glass tube; on its outside is a graduated scale, three inches long, and each inch is divided into ten equal parts. The scale commences at exactly the height of ten inches from the bottom of the tube; it is numbered, and counts downwards. Being filled up to ten inches with new milk, of a proper temperature, it is set by in the Dairy for twelve hours, in which time the cream will have risen to the top of the tube, if the cow be a proper one from which to make butter.

BUTTER.

The fair economist will find that a calculation of three-quarters of a pound of butter per week, for every individual in her household, will in general be a correct allowance for consumption.

To ensure good butter in Winter, wash and beat it free

from milk, and work it up quickly with half an ounce of powdered saltpetre, and the same of loaf sugar, powdered, to every pound of butter; pack it closely in earthen crocks, and in a fortnight it will have a rich marrow flavour.

CHEESE.

The juice of the orange carrot, and the flowers of marigold, are used for colouring cheese, and give a better tint than annatto, which is too red.

Soft and rich cheeses are not intended to be kept long; hard, dry and poor cheeses are best adapted for keeping. Of the first kinds are all cream cheeses, and Bath cheeses, which are sold as soon as made, and if kept too long, become putrid. Stilton cheese is intermediate. Dutch, Cheshire, Gloucestershire, and similar cheeses, are intended for longer keeping.

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

Rub the shelves of a cheese-room or cellar with elder-leaves, and their scent will drive away all insects.

POULTRY.

The advantages of keeping poultry are in the following order :—first, geese; secondly, ducks; next, pigeons, dung-hill fowls, turkeys, and guinea-fowls.

If the corn for poultry be crushed and soaked in water before it is given to them, the food will go further and be more easily digested.

To keep the poultry-house free from vermin, occasionally burn in it dry herbs, juniper, cedar-wood, or brimstone.

KEEPING BEES.

No person who has a garden in the country should be without bees. Experience has taught us that furze broom, mustard, beans, clover, heath, fruit-trees, &c. supply the principal food of these wonderful creatures, who, with the mere instinct of their nature to direct them, afford unvarying examples of diligence and labour, of frugality and order, not to be found among men, who have reason to guide and religion to influence their ways.

The best food for Bees is a little stale honey, and the more plentifully a hive is supplied with it after August, the more abundant will be the new honey, with which the Bees will repay you in the following Spring. In no case should the feeding be delayed till Winter; but, examine them in September, and if a large hive does not then weigh 30*lbs.* allow it half a pound of honey, or the same quantity of sugar made into syrup, (with boiling water,) for every pound that the hive is deficient in weight, and in like proportion with smaller hives.

To obtain honey without destroying the Bees, place a flower-pot on the top of each hive in April or May. The hive should have an opening at the top, and the pot should hold eight or ten pounds of honey; when, in a tolerably good season, it will be filled, leaving sufficient honey for the bees to subsist on till the next spring.

It has been ascertained that when two or three distinct hives are united in Autumn, they consume together scarcely more honey during the winter than each of them would have consumed if left separate; and, so far from the Bees suffering from this, the doubled hives generally send forth the earliest and best swarms.

The ringing of bells and beating of shovels, when Bees swarm, are likely to do more harm than good.

It is also unnecessary to rub the inside of the hive with sweet herbs, before putting the swarm into it, as the Bees must remove all matter from the hive before they begin to work.

As soon as the Sting of a Bee is received, it should be extracted, and the wound rubbed with vinegar or harts-horn, or touched with pearlash : if the pain continue six hours, it should be poulticed.

WINES.

HOME WINE-MAKING.

As to the expenditure of Wine, every one must regulate for himself; but let it be remembered, that a man of fortune need not be ashamed to be his own Butler.

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

In a fine season, equal quantities of pure juice and water will be a good proportion : in an unfavourable year, the juice may admit of only one-third water being added.

If the fermentation be slow, it should not be quickened by yeast, which mostly spoils wines ; but one ounce of crude tartar may be added to each gallon of liquor, the sweetest requiring the most.

Spirits are sometimes added to check fermentation, but

which they fail to do, and mostly spoil the flavour of the best wine.

Poor wines may be improved by the addition of sugar-candy, bruised raisins, ripe medlars, or bruised mustard-seed. They may be refined by roche alum. Walnuts dried and burnt over charcoal, and thrown when alight into wine, will correct its acidity in two days; one walnut sufficing for each gallon.

If bottled wine be *ropy*, shake it for twenty minutes, uncork it, pour off the froth or scum, and the rest of the wine will be drinkable.

VARIOUS WINES.

Wine may be made with ripe white or yellow gooseberries and loaf sugar, which will closely resemble Moselle.

Wine may be made with white currants little inferior to Lisbon: and with black currants, a fine wine may be made to imitate Constantia.

Ginger Wine is commonly made by boiling Ginger in a weak Syrup; but a very superior wine may be made by substituting for water an extract of malt by mashing as for beer. To make seven gallons will require a bushel of malt, ten pounds of sugar, and one pound of ginger. With the malt may afterwards be made table-ale.

The colour of Ginger Wine may be much improved by burnt sugar.

Blackberry Wine is made in France by boiling together five gallons of ripe blackberries, seven pounds of honey, and six gallons of water; strain the liquor, boil it again, and put it into a cask to ferment.

The best raisins for wine are the muscadel, to be bought

cheap when they have remained unsold for about a year. A good proportion is 3*lbs.* of raisins, chopped, and 1*lb.* of sugar, to each gallon of water.—If the raisins be mashed with hot water instead of being macerated in cold water, and the husks be not fermented, the wine will have an elder-flower or Frontignac flavour. April and October are good seasons for making raisin wine: that made in the former month should be bottled in March following; and that made in October, should be bottled about the middle of the September following.

Rhubarb leaf-stalks have been employed in making a delicious wine, equal to green gooseberry, and very closely resembling Champagne.

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

A superior elder wine may be made, by using, instead of raw sugar, 4*lbs.* of loaf sugar to every gallon of mixed juice and water. The juice of damsons, sloes, or any rough plum, added in making Elder Wine, will give it the roughness of Port.

LIQUEURS.

A ready mode of making Liqueurs and Cordials is to put into a Wedgwood mortar a few drops of essential oil, (as clove, peppermint, aniseed, &c) upon a lump of sugar, with a few drops of spirit; and having *killed* the oil, add the remaining spirit, sweeten with syrup, and colour with burnt sugar.

Ratiffa may be made by infusing in brandy the fresh blossoms of the whitethorn, or peach or apricot kernels, and sweetening the same; but this *liqueur* is apt to dis-

agree with delicate stomachs. A safer Ratifia is made with very ripe grapes steeped in brandy, sweetened.

To make *Curaçoa* : Put into spirit of wine the thin peel of a Seville orange, and infuse it a fortnight. Then put into a bottle three quarters of a pint of brandy, 4oz. loaf sugar, and a quarter of a pint of water ; flavour this mixture with the orange-peel infusion, add a blade of mace, a small piece of cinnamon, and a quarter of an ounce of Brazil wood ; infuse for ten days, shaking it occasionally ; when, if it be not sweet enough, add syrup, colour it with burnt sugar, if requisite, and strain it.

A delicious *liqueur* may be made with equal proportions of the juices of strawberries, raspberries, and currants, sweetened. A wine-glass in a tumbler of spring water makes a refreshing summer drink.

Walnut liqueur is made by putting one dozen unripe walnuts into a pint of brandy, sweetening the same with syrup, and steeping the whole for a month.

Fine Cherry Brandy : Stone 6lbs. black cherries, (if in part Morella, the better ;) pour on a gallon of brandy ; break the stones in a mortar, and add the kernels to the cherries ; put the whole into a wide-mouthed bottle, cork closely, and let them stand a fortnight ; squeeze the fruit through muslin. Boil 2lbs. of loaf sugar to a clear syrup, which mix with the strained brandy, and bottle for use.

Noyeau, nearly equal to *Veritable Martirisque* : Blanch and pound 4oz. bitter almonds, 2oz. sweet almonds, and half an ounce of cassia-buds separately. Put them with half a gallon of gin into a two-gallon stone bottle, and shake it daily for a fortnight. Then make a syrup of 3lbs. sugar and $1\frac{1}{2}$ pint of water, and put it into the bottle lukewarm. Add $1\frac{1}{2}$ pint of spirit of wine, a quarter of a pint

of ratifia, 1oz. orange-flower water, and a small piece of burnt alum. Shake the bottle occasionally for three or four days: then add a quarter of an ounce of isinglass dissolved in a little water, shake the bottle only once more; in three or four days filter it through a jelly bag, and bottle it.

Usquebaugh: Put into a three-quart bottle half a gallon of brandy, a quarter of a pound of stoned raisins, half an ounce each of cinnamon, cloves, nutmeg, canella-bark, and cardamon-seeds, bruised; a quarter of an ounce of saffron, the rind of a Seville orange, and half a pound of sugar-candy. Shake these daily for a fortnight, when the liqueur may be filtered for use.

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

SUMMER BEVERAGES.

Ginger-beer is the most wholesome and refreshing of all summer drinks.

Soda Water is best drunk shortly after meals.

Seltzer water, mixed with Rhenish or Bordeaux wine and loaf sugar, and lemon-juice, is a superior beverage in warm weather.

Wine and Water, or Bottled Porter, cooled by a piece of ice being put into it, is a refreshing summer luxury.

Orange Water, made with boiling water, the juice of sweet oranges, sharpened with lemon-juice, and sweetened with capillaire or syrup, is a delicious evening drink.

To render Water peculiarly wholesome and palatable, boil it, filter it, and then pour it into a barrel-churn, to be

agitated for a time, and then bottled with a couple of raisins in each bottle. This will give the water such a quantity of fixed air as to render it truly delicious.

TO MAKE PUNCH AND NEGUS.

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

Negus can only be properly made by using good wine, and not, as some persons do, any inferior wine, in any condition. The wine should first be warmed, and a little of the outer rind of a lemon grated on the sugar.

TO COOL WINE.

To cool Wine, when ice cannot be obtained, mix equal portions of muriate of ammonia and nitre in powder, to be obtained at the chemist's for a few pence. Set the bottle or decanter of wine up to the neck in a vessel of the coldest pump water that can be obtained; sprinkle about four

ounces of the *freezing powder* upon the shoulder of the bottle, which, gradually dissolving, will fall or run down its sides ; as the salt dissolves, gently turn the bottle in the mixture, and in twenty minutes or half an hour the wine will be iced.

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

If the cold be applied to the bottom of the bottle only, as is commonly done, the wine nearest the bottom will only then be cooled. If the cold be at the same time applied to the top of the bottle, there will be an upward and downward current, and the wine will be as if shaken.

WASHING BOTTLES.

Careless persons often leave some of the shot in washed bottles, when there is a probability of the lead and arsenic in the shot being dissolved, and a dangerous poison thus formed. To guard against this, the bottles ought to be carefully examined after washing; the shot ought to be large ; and it may be well to *weigh* the shot before use and afterwards.

BREWING, AND MANAGEMENT OF BEER.

