

366 menus : each consisting of a soup, a savoury course, a sweet course, a cheese course, and a beverage, with all their suitable accompaniments, for every day in the year, no dish or beverage being once repeated, all arranged according to the season, and without the introduction of fish, flesh, fowl, or intoxicants with a cook's guide for the production of the dishes / by Mrs. Chandos Leigh Hunt Wallace.

Contributors

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366 VEGETARIAN MENUS
AND COOK'S GUIDE

BY
MRS C. LEIGH HUNT WALLACE



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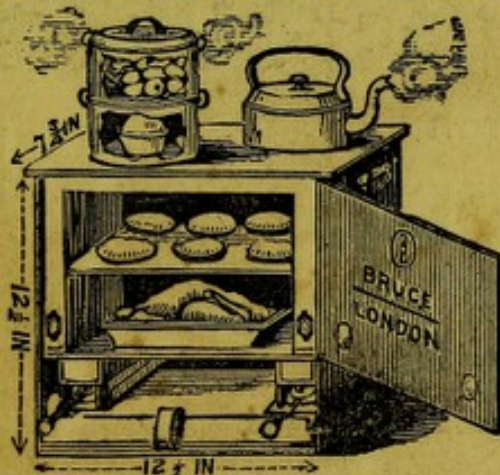
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Aberdeen Oatmeal—			„ Flour	1/6	5/9
Coarse, Fine, and Medium..	1/2	4/3	Sago—Large and Small ..	1/6	5/9
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„ „ Crushed	1/9	6/9	Semolina	1/9	6/9
Lentils—Egyptian, Split ..	1/0	3/9	Scotch Barley	1/6	5/9
„ „ Shelled	1/2	4/3	Haricot Beans	1/4	5/0
„ „ German	2/0	7/6	„ „ extra large	1/9	6/6
„ „ Flour	1/6	5/9	„ „ Green or Flageolets	2/6	9/9
Flour—Hungarian	1/5	5/4	Beans, Yellow or Canary ..	1/6	5/8
„ „ American	1/2	4/2	„ „ Brown or Kidney ..	1/9	6/9
„ „ Australian	1/1	4/0	Buckwheat Meal	2/0	7/6
„ „ Wholemeal, Yates' (fine) ..	1/0	3/9	Indian Dahl	1/9	6/6
„ „ „ Scott's (coarse) ..	1/0	3/9			
„ „ Superfine	1/1	4/0	Macaroni—Naples	3/0	11/6
„ „ Households	1/0	3/9	Vermicelli	3/0	11/6
„ „ Barley	1/0	3/9	Biscuits—	3½-lbs.	
„ „ Rye	1/0	3/9	* Wholemeal, Plain	1/2	2/3 8/6
Wheat—Crushed	1/0	3/9	* „ „ Sweet	1/3	2/6 9/6
„ „ Whole	10d.	3/3	* Extra Navy	9d.	1/3 4/6
Hominy	1/3	4/6	† Oatcakes, Sweet	1/3	per 2-lb.
Polenta—Maize Corn Flour ..	1/0	3/9	American Breakfast Cereals—White Oats,		
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„ „ Pearl	1/6	5/6	Food	8d.	per 2-lbs.
„ „ Blue	2/0	7/6	Dr. Nicholl's Food of Health—		
„ „ Blue	1/6	5/6	8d. per 1-lb., packet 7d.		
„ „ Flour	1/6	5/9	„ Biscuits, in tins about 2½-lbs.	1/9	

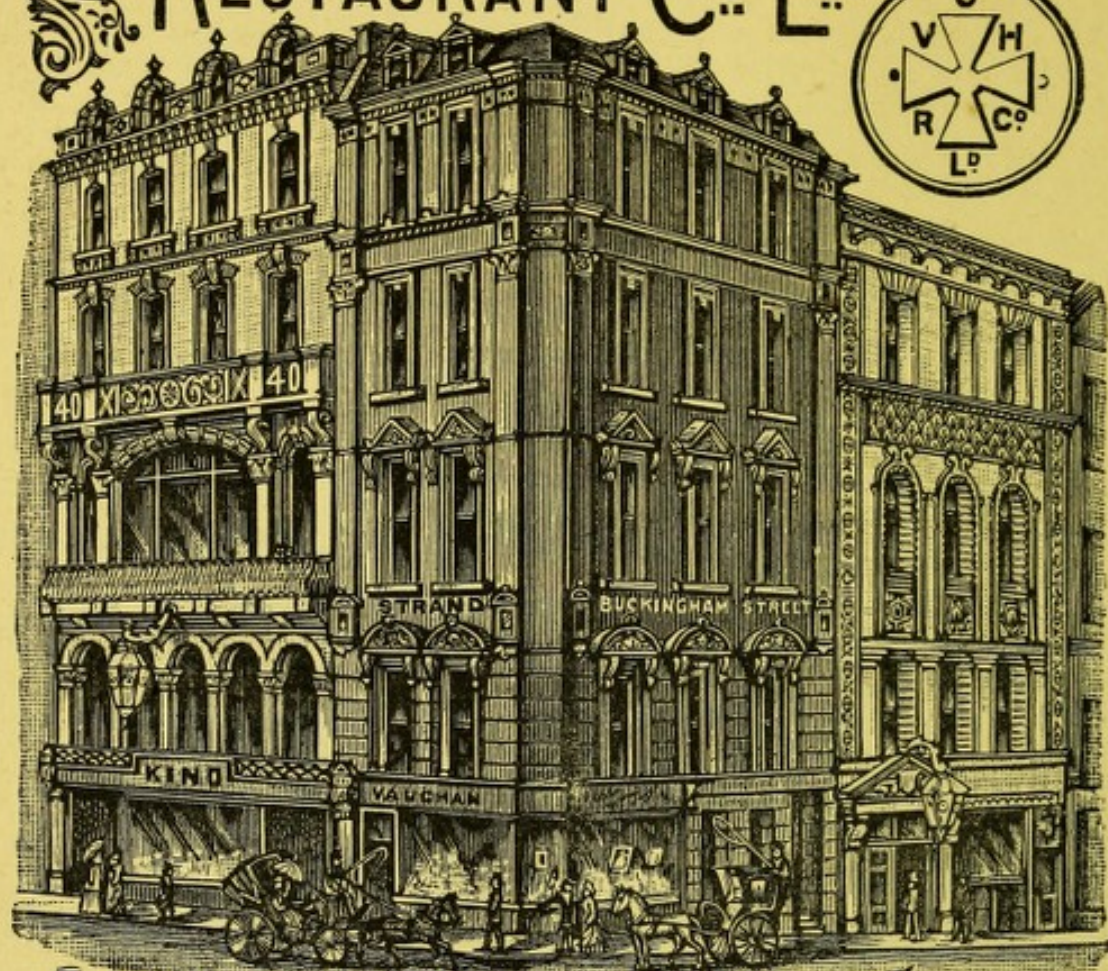
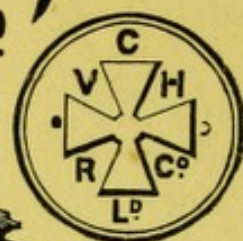
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PREFACE TO SECOND EDITION.

By far the greatest portion of the human race are vegetarians; some because it is part of their religion, some because they are too poor to procure flesh-meat, and a few through a *natural* abhorrence to both the idea and taste. A minor but *rapidly increasing* portion, however, eat neither fish, flesh, nor fowl, nor drink intoxicants, because they have discovered that such things are not only *quite unnecessary*, but also positively destructive to their moral, mental, and physical welfare. Therefore they have adopted this form of diet *as a system*, thus necessitating the cooking and serving of their dishes in a systematic manner. There are a vast number of sects, all of whom specially *include* or *exclude* certain articles, many refusing to employ eggs or milk, still the general idea is to abstain from fish, flesh, and fowl. These strict followers of the *word* vegetarianism are, however, in the minority. I have nothing to say against their principles, but, on the contrary, believe that such will be generally adopted in the far future, and with benefit to those who have eradicated their inherited and acquired diseases; but in our present universally unhealthy state we cannot happily dispense with animal products, therefore, these menus are composed of dishes for the young as well as for the experienced vegetarian. They will also be found of inestimable value to the propagandist who is always being reminded that his diet is so void of variety as to preclude its being widely followed. It is also intended to be a blessing to many ladies entering upon food-reform, who wish to be saved the daily trouble of working out the problem of "what shall we have for dinner to-morrow?" Knowing how the want of such a work has been long and keenly felt, its production has been purely a labour of love.

One of the great objects in the compilation of this work, for the purpose of making it of as popular a character as possible, has been to provide a daily variety for all courses, including even the cheese course, without once repeating the same dish or beverage,

in which effort I was told, by all who knew of my intention, that I must inevitably fail, as it was an absolute impossibility. I have given a sufficient number of dishes daily to enable them to be easily increased by borrowing from other days, or decreased for those who, like myself, indulge in but, at *most*, three varieties at one meal. I feel constrained to here state that there are many dishes mentioned of which I should personally be quite unable to partake, as they would be most distasteful to me, and altogether contrary to my settled principles of diet. Neither is the thought endurable to me of eating for a whole year a different dish at each dinner.

This work may fall into the hands of those to whom the idea of such a diet *as a system* is new, and, perhaps unreasonable, and to such I would say, procure a list of our vegetarian literature, and carefully and honestly study its claims to being the only rational mode of life; besides which, if they are sufficiently interested in the physiological basis of the whole why and wherefore of the abstinence from fish, flesh, fowl, intoxicants, and *other articles* and the avoidance of certain conditions of life, which are inimical to our health and happiness, I would suggest that they procure a copy of "Physianthropy, or The Home Cure and Eradication of Disease," prepared by myself with the exact object which its title indicates, *i.e.*, of placing in the hands of every person of ordinary intelligence the means of absolutely extirpating every form of disease, organic or functional, parasitic or drug-created.

CHANDOS LEIGH HUNT WALLACE.

*Philanthropic Reform Publishing Offices,
Oxford Mansion, Oxford Circus, London, W.*

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The London Vegetarian Society,

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~~~~~  
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Treasurer - - - - ERNEST BELL, Esq., M.A.  
~~~~~

THE LONDON VEGETARIAN SOCIETY is established for the purpose of advocating the total disuse of the flesh of animals (fish, flesh, and fowl) as food, and promoting, instead, a more extensive use of **FRUITS, GRAINS, NUTS**, and other products of the vegetable kingdom; also to disseminate information as to the meaning and principles of Vegetarianism, by lectures, pamphlets, letters to the Press, etc., and by these means, and through the example and efforts of its members, to extend the adoption of a principle tending essentially to true civilization, to universal humaneness, and to the increase of human happiness generally.

The Society consists of Members and Associates, who are qualified as follows:—

Members adopt in its entirety the Vegetarian system of diet. Associates agree to promote the aims of the Society but do not pledge themselves to its practice.

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❖❖ JANUARY. ❖❖

I Carrot soup (214).

Asparagus pie (162), fried (119) Jerusalem artichokes, white sauce with mushroom flavouring (77).

Tapioca and apple croquettes (79) served with lemon-flavoured custard (77), sago blanc-mange (35) with carraway cream (77).

Celery salad (202), bread, Cheddar cheese (69).

Fresh and dried fruits, nuts (114).

Pear-juice drink (33).

2 Hare soup (214).

Carrot croquettes (79), chestnuts stewed (220) and made savoury, boiled (36) red lentils, onion sauce (77).

Pear pie (162), rice and apple chartreuse (68), lemon cream sauce (77).

Pulled bread (181), Cheddar cheese (69).

Fresh and dried fruits, nuts (114).

Apple and grape-juice sherbet (33).

3 Purée of celery, beet, and horseradish (214).

Boiled (36) carrot pudding (207), endive à la Française (103), fried potatoes (119), white sauce (77).

Boiled arrowroot custard mould (141) served with strawberry jam, stewed (220) apples with clove cream sauce (77).

Celery sippets fried (119) in cheese batter (31) served with toast.

Fresh and dried fruits, nuts (114).

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Fricasseed (115) beetroot, minced spinach (36) with
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Fried (119) apple patties (159), tapioca and pear casso-
lettes (60), clove custard sauce (77).

Lettuces, bread, Cheddar cheese (69).

Fresh and dried fruits, nuts (114).

Vanilla and ginger beverage (33).

5 Purée of parsnips (214).

Celery omelets (149), boiled (36) beets served sliced
with melted butter, rice à la Milannese (187).

Baked apple batter (4) served with honey butter (42),
arrowroot meringue (137) served with raspberry jam.

Bread and butter Cheddar cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Fresh lemon and clove drink (33).

6 Winter hotch-potch (125).

Stuffed artichokes (221) served with lemon piquante
sauce (77), spinach stewed (36) with cream, tapioca
gratine (228).

Boiled prune pudding (207) served with sweet sauce (77),
apple solid (209) with clove custard (77).

Watercresses, bread, Cheddar cheese (69).

Fresh and dried fruits, nuts (114).

Tamarind water (33).

7 Chervil soup (214).

Parsnip rissoles (196), boiled (36) Scotch kale, white
sauce (77), macaroni boiled in savoury milk.

Arrowroot pancakes (156) spread with honey and lemon,
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Cheshire cheese (69), onions, bread.

Fresh and dried fruits, nuts (114).

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Asparagus fritters (116), boiled (36) parsnips, white-parsley-sauce (77), haricot beans à la Bretonne (123).
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Fresh and dried fruits, nuts (114).
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9 Purée of potato and carrot (214).

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Baked apple soufflé (112) served with clove custard
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Lettuces, bread, Cheshire cheese (69).
Fresh and dried fruits, nuts (114).
Orange sherbet (33).

10 Haricot beans and rice soup (214).

Asparagus stew (220), boiled (36) carrots served with
melted butter, mashed potatoes.
Fried (119) pear patties (159), lemon-flavoured cream
sauce (77), cocoanut blanc-mange (35) served with
orange syrup
Toast dice fried (119) in cheese batter (32).
Fresh and dried fruits, nuts (114).
Chestnut and apple drink (33).

11 Curried chestnut soup (214).

Turnip hash, spinach sandwiches (205), savoury vermicelli rolls (201) fried in bread crumbs.
Apple charlotte (67) served with sifted sugar, rice meringue (137) with rhubarb jam.
Biscuits, Cheshire cheese (69).
Fresh and dried fruits, nuts (114).
Hot or cold black-currant jelly drink (33).

12 Turnip broth (214).

Poached eggs on spinach (36) served with melted butter,
boiled (36) beetroot baked in savoury batter (31).

Boiled apple syrup roly (207) served with lemon cream
(77), rice and pear casserole (59) with vanilla custard
(77).

Watercresses, Cheshire cheese (69), bread.

Fresh and dried fruits, nuts (114).

Strawberry syrup beverage (33).

13 Purée of potatoes and chervil (214).

Minced spinach pies (162) served with lemon juice,
stewed celery (220), buttered nouilles paste (46),
onion sauce (77).

Raisin croustades (80) with lemon cream (77), chestnut
compôte (74).

Cabbage salad (202), brickbat cheese (69), bread.

Fresh and dried fruits, nuts (114).

Orange juice drink (33).

14 Tapioca and artichoke soup (214).

Parsnip roulettes (200), curried chestnut pudding (207),
plain boiled (36) yellow peas, parsley sauce (77).

Baked wheatmeal dumplings served with treacle, pear
and sago chartreuse (68) with cinnamon cream (77).

Pulled bread (181), brickbat cheese (69).

Fresh and dried fruits, nuts (114).

Clove and apple beverage (33).

15 Julienne soup (129).

Potato and onion dumplings (207), Brussels sprouts
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white sauce (77).

Baked fig trifle (235), pear solid (209), lemon cream
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Lettuce, brickbat cheese (69), bread.

Fresh and dried fruits, nuts (114).

Pineapple syrup prepared as a hot or cold beverage (33).

- 16** Horseradish and potato soup (214).
Marinated celery (136), fried (119) turnips, red lentils stewed in brown gravy.
Fried arrowroot puffs (180) served with blackberry jam, apple snow (208).
Cheese paste on toast (71).
Fresh and dried fruits, nuts (114).
French plum beverage (33).
-
- 17** Potage à la Colbert (165).
Curried beetroot with rice, boiled (36) green cabbage, potatoes baked in brown sauce (77).
Boiled apple dumplings (207) with cinnamon sauce (77), tapioca mould (141) served with stewed (220) pears.
Brickbat cheese (69), puff-paste cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Bayleaf beverage (33).
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- 18** Apple and onion soup (214).
Eggs au maître d'hôtel (97), broccoli moulded (141), melted butter, macaroni à la Reine (133).
Boiled apricot jam roly (207) with cinnamon cream (77).
banana blanc-mange (35) with almond cream (77).
Watercresses, brickbat cheese (69), bread.
Fresh and dried fruits, nuts (114).
Apple beverage (33).
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- 19** Brussels sprout soup (214).
Herb croustade (80), carrots stewed (220) in white sauce (77), savoury boiled sago, onion sauce (77).
Orange omelet (149), green fig meringue (137) served with lemon custard (77).
Brussels sprouts salad (202), bread, Stilton cheese (69).
Fresh and dried fruits, nuts (114).
Almond and honey drink (33).

- 20** Cabbage and oatmeal soup (214).
Beetroot cannelons (50) served with melted butter,
celery stewed à la crème (66), savoury tapioca sliced
and fried (119 and 209).
Raised apple pie (162) served with clove cream (77),
macaroni shape (141) with stewed dates (36).
Lettuce, bread, Stilton cheese (69).
Fresh and dried fruits, nuts (114).
Tamarind and orange beverage (33).
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- 21** Purée of turnip and beetroot (214).
Fried (119) celery and cheese quenelles (183), savoy
à la crème (206), lemon piquante sauce (77), boiled
potatoes (36).
Baked coffee soufflé (212) with barley sugar cream
sauce (77), semolina and apple cassolettes (60) with
nutmeg cream (77).
Cheese rissoles (71).
Fresh and dried fruits, nuts (114).
Hot or cold raspberry jam drink (33).
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- 22** Maize soup (214).
Ragoût (184) of artichokes, brown gravy sauce (77),
boiled (36) cardoons served on toast.
Fried (119) orange patties (159) with cocoanut custard
(77), apple and pear fool (106).
Biscuits and Stilton cheese (69).
Fresh and dried fruits, nuts (114).
Ginger and raisin beverage (33).
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- 23** Soup of fried carrots (214).
Savoury pancakes (156), Brussels sprouts bubble and
squeak, boiled (36) green corn, white sauce (77).
Little baked apple custards (118) served with clove
cream (77), lemon blanc-mange (35) with orange
purée (214).
Spanish onions, bread, Stilton cheese (69).
Fresh and dried fruits, nuts (114).
Lemon and pear fruit drink (33).

24 Macaroni and gravy soup (214).

Colcannon (50) of potatoes and broccoli, glazed chestnuts, savoury boiled (36) polenta, onion sauce (77).

Boiled cinnamon-syrup roly (207) served with fig cream (77), orange snow (208).

Beet sippets fried (119) in cheese batter (31) served with toast.

Fresh and dried fruits, nuts (114).

Chestnut and pear beverage (33).

25 Pankail soup (157).

Raised carrot pie (162), boiled (36) cardoons served with piquante sauce (77).

Plum fritters (116), vermicelli meringue (137) served with marmalade.

Pear salad (202), bread, Gloucester cheese (69).

Fresh and dried fruits, nuts (114).

Nutmeg and apple beverage (33).

26 Horseradish and chestnut soup (214).

Spinach rissables (194), boiled (36) beetroot served with cream, rice à la Sœur (188).

Preserved ginger tarts, lemon and orange solid (209) with cocoanut cream (77).

Watercresses, Gloucester cheese (69), and bread (37).

Fresh and dried fruits, nuts (114).

Cherry syrup beverage (33).

27 Haricot bean soup (214).

Boiled (36) potato and brown lentin pudding (207), celery stewed (220) with white sauce (77), savoury tapioca balls fried (119) in bread crumbs.

Baked cinnamon cup custards served with honey cream (77), pear compôte (74).

Apple dice fried in cheese batter (31) served on toast.

Fresh and dried fruits, nuts (114).

Apple beverage (33).

- 28 Red lentil and polenta soup (214).
Fricassee rice (115), Brussels sprouts stewed (220) in brown gravy, chervil sandwiches (205).
Fried banana patties (159) served with lemon cream (77), semolina mould (141) with stewed figs (36).
Pulled bread (181), Gloucester cheese (69).
Fresh and dried fruits, nuts (114).
Ginger drink (33).

- 29 Purée of potatoes and betroot (214).
Milk of asparagus pancakes (156), pyramid of savoury stewed (220) chestnuts, potato hash, brown onion sauce (77).
Boiled minced-fig dumplings (207) with sweet sauce (77), tapioca chartreuse (68) with almond cream (77).
Spanish onion, bread, Gloucester cheese (69).
Fresh and dried fruits, nuts (114).
Cinnamon and honey beverage (33).

- 30 Brown soup (214) with curried eggs.
Timbale (230) of macaroni with broccoli, parsnips fried (119) in butter, white sauce (77).
Boiled blackberry jam roly (207) with ginger cream (77), Oswego blanc-mange (35) with almond custard sauce (77).
Rice balls fried in cheese batter (31).
Fresh and dried fruits, nuts (114).
Tamarind and pear drink (33).

- 31 Vegetable haché (240).
Celery vol-au-vent (243), carrots à la Flamande (55).
Rice and apple croquettes (79) with cocoanut cream (77), pear meringue (137) with clove custard sauce (77).
Dunlop cheese (69), bread.
Fresh and dried fruits, nuts (114).
White currant jelly drink (33).

→÷ FEBRUARY. ÷←

- I Celery and arrowroot soup (214).
 Sago and asparagus croquettes (79), Jerusalem artichokes boiled (36) in milk served with white sauce (77).
 Orange vol-au-vent (243), vanilla custard sauce (77), wheatmeal mould (141) served with honey butter (42).
 Lettuce, bread, Dunlop cheese (69).
 Fresh and dried fruits, nuts (114).
 Ginger and lemon beverage (33).

- 2 Carrot and turnip soup (214).
 Savoury boiled (36) haricot beans browned in turnip mash, minced green cabbage (36), melted butter.
 Baked pear soufflé (212) served with lemon cream (77), potato flour blanc-mange (35) with walnut syrup.
 Watercresses, Dunlop cheese (69), bread.
 Fresh and dried fruits, nuts (114).
 Apple and orange juice drink (33).

- 3 Purée of potatoes and parsnips (214).
 Marinaded (136) carrot, boiled (36) lettuce with piquante sauce (77), savoury solid (209), macaroni in tomato jelly.
 Fried (119) carraway puffs (180), orange fool (106).
 Chervil salad (202), bread and butter Dunlop cheese sandwiches (205).
 Fresh and dried fruits, nuts (114).
 Lemon and cocoanut drink (33).

- 4 Pureé of chestnuts (214).
Haricot beans and carrot hash served with capsicum butter (51), broccoli stewed (36) with brown gravy, potatoes baked with dumplings.
Baked sago and apple pudding with cinnamon sauce (77), apricot jam trifle (235).
Celery, bread, Dunlop cheese (69).
Fresh and dried fruits, nuts (114).
Carraway flavoured apple drink (33).
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- 5 Scotch kale soup (214).
Minced carrots in baked potato balls, fried (119) cardoons, melted butter.
Boiled (36) date pudding (207) with arrowroot sauce (77), tapioca and apple casserole (59) with lemon custard (77).
Onions, mustard cheese on toast.
Fresh and dried fruits, nuts (114).
Red currant syrup drink (33).
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- 6 Cabbage soup (214).
Carrot and celery pie (162), chestnuts stewed (36) in brown gravy.
Raisin pancakes (156), stewed pears, clove cream sauce (77).
Canadian cheese (69), bread.
Fresh and dried fruits, nuts (114).
Vanilla water (33).
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- 7 Celery and almond soup (214).
Parsnip and German lentil fritters (116), brown onion sauce (77), carrots à la Reine (57).
Baked orange-butter (154) pie-crust sandwiches (205), apple and pear meringue (137) with lemon custard (77).
Watercresses, bread, Canadian cheese (69).
Fresh and dried fruits, nuts (114).
Lemonade (33).

8 Purée of parsnip and horseradish (214).

Boiled carrot and potato dumplings (207), stewed (36)
endive served with lemon juice, savoury rice jelly
(209).

Macaroni timbale (230) with pears, banana solid (209),
bayleaf custard sauce (77).

Parsnip balls rolled in bread crumbs and fried (119) in
cheese batter (31).

Fresh and dried fruits, nuts (114).

Cinnamon and clove drink (33).

9 Ground corn soup (214).

Rice ragoût (184), Brussels sprouts with melted butter,
parsnip cones.

Fried (119) orange and dessicated cocoanut patties (159)
served with cream, polenta mould (141) served with
stewed (36) french plums.

Toast, Canadian cheese (69).

Fresh and dried fruits, nuts (114).

Tamarind and apple beverage (33).

10 Chestnut soup (214).

Potato omelets (149), fregarbed greens (108), dhall (89),
white onion sauce (77).

Pear charlotte (67) served with sifted sugar, hominy
chartreuse (68), lemon cream (77).

Cucumber, bread, Canadian cheese (69).

Fresh and dried fruits, nuts (114).

Greengage jam drink (33).

11 Brown soup (214) with forcemeat balls (201).

Green cabbage stuffed and stewed (220), gravy sauce,
cardoons fried à la fromage (53).

Boiled apricot syrup roly (207) with carraway cream
(77), sweet boiled tapioca, pear purée (214).

Egg balls fried in cheese batter (31).

Fresh and dried fruits, nuts (114).

Clove and date beverage (33).

12 Cardoon soup (214).

Asparagus and potato rissoles (196), stewed (220)
parsnips, milk sauce (77).

Pear croustades (80) served with clove cream (77),
tapioca meringue (137) with black currant jam.

Bread, Derbyshire cheese (69).

Fresh and dried fruits, nuts (114).

Lemon and apple drink (33).

13 Arrowroot and parsnip soup (214).

Haricot beans and rice roulettes (200), Brussels sprouts
sauté (40), parsley sauce (77).

Baked apple puffs (180) served with lemon cream (77),
milk blanc-mange (35) with clove syrup.

Lettuce, bread, Derbyshire cheese (69).

Fresh and dried fruits, nuts (114).

Cocoanut beverage (33).

14 Purée of celery and mushrooms (214).

Vermicelli cheese quenelles (183), greens à la Crème
moulded (141) German lentils, white sauce (77).

Boiled lemon custard, hominy meringue (137) served
with stewed figs (36).

Cucumbers, bread, Derbyshire cheese (69).

Fresh and dried fruits, nuts (114).

Cinnamon and apple beverage (33).

15 Oatmeal soup (214).

Fricassee (115) parsnips, mashed turnips, melted butter,
celery à la Villeroi (65).

Baked apple patties (159) served with nutmeg custard
(77), arrowroot mould (141) with stewed pears (36).

Puff-paste Derbyshire cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Honey syrup drink (33).

16 Potage à la Condé (166).

Curried parsnips with rice, stewed (220) chestnuts served on toast, potatoes fried (119) with onions.

Baked arrowroot dumplings with apple sauce (77), pear and orange fool (106).

Celery, bread, Derbyshire cheese (69).

Fresh and dried fruits, nuts (114).

Fig beverage (33).

17 Chestnut and lemon soup (214).

Eggs encased in forcemeat and fried (201 and 119), carrots stewed (220) in their own gravy, brown butter sauce (77), macaroni à l'Anglaise (131).

Baked cherry-jam roly with almond custard (77), sago and pear cassiolettes (60) with sweet cream.

Sliced cucumbers fried in cheese batter (31).

Fresh and dried fruits, nuts (114).

Bayleaf beverage (33).

18 Beetroot soup (214).

Minced shallot and spinach pies (162), stewed (220) haricot beans, parsley butter (42), savoury sago balls fried (119) in bread-crumbs.

Almond omelets (149) powdered with sifted cinnamon, lemon snow (208).

Cress salad (202), bread, Lincoln cheese (69).

Fresh and dried fruits, nuts (114).

Vanilla and honey drink (33).

19 Hominy and chervil soup (214).

Macaroni and asparagus cannelons (50), cardoons stewed in onion purée (214), parsnip toasts (232).

Baked cinnamon darioles (85) served with sifted sugar, orange and apple compôte (74).

Watercresses, bread, Lincoln cheese (69).

Fresh and dried fruits, nuts (114).

Fig and apple beverage (33).

- 20** Egyptian lentil and barley soup (214).
Boiled parsnip and sago pudding (207), boiled (36)
spinach, onion sauce (77), buttered nouilles (46).
Baked fruit soufflé (212) served with sugar candy cream,
Iceland moss blanc-mange (35) with pear syrup.
Potato sippets fried in cheese batter (31).
Fresh and dried fruits, nuts (114).
Blackberry jam drink (33).
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- 21** Purée of parsnip, celery and cheese (214).
Beetroot stewed (220) with potato border, chestnuts
with white sauce (77), radish sandwiches (205).
Fried pineapple puffs (180), semolina chartreuse (68)
with lemon cream (77).
Toast, Lincoln cheese (69).
Fresh and dried fruits, nuts (114).
Almond and tamarind drink (33).
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- 22** Maigre cock-a-leekie soup (214).
Onion and potato hash, minced parsnips (36), white
sauce (77), scalloped macaroni.
Little fig puddings served with cream, apple, pear, and
blanched almond solid (209) with clove custard (77).
Cucumbers, bread, Lincoln cheese (69).
Fresh and dried fruits, nuts (114).
Orange and lemon beverage (33).
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- 23** Vermicelli and chestnut soup (214).
Curried eggs with rice, green cabbage stuffed and baked,
brown gravy sauce (77), riced potatoes.
Boiled almond syrup roly (207) with pineapple cream
(77), sago meringue (137) with apricot jam.
Hominy balls fried in cheese batter (31).
Fresh and dried fruits, nuts (114).
Chestnut and orange drink (33).

- 24 Broccoli soup (214).
Baked parsnip rolls (201), Egyptian lentils stewed in savoury milk, rice à la Turque (189).
Arrowroot fritters (116), lemon solid (209) with almond cream.
Orange salad, bread, York cheese (69).
Fresh and dried fruits, nuts (114).
Clove and orange beverage (33).
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- 25 Oatmeal and endive soup (214).
Green bean and Egyptian lentil rissables (194), mashed carrots, melted butter, sago stewed (220) in brown gravy.
Baked pear turnovers, arrowroot and apple mould (141) served with lemon cream (77).
Celery, bread, York cheese (69).
Fresh and dried fruits, nuts (114).
Peach syrup drink (33).
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- 26 Purée of turnips and onions (214).
Fried (119) parsnips baked in sago jelly (209), stewed lettuces, haricot beans moulded (141), white parsley sauce (77).
Baked pear trifle (235), orange blanc-mange (35), coconut cream sauce (77).
Cucumbers, York cheese (69), bread.
Fresh and dried fruits, nuts (114).
Date-water drink (33).
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- 27 Parsnip and potato soup (214).
Herb pancakes (156), cardoons stewed (220) in white sauce (77), savoury jelly (209) of red lentils.
Fried pear patties (159) with Vanilla cream (77), sago and apple casserole (59) with clove custard (77).
Bread and butter York cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Almond and cinnamon drink (33).

- 28 Carrot and potato broth (214).
Rice and onion hash, Savoy stuffed à la Russe (222),
celery sandwiches (205).
Boiled currant dumplings (207) served with lemon sauce
(77), apple fool (106).
Cucumbers, bread, York cheese (69).
Fresh and dried fruits, nuts (114).
Date and lemon beverage (33).
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- 29 German lentil soup (214) with grated Parmesan.
Colcannon (50) of celery and potatoes, rice stewed (220)
in brown gravy, haricot beans boiled (36) in savoury
milk, parsley butter (42).
Baked black currant jam roly served with carraway
custard, macaroni meringue (137) with stewed dates
(36).
York cheese (69) served with almond milk, bread.
Fresh and dried fruits, nuts (114).
Raspberry and rhubarb jam drink (33).



➤ ❄ MARCH. ❄ ➤

1 Artichoke soup (214)

Raised turnip and onion pie (162), celery boiled in milk (36), melted butter, stewed green corn (220).

Sago and apple croquettes (79), chocolate blanc-mange (35), flavoured with nutmeg, clove custard sauce (77).

Finger radishes, Gruyère cheese (69), bread.

Fresh and dried fruits, nuts (114).

Ginger and apple beverage (33).

2 Turnip and chestnut soup (214).

Carrot and potato croquettes (79), boiled (36) endive, savoury green corn, lemon-flavoured buttered sauce (77).

Baked apple mincemeat roly, pear and rice chartreuse (68).

Watercresses, Gruyère cheese (69), bread.

Fresh and dried fruits, nuts (114)

Apple and pear beverage (33).

3 Purée of potato and turnip (214).

Baked celery and rice dumplings with brown cheese sauce (77), Jerusalem artichokes served in mashed potatoes garnished with Brussels sprouts and covered with white sauce à la Soyer.

Baked arrowroot soufflé (212) served with raspberry jam, stewed chestnuts with lemon syrup (220)

Sliced cucumbers served with lemon and Gruyère cheese (69), bread.

Fresh and dried fruits, nuts (114).

Cocoanut and apple drink (33).

4 Polenta soup (214).

Brussels sprouts stew (220), baked beetroot, onion sauce (77), parsnip sandwiches (205).

Fried tapioca puffs (180) with apricot jam, orange and lemon trifle (235).

Young onions, Gruyère cheese (69), bread.

Fresh and dried fruits, nuts (114).

Nutmeg and orange beverage (33).

5 Chestnut and rice soup (214).

Arrowroot and parsnip purée pancakes (156), carrots sliced and glazed (58), parsley sauce, German lentils stewed (220) in mushroom gravy.

Baked rice and apple pudding served with egg custard, semolina and lemon jelly with almond cream (77)

Celery, Gruyère cheese (69), bread.

Fresh and dried fruits, nuts (114).

