Cookery and home comforts / by Mrs. Wigley.

Book of Cookery

and

Home Comforts

a Present to My Wife

COOKERY AND HOME COMFORTS.

BY THE SAME AUTHOR.

DOMESTIC ECONOMY. A Book for Girls.

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A PRESENT TO MY WIFE.

COOKERY AND HOME COMFORTS.

By

MRS. WIGLEY.

Author of
"Domestic Economy: A Book for Girls," Royal School Series.

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EDINBURGH AND NEW YORK.

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*** *For Lists of the Recipes, see the Index.*

SPECIAL FEATURES OF THIS BOOK.

1. ONLY such Dishes are recommended as are within the means of families with small incomes.

2. Directions are given for preventing waste, and for making the most of everything.

3. The order of procedure is minutely described in each Recipe.

4. The exact quantity of each ingredient to be used is plainly stated.

5. The price of each ingredient and of the whole dish is given after each Recipe. These prices may not suit every place. Prices vary in different parts of the country, and even in the same district they are different at different seasons of the year. In no case, however, will the excess be so great as to make the dish unsuitable for those for whom the book is specially intended.

6. A list of Recipes for Scotch Dishes is given in an Appendix.

TO HIM WHO BRINGS THE PRESENT.

MY DEAR FRIEND AND BROTHER,—I use these words in all sincerity. I know that such an address very often comes to you from the lips of those who certainly confine their *friendliness* and their *brotherliness* to the words they utter. Please don't class me with such persons.

Why am I writing to you? I shall tell you. There has been a great stir made of late years respecting the improvement of all the surroundings of those great-hearted fellows who are the foundation of our country's prosperity—I mean our working-men. Everything connected with working-men and their advancement has been popular, and *their homes* have received special attention. There has been a great fight made against everything that hindered their well-doing and well-being. I want to aid the

good cause. I know your dear wife is doing her very best to make your home comfortable and your life happy, and that sometimes she has a hard battle to bring it all about; so I should like to help her in a quiet way.

I cannot give lectures; and though I could, I daresay she would not come to hear me. And I cannot open a cookery school; and I am doubtful whether she would find time to attend it if I did. So I have thought that, if I could get the right side of you, perhaps you might introduce me, by my book, into your home.

Don't undo the paper while the children are about. Wait till they are all gone to bed, and then produce the book to your wife. Sit by her side, and literally lay your head against hers over it—heads can come together without bumping, you know; and then tell her it is a gift for her, and—&c., &c. I put "&c., &c.," because you will know what else to say.

And give my little book a good word to her, if you can. She will care more for *your* recommendation than for "the greatest puff in the world" from any other quarter. Just tell her that the book seems to have been written by a common-sense sort

of person, who does not pretend to make good dinners for working-men out of sawdust; and ask her to try this or that thing in it that you think you would like.

If you do this, you will greatly oblige *me.* And you will oblige *yourself;* for you will get the best out of the transaction, I verily believe. And you will oblige *your dear wife,* to turn round and give you a hearty "Thank you, my dear," and a kiss. Now, you see if she don't!

S. S. W.

INTRODUCTION.

TO HER WHO RECEIVES THE PRESENT.

My Dear,—I have been writing this little book for your very own self, because I know you are always **catering for other people's comfort.** Now, I believe there is no more important work in all the world than this. I remember quite well the time when I was only a beginner at it, and how very often I wished, amid all my mistakes and blunders, that I had just such a simple little guide to my inexperienced hands, as I wish this little book to be to other hands in the same condition.

The book is all about **catering for comforts.** And it is intended only for the use of those who have to do the catering themselves. Those who can get comforts without taking that trouble had better lay the book down.

Catering!—procuring, providing, purchasing.

Comforts!—things which go to make health and happiness, which preserve from want and promote enjoyment.

"*Catering for comforts!*" I think I hear you say. "A very big name for a very little cookery

book; for that is all it is." My dear, you are quite right. It *is* a cookery book of very modest pretensions, this little book of mine; so little that I think the world can find room for it—a few pages giving a few directions for preparing a few things well.

"*But there are plenty of cookery books already.*" My dear, you are right again; there *are* plenty; but I wish mine to be useful to those for whom most cookery books prescribe impossibilities, and I wish it to be very simple and plain.

Let me explain. One of the fiction writers of our day has funnily introduced into one of his stories **a cookery-book scene.** I shall take the liberty of copying it out for your benefit. He describes a poor, half-witted wife, who is troubled with a continual buzzing in her head. She must have had "a bee in her bonnet," as the Scotch people say. This poor wife, who had an epicure for a husband, was one day visited by a young lady just as she was trying to master one of the recipes from an old-fashioned cookery book.

Her husband had requested her to prepare an omelet for his breakfast—an "omelet with herbs."

She says to her visitor, "Look here; here's what he's ordered for his breakfast to-morrow:—

"'*Omelet with Herbs.*—Beat up two eggs with a little water or milk, salt, pepper, chives, and parsley. Mince small.' There! mince small! How am I to mince small when it's all mixed up and running? 'Put a piece of butter the size of your thumb into the frying-pan.' Now, look at my

thumb, and look at yours—which size does she mean? 'Boil, but not brown.' If it must not be brown, what colour must it be? She won't tell me; she expects me to know, and I don't."

The young lady is present next morning when the omelet is served. It is described as a "leathery-looking substance of a mottled-yellow colour, profusely sprinkled with black spots."

"There it is," said the wife; "omelet with herbs! The landlady helped me, and that's what we made of it. Don't you ask the captain for any when he comes in. It isn't nice. We had some accidents with it. It's been under the grate. It's been spilt on the stairs. It's scalded the landlady's youngest boy, who sat on it; and it isn't half so good as it looks. Don't you have any."

I am quite sure that there are very many simple dishes which meet with mishaps similar to those which befell this unfortunate "omelet with herbs," and all because they are prepared from rather mystifying directions by inexperienced hands.

"But the recipe must have been from some old-fashioned book," you will say. "We have better ones now."

So we have, I am thankful to say, a great many. But some of them are not very clear and straightforward in their directions. I have several by me now. I will select the latest I have seen, this one in a pretty blue cover, and I will see what it says. Here is one recipe from its pages:—

"*Beef-steak Pie.*—Rub half a pound of butter into a pound of flour. Add a little salt and sufficient

water to form a stiffish paste. Then roll out into a sheet, and line a round-bottomed bowl—"

I need go no further. This recipe would puzzle the inexperienced. How much salt? How much water? Who is to "roll out into a sheet"?—the cook? And what is a round-bottomed bowl in the *pie*-line?

Season to taste! Oh, what trouble these words have caused among comfort-caterers! How many mouths have smarted with salt or burned with pepper, because "tastes differ"!

Yes, there is room for my little cookery book. Remember my aim. I wish **to give a few really good, but by no means costly, recipes,** in so plain and simple a manner, that by their guidance even the most inexperienced may be able to prepare nicely a few real comforts for those for whom they have to cater.

1.—SOMETHING ABOUT ESSENTIAL No. I.

LET us "begin at the beginning." If we are going to accomplish **good catering,** we must be **good caterers.** If we expect to find perfection in the things prepared, we must try to secure as much of that very scarce quality as possible in the one who has to prepare them. Will you bear with me just a little while, then, while I try to remind you of some of the essentials to this desirable end?

First and foremost, I say—and I am sure you will agree with me—the most necessary qualification

in a good caterer, is out-and-out and through-and-through **cleanliness.** Cleanliness in person, and work, and habits; *out-and-out* and *through-and-through,* are just the words to describe it.

Any person who thinks it a trouble, and not a glory, to make clean and to keep clean, is not fit to be a caterer for comforts at all. She had better get a big tub and a horrid long-way-off desert, and go and live by herself in single—well, *wretchedness.*

May I describe to you the look of **a model caterer** as I have seen her?

A bright, wholesome-looking face, telling plainly of an intimate acquaintance with soap, cold water, and a rough towel. A little shiny, perhaps, but never mind that; it is a proof that it is clean. I never saw the face of any dirty thing shine. Have you?

Smooth, bright hair, not dangling, but put up—"cabined, cribbed, confined," as somebody says. Glossy, not so much with anything put on it as with something done to it; good wholesome brushing will give the hair its own natural gloss. My model cook grudges the bear's grease or the oil, though she uses a little occasionally; but she does not grudge herself a good hair-brush or the time to use it.

Then the dress is of some clear, clean-looking material, that will wash. It is almost impossible always to avoid a grease spot or other soil; and when a dress has been washed nicely, it is new again. No girl or woman who is dainty and delicate in appearance, as all ought to be, will ever think,

"Anything will do for a working dress." She will be particular always to be becomingly arrayed; and this she cannot be if her dress is not suited to her occupation.

And she will wear a nice linen apron, going at least half-way round her figure, and having a bib to it.

She won't shuffle about in slippers either: she will wear boots neat and trim; not so tight as to make her hobble, nor so loose as to make her slide, but just easy. Did it ever strike you how much is to be learned of a person by her *step?* I think if I were blind I could tell a great deal about a person if I could hear the sound of her moving about. Short, quick, active, light steps are those of my model cook.

And the hands—"the busy, blessed hands that do" — rosy enough, perhaps, but not rough or grimed; and with nails cut short and nicely kept. But you are making a grimace at what I say about hands. Why? You think people who have much work to do cannot have "rosy hands not rough or grimed, with nails cut short and nicely kept." Let us have a few words about the care of the hands before we go any further.

2.—HOW TO TAKE CARE OF YOUR HANDS.

OLD-FASHIONED farmers' wives used to hire their servants year by year at the fairs, as you have doubtless heard. The young women and girls stood in a row in the market-place, so as to be inspected

by those who came to hire. As one test of ability, the domestics were asked **to exhibit their hands!** If those hands were rough, and knocked about, and seamed with dirt ground in, then the verdict would be in their favour—"Ah! you know how to work, I see."

Now listen to me. A woman's hands have no business to be seamed and scored and knocked about; and those who possess such hands do not know how to work at all—*there!* A woman may have work to do—hard, rough work, perhaps. Well, if that work inflicts a lasting disfigurement on any of her members, she ought not to do it.

What are the roughest kinds of home work that fall to the lot of those who cater for comforts? Cleaning grates and sauce-pans, and scouring. Well, if this work cannot be done without making our hands look horrid, then I, for one, won't do it!

What is to be done, then? Are grates, sauce-pans, dirty floors, &c., to go unscoured, or are we to get man-kind to do it for us? Oh dear no! we don't want men to do our work. We mean to do it ourselves; and we are quite clever enough to manage so that we shall not be rendered unsightly by it.

Let me tell you a few things I have found out about **the care of the hands.** There is no more useful agent in cleansing than common soda; it will loosen the dirt in clothing to be washed, it will clear the inside of burned sauce-pans, and it will remove the grease spots from tables and floors;—but there is nothing that plays such havoc with the hands as soda does.

Make this resolution, then, never to put your hands into water having soda in it, if you can avoid it.

"*You can't help it.*" Oh yes, you can, my dear. Let me suppose a case or two, and let me tell you how I manage. Here, in the *first* place, are a dozen or so of the dirtiest, greasiest cloths that you ever saw. We did not make them so, of course, but we are going to remedy the evil doings of somebody else; we are going to make them clean. Well, we shall take a good table-spoonful of soda and dissolve it in a little *hot* water; we shall put the cloths into a pan or tub, with just enough cold water to soak them well; we shall then pour over them the dissolved soda, and stir the cloths with a wooden spoon or rounded stick, and then leave them to soak all night.

The stick I use to help me in soaking in the cloths is something like an Indian club, or the pestle which is used in pounding in a mortar. I keep it expressly for this purpose.

When the cloths have soaked, we will pommel and press and squeeze them a little while, and then turn them to drain in a basket placed on the sink: with the soda-water the chief part of the dirt drains off too. Then we will have ready some hot water and soap, and wash and rinse the cloths in the usual way.

Let me suppose, *secondly*, that we have a very dirty sauce-pan to clean, burned up with rice, or milk, or pea soup, or the very worst thing that *can* burn to sauce-pans.

Well, we take the same quantity of soda, a good table-spoonful, and put it into the disreputable sauce-pan, fill it half full of water, and set it on the fire to boil. We let it boil a good half hour, and then we clean it;—but we don't put our hands in the soda-water.

We do this instead. I have ready for such purposes **a sauce-pan rod**; a real, unmistakable birch, made of a bunch of birch twigs. I procure it in this way. I purchase a birch broom, take the handle out, and divide the twigs into six bundles. I tie each of these up with strong string in the middle, so that I can make use of either end; and with these I scour my sauce-pans.

The broom costs me 3d., and one bunch of twigs will last me two or three months: so that for 3d. a year I can provide myself constantly with good sauce-pan cleaners; and if you have never tried this plan, you will be astonished at its efficiency.

I have a heart brimming over with pity and sorrow for those poor little waifs who have to go to service before they are prepared for it. "Slaveys" I have heard them called; girls who have to do work without a hint as to the best way of doing it.

Once one of these girls came to see me. She was "Jack-of-all-trades" at a lodging-house. It was winter-time, and she asked me—"Please, ma'am, do you know what will do **chopped hands** good?"

I asked to see her hands. Oh, such a sight they were! red and swollen, and with great gaping cracks over the poor knuckles, and with the dirt ground in till every delicate line in the skin seemed

filled up. I could have gone up in a fire balloon over those hands! "Oh! Mary, you don't keep your hands clean."

"Please, ma'am, they smart so when I put them into the water, so I don't wet them no oftener than I can help."

"But you cannot have dried them when they *were* wet, else they would not have chapped so."

"Well, ma'am, you see I'm always in such a hurry that I generally dry them on my apron *as I go.*"

"Mind you never do such a thing again! No hurry can justify you for getting your hands into such a state. And look at your nails! Why, Mary, you bite them!"

"Oh no, ma'am, I don't. I grinds them down like this, *a-scratching the burnt off the inside of the sauce-pans.*"

Poor little Mary! When I see and hear such things as these, I feel as if I should like to stand sponsor to every young girl in the world. My heart swells large enough to adopt every one of them.

I helped Mary as much as I could to get her hands well; and I'll tell you what I did. First, I looked out a piece of soft, white flannel, got some hot water and soap, and set Mary to wash it for me. I let her wash and wash, keeping her hands under the water as much as possible, till the flannel was nearly done for, and her poor hands nearly clean. Then I dried them quickly, and bathed them with a lotion of **glycerine and rose-**

water. They smarted very much at first, but I knew it would do them good. I gave Mary the bottle, and told her to apply the lotion several times a-day, and to wear gloves whenever her hands were out of the water.

In three days I went to look after them. The cracks had healed, so I changed the lotion.

There is nothing better to heal and soften "sprayed" skin that I know of than glycerine and rose-water; but I have always found that it made the skin also soft and delicate, or, as the west-country people say, "*nesh*," and very ready to get chapped again. Now, people who have work to do want whole hands, and wholesome hands, but not delicate hands; so I gave Mary another remedy that I like better for general use. I mean arnica—tincture of **arnica and water.** Here are the two recipes as I used them for Mary :—

For Chapped Hands.—Procure two pennyworth of rose-water and three pennyworth of glycerine. Shake them well together, and apply the mixture to the hands every night till they are healed.

To keep the Hands in Good Condition afterwards.—Procure from a homœopathic chemist a shilling bottle of the external tincture of arnica. Put twenty drops into half a wine-glassful of water, and well rub it into the hands every night and morning. Keep the lotion covered, or it will lose its strength.

A shilling bottle of arnica will last a long time, and it is good for bruises, bumps and sprains, bites and stings, as well as in any case of injury to the

skin which leaves it unbroken; but you must not drink it—it is poison.

Well, we have had a good deal to say about Mary's hands. Let us go back to soda and water.

When you have grease spots to get out of boards, wet the place first and sprinkle a little soda over it. Or dissolve some soda in a little hot water and pour the solution over the place; let it remain a little while, and mop it up before scouring the place, in the usual way.

If I had dirty, rough work to do, and if I could not be supplied with a pair of stout gloves for the grates, a birch for troublesome sauce-pans, a cloth squeezer, and a bottle of arnica for a Christmas box every year, *I'd strike!*

It is a dreadful acknowledgment for a person of my settled convictions to make, but I'd do it! *I'd strike for proper tools!*

Have you ever heard of *a man* who made his nails or his flesh suffer because of the deficiency in his tool basket? Will a mason scratch the mortar from walls or bricks? He would be to blame if he did; and so are we to blame when we do injustice to *our* hands.

3.—ABOUT SOME OTHER ESSENTIALS.

We were talking about the essentials of a good caterer, and we took a flight over ill-used hands. Let us go on with the good qualities of our model cook.

There is no need for me to tell you that this

cleanliness will extend to all her habits. She will be "a move soil," and not "a make soil." You would never find *her* leaving finger-marks on doors or on furniture, or having sauce-pan handles that will make black the hands that grasp them, or cloths for wiping that will smear and not polish.

I once knew a dear old lady—just a little bit funny in some things—who said she could determine whether a cook had the necessary **refinement** of cleanliness directly she saw her at work. Of course she must taste the things she has been preparing, or how could she decide about the flavour? "If she be delicate and refined," said my old lady, "she will never put the spoon back again into the good things, after it has left her mouth. If she does this, she is no cook after my mind."

And I think my old lady was right. Persons who are really of refined habits, are so altogether and entirely: there may be imitations and shams, but they are sure to show up at last. The real thing cannot long be mistaken: a person is either refined and nice in all she does, or she is not refined, and—well, *not nice*—I won't say *n-a-s-t-y*, as it might not be thought polite.

And next to cleanliness, I think a good caterer should have **self-confidence.** I don't mean self-conceit. Oh no! that's a very different sort of thing. There's a vast difference between these two sayings, "I can do it, because I will do it," and "I will do it, because I can do it."

"Whatever some folks' hands have done,
Why, other folks' hands can do."

Get this kind of reasoning into your mind:—"There is light and good pastry, made by hands, out of such and such ingredients, for I've seen it and tasted it. Well, I have the ingredients, and I have the hands, and I mean to make similar light pastry." Be sure about your own powers. You *can do* what you *will do;* and in catering, as in everything else, there is no manner of excellence you may not attain unto, if only your will is strong enough to bear you up to it.

A hesitating, uncertain, not-sure-of-herself cook, makes quite as many failures as an indifferent never-care-for-anything one. Have a proper respect for yourself and your abilities, then.

Be sure of your Recipe.—Keep a book of your own, and write down in it things that you or your friends have tried and tested. It will be worth a dozen other books of directions. At first starting don't attempt to make any improvement on the recipe—make the preparation exactly as directed. Afterwards you may wish to alter this or that; then at once destroy the old recipe, and write it out afresh, adding the improvements you have made to it. This will enable you to start without a blunder on future occasions.

And be sure of Yourself.—Upon you rests the burden of other people's comfort, happiness, and enjoyment; and, through these things, of their health and good temper also. Be sure you feel the importance of this work, for there is no greater anywhere. Be sure you *mean* to do it well, and then you may also be sure you *can* do it well.

But this confidence in yourself will never make you "a bustler and a banger." You will not come down like an avalanche on the things you undertake. Quick you will be—quick, and quiet, and ready. Your little efforts will be made without any fuss. People will say, "She does it all so easily, it seems natural to her."

And so it is natural. It was woman's natural work to cater for comforts for other people long before Sarah baked cakes for Abraham; and it is only because we have degenerated that we do not take to it from our babyhood, just as a boy takes to throwing stones.

If you have these requisites—perfect, refined cleanliness, and modest self-confidence—then it will be your own fault if you do not make a good caterer.

4.—GOING TO MARKET.

It has been said, over and over, that all women like to go **shopping.** Perhaps, in this case at least, what everybody says, is true. I know I like it. We may go to market in three different conditions. I like all three ways.

We may go, feeling sure we shall be able to get what we want, because we have *more than enough money* to pay for it.

We may go, feeling that if we do this or that we shall get what we want, and have *just enough money* to pay for it.

And we may go, feeling that if we are to procure what we want we must *hammer out our shillings*

till they cover as much as other people's half-crowns —when we have to manage and plan, cut and contrive, that the dear ones for whom we cater shall never guess, from lack of comforts, how very little money we have had to cater with.

Now, between you and me, and the keyhole, my dear, I think that last way does me the most good. Supposing I were wealthy—*which I am not*—and supposing I kept ever so much money at the banker's, and used a cheque-book—*which I don't*—and supposing I had a housekeeper—*which I haven't*—and supposing she brought me once a week the tradesmen's books to be settled; I can fancy myself, on her entrance, laying aside my reading or my work, and glancing over the books she placed before me, checking off the various items, and perhaps asking a question or two respecting some little matter which seemed either above or below the usual supply required.