Though March and October have long been the two great brewing months, a considerable saving will accrue from brewing small quantities at a time, and brewing often ; the advantages of which will counter-balance the additional trouble.

A prejudice long existed against using hard water for brewing ; but, it has been found to be as productive as

soft water in malting, and it is believed to be a preservative of the beer.

To prevent Beer turning sour in hot weather, put a few chopped raisins into the wort when it is tunned.

Pleasant Beer has been made with mangel-wurzel, potatoes, parsneps, and sugar, with small proportions of hops.

To ripen beer, put into each bottle a few drops of yeast, a lump of sugar, a raisin, or a few grains of rice, and in twenty-four hours the beer will be brisk, but liable to burst the bottles.

To prevent drawn beer becoming flat, put into it a piece of toasted bread. A very small quantity of carbonate of soda, or salt of tartar, added to hard or stale beer, just before it is drunk, will make it brisk.

Pounded chalk, burnt oyster-shells, eggs, and egg-shells, will restore sour beer, but give it a new, bitterish taste.

Muscovy glass will answer the purpose of fining and correcting stale beer. It is boiled before it is used; and a pound goes as far in fining beer as two pounds of isinglass, which is very expensive.

CIDER AND PERRY.

When Cider or Perry is made in small quantities, in private families, the crushing of the fruit may be performed by means of a heavy wooden pestle, in a stout tub.

The Teinton Squash Pear produces Perry of the very first quality, approaching in colour and briskness to Champagne for which it has been sold.

To render Cider fine and mellow, suspend a calf's foot in the cask; or a pint of mustard seed put into each hogs-

head will prevent cider becoming hard, and render one racking sufficient.

VINEGAR.

Very good Vinegar may be made by mashing vine prunings in hot water, and fermenting the infusion.

When Vinegar has a strong sulphureous odour, it is adulterated with oil of vitriol.

MANAGEMENT OF PLANTS.

Plants require much light and fresh air; even those which will not bear the outer air, must have the air of the room frequently freshened by ventilation, to preserve them in health. They should not stand in a draught of air. In frosty weather, the windows should be kept closed, and at night, the shutters. In sharp frost, instead of stirring out the fire, leave a little on retiring to rest, with a guard before it for security. On no account should plants be kept in a bed-room at night.

Put *bulbous roots*, as the hyacinth, narcissus, and jonquil, into glasses filled with water, from September to November, and the earliest will begin blooming about Christmas. The glasses should be blue, as that colour best suits the roots; put in water enough to cover the bulb one third; let the water be soft, change it once a week; and put in a pinch of salt each change. Keep the glasses in a place moderately warm, and near to the light, but not in a window. The leaves should not be plucked off before they decay, or the root will lose some of its natural nourishment. When they have decayed, the bulbs should be taken out, laid in the shade to dry, cleaned, and put into a dry, secure place till wanted to replant. The offsets should be taken off, and planted according to size.

THE FLOWER-GARDEN.

There is scarcely to be found a lady who is not fond of flowers ; but there are very few ladies who are competent to lay out a flower-garden ; though the skill to do so is within the capacity of every woman who can cut out and put together the different parts of female dress ; and supposing a female to have grown up without knowing how to cut out a gown, or to trace out a flower-garden, it would certainly be much easier for her to acquire the latter art than the former. The result, in both cases, might be obtained almost without instruction, provided the party desiring to form the dress or flower-garden, had a clear idea of what was wanted. But, while every female understands this with regard to dress, and consequently, can succeed in making gowns when she is obliged to make the attempt, very few have any distinct idea of what a flower-garden ought to be. We venture to assert that there is not a mantua-maker or milliner, who understands her business, that might not, in a few hours, be taught to design flower-gardens with as much skill and taste as a professional landscape-gardener ; so as to produce incomparably better results than are now generally to be seen in the flower gardens of the great majority of British country-residences. —*Loudon.*

Have any of our fair readers been able to raise a light-blue Dahlia ? That is the horticultural prize most sought after. Decandolle, we believe, said it never could be found.

CAGE BIRDS.

Many singing birds requiring warmth in winter, are, doubtless, killed by hanging the cages in cold air even in

close rooms. For, the air collects in layers, according to its temperature; the hotter air being lighter rises to the highest part of the room, and the air decreases in temperature downwards.

German Paste may be thus made, of much better quality than that which is sold in the shops: Boil four fresh eggs hard, grate the yolks of them finely, and mix with them a quarter of a pound of white pea-meal, and a table-spoonful of fresh olive oil: press the whole through a tin cullender, to form it into grains, like small shot; then set it in a frying-pan over a gentle fire, and gradually stir it with a broad knife until the grains be of a fine yellowish-brown colour.

GOLD AND SILVER FISH.

For these beautiful creatures, in the metropolis, Thames water will be found better than that of the New River, as it contains a larger quantity of atmospheric air. In the country, rain-water will be best for this purpose; but in London it is too strongly impregnated with extraneous substances.

HORSE-CHESTNUTS FOR DYEING.

The *whole* fruit of the Horse-Chestnut, cut into pieces, when about the size of a *small* gooseberry, and steeped in *cold*, soft water, with as much soap as will tinge the water of a whitish colour, produces a dye-like annatto: *the husks only*, broken into pieces when the fruit is nearly ripe, and steeped in the same manner, with *cold* water and soap, produce a dye more or less bright, according to the age of the husk: both are permanent, and will dye silk or cotton, as much of the liquor as will run clear being poured off when sufficiently dark.

WASHING AND CLEANING.

A pailful of ley, with a piece of green copperas half as big as a hen's egg boiled in it, will be a fine nankeen dye, which will never wash out, and be very useful for the linings of furniture.

A little pipe-clay dissolved in the water employed in washing linen cleans the dirtiest clothes thoroughly, with about one-half of the labour, and fully a saving of one-fourth of soap; and the clothes will be improved in colour equally as if they were bleached. Besides, the pipe-clay mixing with the soap gives the hardest water the softness of rain-water.

Thistles, fern, nettles, and other such weeds, cut, dried, and burnt, will leave ashes that will make an excellent ley to soften water.

Clear-starchers put a lump of sugar into starch to prevent it sticking to the iron: this will be found much better than either wax or tallow.

Bleaching Liquid: Dissolve two drams of oxymuriate of potass in a pint of distilled water, add one ounce and a half of spirits of salt; and put two table-spoonsful to every quart of water.

Skim milk and water, with a bit of glue in it, made scalding hot, is excellent to restore old, rusty, black Italian crape. If clapped and pulled dry, like muslin, it will look as well, or better, than when new.

Stains of Port wine may be discharged by rubbing them with *Sherry*; or by the use of Bleaching Liquid, which will also remove mildew. Grease-spots should be rubbed with strong pearlash and water. Oil paint should be rubbed with turpentine, and washed with soap and water; wax, if moistened repeatedly with spirits of wine, may be brushed off.

The juice of unripe Sloes may be used as an almost indelible marking-ink.

Bed Feathers : To clean old Feathers and restore their elasticity, empty them into soap-suds, in which well wash them, and rinse them in clear water. Then press them with the hands, strew them upon the floor of an empty room, and when thoroughly dry, put them again into the ticks. The feathers will be found afterwards better than new ; because deprived of the oil which abounds in the latter.

To clean Merino Curtains : Having brushed off the dust and clinging dirt, lay the curtain on a large table, sprinkle on part of it a handful of bran, and rub it round and round with a piece of flannel. When the bran becomes soiled, take more, with a fresh piece of flannel, and thus continue till the merino is bright and clean, which will be in a short time.

HOUSE-CLEANING.

To clean Paint. Simmer together in a pipkin one pound of soft-soap, two ounces of pearlash, one pint of sand, and the same of table-beer : to be used as soap. Or, grate to a fine pulp four potatoes to every quart of water ; stir it, then let it settle, and pour off the liquor, to be used with a sponge.

To remove ink stains from floors, or mahogany, rub on with a cork a little spirits of salts, and wash it off with water.

To clean Marble.—Mix a bullock's gall with a gill of soap lees, and half a gill of turpentine, and make them into a paste with pipe-clay ; cover the marble with it for a day

or two, when rub it off, and if any stains remain, apply the paste again.

To clean Furniture: Heat a gallon of water, in which dissolve one pound and a half of potash; add a pound of white wax; boil the whole for half an hour, then suffer it to cool, when the wax will float upon the surface. Put the wax into a marble mortar, and work it with the pestle, adding water to it until it forms a soft paste, which neatly laid on furniture, and carefully rubbed when dry with a woollen rag, gives a polish of great brilliancy. Marble Chimney-pieces may also be rubbed with it, when cleaned with diluted spirits of salts, or warm soap and vinegar.

French-polished furniture may be cleaned with plain linseed oil; if it be very dirty, use turpentine.

Furniture Paste is made with bees' wax and turpentine stirred together: if it be melted together, the furniture cleaned with it will the more readily receive stains.

Furniture may likewise be cleaned with plain linseed oil, which, with due rubbing, will produce the most lasting polish.

To drive away Flies and Wasps: A net made of different coloured meshes, of about $\frac{3}{4}$ inch square, and placed against a window, will be found effectual in excluding these troublesome insects from the room. Meshes made of the finest packthread, $1\frac{1}{4}$ inch square, are equally effectual. A strong infusion of green tea, sweetened, is as effectual in poisoning flies, as the more dangerous solution of arsenic generally sold for that purpose.

Tortoiseshell and Horn Combs last longer for having oil occasionally rubbed on them.

Lamps will have a less disagreeable smell if the cottons be first dipped into hot vinegar, and dried.

To clean ground glass shades, wash the insides carefully with weak soap and water, lukewarm, rub them very lightly and dry with a soft cloth.

Glass is best washed in *cold* water; and china in water as *hot* as it can be used. The glass will then be much clearer, and some risk of breakage avoided.

To loosen a tight glass-stopper, set the decanter up to its mouth in hot but not boiling water, and as the glass becomes heated it will get loose about the stopper, which may then be easily taken out.

THE NURSERY.

NURSING CHILDREN.

Scarcely one in four of the children brought up by hand get over the cutting of their teeth. Almost every complaint to which children are subject appears to me to proceed originally from an improper management of them: for the young of all other animals are full of health and vigour.—*Letter to Married Women on Nursing*, by Hugh Smith, M.D.

Children deprived of the nourishing milk of their mothers, upon which the happy organization of their bodies must always depend, experience numerous evils, which often terminate in death. Such children may be compared to plants transplanted from their native soils to a foreign land, which, taking root slowly and feebly, fade, shrivel, and die.—*Traité par J. R. Frank*.