Black currant syrup beverage (33).

6 Egg soup ;—or, soup of spring herbs (214).

Timbale (230) of rice with parsnips, savoy à la crème (206), onion sauce (77), savoury polenta jelly sliced and fried (119).

Boiled Normandy pippin pudding (207) served with sweet butter-sauce, orange solid (209) with lemon cream (77).

Cheese meringue (137), bread.

Fresh and dried fruits, nuts (114).

Clove drink (33).

7 Cress soup (214).

Curried chestnut patties (159), minced Brussels sprouts (36), melted butter, macaroni à la Pontiffe (132). ^

Apple pancakes (156), honey mould (141) served with lemon syrup.

Carrot salad (202), bread, Norfolk cheese (69).

Fresh and dried fruits, nuts (114).

Cinnamon and vanilla beverage (33).

8 Potato and chestnut soup (214).

Spinach and turnip fritters (116), boiled (36) haricot beans with chopped parsley, savoury tapioca mould (141), white sauce (77).

Baked orange patties (159) served with sweet custard (77), macaroni and apple meringue (137) served with clove cream (77).

Watercresses, bread, Norfolk cheese (69).

Fresh and dried fruits, nuts (114).

French plum and lemon beverage (33).

9 Purée of turnips and carrots (214).

Fried spinach quenelles (183), artichokes and eggs, fried potato squares (119).

Baked tapioca custard mould (141) served with raspberry jam, orange compôte (74) powdered with desiccated cocoanut.

Turnip radishes, bread, Norfolk cheese (69).

Fresh and dried fruits, nuts (114).

Clove and tamarind drink (33).

10 Red lentil and sweet corn soup (214).

Beetroot ragoût (184), moulded (141) lettuce served with lemon juice, celery toasts (232).

Baked college puddings (73) served with swiss milk cream (77), rice and apple casserole (59) with cocoanut cream (77).

Endive salad (202), pulled bread (181), Norfolk cheese (69).

Fresh and dried fruits, nuts (114).

Almond and apple beverage (33).

11 Purée of turnips (214).

Spinach omelets (149), melted butter, stewed (220) beetroot garnished with fried (119) button onions.

Orange charlotte (67) served with sifted sugar, cinnamon blanc-mange (35) with baked apple purée (214).

Lettuces, bread, Norfolk cheese (69).

Fresh and dried fruits, nuts (114).

Grape syrup beverage (33).

- 12** Apple and potato soup (214), or celery and button onion soup (214).
Cauliflower with stuffing (64), plain boiled (36) macaroni, mushroom sauce (77), Egyptian lentils stewed (220) in brown gravy.
Boiled pear syrup roly (207) sliced and served with cinnamon custard (77), orange and cocoanut meringue (137) with vanilla custard (77).
Arrowroot balls fried (119) in cheese batter (31).
Fresh and dried fruits, nuts (114).
Raisin beverage (33).

- 13** Endive soup (214).
Onion and rice pie (162), German dressed carrots (54), haricot beans stewed (220) with white sauce (77).
Apple croustade (80), pear blanc-mange (35), cinnamon cream sauce (77).
Lettuce, salad (202), bread, sage cheese (69).
Fresh and dried fruits, nuts (114).
Clove and ginger beverage (33).

- 14** Cucumber and sago soup (214).
Potato and green bean roulettes (200), boiled (36) turnips, melted butter, German lentils stewed (220) in brown gravy.
Apple pie (162) with lemon cream (77), semolina meringue (137) served with stewed (36) French plums.
Cucumbers, bread, sage cheese (69).
Fresh and dried fruits, nuts (114).
Raisin and pear beverage (33).

- 15** Purée of turnips and celery (214).
Boiled carrot and potato roly (207), mashed (36) artichokes, white mushroom sauce (77), asparagus peas à la crème (30).
Baked vanilla soufflé (212) with strawberry syrup, pear and semolina chartreuse (68).
Cheese served with Devonshire cream, bread.
Fresh and dried fruits, nuts (114).
Damson jam beverage (33).

16 Parsnip and turnip soup (214).

Fricasseed (115) carrots, boiled (36) sea kale, lemon piquante sauce (77), rice à l'Italienne (186).

Baked apple and clove patties (159) with custard sauce (77), lemon and orange fool (106).

Sage cheese (69), toast.

Fresh and dried fruits, nuts (114).

Bayleaf and tamarind drink (33).

17 Chestnut and Parmesan soup (224).

Curried cucumbers with rice, parsnips smothered with fried (119) onion rings, brown gravy sauce (77).

Pear dumplings (207) with cinnamon cream (77), sweet blanc-mange (35) with apple purée (214).

Lettuce, sage cheese (69), bread.

Fresh and dried fruits, nuts (114).

Cocoanut and orange drink (33).

18 Vermicelli soup with egg balls (98), or white celery soup (214).

Colcannon (75) of spinach and turnips, haricot beans stewed (220) with onions, parsley potatoes (158).

Baked red currant jam roly, apple and pear solid (209), bay-leaf custard sauce (77).

Spanish onions with cheese stuffing, bread.

Fresh and dried fruits, nuts (114).

Nutmeg and lemon beverage (33).

19 Cream of celery soup (214).

Haricot bean rissoles (196), boiled (36) savoy, cream sauce (77), savoury sago mould (141).

Clove omelets (149), vermicelli and raspberry meringue (137) served with sweet custard (77).

Parsnip salad (202), bread, Swiss cheese (69).

Fresh and dried fruits, nuts (114).

Lemon syrup beverage (33).

- 20 Hominy and cucumber soup (214).
Turnip and beetroot cannelons (50), artichokes minced and moulded (141), melted butter.
Cocoanut cheesecakes (70), orange cream sauce (77), apple compôte (74).
Finger radishes, bread, Swiss cheese (69).
Fresh and dried fruits, nuts (114).
Honey beverage (33).
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- 21 Purée of turnip and green beans (214).
Yorkshire pudding, whole glazed carrots (58), wheat meal dumplings (207), white onion sauce (77).
Baked semolina timbale (230), almond blanc-mange (35) served in orange purée (214).
Cheese cup-custards.
Fresh and dried fruits, nuts (114).
Vanilla and clove beverage (33).
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- 22 Haricot bean and arrowroot soup (214).
Celery stew (220), spinach (36) and rice fritters (116), white potato omelets (149), savoury egg sauce (77).
Baked orange and cocoanut patties (159) served with French cream, apple and tapioca mould (141) with lemon custard (77).
Puff-paste Swiss cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
French plum and pear drink (33).
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- 23 Chestnut and semolina soup (214).
Beetroot hash, purslain fried (119) in batter (31), savoury tapioca jelly (209), melted butter.
Little baked sultana puddings served with sweet sauce (77), pear snow (208).
Cucumbers, Swiss cheese (69), bread.
Fresh and dried fruits, nuts (114).
Gooseberry jelly beverage (33).

- 24 Parmesan soup (214).
Eggs with asparagus, beetroot à la Portevine (32),
stewed (220) potatoes, parsley sauce (77).
Boiled chestnut syrup roly (207) served with orange
cream (77), hominy and apple cassolettes (60), carra-
way custard sauce (77).
Cheese turnovers (71).
Fresh and dried fruits, nuts (114).
Orange and pear beverage (33).
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- 25 Savoy soup (214).
Minced egg and Egyptian lentil pies (162), boiled (36)
asparagus served with melted butter (77), creamed
potatoes.
Pear fritters (116), macaroni and strawberry jam
meringue (137) served with sweet cream (77).
Wiltshire cheese (69), bread.
Fresh and dried fruits, nuts (114).
Chestnut and raisin beverage (33).
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- 26 Arrowroot and carrot soup (214).
Parsnip and herb rissables (194), lettuce stewed (220) in
and served with brown gravy, buttered rice (47).
Apple and orange raised pie (162), lemon cream sauce
(77), rice blanc-mange (35) with lemon syrup (77)
Turnip radishes, Wiltshire cheese (69), bread.
Fresh and dried fruits, nuts (114).
Cinnamon and pear beverage (33).
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- 27 Purée of turnips and horseradish (214).
Fried (119) herb and hominy dumplings, boiled (36)
Brussels sprouts served with white sauce (77),
savoury stewed (220) polenta.
Boiled almond custard, banana fool (106).
Pear and orange salad (202), water biscuit and Wiltshire
cheese (69), sandwiches (205).
Fresh and dried fruits, nuts (114).
Greengage syrup beverage (33).

- 28 Green bean and potato soup (214).
Marinated beetroot (136), celery fried (119) in batter (31), white sauce, green corn stewed (220) with onions.
Boiled semolina dumplings with apricot jam, rhubarb and sago chartreuse (68) with almond cream (77).
Wiltshire cheese (69), toast and bread.
Fresh and dried fruits, nuts (114).
Nutmeg drink (33).
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- 29 Risotto (197).
Onion pancakes (156), carrots stewed (220) with sugar and cream, savoury sago jelly (209), melted butter.
Baked apple and rhubarb patties (156) with caramel sauce (77), egg blanc-mange (35) with pomegranate syrup.
Cucumbers, bread, Wiltshire cheese (69).
Fresh and dried fruits, nuts (114).
Clove and bayleaf beverage (33).
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- 30 Onion milk soup (214).
Devilled eggs (87), baked parsnip balls, mushroom sauce (77), savoury stewed (36) rice.
Baked red gooseberry jam roly served with honey cream (77), rice and apple meringue (137) with lemon custard (77).
Cheese croquettes (79).
Fresh and dried fruits, nuts (114).
French plum and orange beverage (33).
-
- 31 Celery soup (214).
Carrot and onion croustades (80), white sauce, purslain à la Milanaise (182), savoury stewed (36) macaroni.
Rice and pear croquettes (79) served with vanilla custard (77), coffee blanc-mange (35) served with barley sugar cream (77).
Camembert cheese (69), bread.
Fresh and dried fruits, nuts (114).
Apricot jam drink (33).

❖❖ APRIL. ❖❖

- 1 Hominy and purple beetroot soup (214).
Macaroni croquettes (79), asparagus stewed (220) in white sauce, yellow pea savoury jelly (209).
Marmalade tartlets, banana and blanched almond solid (209), cinnamon cream sauce (77).
Dressed celery, bread, Camembert cheese (69).
Fresh and dried fruits, nuts (114).
Ginger and tamarind beverage (33).
-
- 2 Purée of onions with carrot balls (214).
Fried green bean quenelles (183), boiled (36) turnip radishes, old potatoes prepared as new (173) (*i.e.* mock new), melted butter.
Baked semolina soufflé (212) with apricot jam, apple and pear compôte (74), clove cream sauce (77).
Sago balls fried in cheese batter (31).
Fresh and dried fruits, nuts (114).
Cocoanut and pear drink (33).
-
- 3 Tapioca and arrowroot soup (214).
Asparagus ragoût (184), parsnips fried (119) in dice, radish toasts (232), white sauce (77).
Fried (119) sweet puffs (180), semolina and pear casserole (59), almond custard sauce (77).
Puff-paste Camembert cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Cinnamon and lemon drink (33).

4 Purée of celery (214).

Savoury rice omelets (149), broccoli (36) with white sauce (77), brown lentils stewed (220) with onions.

Baked apple tapioca pudding served with clove cream (77).

Cucumbers, bread, Camembert cheese (69).

Fresh and dried fruits, nuts (114).

Orange syrup beverage (33).

5 Macaroni soup served with grated Parmesan (214).

Potato and chervil baked in rolls, stewed (220) savoy, mushroom sauce (77), haricot blanc au maître d'hôtel.

Boiled rhubarb pudding (207) with cinnamon sauce (77), rice and apricot jam meringue (137) with vanilla custard sauce (77).

Sliced radishes fried (119) in cheese batter (31), served with toast.

Fresh and dried fruits, nuts (114).

Raisin and lemon beverage (33).

6 Asparagus soup (214).

Haricot bean raised pie (162), fried (119) green cabbage, melted butter, macaroni and mushrooms baked in layers.

Tapioca pancakes (156), stewed (220) pears with lemon syrup, almond custard.

Cottenham cheese (69), bread.

Fresh and dried fruits, nuts (114).

Cherry jam drink (33).

7 Parsnip and rice soup (214).

Egyptian lentil fritters (116), garlic butter (42), fricasseed asparagus heads (115), rice cooked American mode (191).

Pear vol-au-vent (243), tapioca and rhubarb mould (141), clove custard sauce (77).

Finger radishes, bread, Cottenham cheese (69).

Fresh and dried fruits, nuts (114).

Vanilla and fig drink (33).

8 Purée of parsnips and mushrooms (214).

Boiled cucumber and onion pudding (207), savoury stewed (220) vermicelli, potato flakes, curried cream sauce (77).

Baked rhubarb trifle (235) with lemon and custard, apple and sago chartreuse (68), vanilla cream sauce (77).

Onion rings fried (119) in cheese batter (31).

Fresh and dried fruits, nuts (114).

Chestnut and fig beverage (33).

9 Yellow pea and barley soup (214).

Fricassee (115) cucumbers, artichokes baked in potato paste, lemon piquante sauce (77), asparagus sandwiches (205).

Fried rhubarb patties (159) with honey cream (77), corn-flour blanc-mange (35) served with pear purée (214).

Toast, Cottenham cheese (69).

Fresh and dried fruits, nuts (114).

Vanilla and lemon drink (33).

10 Purée of cucumbers (214).

Curried asparagus with rice, turnips stewed à la Française (239), savoury boiled (36) vermicelli.

Baked apple and rhubarb charlotte (67) served with sifted sugar, orange and apple fool (106) flavoured with desiccated cocoanut.

Celery, bread, Cottenham cheese (69).

Fresh and dried fruits, nuts (114).

Blackberry syrup drink (33).

11 Milk soup (214).

Savoury stuffed potatoes (179), macaroni stewed (220) with onions, savoury mould (141) of red lentils, brown sauce (77).

Boiled pineapple syrup roly (207) sliced and served with creamed butter, arrowroot blanc-mange (35) with orange syrup.

Potted cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Almond beverage (33).

12 Parsnip soup (214).

Cucumber and onion vol-au-vent (243), boiled (36)
turnip tops, melted butter, savoury rice mould (141).

Raspberry croustade (80), pear and orange solid (209),
sweet custard sauce (77).

Herb salad (202), slipcoat cheese (69), bread.

Fresh and dried fruits, nuts (114).

Rhubarb beverage (33).

13 Celery and tapioca soup (214).

Savoury rice roulettes (200), asparagus (220) on toast
with brown sauce (77), stewed (220) brown lentils.

Puff-paste rhubarb sandwiches (205), apple meringue
(137), cinnamon cream sauce (77).

Watercresses, bread, slipcoat cheese (69).

Fresh and dried fruits, nuts (114).

Fig and pear beverage (33).

14 Purée of cucumbers and green beans (214).

Boiled (36) spinach and baked onions served with
arrowroot sauce (77), scalloped parsnips, savoury
sago jelly (209).

Baked rhubarb and apple trifle (235), ginger cream
sauce (77), sea moss farina blanc-mange (35) served
in apple purée (214).

Semolina balls fried (119) in cheese batter (31).

Fresh and dried fruits, nuts (114).

Raspberry and currant jam beverage (33).

15 Onion and potato soup (214).

Asparagus stew (220) with forcemeat balls (201), lettuce
(36) minced with butter.

Baked rhubarb patties (159), hominy and pear casso-
lettes (66), almond custard sauce (77).

Bread and butter slipcoat cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Cinnamon and tamarind drink (33).

16 Almond soup (214).

Parsnip hash, fried (119) radishes on toast, green corn mould (141), savoury egg sauce (77).

Baked apple dumplings, rhubarb meringue (137), clove custard sauce (77).

Cucumbers, bread, slipcoat cheese (69).

Fresh and dried fruits, nuts (114).

Bayleaf and apple drink (33).

17 Celery and rice soup (214).

Eggs fried (119) in paste, stewed (220) green cabbage, melted butter, red lentil jelly (209) fried (119) in slices with lemon flavoured lentil flour sauce (77).

Baked peach jam roly, stewed fruit compôte (74), chestnut custard sauce (77).

Cheese soufflé (212).

Fresh and dried fruits, nuts (114).

Date and rhubarb beverage (33).

18 Radish soup (214).

Parsnip pie (162), mushroom sauce (77), asparagus heads as peas (28).

Rice mould (141), stewed (220) rhubarb, Genoises de nouilles.

Spring onion salad (202), Roquefort cheese (69), bread.

Fresh and dried fruits, nuts (114).

Ginger and orange drink (33).

19 Parsnip and oatmeal soup (214).

German lentil cannelons (50), stewed (220) spinach, sorrel sauce (77), yellow peas stewed (220) with rice and onions.

Baked pear puffs (180), rhubarb solid (209), clove custard sauce (77).

Watercresses, Roquefort cheese (69), bread.

Fresh and dried fruits, nuts (114).

Almond and orange drink (33).

- 20 Purée of parsnips and green beans (214).
Boiled polenta and carrot dumplings (207), artichokes
baked in savoury batter (31), mushroom sauce (77).
Baked orange soufflé (212), rhubarb and tapioca casserole
(59), cocoanut cream sauce (77).
Scotch rarebit (71).
Fresh and dried fruits, nuts (114).
Pomegranate syrup beverage (33).
-
- 21 Sweet corn soup (214).
Marinated (136) parsnips, cold boiled (36) haricot
beans fried (119) in bread crumbs, parsley sauce (77),
nouilles au gratin (148).
Fried (119) nutmeg puffs (180), rhubarb blanc-mange
(35), ginger cream sauce (77).
Biscuits, Roquefort cheese (69).
Fresh and dried fruits, nuts (114).
Almond and bayleaf beverage (33).
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- 22 Potage à la Crecy (167).
Egyptian lentil pancakes (156), white sauce (77), stewed
(220) asparagus served with oil and lemon juice,
boiled (36) rice pudding.
Little baked chocolate puddings with vanilla sauce (77),
banana snow (208).
Dressed celery, Roquefort cheese (69).
Fresh and dried fruits, nuts (114).
Fig and rhubarb beverage (33)
-
- 23 Hominy and celery soup (214).
Eggs en marinade (100) beetroot fried (119) in slices,
stewed (220) macaroni and onions baked in layers,
brown gravy sauce (77).
Boiled cocoanut roly (207) served with orange custard
sauce (77), rhubarb fool (106).
Cornflour and cheese dumplings (207).
Fresh and dried fruits, nuts (114).
Vanilla and apple beverage (33).

24 Spinach soup (214).

Onion and macaroni rissoles (196), German lentils stewed (220) in brown gravy (77).

Tapioca fritters (116), fruit cream (77), orange trifle (235).

Bon-dons and oat cake.

Fresh and dried fruits, nuts (114).

Rhubarb and pear beverage (33).

25 Parsnip and polenta soup (214).

Savoury tapioca rissoles (196), macaroni au gratin (134), red haricot beans à la bourguignonne (122) cream sauce (77).

Baked cocoanut darioles (85) served with sifted sugar, rhubarb and apple meringue (137), ginger custard sauce (77).

Cream cheese roly.

Fresh and dried fruits, nuts (114).

Orange and vanilla drink (33).

26 Onion Purée with parsnip balls (214).

Fried savoury rice quenelles (183), spinach with brown gravy, vermicelli stewed (220) with onions.

Baked ground rice cup custards served with black currant jam, orange solid (209) with vanilla cream (77).

Cheese pies (162).

Fresh and dried fruits, nuts (114).

Quince syrup beverage (33).

27 Haricot bean and rhubarb soup (214).

Celery ragoût (184), savoury pyramid of vermicelli, onion sauce (77), asparagus toasts (232).

Fried apple and rhubarb patties (159) served with cinnamon cream (77), lemon blanc-mange (35) with sweet syrup.

Puff-paste cream cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Gingerade (33).

28 Soup of fried (119) cucumbers served with grated Parmesan (214).

Stewed (220) asparagus served with butter sauce (77), rolled nouilles (147), herb omelets (149).

Cream croustades (80), orange and pear compôte (74), vanilla custard sauce (77).

Strawberry salad (202), Swiss cream cheeses (69), bread.

Fresh and dried fruits, nuts (114).

Tamarind and rhubarb beverage (33).

29 Rice and egg soup (214).

Colcannon (75) of celery and onions, savoury boiled (36) tapioca, yellow pea dumplings fried (169) in bread crumbs, browned butter onion sauce (77).

Boiled rhubarb roly (207), gooseberry and vermicelli mould (141), cinnamon cream sauce (77).

Cheese straws (71).

Fresh and dried fruits, nuts (114).

Clove and raisin drink (33).

30 Lettuce soup (214).

Curried egg pies (162), savoury boiled (36) rice, green corn stewed (220) in brown gravy.

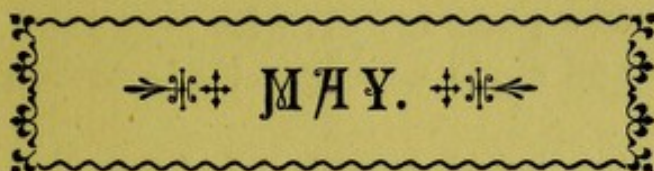
Semolina and rhubarb croquettes (79), apple blanc-mange (35), cocoanut cream sauce (77).

Neufchatel cheese (69), bread.

Fresh and dried fruit, nuts (114).

Lemon and gooseberry (33).





I Oatmeal and spinach soup (214).

Cucumber croquettes (79) served with lemon butter (42), macaroni in Italian manner (135), celery stewed (220) in mushroom purée (214).

Baked sliced apple and pear served with nutmeg sugar, apricot meringue (137), vanilla custard sauce (77).

Dressed celery, Neufchatel cheese (69).

Fresh and dried fruits, nuts (114).

Carraway and rhubarb beverage (33).

2 Purée of celery and parsnips (214).

Baked macaroni cheese, stewed (220) asparagus heads, melted butter.

Baked rhubarb soufflé (212) served with sweet cream (77), carraway blanc-mange (35) with cherry purée (214).

Cheese (69) baked with cream and served on toast.

Fresh and dried fruits, nuts (114).

Mulberry syrup beverage (33).

3 Cucumber and onion soup (214).

Fricassee cauliflower (115), celery fried (119) in bread crumbs, stewed (220) yellow peas, white sauce (77).

Fried apricot patties (159), gooseberry and tapioca mould (141), cinnamon cream sauce (77).

Pulled bread (181), Neufchatel cheese (69).

Fresh and dried fruits, nuts (114).

Gooseberry drink (33).

- 4 Purée of asparagus (214).
Curried carrots with rice, radish sandwiches (205), fried (119) potato chips, melted butter.
Baked batter pudding (31) with pear sauce (77), gooseberry and apple meringue (137) with lemon cream (77).
Watercresses, bread, Neufchatel cheese (69).
Fresh and dried fruits, nuts (114).
Clove and honey drink (33).
-
- 5 Vermicelli soup served with grated cheese (214).
Buttered eggs (44) with asparagus, cucumbers stewed (220) with onions, sago boiled (36) and served in savoury milk.
Steamed treacle pudding (207) with arrowroot sauce (77), apple and rhubarb fool (106).
Cheese pasties.
Fresh and dried fruits, nuts (114).
Tamarind and gooseberry beverage (33).
-
- 6 Cucumber soup (214).
Asparagus and potato pasties; haricot beans à la maître d'hôtel (124), capsicum butter (51).
Macaroni pancakes (156), stewed rhubarb, clove cream sauce (77).
Stilton cheese (69), bread.
Fresh and dried fruits, nuts (114).
Vanilla and cherry drink (33).
-
- 7 Herb and arrowroot soup (214).
Rice and radish fritters (116), braised artichokes, sorrel sauce (77), savoury macaroni jelly (209).
Boiled strawberry syrup roly (207) served with honey custard (77), apple and orange trifle (235).
Cucumbers, bread, Stilton cheese (69).
Fresh and dried fruits, nuts (114).
Lemon and rhubarb drink (33).

8 Purée of cauliflowers and cucumbers (214).

Boiled pudding of Egyptian lentils and minced eggs (207), white sauce (77), asparagus à la Pompadour (27).

Baked rice timbale (230) with apricots, ginger blanc-mange (35) with gooseberry pureé (214).

Macaroni balls fried (119) and served in cheese custard.

Fresh and dried fruits, nuts (114).

Cocoanut and rhubarb beverage (33).

9 Rice soup (214).

Green pea stew (220) with savoury mint dumplings (207), beetroot fried (119) in dice, lemon piquante sauce (77).

Fried (119) strawberry patties (156) served with milk cream, rice and rhubarb mould (141) with clove custard (77).

Bread and butter Stilton cheese (69) sandwiches (205).

Fresh and dried fruits, nuts (114).

Ginger and gooseberry beverage (33).

10 Cocoanut soup (214).

Asparagus hash, savoury toasts (232), herb and polenta balls fried (119) in bread crumbs, chervil sauce (77).

Strawberry charlottes (67) served with sifted sugar, gooseberry meringue (137) with nutmeg cream (77).

Watercresses, bread, Stilton cheese (69).

Fresh and dried fruits, nuts (114).

Almond syrup beverage (33).

11 Butter-milk, or orange and desiccated cocoanut soup (214).

Stuffed cucumbers (223), savoury haricot bean jelly (209), carrot and turnip charlotte (67), melted butter.

Baked apple marmalade roly served sliced with lemon custard, rice and rhubarb cassolettes (60) with ginger cream (77).

Asparagus heads fried in cheese batter (31).

Fresh and dried fruits, nuts (114).

Strawberry drink (33).

12 Cressy soup (214).

Raised pies (162) of German lentil and onion jelly,
boiled (36) cauliflower, brown gravy sauce (77).

Rhubarb croustades (80) served with ginger cream (77),
vermicelli mould (141) with stewed (220) gooseberries.

Asparagus salad (202), bread, Parmesan cheese (69).

Fresh and dried fruits, nuts (114).

White currant beverage (33).

13 Hominy and spring onion soup (214).

Herb and artichoke roulettes (200), asparagus chopped
with cream, cucumber sandwiches (205).

Baked apricot patties (159) with vanilla cream (77),
strawberry blanc-mange (36) with bayleaf cream (77).

Cauliflower sippets fried (119) in cheese batter (31) and
served on toast.

Fresh and dried fruits, nuts (114).

Almond and nutmeg beverage (33).

14 Purée of radish and cucumber (214).

Boiled (36) cauliflower and cheese pudding (207), savoury
stewed (220) nouilles paste (147), baked potatoes
with parsley and onions.

Moulded chocolate custard (141), strawberry meringue
(137) with almond custard (77).

Cucumbers, bread, Parmesan cheese (69).

Fresh and dried fruits, nuts (114).

Tamarind and cherry beverage (33).

15 Arrowroot and rhubarb soup (214).

Carrot ragoût (184), sage and onion toasts (232), polenta
boiled (36) in and served with savoury milk.

Ground rice puffs (180) with greengage jam, rhubarb
and tapioca chartreuse (68), lemon cream (77).

Biscuits, Parmesan cheese (69).

Fresh and dried fruits, nuts (114).

Vanilla and raisin beverage (33).

16 Potage à la Xavier (170).

Cauliflower pancakes (156), fried (119) turnip-tops, pyramid of savoury rice, mushroom sauce (77).

Baked hominy dumplings with strawberry jam, rhubarb and gooseberry fool (106).

Lettuce, bread, Parmesan cheese (69).

Fresh and dried fruits, nuts (114).

Fig and lemon beverage (33).

17 Vermicelli milk cheese soup (214).

Fried (119) eggs, stewed (220) radishes served on toast, pea brose (160), parsley and butter sauce (77).

Boiled clove syrup roly (207) served with pineapple custard, rhubarb and semolina mould (141) with sweet custard (77).

Cheese puffs (180).

Fresh and dried fruits, nuts (114).

Vanilla and strawberry drink (33).

18 Mulligatawny soup (214).

Spinach and onion patties (159), artichokes à la bonne femme (19), stewed (220) watercresses served on toast with lemon juice, white sauce (77).

Cinnamon omelets (149), green gooseberry blanc-mange (35) with ginger cream (77).

Biscuits and Cheddar cheese (69).

Fresh and dried fruits, nuts (114).

Orange and rhubarb drink (33).

19 Rhubarb soup (214).

Macaroni cheese cannelons (50), cauliflower heads boiled (36) in milk, savoury haricot bean jelly (209) fried (119) in slices, white sauce (77).

Strawberry pie (162), rhubarb and tapioca mould (141), clove custard sauce (77).

Watercresses, bread, Cheddar cheese (69).

Fresh and dried fruits, nuts (114).

Cocoanut and strawberry beverage (33).

20 Purée of beetroot and radish (214).

Baked turnip and onion pudding with potato crust, asparagus boiled (36) and served in thickened milk.

Baked apple and gooseberry soufflé (212) served with ginger cream (77), vanilla blanc-mange (35) with rhubarb syrup.

Artichoke salad (202), toast, Cheddar cheese (69).

Fresh and dried fruits, nuts (114).

Carraway and orange beverage (33).

21 Celery and mushroom soup (214).

Fricassee haricot beans (115), fried (119) cauliflower, brown butter sauce (77), cucumber toasts (232).

Fried (119) gooseberry patties (159) served with arrowroot custard (77), semolina blanc-mange (35) with strawberry purée (214).

Baked onion cheese.

Fresh and dried fruits, nuts (114).

Banana syrup beverage (33).

22 Soup of fried beetroots (214).

Sage and onion omelets (149), lettuce stewed with green peas (130), boiled (36) new potatoes, white sauce (77).

Baked sweet corn cup puddings, melon compôte (74), lemon sauce (77).

Dressed celery, Cheddar cheese (69).

Fresh and dried fruits, nuts (114).

Black currant drink (33).

23 Macaroni soup with egg balls (214)

Colcannon (75) of spinach and onions, beetroot fried (119) in bread crumbs, lemon piquante sauce (77).

Baked damson jam roly sliced and served with almond custard (77), arrowroot and rhubarb mould (141) with clove cream (77).

Cheese and cream moulds (141).

Fresh and dried fruits, nuts (114).

Cinnamon and bayleaf beverage (33).

24 Tapioca soup (214).

Cucumber and onion pie (162), melted butter, boiled (36) cauliflower with cheese sauce (77).

Rhubarb fritters (116), sago and rhubarb casserole (59) with cinnamon custard (77).

Indian salad (202), Cheshire cheese (69), biscuits.

Fresh and dried fruits, nuts (114).

Date and gooseberry drink (33).

25 Cauliflower and arrowroot soup served with grated Parmesan (214).

German lentil rissables (194), spinach à la maître d'hôtel (217), savoury boiled nouilles paste (147).

Cinnamon cheesecakes (70), strawberry solid (209), vanilla cream sauce (77).

Turnip radishes, bread, Cheshire cheese, (69).

Fresh and dried fruits, nuts (114).

Ginger and fig beverage (33).

26 Purée of cauliflower with chervil (214).

Norfolk dumplings, cucumbers à l'Espagnole (83), tapioca balls stewed (220) and served in brown gravy.

Baked cherry trifle (235) served with red currant cream (77), red gooseberry blanc-mange (35) with ginger custard (77).

Sliced beet served with lemon and cheese.

Fresh and dried fruits, nuts (114).

Lemon and strawberry beverage (33).

27 Spring onion soup (214).

Macaroni ragoût (184), asparagus fried (119) in batter (31), mushroom butter (42).

Fried (119) gooseberry and rhubarb patties (159), semolina and strawberry mould (141), sweet cream sauce (77).

Puff paste, Cheshire cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Cinnamon and cherry drink (33).

- 28 Egyptian lentil soup (214).
Curried cauliflowers with rice, asparagus in French rolls, cream sauce (77).
Boiled (36) rhubarb dumplings with ginger cream (77), baked and moulded lemon custard.
Spring onions, Cheshire cheese (69), bread.
Fresh and dried fruits, nuts (114).
White currant syrup beverage (33).
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- 29 Cheese soup (214) with golden egg paste balls (98).
Stuffed lettuces, haricot beans stewed (220) and served in brown gravy (77).
Boiled raspberry syrup roly (207) with vanilla custard (77), red currant fool (106).
Vermicelli balls fried (119) in cheese batter (31).
Fresh and dried fruits, nuts (114).
Almond and carraway beverage (33).
-
- 30 Cauliflower soup (214).
Savoury macaroni rissoles (196), artichokes stewed (220) in gravy and served in the same with arrowroot thickening, young carrots à l'Allemande (54).
Hominy and rhubarb croquettes (79) served with lemon cream, apricot blanc-mange (35) with vanilla custard (77).
Currant salad (202), biscuits, brickbat cheese (69).
Fresh and dried fruits, nuts (114).
Fig and gooseberry beverage (33).
-
- 31 Curried vegetables and rice soup (214).
Mushroom croquettes (79), green peas à l'Anglaise, new potatoes stewed in mint butter (42), and lemon sauce (77).
Baked oatmeal dumplings served with raspberry jam, gooseberry compôte (74).
Turnip radishes, bread, brickbat cheese (69).
Fresh and dried fruits, nuts (114).
Vanilla and French plum beverage (33).

⇒✿ JUNE. ✿⇐

1 Purée of turnips and herbs (214).

Polenta quenelles (183), fricasseed (115) white kidney beans, watercresses stewed (220) in butter, onion sauce (77).

Baked soufflé (212), macaroni and rhubarb mould (141) with clove custard sauce (77).

Savoury farinaceous balls fried in cheese batter (31).

Fresh and dried fruits, nuts (114).

Gooseberry and melon beverage (33).

2 Maize and rhubarb soup (214).

Fricasseed (115) onions, asparagus fried in (119) tomato batter (31), lemon piquante sauce (77).

Baked strawberry patties (159) served with powdered sugar, tapioca and red currant meringue (137) with cinnamon custard (77).