And then I could take my cheque-book and a pen, and draw cheques for the different totals, place them in her hand, and resume my reading again. I should have done *my* part in the catering.

Very delightful! very delightful indeed! especially "resume my reading again," and *my mouth waters* just a wee bit over the picture; but oh, my dear, shouldn't I lose something by that sort of transaction, some of that blessed happiness that has *made my eyes water* many and many a time?

There would come from the depths of my memory the picture of a table neatly spread and tastefully arranged; there would come the sound of merry

children's voices; I should hear again their words, "Mamma, how good this is;" "Mamma, is not this *proper* nice?" And I should feel again the soft cheek against mine, and the wee arms round my neck, and catch the coaxing whisper of *my little one*, "You blessed mother, you are always giving us goodies."

And as I remembered the sight and the words, oh, how much I should miss something in spite of my cheque-book and my housekeeper! For there is nothing which so draws heart to heart as a loving dependence for comfort and enjoyment on the same tender care. My dear, I have sat within the lofty aisles of one of the noblest of our cathedrals. I have listened there to the eloquent voice of the preacher as he pointed out to us the duty of praise; and my heart has agreed to it all, for I know "how good the Lord is." But I can safely say that when, after much thought and anxious management while going a-shopping in the third condition, I have been greeted with such words and kisses as I have hinted at, in appreciation of my comfort-catering, my heart has burned and my eyes have filled with far deeper, purer, and more enduring gratitude to our common Father, "the dear God who loveth us," than was ever called forth by the most powerful words in holy places.

My dear, I don't know of whom St. James was specially thinking when he wrote that first chapter in his epistle; but it seems to me that some of its words are very comforting to those who are catering under difficulties. Let me remind you of

them: "The trying of your faith worketh patience. But let patience have her perfect work, that *ye* may be perfect and entire, wanting nothing. And if any of you lack wisdom, let him ask of God, who giveth to all men liberally, and upbraideth not."

In this little book I want to help those who have to go a-shopping in what I have called the third condition—the one which most enlarges the heart and perfects patience, though it be the one which most tries our faith.

We are told in the Bible of the poor widow who had just two little sticks and one little cake, who yet gave a portion to God's prophet. We are told of Jacob, who pressed a present upon his brother, crying out, "I have enough." And we are told of Araunah, who, with generous open-handedness, could give "as a king." Oh, let us be willing to yield *our best* to the work of increasing the comfort of those depending on us; and then, whatever may be our circumstances, those of us will employ to the greatest advantage *the ten* talents who have made the best possible use of *the one;* and those who have been good caterers for comfort in straitened circumstances, are sure to do most good when possessed of competence or affluence.

5.—NECESSARY FOOD.

Our aim, then, as good caterers, is to provide all things necessary for comfort and happiness. There are very many things necessary to these good things besides those connected with the food we eat, but

here we are going to confine ourselves to *that* branch only.

Necessary food! There's a vast deal included in that word "necessary." Let us look at it in two ways :—

1. **How much** is necessary food?
2. **What sort** is necessary food?

With regard to the first question, there is a great difference of opinion. No matter to how many persons we put the question, in a great many instances we should get no other answer than this, "*As much as ever I can eat.*" There is not much doubt but that those who are guided by such a rule are in great danger of exceeding the "*necessary.*"

Listen. The body wears away by every kind of exertion : the bones, the nerves, the muscles—in short, every part of us wastes daily. One of the great objects of our food is to repair this daily waste.

When we are wasted or out of repair, we experience a feeling of hunger and faintness, and seem to have no strength. Our limbs tremble, and we are altogether in a shaky condition. Then, if we take only a little food, it will serve, at least for a time, to remove these unpleasant feelings. Do you remember how, when Jonathan was faint with hunger, he dipped the end of his rod in some honey and put it to his mouth, and "his eyes were enlightened"? Just so, the immediate effect of food is to restore to us again our departed, used-up vigour and strength.

When a man comes in to his meal from his daily labour, he needs something that will put back into his frame all that he has been using out of it. If

he eats, and drinks, and enjoys, and says to himself, "Now I shall be able to get on with my job famously, I feel twice the man I was," then his meal has done him good. If, on the contrary, he comes home from work, eats and drinks, and says, "Oh dear, I don't feel inclined to move, my dinner has made me lazy;" then there is something wrong either in the quantity or in the quality of the food he has taken. He has either eaten too much, and so has overloaded his already exhausted organs; or his food has not contained the necessary nourishment.

We should take enough of food to satisfy our hunger, but we should never eat till we can eat no longer. A good many clever and learned doctors have written about the evil of doing this, and some have even given an estimate of the number of ounces required to be consumed by persons in different conditions. But we cannot very well rely on such estimates, because the amount required must depend upon the exertion of our various parts, ; for by that will be regulated the daily waste. *That which most wears most needs repairs.*

Those who work hardest, and those who are *getting bigger*, or "growing," need the largest supply of the most nourishing kind; while those who scarcely exert themselves at all flourish very well on a less quantity of that which contains less nourishment.

Now we come to our second question,—What kind of food is necessary? In answering it, let us consider what kind of material we choose to repair anything whatever.

Of course, some of the same as that from which the wasted or worn-out part was originally made.

Now I don't want "to bother your brains," but you must let me tell you this much that has been found out for our edification. The parts of the body which waste most are found to consist largely of two substances, which have been named albumen and fibrine. Therefore we need to *put into ourselves* these two substances, that they may make good what has been destroyed.

These two substances exist in all our flesh foods, our grain plants, and in our vegetables. There is more of them in a pound of meat than there is in a pound of bread, and more in a pound of bread than there is in a pound of vegetables.

If a man works very hard, he needs as much nourishment as you can give him *in as little bulk as possible.* He could manage to eat half a pound of meat, perhaps; but he could not eat enough bread to introduce the necessary supply of the right kind of nourishment. But one who does not work so hard, will do very well without the meat. He will get enough of the actual nourishment, if he can obtain as much grain food or vegetables as he desires.

Now to those who have to cater for other people, it is a great comfort to know this. *Meat food* for every one is often very hard to obtain. Its peculiar advantage is, that it contains more real nourishment in a small compass than any other food.

There are very many millions of our fellow-creatures who never taste flesh food all their days, and who yet do life's work, and share its enjoyment

It is said that we Britishers consume more meat than any other nation under the sun; and I have known very many people who did not consider they had dined unless they had eaten heartily of *meat.*

It will be a good thing if we can get rid of this notion. We need to eat only to replenish our bodies. Those should eat most who have the most exertion; and those who make the least exertion need the least food.

In saying these few words about the kinds of food, I have not attempted to tell you all that food does; that would take up too much of my space. If you wish to learn more on the subject, there are plenty of books now-a-days that explain all about it. I am only trying to give you just so much information as will help you the better to *cater for comforts.*

6.—CATERING PRELIMINARY.

"MOST things depend on other things." I suppose none of us will dispute that. Now the success of our catering is one of those things which depend very much indeed on other things. Only two or three of these things I want to speak to you about.

Good catering will depend, first, upon *our forethought* with regard to it; and, secondly, upon *the knack of extracting the entire food virtue out of all our material before we lay it aside.*

First, a little about **Forethought.** A good caterer will never find her mind running on this question, "What shall we have for dinner to-day?" Oh no! She will have settled the sources from which are to

be derived to-day's meals long before to-day comes. All of you who have been catering a long time know as well as I do what a comfort it is to have the records of past experience to refer to. I keep a book, and I enter the result of my catering; and I find it far more valuable than any other cookery book I ever met with. If you have never tried the plan, begin it now, and in a year or two you may give this one of mine to a neighbour. You will not need it.

When you have accomplished, by a little bit of clever management, that which at first it seemed almost impossible to accomplish, then note it down in your book, for future guidance and encouragement. Every now and then look over the pages you have written, and improve upon their suggestions whenever you can. Without forethought and arrangement, and "eking out," there will be a danger that those we cater for will become like the American butcher's pigs. Haven't you heard about them? Well, here is the account as I had it:—

Old Lady (standing in admiration before a pork-butcher's). "Mr. Butcher, I cannot understand how it is that you always get your bacon-pigs so nice and streaky. We feed ours with everything we hear recommended, and they turn out to be just lumps of fat. I wish you'd tell me the secret."

Pork-butcher. "Well, ma'am, I would not tell every one, you see; but I'll tell *you*. We know our customers like fat and lean—fat and lean—so we just feed the animals well one day, and then we starves them the next. That's how we get them streaky, ma'am."

Now, however desirable a quality "streakiness" may prove in bacon, we don't want streaky human beings. Our dear ones must be regularly fed, not feasted and fasted alternately. And so, wherever the income is limited, the good caterer will need constantly to exercise forethought.

And then we said we must have **the knack of extracting** all possible good out of everything. We must set our faces against all waste.

Have you ever heard anything about Mr. Buckmaster? He is a gentleman connected with the South Kensington School for Cookery; and he has been working very hard for a great many years to bring about a reform in our English cooking; and he brings against English housewives the great and grievous charge of *wastefulness*. In his book he says :—

"In France wealth is the exception, and poverty the rule, and prudent thrift is generally practised when not imposed by necessity. Economy in housekeeping—and by *economy* I do not mean niggardliness, but wise forethought—stands the first of domestic duties; and although the French, as a rule, live cheaply, they have what we have not,—the faculty of making the best of everything."

Mr. Buckmaster goes on to show that a French woman shows at once her skill and her economy in the making of soups. He says :—

"Even the liquor in which haricot beans, cauliflower, or cabbages have been boiled is always kept, to make a basis for a vegetable soup. Any liquid which has extracted the flavour of any boiled sub-

stance is looked upon as too valuable to be wasted. In this country it is common, after we have carefully extracted much of the flavour, gelatine, albumen, and fat from turkeys, fowls, beef, legs of mutton, green pease and beans, to carefully throw away '*the dirty water*' in which they have been boiled. This waste in the aggregate is enormous, because we have a senseless prejudice against swallowing soups and broths.

"Now the fundamental principle of every sensible woman is, or ought to be, that everything which is in food ought to be eaten; that the whole of the nourishment should be carefully preserved in the food and digested in the stomach, instead of being sent down the drain."

Now there is no manner of doubt that, as a nation, we have a great liking for the flavour of meat, but, for my part, I do not think that we have also a national dislike to soups. "Hot water stirred round with a tallow candle," of course no one likes; but real, wholesome, comforting soups—each one with its own individuality, its own peculiar flavour—I will venture to say, that those who say they do not like such food, say so because they have never tasted it. There is no reason why we should give up our nationality. We do not wish to turn into French people. We like the flavour of meat; well, let us have it. But this does not hinder our having soups also, as we shall see, and soups that are really good as well as economical.

To make a good soup needs time. There is no "frying-pan alacrity" about soup-making. There

must be thought and experiment, and weighing and measuring, and adding and tasting, till we get a delicious flavour from the blended whole, with which we intend to regale our friends. Try some of the recipes I shall give you, and see if they are not worth the time and trouble required in their preparation.

Who knows what greatness you may not attain as the result of your experiments! I have heard of a wealthy glutton, who lived for the pleasure of eating. Once when he had tired of everything he had tasted, he offered his cook £50 a month if he would discover a new flavour for him as often as a new month began. Now there's an opening for the ambitious among us—£50 a month!—£600 a year! Greedy old gourmand. I won't try for the place, I can tell him. If only he would make over the money to me, wouldn't I introduce some new flavours *to some mouths* where good flavours are scarce? I only wish he'd try me!

7.—SECRETS.

I AM going to quote my pretty blue cookery book again:—"The basis of all good soup is *good stock.* Stock is the gravy from which the soup is made.

"*To make stock.* Put 10 pounds of shin of beef; 6 pounds of knuckle of veal; some sheep's trotters; a cow heel, and—"

Exactly, my pretty blue cookery book, *exactly, exactly.* Altogether about 24 pounds of gravy-making material! Even at 6d. a pound this would

come to 12s.; and this is not all. Thank you; we have said we don't keep a bank account, nor belong to the unlimited supply company!

And yet we must have stock, for stock *is* "the basis of all good soups," and soups are comforting and nourishing, and we want to comfort and nourish.

Will you let me tell you what *I* do? You can keep the secret for your own benefit if you please.

I procured some time ago one of those tall iron pots with a close-fitting lid, called "digesters," and I christened this my **stock-pot.**

One day in the week I put the stock-pot by the fire half full of water—it holds 1½ gallons or 6 quarts. I then put into the water all I have saved up for the purpose during the week: veritable odds and ends are these savings; and yet odds and ends containing more goodness than I should dare to waste. They consist of bones of cold meat that have had the meat cut off, crusts of bread, pieces of bacon-sward, scraps of cold vegetables, or boiled rice.

To these I add a few fresh bones, purchased at the butcher's for about 3d. or 4d., a turnip, a carrot, a parsnip, an onion, or a little of any vegetable that I may have at hand,—not a larger quantity of one than of another, else the flavour of that one will preponderate and overpower all the rest. Good stock should be a blending of all flavours, and no one should be able to distinguish what it is made of from any taste it has. Its special flavour is given to it when we convert it into soup. I next put in a dessert-spoonful of brown sugar, a little salt (a tea-

spoonful), a salt-spoonful of pepper, a table-spoonful of vinegar, three cloves, a small blade of mace, or a few corns of allspice, which is better still; and if I am fortunate enough to possess them, a handful of button mushrooms, or a table-spoonful of good ketchup, and a tiny bunch of sweet herbs.

When everything is in I shut the lid close, place the stock-pot by the fire and let it boil, boil, boil, very gently, from morning till night.

No steam can escape; the lid of my digester fits quite close, and I do not mind how gently the boiling goes on, so long as it does go on.

When evening comes I place a colander over a clean pan and drain off my stock. The bones, bacon-rind, &c., are of no further use in the way of food but to amuse the dog; the vegetables may be either rubbed through the colander into the gravy, or set aside to be warmed up in the frying-pan, with a little dripping, and pepper and salt. If you have never tried it, you will hardly believe how good a foundation for soups such stock as this makes;—but you must remove every particle of fat before using it.

I am always careful to use it next day after making it, because in hot weather anything containing vegetables very soon turns sour, and then all my —why, I had very nearly written "*trouble*" instead of "painstaking," as if a good caterer considered anything a trouble—then all my painstaking would be useless. Now, if you will learn to make stock as I make stock, you will find no difficulty in making soup as I make soup.

I'll tell you another secret, now I am about it. I have heard a great many different opinions as to the wholesomeness of **pastry**, or pie-crust. I can see no reason why pastry should not be made quite as wholesome as any other food we eat. Of course, much depends on the way in which it is prepared, and the ingredients that are contained in it; but then, so does everything else.

Once I heard a mother say, "Bread and butter will never hurt children, but I can't say I should like to give them pastry." And yet both of these things—bread and butter, and pastry—contain exactly the same materials,—flour, leaven, salt, water, and fat; all good things, which, both in the case of bread and of pastry, may be utterly spoiled by the way in which they are put together.

I have seen bread so heavy and lumpy, and I have smelled butter so rancid, that I should be sorry indeed to have to produce comforts for my children from such sources. And I have seen pastry so light, and sweet, and good, that I could not withhold it from them from any fear of its being hurtful.

Take my word for it, that what is wholesome in the one is wholesome in the other, if only we will let it be so. Take up any cookery book you have at hand; read over the directions for making pastry, either short or puff paste; and you will find that in almost every case a pound of butter or lard is to be allowed to every pound of flour. Here is the plague spot, then. Pastry, as usually made, contains *too much fat.*

What should we think of the caterer who used

four pounds of butter in spreading a four-pound loaf? Should we wonder if her family had to pay a doctor's bill? We need some fat in our food. Naturally we object to dry foods without fat,—we do not enjoy them; so we add butter to our bread, bacon to our pease, pork to our beans, and so on, because the more we enjoy our food, the more good it will do us.

Now for my secret about pastry-making. I always allow half a pound of fat to a pound of flour, with a little baking-powder and a little salt. I never use butter at all for my pies, it is too expensive; and I very seldom use lard.

I use **clarified dripping.** I can buy dripping always at 8d. per pound, and sometimes at 6d. It is a good plan for the caterer, with a family of children who are fond of pies, to become a regular customer at some place where there is a good deal of dripping to dispose of—an hotel, for instance; then she may be sure of securing a sufficient quantity. Without this plan there may be difficulty in obtaining it, for it is readily bought up by the confectioners for their pastry. Penny tarts are not enriched by butter at 1s. 6d. per pound, you may depend upon it.

Dripping will make as nice a crust as the best butter going, if only it is properly clarified. This is how I clarify it:—I put my digester on the fire half full of water, and I add three or four table-spoonfuls of salt; then I put in my dripping, bacon-fat, the fat skimmed from boiled meat, and so on.

I let it boil gently for an hour, and then set it aside till it is quite cold. I remove the cake of fat from the top of the water. On the under side of it

I find a settling of the impurities the dripping contained. I carefully remove these with a knife.

I put on my digester again with fresh water and more salt, and I boil my dripping a second time, letting it cool, and removing the impurities as before. I taste it. If I discover any flavour, I boil it a third time; if it is perfectly sweet, this third boiling is unnecessary. Then I place my dripping in a jar, and the jar in a sauce-pan of boiling water till the dripping is all melted. After it is cold again it is ready for use.

Now you are in possession of two of my secrets—how to get stock for soups, and the best way to secure good sweet shortening for pie-crusts. My dear, you are very welcome to both of them.

8.—SOUPS.

In this chapter I am going to bring before you some of my **favourite soups**, and to tell you their cost.

We learned that the basis of all good soup is our "stock." This we must enrich with every nourishing thing it is in our power to use, and we must divest it of every particle of fat.

We cannot impress this last matter too firmly on our minds. All stock for soup-making must be prepared the previous day; must be allowed to get cold; and when cold, every particle of fat must be removed. Also, such stock must have no distinguishing flavour,—it is to be a nice blending of all the good things that we can add to it, but with a predominance of none. We shall add to it, in turning

it into a soup, enough of that ingredient from which the soup is named to give it a decided character.

Now, please, very carefully notice every step I take as I proceed to give you some recipes for soup-making.

1. Vermicelli Soup.

(1.) Place 2 quarts of stock by the fire, and bring it to the boil.

(2.) Put in a basin 4 ounces, or 4 table-spoonfuls, of vermicelli, and a salt-spoonful of salt. Pour over it boiling water, enough to cover it well, and let it remain about ten minutes. This will soften the vermicelli, and make it white.

(3.) Add to the stock a piece of butter as large as a walnut, and, if possible, half a pint of milk.

(4.) When the stock boils, drain the vermicelli and put it in, gently stirring all the while with a wooden spoon.

(5.) Keep stirring gently lest it should burn; and let the soup boil for a quarter of an hour.

(6.) Turn it out into a hot soup-tureen or pie-dish, and serve.

This will give us nearly 5 pints of good soup.

Its cost will be :—	*s.*	*d.*
Bones to enrich the stock prepared previously	0	4
Turnip, carrot, parsnip, onion, for ditto.....	0	1
4 oz. of vermicelli, at 4d. per lb.....	0	1
½ pint of milk.....	0	1
Butter and other things used in the preparation of the stock, such as salt, spice, ketchup, &c.	0	2
	0	9

2. Macaroni Soup.

(1.) Place 2 quarts of stock by the fire, and bring it to the boil.

(2.) Take 4 ounces of macaroni, and cut it into pieces about an inch and a half in length, wash it in a little warm water, then drop it into a sauce-pan of boiling water, and let it simmer five minutes.

(3.) Put into the stock half a pint of milk and a piece of butter as large as a walnut.

(4.) Drain the macaroni through a colander, and add it to the boiling stock, stirring all the while.

(5.) Let it boil, while you stir occasionally, for twenty minutes. Be careful it does not burn.

(6.) Grate any pieces of dry cheese you may have, and make a neat little pyramid with it in the centre of a plate.

(7.) Turn out the soup into a hot dish, and serve with the grated cheese, which should be sprinkled over each plate according to the taste of those who partake of it.

Here we shall have the same quantity of soup as before.

Its cost will be :—	*s.*	*d.*
Bones, vegetables, spice, &c., used for stock-making	0	7
4 oz. of macaroni, at 4d. per lb.	0	1
½ pint of milk.....	0	1
Cheese to be grated.....	0	1
	0	10

3. Tapioca Soup.

(1.) Bring 2 quarts of previously-prepared stock to the boil.

(2.) Add half a pint of milk, and about half an ounce of butter.

(3.) Wash 4 ounces of tapioca in cold water, and sprinkle it in the boiling stock, stirring all the while.

(4.) Let it boil for ten minutes, and then remove it from the fire to cool.