So often have I witnessed infants perish, notwithstanding every attempt to save them, solely from their being

deprived of the breast of their mothers, that there is no fact upon which I can speak more confidently than upon this, nor which I feel more anxious to press upon the attention of the reader. The justificatory plea which is sometimes set up for neglecting this duty, and, which, I regret to add, is countenanced by some practitioners, that nursing is weakening to the mother, or unsuited to the infant, is an error of vital importance, and deserves most unqualified reprobation. For, where an infant is confined *exclusively* to the breast, I am authorized by long observation to declare, that, with respect to the mother, there is none of that debility which an erroneous view of the subject leads so many to expect; but, that, on the contrary, there is a feeling of the highest health; the appetite and digestion being vigorous, whilst the supplies of milk are both regular and abundant; and that, with regard to the infant, the process of dentition being neither premature nor difficult, it enjoys, as far as it depends upon the food, an absolute exemption from disorder; the thin and *seemingly spare* diet afforded by the milk satisfying its utmost wants, and invariably imparting to it a degree of vigour and firmness which no artificial mode of rearing can bestow.—*Dr. Ayre.*

CARE OF CHILDREN.

Attention to the first unfolding of the infant mind will greatly facilitate the future labours of the parent.—*Mrs. Trimmer.*

Very few persons consider how early children receive their first impressions, and how soon they learn to follow the tempers and manners of those about them. How important, then, must be the example of their father and

mother ! How naturally will the child be guided by the daily conversation, the daily conduct of its parents. How strong must be their influence on the young mind, taught to look up to them with love and respect.

The foundation of a good education should be laid in the nursery ; and when a mother gives up her children to the instruction of strangers, she ought, at least, to stipulate for a continuance of religious instruction.—*Mrs. Trimmer.*

That species of education in infancy which is derived from *maternal care* is ever the most valuable. How many are the cases where guilt itself is checked in its career by the force of affectionate recollections arising in the bosom of a youth, when far distant from his home, and removed from friendly counsel ; the image of his mother floats before him, the vicious passion is repelled, and the waverer may for ever be fixed in a life of virtue, from the first triumph of maternal precepts.—*Macdonnell.*

Those who have the care of Children should know that Lozenges, Sugar-plums, and similar articles, sold about the streets, and “ made for the use of schools,” are generally composed of the offal of starch-works, mixed with plaster of Paris, pipe-clay, or chalk, and as little sugar as will give them a palatable sweetness ; but what is worse is, that they are often coloured with red-lead, verdigris, gamboge, and other poisons. A species of “ refined liquorice,” manufactured for the same market, is a compound of common Spanish-juice, lamp-black, and starch.

There is not a greater sign of a little mind than the affectation of despising little duties.—*Mrs. Bray.*

Superstitions of Childhood :—An old writer says, “ superstition is the greatest burthen in the world ;” of the truth

of which remark many persons are sensible from their earliest childhood. Indeed, superstition is the bugbear of the nursery, whereas, the great aim should be to divest children of this pernicious fear. "If too great excitability and power of imagination be observed in childhood, much may be done by a sound discipline to restrain it. Let the child be protected from the sheeted spectres of servants, and the boy from the schidonis, and rattling curtains and palls of romance-writers. Let his first ideas of the Almighty be those of a God of Mercy, who gives him every blessing—who offers himself to childhood under the most benign of characters, as taking little children in his arms, and putting his hands upon them and blessing them. Let him be taught to 'see God in storms and hear him in the wind,' not as the poor Indian, but by having his mind tutored to trace the regular course of God's providence in the most striking phenomena of natural science: and we see no objection, and little difficulty, in explaining to him so much of the metaphysics as may enable him to unravel the associations of darkness and the churchyard."—*Quarterly Review*.

Swift has well observed that "one argument to prove that the common relations of ghosts and spectres is generally false, may be drawn from the opinion held, that *spirits are never seen by more than one person at a time*; that is to say, it seldom happens to above one person in a company to be possessed with any high degree of spleen or melancholy."

Children should early be habituated to connect two ideas which ought never to be separated—Charity and Self-denial.—*Hannah More*.

Let the parent who would keep his child pure from the

stain of cruelty to animals, beware how he makes him the executioner of his vengeance, on even the most noxious—the crusher of spiders, and the trampler of earwigs. The distinctions of harmless and hurtful are not to be explained to childhood. Self-preservation needs not the admonition. The child who executes these commands, must either, if he does not reflect at all, be steeled by their repetition against the pleadings of pity, or if he does reflect, in what light can he consider them but as dictated by lust of destroying, cloaked indeed under the affectation of antipathy.—*George Canning*.

It is frequently the custom, apparently for the purpose of saving time, to take young people out to walk about the close of day, because there is not light enough to do any thing in the house. Nothing can be more injudicious than this plan; for, in the first place, exercise once a day is insufficient for the young; and even supposing that it were enough, the air is then more loaded with moisture, colder, and proportionally more unhealthy than at any other time; and the absence of the beneficial influence of the solar light diminishes not a little its invigorating effects.—*Combe*.

STAMMERING.

Impediments in the speech may be cured, where there is no malformation of the organs of articulation, by perseverance for three or four months in the simple remedy of reading aloud with the teeth closed, for at least, two hours in the course of each day.

GYMNASTIC EXERCISES.

Those persons who teach gymnastic exercises have employed several very shallow artifices to get them adopted

in general practice. The most shallow and unfounded of these artifices has been, to identify them with the exercises that were practised in the gymnasia of the Greeks, and they have succeeded in giving them the same name. To the exercises of the Greeks these modern practices have not the least resemblance, either in appearance or effect: they are but the tricks of tumblers, calculated to amuse the inmates of a public-house: their truest description is, that they must produce lasting injury to the persons of all who engage in the practice of them.—*Sheldrake*.

PUNISHMENT OF "THE STOCKS."

The practice of putting children to stand or to sit in *stocks* commonly produces very serious distortions, which bring on lameness. Mr. Sheldrake, experienced in remedying deformities, says: "no man knows better than I do, the extent and quantity of mischief that has been produced in this way, because much of my time has been employed in curing such defects."

WEARING STAYS.

The known truth that, by gymnastic exercises and training, the form of the body may be much changed, bears directly on the subject at present so near the hearts of many English mothers, viz., the weak and crooked backs of their daughters. Strong stays, which, in part, supersede the action of the muscles placed by Nature around the spine to support it, cause these muscles to dwindle in size, and afterwards, when the support of the stay fails or becomes unequal, the back bends or twists. Stays, therefore, can neither help to make strong and well-formed backs origi-

nally, nor can they be a remedy after the weakness has commenced.—*Dr. Arnott.*

Let those mothers who are *afraid* to trust to Nature, for strengthening and developing the limbs and spines of their daughters, attend to Facts, and their fears will vanish. It is notorious that many girls, from injudicious management, and insufficient exercise, become deformed; an occurrence which is rare among boys, who are left, in conformity with the desires of Nature, to acquire strength and symmetry from free and unrestrained muscular action. Yet, such is the dominion of prejudice and habit, that with these results meeting our observation in every quarter, we continue to make as great a distinction in the physical education of the two sexes in early life, as if they belonged to different orders of beings, and were constructed on such opposite principles, that what was to benefit the one was necessarily to hurt the other.—*Combe.*

SINGING.

The American physician, Dr. Rush, thus speaks of the utility of singing not only as an accomplishment, but as a corrective of the too common tendency to pulmonic complaints. "Vocal music," says this celebrated writer, "should never be neglected in the education of a young lady. Besides preparing her to join in that part of public worship which consists in psalmody, it will enable her to soothe the cares of domestic life; and the sorrows that will sometimes intrude into her own bosom may be relieved by a song, when sound and sentiment unite to act upon the mind. I here introduce a fact which has been suggested to me by my profession, and that is, that the exercise of the organs of the breast by singing, contributes much to

defend them from those diseases to which the climate and other causes expose them. The Germans are seldom afflicted with consumptions: nor have I ever known but one instance of spitting blood among them. This, I believe, is in part occasioned by the strength which their lungs acquire by exercising them in vocal music, for this constitutes an essential branch of their education. The music-master of our academy has furnished me with an observation still more in favour of this opinion. He informed me that he had known several instances of persons who were strongly disposed to consumption, who were restored to health by the exercise of their lungs in singing."

EDUCATION OF DAUGHTERS.

The late Lord Collingwood writes, in one of his agreeable Letters: "It is a great satisfaction to me that my daughters will be educated well, and taught to depend upon themselves for happiness in this world; for, if their hearts be good, they have both of them heads wise enough to distinguish between right and wrong. While they have resolution to follow what their hearts dictate, they may be uneasy under the adventitious misfortunes which may happen to them, but never unhappy; for they may still have the consolation of a virtuous mind to resort to. I am most afraid of outward adornment being made a principal study, and the furniture within being rubbish. What they call fashionable accomplishment is but too often teaching poor young Misses to look bold and forward, in spite of a natural disposition to gentleness and virtue."

Sir Thomas More's education of his daughters, or the *School of More*, as his system was termed, attracted the universal admiration of his age. By nothing he justly

thought is female virtue so much endangered as by idleness, and the necessity of amusement; nor against these is there any safeguard so effectual as an attachment to literature. Some security is indeed afforded by the various sorts of female employments; yet these, while they employ the hands, give only partial occupation to the mind. But well-chosen books at once engage the thoughts, refine the taste, strengthen the understanding, and confirm the morals. More was no convert to the notion, that the possession of knowledge renders women less pliant; nothing, in his opinion, was so untractable as ignorance. Although to manage with skill the feeding and clothing of a family be an essential portion in the duties of a wife and a mother; yet to secure the affections of a husband, he judged it no less indispensable to possess the qualities of an intelligent and agreeable companion. Such were the opinions, with regard to female education, which More maintained in discourse, and supported by practice. His daughters, rendered proficient in music, and other elegant accomplishments, were also instructed in Latin, in which language they read, wrote, and conversed with the facility and correctness of their father. In the meantime, their step-mother, a notable economist, by distributing tasks, of which she required a punctual performance, took care that they should not remain unacquainted with female works, and with the internal management of a family. For all these purposes, which together appear so far beyond the ordinary industry of women, their time was found amply sufficient, because no part of it was wasted in idleness or trifling amusements.

ACCIDENTS.

RAKING OUT THE FIRE.

This short-sighted measure of economy, so far from being conducive to safety, is attended with great danger. It was observed to the British Association, in 1838, that "Newcastle, notwithstanding the vast consumption of coal in the town, is remarkably free from fires of dangerous magnitude: and it was suggested whether as the greater number of fires occurred in London about eleven o'clock at night, the practice of raking out the fire at bed-time, which is not done at Newcastle where coals are cheap, might not have some connexion with these conflagrations."—(*Athenæum*.) An experienced London fireman is stated to have remarked that a great proportion of the fires in the metropolis were caused by raking out the fire at bed-time.

EXTINCTION OF FIRES.

The destruction of property by fire is often accelerated by the very means adopted for its preservation. This has been shown in the following sensible instructions in the *Examiner* newspaper. "The safety of the inhabitants being ascertained, the first object at a fire should be the exclusion of all fresh, and the confinement of all burnt air—*suffocate* the flames—remember that burnt air is as great if not a greater enemy to combustion than even water; the one, till again mixed with oxygen, can never support flame; the other, especially if poured on heated metal, is converted into its elements, the one hydrogen, in itself most highly inflammable, the other oxygen; the food of fire. For both purposes, of excluding the one air

and confining the other, all openings should be kept as carefully closed as possible—the prevailing practice of breaking windows is peculiarly mischievous. The only excuse for this is the admission of water; but, if the firemen were provided with proper self-supporting ladders, (that need not lean against the walls,) they might direct their branches through a single broken pane with ten times more accuracy than by their random squirting from the street. Water should be made to beat out the fire by its impetus; aspersion is useless.”