Bread and butter and cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Rhubarb sherbet (33).

3 Purée of beetroot (214).

Onion hash, sorrel fried in batter (210), white sauce (77), rice à l'Andalusian (185).

Baked rhubarb pudding served with sweet cream (77), vermicelli and strawberry mould (141) with vanilla cream (77).

Spanish onions and brickbat cheese (69).

Fresh and dried fruits, nuts (114).

Almond and rhubarb beverage (33).

- 4 Cucumber and onion broth (214).
Fricasseed eggs (101), carrots à la ménagère (56), boiled (36) nouilles paste (147), cheese sauce (77).
Boiled cherry and currant pudding (207) with cream sauce (77), pineapple blanc-mange (35) with almond custard (77).
Sorrel, bread and cheese.
Fresh and dried fruits, nuts (114).
Ginger syrup beverage (33).
-
- 5 Cauliflower and mushroom soup (214).
Cheese and rice patties (159), broad beans stewed (220) in brown gravy (77), French beans with fine herbs (113), melted butter.
Cocoanut pancakes (156) served with orange cream sauce (77), stewed (220) currants and cherries.
Cauliflower salad (202), toast, Stilton cheese (69).
Fresh and dried fruits, nuts (114).
Home-made lemonade (33).
-
- 6 Hominy and asparagus soup (214).
Egg ball fritters (98), minced asparagus (36), savoury rice balls fried (119) in bread crumbs.
Pear and apricot raised pie (162), strawberry and currant meringue (137) with vanilla custard (77).
Turnip radishes, bread, Stilton cheese (69).
Fresh and dried fruits, nuts (114).
Almond and vanilla drink (33).
-
- 7 Purée of turnip and cauliflower (214).
Boiled (36) yellow peas pudding, carrots stewed (220) in milk and served in the same thickened.
Baked clove cup custards, apple and orange solid (209).
Nouilles au gratin (148).
Fresh and dried fruits, nuts (114).
Tamarind beverage (33).

8 Hot sorrel soup (214).

Cauliflower stew (220), green peas moulded (141) and garnished with egg rings, new potatoes boiled in cream, lemon mint sauce (77).

Fried pineapple patties (159) served with cream, semolina and rhubarb cassiolettes (60) with cocoanut custard sauce (77).

Puff-paste Stilton cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Vanilla and date beverage (33).

9 Almond and rice soup (214).

Brown lentil and onion hash, asparagus pudding (207) served with gravy sauce (77), spinach toasts (232).

Rhubarb charlotte (67) served with sifted sugar, cherry blanc-mange (35) with lemon cream (77).

Young onions, Stilton cheese (69), bread.

Fresh and dried fruits, nuts (114).

Lemon and melon water beverage (33).

10 Cheese and potato soup (214).

Minced egg and onions served in white sauce (77), French or kidney beans with rich brown gravy (77).

Baked plum marmalade roly with ginger custard (77), gooseberry fool (106).

Cheese baked with butter, and served on toast.

Fresh and dried fruits, nuts (114).

Cocoanut and cherry drink (33).

11 Herb soup (214).

German lentil croustades (80), green peas baked in custard, served with lemon mint sauce (77), boiled (36) sweet potatoes.

Jam tarts, rhubarb and hominy mould (141) with clove cream (77).

Onions, Gloucester cheese (69), bread.

Fresh and dried fruits, nuts (114).

Nutmeg and strawberry beverage (33).

- 12** Radish and chestnut soup (214).
Salsify roulettes (200), asparagus stewed (220) and served in brown gravy (77), macaroni with white sauce (77).
Gooseberry croustades (80) with nutmeg cream (77), red currant solid (209) with vanilla custard (77).
Finger radishes, bread, Gloucester cheese (69).
Fresh and dried fruits, nuts (114).
White currant sherbet (33).
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- 13** Purée of cucumber and turnip (214).
Boiled green pea and potato dumplings (207), artichokes fried (119) in bread crumbs, lemon mint sauce (77).
Baked apricot soufflé (212) served with bayleaf cream (77), red currant meringue (137) with raspberry custard (77).
Gooseberry salad (202), bread and butter Gloucester cheese (69) sandwiches (205).
Fresh and dried fruits, nuts (114).
Melon water beverage (33).
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- 14** Green corn soup (214).
Fricassee (115) French beans, boiled (36) cauliflower with cream sauce (77).
Fried ginger puffs (180) served with lemon cream (77), rhubarb flummery (105).
Cucumbers, Gloucester cheese (69), bread.
Fresh and dried fruits, nuts (114).
Vanilla and bayleaf drink (33).
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- 15** Soup of fried cauliflower (214).
German lentil-flour pancakes (156), French beans with cheese sauce (77), French fried sweet potatoes.
Baked rhubarb dumplings with cocoanut sauce (77), gooseberry and rice mould (141) with cinnamon cream (77).
Radishes, Gloucester cheese (69), bread.
Fresh and dried fruits, nuts (114).
Dried fig and currant beverage (33).

16 Barley and rhubarb soup (214).

Eggs with sorrel (102), carrots boiled (36) and served in brown thickening (77), haricot-bean balls fried (119) in bread crumbs and served with lemon juice.

Boiled (36) vanilla syrup roly (207) served with pomegranate custard (77), strawberry trifle (235).

Lettuce, Gloucester cheese (69).

Fresh and dried fruits, nuts (114).

Cinnamon and raisin beverage (33).

17 Turnip soup (214).

Raised pie (162) of savoury vermicelli, braised (37) celery served with onion gravy (77).

Apricot omelets (149), raspberry meringue (137), vanilla cream sauce (77).

Radishes, Dunlop cheese (69), bread.

Fresh and dried fruits, nuts (114).

Almond and strawberry beverage (33).

18 Oatmeal and sorrel soup (214).

Potato and Egyptian lentil cannelons (50), white sauce (77), lettuce stewed (220) with rice and served with lemon butter (42).

Apricot vol-au-vent (243), clove blanc-mange (35) served with cherry and red currant purée (214).

Spring onions, Dunlop cheese (69), bread.

Fresh and dried fruits, nuts (114).

Currant and gooseberry beverage (33).

19 Purée of cauliflower and chervil (214).

Spinach and rice quenelles (183), French beans à la Française (109), curry gravy sauce (77).

Baked nouilles (147) timbale (230) with pineapple, vermicelli rhubarb mould (141) with clove cream (77).

Sorrel salad (202), Dunlop cheese (69), toast.

Fresh and dried fruits, nuts (114).

French plum and gooseberry beverage (33).

20 Rice and rhubarb soup (214).

Cauliflower ragout (184), onions baked in bread crumbs, sweet boiled potatoes served cold, parsley butter (42).

Fried (119) raspberry patties (156) served with clotted cream, hominy and rhubarb casserole (159) served with lemon custard.

Turnip radishes, Dunlop cheese (69), bread.

Fresh and dried fruits, nuts (114).

Cherry drink (33).

21 Yellow pea soup (214).

Mushroom omelets (149), carrots boiled (36) and served in white sauce (77), haricot beans, capsicum butter (51).

Baked cup cocoanut puddings served with orange cream (77), blackheart cherry fool (106).

Biscuits, Dunlop cheese (69).

Fresh and dried fruits, nuts (114).

Bayleaf and honey beverage (33).

22 Macaroni soup (214) with curried egg paste balls (98).

Colcannon (75) of carrot and cauliflower, parsnips fried (119) in bread crumbs, white lemon sauce (77).

Boiled pear jam roly (207) served with clove cream (77), strawberry snow (208).

Cucumbers, Dunlop cheese (69), bread.

Fresh and dried fruits, nuts (114).

Vanilla and tamarind drink (33).

23 Hot potato soap (214).

Turnip and haricot bean vol-au-vent (243), artichokes fried (119) in batter (31) garnished with crisped parsley, mushroom sauce (77).

Rice fritters (116), black currant and arrowroot mould (141) with almond cream (77).

Canadian cheese (69), biscuits.

Fresh and dried fruits, nuts (114).

Apple and strawberry drink (33).

- 24 Rice and vegetable soup (214).
Cucumber and onion rissables (194), braised (37) salsify,
lemon piquante sauce (77), sweet potatoes, parsley
butter (42).
Baked puff-paste sandwiches (205) of gooseberry purée
(214), strawberry and raspberry meringue (137)
served with sweet cream (77).
Finger radishes, bread, Canadian cheese (69).
Fresh and dried fruits, nuts (114).
Cocoanut and currant beverage (33).
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- 25 Purée (214) of cauliflower and beetroot with lemon balls
(201).
Baked savoury custard, brown gravy sauce (77), French
beans à la maître d'hotel (112).
Boiled moulded (141) carraway custard, fruit cream (77),
melon compôte (74) served with almond cream (77).
Canadian cheese (69), puff-paste sandwiches (205).
Fresh and dried fruits, nuts (114).
Apple beverage (33).
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- 26 Onion and cucumber soup (214).
Fricasseed (115) vegetables with rice, parsnip sandwiches
(205), sweet potatoes à la Parisienne, melted butter.
Fried (119) red currant patties (156) with sugar cream,
raspberry blanc-mange (35) with clove custard (77).
Lettuce, Canadian cheese (69), bread.
Fresh and dried fruits, nuts (114).
Honey and lemon beverage (33).
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- 27 Purée of potatoes (214).
Curried salsify, scalloped cauliflower, white sauce (77).
Boiled (40) tapioca dumplings with plum syrup, macaroni
and strawberry mould (141) with vanilla custard (77).
Spanish onion, bread, Canadian cheese (69).
Fresh and dried fruits, nuts (114).
Gooseberry sherbet (33).

28 Cheese and haricot bean soup (214).

Carrots baked in rice balls, salsify fried (119) in batter (31), maître d'hôtel sauce (77).

Boiled rhubarb syrup roly (207) served with orange custard (77), peach blanc-mange (35) with vanilla custard (77).

Radishes, Canadian cheese (69), bread.

Fresh and dried fruits, nuts (114).

Raisin and gooseberry beverage (33).

29 Salad soup (214).

Cauliflower and onion pie (162), green peas with cream sauce (77).

Gooseberry and arrowroot croquettes (79) with ginger custard (77), hominy and black currant mould (141) with almond cream (77).

Derbyshire cheese (69), young onions, bread.

Fresh and dried fruits, nuts (114).

Red currant beverage (33).

30 Oatmeal and onion soup (214).

Haricot bean and mushroom croquettes (79), cucumbers à la poulette (82).

Baked gooseberry puffs (180) served with vanilla cream (77), white currant fool (106).

Watercresses, Derbyshire cheese (69), bread.

Fresh and dried fruits, nuts (114).

Date and cherry beverage (33).



JULY.

- 1 Purée of cauliflower and beetroot (214) with cheese balls (201).
 Herb roly, white sauce (77), French beans à la Provençale (111).
 Baked pineapple soufflé (212) with sugar cream (77), pomegranate blanc-mange (35) with vanilla custard (77).
 Radishes, Derbyshire cheese (69), bread.
 Fresh and dried fruits, nuts (114).
 Ginger and French plum beverage (33).

- 2 Barley soup (214).
 Fricasseed (115) green corn, red cabbage stewed (220) moulded (141) and served with poached eggs, lemon juice sauce (77).
 Little baked sago puddings with apricot purée (214), damson and rice cassolettes (60) with vanilla cream (77).
 Spring onions, Derbyshire cheese (69), bread.
 Fresh and dried fruits, nuts (114).
 Gooseberry and peach drink (33).

- 3 Cocoanut and semolina soup (214).
 Curried vegetable marrow with rice, carrots fried (119) in slices, onion and bread crumb baked pudding, melted butter.
 Baked arrowroot pudding with raspberry cream (77), macaroni and red currant mould (141) with lemon custard (77).
 Radish salad, Derbyshire cheese (69), bread.
 Fresh and dried fruits, nuts (114).
 Almond and raspberry beverage (33).

4 Apple soup (214).

Stuffed onions, cauliflower à la Française (61), white sauce (77), scalloped potatoes.

Baked currant roly (207) served with cream, strawberry and tapioca mould (141) with vanilla custard (77).

Turnip radishes, Derbyshire cheese (69), bread.

Fresh and dried fruits, nuts (114).

Ginger and cherry beverage (33).

5 Chantilly soup (214).

Mushroom and onion rissoles (196), haricot vert stewed (220) in gravy, savoury polenta mould (141), carrot sauce (77).

Ground rice pancakes (156), orange butter (154), strawberry fool (106).

Turnip radishes, Lincoln cheese (69), bread.

Fresh and dried fruits, nuts (114).

Melon sherbet (33).

6 Beetroot and hominy soup (214).

Fricassee (115) vegetable marrow, fried (119) salsify, lemon piquante sauce (77), cauliflower toasts (232).

Baked lemon darioles (85) served with sifted sugar, rhubarb and rice chartreuse (68), almond cream (77).

Lettuce, Lincoln cheese (69), bread.

Fresh and dried fruits, nuts (114).

Raspberry beverage (33).

7 Purée (214) of vegetable marrow and potatoes.

Boiled salsify pudding (207), stewed (220) mushrooms, melted butter, rice with onions.

Baked gooseberry trifle (235) with cinnamon custard (77), tapioca and raspberry mould (141) with sweet cream (77).

Turnip salad, Lincoln cheese (69), bread.

Fresh and dried fruits, nuts (114).

Dried fig and damson beverage (33).

8 Tapioca and rhubarb soup (214).

Fricasseed (115) salsify, carrots fried (119) in dice, vegetable marrow baked in bread crumbs, lemon piquante sauce (77).

Fried (119) plum patties (159) with barley cream (77), strawberry and hominy mould (141) with vanilla cream (77).

Lincoln cheese (69), finger radishes, bread.

Fresh and dried fruits, nuts (114).

Ginger and date beverage (33).

9 Soup of fried salsify (214).

Red lentil and onion hash, cauliflower à la sauce blanche (62), beetroot sandwiches (205).

Apple charlotte (67) served with sifted sugar, greengage meringue (137) with lemon cream (77).

Young onions, Lincoln cheese (69), bread.

Fresh and dried fruits, nuts (114).

Apple and cherry beverage (33).

10 Milk soup (214) with curried egg-paste balls (98).

Potato and mushroom colcannon (75), braised (37) parsnips, sorrel toasts (232), tomato sauce (77).

Boiled gooseberry pudding (207) with ginger cream (77), arrowroot and strawberry mould (141) with vanilla custard (77).

Spanish onions, Lincoln cheese (69), bread.

Fresh and dried fruits, nuts (114).

Cocoanut and raspberry beverage (33).

11 White beet soup (214).

Salsify patties (159), boiled (36) cucumbers with maigre béchemel sauce, macaroni stewed (220) in brown gravy (77).

Greengage croustades (80) with almond custard (77), red currant blanc-mange (35) with sweet cream (77).

York cheese (69), bread, turnip radishes, biscuits.

Fresh and dried fruits, nuts (114).

Nutmeg and strawberry drink (33).

- 12** Vegetable marrow and arrowroot soup (214).
Green pea fritters (116) with lemon mint sauce (77),
buttered mushrooms (45), savoury nouilles (147)
mould (141).
Baked cherry and currant turnovers, apricot fool (106).
Watercresses, York cheese (69), bread.
Fresh and dried fruits, nuts (114).
Pineapple sherbet (33).
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- 13** Purée (214) of artichokes and white beet.
Mushrooms baked in mace custard (77), potatoes à la
royal, boiled (36) artichokes, Dutch sauce.
Baked strawberry soufflé (212) with milk cream (77),
tapioca and black currant mould (141) with almond
custard (77).
Finger radishes, bread, York cheese (69).
Fresh and dried fruits, nuts (114).
Damson beverage (33).
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- 14** Vegetable marrow and cucumber soup (214).
Spinach stew (220), carrots fried (119) in savoury
batter (31), sorrel sandwiches (205), melted butter.
Fried (119) nectarine patties (159) with vanilla custard
(77), plum meringue (137) with bayleaf custard (77).
Lettuce, bread, York cheese (69).
Fresh and dried fruits, nuts (114).
Raisin and apple beverage (33).
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- 15** German lentil soup (214).
Mushroom powder pancakes (156), French bean pudding
(207), parsley sauce (77), sorrel stewed à la Française
(211).
Baked greengage dumplings with custard sauce (77),
raspberry and arrowroot mould (141) with sweet
cream (77).
York cheese (69), toast.
Fresh and dried fruits, nuts (114).
Bayleaf and fig drink (33).

16 Vermicelli cheese soup (214).

Eggs and cucumber (96), cauliflower mould (141), cheese sauce (77), mushroom sandwiches (205).

Boiled ginger syrup roly (207) with vanilla cream (77), apricot solid (209) with lemon custard (77).

Cheese wafer biscuits.

Fresh and dried fruits, nuts (114).

Orange and strawberry beverage (33).

17 Windsor bean soup (214).

Haricot bean and mushroom croustades (80), melted butter, cauliflower au gratin (63), potatoes à l'Italienne.

Sweet corn omelets (149), stewed (220) apricots, vanilla cream (77).

Gruyère cheese (69), pulled bread (181).

Fresh and dried fruits, nuts (114).

Cocoanut and pineapple beverage (33).

18 Polenta and green bean soup (214).

Mushroom and cauliflower hash, carrots fried (119) in bread crumbs, lemon butter (42).

Baked mixed fruit roly with nutmeg cream (77), hominy and red gooseberry mould (141) with cinnamon cream (77).

Lettuce, Gruyère cheese (69), bread.

Fresh and dried fruits, nuts (114).

Honey and raspberry water beverage (33).

19 Purée (214) of vegetable marrow and mushroom.

Ragoût (184) of Egyptian lentils and rice, egg sauce (77), French beans à la poulette (110).

Baked semolina cup puddings with apricot jam, gooseberry and tapioca chartreuse (68).

Gruyère cheese (69), biscuits.

Fresh and dried fruits, nuts (114).

Cherry sherbet (33).

20 Semolina soup (214).

Baked brown flour mushroom dumplings, white sauce (77), boiled (36) red cabbage served with lemon juice, vegetable marrow chopped with onions.

Fried green fig patties (159) with lemon cream (77), vermicelli and raspberry mould (141) with sweet custard (77).

Cucumbers, Gruyère cheese (69), bread.

Fresh and dried fruits, nuts (114).

Pineapple beverage (33).

21 Cauliflower and almond soup (214).

Savoury omelets (149), cucumbers boiled (36) and served in brown gravy, Spanish dressed rice (216).

Little baked citron puddings with sweet cream (77), pineapple solid (209) with vanilla custard (77).

Bread and butter Gruyère cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Tamarind and green fig drink (33).

22 Biscuit soup (214) with curried egg balls (98).

Salisfy baked in potato rolls (201), boiled (36) mushrooms, melted butter.

Boiled blackberry syrup roly (207) sliced and served with bayleaf cream (77), rice and red currant mould (141) with cocoanut cream (77).

Turnip radishes, bread, Gruyère cheese (69).

Fresh and dried fruits, nuts (114).

Clove and French plum beverage (33).

23 Sorrel soup (214).

Raised cauliflower pie (162), mushrooms boiled (36) and served in brown gravy (77).

Sweet corn fritters (116), cinnamon butter (42), cherry and currant fool (106).

Puff-paste Norfolk cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Lemon and raspberry beverage (33).

- 24 Green pea and arrowroot soup (214).
Haricot bean and mushroom roulettes (200), white sauce (77), red cabbage minced with lemon juice.
Baked pineapple patties (159) with nutmeg cream (77), white currant blanc-mange (36) with sweet custard (77).
Cucumbers, Norfolk cheese (69), bread.
Fresh and dried fruits, nuts (114).
Cocoanut and damson beverage (33).
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- 25 Purée of cauliflower (214).
Fried (119) vegetable marrow and potato quenelles (183), melted butter, artichokes à la Poivrade (23) served with sliced lemons.
Baked cocoanut custard, pineapple compôte (74).
Norfolk cheese (69), biscuits.
Fresh and dried fruits, nuts (114).
Ginger and melon beverage (33).
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- 26 Purée (214) of vegetable marrow and green peas.
Mushroom ragout (184), cucumbers fried (119) in butter, cauliflower sandwiches (205).
Fried (119) vanilla puffs (180), rice and black currant mould (141) with almond cream (77).
Finger radishes, Norfolk cheese (69), bread.
Fresh and dried fruits, nuts (114).
Lemon whey drink (33).
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- 27 Soup of fried (119) cucumbers (214).
Curried vegetable marrow with rice, broad beans à l'Anglais, parsley sauce (77).
Boiled greengage dumplings (207) with cream sauce (77), nutmeg blanc-mange (35) with fruit purée (214).
Bread and butter Norfolk cheese (69) sandwiches (205).
Fresh and dried fruits, nuts (114).
Apricot water beverage (33).

- 28 Cheese soup (214) with cocoanut paste balls.
Scrambled eggs with mushrooms, carrot pudding (207) served with cream sauce (77).
Baked green gooseberry jam roly with nutmeg custard (77), raspberry macaroni mould (141) with sweet custard (77).
Tomatoes with lemon juice, Norfolk cheese (69), bread.
Fresh and dried fruits, nuts (114).
Tamarind and damson beverage (33).
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- 29 Salsify soup (214).
Vol-au-vent (243) of haricot bean jelly, carrots stewed (220) and served in brown gravy (77).
Hominy and apple croquettes (79) with carraway custard (77), rice and raspberry mould (141) with sweet cream (77).
Sage cheese (69), biscuits.
Fresh and dried fruits, nuts (114).
Vanilla and pineapple beverage (33).
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- 30 Purée (214) of vegetable marrow and cucumbers.
Turnip and shalot cannelons (50), cauliflower with butter sauce, French fried (119) potatoes.
Cherry and currant pie (162), quince blanc-mange (35) with vanilla custard (77).
Watercresses, sage cheese (69), bread.
Fresh and dried fruits, nuts (114).
Clove and fig beverage (33).
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- 31 Salsify and almond soup (214).
Boiled mushroom and haricot bean pudding (207), red cabbage baked and stuffed, lemon piquante sauce (77).
Baked cherry and currant soufflé (212), with milk of almonds (77), hominy and raspberry mould (141) with sweetened cream (77).
Pulled (181) bread, sage cheese (69).
Fresh and dried fruits, nuts (114).
Lemon and pomegranate beverage (33).

AUGUST.

1 Potato soup (214).

Fricassee (115) yellow peas, mushrooms fried (119) in bread crumbs, vegetable marrow baked in savoury custard, melted butter.

Baked pearl barley pudding served with lemon sauce, plum compôte (70).

Finger radishes, sage cheese (69), bread.

Fresh and dried fruits, nuts (114).

Melon and mulberry beverage (33), or grape sherbet (33).

2 Purée of onions (214).

Green pea and potato hash, salsify baked in bread crumbs, egg sandwiches (205), lemon mint sauce (77).

Little baked almond puddings served with cream, semolina and raspberry mould (141) with sweet custard (77).

Salsify sippets fried in cheese batter (31) served on toast.

Fresh and dried fruits, nuts (114).

Cocconut and plum (33), or lemon and melon beverage (33).

3 Vermicelli soup (214) with curried egg balls (98).

Colcannon (75) of potatoes and vegetable marrow, broad beans with cream.

Boiled nutmeg syrup roly (207) with fig custard (77), gooseberry solid (209) served with vanilla cream (77).

Bread and butter, sage cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Clove and green fig (33), or lime and greengage beverage (33).

- 4 Soup (214) of summer vegetables.
Mushroom and macaroni pie (162), fried (119) red cabbage with lemon piquante sauce (77), savoury solid (209) of brown lentils.
Gooseberry pancakes (156), damson compôte (74), sweet cream (77).
Green pea salad (205), Swiss cheese (69), biscuits.
Fresh and dried fruits, nuts (114).
Red currant sherbet (33), or ginger mulberry beverage (33).
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- 5 White beetroot and rice soup (214).
Vegetable marrow baked in turnip custard, green peas à la paysanne, lemon mint sauce (77).
Lemon curd cheesecakes (70), damson compôte (74), almond custard sauce (77).
Raw tomatoes, bread, Swiss cheese (69).
Fresh and dried fruits, nuts (114).
Mulberry water (33), or nutmeg and gooseberry beverage (33).
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- 6 Purée (214) of shalots and vegetable marrow.
German lentil and rice rissables (194), mushrooms baked and served in savoury gravy (77), tapioca with onion.
Baked sago timbale (230) with rhubarb, hominy and red currant mould (141) served with cocoanut cream (77).
Pulled (181) bread, Swiss cheese (69).
Fresh and dried fruits, nuts (114).
Date and black currant (33), or lemon and plum beverage (33).
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- 7 Corn soup (214).
Fricassee (115) tomatoes, cauliflower baked in bread crumbs, cheese sauce (77), potatoes fried (119) à la Parisienne.
Baked paste patties (159) with cinnamon cream (77), black currant blanc-mange (35) with sweet custard (77).
Watercresses, Swiss cheese (69), bread.
Fresh and dried fruits, nuts (114).
Almond and fig (33), or gooseberry and greengage beverage (33).

8 Purée (214) of salsify.

Red lentil and potato hash, carrots baked and served in savoury gravy (77), minced mushroom toasts (232).

Pineapple charlotte (67) served with sifted sugar, raspberry flummery (105).

Toast, Swiss cheese (69).

Fresh and dried fruits, nuts (114),

Gooseberry and mulberry (33), or nutmeg and plum beverage (33).

9 Summer hotch-potch.

Stuffed eggs (224), cucumbers fried (119) in batter (31), lemon piquante sauce (77), savoury macaroni mould (141).

Boiled greengage pudding (207) with vanilla sauce (77), tapioca and red currant mould (141) with cocoanut custard (77).

Turnip radishes, Swiss cheese (69), bread.

Fresh and dried fruits, nuts (114).

Cinnamon and black currant beverage (33), and honey and strawberry drink (33).

10 Red cabbage soup (214).

Egyptian lentil rissoles (196), stewed (220) salsify with Dutch sauce (77), savoury rice solid (209).

Pineapple croustades (80) with lemon custard (77), red currant and arrowroot mould (141) with cocoanut cream (77).

Wiltshire cheese puff-paste sandwiches (205).

Fresh and dried fruits, nuts (114).

Mulberry sherbet (33), or bayleaf and gooseberry beverage (33).

11 Arrowroot and mushroom soup (214).

Cauliflower and tomato croquettes (79), green peas boiled in their shells, potato balls fried (119) in butter, cream sauce (77).

Baked gooseberry dumplings with cinnamon cream (77), vermicelli and black currant mould (141) with almond custard (77).

Lettuces, Wiltshire cheese (69), bread.

Fresh and dried fruits, nuts (114).

Green fig (33), or melon and grape beverage (33).

12 Purée of potatoes and shalots (214).

Stewed vegetable marrow and potato baked in balls, haricot bean and onion pancakes (156), salsify boiled (36) with and served in cream.

Boiled and moulded custard, stewed (220) damsons, lemon cream sauce (77).

Biscuits, Wiltshire cheese (69).

Fresh and dried fruits, nuts (114).

Tamarind and greengage (33), or clove and plum beverage (33).

13 Haricot bean and barley soup (214).

Vegetable marrow stewed (220) with savoury sago balls, artichokes à la Lyonnaise (22).

Baked currant and raspberry patties (159) with almond cream (77), greengage fool (106).

Spring onions, Wiltshire cheese (69), bread.

Fresh and dried fruits, nuts (114).

Lemon and damson (33), or honey and gooseberry beverage (33).

14 Purée of green beans with lemon paste balls (214).

French bean omelets (149), minced mushrooms, vegetable marrow boiled (36) in milk, white sauce (77).

Boiled gooseberry dumplings (207) with cocoanut cream (77), semolina and red currant mould (141) with almond custard (77).

Finger radishes, Wiltshire cheese (69), bread.

Fresh and dried fruits, nuts (114).

Lemon and mulberry (33), or clove and damson beverage (33).

15 Lemon and milk curd soup (214).

Eggs fried (119) with parsley, salsify pudding (207) with Italian sauce, Duchess potatoes (90).

Baked lemon jam roly, greengage solid (209) vanilla custard sauce (77).

Spanish onions, Wiltshire cheese (69), bread.

Fresh and dried fruits, nuts (114).

Clove and gooseberry beverage (33), or honey and cherry beverage (33).

- 16** Green pea soup (214).
Minced egg and mushroom Dresden patties (159),
broiled salsify with lemon piquante sauce (77),
savoury baked potatoes.
Sago omelets (149), strawberry compôte (74), lemon
cream sauce (77).
Red cabbage salad (202), Camembert cheese (69),
biscuits.
Fresh and dried fruits, nuts (114).
Almond and damson beverage (33), or bayleaf and
raspberry beverage (33).

- 17** Mushroom and almond soup (214).
Macaroni and tomato fritters (116), cauliflower baked
with cheese, red lentils with onion, melted butter.
Raspberry and red currant raised pie (162), pear and
hominy chartreuse (68), cocoanut cream sauce (77).
Watercresses, bread, Camembert cheese (69).
Fresh and dried fruits, nuts (114).
Raspberry sherbet (33), or gooseberry and grape beverage
(33).

- 18** Purée (214) of shalots and turnips.
Stewed (220) rice and tomatoes in boiled dumplings
(207), red cabbage stewed (220) and stuffed, lemon
piquante sauce (77).
Baked raspberry soufflé (212) with sweet custard (77),
black currant and macaroni mould (141) with almond
cream (77).
Toast, Camembert cheese (69).
Fresh and dried fruits, nuts (114).
Greengage beverage (33), or honey and red currant
beverage (33).

- 19** Mushroom and potato soup (214).
Fricassee (115) turnips, baked carrot balls, white sauce,
vegetable marrow toasts (232).
Fried sago puffs (180) with apple jam, semolina and
black currant mould (141) with almond custard (77).
Lettuce, bread, Camembert cheese (69).
Fresh and dried fruits, nuts (114).
Raisin and damson beverage (33), or gooseberry and
plum beverage (33).

- 20 Potage of red lentils (214).
Tomato omelets (149), braised (37) mushrooms,
steamed vegetable marrow, brown onion sauce (77).
Bread and butter and desiccated cocoanut pudding,
plum purée (214), honey mould (141) served with
stewed currants.
Pulled bread (181), Camembert cheese (69).
Fresh and dried fruits, nuts (114).
Lemon and greengage (33), or honey and pineapple
beverage (33).

- 21 Nouilles (147) paste soup served with cheese (214).
Savoury eggs, boiled (36) green peas, lemon piquante
sauce (77), roasted potatoes.
Boiled lemon and rhubarb roly (207) with creamed
butter, bread fritters (116).
Spanish onions, bread, Camembert cheese (69).
Fresh and dried fruits, nuts (114).
Cocoanut and mulberry beverage (33), or clove and lime
juice beverage (33).

- 22 Jardinière soup (214).
Mushroom croustades (80), scalloped salsify (204) served
with lemon juice, savoury stewed (220) polenta.
Pineapple fritters (116), apple and tapioca cassolettes
(60), almond cream sauce (77).
Raspberry salad (202), Cottenham cheese (69), pulled
bread (181).
Fresh and dried fruits, nuts (114).
Lime and mulberry (33), or cinnamon and gooseberry
beverage (33).

- 23 Mushroom and spiced tapioca soup (214).
Vegetable marrow and onion roulettes (200), salsify
stewed (220) and served in brown gravy (77), brown
lentils stewed (220) in milk of onions, and served
with arrowroot thickening.
Pineapple vol-au-vent (243), arrowroot and gooseberry
mould (141) with semolina cream (77).
Watercresses, bread, Cottenham cheese (69).
Fresh and dried fruits, nuts (114).
Greengage sherbet (33), or bayleaf and melon sherbet
(33).

- 24 Purée (214) of cauliflower and shalot.
Fried (119) mushroom quenelles (183) served with cheese butter (42), green peas à la Française, housekeeper's potatoes (126).
Baked plum trifle (235) with almond custard (77), curd fritters (116).
Bread and butter Cottenham cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Nectarine water drink (33), or bayleaf and plum beverage (33).

- 25 Mushroom and salsify soup (214).
Radish stew, cauliflower fried (119) in batter (31), melted butter, savoury turnip toasts (232).
Baked raspberry patties (159) with cream, cherry and currant fool (106).
Tomatoes with lemon juice, bread, Cottenham cheese (69).
Fresh and dried fruits, nuts (114).
Dried fig and greengage beverage (33), or ginger and plum beverage (33).

- 26 Purée of green peas (214).
Curried turnips with rice, cucumbers fried (119) in bread crumbs, stewed (220) vegetable marrow served with fried (119) onions, white sauce (77).
Boiled (36) rice dumplings and currant fritters (116), almond cream sauce (77).
Biscuits, Cottenham cheese (69), bread.
Fresh and dried fruits, nuts (114).
Lemon and black currant beverage (33), or lime and plum beverage (33).

- 27 Rice and lemon soup (214).
Stuffed mushrooms (146), salsify à la crème (203), savoury stewed (220) tapioca, brown gravy sauce (77).
Baked cherry and currant roly with pear-pip cream (77), soufflé maizena fritters (213).
Lettuce, Cottenham cheese (69), bread.
Fresh and dried fruits, nuts (114).
Cocoanut and greengage beverage (33), or bayleaf and pineapple beverage (33).

28 Carrot and almond soup (214).

Mushroom and vegetable marrow raised pie (162),
 cucumbers stewed (220) in brown gravy (77), savoury
 polenta with fried (119) onion rings, white sauce (77).
 Semolina and pear croquettes (79) with ginger custard
 (77), vermicelli and red currant mould (141) with
 cocoanut cream (77).

Salsify salad (202), slipcoat cheese (69), biscuits.

Fresh and dried fruits, nuts (114).

Grape beverage (33), or clove and greengage beverage
 (33).