(5.) While it is cooling, well beat up 2 fresh eggs.

(6.) Add the beaten eggs to the soup, well stir them in for a minute or two till the soup looks like a thick smooth cream, then turn into a dish, and serve.

If the soup is not well "off the boil," it will cause the eggs to curdle. It should cool at least five minutes before the eggs are added to it.

Here we have about the same quantity of good soup.

Its cost will be :—	*s.*	*d.*
Materials used in the preparation of the stock.....	0	7
Milk.....	0	1
Eggs.....	0	2
Tapioca.....	0	1
	0	11

4. Onion Soup.

(1.) Procure 6 large onions, peel them, and shred them.

(2.) Place 2 quarts of the previously-prepared stock to boil.

(3.) Put 1 ounce of dripping into a frying-pan to melt, add the shredded onions, and fry to a nice light brown.

(4.) Place a piece of clean cloth or blotting-paper on a hot plate, and let the fat drain from the fried onions a few minutes.

(5.) Add them to the boiling stock, and let them boil gently twenty minutes.

(6.) Take 1 ounce of butter and 2 ounces of

oatmeal; roll the butter into the meal over and over till it forms one mass, like pie-crust.

(7.) Put the oatmeal and butter into the boiling soup, and stir for ten minutes, then serve.

Here we have again five pints of good soup.

Its cost will be :—	s.	d.
Materials for the preparation of stock.....	0	7
Onions.....	0	1½
Butter, 1d; Oatmeal, ½d.....	0	1½
	0	10

5. Pease Soup.

(1.) Bring 2 quarts of stock to the boil.

(2.) Procure ¼ lb. of prepared pease-flour, mix it well with a tea-cupful of cold water.

(3.) Put two lumps of white sugar into the boiling stock, and pour in the mixed pease-flour, stirring all the while.

(4.) Set it aside to simmer gently for ten minutes, stirring occasionally.

(5.) Place in the oven, or on a plate before the fire, 6 large leaves of mint to dry. Then rub the leaves to powder between your hands.

(6.) Add the powdered mint to the soup, gently stirring it, and serve it in a hot dish.

This will produce again the five pints of good soup.

Its cost will be :—	s.	d.
Materials used to enrich stock.....	0	7
Pease-flour.....	0	1½
Sugar and mint.....	0	0½
	0	9

6. Corn-flour Soup.

(1.) Put 2 quarts of stock into your sauce-pan, and allow it to boil.

(2.) Procure ½ lb. of sausages, and cut them into thin slices with a sharp knife. Put them into the boiling stock; let them boil gently for twenty minutes.

(3.) Take 2 ounces of corn-flour, mix it smooth with a little cold water,—about a tea-cupful,—and pour it into the boiling soup, stirring all the while. Let it boil five minutes, then serve.

Slices of cold meat, or fresh steak, or calf's liver minced small, may take the place of the sausages in this soup, which will be found extremely good.

It will cost :—	*s.*	*d.*
Materials for stock	0	7
Sausages or steak	0	5
Corn-flour	0	1
	1	1

7. Potato Soup.

(1.) Put on about 2 quarts of stock, and bring it to the boil.

(2.) Peel carefully 2 lb. of potatoes, and boil them in water by themselves till thoroughly done. Add a salt-spoonful of salt to the water.

(3.) Drain the potatoes dry, and pour over them half a pint of milk.

(4.) Add a salt-spoonful of salt, and mash them thoroughly with a wooden spoon.

(5.) When they are perfectly smooth, add them by degrees to the boiling stock, stirring all the while, then serve.

This quantity of soup will cost :—	*s.*	*d.*
Materials for stock	0	7
Potatoes	0	2
Milk	0	1
	0	10

8. Green-pease Soup.

(1.) Procure ½ peck of green pease, shell them, boil them till tender, then strain them in a colander.

(2.) Bring to the boil 2 quarts of stock.

(3.) Rub the green pease through a sieve by pressing them with a wooden spoon.

(4.) Add 2 lumps of sugar to the boiling stock, stir in the mashed pease, and serve.

Cost of this soup:—	*s.*	*d.*
Materials for stock	0	7
Green pease	0	6
	1	1

9. Rice Soup.

The stock for this soup should be prepared the day after you have had a roast fowl for dinner. Prepare it in this way:—

(1.) Save carefully all the bones and scraps from your fowl, and the giblets, and purchase a second set at the poulterer's; you can get them for 3d. or 4d.

(2.) Put into your stock-pot 5 pints of water, your 2 sets of giblets and bones, nicely washed, 2 onions shredded, a small blade of mace, a salt-spoonful of salt and a tea-spoonful of pepper, and 6 corns of all-spice. Let all boil together for six or seven hours.

(3.) Strain the stock through a colander, and set it by to cool.

(4.) Next day remove all fat from the stock; take all the meat from the bones, mince it small, and put it again into the stock; then set it by the fire to boil.

(5.) Wash nicely a tea-cupful of rice in a little cold water, and when the stock well boils put it in.

(6.) Let it simmer gently for twenty minutes, with frequent stirring; then serve. This makes a delicious soup.

It will cost:—	s.	d.
Materials for stock	0	7
Rice and onion	0	1½
Spice	0	0½
	0	9

10. Vegetable Soup.

(1.) Procure and clean nicely 2 carrots, 2 onions, 2 turnips, 2 parsnips, 1 head of celery, 1 lettuce, or any other vegetable.

(2.) Cut them all into shreds or thin slices.

(3.) Place in the frying-pan 1 ounce of sweet dripping; let it boil.

(4.) Put your vegetables in the pan, and let them stew without getting brown.

(5.) You must stir the vegetables continually till they are quite tender.

(6.) Put on the fire 2 quarts of stock, and let it boil.

(7.) Rub the stewed vegetables through a sieve with a wooden spoon, add them to the boiling stock, stir for five minutes; then serve.

The cost of this soup will be:—	s.	d.
Materials for the stock	0	7
Vegetables 3d. or 4d.	0	4
	0	11

I have here provided you with recipes for ten good, nourishing, and economical soups. Let me impress upon you again the fact that soups cannot be made in a hurry, without waste. You must so

exercise your skill that every particle of the goodness in the materials you use shall be turned to account.

There are dozens of other soups which I might tell you about—soups rich and good—but, remember, I do not want to help you to do that which is easy to every one. You well know how to make good things *out of plenty.* I want to show you that it is possible to contrive good things *out of a little.*

You can, according to your means, enrich any of these soups at your own pleasure. A pound or two of meat cut in pieces and put into the stock, while it is cold, will improve the strength and flavour of your soup, and so increase its nourishing properties.

I have said very little about seasoning, because all persons do not think alike on this point. You will learn yourself how much salt or pepper your dear ones like best. Only remember this, if the soup is not seasoned enough, each person can easily add according to his or her own liking, but you cannot take it out again if you once put it in.

9.—FISH.

Fish is an excellent and nutritious article of food; but there are a great many of us who can only occasionally make use of it. It is not good unless eaten the same day on which it is caught;* and those who do not live near the catching places, scarcely know the flavour of fish in perfection.

* "Many persons prefer cod after it has lain in salt for one night."

Perhaps, now that steps are being taken to convey to us fresh meat across the ocean, we shall have improved means of carriage between the coast and the interior of our country, which will place a good fish-dinner within the reach of every one.

Near the sea this food is marvellously cheap. I have seen mackerel sold on the south coast, during the season, at 2½d. a score! while in the midland counties they could not be procured under 4d. each.

In writing out the recipes for cooking fish, you will find that I have given in each case the highest price. A good caterer will know what to do with the surplus money, if she can procure it cheaper.

Some kinds of fish are held in higher estimation than others on account of their richness. They do not really contain more nourishing qualities, but they contain a larger quantity of oil. Oil is really of little advantage to us; and we may comfort ourselves with the thought that the mackerel or plaice we *can* procure at 3d. or 4d. per pound, is really more nourishing than the salmon we *cannot* procure at 2s. or 3s. per pound.

Fish may be cooked in various ways. Let me give you a few hints about some of these:—

Boiling.—Large fish should be put into cold water; small fish into water that boils.

All water for boiling fish should have added to it vinegar and salt—to every gallon of water a tablespoonful of vinegar and 4 ounces of salt.

The pot should not be full of water, it should contain only enough to cover the fish.

The flesh of fish is tender; if it is allowed to boil

hard it will come to pieces, or the skin will be broken. It should simmer gently, and be carefully watched, so as to be removed from the water the instant it is done.

You can tell when it is done by seeing the eyes start, or by trying if the flesh will easily separate from the bone. I keep a fine knitting-needle to probe the fish with, to ascertain this. A knife or fork would tear it too much, and so spoil its appearance.

Frying.—This is cooking fish in boiling fat. The fish should be entirely covered with fat, and not only lie in a little on one side.

Our common frying-pans are not suited for frying fish. We should use a deep stew-pan or sauce-pan. This will prevent splashes, and enable us to fry the fish as it should be done.

In most kitchens the fish-basket is commonly used for frying. This is a wire basket with two handles, which fits into a stew-pan. The fat is put into the pan and brought to the boil. The fish is placed in the basket, and let down into the boiling fat. Every now and then it is raised, to enable the cook to see how the fish is getting on. There is no turning it over, and no fuss; it simply remains in the basket till it is of a nice brown.

Fat requires a much greater heat to make it boil than water does; and for this reason boiling fat is very much hotter than boiling water. When water begins to boil it bubbles and hisses, but when fat is hottest it remains still. In this condition it needs very careful watching, as it will readily burn, and then it gives a disagreeable flavour to everything that is put into it.

For your frying operations try to contrive proper tools. Get your husband, or one of your lads, perhaps, to make a wire basket to fit some particular sauce-pan, and always allow yourself fat enough to cover well whatever you are going to fry.

Be sure that your fat is hot enough when you put your "fry" into it. Some cooks test this by a thermometer, and that is the best way; others drop in a little piece of bread—if the bread turns brown in a minute or two, it will do.

All fish to be fried should be dipped into a batter before being put into the fat. Here is the recipe for the batter.

Batter for Fish to be Fried.—Prepare your fish by cleaning and drying thoroughly, and, if necessary, divide it into cutlets after removing the bone. The batter should be made as follows:—

Take 3 table-spoonfuls of flour, 1 table-spoonful of bread crumbs which have been passed through a sieve, or rubbed very fine, mix them to a smooth batter about the thickness of good cream; take 1 egg, beat it well, and mix with the batter; dip in each piece of fish separately, and drop it at once into the boiling fat.

You will perhaps tell me that this way of frying fish is a very extravagant way, because of the great quantity of fat needed to cover the fish. Well, it would be so, perhaps, if the fat could not be used oftener than once; but it will serve again and again for the same purpose. Nothing else but fish can be fried in fishy fat, however, and when it has been used two or three times, it should be clarified or

boiled down in salt and water, and allowed to cool, and then melted down in the jar in which it is to be kept.

After you have once tried this plan of frying, I am not afraid of your ever going back to the old way. There will be no burning of the pan, no breaking up of the fish in turning over, but nice brown, tempting-looking food, a credit to the caterer. A little care and attention are required to prevent the fat from burning; but, once in the boiling fat, the fish must "cook itself" almost. Fish may be also broiled and "done before the fire" in a Dutch oven, or a toaster; but I need not say anything here about these methods of cooking. We shall now take a few recipes.

11. Boiled Cod.

(1.) Well wash your fish, and leave it in cold water for half an hour.

(2.) Place it in your kettle, with water enough to cover it, and allow 4 ounces of salt to 1 gallon of water.

(3.) Bring it to the boil, skim it, and let it simmer gently till it is done, which will be in about a quarter of an hour after it boils,—more or less according to its size.

(4.) Try the fish with a probe; if it is ready, remove it at once, and put it to drain.

(5.) Garnish with parsley, and serve with melted butter.

Melted Butter.

(1.) Put half a pint of milk by the fire to boil.

(2.) Add to the milk 2 ounces of butter and a salt-spoonful of salt.

(3.) Take 2 tea-spoonfuls of corn-flour, or wheaten-flour, and mix it to a smooth paste with a little cold water.

(4.) Add to the mixed flour 2 table-spoonfuls of the boiling milk, well stirring all the while.

(5.) Pour the thickening into the hot milk and butter; let it simmer five minutes, keeping it well stirred.

(6.) You may add to the melted butter 1 table-spoonful of any sauce you prefer, if you have it.

Cost of this dish :—	*s.*	*d.*
2 lbs. of cod-fish, at 4d.	0	8
Parsley, salt, and corn-flour	0	1
½ pint of milk	0	1
2 oz. of butter, 2d.; 1 pennyworth of anchovy sauce	0	3
	1	1

12. Salt Cod.

Salt fish should be procured the day before it is wanted, and allowed to soak in cold water all night.

(1.) Place the fish in cold water, bring it to the boil, and skim carefully.

(2.) Let it simmer gently till it is well done.

(3.) Place it to drain; remove the bones; separate the flakes; pour over it melted butter, or egg sauce, or garnish it with mashed parsnips, and serve.

Egg Sauce.

(1.) Make melted butter as above.

(2.) Boil 2 eggs quite hard; chop them up small, and stir them into the melted butter.

Garnish of Parsnips.

(1.) Procure 3 large parsnips, boil them till they are thoroughly tender.

(2.) Mash them well with a wooden spoon, adding by degrees half a pint of milk, a salt-spoonful of salt, and a little pepper, and 2 ounces of butter.

(3.) Place the mashed parsnips in little pyramids round the salt cod.

Cost of this dish :—	*s.*	*d.*
2 lbs. of salt cod, at 4d	0	8
Melted butter	0	3
2 eggs	0	2
Parsnips	0	1

The total cost in the different ways will be :—		
Salt cod and melted butter	0	11
Salt cod and egg sauce	1	1
Salt cod and parsnips	1	0

13. Stewed Plaice.

(1.) Procure 4 plaice, rub them well with salt, wash them in cold water, cut them in pieces 2 inches square.

(2.) Put into the sauce-pan 1 pint of water, 1 table-spoonful of vinegar, 1 tea-spoonful of salt, 2 onions chopped small, 12 peppercorns, 1 small blade of mace: let these boil together for fifteen minutes.

(3.) Put the pieces of fish into the water, and let them stew very gently for half an hour.

(4.) Take out the pieces of fish carefully, arrange them on a hot dish, keep them warm. Set the gravy aside to cool.

(5.) Pour into the gravy quarter of a pint of milk and 1 ounce of butter.

(6.) Beat up 3 eggs well. When the gravy has

cooled five minutes, stir the eggs in, and pour the whole over the fish. Then serve.

Do not let the eggs curdle,—the gravy or sauce should be smooth, and like thick cream. If you prefer it, you may strain out the peppercorns, mace, &c., before adding the eggs.

Cost of this dish :—	*s.*	*d.*
4 plaice, at 1½d. each	0	6
3 eggs	0	3
Onion, spice, milk	0	1½
Vinegar, salt	0	0½
	0	11

14. Fried Plaice.

(1.) Procure 4 plaice, wash, clean, and cut them up in pieces, as before.

(2.) Have ready a batter, prepared according to previous directions (p. 52).

(3.) Put the fat for frying into the frying-kettle and watch it carefully till it is hot enough.

(4.) Dip the pieces of fish into the batter, and at once place them in the boiling fat.

(5.) Fry till the fish is of a beautiful brown colour.

(6.) Put a dish before the fire; cover it with a piece of blotting-paper; remove the fish carefully with a slice, and put it on the blotting-paper to drain off the fat.

(7.) When it is drained, serve on a hot dish.

Cost of this dish :—	*s.*	*d.*
4 plaice, 2d. each	0	8
Fat for frying	0	2
Flour and bread crumbs	0	1
Eggs	0	2
	1	1

15. Boiled Mackerel.

(1.) Procure 2 nice mackerel. Thoroughly wash and clean them.

(2.) Place them in the sauce-pan; cover them with cold water, adding a table-spoonful of salt to every quart of water.

(3.) Bring slowly to the boil, and let it boil gently till ready. Skim the water carefully.

(4.) Take the fish out, and serve with fennel sauce.

Fennel Sauce.

(1.) Make melted butter according to previous recipe (**No. 11**).

(2.) Take a small bunch of fennel, dip it in boiling water, chop it up finely, and add it to the melted butter.

Cost of this dish :—	*s.*	*d.*
2 fresh mackerel	0	8
Melted butter	0	3½
Fennel	0	0½
	1	0

16. Toasted Mackerel.

(1.) Procure 2 large mackerel; wash them, clean them, take off the heads and tails, and cut them open.

(2.) Take 2 table-spoonfuls of flour, 1 tea-spoonful of pepper, and 1 tea-spoonful of salt, mix well together.

(3.) Dredge the flour, &c., well over the fish on both sides.

(4.) Put the fish on a tin.

(5.) Cut up 2 ounces of butter in small lumps, and arrange them on the fish.

(6.) Cook them in a toaster before a bright fire, or in a quick oven.

Cost of this dish :—	s.	d.
2 large mackerel, 5d. each	0	10
2 oz. of butter	0	2
Flour, pepper, and salt	0	1
	1	1

17. Soused Mackerel.

(1.) Procure 4 small mackerel; wash them, and well dry them, and lay them in a dish.

(2.) Put half a pint of vinegar and half a pint of water in a sauce-pan. Add to it 1 blade of mace, 12 peppercorns, 4 cloves, a quarter of a tea-spoonful of ginger, and a salt-spoonful of salt; let it boil up, pour it over the fish.

(3.) Cover the mackerel with a flat dish, and bake in a moderate oven for an hour.

Cost of this dish :—	s.	d.
4 mackerel	0	8
Vinegar and spice	0	2
	0	10

Sprats and fresh herrings are very good done in the same way. Sprats boiled or fried take a good deal of time, because they are so small, and each one requires turning. They may be done in the oven in a deep dish, and are equally good. If you object to the vinegar and spice, try the next recipe.

18. Baked Sprats.

(1.) Procure 3 pounds of sprats, wash and dry them.

(2.) Have ready a deep dish, and a basin con-

taining the following well mixed together:—3 table-spoonfuls of flour, 1 tea-spoonful of salt, 1 tea-spoonful of pepper.

(3.) Rub each sprat well into the flour in the basin, and place them in close layers in the dish.

(4.) Chop 2 onions very small, and cut up 3 ounces of butter in little pieces.

(5.) Put a little of the chopped onion and a few of the pieces of butter over each layer of the sprats.

(6.) Pour 1 gill of water and 1 gill of milk into the dish at one end. Cover with a flat dish, and bake in a moderate oven for an hour.

Cost of this dish :—	*s.*	*d.*
3 lbs. of sprats, 1d. per lb.	0	3
3 oz. of butter	0	3
Flour, 1d.; pepper, and salt, and milk, 1d.	0	2
2 onions	0	0½
	0	8½

19. Boiled Herrings.

(1.) Clean and dry the fish, rub each one over with vinegar, and put them into the water when it boils.

(2.) Let them boil a quarter of an hour.

(3.) Take them up, let them drain, and serve with parsley and butter sauce.

Parsley and Butter Sauce.

(1.) Make the melted butter as directed (**No. 11**).

(2.) Wash a bunch of parsley, boil it for five minutes in a little salt and water, drain it, chop it fine, and add it to the melted butter.

(3.) Let it boil up, stirring all the time, and pour over the boiled herrings.

(6.) Cook them in a toaster before a bright fire, or in a quick oven.

Cost of this dish :—	s.	d.
2 large mackerel, 5d. each	0	10
2 oz. of butter	0	2
Flour, pepper, and salt	0	1
	1	1

17. Soused Mackerel.

(1.) Procure 4 small mackerel; wash them, and well dry them, and lay them in a dish.

(2.) Put half a pint of vinegar and half a pint of water in a sauce-pan. Add to it 1 blade of mace, 12 peppercorns, 4 cloves, a quarter of a tea-spoonful of ginger, and a salt-spoonful of salt; let it boil up, pour it over the fish.

(3.) Cover the mackerel with a flat dish, and bake in a moderate oven for an hour.

Cost of this dish :—	s.	d.
4 mackerel	0	8
Vinegar and spice	0	2
	0	10

Sprats and fresh herrings are very good done in the same way. Sprats boiled or fried take a good deal of time, because they are so small, and each one requires turning. They may be done in the oven in a deep dish, and are equally good. If you object to the vinegar and spice, try the next recipe.

18. Baked Sprats.

(1.) Procure 3 pounds of sprats, wash and dry them.

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taining the following well mixed together:—3 table-spoonfuls of flour, 1 tea-spoonful of salt, 1 tea-spoonful of pepper.

(3.) Rub each sprat well into the flour in the basin, and place them in close layers in the dish.

(4.) Chop 2 onions very small, and cut up 3 ounces of butter in little pieces.