FIRE-ESCAPES.

Fire-Escapes should be as simply made as possible; and probably, the knotted rope fastened to the bed-post is the most useful means of escape from a house on fire. Many of the so-called *Escapes* have failed in practice for want of simplicity in their construction. It need scarcely be added that in moments of imminent danger, when such machines are to be used, persons are least prepared to profit by any but the simplest and most obvious of assistance; the mind being, in most cases, so excited and confused by fear, as to be unable to exercise its higher faculty of invention. Indeed, such complicated machines are less useful to a man in danger than a “hard” book to an untaught child; since the man may neglect other means of escape, and thus perish, in endeavouring to turn to account the one before him; but the child may have time for profitable instruction.

RECOVERY FROM SUFFOCATION, ETC.

There are many occasions of danger, on which a person who can hold breath for one or two minutes may save the

life of another. The best preparation for rendering such assistance is by breathing deep, hard, and quickly, and ceasing with the lungs full of air, when the breath may be held more than twice as long as it could otherwise be. But most persons reaching the scene of danger in a state of alarm, unnecessarily exert themselves, when their activity exhausts the air in the lungs of its vital principle more quickly, and they are, consequently, less prepared for the extra exertion of rendering assistance.

It is hardly necessary to say, do not try to breathe the air of the place wherein help is required. Yet many persons fail in consequence of forgetting this precaution. If the temptation to breathe be at all given way to, the *necessity* increases, and the helper himself is greatly endangered. Be careful to commence giving aid with the lungs *full* of air, not empty : for the preparation consists chiefly in laying up for the time, in the lungs, a store of that vital air, which is so essential to life.

When entering a Cellar badly ventilated, it will be proper first to advance into it a lighted candle upon the end of a long rod : if the candle continue to burn brightly, there will be no danger ; but, if the flame sickens or expires, no person ought to enter until artificial ventilation has been made.

Bottles filled with water, and placed in bed-room windows, or near them, in sunny weather, have frequently set wood-work on fire by acting as burning-glasses.

For burns : Dissolve four ounces of alum in a quart of water, into which dip a cloth, and apply it constantly to the burn.

THE SICK CHAMBER.

SENDING FOR THE DOCTOR.

A few years since, a medical gentleman of Edinburgh wrote a series of directions for the use of individuals when they have occasion to call in a medical attendant. These instructions, entire, would occupy too much of our space; so that we insert the heads of the several rules.

First, When you wish a call from your medical attendant, always send a *written note*, and never a verbal message. A written note presents itself to the eye, and tells its own tale, without depending on the memory of the messenger.

Secondly, Give the *address*, as well as the name. This saves many mistakes.

Thirdly, When practicable, send early in the morning. The medical man starts betimes on his round; and if he receives notice, before going out, where his services are wanted, he can generally make the required visit when seeing his other patients in the same quarter, and so economise his time, and leave more leisure for minute inquiry. If, on the other hand, the notice is not delivered till after he has left home, his labour is doubled, and his time consumed, by going twice over the same ground. This rule is of immense importance in the country, where the distance is very great.

Fourthly, It is a good rule, especially when sending in haste, to state the supposed seat and nature of the ailment for which advice is required. This rule is of much importance in sending for assistance in the night-time; because, from having some previous notion of the case, the

practitioner may carry remedies along with him, and give relief on the spot.

Fifthly, When any one is taken ill in the day-time, and likely to need assistance, send for it while it is yet day ; and never wait, as too often happens, till mid-night darkness frightens you into alarm.

Sixthly, When your medical attendant calls, proceed at once to business, and do not seek to occupy his time with the state of the weather or the news of the day before telling what you complain of. A doctor's time is like a stock in trade.

Seventhly, When the doctor arrives, conduct him to his patient, or send away the friends who may be in the room, except the nurse or parent, if the patient be a young person ; and follow this rule, however trivial the ailment. Professional inquiries, to be satisfactory, must often involve questions which delicacy shrinks from answering in the presence of unnecessary witnesses.

Eighthly, Never attempt to *deceive* your medical adviser ; for, besides being thereby guilty of an immorality, the deceit is carried on at your own risk, and may lead to the injury of others. If you conceal circumstances concerning your disease, which ought to be known, and your attendant is thus misled to prescribe on erroneous information, your life may be endangered, as well as his reputation, which is unjustifiably made to suffer by your disingenuousness. If your confidence in him is not such as to make you rely on his honour, good sense, and skill, change him for another, but do not practise deceit.

Lastly, Do not, unknown to your regular attendant, call in another medical man to ascertain what his views are. If you wish for their advice, have recourse to it openly

and honourably, in the form of consultation, allowing your first adviser to communicate his views and observations both as regards the past, the present, and the future.

DIET FOR INVALIDS.

Most persons not acquainted with physiology, imagine that the flesh of young animals, or of birds, is more *delicate* than that of grown sheep and oxen; and will hence recommend an invalid or convalescent, with his digestive powers enfeebled, to “try a bit of boiled veal, or a chicken, or a rabbit, or, perhaps, advise a little soup or jelly, &c.” Now, it is certain that, in ninety-nine cases out of a hundred, a slice of boiled leg of mutton, or a broiled mutton-chop, would be infinitely preferable to any or all of these, as being more digestible. The term *delicate* is totally inappropriate to food of any kind: if it be used instead of *tender*, then all meat advanced a stage towards putrefaction is more tender than when quite fresh, and is really more wholesome. If by “delicate,” *digestible* is meant,—that is, the food which is soonest converted into chyme, and assimilates to the corporeal substance of the eater, then a mutton-chop and bread will prove a more delicate breakfast than buttered toast, muffins, hot rolls, and chocolate.

A Pudding for an invalid should be boiled tender in milk, and of a good thickness, so that the eggs may just set it, and give it firmness enough to stand without breaking, when turned out of the mould. The pudding cannot be made too delicate: it should be well steamed for about an hour, or more, according to the size; and whether the pudding be steamed or baked, it should never be taken from the stewpan or oven until within two or three minutes before wanted.

Ten shank-bones of Mutton will yield as much jelly as a calf's-foot.

Although Chocolate is too heavy for weak stomachs, the shells, or *nibs* of the cocoa-nut yield a light and wholesome breakfast.

BEEF-TEA.

In an American work is the following recipe for the strongest Beef-Tea. Cut lean but juicy gravy beef into pieces about an inch square; put them into a wide-mouthed bottle, cork it closely, set the bottle in a pan of water, and boil it for an hour. In this way, you will get a pure juice of the meat, undiluted with any water, and a smaller quantity will answer the purpose of nourishment.

Or, cut half a pound of lean beef into very thin slices; spread them in a deep dish, and having poured over them $1\frac{1}{2}$ pint of boiling water, cover the dish, place it near the fire for half an hour, and then boil it over a quick fire for about eight minutes. Take off the scum, let it stand for ten minutes, then pour it off clean, and season it with a little salt.

ARROW-ROOT.—SALEP, ETC.

The adulteration of Arrow-root with Potato-Flour has brought the former article into some disrepute as food; for the latter is known to turn sour on the stomach. They are scarcely distinguishable in powder; but the jelly prepared by boiling arrow-root in water grows more fluid as it cools, while that made from potato-starch becomes more firm. The fineness of colour in arrow-root is produced by washing; but, by this repeated process, the glutinous quality is diminished, and it is, consequently, less nutritious.

The second quality, which is equally pure, though not so white, affords the strongest jelly, and therefore, should be preferred.

The use of *Salep*, or the nutritious powder of the orchis-root, appears to have been strangely overlooked in manufacturing fancy bread. Dr. Percival says, that an ounce of salep, dissolved in a quart of water, and mixed with two pounds of flour, two ounces of yeast, and eighty grains of salt, produced a remarkably good loaf, weighing three pounds two ounces; while a loaf made of an equal quantity of the other ingredients, without the salep, weighed but two pounds twelve ounces.

Carrageen or Irish Moss, as diet for invalids, is superior to isinglass, sago, or tapioca; and its jelly is preferable to that from meat. To prepare it, soak a quarter of an ounce in cold water for a few minutes, then shake it dry, and boil it in a quart of new milk until it is of the thickness of warm jelly, when strain and sweeten it. Iceland Moss Jelly is also prepared as above.

FEVER DRINKS.

Bake two large and sharp apples, put them into a jug, and pour upon them three pints of boiling water; in three hours, strain and sweeten.

Boil two ounces of tamarinds in two pints of milk, and strain.

In preparing Toast-and-Water, the bread should be browned all over, but nowise blackened or burnt; and the water should be actually boiling.

Wood sage, which grows naturally, is the finest kind for *Tea*: with a little alum, it makes an excellent gargle for a

sore throat. It may be made as tea, but is better if boiled.

Tamarinds are cooling and laxative; but, while they gratefully allay the thirst in ardent fever, they must be taken in large quantities to ensure the latter effect, and are then apt to produce flatulence.

A weak infusion of hyson tea without milk or sugar, is an useful diluent in fevers, colds, and rheumatism; and, sometimes, nothing is more refreshing to a feverish patient than a cup of bohea tea, made rather strong, and with the addition of sugar and milk, and poured while hot into a tumbler of cold water.—*Mrs. Parkes.*

The Kentish Cherry, dried without sugar in a cool oven, contains a little acid, and is therefore excellent in fevers to moisten the mouth.

TO PREVENT INFECTION.

Chloride of Lime.—This new preventive of contagion may be prepared for use as follows:—stir one pound of the chloride of lime into four gallons of water; allow it to settle for a short time, pour off the clear solution, and keep it in well corked bottles.

In houses infected, sprinkle the rooms morning and evening with the above mixture; and place some of it in shallow dishes or basins. Sprinkle the bed-linen occasionally, and admit fresh air. Infected linen should be dipped in the mixture about five minutes, and then in common water, before it is sent to the wash. A wine-glassful added to the water of a night-chair or bed-pan, will prevent any smell. To destroy the effluvia from drains, sewers, cess-pools, &c., pour into them a quart of the mixture, with a pail of water.

The stalks of dried lavender, if burnt, have an agreeable

scent, and form a substitute for pastiles ; they may be cut small, and burnt in little vessels.

COUGHS AND COLDS.

For a cough, mix eight tea-spoonsful of Treacle, eight ditto of Vinegar, two ditto of Antimonial Wine, four drops of Laudanum; two tea-spoonsful to be taken at night, and one in the morning.

When it is desirable to promote perspiration, the common error of supposing that it is to be produced by external heat, or by drinking hot liquids; should be avoided: on the contrary, a copious draught of cold water and light bed covering often aid perspiration, independent of the medicines which are given to produce that effect, by diminishing the heat and excitement of fever.—*Mrs. Parkes.*

A tea-spoonful of Sal Volatile, taken in a small quantity of water or white wine whey at bed-time, is a good remedy for a recent cold. Bathing the nose in warm water is also a great relief.