29 Mushroom gravy soup (214).

Yellow pea and rice cannelons (50), salsify stewed (220)
 in milk of arrowroot, broiled (39) potatoes, onion
 sauce (77).

Baked puff-paste currant purée (214) sandwiches (20),
 fruit fritters (116), almond cream sauce (77).

Young onions, slipcoat cheese (69), bread.

Fresh and dried fruits, nuts (114).

French plum and greengage beverage (33), or carraway
 and raspberry beverage (33).

30 Purée (214) of shalot and beans.

Boiled (36) tomato and macaroni pudding (214), mush-
 rooms au gratin (144), nouilles (147) in brown gravy.

Baked greengage soufflé (212) with vanilla custard (77),
 hominy mould (141) served with stewed red currants.

Pulled bread (181), slipcoat cheese (69).

Fresh and dried fruits, nuts (114).

Black currant sherbet (33), or melon and plum beverage
 (33).

31 Indian meal soup (214).

Mushroom and salsify stew (220), beetroot fried (119) in
 batter (31), melted butter, minced carrot toasts (232).

Baked nectarine patties (159) with cinnamon custard
 (77), cream fritters (116).

Turnip radishes, bread, slipcoat cheese (69).

Fresh and dried fruits, nuts (114).

Date and greengage (33), or apple and gooseberry
 beverage (33).

❖ SEPTEMBER. ❖

1 Purée (214) of mushrooms.

Curried tomatoes with rice, artichokes à l'Italienne (21) with mushroom sauce (77), potato cones (171).

Baked macaroni pudding served with fig sauce (77), apple and apricot compôte (74) with almond cream (77).

Toast, slipcoat cheese (69), bread.

Fresh and dried fruits, nuts (114).

Cocoanut and quince beverage (33).

2 Macaroni and cocoanut soup (214).

Eggs with sorrel sauce (77), braised (37) carrots, savoury polenta solid (209).

Boiled blackberry pudding (207) served with clove sauce (77), bread and fruit fritters (116).

Lettuce, slipcoat cheese (69), bread.

Fresh and dried fruits, nuts (114).

Nutmeg and cherry beverage (33).

3 Onion soup (214).

Vol-au-vent (243) of fried (119) salsify, celery stewed (220) in and served with brown gravy (77), potato rolls.

Vanilla pancakes (156), stewed (36) greengages, cinnamon cream (77).

Puff-paste Roquefort cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Damson syrup beverage (33).

- 4 Tomato and arrowroot soup (214).
Cucumbers baked and served in savoury gravy (77),
green corn solid (209), white lemon sauce (77).
Baked plum puff (180) with cinnamon custard sauce
(77), semolina and gooseberry mould (141) with
cocoanut custard sauce (77).
Cucumbers and lemon juice, Roquefort cheese (69),
bread.
Fresh and dried fruits, nuts (114).
Tamarind and plum beverage (33).
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- 5 Purée of shalots and carrots (214).
Boiled roly of baked tomatoes (207), green peas with
cheese, steamed potatoes, melted butter.
Hominy cup custard with plum jam, greengage mould
(141), almond cream sauce (77).
French bean salad (202), toast, Roquefort cheese (69).
Fresh and dried fruits, nuts (114).
Quince beverage (33).
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- 6 Cream of barley soup (214).
Onion ragoût (184), baked cauliflower balls, custard
marrow with white sauce.
Fried clove puffs (180), pear and apricot fool (106),
lemon cream sauce (77).
Spanish onions, bread, Roquefort cheese (69).
Fresh and dried fruits, nuts (114).
Lemon and pineapple beverage (33).
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- 7 Soup of fried tomatoes (214).
Vegetable macédoine maigre (241), mushrooms on toast,
potatoes à la maître d'hôtel.
Plum charlotte (67) served with sifted sugar, almond
flummery (105).
Bread and butter Roquefort cheese (69) sandwiches (205).
Fresh and dried fruits, nuts (114).
Cocoanut and plum beverage (33).

- 8 Vermicelli soup with button mushrooms (214).
Tomato and turnip hash, salsify fried (119) in bread crumbs served with lemon juice sauce, vegetable marrow sandwiches (205).
Boiled magnum-bonum jam roly (207) with clotted cream, greengage compôte (74).
Spanish onions, bread, Roquefort cheese (69).
Fresh and dried fruits, nuts (114).
Almond and pineapple beverage (33).

- 9 Mushroom and rice soup (214).
Cauliflower pie (162), onions stewed with macaroni.
Plum croustade (80) served with carraway custard (77), frothed eggs (117).
Cream cheese (69), biscuits.
Fresh and dried fruits, nuts (114).
Nutmeg and pineapple beverage (33).

- 10 Vegetable marrow soup (214).
Curried rice croquettes (79), braised (37) cucumbers, green corn balls fried (119) in bread crumbs.
Almond darioles (85), peach compôte (74).
Dressed celery, bread, cream cheese (69).
Fresh and dried fruits, nuts (114).
Vanilla and quince beverage (33).

- 11 Purée of vegetable marrow and tomato (214).
Baked mushroom and onion toad-in-the-hole (231), stewed (220) green peas, melted butter, cold boiled potatoes sliced and fried (119).
Baked plum soufflé (212) with almond custard (77), greengage and semolina chartreuse (68) with coconut cream (77).
Pulled bread (181), cream cheese (69), pineapple salad (202).
Fresh and dried fruits, nuts (114).
Ginger and quince beverage (33).

- 12** Brown lentil and mushroom soup (214).
Macaroni and mushroom ragoût (184), cauliflower cheese, white sauce (77).
Fried plum patties (159) with cocoanut cream (77), cornflower flummery (105).
Cucumbers, cream cheese (69), bread.
Fresh and dried fruits, nuts (114).
Quince sherbet (33).

- 13** Potage (214) of brown lentils.
Rice and tomato hash, glazed beets served with lemon juice, custard marrow marinated (136) and stewed.
Boiled plum dumplings (207) with vanilla sauce (77), greengage and rice chartreuse (68) with caraway custard (77).
Cream cheese (69), toast.
Fresh and dried fruits, nuts (114).
Blackberry beverage (33).

- 14** Ground corn and red lentil soup (214).
Colcannon (75) of tomato and vegetable marrow, mushrooms stewed with rice, parsley butter sauce (77).
Boiled sweet syrup roly (207) with pomegranate cream (77), macaroni and gooseberry blanc-mange (35) with cinnamon custard (77).
Cheese fondue (71).
Fresh and dried fruits, nuts (114).
Raisin and plum beverage (33).

- 15** Tomato purée (214).
Hominy and onion rissoles (196), grilled mushrooms (121), yellow peas stewed and served with thickened milk.
Lemon omelets (149), almond cream sauce (77), pineapple trifle (235).
Bread and butter Neufchatel cheese (69), sandwiches (205).
Fresh and dried fruits, nuts (114).
Pear and cherry beverage (33).

16 Shalot and tapioca soup (214).

Mushroom and onion fritters (116), stewed (220) minced cucumbers served with lemon juice, red lentil mould (141) garnished with fried (119) onions.

Blackberry and apple pastry, plum blanc-mange (35) served with raspberry custard (118).

Tomatoes served with lemon, bread, Neufchatel cheese (69).

Fresh and dried fruits, nuts (114).

Carraway and pineapple beverage (33).

17 Purée (214) of tomato and arrowroot.

Boiled mushroom and onion pudding (207), artichokes à la Gouffé (20) garnished with fried (119) parsley.

Boiled vanilla custard, tapioca and pear casserole (59).

Neufchatel cheese (69), biscuits.

Fresh and dried fruits, nuts (114).

Clove and quince beverage (33).

18 Cauliflower and onion soup (214).

Fricasseed (115) mushrooms, stewed (36) turnips with white sauce (77), baked potatoes.

Baked college puddings with nutmeg cream (77), peach snow (208).

Cucumbers served with lemon, bread, Neufchatel cheese (69).

Fresh and dried fruits, nuts (114).

Almond and cherry beverage (33).

19 Soup of fresh mushrooms (214).

Potato and tomato hash, baked onion cheese pudding, mashed custard marrow, melted butter.

Fried (119) cocoanut puffs (180) served with lemon cream (77), quince and pear fool (106).

Puff-paste Neufchatel cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Plum sherbet (33).

- 20** Milk soup (214) with cocoanut paste balls.
Mushrooms baked in potato rolls, green peas stewed (220) in milk, lemon mint sauce (77), artichoke toasts (232).
Boiled marmalade roly (207) served with orange cream (77), rice froth (190).
Tomatoes fried (119) in cheese batter (31).
Fresh and dried fruits, nuts (114).
Nutmeg and cherry beverage (33).
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- 21** Tapioca cream soup (214).
Haricot bean and tomato patties (159), mushrooms à la Bordelais (142), green corn stewed (220) in milk and served in the same thickened
Sago fritters (116) served with lemon custard (77), peach solid (209) with almond cream (77).
Stilton cheese (69), pulled bread (181).
Fresh and dried fruits, nuts (114).
Date and plum beverage (33).
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- 22** Vegetable marrow and hominy soup (214).
Cauliflower and cheese roulettes (200), onions stewed with vermicelli, corn oysters (76) served with lemon juice.
Baked green fig roly (162) with cream sauce (77), damson blanc-mange (35) with carraway custard (77).
Tomatoes served with lemon, Stilton cheese (69), bread.
Fresh and dried fruits, nuts (114).
Ginger and pineapple beverage (33).
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- 23** Purée (214) of vegetable marrow.
Buttered mushrooms (45) in boiled roly (207), tomatoes stirred in rice, lemon piquante sauce, artichoke sandwiches (205).
Baked damson soufflé (212) with arrowroot cream (77), cornflower solid (209).
Dressed celery, Stilton cheese (69), bread.
Fresh and dried fruits, nuts (114).
Lemon and quince beverage (33)

24 Purée (214) of shalot and mushroom.

Onion and turnip stew (220), cauliflower baked in savoury batter (31), vegetable marrow fried (119) in bread crumbs, melted butter.

Baked blackberry patties (159) with apple syrup, tapioca and peach cassolettes (60).

Stilton cheese (69) turnovers.

Fresh and dried fruits, nuts (114).

Lemon and cherry beverage (33).

25 Tomato soup (214).

Vegetable omelet (149), braised (37) celery with brown gravy sauce (77), Portugal onions à l'Espagnole (169).

Baked bread-and-butter pudding, green fig compôte (74), cinnamon custard sauce (77).

Cucumber salad (202), Stilton cheese (69), rusks.

Fresh and dried fruits, nuts (114).

Pear and cherry beverage (33).

26 Barley and lemon soup (214).

Stuffed vegetable marrow served in gravy, onions baked in custard.

Boiled rhubarb and orange roly (207) served with apple cream (77), open jelly with whipped cream (153).

Bread dice fried (119) in cheese batter (31).

Fresh and dried fruits, nuts (114).

Plum and lemon beverage (33).

27 Brown vegetable soup (214).

Potato and tomato croustade (80), broiled (39) mushrooms, melted butter, savoury nouilles (147) jelly (209).

Fresh plum and rice croquettes (79), apricots au riz (17), lemon custard sauce (77).

Parmesan cheese (69), pulled bread (181).

Fresh and dried fruits, nuts (114).

Almond and quince beverage (33).

- 28 Vegetable marrow and rice soup (214).
Sea pie (207), artichokes à la Barigoule (18), savoury
mould (141) of yellow peas.
Baked apple and blackberry patties (159) with ginger
cream (77), apricots moulded (141) in white jelly.
Dressed celery, Parmesan cheese (69), bread.
Fresh and dried fruits, nuts (114).
Carraway and plum beverage (33).
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- 29 Rice and red lentil soup (214).
Beans baked in onion custard, braised (37) beet, boiled
(36) vegetable marrow, lemon piquante sauce (77).
Nectarine trifle (235), cranberry solid (209), vanilla
cream sauce (77).
Bread and butter Parmesan cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Green fig and plum beverage (33).
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- 30 Purée (214) of onions and mushrooms.
Salsify ragoût (184), stewed (220) cucumbers served on
toast with cheese sauce (77).
Baked damson patties (159) served with cream, black-
berry blanc-mange (35) with cinnamon custard (77).
Onions, Parmesan cheese (69), bread.
Fresh and dried fruits, nuts (114).
Bayleaf and cherry beverage (33).



⇒❖ OCTOBER. ❖⇐

- 1** Purée (214) of green beans.
Curried mushrooms with rice, tomatoes baked in potato balls.
Peach charlotte (67) served with sifted sugar, tapioca solid (209) with fruit purée (214).
Toast, onions, Parmesan cheese (69).
Fresh and dried fruits, nuts (114).
Ginger and damson beverage (33).
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- 2** Vermicelli and brown gravy soup (214).
Eggs with parsley sauce, stuffed custard marrow served in its own gravy, potato ribbons (176).
Boiled lemon syrup roly (207) with chestnut cream sauce (77), pear and lemon chartreuse (68).
Cheese omelets (149).
Fresh and dried fruits, nuts (114).
Green fig sherbet (33).
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- 3** Green bean soup (214).
Raised pie of German lentils (162), stewed (220) carrots served on toast, onion sauce (77).
Semolina pancakes (156), stewed (36) figs.
Cheddar cheese (69), pulled bread (181).
Fresh and dried fruits, nuts (114).
Ginger and blackberry beverage (33).

- 4 Shalot and arrowroot soup (214).
Currant and haricot bean rissables (194), lemon butter (42), tomatoes à la casse tout.
Plum pie (162), almond cream sauce (77), tapioca and peach casserole (59).
Cucumbers, Cheddar cheese (69), bread.
Fresh and dried fruits, nuts (114).
Blackberry sherbet beverage (33).
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- 5 Oswego soup (214).
Baked tomato and vermicelli pudding, roasted cucumbers, lemon piquante sauce (77), buttered truffles.
Baked blackberry soufflé (212), flanc of apricots (104), nutmeg cream sauce (77).
Orange salad (202), bread and butter, Cheddar cheese (69), sandwiches (205).
Fresh and dried fruits, nuts (114).
Nutmeg and quince beverage (33).
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- 6 Purée of tomato and onion (214).
Mushroom and potato stew, baked beet and potato balls served with lemon juice.
Fried walnut patties (159), peach fool (106).
Tomatoes served with lemon juice, bread, Cheddar cheese (69).
Fresh and dried fruits, nuts (114).
Blackberry and nutmeg beverage (33).
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- 7 Potage of yellow peas (214).
Curried celery with rice, onion sandwiches (205), melted butter.
Baked plum dumplings (162) with cocoanut custard (77), blackberry meringue (137) with lemon cream (77).
Puff-paste Cheddar cheese (69) sandwiches (205).
Fresh and dried fruits, nuts (114).
Peach sherbet beverage (33).

8 Cheese and tomato soup (214).

Eggs and celery (95), parsley sauce (77), rice studded with fried tomatoes.

Boiled plum pudding (207) with nutmeg custard (77), sago and damson chartreuse (68).

Vegetable marrowsippets fried (119) in cheese batter (31).

Fresh and dried fruits, nuts (114).

Carraway and blackberry beverage (33).

9 Arrowroot and red lentil soup (214).

Vol-au-vent (243) of cauliflower and tomato, croûte-aux-champignons (81), sliced potatoes with melted butter.

Gooseberry croustades (80), custard solid (209), nutmeg cream (77).

Cheshire cheese (69), pulled bread (181).

Fresh and dried fruits, nuts (114).

Damson sherbet beverage (33).

10 Vegetable soup (214).

Tomato croquettes (79), minced parsnips baked in potato balls, fried (119) vegetable marrow, melted butter.

Almond cheesecakes (70), sago and peach cassolettes (60), apple and pear purée (214).

Onions, Cheshire cheese (69), bread.

Fresh and dried fruits, nuts (114).

Bayleaf and damson beverage (33).

11 Purée of potatoes and beans (214).

Semolina cheese, glazed celery, white sauce, potato klösse (172).

Lemon curd custard, pear and quince compôte (74).

Toast, Cheshire cheese (69).

Fresh and dried fruits, nuts (114).

Peach water beverage (33).

12 Mushroom soup (214).

Marinated (136) vegetable marrow, stewed (220) artichokes with white sauce, potatoes mashed with onions.

Fried semolina puffs (180) with strawberry jam, apple green caps (40).

Tomatoes served with lemon juice, Cheshire cheese (69), bread.

Fresh and dried fruits, nuts (114).

Lemon and green fig beverage (33).

13 Tomato and rice soup (214).

Mushroom and onion hash, minced beetroot, Dutch sauce, herb toasts (232).

Baked vermicelli cup puddings with pear purée (214), damson meringue (137) with lemon cream (77).

Cheshire cheese (69), rusks.

Fresh and dried fruits, nuts (114).

Tamarind and blackberry beverage (33).

14 Custard soup (214).

Colcannon (75) of tomatoes and onions, vegetable marrow fried (119) in batter (31), truffles with eggs (238), cayenne sauce.

Boiled strawberry jam roly (207) with vanilla custard, Frangipane cheesecakes (107).

Mushrooms with cheese stuffing.

Fresh and dried fruits, nuts (114).

Green fig and nutmeg beverage (33).

15 Vegetable marrow and tapioca soup (214).

Celery and onion pie (162), turnips boiled (36) with sugar, savoury mould (141) of yellow peas fried (119) in slices, brown gravy sauce (77).

Orange darioles (85), sago and pear cassolettes (60), almond cream sauce (77).

Brickbat cheese (69), toast.

Fresh and dried fruits, nuts (114).

Ginger and peach beverage (33).

16 Shalot soup (214).

Curried rice croquettes (79), mushrooms au beurre (143), vermicelli stewed (220) and served in brown gravy (77).

Boiled Valentia dumplings (207) with sweet brown sauce (77), damson solid (209) with bayleaf cream (77).

Tomato salad (202), celery, brickbat cheese (69), bread.

Fresh and dried fruits, nuts (114).

Bayleaf and peach beverage (33).

17 Purée (214) of onions and potatoes.

Boiled (36) cauliflower and sago dumplings (207) with cheese sauce, mashed parsnips, truffles à la serviette (236).

Baked ground rice soufflé (212) with strawberry cream (77), apple and blackberry meringue (137) with clove cream (77).

Rusks, brickbat cheese (69).

Fresh and dried fruits, nuts (114).

Nutmeg and peach beverage (33).

18 Haricot bean and ground corn soup (214).

Fricassee (115) Egyptian lentils, onion toast (232), potato rolls.

Fried apple and blackberry patties (159) with vanilla cream (77), damson and hominy chartreuse (68).

Cucumbers served with lemon, bread, brickbat cheese (69).

Fresh and dried fruits, nuts (114).

Bayleaf and quince beverage (33).

19 Purée (214) of celery and arrowroot.

Rice and mushroom hash, turnips stewed (220) in butter and served on toast.

Baked cornflower pudding with fig sauce, apple rolls (14).

Egg salad (202), tomatoes, brickbat cheese (69).

Fresh and dried fruits, nuts (114).

Raisin and peach beverage (33).

20 Meringue soup (214).

Onions baked in potato rolls, stewed (220) tomatoes, lemon piquante sauce (77), turnip hash.

Baked greengage syrup roly (162) with desiccated coconut, damson fool (106).

Mushrooms fried (119) in cheese batter (31).

Fresh and dried fruits, nuts (114).

Bayleaf and green fig beverage (33).

21 Italian soup (214).

Savoury rice rissoles (196), baked celery with onion gravy, vermicelli solid (209).

Peach fritters (116), rice and apple mould (141), clove cream sauce (77).

Tomato salad (202), Gloucester cheese (69), rusks.

Fresh and dried fruits, nuts (114).

Nutmeg and damson beverage (33).

22 Tomato and sago soup (214).

Mushroom and onion fritters (116), turnips stewed (220) in milk and served with white sauce (77), endive with cream.

Peach and apple raised pie (162), pear klösse (161).

Dressed celery, Gloucester cheese (69), bread.

Fresh and dried fruits, nuts (114).

Honey and green fig beverage (33).

23 Mushroom and potato purée (214).

Fried tomato and rice quenelles (183), carrots baked in savoury batter (31), melted butter, timbale (230) of truffles.

Boiled vermicelli custard served with marmalade, blackberry trifle (235), clove cream sauce (77).

Tomatoes served with lemon juice, Gloucester cheese (69), bread.

Fresh and dried fruits, nuts (114).

Carraway and damson beverage (33).

- 24 Brown lentil and rice soup (214).
Fricasseed (115) celery, mushrooms stewed with vermicelli, white sauce (77), turnip sandwiches (205).
Baked French plum patties (159), miroton of apples (138), nutmeg custard sauce (77).
Toast, Gloucester cheese (69).
Fresh and dried fruits, nuts (114).
Honey and damson beverage (33).
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- 25 Soup of fried onions (214).
Potato and mushroom hash, artichoke bottoms à la serviette, baked vegetable marrow, white sauce (77) with mushroom flavouring.
Fig charlotte (67) served with sifted sugar, apple and damson compôte (74), sweet custard (77).
Puff-paste Gloucester cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Carraway and quince beverage (33).
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- 25 Cheese soup (214) with curried paste balls.
Baked horseradish and potato balls, tomatoes served with onion sauce (77), nouilles (147) jelly (209) fried (119) in slices.
Boiled raspberry and currant jam roly (207) with cream, peach and hominy chartreuse (68).
Tomatoes stuffed with cheese (227).
Fresh and dried fruits, nuts (114).
Almond and green fig beverage (33).
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- 27 Braised (37) onion soup (214).
Curried chestnut pie (162), mushrooms stewed (220) with macaroni, brown gravy sauce (77).
Raisin and sago croquettes (79) with sweet cream, buttered apples (43) with apricot jam.
Gloucester cheese (69), biscuits.
Fresh and dried fruits, nuts (114).
Cinnamon and green fig beverage (33).

- 28 Mushroom and tapioca soup (214).
Cauliflower and cheese roulettes (200), turnips stewed (220) and served in brown sauce (77), nouilles (147) with fried (119) onions.
Damson tartlets, blackberry fool (106), cinnamon cream sauce (77).
Dunlop cheese (69), Spanish onions, bread.
Fresh and dried fruits, nuts (114).
Almond and peach beverage (33).
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- 29 Purée (214) of cauliflower and mushroom.
Boiled yellow pea and potato pudding (207), pyramid of fried onions, melted butter.
Baked lemon soufflé (212) with pomegranate syrup, tapioca and plum cassolettes (60).
Peach salad, Dunlop cheese (69), rusks.
Fresh and dried fruits, nuts (114).
Green fig and carraway beverage (33).
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- 30 Polenta and haricot bean soup (214).
Mushroom stew with riced potato border, fried (119) parsnips on toast, truffles à l'Italienne (237).
Fried lemon puffs (180), plum snow (208).
Tomatoes served with lemon juice, Dunlop cheese (69), bread.
Fresh and dried fruits, nuts (114).
Honey and quince beverage (33).
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- 31 Potage of haricot beans (214).
Green corn pancakes (156) with lemon juice, minced carrots, potato turnovers garnished with crisped parsley.
Boiled damson pudding (207) with cocoanut sauce (77), macaroni and apple mould (141) with clove custard (77).
Puff-paste Dunlop cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Carraway and peach beverage (33).

❖❖ NOVEMBER. ❖❖

- 1 Golden egg barley soup, or maigre Irish stew (214).
 Stuffed tomatoes (227), Jerusalem artichokes with
 Italian sauce, potato rings.
 Boiled blackberry and apple pudding (207) served with
 lemon sauce (77), vermicelli au lait (242).
 Button mushrooms fried (119) in cheese batter (31).
 Fresh and dried fruits, nuts (114).
 Lime juice beverage (33).

- 2 Curried mushroom soup (214).
 Haricot bean croustades (80), onions stuffed with bread
 crumbs, vermicelli solid (209), tomato sauce (234).
 Hominy pancakes (156), lemon hasty pudding with
 almond and apple purée sauce (77).
 Mushroom salad (202), Dunlop cheese (69), pulled bread
 (181).
 Fresh and dried fruits, nuts (114).
 Banana sherbet beverage (33).

- 3 Onion and arrowroot soup (214).
 Fried egg cannelons (50), minced celery, white sauce,
 buisson of truffles (41).
 French plum vol-au-vent (243), Normandy pippin and
 semolina chartreuse (68), with almond cream
 sauce (77).
 Canadian cheese (69), tomatoes served with lemon, bread.
 Fresh and dried fruits, nuts (114).
 Lemon whey (33).

- 4 Baked purée (214) of potato and onion.
Boiled spinach and arrowroot dumplings (207), boiled (36) green tops of white beet, lemon piquante sauce (77), moulded (141) vermicelli sliced and fried (119).
Baked apple and pear trifle (235) with clove cream (77).
Three-cornered custard (229).
Fresh and dried fruits, nuts (114).
Lemon sherbet (33).
-
- 5 Barley, onion and tomato soup (214).
Cucumber ragoût (184), turnips baked in savoury custard, brown sauce, endive toasts (232).
Baked jam patties (159), semolina and apple mould (141) with clove custard (77).
Dressed celery, Canadian cheese (69), bread.
Fresh and dried fruits, nuts (114).
Pear sherbet (33).
-
- 6 Soup of fried mushrooms (214).
Parsley omelet (147), melted butter, tomatoes au gratin (233), savoury mashed potatoes.
Vermicelli and apple cup puddings, apple and plum solid (209), lemon cream sauce (77).
Pulled bread (181), Canadian cheese (69).
Fresh and dried fruits, nuts (114).
Ginger and lime juice beverage (33).
-
- 7 Macaroni and nutmeg soup (214).
Egg broulli (99), mushroom pudding (207), yellow peas with fried (119) onions, brown gravy sauce (77).
Boiled lemon marmalade roly (207), sago and peach casserole (59), sweet custard sauce (77).
Rusks, Canadian cheese (69).
Fresh and dried fruits, nuts (114).
Apple syrup beverage (33).

8 Baked onion soup (214).

Raised pie (162) of haricot beans and carrots, vegetable marrow mashed with milk.

Banana croustades (80), green fig fool (106), vanilla custard sauce (77).

Cheese ramequins (71).

Fresh and dried fruits, nuts (114).

Nutmeg and lime beverage (33).

9 Mushroom and chestnut soup (214).

Carrot and haricot rissables (194), onions stewed in milk and served in the same thickened, mashed potatoes with Parmesan cheese (69).

Baked pastry and fruit sandwiches (205), semolina and pear cassiolettes (60), clove cream sauce (77).

Small herb salad (202), canapes (71).

Fresh and dried fruits, nuts (114).

Banana beverage (33).

10 Purée of onion and parsnip (214).

Revalenta Arabica dumplings, stewed (220) vegetable marrow, potatoes with white sauce (77).

Baked Oswego soufflé (212) served with blackberry jam, vermicelli and apple mould (141) with cinnamon cream (77).

Canadian cheese (69), biscuits.

Fresh and dried fruits, nuts (114).

Nutmeg and grape beverage (33).

11 Semolina soup with mushrooms (214).

Ragoût (184) of potato quenelles (183), vermicelli cheese, tomato sauce (77), chestnut paste toast.

Baked marmalade patties (159), mock eggs (140), vanilla cream sauce (77).

Bread and butter Derbyshire cheese sandwiches (205).

Fresh and dried fruits, nuts (114).

Ginger and banana drink (33).

12 Soup of fried onions (214).

Curried vegetable with rice, mushrooms fried (119) in butter, brown onion sauce (77).

Baked citron and almond pudding (162) with sweet arrowroot sauce (77), apple black-caps (5).

Spanish onions, Derbyshire cheese (69).

Fresh and dried fruits, nuts (114).

Ginger and grape beverage (33).

13 Nouilles (147) paste and chestnut soup (214).

Eggs with garlic, turnips fried (119) in dice, broiled (39) truffles.

Boiled plum jam roly (207) with honey butter (42), vermicelli and apple chartreuse (68).

Baked mushroom cheese.

Fresh and dried fruits, nuts (114).

Carraway and lemon beverage (33).

14 Brownded parsnip soup (214).

Onion patties (159), green tops of white beet dressed as spinach, macaroni and tomatoes baked in layers, lemon piquante sauce (77).

Oswego omelets (149), rice compôte (74) with lemon juice.

Rusks, Derbyshire cheese (69).

Fresh and dried fruits, nuts (114).

Lemon and banana beverage (33).

15 Parsnip and tapioca soup (214).

Haricot bean croquettes (79), stewed (220) onions, white sauce (77), endive sandwiches (205).

Baked peach puffs (180) with almond cream (77), creamed apples served with lemon juice.

Tomatoes, Derbyshire cheese (69), bread.

Fresh and dried fruits, nuts (114).

Cinnamon and lime beverage (33).

- 16** Pureé (214) of baked mushrooms.
Fried (119) carrots baked in onion pureé (214), stewed (220) parsnips on toast.
Baked nutmeg cup custards, green fig solid (209) with vanilla custard (77).
Derbyshire cheese (69), pulled bread (181).
Fresh and dried fruits, nuts (114).
Carraway and pear beverage (33).
-
- 17** Semolina soup with onions (214).
Fricasseed artichokes (25), mushroom sandwiches (205), potatoes à l'Anglaise (168).
Baked chocolate patties, hominy and apple mould (141) with clove custard (77).
Italian salad, Welsh rarebit (71).
Fresh and dried fruits, nuts (114).
Honey and orange juice beverage (33).
-
- 18** Vermicelli and nutmeg soup (214).
Parsnip and potato colcannon (75), stewed (220) turnips with fried (119) onions, white sauce (77).
Baked quince marmalade roly (162) with sweet cream (77), rice and Normandy pippin casserole (59).
Lincoln cheese (69), puff-paste sandwiches (205).
Fresh and dried fruits, nuts (114).
Clove and pear beverage (33).
-
- 19** Nouilles (147) soup (214) with egg paste balls (98).
Curried haricot beans with rice, mushrooms baked in cups, scalloped tomatoes, gravy sauce (77).
Apple and pear charlotte (67) served with sifted sugar, baked chocolate custard with vanilla cream (77).
Cheese tarts.
Fresh and dried fruits, nuts (114).
Carraway and banana beverage (33).

20 Green soup (214).

Spinach and potato pie (162), broiled (39) tomatoes, lemon piquante sauce (77), carrot and onion toasts (232).

Semolina fritters (116), apple and banana solid (209), almond custard sauce (77).

Dressed celery, Lincoln cheese (69), bread.

Fresh and dried fruits, nuts (114).

Honey and grape beverage (33).

21 Celery and chestnut soup (214).

Carrot fritters (116), onions à la crème (150), tapioca stewed (220) with tomatoes served in their own gravy.

Vanilla darioles (85), banana and tapioca chartreuse (68) with lemon cream (77).

Lincoln cheese (69), rusks.

Fresh and dried fruits, nuts (114).

Honey and apple beverage (33).

22 Purée (214) of onions and beet.

Savoury nouilles (147) paste quenelles (183), stewed tomatoes with minced eggs, capsicum butter (51) sauce (77).

Baked cocoanut soufflé (212) with orange cream (77), apple gâteau (9) served with custard.

Tomatoes with lemon juice, bread, Lincoln cheese (69).

Fresh and dried fruits, nuts (114).

Cinnamon and banana beverage (33).

23 Red lentil and hominy soup (214).

Carrot stew served with toast sippets, mushrooms baked in bread crumbs, turnip and onion sandwiches (205).

Fried almond puffs (180), apple and banana fool (106).

Lincoln cheese (69), pulled bread (181).

Fresh and dried fruits, nuts (114).

Bayleaf and lemon beverage (33).

- 24 Potato, onion and cheese soup (214).
Rice and onion hash, mushrooms fried (119) in batter (31), tomato toasts (232).
Boiled vermicelli dumplings (207) with fruit purée (214), apple and ginger cheesecakes (70).
Bread and butter Lincoln cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Almond and pear drink (33).
-
- 25 Mace and macaroni soup (214).
Tomatoes baked in potato rolls, savoury boiled (36) German lentils, brown onion sauce (77).
Boiled greengage jam roly (207) with apple cream (77), pears stewed (220) in butter.
Baked tomato cheese.
Fresh and dried fruits, nuts (114).
Lemon and grape beverage (33).
-
- 26 Milk of celery soup (214).
Parsnip patties (159), braised (37) onions served in their own gravy, tomatoes baked in bread crumbs.
Pear and sago croquettes (79) with cinnamon cream (77), apple mangé (12).
Bread and butter York cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Clove and banana beverage (33).
-
- 27 Onion and rice soup (214).
Mushroom roulettes (200), browned butter sauce (77), turnips au gratin, eggs à la Suisse (94).
French plum pasty, rice and apple cassolettes (60), lemon cream sauce (77).
Spanish onions, York cheese (69), bread.
Fresh and dried fruits, nuts (114).
Honey and pear beverage (33).

- 28 Soup of fried parsnips (214).
Baked cornflour and onion custard, baked chestnut flour balls, French tomato sauce.
Boiled and moulded custard solid (209) with honey cream, apple hedge-hog (11).
Puff-paste York cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Lemon and banana beverage (33).
-
- 29 Purée (214) of onions and celery.
Ragoût (184) of parsnip quenelles (183), stewed (220) diced carrots served in pyramid with fine herb sauce, potatoes stewed à la Française (178).
Baked preserved ginger patties (159), apple and chestnut compôte (74) with lemon syrup (77).
Tomatoes served with lemon juice, York cheese (69), bread.
Fresh and dried fruits, nuts (114).
Honey and lime juice beverage (33).
-
- 30 Onion and mushroom soup (214).
Yellow pea and potato hash, broccoli served with onions and sauce, tomato sandwiches (205).
Baked marmalade cup puddings with ginger cream (77), stewed Normandy pippins.
York cheese (69), rusks.
Fresh and dried fruits, nuts (114).
Bayleaf and banana beverage (33).



⇒❖ DECEMBER. ❖⇐

1 Rice and nutmeg soup (214).

Fried chestnut and potato rolls, boiled (36) celery with cheese sauce, tomatoes baked in savoury custard.