(5.) Put a little of the chopped onion and a few of the pieces of butter over each layer of the sprats.

(6.) Pour 1 gill of water and 1 gill of milk into the dish at one end. Cover with a flat dish, and bake in a moderate oven for an hour.

Cost of this dish :—	*s.*	*d.*
3 lbs. of sprats, 1d. per lb.	0	3
3 oz. of butter	0	3
Flour, 1d.; pepper, and salt, and milk, 1d.	0	2
2 onions	0	0½
	0	8½

19. Boiled Herrings.

(1.) Clean and dry the fish, rub each one over with vinegar, and put them into the water when it boils.

(2.) Let them boil a quarter of an hour.

(3.) Take them up, let them drain, and serve with parsley and butter sauce.

Parsley and Butter Sauce.

(1.) Make the melted butter as directed (**No. 11**).

(2.) Wash a bunch of parsley, boil it for five minutes in a little salt and water, drain it, chop it fine, and add it to the melted butter.

(3.) Let it boil up, stirring all the time, and pour over the boiled herrings.

Cost of this dish:—	s.	d.
Cost of 6 herrings	0	6
Melted butter and parsley	0	4
	0	10

20. To serve Cold Fish.

(1.) Place the remains of any cold fish in a jar, after removing the bones.

(2.) Put the jar in a sauce-pan containing boiling water.

(3.) Let it boil ten minutes.

(4.) Make fresh melted butter, as much as you require.

(5.) Take out the warmed-up fish, pour the melted butter over, and serve.

21. Fish Puddings or Cakes.

This is an excellent way of warming up cold fish. The only expensive ingredient is the butter; and without this, or a substitute, it is not good. Made in the following way I can answer for its excellence.

(1.) Take the remains of any cold fish, remove the bones, and mash or cut the flesh up small.

(2.) Boil 1 pound of potatoes till well done, strain them, and mash them with 1 gill of milk, a salt-spoonful of salt, and a salt-spoonful of pepper.

(3.) Chop finely a quarter of a pound of nice beef suet, with a little flour and a salt-spoonful of salt.

(4.) Put the suet, fish, potatoes, and one well-beaten egg into a basin, and mix them all together thoroughly.

(5.) Butter a basin or mould, put in the mixture, and bake in a moderate oven for three quarters of an hour.

(6.) Turn it out of the mould, and serve either hot or cold.

If you have it, a table-spoonful of anchovy sauce will be an improvement to this mixture.

It is a great convenience to every one who has fish to boil to be provided with the proper fish-kettle and drainer. Then she can lift out her fish without danger of spoiling its appearance. But by a little management she can do without this convenience, great though it be.

When fish is to be boiled, let her take a dish or plate which will go easily into the sauce-pan she is about to use. Let her turn this plate upside down on a thin clean cloth; let her place the fish on the bottom of the plate, and tie the corners of the cloth over it crossways; then let her put this package into the sauce-pan.

When the fish is done, lift the whole out like a boiled pudding, untie the ends of the cloth, and let the fish drain. Then lift up the plate and slide the fish off with the aid of a spoon into the place in the hot dish where you wish it to remain. A "fish-cloth" should be kept in every house.

10.—MEATS.

We are very much inclined to look back to the times gone by with a good deal of regret. "Then," we say, "we could purchase the best joints at 6d. per pound, and the inferior ones at 3d. and 4d." But we seem to forget that the means by which

these comforts are procured have increased, in many cases even to a greater extent than the prices of the comforts themselves. At any rate we have agreed upon one thing:—One of the essentials in a good caterer is the happy knack of making the best of things. So we must try to make the best of the high prices.

We say, "best" and "inferior" joints. Now, as far as the actual nourishment is concerned, the coarser, looked-down-upon joints contain quite as much as the aristocracy of the animal. Why do we prefer the noble sirloin to any other joint? Well, for two reasons:—it is *the handsomest*, and it is *the nicest*. As regards reason No. 1, if we can make an ugly joint look as tempting as the most admired, we have done a great deal. And as regards No. 2, if we can make a tough, sinewy portion, as toothsome and palatable as the most enjoyable, then we have done a great deal more. But can we? There is no doubt about the matter at all: we can. In the recipes for nice little **dinners of meat**, which I am going to give you in this chapter, you will find little or nothing about the "superior" joints. Of course you will get them if you can; but this book is meant *to help those who cannot*.

Now I want you to learn a little of the **fancy work** of cooking. There is a fancy work belonging to every trade, you know. I remember once being amused at a joke I saw in *Punch* about this. There was a picture of some rough and burly scavengers sweeping a muddy road, and this was their conversation:—

"*Joe.* So I hear they have taken Bill on to the work in Whitechapel, Tom. How do you think he'll do?

"*Tom.* Well, I have my doubts about him, Joe. He is all very well in the straight road, and uses his broom handily enough there. But put him to do a little *fancy work* now, give him a lamp-post to sweep round, and see where he is then!"

Now, what I call the fancy work in cooking is the decorative part. None of us can deny how much the addition of only a few leaves of green parsley placed on the dish improves the appearance of the cold joint; and if we can make a dish look inviting, we have done a great deal to make it enjoyable.

Let us remember that when we are cutting meat in pieces, previous to cooking it, we should make each piece shapely, and have them all as nearly of one size as we can. We will not grudge a little trimming of corners and rough edges. All such little odds and ends serve to enrich our stock-pot.

Neither must we forget that there is more than some people suppose in the **dishing up.** If we "lump" our preparation into the middle of a dish anyhow, of course it cannot be a pleasant thing to see. We must arrange it daintily—meat in the middle and vegetables around, with just "a notion" or two of bright green crisp parsley, or some golden brown sippets of toast, for garnishing.

Be prepared to find that I say nothing about roasting a sirloin, or a quarter of lamb, or a haunch of venison. I am going to give you a few hints

as to how meat dinners may be procured on small means, and to show you some nice ways of cooking them. First, here are a few simple rules that everybody should know :—

(1.) **In boiling or roasting meat, allow twenty minutes to each pound in weight, and twenty minutes over.** Thus a piece of meat weighing two pounds should be before a clear, brisk fire, or in boiling water, *one hour.*

(2.) **Put your meat before a brisk, clear fire, or into boiling water, at first,** else the gravy will drip out, and the meat will be tasteless. You should harden the outside of your joint like a case, so that the juices may be kept in till it is eaten.

(3.) **The most economical way of cooking meat is by stewing it.** It is economical in time, trouble, firing, and also in the food itself, because you eat the gravy and all. But to stew properly, you must have an earthenware jar with a close-fitting lid, which will stand in your large sauce-pan, and leave room for a fair supply of water all round it. The contents of the jar will be cooked by the water boiling round it; and all you will need to do while the process is going on will be to keep up the supply of water, lest the sauce-pan should boil dry and the jar split in two. If you have not already such a stewing-jar as I have described, get one at once. It is a sad hindrance in good catering to have to do without one.

Now let me give you some recipes.

22. Collared Beef.

(1.) Procure 6 lbs. of the thin end of the flank of

beef, not too fat. Take out the bone, gristle, and the inside skin, and put them aside for the stock-pot.

(2.) Mix well together ½ lb. of salt, ½ oz. of saltpetre, and ¼ lb. of coarse brown sugar.

(3.) Rub this mixture well into the beef, place it in a deep dish; turn and rub it every day for a week. This is to salt it.

(4.) When the beef is salted procure a pennyworth of herbs, consisting of parsley, sage, marjoram, thyme, and pennyroyal. Strip off the leaves and chop them up fine.

(5.) Put the chopped herbs in a basin with a tea-spoonful of salt, a tea-spoonful of pepper, and a tea-spoonful of ground allspice; mix them all together.

(6.) Spread this mixture over the inside of the beef.

(7.) Roll the beef up tightly, and bind it round with some broad tape. Make it very firm and close, and tie or sew it up in a cloth.

(8.) Put the beef into boiling water, and boil gently for six hours.

(9.) Take out the beef, turn a plate upside down in the middle of a large dish, and put the beef on the plate. Put a piece of clean board on the top of the beef, and place on that a heavy weight to press the meat well.

(10.) When it is cold remove the cloth and the tapes. Place on a clean dish, and garnish with parsley. Let the liquor cool, skim it carefully from fat, and use it in your stock-pot.

Cost of this dish :—	s.	d.
6 lbs. of beef at 6d.*	3	0
Salt, saltpetre, and sugar	0	2
Herbs and spice	0	2½
	3	4½

23. Spiced Beef.

(1.) Procure 4 lbs. of beef from the neck, called "gravy beef," wash it carefully in cold water, and cut it into pieces.

(2.) Put your stewing-jar into its sauce-pan of water by the fire, and put half a pint of water into the jar.

(3.) Dip each piece of beef into some good vinegar and put it into the jar.

(4.) Add to the meat in the jar 12 pepper-corns, 2 bay leaves, a tea-spoonful of allspice, a tea-spoonful of salt, and 2 onions nicely shredded. Cover the jar close, and let it boil gently for three hours.

(5.) Next boil a large turnip, a carrot, and a parsnip whole till they are tender. Cut them in slices or shapes, and keep them warm.

(6.) Mix 2 tea-spoonfuls of corn-flour with half a tea-cupful of cold water; lift the lid from the jar, remove the bay leaves, and stir the corn-flour well into the gravy.

(7.) Cover it close, and let the water boil for five minutes.

(8.) Take the beef piece by piece and arrange it in the middle of the dish, pour the gravy over it,

* The price of beef and mutton varies, of course, in different parts of the country. The author has quoted, in these recipes, the prices current at the time of writing in a provincial town in the west of England.

and garnish with the slices of carrot, turnip, and parsnip.

The cost of this will be :—	s.	d.
4 lbs. of gravy beef at 7d.	2	4
Corn-flour, vinegar, and spice	0	2½
Carrot, parsnip, bay-leaves, &c.	0	1
	2	7½

24. Stewed Beef.

(1.) Procure 1½ lb. of gravy beef, wash it, and cut it into pieces.

(2.) Dip each piece in vinegar, and then put it into the stewing-jar with half a pint of water.

(3.) Cover the jar close, and let it stew for two hours.

(4.) Procure 1 large parsnip, 1 carrot, 1 turnip, and 2 onions; cut the onions into rings, slice the rest, and shape them with your vegetable cutter if you have one.

(5.) Put into your frying-pan 1 ounce of sweet dripping, and fry the vegetables to a nice brown.

(6.) Have ready in a sauce-pan half a pint of water or stock, boiling; drop your fried vegetables into it, with a salt-spoonful of pepper, a tea-spoonful of salt, 2 lumps of sugar, and 2 cloves; let all simmer gently for fifteen minutes.

(7.) Put the contents of the sauce-pan into the jar with the meat, and stir it round gently; cover it close.

(8.) Mix a dessert-spoonful of corn-flour in a little cold water; pour it into the jar; stir for five minutes. Serve in a hot dish, and garnish with sippets of toast.

Cost of this dish :—	s.	d.
1½ lb. of gravy beef	0	10½
Vegetables	0	2
Corn-flour and spice	0	1
	1	1½

25. Heart and Salt Pork.

(1.) Procure about 2 lbs. of bullock's or of sheep's heart and 1 lb. of salt pork.

(2.) Wash the heart well in warm water, scrape the salt off the pork, and cut both into slices.

(3.) Put into your stewing-jar a layer of pork and a layer of heart alternately, and over each layer sprinkle some stuffing plentifully. Continue to do this till all is in. Pour in a pint of cold water; cover the jar close, and stew for three hours, then serve.

Stuffing.

(1.) Rub 1 lb. of stale bread into fine crumbs.

(2.) Chop up small 3 large onions and 24 leaves of sage.

(3.) Add to these a salt-spoonful of salt and a tea-spoonful of pepper. Stir all together till thoroughly mixed.

Cost of this dish :—	s.	d.
2 lbs. of heart, 7d.	1	2
1 lb. of salt pork, 8d.	0	8
Sage and onions	0	1
Bread, pepper, &c.	0	1½
	2	0½

26. Liver and Bacon.

(1.) Procure 2 lbs. of calf's or of sheep's liver, wash it, dry it on a cloth, and cut it into slices half an inch thick.

(2.) Procure 1 lb. of bacon; cut that also in slices or strips.

(3.) Put your frying-pan over a clear fire, let it get hot; then put in the bacon; fry it a nice brown; turn it once. Put it in a hot dish, and set the pan on the hob.

(4.) Roll each piece of liver into some dry flour, and fill your pan full, and fry brown and crisp on both sides.

(5.) Place the fried liver in the centre of your dish, and arrange the bacon round it. Keep it hot.

(6.) Pour into the frying-pan half a pint of water; let it boil, then add one finely-chopped onion, a table-spoonful of vinegar, a salt-spoonful of salt, and a salt-spoonful of pepper.

(7.) Mix a table-spoonful of flour to a smooth batter; pour it into the pan, stirring all the while. Pour over the liver, and serve.

Cost of this dish :—	*s.*	*d.*
2 lbs. of liver, 5d.	0	10
1 lb. of bacon, 8d.	0	8
Onion, flour, &c.	0	1
	1	7

27. Pig's Fry.

(1.) Procure 2 lbs. of fry, wash it well, and cut it neatly into slices.

(2.) Procure also ½ lb. of bacon, and cut it into strips.

(3.) Make stuffing the same as in recipe **No. 25.**

(4.) Place the fry, the bacon, and the stuffing in layers in the stewing-jar, pour in a pint of water, cover close, and stew for three hours.

(6.) Turn the steak over twice during that time.

(7.) Put ½ oz. of butter on a hot plate, lay the steak on the butter, cover with another hot plate, and serve directly.

Cost of this dish :—	s.	d.
½ lb. steak, at 10d.	0	5
Sauce, butter, &c.	0	2
	0	7

32. Irish Stew.

(1.) Procure 2 lbs. of neck of mutton (the scrag end does nicely), or 2 lbs. of lean trimmings from joints, wash it well, and cut it into ten pieces.

(2.) Procure 2 lbs. of potatoes, 2 onions, 2 carrots, 2 turnips; scrape or peel them, and cut them into quarters.

(3.) Place the meat in the bottom of your sauce-pan or stewing-jar, sprinkle over a tea-spoonful of salt, and half a tea-spoonful of pepper.

(4.) Put in the vegetables with the potatoes on the top, pour over 1 quart of water, and simmer for three hours.

Cost of this dish :—	s.	d.
2 lbs. of mutton, at 7d.	1	2
2 lbs. of potatoes.	0	2
Other vegetables.	0	2
Salt and pepper.	0	0½
	1	6½

33. Boiled Mutton.

(1.) Procure 2 lbs. of scrag end of mutton, wash it well in cold water.

(2.) Put it in a sauce-pan with 2 quarts of water, already boiling, and 2 onions.

(3.) Let it boil gently an hour and a quarter, skimming it carefully.

(4.) Make parsley and butter, as directed in recipe **No. 11.**

(5.) Remove the mutton, place it on a hot dish, pour over the parsley and butter, and serve.

(6.) The broth can be used next day as a stock for pease-soup.

Cost of this dish :—	*s.*	*d.*
2 lbs. mutton, at 7d	1	2
Parsley and butter	0	4
	1	6

34. Toad in the Hole.

(1.) Procure 1½ lb. of good meat trimmings from a butcher.

(2.) Shape them nicely, sprinkle them with salt and pepper, and place them in a deep dish, previously rubbed with dripping or lard.

(3.) Pour a batter over the meat, and bake it in a moderate oven for an hour and a half.

Batter.

(1.) Take 4 table-spoonfuls of flour, and 1 pint of milk. Mix the flour to a smooth paste with half the milk, and add a salt-spoonful of salt.

(2.) Beat up 2 eggs well, and add them, with the other half of the milk, to the flour. Stir the batter well for five minutes.

Cost of this dish :—	*s.*	*d.*
Meat	1	0
Milk and eggs	0	4
Flour and salt	0	2
	1	6

35. Roast Beef.

(1.) Procure 4 lbs. of ribs of beef.

(2.) Take out the bones and gristle, and save them for the stock-pot.

(3.) Roll the beef up in a round, and skewer it well.

(4.) Put it down before a clear fire, well made up.

(5.) Let it roast for two hours, basting it frequently.

Cost of this dish :—	*s.*	*d.*
4 lbs. of beef, at 9d.....	3	0

36. Hashed Beef or Mutton.

(1.) Cut your cold meat in neat slices; carefully remove bone, gristle, and skin.

(2.) Put by the fire 1 pint of stock. Add to it the bones and scraps from the meat, 1 large onion shredded, 2 cloves, a salt-spoonful of salt, and one of pepper, and a dessert-spoonful of sugar. Let it boil two hours, then strain through a colander into a basin.

(3.) Set the gravy by to cool for half an hour. Put aside the bones, &c., for further stewing in the stock-pot.

(4.) Skim the gravy of all fat, put it again into the sauce-pan with the slices of cold meat, bring it gently to the boil.

(5.) Mix two tea-spoonfuls of corn-flour in a little cold water, and stir it into the gravy to thicken it.

(6.) Add a table-spoonful of mushroom ketchup or of Mellor's sauce, and turn it out into a hot dish.

(7.) Garnish with sippets of browned toast, and serve.

37. Rissoles, or Croquettes of Cold Meat.

This dish is prepared from the remains of cold meat, bread crumbs, and seasoning. It is very useful when the meat is too fat for hashing.

(1.) Cut the meat in slices; free it from bones, gristle, and skin; and chop it up small.

(2.) Put the bones and scraps into half a pint of stock, to stew for a gravy.

(3.) Weigh the slices of meat, and rub an equal weight of bread crumbs very fine. Set a tea-cupful of crumbs aside.

(4.) Boil 2 onions till they are tender. Chop them small.

(5.) Rub to powder or chop fine 8 large sage leaves.

(6.) Put the minced meat, bread crumbs, sage and onions, and a tea-spoonful of salt, and a salt-spoonful of pepper into a basin; stir the whole well together.

(7.) Break 2 eggs, put the yolk of one and the whites of both into the mixture, and stir five minutes.

(8.) Form the mixture into balls about the size of an egg.

(9.) Brush each ball over with the yolk of the second egg, and roll it in the reserved bread crumbs.

(10.) Fry till they are of a light brown, arrange them neatly in a dish, and keep hot.

(11.) Strain the gravy, colour it nicely with a

little browning, thicken with a tea-spoonful of corn-flour, pour it round the rissoles, and serve.

Cost of this dish :—	*s.*	*d.*
Bread crumbs	0	1
Sage and onions	0	1
Eggs	0	2
Pepper, salt, &c.	0	$0\frac{1}{2}$
	0	$4\frac{1}{2}$

38. Bacon and Greens.

To all who have ever been dwellers in the country this dish will be acceptable; and town-people have only to find out how good it is, to make them wish to bestow upon it their occasional favour.

(1.) Procure 2 lbs. of bacon, scrape the sward and the inside.

(2.) Put it into a large sauce-pan of boiling water, let it boil gently an hour and a half, skimming it frequently the first ten minutes.

(3.) Procure 3 pennyworth of greens, trim off the outside edges, divide them, and plunge them into warm water one at a time; give each a good shake, then place them at once in cold water, in which place a little salt—about two table-spoonfuls to a bucketful of water.

(4.) Remove the bacon, and keep it hot.

(5.) Put into the sauce-pan a piece of soda as large as a hazel-nut; stir the water, and let it boil hard.

(6.) Shake the greens dry, and press them down into the boiling water; when they boil up uncover them, and let them boil thirty minutes.

(7.) Strain the greens through a colander, press them dry, and serve.

Cost of this dish :—	s.	d.
Bacon	1	4
Greens	0	3
	1	7

39. Tripe, with Onion Sauce.

(1.) Procure 2 lbs. of thick tripe; wash it well in warm water, and cut it in pieces of a diamond shape, about three inches long.

(2.) Cut a lemon in two, and well rub the tripe on both sides.

(3.) Put into a sauce-pan ½ pint of milk and 1 pint of water, let it boil, and lay in your pieces of tripe; simmer gently for three hours.

N.B.—If you use a stewing-jar, or put a plate at the bottom of your sauce-pan, your tripe will be in no danger of burning.

(4.) Take out the tripe, arrange the pieces nicely on a hot dish, pour onion sauce over it, and serve.

Onion Sauce.

(1.) Boil 4 large onions well, drain them, chop them up fine.

(2.) Make some melted butter, stir in the onions, let it boil up.

Cost of this dish :—	s.	d.
2 lbs. of tripe	1	0
Lemon and onions	0	2
Melted butter and extra milk	0	4
	1	6

All **gravies** for meats, stews, hashes, &c., are greatly enriched, both to the eye and to the taste, by the use of a little **browning**. A good caterer will

never be without a supply of this. Make it in the following way :—

Browning.