For a sudden Hoarseness.—Take twice or thrice a day, a tea-spoonful of spirits of nitre in a wine-glass of water.

To restore the Voice: Eat a piece of anchovy, and it will almost instantly restore the just voice to any one who has become hoarse by loud speaking.

Deafness.—In slight cases, syringe the ears with warm water and Castile soap, using the caoutchouc ball syringe, and rub the outside of the ears night and morning with a warm linen cloth. Or, apply a little *eau de Cologne* behind the ears.

WARM BATHS.

The hand is a very uncertain test for the heat of water,

and should, therefore, not be relied on in preparing a bath; but a thermometer should be employed, which will denote the actual temperature, thus :—

Cold bath, from 32° to 75° of Fahrenheit.				
Tepid	75	to	92
Warm	92	to	98
Hot	98	to	114
Vapour	100	to	140

A warming-pan should be chosen without holes in the lid. About a yard of moderately-sized iron chain, made red hot and put into the pan, is a simple and excellent substitute for coals.

Hot water is of great efficacy in the common and painful accident of crushing the fingers; for instance, in hastily shutting a drawer, a door, or a garden-gate. In these cases, hot water will speedily relieve the pain, and will prevent the nails from turning black. Very cold water, instantly applied, will produce the same effect.

FAMILY REMEDIES.

Gin is a popular remedy for Worms; but children have died from taking it.

In Germany, caraway seeds, finely ground, with a little ginger and salt, spread upon bread and butter, and eaten every day, especially at night and morning, are used as a remedy for hysterics.

To remove Warts, wet them and rub them twice or thrice a day, with a piece of unslacked lime, when they will imperceptibly be removed without scar or inconvenience.

Ringworm may be prevented or cured, by washing the head daily with vinegar and water: One part vinegar to three of water being applied with a sponge.

For Colic and Cramp, beat the white of an egg to a froth, add to it a table-spoonful of brandy, and a wine-glass of hot water, and grate into it a little nutmeg.

Strong Camomile Tea, taken at bed-time, as hot as it can be swallowed, is, in Oxfordshire, considered as one of the best remedies in indigestion, colic, pains and obstructions of the bowels, especially when arising from cold.

A cup of strong Coffee taken hot upon an empty stomach will often be as efficacious as Camomile in either of the above cases.

Charcoal is one of the best tooth-powders. The Charcoal should be powdered quickly in a very hot metal mortar, and instantly be put into a bottle, which should be well corked, and even sealed. When this powder is used, it ought to be exposed to the air as short a time as possible.

HOUSE-SERVANTS.

If service be thy meane to thrive,
 Thou must therein remaine,
 Both silent, faithful, just and true,
 Content to take some paine.
 If love of virtue may allure,
 Or hope of worldly gaine,
 If feare of God may thee procure,
 To serve do not disdaine.

Lines inscribed on Aston Hall, near Birmingham.

TREATMENT OF SERVANTS.

There is more of a Master's or Mistress' character, in the eyes of the world, dependent upon the appearance of their Servants than most people are aware of. It ought never to be forgotten, that the obligations of Masters and

Servants are equal or nearly so. If the Servant owes obedience, the Master owes a good example. If the Servant is expected to give cheerful obedience, his duty must not be soured by the order which he is to obey.

The rule of conduct towards Servants has often been noted by leaders of fashion. There is a certain courtesy due to them, which it is a great breach of good breeding to neglect. Lord Herbert of Cherbury, the most accomplished scholar and gentleman of his day, says that to know how to behave before "with children, *servants*, tenants, and neighbours, will be found more useful than all the subtleties of schools."

Mildness of language will generally be answered with respect on the part of a servant; and of itself, will always produce a saving of temper, at least, to the master or mistress.

There is a currency of untruth in daily use amongst fashionable people for purposes of convenience, which proceeds to a much bolder extent than the social *white lies* by which those of the middle classes also, not perhaps without some occasional violation of their more tender consciences, intimate a wish to be excused from receiving a guest, and to be "not at home."

Late Hours and habits of dissipation in the heads of a family make it almost impossible, especially in London, to exercise that wholesome household discipline which is requisite to secure the well-being of a servant. "Servants are, for the most part, what their masters make them: they are the creatures, at least, of those circumstances which their masters throw around them, and *might* be moulded in the generality of cases, with almost certain effect, by the master. If it be said that a man cannot be expected to

change his mode of life for the sake of his servants, it might be answered that any mode of life by which each individual indulging in it hazards the perdition of several of his fellow-creatures, *ought* to be changed.—*Quarterly Review*.

Lady Blessington shrewdly observes:—"Could gentlemen but know how they debase themselves, even in the eyes of their own servants, when they allow them to discover their vices, how careful would they be, if not to amend, at least to conceal, them; for, their menials must become either the censors or assistants of them; and that they should be either, is most degrading to a master."

It can never be otherwise than evil example to make truth and honesty matters of degree—that is, to extenuate the same fault in a master that we censure in a servant.—A gentleman discharged his coachman for overturning him in his carriage, on his road home from a dinner-party. The man, the next morning, craved pardon, by acknowledging his fault. "I had certainly drunk too much sir," said he, "but I was not very tipsy, and gentlemen, you know, sometimes get tipsy." "Why," replied the master, "I don't say you were very tipsy for a gentleman, but you were very tipsy for a coachman; so get about your business."

Scolding is bad in itself; and, as it often induces replies to which the master or mistress will submit, rather than part with a good servant, so will it produce familiarity, and consequently, want of subordination in the household.

To secure proper authority over Servants, a general, equal, and steady conduct is indispensable. Nothing tends to it more than clearness and conciseness in the delivery of every order, with a settled determination before the or-

der is given ; and the order once given, to hurry the execution is always unwise.

Giving Honest Characters is the best security for making Honest Servants ; and, though a strict adherence to this rule may appear harsh, yet a due attention to it would soon operate as a check upon all, and force the worst to adopt some means of reformation.

Vigilance over Servants is always necessary ; but doubt, suspicion, and prying, and setting one Servant as a spy upon others, are dishonourable means which generally defeat the object in view.

To guard against fraud has been suggested a small extra cellar, or open binn, into which the week's expenditure of Wine may be regularly put under the care of the Butler.

The Servants' Table should, in all cases, be well provided ; for, in that will be found a true saving by the less liability of temptation to waste.

To have a table regularly served, two points are important : one of which belongs to the cook, and the other to the housekeeper. The duty of the cook is to dress the dinner well, and to dish it up elegantly. The housekeeper's duty, among other things, is to make out the bill of fare, and to direct the dishes to be so placed upon the table as to accord with each other.

BAD AND GOOD SERVANTS.

It is a curious fact, as old too as the days of the *Spectator*, that few families are happy in their Servants. Masters and Mistresses ought, however, to recollect that some change in *themselves* may be necessary before their Servants can be good ones. Addison, complains in the *Spectator*, that in his time there was nothing more common

than to hear a fellow, who, if he were reduced to servitude would not be hired by any one living, lament that he was troubled with the most worthless dogs in the world.

Those Servants who found their obedience on some external thing, with engines, will go no longer than they are wound or weighed up.—*Fuller*.

If you would have a faithful Servant, and one that you like, serve yourself.—*Franklin*.

The trouble occasioned by want of a Servant is so much less than the plague of a bad one, as it is less painful to clean a pair of shoes than undergo an excess of anger.—*Shenstone*.

Happily, to rescue the character of Servants from this general censure, there are many instances of masters and mistresses erecting memorials of the fidelity and attachment of their domestics, some of whom have been buried beside the tombs of the families in which they had lived. Probably, the most interesting memorial of the above description is the tablet on the wall of the great cloisters of St. George's Chapel, Windsor, which King George the Third caused to be erected to the memory of a faithful servant of the Princess Amelia. Washington Irving, an American by birth, upon seeing this tribute, remarked: "the King possessed much of the strong, domestic feeling of the old English country gentleman, and it is an incident curious in monumental history, and creditable to the human heart, a monarch erecting a monument in honour of the humble virtues of a menial."—*Domestic Life in England*.

Goldsmith observes: "if a person may judge, who has seen the world, our English Servants are the best treated,

because the generality of our English gentlemen are the politest under the sun."

Cowper, in one of his delightful letters, writes: "I have a servant who is the very mirror of fidelity and affection for his master. And, whereas, the *Turkish Spy* says he kept no Servant because he could not have an enemy in his house, I hired mine because I would have a friend. Men do not usually bestow these enconiums on their lackeys, nor do they usually deserve them: but I have had experience of mine, both in sickness and in health, and never saw his fellow."

Want of gratitude in Servants, who have experienced the greatest kindness during illness, is the complaint of many; and there are instances to justify the assertion, although there are as many proofs of grateful attachment to weigh in the opposite balance. Yet, if we do meet with ingratitude, our cares, and desire to do good should not be diminished, since in no instance can the failings of others justify any omissions in kindness or duty on our part.—*Mrs. Parkes.*

Sir Thomas More was a kind master; for when he broke up his household at Chelsea, he procured situations for all his Servants in families of distinction.

In a work printed two hundred years since, a gentleman recommends his footman to another as follows: "he will come when you call him, go when you bid him, and shut the door after him."

It is related of Sir Thomas More, that if any of his Servants evinced a taste for reading, or an ear for music, he allowed them to cultivate their favourite pursuit.

At Stockholm is established a Fund, from which good

and faithful Servants are rewarded. The King and the royal family contribute to this institution which is worthy of imitation in England.

SERVANTS' FAULTS.

Servants' Faults were formerly punished, in large establishments, by levying fines, as we gather from "Orders for Household Servants, first framed by John Harryngton, in 1566." Absence from morning or evening prayer, fine 2*d.*; for every oath sworn, 2*d.*; leaving a door open which he found shut, 1*d.*; none of the men to be in bed from Lady-day to Michaelmas after six in the morning; nor from Michaelmas till Lady-day in bed after seven in the morning, nor out after nine at night, or fine 2*d.* Whoever broke a glass should pay for it out of his wages; or, if not known who broke it, the butler should pay for it, or be fined 1*s.* The table was to be covered half an hour before the meal hours, or fine 2*d.* Any man striking another should lose his service; or if reviling, threatening, or provoking another, he should be fined 1*s.* Slovenliness in clothes was fined 1*d.* The court-gate was to be shut, and not opened during any meal-time, or the porter should be fined 1*d.* Stairs should be cleaned on Friday, or fine 3*d.* And all fines should be paid each quarter-day, out of the wages, and bestowed on the poor, or other godly use. Stopping the value of any thing lost is as old as the time of Shakspeare.

Drunkenness in Servants is a fault which cannot or ought not to be submitted to in a well-regulated household: yet, if it be seen and known to be but in early stage with the unhappy victim, a good master will strive to check

it, even with some inconvenience, in hopes of a cure, rather than consign a fellow-creature to certain destruction, by turning him off with a blighted character. Still, the fault must be marked with reprobation, for the sake of others—to check the influence of example or the hope of impunity.—*Practical Domestic Economy.*

OLD SERVANTS.