Boiled raisin pudding (207) with lemon cream sauce (77), baked apples with sifted sugar.

Baked rice balls rolled in Parmesan.

Fresh and dried fruits, nuts (114).

Almond and banana beverage (33).

2 Curried soup (214).

Raised pie (162) of haricot beans and celery, lemon piquante sauce (77), baked Spanish onions.

Vermicelli pancakes (156), apple and preserved ginger solid (209), sweet chestnut sauce (77).

Dressed celery, York cheese (69), pulled bread (181).

Fresh and dried fruits, nuts (114).

Orange and grape beverage (33).

3 Mushroom and Oswego soup (214).

Haricot bean fritters (116), capsicum butter (51), rice Piedmontese fashion (193).

Baked raisin roly (162) with custard, tous-les-mois pudding.

Pulled bread (181), York cheese (69).

Fresh and dried fruits, nuts (114).

Apple and banana beverage (33).

- 4 Baked purée of onions and celery (214).
Fried curried chestnut quenelles (183), spinach minced with butter and lemon juice, tomatoes baked in macaroni cheese, melted butter.
Hominy baked soufflé (212) with currant jam, apple mincemeat cheesecakes (70).
Winter vegetable salad (202), York cheese (69), biscuits.
Fresh and dried fruits, nuts (114).
Pear and grape beverage (33).
-
- 5 Haricot bean and green corn soup (214).
Chestnut ragoût (184), onions baked in potato balls, devilled biscuits (86) with cream.
Fried (119) chestnut patties (159), apple and cornflower chartreuse (68), lemon custard sauce (77).
Cheese patties (159).
Fresh and dried fruits, nuts (114).
Bayleaf and French plum beverage (33).
-
- 6 Mushroom, parsnip and potato soup (214).
Savoury stuffed pancakes (156), spinach rolls, melted butter, carrot and onion sandwiches (205).
Baked currant and rice pudding with sweet sauce (77), cream toasts (232).
Apple, cheese and cream.
Fresh and dried fruits, nuts (114).
Almond and grape beverage (33).
-
- 7 Macaroni and chestnut soup (214) served with cheese.
Eggs à la Gruyère (93), baked beet and rice balls, roasted tomatoes, lemon piquante sauce (77).
Boiled figuin roly (207), baked date pudding, cream sauce (77).
Cayenne cheese straws (71).
Fresh and dried fruits, nuts (114).
Orange and banana beverage (33).

8 Savoyade soup (214).

Stewed chestnuts baked in paste, spinach with eggs,
white cayenne sauce, baked tomatoes.

Orange croustades (80), semolina and apple casserole
(59), cocoanut custard sauce (77).

Ground rice cheese rolls.

Fresh and dried fruits, nuts (114).

Honey and tamarind beverage (33).

9 Purée (214) of mushrooms and horseradish.

Spinach and onion rissables (194), chestnuts baked and
served in savoury gravy, maigre Milanese rice (192).

Baked fig patties (159), apple pupton (13), lemon
flavoured custard sauce (77).

Gruyère cheese (69), rusks.

Fresh and dried fruits, nuts (114).

Cinnamon and orange beverage (33).

10 Shalot and rice soup (214).

Boiled (36) carrot and turnip dumplings (207), spinach
with piquante sauce (77), stewed (220) Spanish
onions.

Baked apple trifle (235), black-cap puddings (34),
pomegranate custard sauce (77).

Spanish onions, bread, Gruyère cheese (69).

Fresh and dried fruits, nuts (114).

Bayleaf and orange beverage (33).

II Arrowroot and haricot bean soup (214).

Fricassee (115) chestnuts, gravy sauce (77), celery
served on toast, tomatoes fried (119) in batter (31).

Fried (119) cornflower puffs (180) with black currant
jam, orange and apple snow (208).

Toast, Gruyère cheese (69).

Fresh and dried fruits, nuts (114).

Cocoanut and banana beverage (33).

- 12** Cocoanut soup (214) with curried egg paste balls (98).
Green corn omelets (149), capsicum butter (51), braised
(37) chestnuts, turnip and onion toasts (232).
Boiled fruit charlotte (67) Russe, apple à la Portugaise
(3) with red currant jelly.
Potato salad (202), Gruyère cheese (69), bread.
Fresh and dried fruits, nuts (114).
Almond and raisin beverage (33).
-
- 13** Apple and chestnut soup (214).
Baked eggs with cheese sauce (77), onions stewed in
rice, potatoes baked in their jackets.
Orange and chestnut charlotte (67) served with sifted
sugar, lemon and rice pudding, sweet cream sauce (77).
Vermicelli cheese balls fried (119) in batter (31).
Fresh and dried fruits, nuts (114).
Lime and grape juice beverage (33).
-
- 14** Palestine soup (155).
Open spinach and onion pies (162), braised (37) turnips,
eggs poached and served in nut-brown butter.
Chestnut omelets (149), sago and apple cassolettes (60),
almond cream sauce (77).
Norfolk cheese (69), toast.
Fresh and dried fruits, nuts (114).
Pear and orange beverage (33).
-
- 15** Horseradish and arrowroot soup (214).
Parsnip cannelons (50), spinach balls, lemon piquante
sauce (77), potato snow (177).
Orange and pear pie (162), apple snow balls, nutmeg
cream sauce (77).
Dressed celery, Norfolk cheese (69), bread.
Fresh and dried fruits, nuts (114).
Bayleaf and grape drink (33).

- 16** Baked purée of celery and mushrooms (214).
Baked chestnut and potato cheese, melted butter, rizol-
letti of red lentils (198).
Baked chestnut trifle (235) with cornflour custard,
orange and pear compôte (74).
Beet salad, Norfolk cheese (69), rusks.
Fresh and dried fruits, nuts (114).
Grape and cocoanut beverage (33).
-
- 17** Haricot bean, barley, and onion soup (214).
Parsnip stew with potato border, gravy sauce (77),
cardoons (52) baked with bread crumbs.
Baked chestnut patties (159) with lemon syrup, apple
tansy (16).
Spanish onions, Norfolk cheese (69), bread.
Fresh and dried fruits, nuts (114).
Ginger and pear beverage (33).
-
- 18** Baked vegetable soup (214).
Chestnut flour omelet (149), onions stewed (220) in
white sauce, eggs à l'Aurore (91).
Baked raisin dumplings (162) with almond cream (77),
barley pudding (207).
Cheese cassolettes (60).
Fresh and dried fruits, nuts (114).
Vanilla and pear beverage (33).
-
- 19** Mace and rice soup (214).
Colcannon (75) of spinach and carrot, baked parsnips,
bread crumb sauce.
Rice pudding with almonds and raisins, apple and
apricot jam solid (209).
Baked chestnut cheese.
Fresh and dried fruits, nuts (114).
Cinnamon and dried fig beverage (33).

- 20** Cream of onion soup (214).
Celery rissoles (196), spinach old-fashioned stewed (218)
brown onion sauce (77).
Orange fritters (116), hominy and pear casserole (59),
lemon cream sauce (77).
Puff-paste sage cheese sandwiches (205).
Fresh and dried fruits, nuts (114).
Bayleaf and raisin drink (33).
-
- 21** Onion and Oswego soup (214).
German lentil roulettes (200), stuffed broccoli served in
its own gravy.
Honey cheesecakes (70), apples à la Cherbourg (1) with
Devonshire cream.
Tomatoes with lemon juice, sage cheese (69), bread.
Fresh and dried fruits, nuts (114).
Almond and French plum beverage (33).
-
- 22** Baked purée (214) of carrots and onions.
Boiled cheese and celery pudding (207), turnips fried
(119) in bread crumbs, seakale à la sauce.
Baked tapioca soufflé (212) with figuin, pear and lemon
trifle (235).
Haricot bean salad (202), rusks, sage cheese (69).
Fresh and dried fruits, nuts (114).
Vanilla and lime juice beverage (33).
-
- 23** Haricot bean and tapioca soup (214).
Turnip ragoût (184), carrot and onion toast sandwiches
(205), eggs à la Dauphine (92).
Baked date patties (159) served with custard cream,
apples à la Marie (2).
Dressed celery, sage cheese (69), bread.
Fresh and dried fruits, nuts (114).
Cinnamon and French plum beverage (33).

- 24 Ginger and chestnut soup (214).
Curried chestnuts with rice, fried (119) onion rings served with browned butter.
Moulded cornflour custard served with marmalade, prune pudding (207) with arrowroot cream (77).
Cheese baked with eggs and served on toast.
Fresh and dried fruits, nuts (114).
Almond and date beverage (33).
-
- 25 Brown lentil and winter vegetable purée (214).
Eggs in mushroom sauce, parsnips baked in savoury custard, and served with rich brown gravy sauce (77), potatoes fried (119) in dice, and fried potatoes à la Macaire.
Christmas pudding, cream sauce (77), mince (fruit) meat pies, pear and almond solid (209) set in bay-leaf custard cream (77).
French salad (202), dressed celery, cheese (69), bread.
Fresh and dried fruits, nuts (114).
Vanilla and banana juice (33); date and pear drink (33); clove syrup beverage (33); almond milk (33).
-
- 26 Horseradish soup (214).
Chestnut and savoury rice pie (162), onions stewed (220) and served in brown gravy, fried potato shavings.
Hominy and pear croquettes (79), bread and apple pudding, clove custard sauce (77).
Fresh and dried fruits, nuts (114).
Honey and date beverage (33).
-
- 27 Tapioca and onion soup (214).
Curried chestnut fritters (116), Jerusalem artichokes mashed with butter or cream, parsley sauce, savoury cheesecakes (70).
Cinnamon pikelets (163), orange butter (42), lemon and pear snow (208).
Spanish onions, Swiss cheese (69), bread.
Fresh and dried fruits, nuts (114).
Lemon and rhubarb jam beverage (33).

- 28 Baked purée (214) of onions, turnips, and carrots.
Fried potato quenelles (183), stewed seakale with white sauce, polenta à l'Italienne (164).
Boiled biscuit flour cup custards served with plum jam, sweet corn and apple omelets (149) served with cinnamon sugar.
Swiss cheese (69), rusks.
Fresh and dried fruits, nuts (114).
Strawberry jelly beverage (33).
-
- 29 Haricot bean and sweet corn soup (214).
Fricassee (115) German lentils, chestnut sandwiches (205), potatoes moulded (141) with Parmesan (69), white sauce.
Fried (119) chestnut flour puffs (180) served with lemon syrup, apple flummery (105).
Dressed celery, Swiss cheese (69), rusks, bread.
Fresh and dried fruits, nuts (114).
Vanilla and grape juice beverage (33).
-
- 30 Curried cheese soup (214).
Carrot and onion hash, baked turnip and potato balls, melted butter.
Baked little black-caps (34), pear and banana solid (209), carraway cream sauce (77).
Wiltshire cheese (69), rusks.
Fresh and dried fruits, nuts (114).
Chestnut and grape beverage (33).
-
- 31 Onion soup (214) with egg balls (98).
Parsnip baked in rice rolls, cardoons baked à l'Italienne (52), tapioca stewed in savoury milk and served in the same thickened.
Rusk pudding, apple hasty pudding, chestnut purée (214) served with biscuits.
Baked macaroni balls rolled in Parmesan.
Fresh and dried fruits, nuts (114).
Bayleaf and date beverage (33).

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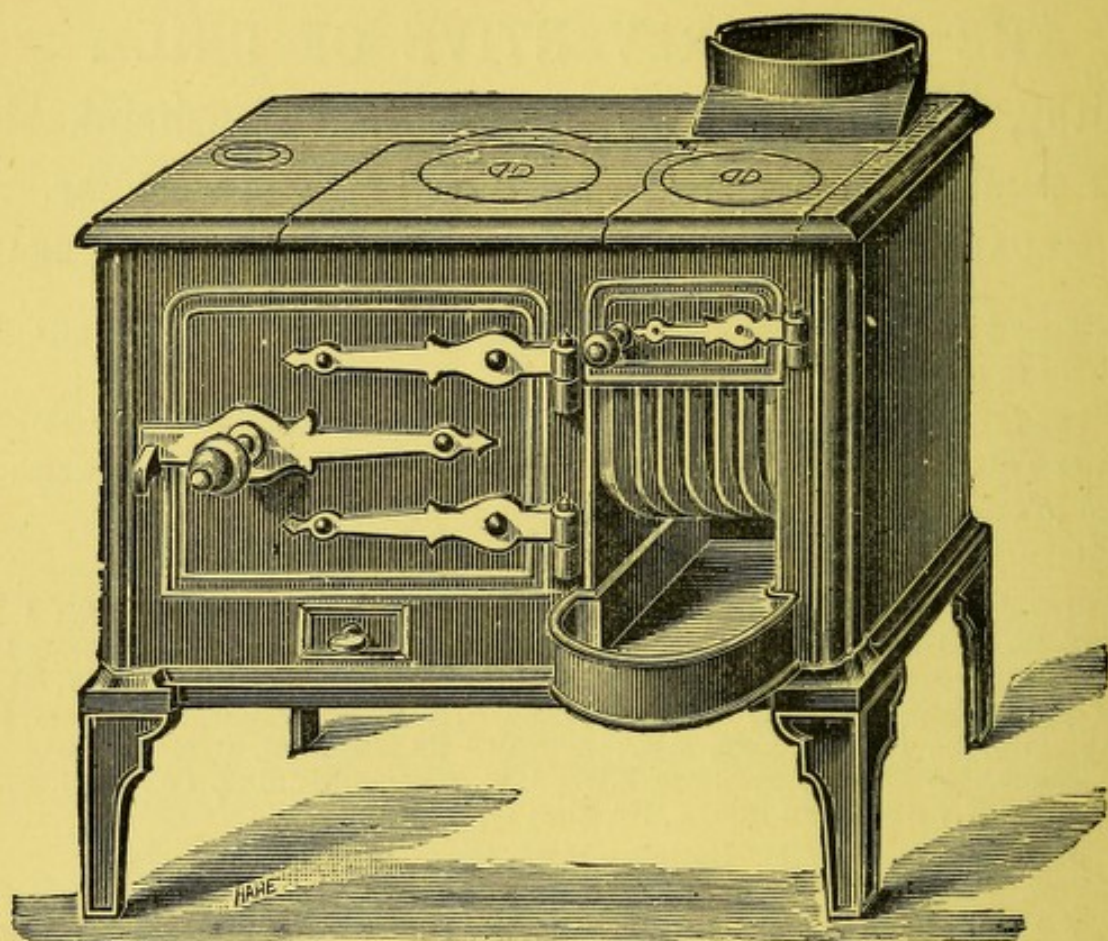
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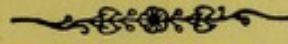
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THE COOK'S GUIDE

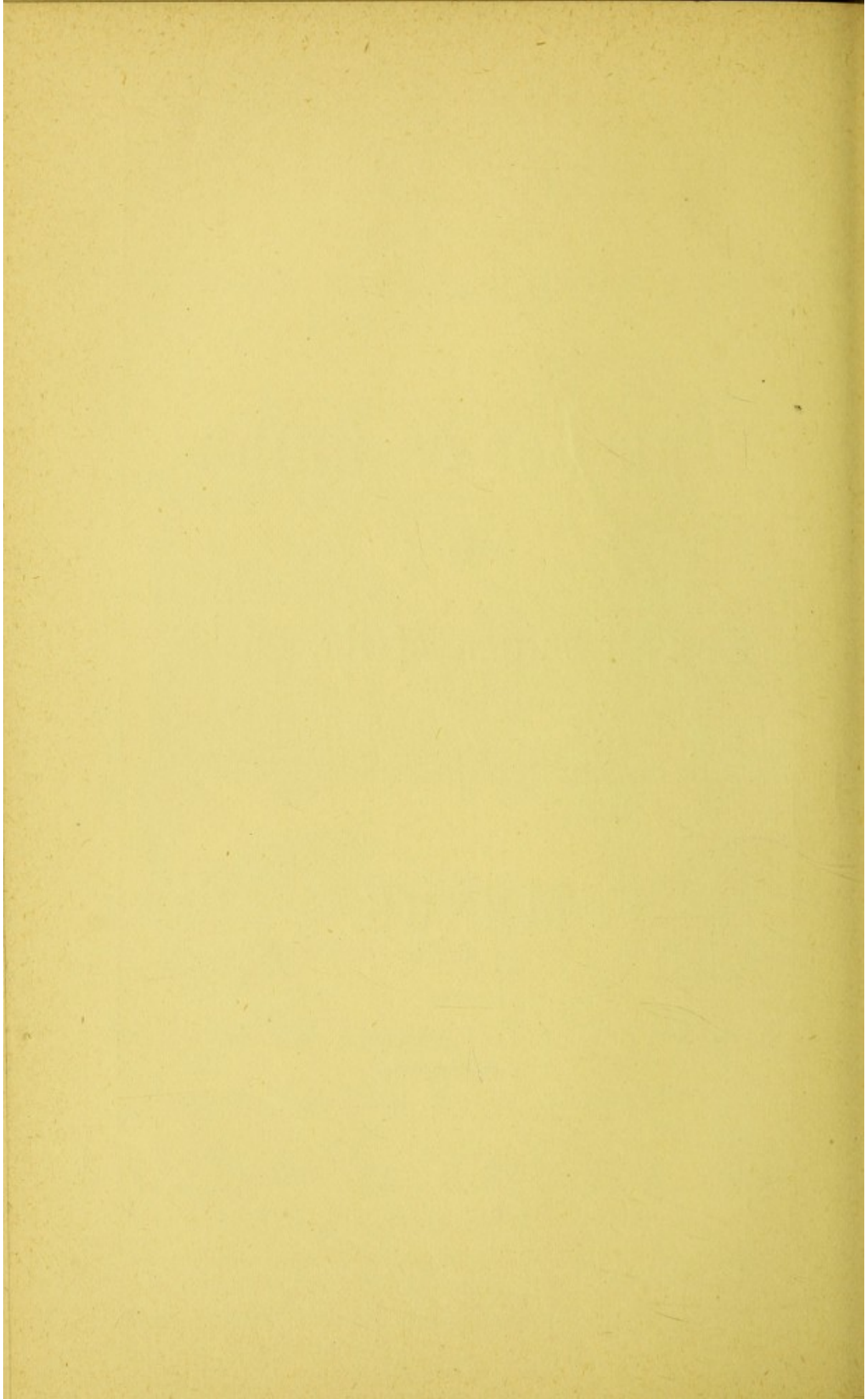
TO

The Production of the Dishes

NOTED IN THE PRECEDING

MENUS.





INTRODUCTION

TO

THE COOK'S GUIDE.

THIS little volume is not offered as a vegetarian cookery book. It is merely 366 menus of dishes in which neither fish, flesh, nor fowl enter into their composition ; and the following definitions and principles of preparation of dishes are only intended to *guide cooks* whose ordinary experience (especially when principally confined to the production of flesh-meat dishes) has perhaps prevented them from understanding.

It is, however, my intention by and bye to make a number of experiments in cookery, which may probably be issued under some such title as a Hygienic Cookery Book. Such a work will necessarily take a long time to prepare, as mathematical exactitude in every particular will be observed, and I am already too much involved in literary duties to devote more than a small portion of my time to its production ; still, inasmuch as I am already acquainted with many facts connected with hygienic

cookery ordinarily unknown, no doubt I will eventually find time to issue it, as I feel that not to do so would be nothing short of a sin of omission.

Those receipts which are here *quoted* are faithful reproductions of those found in popular cookery books, save that I have left out mineral salt, which no ordinary cook could be induced to do on her own responsibility; and this explanation being given, the mistress can easily order that mineral salt *is* to be employed, if its absence is not catalogued in her rules of reform, which it is not by many who not only consider themselves hygienically correct in food, but who call themselves strict vegetarians, when they should add *and mineral*-arians.



COOK'S GUIDE

To the Production of the 366 Menus:

Being Cookery Receipts extracted and adapted to a non-flesh, non-alcoholic, and non-mineral or chemical system of diet, from various standard works.

1. **Apples (à la Cherbourg).**—Choose firm but good boiling apples; pare them, and cut them square. Put a pound of sugar, the thickly-peeled rind of two lemons, and a little ginger, to every pound of apples, and cover them closely for some hours; then place them carefully in a preserving-pan, with half a cupful of water. Boil the apples twenty minutes, or till they look quite clear, and remove them one by one to a dish. When cold place them in cross piles, and crown the whole with lemon-peel. Pour the syrup round and eat with Devonshire cream. (*Adapted from "Cassell's Dictionary of Cookery."*)

2. **Apples (à la Marie).**—Pare some large, firm apples, and scoop out the cores without dividing them. Fill the cavities with cream or custard. Encase each apple in short crust, gathered into a sort of knot or bow at the top, and bake in a moderate oven for about half an hour, or till done. Serve with sifted sugar. (*Idem.*)

3. **Apples (à la Portugaise).**—Peel and core, without dividing, half a dozen large baking apples. Put into a stewpan a cupful of sugar and a cupful of water, place it on the fire, and, when the scum rises, put the apples in and let them simmer very gently until they are tender throughout. Lay them in a glass dish, pour the syrup round them, and lay on the top of each a spoonful of red-currant jam. (*Idem.*)

4. **Apple Batter, or After-Thought Pudding.**—One pint of nice apple sauce sweetened to taste; the yolks of two eggs beaten with it. Put into a buttered dish and bake ten or fifteen minutes. Beat the whites of the eggs stiff, and add half a cup of fine sugar. Spread this meringue on the top and return to the oven to brown. ("The Book of Forty Puddings," by Susan Anna Brown.)

5. **Apple Black-Caps.**—Pare and core the apples without breaking them. Fill the hollows with pounded sugar and clove, place them in a shallow dish, and pour in warm water to about an inch in depth, and add sugar, lemon peel, cloves, etc., to taste; cover them with another dish or basin, stew slowly till soft right through, but unbroken. Blacken with a salamander, and serve hot or cold.

6. **Apple Cheese and Cream.**—An equal weight of apples and sugar, one pint of cream, or new milk, yolks of two eggs, the peel and juice of one lemon, a little cinnamon, and a spoonful of orange-flower water. Boil the sugar in water, and as the scum rises carefully take it off. When clear, put in the weight of the sugar in apples pared, cored, and cut into quarters, with the juice of a lemon and the peel cut very fine. Set the stewpan over a clear fire, and stew the contents until it is boiled to a thick jam; put it into a mould, and when cold, turn it out; add the beaten yolks of two eggs to a pint of cream, or new milk, a stick of cinnamon, a spoonful of orange-flower water, and the thin peel of a lemon; boil it for a few minutes, stirring it constantly, and when cold, pour it round the apple cheese. (“Warne’s Model Cookery.”)

7. **Apple Cream.**—Place in an enamelled pan with a wineglass of water, one pound and a half of minced apple, half a pound of castor sugar, the finely shred rind of half a lemon, and a quarter of an ounce of ginger powder, and simmer gently till soft enough to pass through a sieve. When cold beat in *thoroughly* one pint of cold fresh cream, or new milk which has previously been brought to the boil, and flavoured and sweetened.

8. **Apple Flummery.**—To two pounds of carefully peeled and cored apples, add one pound of sugar, and the minced rind of a fresh lemon; place in an enamelled pan, cover with water and stew till quite soft; strain, and beat the fruit into a pulp. Boil in the liquid about one ounce of Irish moss, which then remove, and add the fruit; simmer for three minutes, and turn into a well-oiled mould. The next day serve on a glass dish with cream or custard poured over and around. (See No. 35.)

9. **Apple Gateau.**—Make a rich syrup of one pound of loaf sugar to half a pint of water; slice very thinly two pounds of good soft cooking apples, and boil in this syrup with the juice and rind of a lemon till thick and stiff; turn into a mould and serve next day on a glass dish.

10. **Apple Green-Caps.**—Take sound apples, usually young green codlings, core without breaking, rub the skins with a fine cloth, line a preserving pan with grape vine leaves, place in the apples, cover with more leaves and cold water; shut the lid, place an iron weight on it, and simmer till the apples are cooked, but whole; remove and drain them, smear each with the frothed white of egg, and powder thickly with sifted sugar, and place them on a plate in an oven till frosted and sparkling. Arrange in a sweet custard on a glass dish, and mount each with a sprig of rosemary or any pretty, bright, obtainable leaves.

11. **Apple Hedgehog.**—Peel and core nine apples, and stew gently until done without breaking, in just sufficient sugar and water; remove, and when cold place on a fancy dish in form of a hedgehog, with the hollows filled in with bright coloured jam or jelly. Next take one dozen large apples peeled and cored, and stew to a mash, and sweeten and flavour with milk of almonds; and fill in with this

between the apples, and smooth with a spoon to the hedgehog shape ; cover the whole with sugar icing, composed of the whites of three eggs beaten to a stiff froth, to which add four teaspoonfuls of sifted sugar ; smooth over in spoonfuls, powder with more sifted sugar, and stick in spikes, all over it, of blanched and split almonds ; place in a quick oven to heat through and brown the almonds.

12. Apple Mange.—Boil the apples in an enamelled pan to a pulp ; sweeten and flavour as required, and when cold turn out on to a glass dish. The day before well whip some cream, which can have the white of an egg added to hasten and ensure success ; let this drain on a cloth placed on a sieve, and put in a cool spot till wanted ; just before serving spread it evenly over the apples. Required half a pint of cream and one egg to every six large apples.

13. Apple Pupton.—Mix with one pint of apple marmalade the beaten yolks of five eggs, a handful of bread-crumbs, and three ounces of butter ; well oil a suitable mould and bake slowly for an hour and a half. Serve on a glass dish with custard or cream. (For Custards, see No. 77.)

14. Apple Rolls.—Peel and core the apples, stew them gently till nearly cooked, let them get cold ; mince, flavour, and sweeten to taste. Prepare pieces of paste about five inches by seven, and make these into rolls filled with the fruit, and bake in a good oven on a buttered tin.

15. Apple Snowballs.—Six large apples to every teacupful of rice ; pare and core the apples without breaking them, and fill in the hollows with a sweet mixture composed of (for each apple) one teaspoonful of sugar, a little nut of butter, and a teaspoonful of water flavoured with nutmeg and cinnamon powder ; boil the rice in milk till thoroughly soft ; dip a pudding-cloth, for each apple, in hot water, wring, spread a layer of rice on each cloth, and stand an apple on each ; gather carefully up, tie, and put them into a saucepan of boiling water, where they must remain till thoroughly cooked. Serve thickly powdered with sugar, with a dish of clove custard on the table to be added to taste. (For Custard Sauce, see No. 77.)

16. Apple Tansy.—Slice up six peeled and cored apples and fry in butter ; arrange on a glass dish in pyramid form ; mix three eggs in a pint of cream, well beat and pour over ; sprinkle with sifted sugar when about to serve.

17. Apricots au Riz.—One teacupful of rice, one quart of milk, a nut of butter, four teaspoonfuls of sugar, and the rind of a lemon ; simmer till the rice is quite soft and the milk absorbed ; remove the lemon rind, cool, add four well-beaten eggs, boil up while stirring, then pour the whole on to the dish it will be served in, with a gallipot previously placed in the middle up-side down ; smooth all round with a knife to form a mound from the top of the gallipot to the edge of the dish ; place two dozen nicely-prepared fresh or tinned apricots in a syrup of sugar and water, and boil till cooked ; flavour with lemon juice ; remove the gallipot from the rice when cold and place in the fruit, over which pour a few spoonfuls of almond custard or cream, (For Custard, see No. 77.)

18. **Artichokes à la Barigoule.**—Wash and trim the artichokes, dry them in a cloth, remove the chokes, place them in the frying-basket, and plunge them into a bath of boiling oil, and keep them in for three minutes, then stuff them and bind them together with tape, and put them into a stewpan and cover with brown gravy. The stuffing is to be composed of bread crumbs, chopped parsley, a little marjoram, thyme, minced shallot, powdered mace, a lump of butter, and grated lemon rind, bound together with the yolk of egg. (For Gravy, see No. 214.)

19. **Artichokes à la Bonne Femme.**—Wash, trim, and drain the artichokes; plunge them in boiling water and boil till done; remove, put in cold water, cut out the chokes; warm them in boiling water; drain, arrange neatly on a dish; cover with hot white sauce flavoured with lemon juice, and serve immediately. (For Sauce, see No. 77.)

20. **Artichokes (à la Gouffé).**—Wash, trim, and slice three young artichokes, and place them in a little water, with the juice of a lemon to preserve their colour; drain, place them slice by slice into a basin of batter made of three eggs, two tablespoonfuls of oil, and the same of flour. Let them remain till thoroughly covered, when drop them quickly one by one into boiling oil or butter, with the frying basket in it. Remove in a quarter of an hour, drain, and serve, neatly arranged and garnished with crisp parsley, on a napkin.

21. **Artichokes (à l'Italienne).**—Wash, trim, and blanch the artichokes with boiling water; quarter, and stew gently till tender in as little water as possible. Remove the chokes, drain, and arrange tastefully in a dish; garnish with watercresses, and cover with white mushroom-flavoured sauce. (See White Sauce, No. 77.)

22. **Artichokes (à la Lyonnaise).**—Wash, trim, and quarter the artichokes; simmer in melted butter till done; remove; moisten the sauce with milk and a little brown thickening; season with sliced onion, stir in a lump of butter, and let remain till brown; pass through a tamis, then season with pepper and chopped parsley, and warm the artichokes in this sauce. (See Thickenings, No. 77.)

23. **Artichokes (à la Poivrade).**—Wash, trim, quarter, and drain the artichokes; remove the lower leaves and chokes; place them in a basin covered with cold water and lemon juice, and let them remain till about to serve, when drain, place them tastefully on a dish garnished with sliced lemon, and serve them with oil, lemon juice, and pepper.

24. **Artichoke Bottoms (à la Serviette).**—Take dried artichoke bottoms; soak them and boil them in mushroom gravy till soft; drain them, and insert a little forcemeat composed of bread crumbs, minced mushroom, lemon juice, and seasoning to taste. Serve them neatly arranged on a hot dish, covered with a napkin.

25. **Art chokes (fricasseed).**—See Fricasseed Dishes, No. 115.

26. **Artichokes (stuffed).**—See Stuffed Artichokes, No. 221.

27. **Asparagus (à la Pompadour).**—Cut into inch pieces the asparagus nicely boiled and hot; wrap in a napkin and lay in a dish in

the oven to keep hot, and then thicken in a basin (stood in a saucepan of boiling water) a sauce composed of butter, yolk of egg, pepper, and lemon juice. Dish up the asparagus, and at the moment of serving pour the sauce over it.

28. Asparagus Heads as Peas.—Cut into the size of peas two inches of the head ends of asparagus, drop into cold water and boil ten minutes, drain, and return to the saucepan with two ounces of butter melted in it, shake over the fire for five minutes, sprinkle two teaspoonfuls of arrowroot or flour into it, add a teacup of boiling water, mix the beaten yolks of two eggs in half a cupful of milk, stir all in the saucepan over the fire for ten minutes without boiling or it will curdle; dish and serve.

29. Asparagus Heads (fricasseed).—See Fricasseed Dishes, No. 115.

30. Asparagus Peas à la Crème.—Chop green asparagus into small pieces, blanch in boiling water for three minutes, simmer for half an hour in a very little water with a lump of butter, a piece of sugar, and a little onion. When done, remove the onion, and thicken with cream or the yolk of egg.

31. Batters, for frying vegetables in, are generally composed of a quarter of a pound of flour, one gill of water, two tablespoonfuls of lucca oil, and the frothed white of two eggs. Mushroom batter, tomato batter, and other batters are prepared in the same manner, only a consommé of the ingredient named is substituted for the gill of water.

For frying fruits and materials for the sweet course in, the batter is the same as for vegetables, but butter can be used instead of oil, and any suitable flavouring and sweetening may be added.

Cheese batter for frying sippets of suitable vegetables, toast dice, little farinaceous balls, etc., in, for serving during the cheese course, is made in the same way, only two ounces of grated Parmesan cheese is added, and the flour is reduced from a quarter of a pound to two ounces.

In these batters the vegetables, etc., are to be well bathed, and then placed in the frying basket, and plunged into *boiling* oil or butter. When done, drain and serve.

Savoury batters for baking are composed of the same as those used for baked batter pudding, only they are made of a savoury character, according to the vegetable, etc., to be baked in them, which latter is well and properly cooked before being inserted, as the batter only requires to be nicely set.

32. Beetroot (à la Portevine).—Cut a cold, boiled beetroot into slices, warm in brown thickening, season with chopped onions and mixed spice; and after taking it off the fire, stir in a teaspoonful of pure lemon juice. (See Thickenings, No. 77.)

33. Beverages.—Those given in the *menus* can be easily prepared and served in an inviting manner by any cook willing to substitute pure and wholesome beverages for those injurious liquids customarily provided.

The name of each beverage indicates its leading flavour and composition, and the following hints will fully suffice for a guide to their composition :

A fruit drink is made by putting the fresh fruit in cold water, and boiling it till the fruit has all its flavour boiled into the water. To this the juice of grapes, lemons, currants, raspberries, etc., can be added. The proportion of water to fruit varies according to the fruit used and the strength desired, but about two quarts of water to one quart of chopped rhubarb, small plums, black currants, or damsons, etc. produces a well-flavoured drink. The quantity, however, becomes reduced in the course of boiling, finally yielding about a pint and a half of liquid. When sufficiently stewed, strain through a hair-sieve, sweeten with honey or maple sugar, and, if liked, add nutmeg, cinnamon, or other flavouring.

Pomegranates, grapes, currants, strawberries, raspberries, blackberries, oranges, and other such liquid fruits make most delicious fresh *wines* by having their raw juices pressed out by means of a more or less powerful fruit press.

An easy method of preparing soft fruits for a fresh syrup is to carefully pick and cleanse over night, and well cover with sugar, which preparation on the following day can be forced through a hair-sieve, and drank with the addition of boiling water to taste.

Marmalade will, when well-stewed and strained, produce a beautiful drink. Orange marmalade stewed, and fresh lemon juice added, is considered delicious.

Nutmeg has a special hygienic value, particularly in families where a tendency to gout exists ; therefore an effort should be made to introduce it into all drinks, if there is the slightest suspicion of its requirement. When the flavour of almonds or chestnuts, &c., &c., is desired, the nut should be ground or pounded, and boiled in the liquor, after which it must be carefully strained.