(1.) Put into a small sauce-pan 3 large table-spoonfuls of sugar; let it boil till it becomes of a very dark brown colour. Stir it frequently.

(2.) When it looks like "black treacle," not "golden sirup," set it aside a few minutes; then add half a pint of water, put it on the fire, and stir till it has boiled a few minutes.

(3.) Pour it off into a bottle, cork it up, and keep it for use. A dessert-spoonful will give a pint of gravy a rich brown colour, and will improve the flavour also.

I am quite reluctant to leave off giving you recipes for these nice little dinners, but I promised you I would only make my cookery book a little one; yet I must make this chapter still longer by saying something about **larger joints.**

Now it is quite possible some of you may like to see a handsome joint on your table at least once a week. I should expect such persons to take me to task after this fashion :—

"So we are always to have *little* stews and joints, and never a nice, noble-looking roast. We work hard for our money, and it does us good to see the food we have purchased rearing up its head among us. Why are we never to have a leg of mutton ?"

Why, indeed, my dear? There is no reason why you should not. A leg of mutton or a sirloin of beef is not a bit too good for you. I have said nothing about them, because I believe people who

work hard like *a hot dinner*, and necessarily a large joint comes often to the table cold. But if you are a good caterer even this objection may be removed. Suppose you purchase a leg of mutton weighing 8 or 9 lbs., and manage it as follows :—

Hot roast leg of mutton.....Saturday.
Cold roast mutton and pickles.....Sunday.
Marinade of mutton (No. 31).....Monday.
Rissoles of mutton, with gravy (No. 37).....Tuesday.
Remains of mutton hashed (No. 36) or minced.....Wednesday.

Do not roast it too much; let the middle be under-done, as that is best for the second cooking; and by such management you will do away with the objection to large joints, namely, that they entail a succession of cold dinners.

I have said nothing about the best way to use **Australian meat.** No; and I do not think I shall say much. When the tinned meats were first imported our home supplies were very dear; and we were delighted with the happy prospect of getting meat at 4d. and 5d. per pound.

When we tried it, however, we could not pronounce altogether in its favour; it was so very much cooked that we could not help fancying a good deal of the lawful nourishment had been cooked out of it. No doubt complaints were sent to head-quarters, and it came to us in more palatable condition; but the price rose to 7d., then to 8d. We can buy it now in a still better state, but it is 9d. per pound.

And somehow, as we can get our own home-fed meat and American fresh meat at the same price,

most of us prefer to purchase these and to do our own cooking throughout, in spite of the bone. But now and then we may be glad to avail ourselves of the accommodation afforded by the use of these tins of meat. The "corned beef" in them is especially good; it is nicely salted and tender, and without bone; but a 2-lb. tin costs 1s. 8d., or 10d. per pound. We must settle it in our minds that if we purchase any of this meat we do it to economize *time*, perhaps, but not *money*. Without reckoning the bone, it is quite as expensive as our best joints.

11.—SEASONABLE DAINTIES: POULTRY AND GAME.

PERHAPS some of you may smile at the heading of this chapter, and think I am going the way of other cookery books, and prescribing dainties that are beyond your means. Let me defend myself. Time was when **poultry** and **game** were sold at nearly double the price of butcher-meat. Now-a-days butcher-meat has become very much dearer, while things that were considered dainties remain stationary in cost, so that either can be procured at about the same price per pound.

If we can afford to buy a leg or a shoulder of mutton, or a piece of ribs of beef, we can afford a couple of fowls, a couple of ducks, or a couple of rabbits for a change. I will say nothing about a hare, because to cook it the best way, so many good things are needed in addition that the dish really becomes an expensive one. But as regards the

other good things, I see no reason whatever why those who cater for comforts should not have, at least occasionally, some of the dainties.

But we must watch for the opportunity of their advantageous purchase. We shall not think of procuring them when, from their scarcity, they are fetching the highest prices. Young chickens are no better with early asparagus in the spring than the fuller grown birds with turnips in September, although the cost of the former may be 10s. 6d., and the latter 4s. 6d. per couple.

Fowls can generally be purchased at the end of the summer for 4s. or 4s. 6d. per couple; and at this price their weight ought to be, when dressed, from 5½ to 6 lbs. So that, as I said before, their cost is no more, according to their weight, than a joint of mutton. And, indeed, the bones in a fowl, being hollow, are considerably lighter than those in a joint of meat.

There are one or two reasons why we should limit ourselves to the *occasional* use of such food. *First,* white meats are not so digestible, and contain less nourishment, than other kinds. *Second,* we certainly do not expect a chick to last quite as long as an equal weight of beef or mutton. It is so toothsome that somehow it goes sooner. We do not object to this now and then, you know, on such occasions as birth-days and wedding-anniversaries, but we should not care for it always. We caterers for comfort must provide the most *substantial* food.

Now, then, let me give you some nice little

dinners of game or poultry. If my recipe is for too small a dinner, you can easily enlarge it.

40. Roast Fowl and Boiled Bacon, with Bread Sauce.

(1.) Procure a young fowl. See that it is properly dressed; improve upon the dressing, if requisite, by carefully wiping it out with a clean wet cloth. Singe off all hairs, and remove any "pugs" or stumps of feathers that may be left in the skin.

(2.) Take $\frac{1}{4}$ lb. of stale bread crumbs, 2 oz. of finely-chopped suet, a table-spoonful of chopped parsley, a dessert-spoonful of chopped lemon-thyme, and a few sprigs of sweet marjoram, also chopped. Add a tea-spoonful of pepper, and one of salt, and just a pinch of grated nutmeg. Mix all well together; then break into the mixture one egg. Stir for a few minutes, roll the stuffing up into balls, and it is ready for use.

(3.) Fill the crop of the fowl with stuffing, and tie the skin at the end of the neck. Then put the remainder into the inside of the bird, and secure the opening by sewing the skin with a needle and thread. Fix the legs and wings with skewers.

(4.) Warm a little butter, and plaster the outside of the fowl with it; dredge it with flour, and put it down before a good, clear fire, to roast for an hour and twenty minutes; baste it frequently after the first half-hour.

(5.) Clean 1 lb. of bacon thoroughly by scraping, and let it boil half an hour. Remove the sward before serving, and set it aside for the stock-pot.

(6.) A quarter of an hour before the fowl is ready baste it well, and dredge it evenly, but not thickly, with flour, and leave it to brown nicely all over.

(7.) While the fowl is browning, make the bread sauce and the gravy as follows:—

Bread Sauce.

(1.) Put 1 pint of milk into a clean sauce-pan, with 6 oz. of bread crumbs and 2 small onions; let the milk boil before you put in the bread, else it may burn.

(2.) Add a salt-spoonful of pepper and one of salt. Stir frequently, and boil ten minutes.

Gravy.

(1.) Wash the giblets, put them in a pint of boiling water, and let them simmer while the fowl is roasting.

(2.) Strain the gravy, add a tea-spoonful of "browning," and a salt-spoonful of salt. Skim off the fat, give it a boil up, and serve.

Plenty of bread sauce and stuffing, which most of us like, add to the supplies. The gravy should not be poured over the fowl, but should be served separately in a sauce-boat or basin. If you carve with gravy in the dish you are almost certain to make a "splash."

Cost of this dinner:—	*s.*	*d.*
1 fowl	2	3
1 lb. of bacon	0	8
Bread crumbs and suet	0	2½
Parsley, &c., and egg	0	1½
Milk for sauce	0	2
	3	5

In purchasing the fowl try to secure a second set of giblets, and with those belonging to the fowl try, on the following day, the giblet soup recommended in recipe **No. 9.**

41. Boiled Fowl, with Parsley and Butter.

(1.) Procure a fowl, clean and singe it. Skewer it, and tie it up in a clean cloth. Put it into boiling water, and boil gently for an hour or a little longer, according to its size. Skim it frequently.

(2.) Put on 1 lb. of bacon, let it boil half an hour.

(3.) Make a parsley and butter sauce, as in **No. 19.**

(4.) Take up the fowl, untie the cloth, and let the water drain off. Cut the bacon into thin slices, place them round the fowl, and serve.

(5.) Serve the sauce in a sauce-boat.

Cost of this dinner:—	*s.*	*d.*
1 fowl	2	3
1 lb. of bacon	0	8
Parsley and melted butter	0	4
	3	3

42. Boiled Rabbit, with Onion Sauce.

(1.) Procure a rabbit, wash it well, and skewer it together.

(2.) Put it into boiling water, and boil it gently for an hour.

(3.) Boil 1 lb. of bacon for half an hour.

(4.) Take the rabbit out, cut it into joints and pieces, pour onion sauce over, and garnish with slices of the bacon.

Onion Sauce.

(1.) Boil 6 large onions till quite tender.

(2.) Strain the onions, chop them small.

(3.) Make some melted butter, using either milk or water—milk is preferable.

(4.) Put the onions into the melted butter, let it boil up, stirring the while, and it is ready for use.

Cost of this dish:—	s.	d.
1 rabbit	1	3
1 lb. of bacon	0	8
Melted butter	0	4
Onions	0	1
	2	4

43. Stewed Rabbit, with Duck Stuffing.

(1.) Procure a rabbit, wash it, and cut it into pieces.

(2.) Dry each piece on a cloth, and roll it in flour.

(3.) Procure also ½ lb. of rather lean bacon, and cut it into strips.

(4.) Place the pieces of rabbit, the bacon, and stuffing in layers in your stewing-jar; pour in a pint of water, let it boil three hours, and serve, nicely arranged on a large dish.

Duck Stuffing.

(1.) Take 3 large onions and 12 leaves of sage, and chop them up small.

(2.) Rub ½ lb. of stale bread into crumbs, add it to the sage and onions, with a tea-spoonful of pepper and a tea-spoonful of salt; mix well.

Cost of this dish:—	s.	d.
1 rabbit	1	3
½ lb. of bacon	0	4
Sage, onions, and bread	0	2
	1	9

44. Roast Duck, with Apple Sauce.

(1.) Procure a nice duck, not too fat; see that it is perfectly clean; singe it, &c.

(2.) Make a stuffing of sage, and onion, and bread crumbs, as in recipe **No. 43.**

(3.) Fill the crop of the duck with the stuffing, and put what remains inside the body.

(4.) Plaster the bird with butter, dredge it with flour, and roast it before a clear fire, allowing twenty minutes to the pound and twenty minutes over, as directed in the case of all meats.

(5.) Stew the giblets in a pint of water to make gravy.

(6.) Baste the duck frequently till nearly ready, then dredge it with flour, and let it brown; do not baste it after the dredging.

(7.) When nicely browned it is best to carve the bird neatly before sending it to table: place it on the dish, with the stuffing between the joints.

(8.) Strain your gravy, add a tea-spoonful of browning and a little salt; remove the fat, let it boil, and pour it into the dish with the duck: serve it hot.

Now for the *Apple Sauce.*

(1.) Peel and core 6 large boiling-apples, dropping each piece into a basin of clean cold water as soon as done, to prevent its turning brown.

(2.) Put them into a perfectly clean sauce-pan, with a gill or a quarter of a pint of cold water; let them boil till the apples are quite soft.

(3.) Beat up the apples with a fork; add a piece of butter as large as a walnut, 3 tea-spoonfuls of

sugar, and just a sprinkling of nutmeg; beat it all well together, and serve in a sauce-boat.

Cost of this dish :—	s.	d.
1 large duck	2	6
Onions, sage, and bread	0	2
Apples, &c.	0	2
	2	10

After the giblets have been strained they may be put aside for soup, or served in a separate dish with a little of the browned gravy.

12.—PUDDINGS AND PIES.

ALL good caterers should be great at **Puddings** and **Pies.** For this there are several reasons. In the *first* place, these commodities occupy a high position in the estimation of all young folks. They enjoy them because they like them; and what they enjoy most ought to do them the most good. A good caterer will provide nothing likely to do them any harm. *Secondly,* a nice little pudding often helps a nice little dish of hash or of cold meat to make a nice little dinner.

I do not think, however, that we can set up a pudding establishment on the plea that puddings form *cheaper* food than anything else. Good things can only be bought with good money, and puddings and pies that are *not* good had better be left alone. I referred in a former chapter to the opinion held by many good caterers, "that pastry is unwholesome;" and I tried to show you the reason why I differ from them.

Let me tell you, first, a little about my paste-making, and then I will give you a few recipes for puddings and pies. I reminded you before that the ingredients which go to make a slice of bread and dripping are the same as those with which we can produce a nice light crust,—flour, a little salt, something to make it "rise" or light, and dripping; only the modes of preparation in the two articles are very different.

I said, "something to make it light." In bread we use barm or yeast for this purpose; and we buy yeast at the brewer's fresh from the newly-made beer, or we purchase it dried and made into cakes, which we dissolve in water. We can also procure at the chemist's powders containing soda and tartaric acid, which have nearly the same effect on the dough as the barm has. But in all bread some kind of *leaven* is used.

Now, it is quite as necessary that our puddings and our pie-crust should be light as that our bread should be so. We can make them so by using eggs, and also by using a substitute for eggs in the shape of **Baking-powder.**

In my puddings and pastry I always use Borwick's baking-powder; and I use it also for cakes. I never alter the following proportions in either case:—One pound of flour, one tea-spoonful of baking-powder, and one salt-spoonful of salt. These three things I mix thoroughly before adding anything else. These ingredients, in the above proportions, form the foundation of all my pastry, flour-puddings, buns, soda-cakes, and tea-cakes.

There are different ways of making pie-crusts. We hear of "puff paste" and "short paste." We can prepare either according to our wish, for the process is simple enough. Puff paste is generally used to cover meat-pies, and for patties and tartlets; while short crust is used for fruit tarts. Let me give you my recipes:—

45. Short Paste.

(1.) Take 1 lb. of flour, a tea-spoonful of baking-powder, and a salt-spoonful of salt. Stir them well together till they are thoroughly mixed.

(2.) Next take ½ lb. of sweet dripping, properly clarified as directed in Chapter 7, and rub it quickly into the flour.

(3.) Add just enough quite cold water to make it into a stiff paste. Do not moisten it more than is absolutely necessary, else your paste will be tough.

(4.) Flour your paste board, and roll out your paste till it is about half an inch thick. It is now ready for use.

46. Puff Paste.

(1.) Put into your cooking-basin 1 lb. of flour, a tea-spoonful of baking-powder, and a salt-spoonful of salt. Mix them well together by stirring.

(2.) Pile the flour up in a heap, and make a hole in the middle of the heap like a well.

(3.) Break an egg, and put the yolk into the "well" made in the flour, add a little water (¼ pint is generally enough, but it depends very much on the quality of the flour—the best flour sucks up the

most water), and then with your fingers mix the whole into a stiff dough.

(4.) Flour your board, and roll the paste out till it is half an inch thick.

(5.) Take ½ lb. of dripping properly clarified. It is softer and works up better if you *scrape it out of the basin:* you must never warm it to soften it.

(6.) Place the scraped dripping in the middle of your sheet of dough, and fold the four edges over it like a small parcel.

(7.) Roll it out *once.*

(8.) Fold the paste into *three,* and roll it out a *second* time.

(9.) Fold the paste again into *three* in the opposite direction, and roll it out a *third* time.

(10.) Fold the paste again into *three,* in the same direction as you did the second time of rolling it, and roll it out a *fourth* time. When it is about half an inch thick it is ready for use.

Paste-making requires a light, quick hand. We ought to do as little to it as possible; the more gingerly it is handled, and the more quickly it is made, the sweeter and lighter it will be.

Remember this always: **All pastry will be ruined as to its lightness if you handle it long enough to warm or melt the fat.** Keep *that*—the fat, or, as it is called, the shortening—as cool as possible till you put it into the oven.

A quick, brisk oven, is necessary for successful baking.

This is the way in which I make my pastry; and

I can answer for it that it will turn out sweet and good if you try your hand at the same sort, and follow out the directions given.

If you are so happy as to have the means of getting fruit from your own garden, then a fruit pie is by no means an expensive luxury. When the dish is neatly edged with your crust, and the inside half full of your fruit, put in two table-spoonfuls of sugar, and complete the filling; but do not put in a cup unless you have not enough fruit to fill the dish.

The paste made from a pound of flour will cover a good-sized pie.

Without the price of the fruit, the cost will be—	*s.*	*d.*
1 lb. of flour	0	2
Baking-powder	0	1
½ lb. of dripping	0	3
	0	6

If you make puff paste, it will be a penny dearer because of the egg; but I very often make a puff paste without an egg, using only water in the mixing. Now, let me give you a few recipes.

47. Tartlets.

(1.) Make a puff paste according to **No. 46**, and roll it out till it is about three-quarters of an inch thick.

(2.) Procure two paste-cutters of different sizes; or, if you have none, take the lids of two different-sized round mustard-tins: one should be as large as the top of a coffee-cup, and the other as large as the top of a tea-cup.

(3.) Cut out your paste into rounds with the larger tin-lid, and mark round the edges with a small fork. These are for tartlets.

(4.) Now, take the smaller lid, and place it in the middle of the round pieces; press it down, and cut the paste *half through* only.

(5.) Put the rounds of paste on a baking-tin or sheet, which has been previously rubbed with a little dripping.

(6.) Put them into a quick oven, and bake six or eight minutes. If the oven is very hot, watch them carefully.

(7.) Take the tartlets out when they are ready, and with a fork lift out the middle piece of each that was cut half through; put a spoonful of jam in the space made; place the little lid of paste on the top, and sprinkle over it a little pounded sugar.

A pound of flour so prepared will make twelve large-sized tartlets.

Their cost will be—	*s.*	*d.*
Puff paste	0	7
Jam and sugar	0	4
	0	11

48. Apple Charlotte.

(1.) Take some slices of bread and butter, and cover the bottom of a previously greased pie-dish.

(2.) Place on the bread and butter some slices of good cooking-apples, previously peeled and cored; —put plenty of apple.

(3.) Sprinkle over the apples a dessert-spoonful of sugar; grate over them just a rub of nutmeg; and squeeze over them about a dozen drops of lemon-juice.

(4.) Put another layer of bread and butter on the top of the apples;

(5.) And another of apples, nutmeg, sugar, and lemon-juice on that.

(6.) Proceed in this way till the dish is full; but let the last layer be bread and butter.

(7.) Cover the top of the dish with the apple parings, to keep it from burning, and bake it for an hour in a moderate oven.

(8.) Take out your dish; remove the apple parings; pass a knife round the inside of the dish.

(9.) Put a flat dish on the top, and turn the charlotte over; it will stand as if turned out of a mould.

(10.) Sprinkle sifted sugar over, and serve hot.

Cost of this dish—	*s.*	*d.*
Bread and butter	0	3
Apples	0	3
Lemon	0	1
Sugar, nutmeg	0	1½
	0	8½

I have made a delicious pudding in the same way, by using marmalade or jam instead of apples; but apples do better than anything if you can get them.

49. Marmalade Pudding.

(1.) Take ½ lb. of bread crumbs, rubbed fine, put them in a basin. (The staler the bread the better.)

(2.) Add to it ¼ lb. of finely chopped suet.

(3.) Then add ¼ lb. of moist sugar.

(4.) Also add ¼ lb. of marmalade.

(5.) Break 2 eggs into a basin, and beat them for a few minutes, and stir them into the previously prepared ingredients. Stir a few minutes.

(6.) Butter or flour a cloth, tie the mixture into it, and boil it for three hours.

(7.) Turn the pudding out on a dish, powder a little sugar over it, and serve.

Cost of this dish :—	s.	d.
Bread crumbs	0	1
Suet, 2½d.; sugar, 1d.	0	3½
Marmalade, 1½d.; eggs, 2d	0	3½
	0	8

50. Treacle Pudding may be made by substituting *treacle* for marmalade in the above recipe, and leaving out the sugar. It is cheaper, and is very nice indeed.

Unless you are living where skimmed milk can be readily and cheaply procured, milk puddings are expensive. I will give some of the cheapest:—

51. Corn-Flour Blanc-mange.

(1.) Procure 1 quart of milk, take out a tea-cupful, and put the rest into a clean sauce-pan, with a bay leaf or a piece of lemon-peel, and bring it to the boil.

(2.) Take four table-spoonfuls (or ¼ lb.) of corn-flour, and mix it with the cold milk in the tea-cup.

(3.) Put into the boiling milk a tea-cupful of loaf sugar.

(4.) Pour in the thickening; let it boil ten minutes, stirring all the time, then remove the peel or leaves.

(5.) Pour the mixture into a mould, or into tea-cups.

(6.) When cold, turn out the blanc-mange, put a little jam round it, and serve.