Old Servants are the vouchers of worthy house-keeping: they are like rats in a mansion, or mites in a cheese, bespeaking the antiquity and fatness of their abode.—*Washington Irving.*

The custom of keeping Servants when age rendered them useless, formerly bound them to a family by strong ties, which made them interested for the welfare of their superiors. They felt that prosperity added to the general comfort, while adversity would deprive them of present enjoyment and future support: doubtless, many acted from principle as well as interest, when one of the members was removed, conscious that there was a protector, in danger, or a comforter in sickness, less to depend on. If they settled in life, their children were taught to respect and obey those whose roof had sheltered their parents, and to hope they should be allowed to show their gratitude by cheerful obedience, to those whose kindness they had been taught to appreciate. Doubtless, some were led away by bad advisers, but numbers were faithful unto death. All this union of dependance has vanished, and you are now not unfrequently entertained, part of the time you devote to visiting, with a detail of the extravagance and faults of hirelings, who knowing that four weeks may send

them forth to seek another home, where caprice or temper may prevent their remaining a longer period, become careless of consequences to all : these frequent changes must be to master and servant, unprofitable, if not ruinous. Some few family seats, and mansions, are still adorned with grey-headed domestics, who are proud to display the works of art and beauty that grace the abode that has sheltered them.—*The late Mr. Walker, the Police Magistrate.*

HABITS OF SAVING.

Savings Banks are especially calculated to benefit Servants, to whom they cannot be too strongly recommended. To begin to save money may be difficult with some persons ; but it is essential that all should feel the advantages of the careful, prudent, and economical expenditure of small sums, and of early acquiring *the habit of spending less than they earn*. The earlier this principle is acted upon, the easier and more effectual it will be. If a person neglect the opportunity of saving when the amount he can lay up is small, he will lose the opportunity, as well as the disposition, to do so with a larger sum.

The advantages of recommending habits of saving are obvious. In proportion as individuals save a little money, their morals are better. They husband that little ; and they behave better for knowing they have a little stake in society :—

Man upon man depends, and break the chain,
He soon returns to savage life again ;
As of fair virgins dancing in a round,
Each binds another, and herself is bound ;
On either hand a social tribe he sees,
By those assisted, and assisting these ;
While to the general welfare all belong,
'The high in power, the low in number strong.

CRABBE.

GENERAL ECONOMY.

HOME.

If solid happiness we prize,
Within our breast this jewel lies,
And they are fools who roam :
The world has nothing to bestow ;
From our own selves our joys must flow,
And that dear hut, our home.

COTTON.

LIVING IN STYLE.

It has been cleverly asked:—Will this great world ever cease to be hoaxed with the idea that the pleasures of society are in proportion to the grandeur of the scale on which they are enjoyed.

One of the greatest sources of complaint in society is the want of propriety in the conducting of entertainments in all their varieties, from the simple family dinner to the splendid banquet: for instance, a family dinner; a family dinner to which guests are admitted; a common dinner party; an entertainment; a bachelor's dinner; a ministerial dinner; and a dress dinner. Though these and similar entertainments are distinct, yet the distinctions are not so strictly observed as those in other usages of society. At the plainest as well as of the most splendid of these entertainments, every thing ought to be as good and as well cooked, and nice as possible; but the style of service ought to be varied, rising from the simple, in elegant succession, to the sumptuous.

TRUE ECONOMY.

When Chimneys were first introduced in kitchens, with

wide-arched fire-places, over them was commonly written "*Waste not, Want not,*" which exhorted cooks to care and economy. This motto is placed over the largest mantel of the vast kitchen at Raby Castle, the magnificent seat of the Duke of Cleveland.

At Canons, near Edgware, the superb seat of the Duke of Chandos, the plan of Housekeeping was drawn up by one of the ablest accomptants in England: it was engraved on a large copper-plate, and from it you could ascertain, at once, the total of a year's, a month's, a week's, or even a day's expenditure. Although "the Grand Duke" was opulent, he was not wasteful. All the fruit in his garden, not wanted for his table, was sold on his account: "it is as much my property," he would say, "as the corn and hay, and other produce of my fields."

A French family would live well on what is wasted in an English kitchen. The bones, drippings, pot-liquor, remains of fish, vegetables, &c. which are too often thrown into the grease-pot, or on the dust-heap, might, by a trifling degree of management on the part of the cook, or mistress of a family, be converted into sources of daily support and comfort, at least to some poor pensioner, at an expense that the miser could scarcely judge.

In some establishments, the pot-liquor is divided among poor persons, who improve it themselves. This, however, will be much better done in a large quantity, before it is given them; as the poor, generally, have but little idea of making the most of any thing in cooking.

The existence of a mischievous and short sighted propensity in the public for every thing that is *cheap*, is a great and permanent incentive to *adulteration*, a branch of

art in which uncommon skill and ingenuity are often displayed.

Some economical "quart bottles" for wine are blown at the rate of fifteen or sixteen to the dozen; which deceitful practice once roused Sir Boyle Roche, in the Irish house of Commons, to propose an act—"that every quart bottle should hold a quart."

One day an epicure entering the Bedford Coffee-house, Covent-garden, inquired, "What have you for dinner, John?" "Any thing you please, Sir," replied the waiter. "Oh! but what vegetables?" The usual *legumes* in season were named; when the customer, having ordered two mutton-chops, said, "John, have you any cucumbers?" "No, Sir, there are not any yet, 'tis so very early in the season; but, if you please, I will step into the market, and inquire the price, if any." The waiter returned: "Why, Sir, there are a few, but they are a guinea apiece." "A guinea apiece! are they small or large?" "Why, Sir, they are rather small." "Then, buy two." Just so it is with a great number of persons, in Franklin's homely words: "saving at the spiggot, and letting out at the bung-hole." (The paternity of this anecdote has been referred to the late Duke of Norfolk.)

Sir Francis Bacon was wont to commend the advice of a plain man who sold brooms. A proud, lazy young fellow came to him for a besom on trust, to whom the old man said: "Friend, hast thou no money? Borrow of thy back and thy belly, they'll never ask thee for't—I should be dunning thee every day."

When William Hunter, the celebrated anatomist, invited his younger friends to his table, there were seldom more

than two dishes ; when alone, he rarely sat down to more than one ; he would say, "a man who cannot dine on this deserves to have no dinner." After the meal, the servant handed a single glass of wine to each person. These trifles are recorded as traits of the old manner of professional life, and as habits of the man who devoted seventy thousand pounds to form a museum for the benefit of posterity.

RAGS.

Though commonly held in little estimation, rags are of great importance in the arts, being used for various purposes, but especially in the manufacture of paper, most of which is entirely prepared from them. Not only are rags collected in this country, but large quantities are imported from the Continent of Europe, and from Sicily. The woollen rags are chiefly used for manure, especially in the culture of hops ; but rags of loose texture, and not too much worn or decayed, are unravelled and mixed up with fresh wool in the making of yarn. Woollen rags are also used for making flocks or stuffing for beds, being washed, ground, and torn, as if for paper. Linen rags are principally imported from Germany and Italy. Export from Holland, Belgium, France, Spain, and Portugal, is strictly prohibited. The imported rags are coarser and inferior to the English ; but, being almost exclusively linen, they are stronger, and bear a price disproportioned to the apparent difference in quality : this disproportion has been materially augmented since the introduction of the process of boiling the rags in ley, and afterwards bleaching them with chlorine, has rendered foreign rags fit for making fine paper, and indeed, in some respects, preferable for that purpose,

by their affording greater strength of texture, combined with equal whiteness of colour.—*Abridged from Macculloch's Dictionary of Commerce.*

WASTE OF BONES

is at all times reprehensible, but more especially as they are employed for dry soils, with the very best effect. They are commonly ground and drilled in, in the form of powder, with turnip seed. Mr. Huskisson estimated the real value of bones annually imported, (principally from the Netherlands and Germany) for the purpose of being used as manure, at 100,000*l.*; and he contended, that it was not too much to suppose that an advance of between 100,000*l.* and 200,000*l.* expended on this article would occasion 500,000 additional quarters of corn to be brought to market.—*Loudon's Encyclopædia of Agriculture.*

GELATINE.

From bones may be extracted one-fifth of their weight of nourishment. For this purpose, the bones are put with water into a digester, which being closely covered, and set upon the fire, the bones are dissolved, and yield a nourishing substance called gelatine, some fat, and an earthy refuse.

When broth is wanted in haste, one ounce of Gelatine should be dissolved in twelve gallons of water.

One ounce of Gelatine dissolved in twenty ounces of water, will furnish a plain jelly; to be flavoured. Gelatine may also be substituted for isinglass.

A pound of meat contains about an ounce of Gelatine: it hence follows that 1500*lbs.* of meat, which is the whole weight of an ox, would give only 94*lbs.*, which might be contained in an earthen jar.

BEDS AND MATTRESSES.

Probably, in no country of Europe is the luxury of feather-beds indulged in to such an extent as in this country. To sleep upon feathers and down is certainly less healthy than upon mattresses, especially for children; and this distinction is becoming more known every year. Besides wool and horse-hair employed to fill mattresses, several new articles have been introduced, as wire-springs, seaweed and cocoa-nut fibre; and Macintosh's air-beds are occasionally used.*

SUBSTITUTE FOR WHEAT-FLOUR.

Rice is, perhaps, the plant which nourishes the greatest number of human beings, and one of those which, on a given surface of ground, produces the greatest quantity of nutritive matter.

It has been suggested that in a scarcity of corn, rice may be in part substituted for it in the making of bread; but the scarcity must be very great indeed, to make that an economical expedient in this country, where the rice sells so high.

CLOTHES AND FASHION.

STRAW HATS.

Straw-platting produces at every step the pleasing appearance of labour united to amusement, of a toil in which

* The visitors of Buckingham Palace, who have an opportunity of seeing the Queen's bed, and who are accustomed to conclude that royalty and rank must repose on feather beds and down pillows, will be astonished to have pointed out to them a small camp bed, with a hard mattress, and one small pillow, as the couch of royalty. Yet such is the fact.—*Globe Newspaper*.

childish play and childish games form children to habits of industry without exhausting their strength.

Fashion alone can aid the British plat-manufacturers in their competition with those of Italy. The superiority of the Leghorn straw has stimulated the former not only to import the straw and plat it in this country, but to make experiments on our English grass, and thus to produce Leghorn plat of excellent quality. The high price of labour in this country will not, however, allow our platters to compete with the foreign market.* The number of Leghorn hats imported into England increased from 230,000 in the year 1825, to 384,000 in 1828. Fashion lowered the number one-half in the following year; and in 1832, only 60,000 of these hats were brought from abroad. Our own straw, silk and velvet have since been substituted as materials for bonnets; and the British manufacturers have been extensively benefited by the change.

FRENCH GLOVES.