Almond Milk.—Blanch and pound four ounces of sweet and six bitter almonds to a paste, adding a few drops of orange-flower water every now and then, to prevent oiling. Add a quart of cold water, and let it stand two or three hours, then strain and bottle for use. When wanted, a little water must be added to the milk and sweetened. (*Adapted from "Cassell's Dictionary of Cookery."*)

Gingerade is made of any fruit in season, which is stewed with pulverized ginger flavoured with lemon and carefully strained.

Lemonade is made of fresh lemon juice, the fresh yellow rind grated on lump sugar. Every pip must be removed before the water is added, which must be *boiling* and in proportion of about three quarters of a pint to the juice and rind of every lemon. When additional sweetness is required, use pure honey or maple sugar.

Lemon Whey.—Put half a pint of milk into a saucepan ; when it boils, pour in a tablespoonful of lemon juice ; add more if this quantity does not turn the milk. Let it boil up, then put it into a bowl to settle, strain and sweeten, and add a little hot water if the whey is too acid to be agreeable. (*"Cassell's Dictionary of Cookery."*)

Orange Whey.—Made the same as lemon whey by using orange juice instead of lemon juice.

Sherbets are composed of the juice of such fruits as lemons, or oranges, flavoured with honey and spices, and in Mohammedan countries they are perfumed. Such fruit as strawberries, raspberries, currants, blackberries, &c., are simply picked, mixed with lemon juice and rose water, and after standing a few hours, are squeezed into a basin containing powdered lump sugar, then well mixed, strained, stood in a cool place or in ice, and served in glasses. Gooseberries, damsons, rhubarb, &c., are stewed to extract the juice.

Sherbet cream is made from the yolks of eggs, cream, and orange-flower water, which is thickened over the fire, then sweetened, stirred till cold, frozen, and served in glasses. The usual proportions to two pints of cream are three eggs and one teaspoonful of orange-flower water.

Jam, drinks or syrups should be taken in the winter when those special fruits from which they are made are not in season. Boiling water should be poured upon them. A little lemon juice improves them, and often a little flavouring of almond, nutmeg, &c.

Spices had better be bought whole or in the lump, and ground before using, and this should be done at home to prevent adulteration.

All drinks must be well strained.

Fruits that are not in season can be bought bottled. Avoid *tinned* fruits.

These drinks alone, if at all properly made and sufficiently drank, should be enough to banish all slight ailments from the human organism of adults as well as children, though to the latter, pure fruits, with as little sugar or other flavouring as is compatible with the dinner taken, should be given. Water distilled, filtered, boiled, or toast and water, should be on the table every day. Prepared daily as required and keep covered in a cool place.

34. Black-cap Pudding or Puddings.—Make a tasty batter. Cleanse and pick some grocers' currants (see *Grocers' Currants*, 36) which lay thickly at the bottom of a mould, or several little moulds, previously well greased with butter or salad oil. Pour in the batter and boil for two hours. (For Batter, see No. 31.)

35. Blanc-mange.—Flavoured milk made so as, when cold, to turn out of a mould in a solid form. This is accomplished by boiling one ounce of Carrageen or Irish moss* for ten minutes to every quart of milk. The moss should be soaked for an hour or more before using, to cleanse it and remove a flavour considered by many to be objectionable. After the milk and moss has boiled for the ten minutes, it should be passed through a sieve and returned to the saucepan, well cleansed of any particles of moss and again boiled up, when it should be poured, *while boiling*, into the mould (or several moulds)

* "Gelatine is an animal jelly, obtained by the action of heat on the organic tissue of the bones, tendons, ligaments, the cellular tissue, the skin, and the serous membranes, whilst in contact with water. . . . Isinglass is obtained from the air bladders, and some other membranes of fish." ("Cooley's Cyclopædia of Practical Receipts.")

prepared for it by being just emptied of clean cold water, then stood in a refrigerator or very cool place. The mould should not again be moved till its contents are cold, or there is danger of its being broken when it is turned out. Fresh fruit, purées, clarified coffee, chocolate, milk of almonds, desiccated cocoanut, or any flavouring can form part of the ingredients, the leading of which gives the blanc-mange its name. It may be served on a glass dish with any stewed fruits, jams, marmalade, jellies, custards, or creams arranged around the base, or accompanying it on a separate dish. Being always served cold, they are more suited for summer than winter.

36. Boiling.—It is very essential for health that all the properties of food should be retained in the cooking, therefore the habit of boiling the various pulse, vegetables, farinacea, &c., in an unnecessary quantity of water, and then draining this down the sink, is a means of defrauding the organism of the nourishment originally contained in the article.

The flavour also is lost, and no one is benefited by the waste except vendors of those injurious substitutes known as table condiments.

Potatoes, carrots, parsnips, and other articles requiring their skins to be removed for serving or mincing, should, when possible, be steamed "in their jackets," and peeled as much as necessary afterwards.

Cauliflowers, cabbages, &c., are excellent when steamed. Green peas, broad beans, and such, should be put in a *covered* vessel, with a little butter, and, when necessary, a spoonful or two of water, and gently stewed, standing inside a saucepan of water without the water touching them; or they can be stewed in the oven in an earthenware jar, with a little butter and a spoonful or two of water. This method of cooking takes very little longer time than the ordinary boiling in water. The oven must not be hot enough to *bake* and *burn* them.

Puddings should be boiled or steamed in a shut-up mould. When cooked in a basin and tied over with a cloth, the water to cook them in must be absolutely boiling, so as to form a skin on the outside immediately upon their immersion, which prevents the escape of nutriment.

Such things as lettuces, radishes, tomatoes, &c., are naturally so juicy that they do not require any liquor but their own bringing out, technically called sweating, which process is accomplished by shaking them over a fire in a little browned butter, and then standing them until done in the oven or on a not too hot stove plate.

When fruits can be stewed in their skins they are more wholesome, but the skins need not be dirty, nor eaten unless liked.

Fruits are better stewed in a double enamelled saucepan, or baked in a tightly-covered earthen jar in the oven with as little water as possible.

Dried fruits, such as raisins, figs, dates, &c., &c., should be washed and picked over carefully, then soaked for several hours in cold water till they are soft and swollen to their fullest extent, when they should be stewed in the same water.

Grocers' currants thus prepared before being used in cakes, are

fuller in flavour and perfectly digestible, which they are not, when baked in the ordinary dried-up manner.

37. Braising.—To braise, a braising-pan or *brasière* is requisite, which is placed over a slow fire, and has live embers in a receptacle above, formed for that purpose. The vessel is air-tight, and the articles to be braised are well covered with butter. When done, they are removed, the gravy is freed from superfluous fat, boiled till thickened by being reduced, and this is then poured over the braised vegetables, in which they are served. When a *brasière* is not among the culinary utensils of the kitchen, a fair imitation of this result can be produced by thickly buttering an iron saucepan and the vegetables to be braised, and then turning a hot china plate downwards upon them, and closing the lid very tightly, and placing on some part of the stove where the heat is moderately good but even.

38. Bread Pudding with Onions.—Mix half a pound of bread-crumbs with a teaspoonful of sage, two ounces of chopped onions and pepper, with three quarters of a pint of milk. Add two well-beaten eggs and bake in a quick oven. (“*Cassell's Dictionary of Cookery.*”)

39. Broiling.—This is among the easiest processes of cookery, though not so often employed with vegetables as it might be, therefore I seldom direct it in the *Menus*. The following guides will suffice to enable an intelligent cook to apply the process to other vegetables:—

Broiled mushrooms.—The large flap specimens are the best for this purpose. Butter them a little, and lay them on the hot broiler over a clear fire, and turn frequently for about twelve minutes; serve them on a hot dish in their own gravy, with a lump of butter, and a squeeze of lemon on each.

Broiled potatoes.—Use cold cooked potatoes, sliced and dredged with flour; turn frequently; serve with melted butter or brown gravy. (See *Butter Sauce*, No. 77.)

Broiled tomatoes.—Slice the tomatoes, sprinkle the inner sides with fine bread crumbs, and add lemon juice and a little butter. Broil the outer sides downwards first, and turn frequently. When done, place on a hot dish in an oven for a few minutes. Before serving, add more butter and lemon juice.

40. Brussels Sprouts Sauté.—Wash, boil, and drain the vegetables. For each pound put one ounce of butter in a pan, in which shake the sprouts over the fire for three minutes; season with pepper and nutmeg, and serve very hot with a suitable sauce. (See *Sauces*, No. 77.)

41. Buisson of Truffles.—Wrap each well-cleansed and dried truffle in a piece of thickly-buttered paper, and bake them for an hour in a hot oven. Shape the crumb portion of a stale quartern loaf to an oval; pour over this the gravy from the truffles; then lay a row of the truffles all round, and pile the rest on the top. If this dish is preferred *à la serviette*, the gravy must be served separately.

42. Butters (Savoury).—With fritters, and dishes crisp on the outside, a savoury butter is often preferable to a sauce. The name of

the butter indicates its composition ; *e.g.*, quoting from the receipts of Baron Brisse we learn that to make

Capsicum butter, you must pound some dried capsicums, and stir into butter ; and to make

Garlic butter, you pound three heads of garlic and pass through a tamis ; pound with three ounces of butter until a thick cream.

Sweet butters are a sort of jams, of which there are a great variety. I will quote one receipt from "Cassell's Dictionary of Cookery," which will give an idea of the means of producing others.

Orange Butter.—Blanch one ounce of sweet almonds, and pound them in a mortar to a smooth paste ; mix with them the yolks of three hard-boiled eggs, one ounce of pounded and sifted sugar, two ounces of fresh butter, and a spoonful or two of orange-flower water. Rub the butter through a colander, and serve it with sweet or plain biscuits. Time, ten minutes to boil the eggs. Probable cost, sixpence ; sufficient for half a pound of biscuits.

43. **Buttered Apples**.—Pare and core golden pippins without breaking and stand each on a small round of bread, and put in a well-buttered dish ; insert into the holes a stuffing of powdered sugar, butter, nutmeg, cinnamon, and clove powder, a little minced lemon rind, and a few drops of lemon juice ; cover with another dish to keep in the steam, and bake until done. Serve hot with a little apricot jam on each, powdered with sugar and a little cinnamon.

44. **Buttered Eggs**.—For each egg allow half an ounce of butter, which place in a basin, stand in boiling water, or a hot place, and stir till melted ; then add the eggs well beaten, after which pour them into an enamelled saucepan ; shake them over the fire gently for half a minute, pour back into the basin, again into the hot saucepan, and repeat until eggs and butter are thoroughly mixed, stirring all the time one way. (If this mixture *boils* it will curdle). Serve hot on slices of buttered toast. Buttered eggs served on asparagus, spinach, and some other vegetables make a much-appreciated dish.

45. **Buttered Mushrooms**.—If young mushrooms are used, the stems only require removing ; but if old, they must be peeled, after which well wash them and then thoroughly dry in a cloth. Melt, and slightly brown in a stewpan sufficient butter to shake the mushrooms in, which must be done over a slow fire till they are tender. Care must be taken that they do not burn nor the butter oil. Pile lightly and serve on toast in their own gravy.

46. **Buttered Nouilles**.—Throw the nouilles into boiling water, and let them boil for three minutes. Take them up with a strainer, put them on a hot dish ; melt some fresh butter in a stewpan, sprinkle a large handful of breadcrumbs in it, and let them remain until they are lightly browned, then put them upon the nouilles. Clarify a little more butter if the first portion was dried up in browning the crumbs, and pour it over the dish ; serve very hot (See No. 147.) ("Cassell's Dictionary of Cookery.")

47. Buttered Rice.—Wash the rice, drain, and stew till tender in four times its quantity of milk ; pour off the unabsorbed milk and add two ounces of butter to every cupful of milk ; sweeten and flavour to taste. Put the rice in this and stir till well amalgamated. Serve hot in a dish covered with a napkin.

48. Cabbage (à la Russe, stuffed).—See Stuffed Cabbage, No. 222.

49. Calecannon, or Colcannon of Vegetables.—Colcannons can be made of any vegetables. Properly cook the vegetables. Potatoes, carrots, &c., must be mashed, greens minced, and then they must be well mixed and put into a saucepan with one ounce of butter to every pound of vegetables, and stirred over the fire till hot through. Next press the mixture into a well-buttered mould, and bake for twenty minutes. Serve hot with a suitable sauce. (See Sauces, No. 77.)

50. Cannelons.—Cannelons can be baked or fried, and are composed of a sweet or savoury mixture, which is either bound up in well-buttered paper, and baked, or rolled in puff paste, and fried. They vary from two inches round by six long, to six inches round by ten long.

51. Capsicum Butter.—See Butters, No. 42.

52. Cardoons (baked à l'Italienne).—Blanch and boil the cardoons ; butter a dish thickly, strew breadcrumbs on it, then grated cheese, add half a dish of cardoons, sprinkle more bread-crumbs and cheese, fill the dish with the cardoons, add more crumbs and cheese, and moisten the whole with melted butter. Brown in an oven, or with a salamander.

53. Cardoons (fried à la Fromage).—Wash, string, and cut the cardoons into finger pieces, stew them in milk till tender, add butter and flour to thicken ; any desired seasoning. Dish one layer, and powder with a tablespoonful of grated Cheshire cheese, then another of cardoons, and another of cheese, till all are used. Brown before the fire, and serve hot.

54. Carrots (à l'Allemande, or Carrots to dress in the German way).—Melt two ounces of butter in a saucepan. Lay in it six carrots cut into thin slices, grated nutmeg, and a teaspoonful of finely-minced onion. Let them remain until tender, adding every now and then, as it is required, a little water. Thicken the sauce with a little flour, and about a quarter of an hour before serving add one tablespoonful of finely-minced parsley. Time, one hour. Sufficient for five or six persons. (*Adapted from "Cassell's Dictionary of Cookery."*)

55. Carrots (à la Flamande).—Stew large carrots till tender, remove carefully, let them get cold, and cut into fancy shapes with a vegetable cutter. Make a savoury gravy of butter, onions, minced parsley, &c., and beat the carrots in it, and serve with the thickened gravy poured over. (See Thickenings, No. 77.)

56. Carrots (à la Ménagère).—Prepare sufficient good maigre stock to stew the carrots in, season with herbs, &c., and when done,

dish the carrots and keep them hot while the gravy is thickening by being reduced, then add butter, pour it over the carrots, and send to table hot. (See Thickenings, No. 77.)

57. **Carrots (à la Reine).**—Shape the carrots to cones, stew till tender. Make a rich brown sauce out of the liquor in which they were stewed, and, arranging the cones points upwards on a dish, pour the sauce round and serve hot. (See Sauces, No. 77.)

58. **Carrots sliced and glazed** (or whole and glazed).—Wash and scrape some fine large carrots, and cut them into equal slices or keep them whole. Partly boil them, drain, and put them into a saucepan with just sufficient stock (See Soups, No. 214,) to cover them, a piece of butter, and a lump of sugar. Boil quickly until the gravy is reduced to a glaze. Shake the saucepan over the fire for a few minutes, till all the gravy adheres to the carrots. (“Cassell’s Dictionary of Cookery.”)

59. **Casserole.**—A casserole is a mould of farinacea (generally rice) which is stewed in flavoured milk, and then pressed into a plain mould, and left hollow in the centre to receive some stewed fruit, when sweet, or if savoury, a well-seasoned mince mixed with a little suitable sauce; the farinacea in that case having been stewed in a properly-seasoned stock. The casserole is baked to a bright brown in a crisp oven, and powdered with sifted sugar, or a little savoury sauce poured over, as the case dictates, before it is sent to table. *Cassolettes* are small casseroles. An excellent mould for them is formed from an ordinary jam pot, into which is pressed a small jelly pot, after the farinacea is put in, which effectually makes room upon its removal (after the farinacea is well set) for the introduction of the sweet or savoury preparation. *Cassolettes* are also served hot, as directed for casseroles.

60. **Cassolettes.**—See Casserole.

61. **Cauliflower (à la Française).**—Trim and quarter the cauliflowers; insert them carefully into boiling water and boil till done; drain, dish, arrange neatly, and serve hot with good melted butter poured on. (See Butter Sauce, No. 77.)

62. **Cauliflower (à la Sauce Blanche).**—Wash, trim, and boil the cauliflower; when done, drain and place in a hot vegetable dish; prepare half a pint of good melted butter for each cauliflower, and when sufficiently cool, add to it the yolk of a well-beaten egg. Serve with this sauce poured over the vegetables. (See Butter Sauce, No. 77.)

63. **Cauliflower au Gratin.**—Cleanse and trim the cauliflowers; boil, and place them in neat pieces in a dish; pour over them a good cheese sauce; sprinkle thickly with grated Parmesan, then with bread crumbs, and bake in a hot oven till nicely browned. (See Cheese Sauce, No. 77.)

64. **Cauliflower with stuffing.**—Prepare a good maigre stock; well butter a small enamelled saucepan, just able to hold a young cauliflower; pour in the stock, bring it to the boil, and then insert the cauliflower; fill in the interstices with a stuffing composed of nicely-seasoned breadcrumbs, chopped parsley, chopped mushrooms,

and a few powdered cloves; add these ingredients in alternate layers, and lastly, pour over them three eggs well beaten in half a teacupful of cream or milk. Boil for nearly an hour, adding stock as required. Turn the whole out into a deep dish and serve very hot. (For Stock, see Soups, No. 214.)

65. **Celery (à la Villeroi).**—Braise the celery in a good sauce. When done, cool and cut into pieces of equal lengths, roll in bread-crumbs, dip in beaten egg, roll again in bread-crumbs, lay in the frying basket and immerse in boiling oil or butter, and fry till a bright yellow. Serve piled upon a neatly-folded napkin and garnished with parsley.

66. **Celery stewed (à la Crème).**—Wash and carefully trim the celery; cut into pieces of equal length; stew till done. Make a sauce of cream and butter rolled in flour, which stir over the fire till smooth and thick; pour over the celery. Serve hot with a little nutmeg grated over the whole.

67. **Charlottes.**—A charlotte may be composed of any fresh or dried fruit, or of several kinds laid in alternate layers with bread or cake-crumbs between. It is then baked in a tin in an oven, and served with sifted sugar over it. Savoury charlottes are delicious additions to the ordinary table. Savoury stewed farinacea take the place of the bread-crumbs, and savoury mince of the fruit.

68. **Chartreuse.**—A chartreuse of fruit and farinacea is prepared by first boiling the farinacea in nicely-flavoured milk till all is absorbed; next take your fruit, properly prepared, by being gently stewed, flavoured, and painted over with a small proportion of suitable jam or jelly, and lay it in a baking dish. Then fill in and around with the farinacea, brush over with the white of egg, sprinkle with sifted sugar, and bake in a quick oven to a delicate gold colour, and serve with custard or cream.

69. **Cheese.**—The following information is extracted from "Cooley's Cyclopædia of Practical Receipts," as it may be of interest to our readers:—

. The varieties of cheese met with in commerce are very numerous, and differ greatly from each other in richness, colour, and flavour. These are commonly distinguished by names indicative of the places in which they have been manufactured, or of the quality of the materials from which they have been prepared. Thus we have *Dutch, Gloucester, Stilton, skimmed-milk, raw-milk, cream*, and other *cheeses*; names which explain themselves. The following are the principal varieties met with in Europe—

Brick-bat Cheese.—From its form; made in Wiltshire of new milk and cream.

Cheddar Cheese.—A fine, spongy kind of cheese, the eyes or vesicles of which contain a rich oil; made up into round, thick cheeses, of considerable size (150 to 200 lb.)

Cheshire Cheese.—From new milk, without skimming, the morning's milk being mixed with that of the preceding evening, previously

warmed, so that the whole may be brought to the heat of new milk. To this the rennet is added, in less quantity than is commonly used for other kinds of cheese. On this point much of the flavour and mildness of the cheese is said to depend. A piece of dried rennet of the size of half-a-crown put into a pint of water over night, and allowed to stand until the next morning, is sufficient for 18 or 20 gallons of milk. In large, round, thick cheeses (100 to 200 lb. each). They are generally solid, homogeneous, and dry, and friable rather than viscid.

Cottenham Cheese.—A rich kind of cheese, in flavour and consistence not unlike Stilton, from which, however, it differs in shape, being flatter and broader than the latter.

Cream Cheese.—From the “*strippings*” (the last of the milk drawn from the cow at each milking), from a *mixture of milk and cream*, or from raw cream only, according to the quality desired. It is usually made in small oblong, square, or rounded cakes, a gentle pressure only (that of a 2 or 4 lb. weight) being applied to press out the whey. After twelve hours, it is placed upon a board or wooden trencher, and turned every day, until dry. It ripens in about three weeks. A little salt is generally added, and frequently a *little powdered lump sugar*.

Derbyshire Cheese.—A small, white, rich variety, very similar to Dunlop cheese.

Dunlop Cheese.—Rich, white, and buttery; in round forms, weighing from 20 lb. to 60 lb.

Dutch Cheese (Holland).—Of a globular form. 5 to 14 lb. each. Those from Edam are very highly salted; those from Gouda less so.

Gloucester Cheese.—*Single Glo'ster*, from milk, deprived of part of its cream; *Double Glo'ster*, from milk retaining the whole of the cream. Mild-tasted, semi-buttery consistence, without being friable; in large, round, flattish forms.

Green or Sage Cheese.—From milk mixed with the juice or an infusion or decoction of sage leaves, to which marygold flowers and parsley are frequently added.

Gruyère Cheese.—A fine description of cheese made in Switzerland, and largely consumed on the Continent. It is firm and dry, and exhibits numerous cells of considerable magnitude. Its flavour is peculiar, and is not generally liked by English people.

Lincoln Cheese.—From new milk and cream; in pieces about 2 inches thick; soft, and will not keep over two or three months.

Neufchâtel Cheese.—A much-esteemed variety of Swiss Cheese; made of cream, and weigh about 5 or 6 oz.

Norfolk Cheese.—Dyed yellow with annotta or saffron; good, but not superior; in cheeses of 30 lb. to 50 lb.

Parmesan Cheese (Parma, &c.)—From the curd of skimmed milk, hardened by a gentle heat. The rennet is added at about 120°, and an hour afterwards the curdling milk is set on a slow fire until heated to about 150° Fahr.; during which the curd separates in small lumps. A few pinches of saffron are then thrown in. About a

fortnight after making, the outer crust is cut off, and the new surface varnished with linseed oil, and one side coloured red.

Roquefort Cheese.—From ewes' milk; the best prepared in France. It greatly resembles Stilton, but is scarcely of equal richness or quality, and possesses a peculiar pungency and flavour.

Slipcoat or Soft Cheese.—A very rich white cheese, somewhat resembling butter; for present use only.

Stilton Cheese.—The richest and finest cheese made in England. From raw milk to which cream taken from other milk is added; in cheeses generally twice as high as they are broad. Like wine, this cheese is vastly improved by age, and is therefore seldom eaten before it is two years old. A spurious appearance of age is sometimes given to it by placing it in a warm, damp cellar, or by surrounding it with masses of fermenting straw, or dung.

Suffolk Cheese.—From skimmed milk; in round, flat forms, from 24 lb. to 30 lb. each. Very hard and horny.

Swiss Cheese.—The principal cheeses made in Switzerland are the *Gruyère*, the *Neufchâtel*, and the *Schabzieger* or *green cheese*. The latter is flavoured with melilot.

Westphalian Cheese.—In small balls or rolls of about 1 lb. each. It derives its peculiar flavour from the curd being allowed to become partially putrid before being pressed.

Wiltshire Cheese.—Resembles poor Cheshire or Glo'ster. The outside is generally painted with a mixture of *ruddle* or *red ochre* and *whew*.

York Cheese.—From cream: it will not keep.

70. Cheesecakes are open tartlets filled with various fruit, or farinaceous mixtures of a custard or cream-like character. Cheesecakes are generally understood to be sweet; but there is not the slightest reason why they should not be filled with a nourishing savoury mixture in England as well as on some parts of the Continent. They vary in size from the top of a small teacup to the dimensions of a large dinner-plate.

71. Cheese Course.—I have for this course given a variety of dishes, most of which are very well known; still, the following hints may be of service.

Cheese Cayenne.—Take a quarter of a pound each of flour, butter, and grated cheese; mix them thoroughly with as much cayenne pepper as will cover a threepenny piece. Mix with yolk of egg and water to a smooth stiff paste; roll this out to the thickness of half-an-inch, then cut it into pieces about three inches long and one inch wide. Bake these until they are lightly browned, and serve them as hot as possible.

Cheese Straws.—Mix two ounces of grated Parmesan cheese, two ounces of fresh butter, two ounces of flour, an ounce of Cheddar cheese, and the yolk of an egg into a stiff paste. Flavour the mixture

with cayenne and a very little pounded mace. Roll this out rather thinly, cut it into fingers about four inches long and half-an-inch wide; bake them for a few minutes in a quick oven, and serve cold. ("Cassell's Dictionary of Cookery.")

Canapes.—Stamp slices of bread into hearts, diamonds, stars, &c., and fry them in boiling oil or butter: season and garnish with toasted cheese, cucumbers, cresses, celery, beetroot, hard-boiled eggs, or any desirable preparation. In these Menus they are only once introduced, and then for the cheese course.

Cheese Fondue or Soufflé.—Boil a quarter of a pint of milk, and stir into it, till melted, an ounce of butter; pour it upon half a teacupful of fine bread-crumbs; soak a few minutes, then add half a teacupful of grated cheese and the yolks of two eggs; butter a soufflé tin and tie round it, to make the sides higher, a band of buttered paper. Just before putting the soufflé into the oven, dash in the whites of three eggs which have been whisked to a firm froth; bake in a quick oven till the centre is firm, and serve immediately. (From "Cassell's Dictionary of Cookery.")

Cheese Paste.—Pound cheese in a mortar with lemon juice, mustard, pepper, cream, &c., to taste, till it is of the consistency of a thick paste. Cream cheese beaten with the yolk of eggs and very fine bread-crumbs may be used instead of the above, if preferred. It is to be then spread between hot-buttered toast, bread, thin pastry, &c., as may be directed.

Cheese Ramequins.—Mix two ounces of flour very smoothly with a cupful of water, and put it, with a little pepper and a piece of butter about the size of an egg, into a saucepan; let it boil for three or four minutes, then stir in four ounces of fine Cheshire cheese crumbled; let it boil another minute, and add three eggs, well beaten; put them in gradually, stirring all the time. Have ready a well-oiled baking-tin, and drop this mixture upon it in lumps about the size of an apple; press them slightly in the centre, brush them over with egg, and put a teaspoonful of Gruyère cheese, in small pieces, in the middle; bake in a hot oven and serve as hot as possible. If preferred, Parmesan cheese may be used instead of Cheshire. Time to bake, about twelve minutes. Sufficient for four or five ramequins, probable cost one shilling. (From "Cassell's Dictionary of Cookery.")

Cheese Rissoles.—Make a mixture of chopped cheese intermixed with bread crumbs, to which add pepper and mustard to taste; bind with the beaten yolk of egg, envelop in a good puff-paste and fry. (See No. 196.)

Cheese Turnovers.—Make the contents as for Cheese Rissoles and prepare as for any other kind of turnovers.

Scotch Rarebit.—Grate the cheese, add dry mustard and cayenne to taste, and mix into a paste with butter or oil; add cream to thin down, and toast in a cheese-toaster. Spread on buttered toast and serve very hot on a hot-water dish.

Welsh Rarebit.—Mix some dry mustard and cayenne with butter till it becomes a thick cream; butter some toast, spread thin slices of

Gloucester cheese upon it, and the savoury butter upon the cheese ; place this preparation in a Dutch oven before a brisk fire till the cheese is toasted. Serve very hot.

72. Chocolate Custard.—Pour half a cupful of boiling water over one ounce of the best chocolate, finely grated ; let it stand by the fire till it is dissolved ; stir it gradually into a pint of milk or cream, and add two tablespoonfuls of sifted sugar and the yolks of four eggs, well beaten. Put the custard into a saucepan, and beat it until it thickens. It may be put into cups and baked in a good oven. (“*Cassell's Dictionary of Cookery.*”)

73. College Pudding and Puddings.—Blanche and pound four ounces of sweet and half a dozen of bitter almonds. Mix them with six tablespoonfuls of sifted sugar and a quarter of a pound of sweet butter. Beat all well together, then add the yolks of six and the whites of three eggs and a wine-glassful of milk. When well-beaten, pour the mixture into a pie-dish over a layer, about an inch thick, of apricot or other jam. Bake in a good oven for about one hour and a half. If preferred, the dish may be lined with a good puff paste before laying in the jam.

College Puddings.—Soak three ounces of tapioca till fully swollen, drain and remove any hard pieces, and mix with it six ounces of well-washed currants, six ounces of sifted sugar, half a pound of finely-grated bread-crumbs, a dessertspoonful of lemon rind, a quarter of a nutmeg grated, three eggs well beaten, and two tablespoonfuls of milk. Form the mixture into little puddings about the size and shape of a large duck's-egg. Roll them in a little flour, and fry them till lightly browned in plenty of pure salad oil or butter, over a clear, but not too strong, fire. Drain them and pile high on a hot napkin, with cream sauce. These puddings, which are generally served fried, are much nicer baked. When this is done, they should have another egg, or a tablespoonful of milk added, to make them lighter. Pour the mixture into well-buttered cups, and bake in a moderate oven for about twenty minutes. Before serving, turn the puddings out of the cups, and sift a little pounded sugar over them. (*Adapted from “Cassell's Dictionary of Cookery.”*)

74. Compôtes (fruit).—Compôtes are composed of unbroken and stewed, or merely properly-prepared, fresh fruit. If the fruit is very large it is cut into uniform sizes and shapes. This, if stewed, is piled on a dish and a syrup poured over, and, if desired, a custard or cream laid round the base. Some sweet prepared farinacea should be sent to table as an accompaniment.

Compôtes (farinacea).—Farinaceous compôtes are composed of carefully-boiled rice, &c., which is piled on a dish and plentifully sprinkled with powdered cinnamon and sugar. Just before serving, pour some fruit juice or fruit purée over it. (See *Purées*, No. 214.)

75. Colcannon.—See *Calecannon*, No. 49.

76. Corn Oysters.—Corn oysters are made of tinned ground corn. One cupful of flour, half a cupful of melted butter, three tablespoonfuls

of milk, one pint of corn, and a little pepper; mix the corn with the flour, add the other ingredients, and beat rapidly for three minutes. Have ready a pan of boiling oil, and insert the batter by dessert-spoonfuls, holding the spoon close to the bottom and side of the pan to cause the oyster shape to be produced; fry about five minutes. Serve with lemon juice and garnish with parsley.

77. Creams, Custards, Thickenings, and Sauces.—The basis of all flavoured cream sauces is cream. The flavouring ingredient is indicated in their names. They are all made in a similar manner, and one or two hints will be sufficient to *guide* any cook in their production.

For Cocoanut Cream Sauce the cocoanut must be very finely grated and intimately mixed with the cream, which is then to be simmered for a few minutes while being continuously stirred. *For Lemon Cream Sauce*, flavour and sweeten with lemon juice grated on the rind of a lemon; for *Carraway Cream Sauce* flavour with fine carraway powder, obtainable at the grocer's; cloves must be pounded, and so on. It is always better to obtain the flavourings in their pure form than to rely upon chemically prepared essences, which are often quite innocent of the ingredients after which they are named. It is frequently necessary to strain a cream sauce before sending to table.

Honey Cream, Treacle Cream, &c., are made by diluting the honey, treacle, &c., with beaten eggs and milk, flavouring as required, and then stirring in a vessel till thickened, but *not curdled*, while standing in a saucepan of boiling water.

Custard Sauces * are made with milk and eggs, flavoured same as creams (see above), as indicated by their names. They must not be allowed to boil after the eggs are introduced or they will curdle. To prevent this they should be made in a double saucepan, or in a jug stood in a saucepan of boiling water and stirred till thickened. It is only necessary to use the yolks of eggs for custards, and the whites can be kept for other purposes or used as convenience dictates.

Savoury Sauces require special study to produce satisfactorily, and they had better be absent than not hot, of a proper consistency, of suitable flavour, and appetising in odour, colour, and general appearance. They had better also be dispensed with than compounded of ready-made messes, of you don't know what, or if you did, you would not dare risk taking them. The revelations of most sauce preparations is one of the most disgusting subjects to encounter, and only require to be known to determine the callous devotee to palatic joys, to consider himself better catered for with none than such unwholesome compounds.

The following directions, both for Roux and other Thickenings, Sauces, and Colourings are principally adapted from "Cassell's

* Cooley's "Cyclopædia of Practical Receipts," gives the following directions for making Custard Powder:—Sago meal, 2 lb.; powdered turmeric, $\frac{1}{2}$ oz.; bitter almond powder, cassia, and mace, of each $\frac{1}{2}$ dr. Those who object to eggs upon hygienic principles may use this, but in place of the $\frac{1}{2}$ oz. of turmeric for colouring should use 1 oz. of grated *dried* lemon rind, which would be at least harmless. Most of the custard powders sold are made in this or a very similar manner.

Dictionary of Cookery," and it will be found that "stock" is often directed in the preparation of gravies and sauces. The liquor in which the article for which the sauce is being prepared, makes the best stock, but when this is not provided, as in the case of steamed articles, &c., it must be systematically prepared. Many portions of edibles discarded for look can be then advantageously used for making stock by non-flesh eaters in the same way as bones, the legs of fowls, and trimmings of flesh-meat are used by the non-vegetarians. Thus the well-cleansed stalks of mushrooms, tomato skins and pips, the peashells of certain kinds of peas, the scrubbed skins of good potatoes and artichokes, the stalks of cauliflowers, &c. "Gravies should never be at variance with the dish which they are to accompany, and in nothing is the skill of the cook so much displayed as in their management."