Cost of this dish:—	s.	d.
1 quart of milk	0	4
¼ lb. corn-flour	0	2
Sugar and flavouring	0	1
Jam	0	2
	0	9

52. Rice in Shapes.

(1.) Procure 1 quart of milk, put in it a piece of lemon-peel or a few bay leaves; bring it to the boil.

(2.) Add a tea-cupful of rice; stir it a few minutes.

(3.) Let it boil gently for an hour, stirring very often.

(4.) Add a tea-cupful of loaf-sugar; stir it well; remove the lemon-peel or bay leaves.

(5.) Pour the rice into small tea-cups, and let it cool.

(6.) Turn it out on a dish, and serve cold. These are delicious, with a little stewed fruit of any kind.

Cost of this dish:—	s.	d.
1 quart of milk	0	4
Rice, ½d.; sugar, 1d.	0	1½
Flavouring	0	0½
	0	6

53. Lemon Pudding.

(1.) Rub 1 lb. of bread into crumbs, chop fine ½ lb. of suet, and grate the peel off 2 lemons.

(2.) Put the above ingredients into a basin, with ¼ lb. of sugar and ¼ lb. of flour; mix all together.

(3.) Press the juice from the lemons into a cup, and pour it over the mixture

(4.) Beat up 2 eggs, and stir them into a pint of

milk. Pour these into the basin, and let it stand about two minutes.

(5.) Beat up the mixture till it is well blended.

(6.) Tie it up in a well-floured cloth, and boil for three hours.

Cost of this pudding:—	s.	d.
Bread and flour	0	2½
Eggs, 2d.; lemons, 1½d.	0	3½
Milk, 2d.; sugar, 1d.	0	3
Suet	0	4½
	1	1½

This is a large pudding, and it is very good.

54. Currant Dumpling.

(1.) Take 1 lb. of flour and ½ lb. of finely chopped suet, a salt-spoonful of salt, and a tea-spoonful of baking-powder.

(2.) Wash and pick over ¼ lb. of currants; stir them in with the flour and suet.

(3.) Moisten the whole with a little water, and form a stiff dough.

(4.) Divide the dough into 8 pieces, roll each piece into a round ball, and tie each up in a small floured cloth.

(5.) Drop them into boiling water, and boil for three-quarters of an hour.

Cost of this dish:—	s.	d.
1 lb. of flour	0	2
½ lb. of suet	0	4½
¼ lb. of currants	0	1
	0	7½

55. Boiled Custards.

(1.) Have ready 12 cups or glasses, nicely dusted.

(2.) Put 1 pint of milk into a clean sauce-pan, with the rind of a lemon and ¼ lb. of loaf-sugar; let it boil five minutes.

(3.) Well beat up 5 eggs in a large basin.

(4.) Strain the milk through a fine sieve or a piece of doubled muslin into a wide-mouthed jug; let it cool one minute.

(5.) Have ready a sauce-pan half full of boiling water; the sauce-pan must be large enough to hold the jug.

(6.) Pour the eggs into the milk, stir a few seconds, then strain the mixture through the muslin again.

(7.) Pour the strained mixture into the jug, and place it in the sauce-pan of boiling water.

(8.) You must not leave it there, but keep stirring and watching it till it gets as thick as cream. Directly you see lumps sticking to the side of the jug, remove it from the water; it is ready. If it remain only a few seconds too long in the water it will curdle and be spoiled.

(9.) Pour the custard at once into the cups or glasses, grate a little nutmeg over each, and set it aside to cool.

On birthdays and holidays these custards with apple-pie are a great luxury. A trifling sacrifice would meet the cost of both at any time.

Cost of the custards :—	*s.*	*d.*
1 pint of milk	0	2
5 eggs, 5d.; sugar, 1d.	0	6
Lemon peel	0	1
	0	9

56. Apple Snowballs.

(1.) Boil 1 pint of milk, add a tea-cupful of rice; boil for half an hour.

(2.) Peel 6 large apples, and take out the cores without dividing them.

(3.) Put into each apple a clove and as much sugar as it will hold.

(4.) Cover the outside of each apple with a good coating of the boiled rice, and tie each one up in a cloth that has been dipped in hot water.

(5.) Boil till the apples are ready; half an hour is generally enough.

(6.) Take up the snowballs carefully; arrange them on a dish, and powder with a little sugar.

Cost of this dish:—	*s.*	*d.*
Milk and rice	0	3
Apples	0	2
Sugar and cloves	0	2
	0	7

57. Fruit Puddings.

These are best made in a basin. The basin should be greased, and lined with the dough, then filled with the fruit and 2 table-spoonfuls of sugar. Apple puddings are improved by a clove or two, or a little grated nutmeg. The top should be carefully covered with the remainder of the dough, and tied down with a cloth.

The making of a suet crust for any pudding should be after these proportions:—To 1 lb. of flour, ½ lb. of suet and a tea-spoonful of baking-powder: moisten with cold water to form a stiff paste.

Suet Dumpling, well boiled, and served with a little butter and sugar, is very nice.

Almost all children are fond of plain boiled rice, with butter and sugar, or with sugar alone. The cost of this wholesome dish is so trifling that it is within the reach of almost every good caterer. There are different ways of boiling rice. I will tell you *my* way.

58. Plain Boiled Rice.

(1.) Put 2 quarts of water in a clean sauce-pan, and let it boil fast.

(2.) Wash in two waters ½ lb. of rice, and let it drain in a colander.

(3.) Half an hour before it is wanted, sprinkle it with your hand into the fast boiling water. Let it boil fast for twenty minutes.

(4.) Strain it through a colander; heap it up in a pyramid on a hot dish, and serve. Each grain should be thoroughly done and yet separate; they should not be all boiled into a squash. It is better to boil rice loose in plenty of water than to tie it in a cloth. There is no danger of it burning if there is enough of water, and if that water boils hard when the rice is put into it.

59. Baked Bread Pudding.

(1.) Collect together all the scraps of stale bread —in weight about 1 lb.—and break them into small pieces. Do not cut them up,—break them.

(2.) Pour over the bread about 3 pints of boiling water. Let it soak all night, or till it is cold.

(3.) Put the bread into a colander, or sieve, to drain; press it with your hand, or with a wooden spoon.

(4.) Turn the bread into a large basin, and beat it smooth with a fork.

(5.) Chop ¼ lb. of suet fine, and put it, with ¼ lb. of sugar, half a nutmeg grated, and ¼ lb. of currants, into the basin with the bread.

(6.) Beat up an egg (or *two*, if you can afford it), and mix it with a pint of milk. Pour the mixture over the bread, &c.

(7.) Rub the inside of a pie-dish with a little sweet dripping; put the pudding in the dish, and bake slowly for two hours.

Cost of this pudding :—	*s.*	*d.*
Scraps of bread	0	2
Suet, 2d.; sugar, 1d.	0	3
Milk, 2d.; egg, 1d.	0	3
Currants, 2d.; nutmeg, ½d.	0	2½
	0	10½

I feel I cannot finish without giving you the recipe for my Christmas Pudding. Here it is. It is quite rich enough for any one's eating ; and if you like to double the quantity of bread crumbs, it will be a larger pudding, and very good still. This one will weigh about 3½ lbs.

60. Christmas Pudding.

(1.) ½ lb. of bread crumbs, ½ lb. of beef suet, ¼ lb. of flour, ¼ lb. of brown sugar (a clean, bright sugar it should be), ¼ lb. of stoned raisins, ¼ lb. of sultana raisins, ½ lb. of currants (all the fruit should be washed and carefully picked over), ¼ lb. of candied peel, and a tea-spoonful of mixed spice.

(2.) I mix all these ingredients well in a large basin before I moisten them. Then (if I am rich) I break

over the mixture 6 eggs; but the pudding will be very good with 4, or even with 3. I stir the mixture well, and leave it all night, if possible. Then I add about half a tea-cupful of warm milk, and stir it and beat it up till it is all thoroughly mixed together.

(3.) Next I flour a cloth and tie up my pudding, or I grease a basin and put the pudding in that. I must tie the cloth securely in either case, else the water would get into my pudding. I boil this pudding six hours.

It costs altogether:—	s.	d.
Flour and bread	0	1½
2 lbs. of fruit	0	10
Sugar and spice, 1d.; candied peel, 3d.	0	4
Milk and eggs, 6d.; suet, 4½d.	0	10½
	2	2

If you try this, you will find it a really good Christmas Pudding.

13.—CAKES AND CHEESE DISHES.

Cakes! real home-made cakes! cakes costing little money, made in little time, and thoroughly enjoyable, —these are the comforts I am going to discuss in the present chapter. I speak advisedly when I say *comforts.* You will remember that I have said before, that what we most enjoy is likely to do us most good. And no one will deny that a little extra treat, in the shape of a nice cake for Sunday evening's tea, or when birthdays come round, or when we wish to entertain a friend, is very comfortable and enjoyable.

Now there are as many kinds of cakes as there are varieties of mushrooms; but we want to become best acquainted with those that best suit our purpose. I shall therefore divide them into two kinds:—

First, the cakes that are made of the dough prepared for bread.

Secondly, those that are made without any barm or yeast, but contain something in the shape of soda, or baking-powder, or egg-powder, or eggs, to make them light.

Every one who bakes her own bread knows quite as much about the preparation of dough as I do. She knows that *warmth* is necessary to insure its rising; and that if it is allowed to get cold, the bread will be heavy.

Unfortunately, those who bake their own bread are not nearly so numerous as they might be. It has become the fashion to build houses without the bread oven; while, to send bread out to be baked is always rather an unsatisfactory thing. "Your batch" often has *to wait its turn* for the oven, although it is ready to go in at once; and it suffers in consequence: or it gets cooled in being carried from your fireside through the streets to the baker's. I am not surprised to find that when no oven is provided, the bread is almost universally purchased "ready made."

But this does not hinder the purchase of dough also. All bakers will sell dough for a cake as readily as they will sell a loaf. So in giving you the recipes, I shall take it for granted that you can

easily obtain dough, either by making it yourself or by getting it ready-made at the baker's.

I have lived a great deal in the country, where every one made their own bread, and I have found that the best bread-makers were not always the best cake-makers; and I believe the secret of the mischief was this :—

Dough should be mixed with warm water;—not hot, by any means, but a little warmer than new milk. This is to encourage the leaven to rise; and after the leaven has once been warmed, it must not be allowed to cool again, else its rising will be checked, and lightness will be prevented. But if a succession of cold things be kneaded into the warm dough, it must be to some extent cooled also.

Now, it is a very common thing to find cake-makers forgetting this. They add dripping, currants, sugar, and candied peel, in a cold state, when everything ought to be just a little warmer than the dough. *Not hot,* I say again; as much mischief is done to barm or yeast by making it too hot before it has risen, as is done by chilling it.

Now let me say a little about baking. In giving these recipes, I assume that you have a little oven by the side of your fire, where you can bake a cake if you wish to do so.

The ovens attached to small grates so commonly seen now are not *quite* perfection, it must be owned; but a good deal may be done to make up for their deficiencies by clever management. You know if you have an ailing child to manage, it comes naturally to you to study its whims and fancies, else you

will not keep it at a regular temperature. It will be very low at one time and very high at another. So must you study your oven. You must try whether this plan or that plan will make it "go any better;" and when you have once discovered the secret concerning it, you will have no further difficulty. You remember that the Irishman could not get his pig to market till he had found out "the sacret of his timper." But as soon as that was discovered, and he began to pull the beast *backwards* when he wanted him to go *forwards*, they got along swimmingly. And even if your oven wants pulling backwards when you wish it to go forwards, it is worth your while to humour it.

Now, then, for some recipes. I shall suppose that you have either made your dough or procured it in some other way; that you have washed your currants in warm water; that you have placed your sugar, &c., on a plate near the fire; and that you have warmed and scraped your dripping, without making it so hot as to run it into oil.

61. Currant Cake.

(1.) Procure half a quartern of dough, put it into a warm basin or pan.

(2.) Take ¼ lb. of good sweet dripping, ¼ lb. of brown sugar, and ¼ lb. of currants.

(3.) Scatter these things over the dough, close your hands, and knead them well in with your knuckles. Do not *pull* the dough up, else it will cool. *Knead the ingredients in;* turn one half over the other several times, till the currants and

sugar, &c., get equally spread through the mass. Do this as quickly as possible.

(4.) Warm and grease your cake-tin, put your cake into it, and set it near the fire to rise.

(5.) When it has nicely risen, put it into the oven, and bake it till it is quite ready. You can find out when it is ready by pushing a bright steel knitting-needle into it. If the needle comes out clean, the cake will do; if it is sticky or smeared, bake the cake a little longer.

Cost of this cake:—	*s.*	*d.*
½ a quartern of dough	0	4
¼ lb. of dripping at 6d.	0	1½
¼ lb. of sugar at 4d.	0	1
¼ lb. of currants at 6d.	0	1½
	0	8

62. Seed Cake.

Proceed exactly as for the currant cake above; but, instead of currants, use 2 oz. of caraway seeds.

Cost of this cake:—	*s.*	*d.*
½ a quartern of dough	0	4
¼ lb. of dripping	0	1½
¼ lb. of sugar	0	1
2 oz. of caraway seeds	0	1
	0	7½

Perhaps you have found out, as I have done, that when your oven is not quite what you wish it to be, it is easier to bake a *small* thing nicely than a *large* thing; that very often we may successfully produce **buns** when a cake would be a failure. Here is a recipe for—

63. Plain Buns.

(1.) Procure half a quartern of dough, roll it out on your paste board till it is an inch thick.

(2.) Spread over the dough 1 oz. of warm dripping.

(3.) Sprinkle it with a tea-spoonful of crushed loaf sugar.

(4.) Scatter over it a few sultana raisins—about a table-spoonful.

(5.) Fold your dough over and roll it out again.

(6.) Spread over it again the dripping, the sugar, and the raisins; fold it over a second time.

(7.) Roll it out twice more, adding the remainder of the ingredients in the same way.

(8.) Put the dough, &c., into a deep, flat tin; let it rise for an hour.

(9.) Divide it into 12 squares with a sharp knife, sprinkle 1 oz. of sugar over the top, and bake for thirty minutes.

Cost of buns:—	*s.*	*d.*
½ a quartern of dough	0	4
¼ lb. of dripping	0	1½
¼ lb. of sugar	0	1
¼ lb. of sultanas	0	1½
	0	8

64. Dripping Cakes.

(1.) Procure half a quartern of dough, roll it out four times, and spread over it 1 oz. of dripping each time.

(2.) Put it in a tin, and let it rise for an hour.

(3.) Brush over the top with the yolk of an egg.

(4.) Sprinkle over it 2 oz. of powdered sugar.

(5.) Divide into squares, and bake half an hour.

Cost of these cakes :—	s.	d.
Dough	0	4
Dripping	0	1½
Sugar and egg	0	2
	0	7½

And now I must say something to you respecting the cakes made altogether without the dough we have been talking about, or, as they are commonly called, **Soda Cakes.**

There is no question but this kind of cake is more delicate, and more quickly and easily made, than the other kinds. That the contrary is the general opinion I am very well aware. Many times have I heard the words, "I wish I could learn how to make a nice soda cake;" and yet I venture to say that there is nothing more simple in itself, and nothing more easily learned: you shall judge of the expense for yourselves.

We have said there are three things which may take the place of the ordinary "yeast" or "barm," —carbonate of soda, baking-powder, and eggs. Now, we cannot make an economical cake with eggs alone as a lightener, because so many are needed, and the whisking of them takes more time than a good caterer can spare; but if we can afford one or two they will improve our cake very much indeed.

I much prefer the use of baking-powder to that of soda only; but you possibly may not do so. I think a light soda cake always *reminds us of the soda* while we are eating it. The colour of a cake made with baking-powder is of a pale yellow, that of a cake made from soda only is of a light brown.

Now let me give you a few **simple rules** to be observed in making these cakes before I give you the recipes :—

(1.) A tea-spoonful of carbonate of soda, or a dessert-spoonful of baking-powder, is sufficient for 1 lb. of flour.

(2.) The soda, or the baking-powder, should be gently sifted into the flour with one hand while you stir with the other hand. Keep stirring till it is thoroughly mixed. If a little lump either of soda or of baking-powder remains unbroken, it will be very disagreeable to the palate.

(3.) Many persons dissolve the soda, &c., in the milk with which they mix their flour. If you do this, you need to know exactly the quantity of milk you require, and this always depends upon the flour. On the whole I prefer the dry-mixing.

(4.) Make all these cakes very quickly.

(5.) Do not *warm* the milk or the water; use it cold.

(6.) Put the cakes into the oven directly they are made. Let it be moderately hot, but not so hot as to scorch and blacken your handiwork; and keep it at a regular, moderate heat, while the baking is proceeding.

Now I shall give you some recipes :—

65. Plain Luncheon Cake.

(1.) Take 1 lb. of flour, leave it in your basin near the fire for about ten minutes, stirring it now and then.

(2.) Sprinkle over it a dessert-spoonful of baking-

powder, or a tea-spoonful of soda, and stir it till it is thoroughly mixed.

(3.) Take ¼ lb. of sweet dripping and rub it into the flour. Do this quickly and lightly. If the dripping be hard, scrape it out of the basin, but *do not warm it.*

(4.) Put into the basin ¼ lb. of sugar and ¼ lb. of currants. Stir these ingredients into the flour.

(5.) Beat up 1 egg, add to it ½ pint of milk, and pour these slowly into the basin. Stir with a wooden spoon for five minutes, or till thoroughly mixed.

(6.) If a little more milk be needed, add it to the flour. It should be a very stiff batter, but not so stiff as dough.

(7.) Grease a half-quartern cake tin, pour in the cake, and bake for three-quarters of an hour. Try with a knitting-needle whether it is ready; turn it out of the tin while it is hot. Do this carefully, else you may break it. Do not eat it till it is two days old.

Cost of this cake :—	*s.*	*d.*
1 lb. of flour	0	2
Dripping, 1½d.; currants, 1½d.	0	3
Sugar, 1d.; baking-powder, ½d.	0	1½
Egg, 1d.; milk, 1d.	0	2
	0	8½

66. Plain Seed Cake.

Proceed exactly as for luncheon cake, only substitute 2 oz. of caraway seeds for the currants.

Cost of this cake :—	*s.*	*d.*
1 lb. of flour	0	2
¼ lb. of sugar, 1d.; ¼ lb of dripping, 1½d.	0	2½
Egg and milk, 2d.; seeds, 1d.	0	3
Baking-powder	0	0½
	0	8

67. Extra good Luncheon Cake.

(1.) Take 1 lb. of flour, sift and stir in a dessert-spoonful of baking-powder.

(2.) Weigh ¼ lb. of butter, squeeze it in a cloth, and rub it into the flour.

(3.) Add ½ lb. of sultana raisins, ¼ lb. of sugar, and 2 oz. of finely chopped lemon-peel. Stir all together.

(4.) Beat up 2 eggs well, add to them ½ pint of milk, and stir the mixture thoroughly into the cake.

(5.) Bake in a half-quartern tin. The round tins turn out the nicest-looking cakes. Turn out carefully when ready.

Cost of this cake:—	*s.*	*d.*
1 lb. of flour	0	2
¼ lb. of butter, 4d.; powder, ½d.	0	4½
Eggs and milk, 3d.; sugar, 1d.	0	4
Sultanas and peel.	0	5
	1	3½

68. Tea Cakes.

(1.) Take 1 lb. of flour, mix into it a dessert-spoonful of baking-powder as directed above.

(2.) Rub into the flour 2 oz. of sweet butter.

(3.) Add two table-spoonfuls of crushed and sifted loaf sugar.

(4.) Mix the whole into a stiff dough, with an egg beaten up in a quarter of a pint of milk.

(5.) Shape into two round flat cakes, and bake in a nice hot oven for twenty minutes.

(6.) Cut each cake in four; serve hot, and let each person butter slightly for himself.

Cost of tea cakes :—	s.	d.
1 lb. of flour, 1 dessert-spoonful of baking-powder..	0	2½
2 oz. of butter, 2d. ; sugar, ½d.....	0	2½
Egg and milk, 2d.....	0	2
	0	7

69. Breakfast-Rolls.

(1.) Take 1 lb. of flour, and mix in it a dessert-spoonful of baking-powder, as before, and a tea-spoonful of salt.

(2.) Beat up 1 egg, mix it with ¼ pint of milk.

(3.) Pour the milk and egg into the flour, mix it into a stiff, smooth dough.

(4.) Divide the dough into eight pieces, shape them round like a ball.

(5.) Bake the rolls for twenty minutes, and serve hot.

Cost of breakfast-rolls :—	s.	d.
1 lb. of flour.....	0	2
Baking-powder, egg, and milk.....	0	2½
	0	4½

70. Rock Cakes.

(1.) Take 1 lb. of flour, and a dessert-spoonful of baking-powder ; mix as directed above.