The superiority of French gloves over those manufactured in this country is well known; but, it should also be known that there are very few manufactures in which the French excel so much as in gloves. The gloves are better cut in France, and their well-fitting must be from the manufacturers possessing a correct knowledge of the shape of the hand. The preference given to French gloves

* Such is the cheapness of labour on the Continent in comparison with its rate in England, that the best Hertfordshire straw has actually been sent to Switzerland, platted in that country, and returned to England, where, notwithstanding the import duty of 17s. per lb., it can be sold at one quarter less price than plat made at home.—*Transactions of the Society of Arts.*

is, therefore, no matter of fashion or prejudice; but of judgment on the part of the purchaser.

EFFECT OF FASHION.

Many is the milliner's apprentice whom every London season sends to her grave, because the dresses of fine ladies must be completed with a degree of celerity which nothing but night-labour can accomplish. To the question, "When must it be done?" "Immediately" is the readiest answer; though it is an answer which would, perhaps, be less inconsiderately and indiscriminately given, if it were known how many young creatures have come to a premature death in consequence of it, and how many hearts have been hardened by the oppression which it necessitates. Nevertheless, we are persuaded that if people of fashion knew at what cost some of their imaginary wants are gratified, it is possible that they might be disposed to forego the gratification.

"JEWELLERS' GOLD"

is a term often used to denote some peculiar purity of gold, whereas goldsmiths have many varieties of purity. Thus, perfectly pure gold they suppose divided into 24 parts, called carats. Gold of 24 carats, therefore, means pure gold; gold of 23 carats means an alloy of 23 parts gold, and one of some other metal, and so on. The number of carats mentioned, indicates the pure gold, and what that number wants of 24, indicates the quantity of alloy.

"MOSAIC GOLD"

is an alloy which does not contain a particle of gold, as its name implies: it being merely tin and sulphur.

PETIT-OR.

The imitation of gold sold with the taking name of Petit-Or, is nothing more than the alloy formerly called Pinchbeck, and is made by melting zinc in a certain proportion with copper and brass, so as in colour to approach that of gold.

HUMAN HAIR.

Human Hair makes a very considerable article in commerce, especially since the fashion of wearing false hair has obtained. The difference in various growths is much greater than generally imagined. Hair of the growth of the northern countries, as England, &c. is valued much beyond that of the more southern ones, as Italy, Spain, the southern parts of France, &c. Good hair is well fed, and neither too coarse nor too slender; the bigness rendering it less susceptible of artificial curl, and disposing it rather to frizzle; and the smallness making its curl of too short duration. Its length should be about 25 inches; the more it falls short of this, the less value it bears.

PIN-MAKING.

In the course of examination, respecting the patent right to a pin-making machine, some curious facts came out; for it appears that the average weight of pins each day manufactured is two tons; and one house has a contract each year for pins to the number of six hundred and fifty millions.

TO KEEP MOTHS FROM CLOTHES.

Towards the end of May, or the first of June, the little millers, which lay moth eggs, begin to appear. Therefore,

brush all your woollens, and pack them away in a dark place covered with linen. Pepper, red cedar chips, tobacco—indeed, almost any strong spicy smell—is good to keep moths out of your chests and drawers. But nothing is so good as camphor, or camphorated spirit.

ORIGIN OF OTTO OF ROSES.

It is said to have been in Lahore, (in the East Indies,) that chance led to the discovery of otto of roses. The Begum, or favourite Sultana of the Emperor Shah-Jeham, seeking to strengthen his attachment to herself, conceived the idea of bathing in a pool of rose water, and had the reservoir of her garden filled with it. The rays of the sun acting upon the water, the essence which it contained, concentrated itself in little particles of oil, which floated on the surface of the basin. At first it was thought that this matter was produced by fermentation, and that it was a sign of corruption or fetidity. As the attendants tried to gather it in order to clean the basin, they perceived that it exhaled a delicious smell. This it was that gave the idea of extracting in future the essence of roses, by processes corresponding to that which nature had employed.

TASTE AND FASHION.

The fashionable absurdities of high-heeled shoes and train-gowns, have almost disappeared in our time. Upwards of two centuries since, our ladies of quality were ridiculed for wearing such high shoes as they could not walk in without one to lead them; and a gown as long again as their body, so that they could not stir to the next room without a page or two to hold it up. Trains are only

reserved at our Court, with the laudable object of benefiting the silk manufacture, notwithstanding they have long since disappeared from the court costume of France.

The folly of ridiculing useful fashions is well shown in the history of the Umbrella. The footman who first carried this useful article through the streets of London was much annoyed; the passengers calling out, "Frenchman! why don't you get a coach?" But the footman was a sensible man; for he persisted in carrying his umbrella for three months, till the people took no further notice of the novelty.

The rules of good taste, when once exemplified, are pretty sure to be followed. Let any one recollect the ugly forms of our ordinary crockery and potters' ware forty or fifty years since, when the shapes were as deformed as that of the pipkin which cost Robinson Crusoe so much trouble; and observe the difference since the classical outlines of the Etruscan vases have been adopted as models for our Staffordshire ware. It is thus with good taste in every department: it cannot be established by dictation, but must be left to force its way gradually through example.

ETIQUETTE.

The great characteristic of polished society is an excessive intolerance of every thing that does not harmonize with the prescribed canons of etiquette and decorum; or notably exceeds the average rate of spirits or understanding which every one is supposed capable of reaching. Every exuberance of humour or gaiety is, therefore, instantaneously repressed, by the fear of transgressing these bounds, and becoming the object of ridicule, or the means

of mortification. Wit is cramped, satire is moderated, the play of imagination is restrained, and every thing flattened down to a smooth surface, till society, according to Sterne's simile, "comes to resemble nothing so much as worn-out coin, uniformly shining and polished, but without legend or superscription, or any prominence to hurt or distinguish."

ART OF CONVERSATION.

Before we can engage in general conversation with any effect, there is a certain acquaintance with trifling but amusing subjects, which must be first attained. You will soon pick up sufficient by listening and observing. Never argue. In society, nothing must be discussed; give only results. If any person differ with you, bow and turn the conversation. In society, never think; always be on the watch, or you will miss many opportunities, and say many disagreeable things.

"NOT AT HOME."

Some of our "not at home" folks may take a hint from the Dutch towns, in which are little mirrors projecting in front of the windows of almost all the houses. They consist of two pieces of glass placed at an angle to each other, the one reflecting up, the other down the street. By this contrivance, the Dutch lady may see all that passes outside without the trouble of going to the window. Every one is thus subjected to the scrutiny of the parlour-window; and, should an unwelcome visitor draw near, as the glass commands the approaches to the house, the lady of the house is enabled to declare herself "not at home" a long time before he knocks.

DOMESTIC DUTIES.

The character of Sir Thomas More, in domestic life, was amiable indeed. Writing, while he was Lord High Chancellor of England, after saying that he devotes nearly the whole of the day abroad to others, and the remainder to his family at home, he goes on : " I have for myself, that is for literature, no time at all. For when I return home, I must needs converse with my wife, trifle with my children, talk with my servants. All these I account matters of business, since they cannot be avoided, unless a man should choose to be a stranger in his own family. It is, besides, as indispensable to our own happiness, as to our duty, to render ourselves, by every means in our power, agreeable to those whom either nature, or chance, or choice, have rendered the companions of our lives."

The sweet charities of life, sympathy, affection, and benevolence are the blessings blended with sorrow, sickness, and infirmity ; and from the restraints of temper and mutual forbearance, we practise to each other, arise the kindness and goodwill which are the charms of social life.—*Mrs. King.*

SIR WALTER SCOTT AND MRS. COUTTS.

During Sir Walter Scott's prosperity, he received a visit from Mrs. Coutts, (afterwards Duchess of St. Albans,) at Abbotsford; and Sir Walter having visited her occasionally in London, during Mr. Coutts's lifetime, was very willing to do the honours of Teviotdale in return. With a little difficulty, the wealthy widow, and her numerous train, found accommodation; but it so happened that there were already in the house at Abbotsford, several ladies, Scotch

and English, of high birth and rank, who felt by no means disposed to assist their host and hostess in making Mrs. Coutts's visit agreeable.

Sir Walter, during dinner, did every thing in his power to counteract the influence of *the evil eye*, and something to overawe it; but the spirit of mischief had been fairly stirred, and it was easy to see that Mrs. Coutts followed the noble dames to the drawing-room in by no means a complacent mood. He cut the gentlemen's dessert short, and soon after joining the ladies, managed to withdraw the youngest, and gayest, and cleverest, who was also the highest in rank (a lovely Marchioness,) into his armonial hall adjoining. He said to her, "I want to speak a word with you about Mrs. Coutts. We have known each other a good while, and I know you won't take any thing I say in ill part. It is, I fear, not uncommon among the fine ladies in London to be very well pleased to accept invitations, and even sometimes to hunt after them, to Mrs. Coutts's grand balls and fêtes, and then, if they meet her in any private circle, to practise on her the delicate *manœuvre* called *tipping the cold shoulder*. This you agree with me is shabby; but it is nothing new either to you or me, that fine people will do shabbiness for which beggars might blush, if they once stoop so low as to poke for tickets. I am sure you would not for the world do such a thing; but you must permit me to take the great liberty of saying, that I think the style you have all received my guest, Mrs. Coutts in, this evening, is, to a certain extent, a sin of the same order. You were all told a couple of days ago that I had accepted her visit, and that she would arrive to-day to stay three nights. Now, if any of you had not been disposed to be of my party at the same time with her,

there was plenty of time for you to have gone away ; and, as none of you moved, and it was impossible to fancy that any of you would remain out of mere curiosity, I thought I had a perfect right to calculate on your having made up your minds to help me out with her." The beautiful Peeress answered : " I thank you, Sir Walter, you have done me the great honour to speak as if I had been your daughter, and depend upon it you shall be obeyed with heart and good-will." One by one the other exclusives were seen engaged in a little *tête-a-tête* with her ladyship. Sir Walter was soon satisfied that things had been put into their right train ; the Marchioness was requested to sing a particular song *because* he thought it would please Mrs. Coutts. " Nothing could gratify her more than to please Mrs. Coutts." Mrs. Coutts's brow smoothed, and in the course of half an hour she was as happy and easy as ever she was in her life.—*Abridged from Lockhart's Life of Scott*, vol. VI.

(This anecdote shows a beautiful trait in the character of Sir Walter Scott, which can scarcely be too highly commended. It is a lesson which we hope will not be thrown away upon that miserable minority of mankind who carry personal pique to an inhuman extent. Most persons are aware " how effectually women of fashion can contrive to mortify, without saying or doing any thing that shall expose them to the charge of actual incivility.")

NEW-YEAR'S-DAY CUSTOM.