Thickening, or Brown Roux for Gravy (for immediate use or otherwise). Put a quarter of a pound of fresh butter into a scrupulously-clean saucepan, melt it slowly, skim carefully, and afterwards pour off the portion that looks like pure oil, and leave untouched the white, thick substance that will have settled at the bottom. Pour the clear, oiled butter into a saucepan, and add very gradually half a pound of dried and sifted flour. The flour should be shaken in from a dredging box, and stirred with a wooden spoon until the roux is perfectly smooth and a bright brown colour. The edge of the spoon should be pressed rather heavily on the bottom of the saucepan to prevent burning, which would certainly spoil the roux. Though this thickening is best when freshly made, it will keep for a long time if poured into jars and the surface kept entire. It is an improvement to make it with browned flour—that is, flour which has been kept in a slow oven till it is lightly browned all through. When this is used, the roux need not be so long on the fire. It may be used with either hot or cold gravy. If the gravy be hot, the roux should be moistened gradually with it off the fire; if cold, it should be stirred on the fire till the gravy boils. In order to cleanse sauce that has been thickened—that is, to remove the fat that has not become thoroughly incorporated with the gravy,—draw the saucepan to the side of the fire and throw in a small quantity of lukewarm water. The fat, &c., will rise to the surface, and may be removed by a spoon. Time, about an hour and a half. Probable cost 6d. A dessertspoonful of roux will thicken a pint of gravy.

White Roux for Thickening Gravy and Sauces.—Proceed as for brown roux for thickening, but do not keep the flour and butter sufficiently long on the fire to take any colouring. This preparation is used for thickening white sauces as well as gravies. Time, a quarter of an hour. Probable cost, 6d. Sufficient, a dessertspoonful of roux will thicken a pint of gravy.

Thickening for Immediate Use (brown).—Put an ounce of butter into a saucepan over a slow fire, and when it is dissolved, shake into it an ounce and a half of dried flour. Stir with a wooden spoon until it has acquired a light brown colour; this will take about ten minutes. Remove the roux from the fire for two minutes to cool, add a pint and

a half of stock (see page 121), stir this till it boils up, then draw the saucepan to the side of the fire, and let the sauce simmer till it is smooth and of a proper consistency.

White Roux, for Immediate Use, is made in the same manner as above, but be careful to remove the paste from the fire before it has acquired any colour.

Thickening for sauces and soups may be prepared in various ways, and different processes are spoken of in the professional nomenclature as liaisons; thus we have liaisons of roux and liaisons of eggs. Soups are thickened also with vegetables, and with farinaceous substances—such as sago and tapioca—and when these are used, they are generally boiled with the stock. (See page 121.) In ordinary domestic cookery, however, the word “thickening” is generally understood as specially denoting the brown or white thickening for sauces, made of flour or butter, and called by the French, roux; and as these preparations, though easy to make, require both time and care, detailed directions are here given for making them. Common cooks are accustomed to dispense with this properly-prepared roux, and to thicken their sauces with a hastily-made paste of flour, and to colour them with burnt sugar; the consequence is, their sauces often taste either musty, gruelly, or burnt. Those who have not hitherto done so, would find it to their advantage to avail themselves of the first leisure hour they have at their disposal to make a quantity of the true brown thickening, and then to put it aside, to be used when required: it is as easy to make a large quantity as a small. The roux will keep for three or four months, and the sauces thickened with it are rich and brown in appearance.

Thickening of Egg.—Boil the sauce, and take it off the fire that it may partially cool. Beat the yolks of the eggs, and mix them with a spoonful of cold stock (see page 121), or water, and a small portion of the hot sauce. Stir them briskly to the remainder of the sauce, and continue stirring over the fire till it is very hot. It must not boil or it will curdle.

Thickening of Farinaceous Substances.—Occasionally arrowroot, ground rice, or flour without butter, is used to thicken sauces and soups. In this case put the thickening substance into a basin, moisten gradually with a little cold stock, water, or milk, and beat it with the back of a spoon until no lumps are to be found in it. With one hand pour this batter into the soup or sauce, which should be boiling quickly at the time, and with the other stir it briskly. Let it boil for a few minutes, and it will be ready for serving. Invalids and persons of delicate taste often object strongly to butter in their sauces.

Thickening with Butter, or Butter and Cream.—Although it is usual to speak of thickening sauce or soup with butter, or butter and cream, these articles do not by themselves serve to thicken the liquor, but only to make it smooth and rich. A little cold butter added at the last moment to sauce greatly improves its flavour; but it should be remembered that it must not be put in until the sauce is poured into the tureen in which it is to be served, and that then it should be

stirred until it is dissolved. In the same way, butter, or butter and cream, may be added to soups.

Colouring for Sauces and Soups (brown).—It is a very usual practice with common cooks to make the brown colouring as it is wanted by burning a little sugar in an iron spoon, and stirring it into the soup or sauce. By this means the flavour is almost sure to be spoilt. Much the better plan is to make a little browning, and keep it stored for use. It will keep for years. Proceed as follows: Crush a quarter of a pound of loaf sugar to powder, put it into a saucepan with a tablespoonful of water, and stir it unceasingly over a gentle fire with a wooden spoon until it begins to acquire a little colour. Draw it back and bake it very slowly, still stirring it, until it is almost black, without being in the least burnt. It will take about half an hour. Pour a quart of water over it, let it boil for a few minutes until the sugar is quite dissolved, pour it out, and when cold, strain it into a bottle and store it for use. A tablespoonful of this browning will colour half a pint of liquid, and there will be no danger of an unpleasant taste being imparted; a piece of bread toasted very brown may be simmered in the soup or sauce for a short time before it is done, and will give it a brown colour.

Green.—Pound some young spinach or beet leaves. Press out the juice and put it in a cup. Place this cup in a saucepan of boiling water and let it simmer gently, to take off the raw taste of the juice. Before using it mix it with a little finely-sifted sugar. When spinach-leaves for green colouring cannot be had, take a handful of young parsley-leaves stripped from the stalks. Wash and dry them, and pound them in a mortar. Put the pulp upon a reversed sieve, and press the juice through it with a wooden spoon. Put the juice into a small jar, set this in a pan of boiling water, and let it simmer gently for three or four minutes.

White.—Use pounded almonds, arrowroot or cream.

Yellow.—For a clear yellow, dissolve orange or lemon jelly.

Opaque.—Pound the yolks of eggs, and mix it with the liquid.

Brown Sauce.—Melt two ounces of butter in a small saucepan, and add one ounce of flour, stirring it until it is of a brown colour. Then add sufficient stock (see page 121) to render it of a cream-like consistency, and season it to taste with pepper, &c.

Butter Sauce.—Season a cupful of flour with pepper, nutmeg, and cloves. Mix it with some water into a paste, and work in a piece of butter about the size of an egg. Put the thin paste into a pan over the fire, and boil it for a quarter of an hour, then take it off, and add some fresh butter in small portions at a time, continually stirring the contents, to prevent the butter from rising to the surface. Afterwards add some lemon juice, and mix thoroughly. This sauce may be used with almost any vegetable. Another way of making butter sauce, sometimes called oiled butter, which is generally liked, is to take as much fresh butter as will be wanted, and melt it, but do not let it brown. Skim it, pour it out, let it rest a minute, then drain it from the curd at the bottom, and serve.

Carrot Sauce.—Wash, and slightly scrape, or well scrub half a pound of young carrots, grate finely on a grater, put into three-quarters of a pint of cold water; add a lump of sugar, and simmer for half an hour. Use this for the liquor of a white sauce, and you have carrot sauce.

Cheese Sauce.—Flavour white sauce as much as desired by adding grated cheese or finely-cut cheese, which must be stirred in while simmering till quite melted. If necessary, strain.

Dutch Sauce.—Put four ounces of butter, three well-beaten yolks of eggs, a teaspoonful of flour, and a dessertspoonful of lemon juice into an earthenware pipkin, or stir it very gently over the fire in a bain-marie. As the butter melts, stir constantly, and take care it does not curdle, which it will do if it is allowed to boil. This sauce has a pleasant acid flavour. It is especially adapted for asparagus, cauliflower, sea-kale, artichokes, &c. *Green Dutch Sauce* is made in the same manner, but coloured green with spinach in the way directed under the head of "Colourings for Sauces and Soups," on page 123.

Egg Sauce.—Blend two ounces of good, fresh butter with a dessertspoonful of flour; put the mixture into a small saucepan with a wine-glassful of water, or the liquor in which the article it is to go with has been cooked in. Simmer, but do not boil. When ready to boil, draw the saucepan from the fire, and stir in two ounces more of butter, and two or three hard-boiled eggs cut small. Time, one minute to simmer.

Gravy Sauce.—Prepare a good maigre stock, composed of the liquor in which the article with which the gravy is to be served in has been cooked, or make a special maigre stock, which flavour with onions, tomatoes, mushrooms, or carrots, or whatever will well accompany the dish. Thicken and colour brown. (See Thickening and Colouring, page 120.)

Lemon Piquant Sauce.—Mince very finely a tablespoonful of shallots and a tablespoonful of gherkins. Put them into a saucepan with a quarter of a teaspoonful of pepper and three tablespoonfuls of strained lemon juice, and let them simmer for three minutes. Add half a pint of maigre stock (see soups), and a dessertspoonful of brown thickening (see Thickening, page 120). Boil the sauce until it is thick and smooth, skim carefully, and it is ready for use.

Onion Sauce (brown).—Peel and mince two moderate-sized Spanish onions very finely. Fry them in two ounces of dissolved butter until they are lightly browned. Add half a pint of brown gravy mixed smoothly with a dessertspoonful of flour and a little pepper, stir the sauce over the fire for a few minutes, and serve as hot as possible. Time, six or eight minutes to boil.

Onion Sauce (white).—Take two Spanish onions, or four large ordinary ones. Peel them, slice off the ends, and simmer them until tender in as much cold water as will cover them. Drain the water from them, mince them finely, and put them into a saucepan with a pint of milk mixed smoothly with two ounces of fresh butter, a little pepper and grated nutmeg. Stir the sauce over the fire for ten or fifteen minutes, and serve it as hot as possible. Time, about an hour and a half.

Parsley Sauce.—The excellence of this sauce depends greatly upon the parsley leaves being chopped very small. Take a handful of fresh parsley, if procurable; wash it, pick off the leaves, and boil it for three minutes in the liquor of which the sauce is to be made, which may be the liquor in which the article to accompany the sauce has been cooked in, or plain water. Drain them well, and mince them finely as possible, and then stir them into half a pint of well-made melted butter, white sauce, or prepared liquor, and serve immediately. If preferred, the parsley may be boiled for ten minutes, then chopped small, bruised, put into a tureen, and the sauce, melted butter, or liquor, poured over it. When melted butter is not used, a little cold butter, broken into small pieces, should then be stirred into the hot sauce until it is melted, which should then be served immediately.

Parsley Sauce (Imitation).—When parsley cannot be procured, a good imitation of it may be made by tying a teaspoonful of parsley seed in a little muslin, and boiling it with the water of which the sauce is to be made till it is nicely flavoured. A few spinach leaves boiled, chopped, and stirred into the sauce will give the appearance of parsley, as the seed will impart its flavour. Time, a few minutes to boil the seed.

Parsley Butter, or Butter à la Maître d'Hôtel.—Wash some parsley, pick it from the stems, and chop it small. After chopping, wash it again by putting it in the corner of a cloth, dipping this in cold water and wringing it dry. This second washing is intended to remove the acrid taste, which is so often objectionable in raw parsley. Put the parsley on a plate with its bulk in butter, a little pepper, and two or three drops of lemon juice. Work all together with the handle of a small bone spoon, and be careful to mix it in a cool place, and also not to work it too much or it will oil. It should be made for immediate use. Sometimes a green onion, chopped small, is added.

Tomato Sauce.—Scald a dozen large, or two dozen small, ripe tomatoes, to enable the skins to be easily taken off. Remove the pips. Put the tomatoes in a saucepan and simmer till liquid. Pass through a tamis, and to this purée add two minced shallots, one minced onion, a clove, a little thyme, a bay-leaf, and a small quantity of cayenne. Return all to the saucepan and boil for twenty minutes; strain and serve.

White Sauce.—Beat two ounces of flour and an ounce of butter to a smooth paste in a saucepan over the fire. Add gradually a pint of milk, a little pepper, and a grated nutmeg. Stir the sauce over the fire for a few minutes, strain through a pointed strainer, and it will be ready for use.

78. Creamed Potatoes.—To each quart of potatoes, one pint of cream. Take cold boiled potatoes, slice very thin, season to taste, put into a saucepan, pour on the cream, and make hot over the fire, and then serve. (*From "American Dishes," by an American lady.*)

79. Croquettes are savoury or sweet, and take their name from their leading ingredient or flavour. They may be made of vegetables with savoury flavourings, of farinaceous substances either with savoury

or sweet flavouring, of vegetables and farinacea mixed, of farinacea and fruit mixed, or of fruit alone, of minced nuts and fruit, of jams, &c. The ingredients must always be well cooked and are usually minced, sometimes stewed in sauce and the yolk of egg; sometimes fried in butter, *then* bound together with sauce, and, when necessary, with the *beaten yolk* of egg, if savoury; but if sweet, the *frothed white* only. The paste (for such it then becomes) is next spread out about an inch or less deep to cool; after which it is moulded to any desired shape, rolled in beaten egg, then in bread-crumbs, again in beaten egg, and again in bread-crumbs till smooth and firm. The croquettes are then put into the frying-basket and plunged into *boiling oil* or butter, and fried till a light golden brown. If such solid vegetables as carrots or parsnips are alone used, they can, when cold, be cut in square, diamond, or other shapes, stewed in a little savoury sauce, and then, as above directed, twice rolled in the egg and bread-crumbs, and fried. Sweet croquettes should be rolled in sifted sugar as well as bread-crumbs, or, if preferred, in cake-crumbs. Croquettes can be moulded into balls, or pear or apple shapes, and the stalks and eyes can be imitated by the insertion of a piece of green parsley stalk and a clove. They should be served piled into a pyramid, on a neatly-folded napkin; and when savoury, should be prettily garnished with fried parsley, and should be accompanied with a tureen of suitably-flavoured sauce; and when sweet, should be served in the same manner, only they should be powdered over with sifted sugar, and be set on the table with some appropriate cream, custard, or jam. They must always be served quite *hot*. Everything depends upon their consistency, their flavouring, and their being immersed in *really boiling* oil or butter. The word *croquette* or *rissole* indicates "something crisp"; but a *rissole* is enclosed in a puff paste before frying.

80. **Croustades.**—There are various kinds of croustades. Those mentioned here are simply prepared from bread, in which a hole is scooped sufficiently large to admit of a tablespoonful or less of savoury mince, or fruit mince, or sweet prepared farinacea. The bread is first fried to a bright brown in boiling oil or butter, after which the prepared mince, moistened with sauce or custard, is inserted. They are served on a folded napkin and sprinkled with pepper or sugar according as they are sweet or savoury.

81. **Crôte-aux-Champignons.**—Stew button mushrooms till tender in a little butter; add a thickening made of milk and flour, season to taste, and pour the whole over a toasted and buttered crust. Serve hot with lemon juice.

82. **Cucumbers (à la Poulette).**—Peel and remove the seeds of the cucumbers; divide into oblong pieces about one inch square by two long. Melt some butter in a saucepan, and thicken with flour, stir till smooth. Then add sufficient *maigre stock*, suitably flavoured, to cover the cucumber, which add when the stock boils. Stew gently for about fifteen minutes; when done, add two tablespoonfuls of cream to every pint of stock, and just before serving, beat well the yolks of two eggs for every pint of stock, and add when off the boil. Do not boil

again, but dish and serve hot with lemon juice poured over the whole. (For Stock, see Soups, No. 214.)

83. **Cucumbers (à l'Espagnole).**—Peel the cucumbers, remove the seeds, cut into small oblong pieces, put into a saucepan, and cover with a good suitably-seasoned maigre stock, and let them simmer till they are quite tender; remove, drain, reduce the stock, make it into a rich brown sauce, pour it over the cucumbers, and serve hot. (For Stock, see Soups, No. 214.)

84. **Cucumbers (stuffed).**—See Stuffed Cucumbers, No. 223.

85. **Dariols.**—A Dariol is just a “Dariol” mould lined with paste, filled with custard, and baked. Its leading flavour or composition is indicated by its name. Serve with powdered sugar.

86. **Deville Biscuits.**—Make a paste of cayenne, curry powder, and the pounded yolks of hard-boiled eggs. Grill some buttered captain's biscuits, spread with the paste, and place again on the grill. Serve hot, one biscuit piled on the other, so that all the paste is kept on them.

87. **Deville Eggs.**—Boil the eggs for twenty minutes, remove the shells, cut each egg in half without breaking the whites; take out the yolks and pound them in a mortar, adding cayenne and curry powder. Stuff the whites with this paste and join the eggs to their original shape. Cut off just sufficient of each broad end to enable them to stand, and arrange them thus on a dish in a bed of cress, finely-cut lettuces, and garnish as fancy dictates.

88. **Dhall.**—Equal quantities of red lentils and Patna rice well cleansed. Boil the rice thoroughly in one saucepan, and stew the lentils in another, with no more water than they can absorb, and add plenty of butter. Serve the lentils in the centre of a rice border, and garnish with sliced hard-boiled eggs.

89. **Dressed Celery.**—Remove all decayed and coarse parts, wash carefully, and dry in a cloth. If the root is thick, divide it into quarters; curl the leaves at the top by passing a knitting needle through them. Serve in a celery glass.

90. **Duchess Potatoes.**—Bake the potatoes thoroughly; remove the contents, and beat to a pulp. For every six potatoes mix up two eggs, a walnut of butter, a little nutmeg and pepper, and stir in a saucepan; add the potato pulp, place over the fire, and beat till the mass leaves the sides of the saucepan; remove, let get cold, mould with as much flour as necessary to form into sausage shapes, and fry to a light golden brown.

91. **Eggs à l'Aurore.**—Make a tomato sauce, and flavour strongly with lemon juice. Boil the eggs hard, cut lengthwise into halves. Shred the whites and warm in the sauce; put a layer of this on a dish of thickly-buttered toast, then a layer of grated Parmesan; next about the same quantity of the yolk of the eggs passed through a wire sieve; repeat this till all the ingredients are used except sufficient hard-boiled white of egg, to shred like vermicelli, and sprinkle all over the top.

92. **Eggs (à la Dauphine).**—Boil the eggs hard, remove the shells, cut in half lengthwise, and take out the yolks. Make a stuffing of the pounded yolks, bread-crumbs soaked in milk, a little cayenne, chopped parsley, ground nutmeg, butter, and grated Parmesan. Spread some of this mixture upon toast, and with the rest fill the whites of the eggs; join, and proceed to pile the stuffed eggs in pyramid form on the toast laid firmly in a dish; sprinkle this with grated Parmesan, and put the whole in an oven to get hot through and brown. When done, garnish with heart-shaped croustades, and pour a suitable sauce round the base. (See Croustades, No. 80.)

93. **Eggs (à la Gruyère).**—Melt a quarter of a pound of Gruyère cheese in a saucepan with a little butter; add a quarter of a pint of milk; season with finely-minced cloves, parsley, and grated nutmeg; stir this over the fire for three minutes after it has boiled; let cool, and add four well-beaten eggs; stir over the fire for another three minutes, keeping the mixture only *near* the boil. Serve with toast sippets.

94. **Eggs (à la Suisse).**—Well butter a dish, line with thin slices of fresh cheese; break sufficient eggs on this to cover the whole, being careful not to damage the yolks; season with a little cayenne and grated nutmeg; next pour a thin covering of good cream, and finally completely conceal all with a layer of grated Parmesan. Bake for ten minutes in a good oven, brown with a salamander, and serve with thin dry toast.

95. **Eggs and Celery.**—Wash, trim, and cut the celery into short pieces; boil it till all but done in as little water as possible. Have ready in a saucepan enough boiling and thickened milk to just cover the celery, which lay in and simmer for five minutes, or longer if necessary. Dish, and place on the top as many poached eggs as required. (For Thickening, see No. 77.)

96. **Eggs and Cucumber.**—Put three ounces of butter into a stew-pan and let it dissolve. Peel, quarter, and cut into slices three small cucumbers, and shred some young onions; add these to the butter, flavour with pepper, and throw in half a tablespoonful of lemon juice. When the mixture has simmered ten minutes, have ready slices of six hard-boiled eggs, which warm up for two minutes longer, stirring in a tablespoonful of cream just before serving. (“Cassell’s Dictionary of Cookery.”)

97. **Eggs (à la Maître d’Hôtel).**—Fry slices of Spanish onions in butter without browning them, season with chopped parsley and white pepper, add some hot milk, and thicken with flour. Quarter some cold hard-boiled eggs, make them hot in this sauce; remove carefully; arrange neatly on a hot dish, and serve with the sauce poured over them.

98. **Egg Balls (for Soup, &c.)**—Beat up the eggs; season some flour with nutmeg, pepper, and minced lemon peel. If for curried egg balls, add some curry powder. Mix just sufficient flour with the beaten egg to make a shapeable paste. Mould into balls the size of small

walnuts, and put into the soup when boiling, five minutes before dishing up.

99. **Eggs Brouillé.**—Make a mixture of milk, beaten eggs, and butter, seasoned with pepper and nutmeg; add some mushrooms which have been cut into dice and fried in butter. Stir the whole over the fire till properly thickened, then beat rapidly till creamy, and pour hot over sippets of buttered toast.

100. **Eggs en Marinade.**—Poach the eggs, and place in the oven to keep hot. Make a sauce of milk and well-beaten eggs gradually poured in; season with pepper; stir over the fire till well thickened (not allowing the mixture to boil); pour upon the eggs, and serve hot.

101. **Eggs (fricasseed).**—See Fricasseed Eggs, No. 115.

102. **Eggs with Sorrel.**—Prepare a good maigre stock; chop the well-cleansed, washed, and squeezed sorrel very fine, and stew it thoroughly in the stock, seasoning with pepper and nutmeg. Serve on a dish with nicely-poached and neatly-trimmed eggs; or they may be boiled hard, quartered, and set in the sorrel. (For Stock, see No. 77.)

103. **Endive (à la Française).**—Wash, cleanse, and thoroughly boil the endive; squeeze in a cloth, chop, and pass through a wire sieve. Make a sauce of butter, sugar, and milk, thicken with flour, season with pepper and nutmeg; stir over the fire till smooth, when add the endive. Continue to stir over the fire till the endive is well mingled with the sauce, and it can be piled pyramid form on a dish. Serve hot with a garnish of fried sippets of bread.

104. **Flanc of Peaches, or Apricots.**—Line a well-buttered plain oval mould with a good short-crust half an inch thick, letting it protrude an inch at the edge. Fill with flour, ornament the edge with the pastry pincers, and bake for half an hour; remove the flour, and take the pastry carefully out of the mould, and bake it for a quarter of an hour to colour it; simmer enough nicely-prepared apricots in lemon syrup to fill the pastry mould, taking care that, though properly cooked through, they remain whole. After laying the fruit tastefully in the flanc, boil the syrup to a jelly, and pour it over the apricots.

105. **Flummeries.**—Very few flummeries are here introduced, as they are mostly made with isinglass or calves'-foot jelly and wine. Follow the receipts given in good cookery books, but substitute Irish moss for the isinglass or jelly, and milk or rose-water for the wine. If they are found difficult to prepare, serve fruit jellies or fruit blanch-manges in their stead, as they are very similar. (See No. 35.)

106. **Fools** are composed of nicely-stewed fruit, or fruits, well beaten with a wooden spoon, all cores and skins being carefully removed, and then, usually when cold, mixed with cold milk or cream, or both; or Devonshire clotted cream; or cold custard. If the fruits are not stewed, strictly defined they constitute fruit salads, so well known on many parts of the Continent.

107. Frangipane Cheesecakes.—These are ordinary cheesecake pasties filled with frangipane custard. Six eggs, one pint of milk, two spoonfuls of flour, quarter of a pound of fine sugar, two ounces of browned butter, grated lemon rind, and a little nutmeg. Beat the eggs to a froth, add the milk and flour gradually, next the sugar, butter, and flavouring, then stir over the fire till thick and smooth, and *near* the boil; remove, and use immediately.

108. Fregarbed Greens.—Three onions, one Chilli, two ounces and a half of butter, some greens. Take the onions and the Chilli, and put a sufficient quantity of butter with them to stew the greens in; fry the onions and Chilli till soft, then wash the greens, and put them with the butter, onions, and Chilli into a stewpan without any water. Season, cover the stewpan, and let them simmer gently over the fire till all the water from the greens is dried up. (“Warne’s Model Cookery.”)

109. French Beans (à la Française).—Properly prepare and well boil the beans; drain on a sieve, shake in a fresh saucepan over the fire till they are free from water, then to every pound of beans add three ounces of butter, the juice of a lemon, and half a wineglass of milk or maigre stock. Pepper and season to taste; shake over the fire till the whole is hot, and serve immediately.

110. French Beans (à la Poulette).—Properly prepare, well boil, and drain till free from water, some tender beans; make a sauce of melted butter, flour, yolks of eggs seasoned with lemon juice, chopped chives, and parsley, also chopped (when parboiled). Reduce by boiling, toss the beans in this over the fire till the whole is well mixed and hot through.

111. French Beans (à la Provençale).—Prepare the beans properly; boil with a seasoning of parsley, thyme, chives, and bay-leaf; minced when parboiled. Fry some sliced onions in butter to a good brown, put a layer in the dish, add the beans, pour lemon juice on them, and cover them with more onions. Serve hot.

112. French Beans (à la Maître d’Hôtel).—Prepare as French Beans (à la Française), only add to the other seasoning half a teaspoonful of chopped parsley to every pound of beans.

113. French Beans with Fine Herbs.—Properly prepare, well boil, and thoroughly drain the beans; prepare a sauce of butter, parboiled and chopped parsley, chopped shallots, nutmeg, pepper, and lemon juice; stir this over the fire till melted, add the beans, and toss till the whole is well mixed and quite hot. Serve garnished with fried sippets of bread.

114. Fresh (and dried) Fruits and Nuts.—Each day’s *menu* notes these articles, as they are undoubtedly essential for the maintenance of health. The following denotes when the fresh fruits and nuts are in season.

JANUARY.—Apples, pears, medlars, grapes, oranges, lemons, melons, bananas, pomeloes, and shaddocks. Walnuts, filberts, almonds, nuts, and chestnuts.

FEBRUARY.—Apples, pears, grapes, oranges, bananas, pomeloes, shaddocks, and forced strawberries. Almonds, nuts, chestnuts, walnuts, filberts, and Brazil nuts.

MARCH.—Apples, pears, grapes, oranges, forced strawberries,—as in February. Almonds, nuts, chestnuts, walnuts, filberts, cocoanuts, and Brazil nuts.

APRIL.—Apples, oranges, pears, grapes, lemons, early strawberries, bananas, forced peaches, and apricots. Walnuts, Brazil nuts, almonds, cocoanuts, filberts, and Spanish nuts.

MAY.—Apples, pears, lemons, gooseberries, early strawberries, melons, forced apricots, and pineapples. Almonds, Spanish nuts, cocoanuts, and Brazil nuts.

JUNE.—Gooseberries, currants, cherries, strawberries, apricots, peaches, apples, limes, and lemons. Almonds, Spanish nuts, and Brazil nuts.

JULY.—Apples, pears, pineapples, lemons, limes, cherries, grapes, currants, gooseberries, raspberries, plums, peaches, apricots, and nectarines. Almonds, Spanish nuts, Brazil nuts, and cocoanuts.

AUGUST.—Apples, pears, peaches, plums, greengages, damsons, cherries, currants, raspberries, gooseberries, grapes, figs, melons, nectarines, mulberries, and blackberries. Spanish nuts, Brazil nuts, and almonds.

SEPTEMBER.—Apples, pears, plums, cherries, peaches, grapes, late strawberries, melons, pines, quinces, medlars, currants, damsons, figs, limes, pomegranates, prickly pears, and bananas. Walnuts, filberts, hazel nuts, Spanish nuts, cocoanuts, and almonds.

OCTOBER.—Apples, pears, peaches, plums, figs, grapes, medlars, damsons, quinces, pines, bananas, and melons. Walnuts, filberts, and Spanish nuts.

NOVEMBER.—Apples, pears, quinces, and grapes. Walnuts, chestnuts, filberts, Spanish nuts, and Brazil nuts.

DECEMBER.—Apples, pears, medlars, grapes, bananas, oranges, and lemons. Chestnuts, walnuts, almonds, Brazil nuts, Spanish nuts, cocoanuts, and filberts.

Dried fruits are procurable all the year round, and should be always on the table. The freshest possible should be obtained, and being so frequently "wormy" they are safer cooked. Stewed raisins, prunes, dates, figs, French plums, &c., are very nourishing, and by many very much liked. To be prepared in perfection they should be first well cleansed, and then soaked in cold boiled water till they have absorbed as much as they will, and then slowly heated through in an oven or in an earthen jar standing in a saucepan of boiling water.

115. Fricasseed Dishes.—The following hints to produce a few of the fricasseed dishes mentioned in the menu will be of service to those unfamiliar with this method of cooking.

Fricasseed Artichokes.—Boil the artichokes till quite tender, and steam off any remaining water. Make a sauce of milk thickened with

butter rolled in flour, and seasoned with pepper, cinnamon, and any other desired flavour. Stew the artichokes in this sauce for a few minutes, and serve very hot.

Fricassee of Asparagus Heads.—The tender parts of twenty-five asparagus heads, a small lettuce, an onion, and half a head of endive; chop all together; make a sauce of good, well-seasoned maigre stock, thicken with flour, and when smooth and hot, gently stew the vegetables in it till thoroughly cooked. (For Maigre Stock, see Soups, No. 214.)

Fricassee of Eggs.—Boil the eggs hard; arrange in a dish, sliced or quartered, or with the yolks whole, and the whites divided as fancy dictates. Keep hot in the oven. Prepare a savoury white sauce and pour over; serve hot with a border of toast sippets. (For White Sauce, see No. 77.)

116. Fritters—Fruit fritters are made by dipping sliced fruit into a sweet batter (Batters, No. 31), and then frying in boiling oil or butter; or the fruit is minced into a sweet batter, which is dropped by spoonfuls into boiling butter or oil. Sweet farinaceous fritters are made in the same manner, only rice, sago, &c., takes the place of the minced fruit. Savoury fritters are composed similarly of sliced or minced vegetables, or savoury-seasoned farinacea, and are treated in the same way. They are also composed of several fruits, or several vegetables, mixed, and of fruits with farinacea, and of vegetables with farinacea. In the menu their leading flavour or composition is indicated by their name. Fritters, if made sufficiently solid, can be moulded to any desired shape. They can be served on a napkin, and if sweet, must be powdered with sifted sugar, but if savoury should be accompanied with a suitable sauce. (See Sauces, No. 77.)

117. Frothed Eggs.—Beat all the yolks and half the whites of the eggs with a spoonful of water, lemon juice, and any desired flavour. Make a fried omelet of this. Whip the remaining whites to a stiff froth with sifted sugar, and well flavour. Heap this on the omelet, and lightly brown either in the oven or before the fire.

118. Fruit Custards are custards composed of eggs and cream into which stewed fruit has been laid prior to baking, or else the dish is composed of alternate layers of fruit and custard. Desiccated cocoanuts and pounded almonds are often introduced. They can be served in glass dishes, or turned out of moulds. They are also prepared by mixing the pressed-out juices of such fruits as strawberries, raspberries, &c., which is blended with the liquid custard when cold.

119. Frying in Butter or Oil (General Directions).—Use good fresh butter or pure Lucca or salad oil, purchased on draft or in sealed bottles; but eschew the flask oil. Have a deep pan sufficiently filled with the fat, to allow the frying article to be entirely immersed, so that it may be literally *boiled* in the fat.

When fat is at its boiling point, it does not bubble as water does, but remains flat.

A small dice of bread dropped into absolutely boiling fat instantly

produces a hissing sound and floats at once. Fat requires a greater degree of heat under it to bring it to, and keep it at, the boiling point, than water does.

Everything that is cooked in fat must be put in when the fat is quite boiling, or it will absorb some of the fat, and appear and taste greasy or oily. If, on the contrary, the article is put into *boiling* fat, a thin cooked skin is formed instantly upon immersion, and if, when done, it is drained on a wire drainer or blotting paper, the most inveterate dislikers of oil (when oil instead of butter is used) will never know that it has been cooked in oil.

The fat can be strained through muslin, and used again and again any number of times.

Raw potatoes and other vegetables, peeled, sliced, diced, or turned, and wiped on a dry cloth, are by many considered more delicious cooked in this way than any other. Thus prepared they are known as French fried, or fried *à la Parisienne*.

Practice will enable any cook to fry all kinds of vegetables, sweet and savoury patties, toasts, sliced moulds, forcemeat balls, &c., &c., so deliciously, that invalids unable to take them in any other form will relish and easily digest them when thus prepared.

120. Greens à la Crème.—Steam two young cabbages in a potato steamer. Press them between two plates to drain the water from them. Roll a lump of butter the size of an egg in some flour; stir it in a saucepan over the fire with a wooden spoon till it is quite smooth, but not browned. Add, gradually, a quarter of a pint of cream, half a teaspoonful of pepper, and the eighth of a nutmeg grated. Simmer for ten minutes, and serve poured over the cabbages.

121. Grilled Mushrooms.—Steep some well-washed, and sound, large flap mushrooms in a marinade of oil or butter for one hour; lay them on a gridiron over a slow, clear, fire and turn till done; place on a hot dish with a walnut of butter, and a teaspoonful of lemon juice on each mushroom. Pour the hot gravy round them and serve.

122. Haricot Beans (à la Bourguignonne).—Make some good maigre Julienne soup stock; add butter, herbs, and an onion stuck with cloves. Boil in this the red haricots tied in a muslin bag, and when done remove, strain the liquor; reduce if required, thicken with flour, toss the haricots in the sauce for a minute and serve hot. (For Julienne Soup Stock, see No. 129.)

123. Haricot Beans (à la Bretonne).—Well boil a pint of large haricots; prepare a pint and a half of good maigre stock; brown half a pound of minced onions in six ounces of butter, season and thicken with flour; turn this into a saucepan, add the stock, and boil gently for twenty minutes, stirring frequently; add the beans, an ounce of butter, boil up, and serve hot. (For Stock, see Soups, No. 214.)

124. Haricot Beans (à la Maître d'Hôtel).—Put two quarts of water into a stewpan. When boiling throw into it one pint of beans, and let them simmer gently for three hours. Drain and put them into a saucepan with an ounce of fresh butter, a little pepper, a dessert-

spoonful of parboiled and chopped parsley, and a tablespoonful of lemon juice. Shake the saucepan over the fire until they are well mixed, and serve as hot as possible.