(2.) Add ¼ lb. of sweet dripping, rub it well into the flour.

(3.) Wash and pick 2 oz. of currants and 2 oz. of sultana raisins, and weigh ¼ lb. of sugar ; mix them with the flour.

(4.) Beat up 1 egg, stir it into ¼ pint of milk. Make the flour into a stiff dough with the egg and milk.

(5.) Grease a baking-tin. *Pull* the dough into 12 pieces, leaving the outside of each piece rough

and irregular. Place them on the tin without any shaping, and bake for twenty minutes.

Cost of rock cakes :—	s.	d.
1 lb. of flour	0	2
¼ lb. of sugar, 1d. ; milk and egg, 2d	0	3
Raisins and currants	0	1½
Dripping and baking-powder	0	2
	0	8½

71. Gingerbread Cake.

(1.) Take 1 lb. of flour, and a dessert-spoonful of baking-powder ; mix as directed above.

(2.) Rub into the flour ¼ lb. of butter.

(3.) Put ½ lb. of treacle by the fire till it runs thin, and stir into it ¼ pint of warm milk.

(4.) Sprinkle or sift over the flour ½ oz. of ginger, 2 oz. of coarse sugar, and ¼ oz. of allspice ; stir them well together.

(5.) Beat up 2 eggs, add them to the treacle and milk, and with the mixture make the flour into a smooth dough. It will need plenty of quick, brisk stirring.

(6.) Bake it either in an ordinary cake-tin or in a flat baking-tin. It must be put into the oven *at once.*

(7.) When ready, turn the gingerbread out to cool. If you have used the flat tin, cut it into squares.

Cost of gingerbread :—	s.	d.
1 lb. of flour, 2d. ; baking-powder, ½d	0	2½
¼ lb. of butter, 4d. ; treacle and milk, 1½d	0	5½
Sugar, ginger, and spice, 1½d. ; eggs, 2d.	0	3½
	0	11½

72. Oatmeal Snaps.

(1.) Take ½ lb. of oatmeal, and a small tea-spoonful of baking-powder; mix them well together.

(2.) Warm ¼ pint of milk, mix it with ¼ lb. of treacle and 1 egg well beaten.

(3.) Rub into the oatmeal 2 oz. of sweet dripping.

(4.) Stir all the ingredients well together. The mixture should be as thick as treacle.

(5.) Warm a tin, grease it, put dessert-spoonfuls of the mixture at regular distances till the tin is full; bake in a moderate oven for twenty minutes, or till crisp.

Cost of oatmeal snaps :—	*s.*	*d.*
Oatmeal and baking-powder	0	2
Dripping and treacle	0	3
Egg and milk	0	1½
	0	6½

These snaps are very wholesome for children.

A few recipes for **Cheese Dishes** are here added, as they form a pleasant variety, and are preferred by many who have no great relish for sweet things.

73. Macaroni and Cheese.

(1.) Procure ¼ lb. of macaroni; wash it in cold water.

(2.) Have about a quart of water boiling, plunge in the macaroni and boil till tender; drain it in a colander.

(3.) Grate 2 oz. of cheese, and break 1 oz. of butter into small pieces.

(4.) Butter a pie-dish, place a layer of macaroni at the bottom, sprinkle over it some grated cheese,

three or four pieces of the butter, and some pepper and salt. Do this again and again till the dish is full.

(5.) Bake quickly *before the fire* in a Dutch oven or in a toaster. The top should be nicely browned, and it should be served in the dish in which it was baked. Garnish it with a sprig or two of parsley.

Cost of this dish :—	*s.*	*d.*
Macaroni, 1½d. ; cheese, 1½d.	0	3
Butter	0	1
	0	4

74. Cheese Cream.

(1.) Boil ½ pint of milk, stir into it 1 oz. of butter and 2 oz. of grated cheese.

(2.) Make a thickening of a tea-spoonful of corn-flour and a table-spoonful of cold water. Stir this also into the milk, with a salt-spoonful of salt. Let it boil five minutes, and set it aside to cool three minutes.

(3.) Beat up 1 egg, and stir it in with the cheese and milk.

(4.) Spread the mixture, which should be perfectly smooth, on slices of hot toast, season with pepper, and serve very hot.

Cost of this dish :—	*s.*	*d.*
Milk, 1d. ; cheese, 1½d	0	2½
Butter, 1d. ; egg, 1d	0	2
	0	4½

75. Cheese and Onions.

(1.) Procure 1 lb. of Spanish onions, peel them, and boil till thoroughly done ; drain them dry.

(2.) Chop the onions small, and spread a layer over the bottom of a small pie-dish.

(3.) Grate 2 oz. of cheese, sprinkle it thickly over the onions, and season with pepper and salt.

(4.) Put another layer of onions covered with grated cheese, and seasoned as before.

(5.) Put over the top 1 oz. of butter broken into small pieces, dredge it lightly with flour, and bake before the fire till it is brown, which should be in about ten minutes.

Cost of this dish:—	*s.*	*d.*
Onions, 1½d.; cheese, 1½d.	0	3
Butter	0	1
	0	4

14.—PRESERVES AND OTHER DAINTIES.

We should all of us be a great deal better in health if we could obtain and enjoy a more abundant supply of fresh ripe fruit and vegetables. A caterer for comfort can have no better aid in her efforts than she will obtain from "our own bit of garden ground." When this "poor man's treasure" is possessed, it cannot be too highly valued; and ever so small a piece is better than none, for a tiny patch that will grow a few herbs—a little parsley and thyme and mint—is not to be despised. Those who live in the country, and have always had a garden, can scarcely realize how much they would miss it if they were obliged to give it up. I say again, then, if you have a garden, you cannot value it too much.

Even where this is not the case, a proper supply

of fruit and vegetables is among the comforts which a good caterer will aim to procure for her family; and so, among other weighty matters, we must not neglect to say a word or two respecting preserves.

Preserves.—We use the word as signifying fruits boiled down with sugar, to make them keep. Now the fruits most within our reach are gooseberries and currants, strawberries and raspberries.

I have very often heard working-men's wives say, "Preserves are expensive when you have to buy the fruit." Let us consider this matter a little. The general use of jam in cottage and other small homes should be to spread on bread; it takes the place of butter in many of the children's meals: it is wholesome for them, and they like it.

Every pound weight of fruit should have three-quarters of a pound of sugar allowed to it. Let us suppose you have to pay 2½d. a pound for red currants, and 4d. a pound for raspberries. One pound of raspberries will flavour nicely four pounds of currants, and you can get very good preserving sugar at 4d. If you purchase four pounds of currants for 10d., and one pound of raspberries for 4d., and three pounds of sugar for 1s., you will have in weight, eight pounds, and the cost will be 2s. 2d. In making the jam, there will be some waste—say half a pound; but, allowing for that, your jam would cost you only 3½d. per pound.

You cannot buy the very poorest kinds in a shop under 6d. or 8d. per pound; and for good butter you must pay 1s. 2d., or 1s. 4d. Altogether, then, I think that good caterers may safely engage in a little

preserving. In reality it is economical, and not extravagant; and they have quite enough of wisdom not to allow extravagance in its use.

For preserving, we shall need a perfectly clean sauce-pan and a large wooden spoon. If you have not one of the proper kettles (they are made of *bell-metal*), then one that is tinned is better than one that is enamelled; the latter are very likely to burn or boil over.

The sauce-pan should never be filled; leave plenty of room for the boiling. If it should boil over, there is danger as well as waste; and you must avoid such a catastrophe by careful watching, and by not filling the sauce-pan more than half full.

After your fruit, with the sugar in it, is over the fire, bring it to the boil as soon as possible. You should not reckon the boiling of the whole to have really begun till it boils all over the surface. If it simmers only in one place, and leaves off doing that when you stir it, then the whole is not really boiling.

All fruits to be converted into jam should be ripe, else they will not be full-flavoured; and they must be in good, dry condition, else the jam will mould.

After the boiling has really commenced, the jam should be carefully skimmed, and "the skimmings" set aside for immediate use. The preserve will need most stirring when it is first put on the fire. If it is likely to burn at all, it will burn before the sirup begins to run, though it will need a stir now and then till it is ready.

Now let me give you a few recipes, and I shall

begin with the least expensive, as well as one of the nicest:—

76. Blackberry and Apple Jam.

(1.) Procure 6 lb. of ripe blackberries.

(2.) Peel and core 6 lb. of good boiling-apples.

(3.) Weigh 6 lb. of loaf-sugar. If the lumps are large, break them. It is a mistake to think that great pieces do as well as small ones; everything that hinders the boiling-up injures the jam.

(4.) Unless the sauce-pan is very large, divide your quantities into two parts, and boil it "at twice," as West-of-England people say.

(5.) Set the sauce-pan by a clear fire; put into it just two table-spoonfuls of water. This will soon evaporate, but it will commence the boiling at once, and cause the sirup to flow speedily.

(6.) When the jam is well boiling, begin to skim it. Do this frequently; and do not forget to stir it very often.

(7.) Let the jam well boil half an hour; then set the kettle aside a quarter of an hour for the jam to cool.

(8.) While the jam is cooling, prepare your jars. See that they are perfectly clean and dry.

(9.) Fill each jar nearly full; let it get quite cold, and then cover with tissue paper brushed over with white of egg. Put the coverings on the jars while the egg is wet.

Cost of this quantity of jam:—	*s.*	*d.*
Blackberries and apples	1	0
6 lb. of sugar	2	0
(2d. per lb.)	3	0

This jam costs little but the price of the sugar, if you can grow your own apples. The blackberries can be procured by almost every one except Londoners in an afternoon ramble.

If these quantities cost 3s., the price of the jam per pound is not quite 2½d., and it is simply delicious.

77. Raspberry and Rhubarb Jam.

(1.) Procure 6 lb. of rhubarb, 3 lb. of raspberries, and 7 lb. of broken loaf-sugar.

(2.) Put the fruit and the sugar in the preserving kettle; bring it to the boil.

(3.) Stir and skim it frequently.

(4.) Boil for half an hour, let it cool, put it in jars, and when cold cover it with egged papers.

Cost of this quantity of jam :—	*s.*	*d.*
Raspberries, 1s.; rhubarb, 3d	1	3
Sugar	2	0
(About 2½d. per lb.)	3	3

78. Raspberry and Red Currant Jam.

(1.) Procure 6 lb. of currants, 3 lb. of raspberries, and 7 lb. of sugar.

(2.) Put the fruit and the sugar in the preserving kettle, and bring it to the boil.

(3.) Stir it and skim it frequently; boil well for half an hour.

(4.) Put it in jars, and when cold cover it as before.

Cost of this quantity of jam :—	*s.*	*d.*
6 lb. currants, 2½d.	1	3
3 lb. of raspberries, 4d.	1	0
7 lb. of sugar	2	4
(Not quite 3½d. per lb.)	4	7

79. Black Currant Jam.

(1.) Procure 6 lb. of black currants and 6 lb. of sugar.

(2.) Bring it to the boil, and watch and stir very carefully. This jam is more likely to burn than any other, as the fruit is drier.

(3.) Boil for half an hour, as before.

Cost of this quantity of jam :—	*s.*	*d.*
6 lb. black currants at 4d.	2	0
6 lb. of sugar at 4d.	2	0
(About 4d. per lb.)	4	0

This jam is so very useful in winter time in cases of cold and sore throat, that every good caterer should try to provide a small quantity of it.

In giving a recipe for the making of one jam, we give a recipe for that of all. The whole secret of jam-making may be summed up thus:—Allow three-quarters of a pound of sugar to every pound of fruit, except with black currants, then allow an equal weight. Take care not to let the jam burn, skim it well, and let it boil a good half hour after it has begun boiling all over the surface.

The following mixtures make very nice jam :—

6 lb. of rhubarb and 3 lb. of strawberries.

6 lb. of red currants and 3 lb. of black cherries.

6 lb. of red currants and 3 lb. of strawberries.

Let me give you one more recipe. It is inexpensive, and very delicious, but a little troublesome to make.

80. Rhubarb as Green Ginger.

(1.) Procure 6 lb. of rhubarb, 6 lb. of sugar, and 2 oz. of whole ginger.

(2.) Wipe and skin the rhubarb, cut it into pieces two inches long; put it into a clean pan.

(3.) Bruise the ginger with a wooden mallet or a rolling-pin, be careful not to break it up; put it in the pan among the rhubarb.

(4.) Break the sugar into small lumps, and mix that also with the rhubarb; let it stand one night.

(5.) Strain off the sirup from the pan, boil it up, skim it, and pour it boiling-hot over the rhubarb; let it stand a second night.

(6.) Drain off and boil up the sirup a second time, skim it, and pour it over the rhubarb as before; let it stand a third night.

(7.) Boil the whole mixture for twenty minutes, skim it clear while boiling, and put it when done into wide-necked glass bottles, if you have them; cover in the usual way.

Cost of this quantity of jam :—	*s.*	*d.*
6 lb. of rhubarb	0	3
6 lb. sugar	2	0
2 oz. whole ginger	0	3
(About 2¼d. per pound.)	2	6

Very delicious **summer drinks** may be made as follows :—

81. Fruit Sirups.

(1.) Boil a tea-cupful of loaf-sugar in a quart of water.

(2.) Put the sirup into a jug, squeeze into it the juice of one lemon, and add two table-spoonfuls of any jam you may have.

(3.) Stir the whole well, and let it stand till it is cold.

(4.) Strain through a fine strainer or piece of muslin. It is fit for use at once.

82. **Black Currant Tea** is a very useful and most refreshing drink in cases of feverish thirst. It may be made by dissolving two table-spoonfuls of black currant jam in a pint of boiling water. It must be strained clear when cold.

15.—VEGETABLES.

It has been said that there is nothing more difficult to cook well than a potato. Certainly none of us can deny that many people seem to consider that the cooking of vegetables is a very unimportant part of a caterer's business. This is a very great mistake. We need vegetable food quite as much as we need food of other kinds; and if we are to enjoy the eating of it, it must be nicely prepared. I cannot do better, therefore, than give a few rules to be attended to by all who undertake this branch of necessary comfort.

We shall divide our vegetables into two classes only—**Green Vegetables** and **Roots.**

All vegetables need very careful cleansing. Not only does the soil in which they grow cling to them and make them gritty, but snails, earwigs, &c., hide within their leaves. I have seen young girls washing vegetables in salt and water. It is a very general belief that this will cause the hidden foe to dislodge itself, and come out to discover why it is being pickled. My own experience, however, teaches me that salt and water *does not* remove insects: they

retain their hold on the leaf, and are very often conveyed to the boiling water inside the vegetable, and are served at table, to the great disgust of the guest who makes the discovery.

The best way to cleanse Green Vegetables is as follows:—

(1.) Have two pans ready. Into one put plenty of cold water; into the other some water just so hot that your hand can bear it. Into the hot water put half a tea-cupful of vinegar.

(2.) Take off all the withered or bruised leaves of your vegetables. Cut them into three pieces *crosswise*, and not into quarters, as is the usual way. Pass your knife round the stump and remove it.

(3.) Take each piece separately, and move it quickly about in the vinegar and hot water for a few seconds; then give it a hearty shake, and plunge it at once into the pan of cold water. Leave it there while you serve the other pieces in a similar way.

(4.) When all are thoroughly washed, and have been in the cold water five minutes, lift the pieces out of the pan, give them a shake, and put them to drain in a basket for half an hour before you need to boil them.

I never discover anything objectionable in vegetables that have been cleaned after this plan.

All vegetables should be put into **boiling water**; and, except in the case of potatoes, they should boil hard till they are ready. They need plenty of water.

After having been washed in cold water, cabbage and other greens put into boiling water will, of course,

cool it somewhat, and it will cease boiling for a few minutes. We must prevent this as far as we can. Let the water be boiling hard; let us put in a piece or two at a time, and stir that down before we add any more, so as to hinder the boiling as little as possible.

Put a piece of soda as large as a hazel nut, and a table-spoonful of salt, to every gallon of water to be used for boiling green vegetables.

The **time** required for boiling vegetables depends very much on their age; that is, on the length of time they have been growing. The following list may be useful :—

(1.) All young greens,—Brussels sprouts, broccoli, summer cabbage,—and young pease, require from ten minutes to a quarter of an hour after they boil up.

(2.) Cabbage and savoy from half an hour to three-quarters of an hour.

(3.) Cauliflower, half an hour.

(4.) Carrots, young ones, fifteen minutes; old ones, two hours.

(5.) Parsnips, one hour to one hour and a half.

(6.) Beet-root, two hours to three hours.

(7.) Turnips, three-quarters of an hour to one hour and a quarter.

(8.) Windsor beans, half an hour to an hour and a half.

(9.) French beans, fifteen minutes to three-quarters of an hour.

(10.) Vegetable marrow, fifteen minutes to three-quarters of an hour.

Potatoes may be boiled, or steamed, or baked, or roasted; and the kind of treatment that sends one sort to the table in perfection would completely ruin another sort. Some kinds are coarse, and tough, and yellow. You may put them into cold water, may boil that at a gallop, may forget them, and leave them boiling double time, and after all they will turn out round and whole; while others are so tender and white and delicate that they will tumble all to pieces if you allow them to boil above the gentlest simmer.

None but the coarsest potatoes will stand hard boiling, and they are better without it. The more delicate kinds are better not to be put into water at all; they should be cooked in a steamer.

Thoroughly cleanse your potatoes with an old brush and some cold water before you begin to peel them. In these days of potato scarcity, no good caterer needs to be reminded that the peel should be taken off as thinly as possible.

In Ireland, where it is said potatoes are cooked in perfection, they are always boiled in their jackets. They are thoroughly brushed and cleansed, put into just enough boiling water to cover them, and gently boiled till they are thoroughly tender, but unbroken. They are then strained, set by the fire a few minutes to allow them to dry thoroughly, and then served very hot, to be peeled at the table.

I know a dear, good minister, who sometimes visits Ireland. I have heard him say, that to take an "Ireland prepared" potato between your finger

and thumb, to peel off the skin without sticking a fork in it, to sprinkle it with a little salt, and to eat it at once, gives you a very different idea of the vegetable from what you are likely to acquire anywhere else. There is certainly a charm sometimes in taking things in a rough and ready way, though we should not care to carry out the fashion constantly in our every-day life.

All potatoes are improved by the addition of a tea-spoonful of salt to the water in which they are boiled.

16.—BILLS OF FARE.

HAVING thus fulfilled my promise to give you a few recipes that were really good and not costly, I wish now to help you to make use of them in your work of catering for comforts. I shall suppose that your husband gives into your keeping a certain sum of money every week. This sum is your comfort fund; and, whether it be much or little, you have to make the best of it. I shall further suppose that you are seven in family, and I shall try to arrange some **Bills of Fare,** as regards your dinners, from the recipes I have given, including one or two dishes, perhaps, which you know how to provide without the help of a recipe at all.

The amount of money spent upon food in a working-man's home varies according to the wages earned. In the towns a skilled workman may earn 4s., 5s., 6s., 7s., and in some trades even 8s. per day. In agricultural districts the men working on the

land may not get more than 12s. or 15s. per week; but then their little cottage is secured at a very low rent, and they have a garden,—that treasure to a working-man,—and they escape many little expenses which fall to the lot of those who reside in towns.

I shall assume that you are in a position to spend the sum of, say, 3s. 5d. a week for each member of your family *on food alone,* or 24s. for the seven persons; less than 6d. a day, or about 1¾d. per meal. *That* cannot be called costly expenditure surely! And yet I know there are very many of my friends and sisters who are not provided even with that sum. And my heart sorrows with and grieves for them in their difficulties; while I am thankful indeed if *only sometimes* the words I have written shall be useful to them. But this makes me none the less anxious to do all I can for those who have the means.

I am only going to speak about **Dinners.** This is usually considered the most substantial meal, and I shall therefore presume to use the larger part of your 24s. for these meals alone. I shall arrange the dinners so that they shall never cost more than 11s. per week; the other 13s. you will need for groceries, bread, and potatoes.

You must notice that, unless the dish to be provided contains more than two pounds of meat, I do not give any directions as to what you are to do with the remains; I purposely leave this matter in your hands. It should always be your object to give to your family a substantial breakfast. The bread-winner who has to exert himself should have

something sound and hearty to go to work upon. A good inside lining has everything to do with the outside wear, you know. Let your husband and children get this *good inside lining* before their daily work begins. The remains of yesterday's dinner may be nicely warmed for the "master;" and the little ones should have a good stiff plateful of oatmeal porridge, with a little milk and sugar,—this will do them ever so much more good than tea and bread and butter.