The following in New York appears to be productive of much good, and is consequently, worthy of imitation elsewhere. On the first day of the year, the gentlemen visit all their acquaintances ; and the omission of this observ-

ance in regard to any particular family would be considered as a decided slight. The routine is as follows: the ladies of a family remain at home to receive visits; the gentlemen are abroad, actively engaged in paying them. You enter, shake hands, and are seated, talk for a minute on the topics of the day, then hurry off as fast as you can. Wine and cake are on the table, of which each visitor is invited to partake. The custom is of Dutch origin, and is said not to prevail in any other city of the Union. Its influence on the social intercourse of families is very salutary; the first day of the year is considered a day of kindness and reconciliation, on which petty differences are forgotten, and trifling injuries are forgiven. It sometimes happens, that between friends long connected, a misunderstanding takes place. Each is too proud to make concessions, alienation follows, and thus are two families, very probably, permanently estranged. But on this day of mutual amnesty, each of the offended parties calls on the wife of the other, kind feelings are recalled, past grievances are forgotten, and at their next meeting they take each other by the hand, and are again friends.—*Hamilton's Men and Manners in America.*

OLDEN TIMES.

The Arabs have not forgotten their olden hospitalities, as have many nations in the march of "improvement." The old "Peace be with you" is still their common salutation. "Welcome, what do you wish?" is the address to a stranger, where entertainment costs him only a "God reward you."

A Roman emperor did not enjoy the luxuries of an Eng-

lish washerwoman. She breakfasts upon tea from the East Indies, and sugar from the West.

It is the vulgar idea that Elizabeth's maids of honour breakfasted on beef-steaks and ale, and that wine was such a rarity as to be sold only by apothecaries as a cordial. The *science* of good living was as well understood in those days as it is now, though the *fashion* might be somewhat different: the Nobility had French cooks, and among the dishes enumerated, we find "not only beef, mutton, veal, lamb, kid, pork, rabbit, capon, pig;" but also red, or fallow deer, and a great variety of fish and wild fowl, with pastry and creams, Italian confections, and preserved fruits, and sweetmeats from Portugal; nay, we are even told of cherries served up at twenty shillings a pound. The variety of wines can hardly be exceeded at present: for, a writer of Elizabeth's time mentions fifty-six different kinds of French wine, and thirty-six Spanish and Italian wine, imported into England.—*Mrs. Jameson.*

The hours of meals were formerly as follows: the hour of breakfast, till the 17th century, was 7; dinner, 10 to 12; supper, 4 to 6; at 9, warmed spiced wine or ale was served. The breakfast was beer, wine, salt-fish, and herrings. The nobility took their meals at earlier hours than others.

Attention to the cleanness of table-linen appears to be as old as its use. Thus, in former ages, a father giving advice to his son, particularly recommended him, as one means of success in life, to have his "table covered with a clean cloth."

The Porpoise was once considered a sumptuous article of

food in this country, and was oftentimes introduced to the tables of the English nobility, even so late as the reign of Queen Elizabeth. It was eaten with a sauce of bread-crumbs, sugar, and vinegar.

In the Hospital of Cross, near Winchester, is a vast apartment named the "Hundred Mennes Hall," from its being intended by the founder for a hundred poor men, "of modest behaviour and the most indigent that can be found, to be received daily at dinner-time, and each to have a loaf of coarse bread, one mess, and a proper allowance of beer, with leave to carry away with them whatever remains of their meat and drink after dinner." This good old custom has long been discontinued, and the hall has been converted into a brewhouse. But, doles of bread are still distributed to the poor of the neighbourhood; and, what is, perhaps, the only vestige left in the kingdom of the simplicity and hospitality of ancient times, every traveller who applies at the porter's lodge at the outer gate of this hospital is entitled to and receives a horn of good beer, and a loaf or slice of bread; the quantity of the latter being about four ounces—of beer about three-quarters of a pint. This demand is frequently made by persons of different rank from that intended by the founder, for the sake of witnessing the peculiar custom.

Festivals, when duly observed, attach men to the civil and religious institutions of their country; it is an evil, therefore, when they fall into disuse. Who is there that does not recollect their effect upon himself in early life? —*Southey*.

It is hard to tell, (observes an historian,) why, all over the world, as the age became more luxurious, the hours

became later. Was it the crowd of amusements that pushed on the hours gradually? or were people of fashion better pleased with the secrecy and silence of the night, when the vulgar industrious had gone to rest? In past ages, there were few pastimes but what daylight afforded.

The only native fruits of Britain are the wild plum or sloe, currant, bramble, raspberry, strawberry, cranberry, black, red, and white heathernberries, elderberries, roans, haws, hips, hazel-nuts, acorns, and beechmast. All the others were either introduced by the Romans, or by the monks and religious houses, from the tenth to the fifteenth century. The same may be affirmed as to most of our culinary vegetables, of which only the carrot, celery, beet, asparagus, sea-kale and mushrooms are natives.

Previous to the time of Henry VIII., the London market was supplied with culinary vegetables from Holland. This monarch's gardener introduced various fruits, salads, and pot-herbs, and cultivated them in the palace-garden of Nonsuch in Surrey, together, as it is commonly supposed, with the apricot and Kentish cherry.

Sir Samuel Morland, who lived at Vauxhall House, in 1675, had a coach with a moveable kitchen, with clock-work machinery, by which he could make soup, broil steaks, or roast a joint of meat. When he travelled, he was his own cook. At home, the side-table in his dining-room was supplied with a large fountain, and the glasses stood under little streams of water.

A contemporary observer is induced to consider brewing as a "lost art." Beer is still in vogue as a national beverage, in spite of tea and coffee and water-drinking societies; but beer neither keeps in the cellars of the rich, nor in-

vigorates the heart of the poor man, as it once did: the art of brewing may, in fact, be considered as lost, and competent judges assert that the art of brewing ale, will in the course of a few years, be likewise gone without recall. The most approved Porter is now a chemical composition, in which malt and hops have the least possible share; the veritable art of porter-brewing is lost; and, probably, were it recovered, so vitiated and misled has been the public taste, by constant experiments upon it, that porter made according to the original receipts, would be neither relished nor drunk.—*Mirror*.

STOVES AND FUEL.

DR. ARNOTT'S THERMOMETER STOVE.

This very economical invention may be described as a fire enclosed at the bottom of a box of sheet iron with a division in the middle, leaving an opening at top and bottom; in the upper part of which box is a small pipe to carry off the smoke, which passes up the chimney of the apartment in which the stove is placed. As the fire burns, the hot air ascends in the box, and, as only a small portion escapes by the chimney-pipe, the air circulates round the division, and the box thus becoming heated, warms the room. The heat is regulated by a small valve and screw, which admits or excludes the draught of air to the fire, as steadily as by raising or lowering the cotton we increase or diminish the light of a lamp.

The worst kind of coal or coke, or cinders may be burnt in this stove. Of coal, the consumption is not more than 6lbs. a day, less than a pennyworth, or at the rate of half a ton in the six winter months. The stove usually holds

a supply for twenty-six hours; but if made twice as large, there will be no waste, as the consumption is only in proportion to the air allowed to enter. The chief advantages are as follows: 1. *Economy of Fuel*; instead of wasting $\frac{7}{8}$ of the heat, as in a common open fire, the Thermometer saves or put to use nearly the whole heat, "because, first it does not allow the air which had fed the combustion to escape until deprived of nearly all the heat; and secondly, it does not allow any of the warm air of the room, except the little which feeds the fire, to escape through the chimney. A sheet of paper set fire to, and put into a cold stove, will warm the whole almost as if boiling water had been poured into it, and the same heat is afterwards diffused in the room. The same sheet of paper burned under the chimney of an ordinary grate would produce no sensible effect. The cost of the Fuel, as we have shown, is trifling. The expenditure of the stove is *one-eighth of the fuel needed by a common fire*. Next is *uniform temperature in all parts of the room*, and throughout the day; while the stove being always alight, the temperature of the room does not become cold in the night. *No smoke*, or invisible gas, can come from the stove into the room; there is *no dust*, as in poking a common fire; there is *no danger of falling into the fire*; if the chimney be of moderate size, the box cannot possibly be made dangerously hot: in short, there is no danger as from common fires. The *saving of fuel* in one winter will nearly pay for a stove.

It is a *good Cooking Stove*: a second small iron box placed within it is a perfect oven. A small kettle or cooking vessel may be placed directly on the fire. Potatoes and other food may be roasted in the ash-pit. The top of the Stove is a perfect *hot-plate*. If the Stove be heated to the

boiling point of water, a tea-pot of cold water placed upon it, under a dish-cover, soon contains boiling water; and similarly, eggs or other articles may be boiled.

NEW COOKING STOVE.

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

SMOKY CHIMNEYS.

If a chimney only smoke when a fire is first lighted, this may be promptly remedied by laying shavings or paper on the top of the grate, the rapid burning of which will warm the air in the chimney, and give it a tendency upwards, before any smoke is produced from the fire itself.

If old stove-grates smoke, they may be improved by setting them farther back. If that fails, contract the lower opening.

COALS AND COKE.

With care, the expenditure of Coals even in a kitchen grate ought not to exceed one hundred weight and a half weekly per grate; but the summer months reducing the average, six tons annually will be a fair allowance for a moderate-sized family.

Coke is not so economical as is generally supposed: for, although a pound of Coke produces nearly as much heat as a pound of Coal, a pound of Coal gives only three-

quarters of a pound of Coke, notwithstanding the latter is more bulky than the former.

CHEAP FUEL.

Take one bushel of small coal or sawdust, two bushels of sand, and one bushel and a half of clay; mix them with water, and shape the mass into balls, or into the form of bricks; pile them in a dry place, and when they are hard, they may be used. A fire cannot be lighted with them; but if put behind a fire, they will keep it up stronger than any common fuel.

JOINTED WATER PIPES.

The use of joints in metal pipes for the supply of water is not commonly understood; it not being generally known that the changes of temperature at different seasons of the year cause the lengths of pipes to undergo such a change, that it is requisite to place, at certain points along the line, pipes so constructed that they are capable of sliding one within another, similar to the joints of a telescope, in order to yield to the effects of these alternate contractions and expansions. If this provision were not made, the series of pipes would necessarily break by the force with which the pipes would contract or expand.

A BRIGHT TEA-KETTLE.

Not only is a blackened Kettle unsightly, but disadvantageous for keeping water hot; for, its surface, when rough and black with soot, is a powerful radiator of heat, whereas, if kept clean and polished, it will retain the heat of the water boiled in it much more effectually. The bright parlour kettle is, therefore, best adapted for this purpose.

CHEAP WATER-COLOUR FOR ROOMS.

Boil some potatoes, bruise them, and pour on them boiling water until a pretty thick mixture is obtained, which is to be passed through a sieve. Make a thick mixture of boiling water and whitening, and add it to the potato mixture. This will dry quickly, be very lasting, and have a good appearance to the eye.

OXALIC ACID AND EPSOM SALTS.

The mistaking of Oxalic Acid for Epsom Salts has, in most instances, arisen from both substances being in crystals of the same form, or four-sided prisms. This circumstance renders it very difficult to distinguish them by mere inspection; but then, their chemical characters vary: Oxalic Acid is sour to the taste; Epsom Salts are bitter and saline; and thus, by merely tasting them, they can be effectually distinguished from each other. The following simple test, in cases of doubt, may be useful. Having dissolved the suspected salts in water, add to the solution a few drops of common black writing ink; if its colour remain, it is Epsom Salts; but, if the ink in a short time turn red, it is Oxalic Acid.

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