I shall make out a table of dinners for eight weeks. After you have tried these, you can either make tables for yourself, or you can begin them over again. But I know very well a dozen things will suggest themselves to your clever management which will be a great improvement upon what I try to do for you; and when this happens, write down your thoughts for your future guidance before they "go out of your head;" and if ever I should come to have a cosy cup of tea with you, I am sure you will let *me* see *your* book.

You will notice that I have arranged the dinners so that you may not have much work to do on Sunday. If your husband has a Saturday half-holiday, you will like to "make a spread" for him on the day on which he has most leisure; and you will also like to be at liberty to go with him to church, after you have "set your pudding a-going."

TABLE OF DINNERS FOR EIGHT WEEKS.

FIRST WEEK.

		s.	d.
Saturday	6 lbs. rolled ribs of beef; potatoes or greens; plain boiled rice	4	6
Sunday	Cold meat and pickles; potatoes; treacle pudding	0	6½
Monday	Hashed beef; potatoes; cheese-cream and toast	0	4½
Tuesday	Tapioca soup, 11d.; apple Charlotte, 7½d.	1	6½
Wednesday	Beef rissoles and gravy; potatoes; plain dumpling	0	10½
Thursday	Boiled mackerel, with parsley and butter; potatoes	1	1
Friday	Tripe, with onion sauce, 1s. 6d.; apple snowballs, 7d.	2	1
		11	0

SECOND WEEK.

		s.	d.
Saturday	Roast fowl; bacon; bread sauce; potatoes; plain boiled rice	3	5
Sunday	Cold fowl; mashed potatoes; marmalade pudding (half larger than in recipe **No. 49**)	1	0
Monday	Rice soup and toasted bread; currant dumpling	1	4½
Tuesday	Fresh herrings, with parsley and butter; potatoes; plain boiled rice	0	9
Wednesday	Bacon and greens, 1s. 7d.; rice in shapes, 6d	2	1
Thursday	Marinade of steak, 7½d.; cold bacon; potatoes; baked apples, 3d.	0	10½
Friday	Pork and potatoes	1	6
		11	0

THIRD WEEK.

		s.	d.
Saturday	Pig's fry; bacon; duck stuffing (3½ lbs.); potatoes; rice in shapes	2	6
Sunday	Pig's fry, &c., warmed; mashed potatoes; fruit pudding, 1s.	1	0
Monday	Boiled cod with melted butter; potatoes	1	1
Tuesday	Toad in the hole; potatoes	1	6
Wednesday	Breast of veal, with rice; potatoes	1	5½
Thursday	Broiled mutton chop, 7d.; bread pudding, 10½d.	1	5½
Friday	Pease soup, 9d.; apple dumpling, 9d.	1	6
		10	6

FOURTH WEEK.

		s.	d.
Saturday	Leg of mutton (6 lbs.), 4s. 6d.; potatoes	4	6
Sunday	Cold mutton; Mellor's sauce; mashed potatoes; boiled custards	0	9
Monday	Vermicelli soup; cold mutton; potatoes; plain boiled rice	0	9
Tuesday	Marinade of mutton; potatoes; cheese and onions.	0	9
Wednesday	Hashed mutton; mashed potatoes; rice in shapes, 6d.	0	6
Thursday	Stewed plaice; potatoes; apple pie, 1s	1	11
Friday	Liver and bacon; rice and milk; potatoes	1	4
		10	6

FIFTH WEEK.

		s.	d.
Saturday	Heart; pork, with duck-stuffing; potatoes; plain boiled rice	2	0
Sunday	Heart, &c., warmed up; mashed potatoes; roll jam pudding	1	0
Monday	Onion soup; rice and milk; potatoes	1	4
Tuesday	Stewed beef and potatoes	1	1½
Wednesday	Marinade of steak, 1s.; potatoes; bread pudding...	1	10½
Thursday	Toasted mackerel; potatoes	1	1
Friday	Irish stew; plain dumpling, 6d.	2	0½
		10	5½

SIXTH WEEK.

		s.	d.
Saturday	Roast duck and stuffing; potatoes; apple sauce; plain boiled rice	3	0
Sunday	Cold roast duck; mashed potatoes; lemon pudding	1	1½
Monday	Boiled mutton, with parsley and butter; potatoes..	1	6
Tuesday	Dish of sprats; currant dumpling; potatoes	1	3½
Wednesday	Potato soup; sago and milk	1	4
Thursday	Breast of veal, with rice; potatoes	1	5½
Friday	Broiled chop; potatoes; plain suet pudding with sugar	1	3
		10	11½

SEVENTH WEEK.

		s.	d.
Saturday	Spiced beef; potatoes; plain boiled rice	2	7½
Sunday	Beef warmed up; mashed potatoes; tartlets, 11d...	0	11
Monday	Soused mackerel; potatoes; apple Charlotte	1	6½
Tuesday	Green pease soup; tapioca and milk; potatoes	1	7
Wednesday	3 lbs. roast neck of mutton; potatoes; baked apples	2	6
Thursday	Cold mutton; mashed potatoes; marmalade pudding	0	6½
Friday	Liver and bacon; potatoes; macaroni cheese, 4d....	1	2
		10	10½

EIGHTH WEEK.

		s.	d.
Saturday	Rabbit; bacon with duck-stuffing; potatoes; plain boiled rice	2	1
Sunday	Warmed rabbit, &c.; mashed potatoes; fruit pie	1	0
Monday	Collared beef (6 lbs.); potatoes; currant dumpling.	4	0
Tuesday	Cold beef; potatoes; rice and milk	0	6
Wednesday	Cold beef; potatoes; corn flour blanc-mange	0	9
Thursday	Vegetable soup; potatoes; apple snow-balls	1	5
Friday	Remains of cold beef; potatoes; fruit pudding	1	0
		10	9

Now, my dear, I hope you will approve the way in which I have arranged these dinners for you. I have done it just to help your forethought a little. You will observe that I have not reckoned the cost of the potatoes or of the plain boiled rice in these tables. A peck of potatoes at least should be purchased every week, and the rice should be bought with your groceries. A peck should contain 14 pounds. This will allow you to use nearly 2 pounds a day for seven days. You will probably divide the remaining 13s. of food-money something after this fashion:—

	s.	d.
Bread, 7 quartern loaves	4	1
Potatoes, 1 peck	1	4
Milk for breakfast and tea	1	9
Groceries and sundries	5	10
	13	0

The money (5s. 10d.) allotted to "groceries" you will need most likely to expend in this way:—

	s.	d.
Moist sugar, 2 lbs., 3½d.	0	7
Loaf sugar, 1 lb.	0	4
Rice, 2d.; coffee or cocoa, 8d.	0	10
Soap, candles, &c.	1	0
Butter	0	8
Tea	0	7
Oatmeal, 1 peck	1	5
Treacle, 2 lbs., 2½d.	0	5
	5	10

When you have a few pence to spare, you will like to buy the children a little treat, in the shape of one of the cakes I have told you about, or a little stoned fruit at tea, or a pot of jam if you have made none yourself, or a tin of home-made toffy. I like home-made toffy better than any other kind of "sweetie" for the dear chicks, and it is easily enough made if you can spare a quarter of an hour. I make it in this way :—

83. Everton Toffy.

(1.) Put 2 oz. of fresh butter into a clean saucepan, and 1 lb. of moist sugar, and *one dessert* spoonful of water.

(2.) Stir it over the fire till it has boiled for ten minutes.

(3.) Pour it into a perfectly clean tin to cool. Keep it from the air, and use as wanted.

Cost of Everton toffy:—	*s.*	*d.*
Sugar	0	3½
Butter	0	2
	0	5½

You could not buy a pound of such toffy under a shilling. Sometimes I stir into the toffy a pennyworth of sweet almonds chopped up, or a few drops of essence of lemon; but you will find, as I have found, that the darlings are by no means particular, —*it is sure to go.* They will look for a morsel every night on going to bed as regularly as they look for your good-night kiss.

17.—"A PENNY SAVED IS A PENNY GOT."

AND now I have come to the end of the work I set myself to do for you. I wished to give you a few clear directions as to the way in which you can prepare a few things well. Do you think I have succeeded?

I promised that these dinners should be within your means,—not at all costly, and yet very nice. Do you think I have fulfilled my promise?

I can quite fancy that some of you are looking over the "Bills of Fare," and that you are very grave. Why are you so grave about it? You answer me:—

"It is quite impossible for me to cater for comforts in this style. Why, something hot for dinner every day! Meats and soups, and fish and fries, and tarts and puddings! Some fresh *wonderment* every day! Why, it would take up the whole of my time! What is to become of Mrs. So and So's washing or charing? How am I to earn this and that and the other thing, if I am always puddling about at home?"

My dear, I am going to make a statement which may perhaps seem inconsiderate; but you must not think I am unkind or unreasonable till you have well considered the matter. Here it is:—

Any person who is not willing and even anxious to give the whole of her time to this work of catering for comforts, has no business to accept the duties and responsibilities of a wife and a mother.

The work of your home is quite sufficient for the constant employment of your hands; and no other

hands can do the work so well as yours can. You *must not*—you **can not**—you DARE NOT leave it undone!

But you may say, "I have the chance of honestly earning so much, in this house of business or in that house, where they can afford to pay me well for my labour; we need the extra money so much that I must not let the chance go. I want to help to earn the money."

O my dear, don't do it! God has appointed to you your work, and it is the most important work to be done in all the wide world. *You have to make a home blessed and happy.* You cannot do that if you leave it and expend your time, your strength, your cleverness, your energies, on something else. *Yourself entirely* is needed in *your own* work,—your whole undivided self. Let me beseech you, then, if you are a wife and a mother, not to leave your home to take care of itself while you go to work elsewhere.

Have you ever done so for three or four days together? If you have done so, just recall to your mind the dinners your family had, the muddle they lived in, the things that were wasted, spoiled, or broken, in your absence, and then honestly say how much you really gained by your hard labour.

I often think a woman's work is very like that of a pendulum: every second in the day she has to give *a fresh tick* and to get *a tack* in between; besides, she cannot do her afternoon's ticking in the morning, nor her morning's over night. If once *she* stops and employs herself in other ways, then the whole

concern stops also; wheels, weights, springs, hands —everything stands still, waiting for the motive power, centred in "the mother at home."

If you are determined to neglect this your one great duty, be prepared to see your home comforts gradually dwindle away. Your dear lads and lasses, your husband, yourself, all must stop going forward, unless you are in your place regularly, doing your own home work.

My dear, think of this: save what you like at home; nay, if you are such a clever manager as to find time to do so, earn what you can *at home*—but *never*, **never**, NEVER leave your home.

A penny saved at home is worth more than twopence earned abroad. You know it is. Don't let your better judgment be overruled. Stick to your home; make your little nest such a resting-place of comfort and peace to all its inmates, that nothing in the world—not the noisiest concert-room, or the most flaming gin-palace—shall be able to offer attractions more persuasive or alluring.

Again I ask you to think it well over. There may be difficulties, doubts, and fears. Put them all aside; your one duty is plain in spite of everything. You have undertaken the work of home-keeping, and it is imperative that you *keep at home* to do the work.

May God bless you, and give you to know the abundant richness of His gracious promise to the good wife:—"She looketh well to the ways of her household, and eateth not the bread of idleness. Her children arise up, and call her blessed; her husband also, and he praiseth her."

A FEW SCOTCH DISHES.

[THE following Recipes peculiar to Scotland will be of service to many who may not know the best method of preparing these dishes. The author is indebted for them to the Honorary Secretary of the Edinburgh School of Cookery, an institution of great importance and of marked and deserved success.]

1. Pan Kail. Required :—

2 quarts of water.
1 large table-spoonful of dripping.
1 tea-cupful of barley.
1 tea-spoonful of sugar.
1 tea-spoonful of salt.
½ a tea-spoonful of pepper.
1 small or ½ a large cabbage.
½ a turnip.
2 leeks.
1 carrot.

(1.) Cleanse the cabbage and the leeks by steeping them for half an hour in cold water containing a tea-spoonful of salt.

(2.) Pare the turnip pretty thickly, as the stringy part next the skin is not good. Scrape the carrot.

(3.) Put the barley into a bowl, pour cold water over it, stir it, and pour off the water; do this again, then put the washed barley into the two quarts of cold water, with the dripping, pepper, and salt.

(4.) While this is coming to the boil, chop the cabbage and leeks together, put them into a bowl and pour *boiling* water over them; cover the bowl, and let them stand ten minutes. This draws out what is not good in the green vegetables. Pour away this water; chop the turnip and half of the carrot.

(5.) As soon as the water with the barley in it comes quite to the boil, add all the chopped vegetables gradually. Let the whole boil for about four hours, being careful not to let it go off the boil. When it is about half cooked, grate the other half of the carrot; add this and the sugar. If the kail is too thick, and you wish to add water, be sure that the water added is boiling.

2. Broth.

(1.) Make it in the same way as pan kail, but take 3 quarts of water instead of 2; and instead of dripping put in some bones, or a neck of mutton, or a piece of beef, or a well-cleaned sheep's head.

(2.) When you use meat, skim the broth carefully before you add the vegetables.

(3.) If a sheep's head be used, when you take it out of the broth sprinkle over it some bread raspings, and put some little bits of dripping on it, and brown it before the fire.

3. Sheep's Haggis. Required:—

The stomach bag of a sheep.
The pluck,—that is, the heart, liver, and lights.
½ lb. beef suet.
2 tea-cupfuls of toasted oatmeal.
2 onions.
1 tea-spoonful of salt.
½ tea-spoonful of pepper.

(1.) Wash the bag well in cold water; put it into hot water and scrape it. Then let it lie in cold water all night, with a little salt.

(2.) Wash the pluck well; put it into a goblet or pan, letting the windpipe hang over the side; cover it with cold water, add a tea-spoonful of salt, and let it boil for two hours. Then take it out of the pan, and when it is cold cut away the windpipe.

(3.) Grate a quarter of the liver (not using the rest for the haggis), and mince the heart and lights, also the ½ lb. of suet, and the two onions (which must be boiled beforehand). Add to all these the oatmeal, which has been toasted to a golden colour before the fire or in the oven; also the pepper and salt, and half a pint of the liquor in which the pluck was boiled. Mix these all well together.

(4.) Now take the bag, and fill it little more than half full of the mince; if it be crammed too full, it will burst in boiling. Sew up the hole with needle and thread, and put it into a pan of boiling water. Prick the bag occasionally with a needle, to prevent it bursting. Boil this for three hours, then serve it on a hot plate.

4. Pan Haggis.

Prepare the same mixture as for haggis in the last recipe; but, instead of putting it into a bag, put it into a pan with a little more of the liquor, and let it stew for an hour.

5. Liver Puddings. Required:—

A piece of boiled liver.
¼ lb. fat bacon.
¼ lb. stale bread crumbs.
1 table-spoonful of flour.
2 pinches of salt.
1 pinch of pepper.

(1.) Take the piece of liver not used for the haggis, grate it down; chop up the bacon, mix the bread crumbs, flour, pepper,

and salt together; then add the liver and the bacon. Moisten with a little milk or water, and mix well together.

(2.) Grease some cups with melted dripping, then put in the mixture. Twist over each cup a piece of clean paper (not printed paper), and place them in a pan with as much boiling water as will come half-way up the cups. Let them steam in this for from one hour to one hour and a half, then turn out and serve.

Note.—If the water boils away, add more boiling water.

6. Porridge. Required:—

To ¼ lb. coarse oatmeal allow 1 pint of cold water, and
1 tea-spoonful of salt.

(1.) Put the meal and the salt into a bowl, pour the water gradually in among it, stirring all the time to make it smooth.

(2.) Put all into the pan, and put it on the fire. Bring the porridge to the boil, and then let it boil for at least half-an-hour. Be careful to stir it often with a spoon or spurtle, to prevent lumps.

Note.—Porridge can also be made with hot water, but it is more apt to go into lumps, and is not so digestible. The quantity of water required is not always the same; it depends upon the kind of meal used.

7. Cold Porridge Scones. Required:—

Cold porridge. | Flour.

(1.) Knead as much flour into the cold porridge as it will take up, then roll out with a roller to about half an inch of thickness.

(2.) Cut into neat pieces, and bake on a girdle; when cooked on one side, turn them.

Note.—In kneading, you must be careful to take up the flour gradually, as, if it be added too quickly, there will be lumps of flour found in the scones. When you are going to bake on a girdle, you should first put the girdle on the fire till it is very hot; then lift it a little up from the fire while you are baking on it; this prevents the scones from being burned.

8. Oat Cakes. Required:—

1½ lb. of fine oatmeal. | 1 tea-spoonful of carbonate of soda.
1 tea-cupful of cold water. | 2 pinches of salt.
4 tea-spoonfuls of bacon gravy.

This makes two round cakes, each of which is divided into four.

(1.) For one of these rounds, take two good handfuls of meal; put them into a bowl with half a tea-cupful of water, half a tea-spoonful of soda, a pinch of salt, and two tea-spoonfuls of bacon gravy. (Bacon gravy is the fat left in the pan or ashet after frying bacon.)

(2.) Stir this mixture quickly with the hand, turn out cleanly on the board, on which you should have two or three handfuls of meal. Knead more meal into it until it is of a proper consistency, but do not make it too stiff, as it will not work well.

(3.) Work it between the palms of the hands to make it flat; lay it on the board and work it out, flattening it with the knuckles of the right hand, and keeping it to a round shape with the open palm of the left hand.

(4.) Roll it lightly with the roller, cut it in four, rub each piece with meal on both sides.

(5.) Put these pieces on the girdle; and when cooked on one side, put them on the toaster before the fire. If wanted very white, rub with meal again before putting them on the toaster.

Note.—Dripping may be used instead of the bacon gravy; but then the water must be hot. The cakes can be rolled out thinner when made with hot water.

9. Hotch-Potch. Required:—

3 quarts water.
4 lbs. neck of mutton.
1 quart chopped young carrots, turnips, and cauliflower.
2 onions (previously boiled).
1½ pint green pease.
1 pint broad beans.
1 tea-spoonful salt.
½ tea-spoonful pepper.
1 tea-spoonful of sugar.

(1.) Put the meat and the salt on with cold water. When it comes to the boil skim it carefully.

(2.) Let the cauliflower lie in salt and water for half an hour, then break it up into little sprigs.

(3.) Shell the pease; shell and skin the beans. Pare the turnips, scrape the carrots; then chop them small with the onions.

(4.) Put all the vegetables except one pint of pease into the boiling liquor.

(5.) Boil slowly for 3 or 4 hours, according to the age of the vegetables. Young vegetables require less boiling than old ones.

(6.) When the soup is half made, add the rest of the pease and the sugar.

(7.) When ready, remove the mutton and serve.

Note.—Hotch-potch should be quite thick. If wished, you can add neatly-trimmed chops to the soup when it is half cooked, and serve them in the soup.

10. Mealy Puddings. Required :—

Some long pudding skins.
1 lb. oatmeal.
½ lb. minced beef suet.
3 small or 2 large onions (already boiled).
2 pinches of salt.
2 pinches of pepper.

(1.) Get from the butcher some long skins for puddings; wash them well in warm water, then lay them to soak all night in cold water and salt. Rinse them well.

(2.) Toast the oatmeal to a light golden colour before the fire or in the oven, stirring it to let it toast equally.

(3.) Chop the suet very fine, also the cooked onions; mix all together with the pepper and salt.

(4.) Tie the end of the pudding skin with thread, then put in enough of the mixture to make it the length of a sausage; tie the skin again, but leave room for the pudding to swell. Leave a space, then fill another, and so on. (The space is to allow the puddings to be cut off without letting out the mixture.)

(5.) When all is ready, have a pan with water in it nearly boiling, and a little salt. Prick the puddings all over with a darning needle, to prevent them from bursting, and boil them for twenty minutes or half-an-hour. Serve hot.

11. Mince Collops. Required :—

Say 1 lb. minced beef.
2 tea-spoonfuls of flour.
2 small onions.
½ oz. butter or dripping.
2 pinches of salt.
2 pinches of pepper.
1 tea-cupful of water.

(1.) Have a piece of uncooked beef finely minced.

(2.) Melt the butter or dripping in a pan, put the meat in it, and beat it about with a fork or wooden spoon till brown, but not hard. Then sprinkle the flour over it; add the chopped onions (previously boiled) and a tea-cupful of water.

(3.) Stew all together for an hour and a half, stirring frequently to prevent the meat from going into lumps. Garnish with small pieces of toast, and serve hot.

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NOTES.

Page 49.—**Fish.** Many consider that cod is improved by lying a night in salt.

Page 52.—**Batter.** For mixing the Batter, either water or milk may be used. If this Batter is found to be too expensive, the egg may be left out. A simpler way of frying fish is to brush it with milk and then to dip it in flour.

G. Bucknaster 1953.