125. **Hotch Potch** (maigre).—Boil one pound of dried green peas (which have been soaked in cold water some hours), one pint and a half of carrots and turnips cut into dice, and a quarter of a teaspoonful of bruised celery seed tied in a piece of muslin. Boil gently for one hour and a half.

Summer Hotch Potch is made as above, only fresh green peas are used.

126. **Housekeeper's Potatoes**.—Cut cold boiled potatoes into dice, season with pepper. Prepare a good maigre stock, in which put some finely-chopped parsley. Put the potatoes into a saucepan and nearly cover with the stock; simmer for thirty minutes, and serve hot with lemon juice squeezed over. (For Maigre Stock, see Soups, No. 214.)

127. **Jelly, Open, with Whipped Cream**.—Prepare the jelly, place in a mould with an open centre, and fill with whipped cream piled high. If a proper mould is not at hand, insert a gallipot in the centre, which remove when the jelly is cold, and then fill in with the cream.

128. **Jerusalem Artichokes à la Soyer**.—Boil the artichokes till tender; trim them to the shape of pears. Pour some good white sauce into a vegetable dish, and lay a border of mashed potatoes all round; put some artichokes in the middle, and stick others, points downwards, into the mashed potatoes; pour more white sauce over, and between each artichoke forming the border place one or more nicely-cooked Brussels sprouts. (For White Sauce, see No. 77.)

129. **Julienne Soup**.—The receipt below for Julienne soup made of fresh vegetables is adapted from "Francatelli's Cook's Guide and Housekeeper," but when these are not in season the dried vegetables can be purchased at any of the Italian stores; to use which make a good vegetable stock with some well-cooked tapioca in it, instead of the flesh-meat stock (see No. 214); add the dried vegetables, thicken with brown roux (see No. 77), and before sending to table stir in a little butter.

From Fresh Vegetables. Take three red carrots, as many turnips, and the white parts of the same number of heads of celery, leeks, and onions; cut all these into thin shreds about an inch long, and put them into a stewpan with two ounces of butter, and, stirring lightly over a slow fire, fry them of a very light colour, then pour them into a convenient-sized soup-pot, add sufficient clear stock for the quantity of soup required; set it to boil, and then remove it to the side of the fire to throw up the scum; take this off as it rises to the surface; add two cabbage-lettuces, a few leaves of sorrel, some tarragon and chervil, all shred fine, and four lumps of sugar; and, after allowing the julienne to simmer until the vegetables are done, ascertain that the seasoning is palatable, and serve.

130. **Lettuce stewed with Green Peas**.—Take two good-sized cabbage-lettuces. Wash them carefully, remove the stalks and the outer and decayed leaves, and let them lie in cold water for a couple

of hours. Drain them, cut them into slices, and put them into a saucepan, with a quart of young and freshly-shelled green peas, a piece of butter the size of an egg rolled thickly in flour, half a quarter of a pint of good stock, and a little pepper and pounded sugar. Cover closely, and simmer gently until the peas are soft. Time, half an hour, to simmer. ("Cassell's Dictionary of Cookery.") (For Stock, see Soups, No. 214.)

131. **Macaroni (à l'Anglais).**—Stew the macaroni in milk or a good maigre stock. Measuring by weight, take half as much grated Parmesan as macaroni used, and add half this to the boiling macaroni, and when done dish and strew the remaining half of the cheese over the whole, then cover with a thin layer of buttered bread crumbs; brown to a light golden colour in an oven or with a salamander, and serve with melted butter poured over. (For Stock, see Soups, No. 214.)

132. **Macaroni (à la Pontiffe).**—Boil some suitable vegetable or vegetables till done, carrots and potatoes, or potatoes and chestnuts will do. Remove, and in the liquor boil some ribbon macaroni in strips as long as possible. Butter a plain mould, and line with the cooked macaroni; fill in with the vegetables tastefully arranged, interspersed with fried button mushrooms and egg balls, which latter have been stewed in the stock. When the mould is full, fill to the brim with the liquor, which should be thickened with arrowroot, egg, or Carrageen moss, so that it will form a jelly. (See No. 35.) Bake in an oven for fifteen minutes, and serve with a rich brown gravy poured round the base.

133. **Macaroni (à la Reine).**—Prepare a good sauce of cream (or milk) butter, and Stilton cheese; stir over the fire till all is thick and smooth, season with pounded mace and cayenne. Put into this enough well-boiled macaroni to be barely covered by the liquor, and stir the whole over the fire till it is well mixed. Turn into a dish, cover with a layer of buttered bread-crumbs and put it in an oven till the butter is melted, put in the macaroni, and barely cover with a good white sauce; continue to shake over the fire till all is well mixed and thoroughly hot, then turn on to a dish garnished with croustades or buttered toast sippets. (For Croustades, see No. 80.)

134. **Macaroni au Gratin.**—Break up a pound of macaroni into three-inch lengths, drop into *boiling* water, which must be kept boiling for at least thirty minutes, adding more *boiling* water if required, steam off or drain and turn into a stewpan containing a quarter of a pound of fresh butter, six ounces of Parmesan and six ounces of Gruyère cheese, and about a quarter of a pint of good white sauce. Move the stewpan and its contents over the fire until the macaroni has absorbed the butter, &c., then turn it out on a dish, which should be garnished with croutons—(The crumb of bread diced or otherwise shaped, fried till of a light golden colour). Pile it in the shape of a dome, cover with bread raspings, a little clarified butter run through a colander and brown very lightly with a salamander. (For White Sauce, see No. 77.)

135. **Macaroni, Boiled (à l'Italienne).**—Put five or six ounces of the best Italian macaroni into sufficient *boiling* water, and add more, if required, and a salt-spoonful of fine pepper; simmer for twenty minutes, and drain. After this first boiling, which should be observed in all macaroni preparation, return the macaroni to the saucepan with half a pint of tomato, mushroom, or other gravy or broth, according to the richness required, and simmer until the macaroni has imbibed all the liquid. Have ready grated of Parmesan and Gruyère cheese, mixed, a quarter of a pound. Put half the quantity with the macaroni until nearly melted, then add the rest and an ounce of butter. Move the contents of the pan round in one direction until the cheese has been well incorporated and dissolved in the macaroni: turn it out on a hot dish and serve. In this way macaroni is eaten at most of the best tables in Leghorn and Florence.

136. **Marinated Vegetables.**—Every different vegetable requires a different marinade, still the following for cooking them in will form a good base, to which the requisite seasonings can be added. Fry in three ounces of butter one large onion, a large carrot, four shalots, two bayleaves, a bunch of parsley, a blade of mace, some black pepper, and a clove of garlic. When fried till the onions are brown, turn into a quart of water in a saucepan, and boil for ten minutes, keeping the lid closely shut. Strain, and in this marinade stew the beetroot, carrot, celery, parsnip, vegetable marrow, or whatever you wish to marinate. When done, either dish the vegetable and pour over melted butter, white sauce, or lemon juice; or make a sauce with flour or other thickening of the liquor, and serve. (See No. 77.)

137. **Meringues.**—The meringues mentioned in these Menus are compositions used to cover almost any stewed fruits, well-flavoured farinacea, jams, marmalades, &c., either together or separately. The solid ingredients are placed in a dish, or piled in a pyramid, and then covered with the meringue, which is composed of finely-sifted white sugar, mixed with the whites of egg previously beaten to a firm froth (the proportions usually being 1 lb. of sugar to the white of ten eggs). After this is spread evenly on the fruit or other ingredient, it is lightly powdered with sugar, and baked to a light bright brown. Custard, cream, or stewed fruit should be placed on the table to be served with each help.

138. **Miroton of Apples.**—Cut the properly-peeled and cored apples into thin slices, and fry them in the following: six ounces of butter, four of powdered sugar, the grated rind and juice of a lemon. Serve in a pyramid, with sifted sugar.

139. **Mock Crab.**—Take one pound of Gloucester or Cheshire cheese, and pound it in a mortar, with two spoonfuls of lemon juice, three of salad oil, one of mixed mustard, and cayenne to taste. When it is well pounded it may be served in a china crab-shell, and garnished with parsley.

140. **Mock Eggs.**—Purchase a sponge cake of a size suitable for slicing and toasting so as to look like ordinary slices of toast. Prepare

some cornflour blanc-mange and pour it on a large flat dish, or in saucers, and place upon each piece of toasted cake a piece of blanc-mange, to simulate the white of a poached egg, and place upon each of these latter the half of a peach or apricot, either procured tinned or fresh, which last must be gently stewed, so as to slice in halves without losing their shape, or the dish will not represent poached or fried eggs on toast. Serve hot or cold with a little of the syrup in which the fruit has been stewed or preserved.

141. Moulds or Shapes.—These nourishing and easily-prepared dishes are simply one or more farinaceous or vegetable substances stewed in water, milk, fruit juice, or maigre stock, as the case may demand, and allowed to set in a buttered mould, out of which they are turned on to a glass or other dish, and tastefully bordered with jam, or stewed fruit, or garnished with parsley or other article, or with some suitable custard or cream or savoury sauce poured over them. According to the season of the year they should be brought to the table warm or cold. A variety can be made by preparing a small one for each guest, served on a separate plate with markedly different accompaniments, to suit various tastes. They are here named after their leading ingredient, or ingredients, or flavourings. (For Stock, see Soups, No. 214.)

142. Mushrooms (à la Bordelais).—Grill the mushrooms and season the gravy with minced shalot, garlic, onion, and chopped parboiled parsley, in which serve them. (See Grilled Mushrooms, No. 121.)

143. Mushrooms au Buerre.—Finely mince the mushrooms and stew in butter with a seasoning of cayenne and mace. Serve hot on toast.

144. Mushrooms au Gratin.—Make a forcemeat of chopped parsley, shred shalot, thyme, powdered mace, pepper, bread crumbs, and the beaten yolk of egg, and simmer in butter. Take large flap mushrooms, cut the stems off, butter the insides, lay a thick layer of forcemeat on half the number, and a thin layer on the other half; place these one on the other. Butter a baking dish and line with bread-crumbs, lay the mushrooms in, cover with bread-crumbs and a sprinkling of grated Parmesan. Cover and bake in an oven.

145. Mushrooms Grilled.—See Grilled Mushrooms, No. 121.

146. Mushrooms Stuffed.—See Stuffed Mushrooms, No. 225.

147. Nouilles.—Nouilles are made of delicate pastry, cut up into ribands and various shapes, and used as a substitute for vermicelli and macaroni, either in making fritters or puddings, or for serving with cheese, or in soup. They are made as follows: take half a pound of fine flour, put it on the pastry-board, make a hole in the centre, and in this put two eggs; add half an ounce of butter and a tea-spoonful of cold water, and mix all together into a very firm, smooth, paste; leave it a little while to dry, then roll it out as thin as possible, and cut it into thin bands about an inch and a quarter in width; dredge a little flour upon these, and lay four or five of them one above another,

then cut them through into thin shreds, something like vermicelli ; shake them well to prevent their sticking together, and spread them out to dry. Nouilles cannot be made without a straight rolling-pin and a smooth pastry-board. When wanted for use, drop them gradually into boiling water, stirring gently with a wooden spoon to keep them from getting lumpy ; let them boil from six to twenty minutes, then take them up with a strainer, drain them well, and spread them out on a coarse cloth. Besides thread-like nouilles, a few may be made the size and shape of scarlet-runner beans, or small birds' eggs, or they may be cut broad like macaroni. If thoroughly dried, they will keep any length of time stored in tin canisters. Probable cost 3d. for this quantity. *Genoises de Nouilles*, sometimes called *Genoises à la Reine*, is made in the following manner.—Beat thoroughly the yolks of four eggs and mix with them as much dried flour as will make a thick batter. Divide this into four parts, and roll each out as thin as possible. By the time all are rolled, the first one will be sufficiently dry to cut into small strips as thin as twine. Spread them on writing paper, and place them before the fire to dry ; drop them into a pint and a half of boiling milk, with six ounces of butter, six ounces of sugar, and the finely-grated rind of a large lemon. Simmer gently for thirty-five minutes, when the mixture should be a thick batter. It must be well stirred, particularly at first, to prevent its forming into lumps. Pour it out, and as it cools, add the yolks of six eggs, well beaten ; butter a baking tin, and pour the paste smoothly and evenly over it, making it about a quarter of an inch in thickness ; bake in a moderate oven until lightly browned. When it is sufficiently cooked, divide it into two parts, spread a little jam over one half, turn the other half upon it, stamp out in fancy shapes with a cutter, and pile the *genoises* in a dish. This mixture is very good baked in tartlet tins and eaten while hot. It does *not* improve by keeping. Time twenty minutes to bake. (“*Cassell's Dictionary of Cookery.*”)

148. **Nouilles au Gratin.**—Boil the nouilles in water, drain, and then boil in milk, season with nutmeg and pepper. Stir in grated Parmesan to taste (which is generally a quarter of a pound to half a pound of dry nouilles), with a good lump of butter ; shake over the fire till all is well mixed, pile high on a dish with a sprinkling of bread crumbs, brown in an oven, or with a salamander, and serve hot.

149. **Omelets.**—An omelet is composed of eggs and milk (a teaspoonful to each egg), made savoury or sweet by the addition of onion, parsley, pepper ; or cinnamon, sugar, vanilla, &c., as the case may be. The yolks and whites of the eggs are broken into separate vessels, and the flavourings and milk are added to the yolk, and all are well beaten. The whites are then whisked, with a clean, dry, cold whisk, to a froth all but firm, which is then turned into the other ingredients and all are slightly whisked together just before pouring it into the omelet-pan. This must be smooth and dry, and must contain sufficient simmering (but not burnt) oil or butter to well grease the pan. Pour all or some of the mixture into the pan, loosen the edges with a knife, and be careful not to let it stick to the bottom of the pan. When done, hold it in front of the fire for a couple of minutes to

make it rise, or hold a red-hot salamander over it for the same purpose. Serve immediately, and if sweet, powder with sifted sugar. Cooked vegetables or fruits may be mixed in the batter, or can be laid in the middle when it is nearly done, and the two sides folded over. Any desired flavouring can be added, and it is from these particulars that the dish acquires its distinctive name.

150. Onions (à la Crème).—Boil some Spanish onions till done, remove and drain. For every pound of onions prepare in a cup three ounces of butter, rubbed smooth in flour and seasoned with pepper, which melt in a dry saucepan and add the onions. Shake the saucepan for two minutes, then gradually add sufficient milk and cream to just cover the onions. Serve hot on buttered toast.

151. Onions Glazed.—Take a dozen freshly-gathered, large-sized onions, cut a thin slice off each end, and throw them into boiling water for a quarter of an hour. Take off the outer skin, scoop a small piece out of the middle of each onion, and put a quarter of a teaspoonful of powdered sugar into the empty spaces thus formed. Put two or three slices of butter in a stewpan. Arrange the onions side by side in it, and place it on the fire, turning the onions two or three times that they may be equally coloured all over. When nicely browned, moisten them with half a pint of good strong stock, cover the saucepan closely, and simmer very gently until the sauce is reduced to a glaze. Baste the onions frequently whilst the sauce is simmering, and keep them hot till served. Time, one hour. ("Cassell's Dictionary of Cookery.") (For Stock, see Soups, No. 214.)

152. Onions, Portugal (à l'Espagnole).—Peel the onions and stamp out the cores with a long vegetable cutter, about a quarter of an inch in diameter; parboil them in water for ten minutes, and then drain them on a cloth. Spread the bottom of the saucepan with butter, place the onions in it, moisten with stock sufficient to just cover them, and set them to boil over a slow fire, occasionally turning them in their liquor; when they are nearly done, add a dessert-spoonful of pounded sugar, boil them down quickly to a glaze; add a little tomato; roll the onions in it, and dish them up in a close circle. ("Francatelli's Cook's Guide.") (For Stock, see Soups, No. 214.)

153. Open Jelly with Whipped Cream.—See Jelly, No. 127.

154. Orange Butter.—See Butters, No. 42.

155. Palestine Soup.—Take three dozen freshly-dug artichokes, peel them, and throw them into cold water as they are done, or they will become discoloured. Put them into a saucepan with four onions, the outer sticks of a head of celery, and three pints of white haricot-bean stock, and let them simmer gently for an hour. Take out the onions and celery, and press the artichokes through a fine sieve; put the purée back into the saucepan, and when it is quite hot stir into it a pint of boiling cream; or, if preferred, a mixture of milk and cream; season with pepper and grated nutmeg; simmer a minute or two, and serve immediately. Send fried bread cut into small dice to table on a separate dish. ("Cassell's Dictionary of Cookery.")

156. **Pancakes.**—Pancakes are very similar to omelets, but are more substantial, and are turned in the pan and fried both sides. The cookery books direct that for every egg two table-spoonfuls of flour, a quarter of a pint of milk should be used. The flour for pancakes can be wheaten, oaten, lentil, rice, arrowroot, &c., but where these flours are not found to get sufficiently cooked by the process of pancake-making, a purée of such can be substituted for the milk. Vegetables or fruits, cooked or uncooked, fresh or dried, mixed or separate, may be stirred in the batter, of course, always finely-chopped; or they may be laid in the centre and have the edges of the pancake folded over. Milk-of-asparagus pancakes are made of the inner part of stewed asparagus mixed with the flour. Jams, jellies, and marmalades are introduced into them in this manner. They are served separately rolled, or piled one upon another with sugar and lemon, jam, or fancy butter spread between, or they can be served plain with a savoury sauce accompanying them, or with something sweet, in which case they are powdered with sifted sugar or ground cinnamon.

157. **Pankail Soup** (*maigre*).—Shred a pound of cabbages, savoys, or bunch greens very finely, and throw them into a quart of boiling water, which has been thickened with oatmeal and seasoned with pepper. Add two ounces of butter, or tablespoonful of best Lucca oil, and simmer gently for an hour and a half. Thicken the soup with powdered biscuit, or finely-grated bread crumbs.

158. **Parsley Potatoes.**—See Potatoes, Parsley, No 175.

159. **Patties** are, when baked, exactly the same as puffs. They are also fried (see 119), and are then prepared simply by some mince being laid between puff-paste. They are served on a folded napkin and if sweet, sugar is sifted over them; if savoury, some suitable sauce must accompany them. Their leading composition or flavour is indicated by their name.

160. **Pea Brose.**—Pea brose is made by mixing the fine flour of the yellow pea, or the red Egyptian lentil, into a smooth paste in cold water and stirring it gradually into boiling water, boiling milk, or boiling *maigre* stock. Flavour or season to taste, and, eat with butter, cream, or if made very thick and savoury, serve a savoury sauce with it. (For Sauces, see No. 77.)

161. **Pear Klösse** (a German dish).—Pare, core, and mince finely half a dozen ripe pears. Mix with them half a grated nutmeg, two ounces of clarified butter, sugar to taste, four well-beaten eggs, and as much finely-grated bread as will make the mixture stiff and smooth. Mould it into egg-shaped balls with a large spoon, drop these into boiling water, and let them simmer gently until done enough. Serve on a hot dish, with sifted sugar and a little powdered cinnamon strewn over them. Send milk sauce to table with them. Time to simmer half an hour. Probable cost 1s. Sufficient for three or four persons. (“Cassell’s Dictionary of Cookery.”)

162. **Pies (Savoury Vegetable).**—A layer of seasoned tapioca which has been soaked soft, and from which any lumps have been removed,

is generally laid first in the dish. Upon this is placed the leading vegetable from which the pie derives its name. Sometimes the vegetables are parboiled, or parbaked, sometimes raw, and sometimes baked. Next is a layer of bread-crumbs or potatoes, or curried rice, and sometimes grated carrot, chestnut flour, or mushroom powder, &c., is introduced, according to the character of the pie to be produced; and these layers are repeated till the dish is full, when the crust is put on. Fritters, forcemeat balls, savoury stuffings, tomatoes, hard-boiled eggs, &c., &c., all form suitable ingredients. Fill up with a good appropriate gravy, reserving some for addition at table. (For Gravy, see No. 77.)

Sweet.—Sweet pies contain fruits, &c., and baked puddings and dumplings are made in the ordinary manner, only the crust should be made of the fine whole-meal and butter, without the intermixture of any form of bought or home-made baking powders. One-third butter to two-thirds flour is quite rich enough for ordinary use.

Raised Sweet and Savoury Pies.—When savoury, these should be served on a neatly-folded napkin and garnished with parsley, but when sweet, should have a bordering of stewed plums or figs, or some suitable article, or else should be stood in a dish with an appropriate custard or cream poured round the base. The following receipt is extracted from "Cassell's Dictionary of Cookery." Take as much pastry as it is intended to use for the pie. Cut off as much as will be wanted for the cover, and form the remainder to the shape of a cone. Flatten the sides with the palms of the hands, and when they are quite smooth, squeeze the point down a little, and press the knuckles of the left hand into the middle of the pastry until the inside is hollow. Knead it well with the fingers, and be careful to have every part of an equal thickness. Fill the pie, roll out the remainder of the pastry to the size of the top of the pie, moisten the edges with a little egg, and lay on the cover. Press this down securely, and pinch it with pastry pinchers. Make a small hole in the centre of the pie, and ornament with pastry leaves, chains, or any fanciful designs. Brush all over with egg, and bake in a well-heated oven. When the pie is done enough, take it out, and pour in a little good gravy, which will jelly when cold. If a mould is used, butter it, and line it with good firm pastry. Fill the pie, roll out the cover, moisten the edges of the pastry with egg, lay it on, and press it down securely, so that the edge of the pie may be raised slightly above the cover. Pinch the edges with the pastry-nippers. Make a small hole in the centre, and lay upon the pie pastry ornaments of any description. Brush over with egg, and bake in a well-heated oven. Take the pie out, draw out the pin which fastens the side of the mould, and take it out carefully. If it is not sufficiently browned, put it into the oven a quarter of an hour longer.

163. **Pikelets.**—Prepare a batter as for pancakes, only with a third more flour. Flavour with or add to whatever the pikelets are named after, and bake on a griddle or bakestone, which must be buttered each time before the batter is poured on to it. Butter, pile one on the other, and serve hot.

164. **Polenta (à l'Italienne)**, adapted from "Cassell's Dictionary of

Cookery." When made with Indian meal, put a quart of milk into a saucepan. Let it boil quickly, then drop into it very gradually as much Indian meal as will make it quite thick, stirring briskly all the time. Let it boil until quite smooth, and mix with it an ounce of grated Parmesan cheese, stir briskly and then turn the mixture into a buttered mould, and bake for a quarter of an hour. The polenta may be turned out or not. When made with semolina, bring a quart of milk to the boil and drop into it about a quarter of a pound of semolina, stirring briskly all the time, and let it boil gently for ten minutes. Be very careful to prevent it burning. When quite thick pour into a plain mould and set it in a cool place to stiffen. Cut it into slices three-quarters of an inch thick. Butter a fresh plain mould. Pour into it a small quantity of clarified butter, and then a layer of grated Parmesan. Place on this a layer of slices of paste, and another layer of cheese. Moisten the mixture with a tiny lump of butter, and repeat until the paste is used and the dish is almost full. Place a thick layer of the cheese at the top, and a little more clarified butter, then bake the preparation in a moderate oven until it is brightly browned. Turn it upon a hot dish, and serve. A little grated cheese is sometimes sent to table on a dish with the polenta, or a little brown gravy is poured round it, but it requires neither.

165. **Potage (à la Colbert).**—Take a quarter of a pound of carrot, and a quarter of a pound of turnip, and turn them into squares, diamonds, rounds, or any other shapes of uniform size. Boil them in three pints of stock (see No. 214) until they are done enough. Then serve. Send half a dozen poached eggs to table on a separate dish, or adopt a more usual method, serve the poached eggs in theureen with the soup.

166. **Potage (à la Condé).**—Soak a breakfast-cupful of red haricot beans in cold water all night. Slice an onion, put it with the beans, and boil in three pints of water for four hours. Pass the liquid through a hair sieve, and rub the beans through with a wooden spoon. Put pulp and liquid back into the saucepan, season, stir till the soup boils, and serve. ("Cassell's Dictionary of Cookery.")

167. **Potage (à la Crecy).**—A superlative carrot soup. Slice off the red part of a dozen large carrots, and put them into a stewpan, with two ounces of butter, a large lump of sugar, three good-sized onions, two turnips, a dozen pepper-corns, the outer sticks of two heads of celery, and four leeks. Cover, then sweat the vegetables over a gentle fire for ten minutes. Shake the saucepan to keep the contents from burning. Pour over them a quart of water and let them simmer gently for two hours, or until the vegetables are quite tender. Strain off the soup, and press the vegetables with a wooden spoon through a sieve. Mix the pulp again with the stock, season with pepper, put it back into the stewpan, and let it boil. Draw it to the side of the fire for a few minutes, and skim off the fat as it rises to the surface. Send toasted sippets to table in a separate dish.

168. **Potatoes (à l'Anglaise).**—Peel and boil the potatoes, and when done, drain, and slice them into a fresh saucepan with a quarter

of a pound of butter for every pound of potatoes. Shake over a good fire for seven minutes, and serve hot.

169. **Portugal Onions** (à l'Espagnole).—See Onions, No. 152.

170. **Potage** (à la Xavier).—Mix the well-beaten yolks of four eggs and the white of one with three-quarters of a pint of flour. Add a little pepper, the eighth part of a nutmeg grated, and a dessert-spoonful of chopped parsley, and mix all the ingredients thoroughly. Stir in as much stock (see Soups, No. 214) as will make the batter thin enough to pass through a colander. Boil two quarts of strained and nicely-flavoured stock. Put the batter into it by means of a ladle perforated with holes, and stir well as long as it is on the fire. Skim carefully. Boil a quarter of an hour longer, and serve. Sufficient for eight or nine persons. (“Cassell's Dictionary of Cookery.”)

171. **Potato Cones**.—Peel and steam the potatoes; beat them with milk and butter to a smooth paste; shape into cones; brush over with beaten egg and brown in an oven, before the fire, or lay in a frying basket, and immerse in boiling oil until of a light golden brown. Serve on a napkin garnished with crisped parsley, or in a dish with a good brown gravy poured around the base. (See No. 77.)

172. **Potato Klösse** (Savoury).—Bake the potatoes, scoop out the floury portions, beat to a soft paste with butter and cream and the well-beaten yolk of eggs; seasoning with a little minced onion, cayenne, and minced parsley; form into balls, dip a wooden spoon into water, and drop them into boiling water, or maigre soup. Grated Parmesan is often mixed with the potatoes when mashing, and is sometimes grated over them for serving.

173. **Potato Klösse** (Sweet).—Prepare the potatoes as for savoury klösse; beat them with butter and cream, flavour with cinnamon powder, pounded sugar on which has been rubbed the rind of a lemon, and add half as many whites of eggs as yolks, all well beaten; if necessary to form it into a firm paste add more potato, mix well, form into little balls, dip in beaten egg, roll in bread-crumbs, and fry in boiling oil or butter. Served piled high on a napkin or d'oyley; put a streak of jam on each, and powder with sifted sugar.

174. **Potatoes, Mock New** (or Old Potatoes prepared as New).—Reduce the potatoes to the size of new, boil for ten minutes, strain quickly, wrap them in a clean hot cloth, and stand them beside the fire to steam for ten minutes; return to the saucepan, and nearly cover with cream or white sauce, and gently simmer till done. Remove carefully one by one into a dish; pour the liquor over, and serve hot.

175. **Potatoes, Parsley**.—Peel small potatoes, scald with boiling water, and let stand for five minutes, then put them into enough boiling water to barely cover them; add butter, and boil till done. Remove the potatoes, and add to the liquor a teaspoonful of chopped parsley for every soup plate of peeled potatoes; boil and reduce, or increase, to sufficient quantity to make a sauce for serving with the potatoes.

176. **Potato Ribbons.**—Choose large, good kidneys; peel and wash, and soak them in clean cold water for a few minutes; take one out, dry in a cloth, and peel it into the frying basket, round and round, into ribbons of an equal width and thickness, and making as few breaks as possible. Do the same to each, till sufficient are done, and then plunge the basket into a bath of oil sufficiently deep to completely cover them. Lift the ribbons occasionally with two long forks to prevent their lying so close together that portions will not be browned. When done, drain and serve immediately.

177. **Potato Snow.**—Choose good white floury boiling potatoes; boil them in their skins in barely enough water to cover them, putting them on in cold water. When they begin to crack, remove them, place in a Dutch oven in front of the fire the dish in which they are to be served, and on this lay the potatoes in a cloth, and let them remain there till they are falling to pieces; remove them, and lay them, cloth and all, in a steamer on top of the stove. Hold a wire sieve over the dish and rub them quickly through it, making them form as nice a pyramid as possible. Serve them immediately without further meddling with them.

178. **Potatoes Stewed (à la Française).**—Boil the potatoes in their skins; when done, peel and slice. Have ready enough maigre stock to just cover the potatoes; season with shred onion, chopped parsley, and pepper; simmer till the onions are well cooked, then add butter, and thicken with flour. Put the potatoes in this sauce and shake over the fire till hot through. Serve the potatoes with the sauce poured over them. (For Stock, see No. 214.)

179. **Potatoes Stuffed.**—See Stuffed Potatoes, No. 226.

180. **Puffs** are fried or baked, and are named after their leading ingredient or flavour: *e.g.*, almond puffs are composed of pounded almonds, sugar, butter, the yolk of egg, and a little cream. These ingredients are well mixed and baked in well-oiled tins. Apple-puffs are just cooked apples, flavoured with lemon juice, and baked in puff paste in patty pans. Fried rice puffs are composed of a rice batter fried in boiling oil or butter. They can also be composed of savoury batter and fried, or can be made of puff paste, filled with savoury ingredients, and baked.

181. **Pulled Bread** (for the cheese course).—Remove the crust of a new loaf, and separate the soft part into finger-length rough pieces with two forks; brown in a slow oven.

182. **Purslain fried (à la Milanese).**—Make a marinade of lemon juice, white sugar, and powdered cinnamon. Lay the branches of purslain in this, cover, and let remain for ten hours; dip in a batter with the same flavouring and fry in boiling butter.

183. **Quenelles.**—Quenelles are little balls composed of a savoury mince, moistened and bound together with beaten egg. Their name indicates their leading composition. They are served in soups, or with a rich sauce, thus forming a ragoût; or they may be dipped in

egg and bread-crumbs, and fried in hot butter or boiling oil, and served as croquettes. They also form an excellent garnish, or stuffing for such articles as vegetable marrows, cucumbers, &c.

184. **Ragoûts.**—Ragoûts can be composed of any vegetable or farinacea, which should be well cooked and laid in the middle of the dish, and be served covered with a very rich savoury sauce. A good brown sauce can be made by mincing and placing in a saucepan a large carrot, a head of celery, three onions, some powdered cloves, a blade of mace, and covering them well with cold water, and letting simmer for an hour with the lid well closed. This must be passed through a not very close sieve, and if necessary thickened, and then poured over the already prepared carrots, turnips, mushrooms, rice, &c. Most cooks prepare, or purchase already made, a "ragoût powder," a pinch or more of which is added to the sauce. It is composed of, says "Cassell's Dictionary of Cookery," two ounces of grated lemon rind, one ounce of ground black pepper, half an ounce of grated nutmeg, half an ounce of powdered ginger, a quarter of an ounce of cayenne, a quarter of an ounce of powdered mace, and a quarter of an ounce of powdered cloves. These are pounded in a mortar, dried, too gently to evaporate, bottled, tightly corked, and used as required. Of course both sauce and powder must suit the vegetable which is served as a ragoût.

185. **Rice (à l'Andalusian).**—Put half a pound of pure Lucca oil or butter into a saucepan, and when the butter is hot, or the oil *boiling*, turn in half a pound of carefully-washed and dried rice, together with one pound of button mushrooms, or flap ones, trim, cut into equal-sized pieces a quarter of a pound of onions, add half a pound of peeled, but whole, tomatoes, and two ounces of minced parsley. Season with cayenne, and, if liked, add a clove of garlic. Stew for ten minutes, stirring all the time; then add a pint of *maigre* stock (see No. 214), and simmer till the liquor is absorbed, and the rice tender. Turn out upon a very hot strainer and drain, then turn upon a hot dish, brown with a salamander, and serve. Send half a juicy lemon to table for each guest, to squeeze over the rice.

186. **Rice (à l'Italienne).**—Wash and boil the rice till tender, drain and dry in a cloth. Put a quarter of a pound of butter into a saucepan and shred into this a parboiled cabbage, and season with parsley, pepper, and garlic. Stew very gently for nearly an hour, shaking occasionally; add the rice with more butter if necessary, and stew for twenty minutes, and when all is done pile high on a dish, strew with grated Parmesan, and serve hot.

187. **Rice (à la Milanese).**—Wash the rice and stew till tender, drain and dry, and fry in hot butter till a light golden colour, stirring all the time to prevent its burning. Have ready some pieces of savoury stewed vegetables, and drop them in one by one while frying. Serve hot.

188. **Rice (à la Sœur).**—Boil some rice till tender, drain, add butter, season with pepper and grated nutmeg. Have ready some broken

pieces of mushrooms which have been nicely fried in butter, and stir these into the rice. Have also prepared equal quantities of grated Parmesan and the pounded yolks of hard-boiled eggs passed through a sieve. Pile the rice high on a dish, sprinkle the powder over, brown in the oven and serve hot.

189. Rice (à la Turque).—Well wash and pick the rice. Put it into boiling water and boil for seven minutes. Have some onions frying in butter, and manage so that they are just browned at the end of the seven minutes, when take up the rice, drain, and fry it also in the butter, stirring all the time to prevent its burning, and when slightly coloured, turn it into a saucepan with four times its quantity of good *maigre stock* (which is always coloured with saffron powder when used for this purpose), season with a little cayenne, thicken with butter rolled in flour, and add grated Parmesan to taste, boil for fifteen minutes, and serve very hot with toast sippets. (For Stock, see No. 214.)

190. Rice Froth.—Wash a quarter of a pound of rice, and boil it in a pint of water until the liquor is absorbed. Pour over the rice a quart of milk, and let it boil gently until it is tender. Stir frequently to keep it from burning. Sweeten and flavour with lemon or almond flavouring. If the flavouring is an essence, it should be dropped upon the sugar; if lemon rinds or almonds are used, they should be boiled in the milk. Put the rice and milk when cold into a glass dish. Beat the whites of three eggs to a froth, and mix with them a dessertspoonful of powdered sugar. Lay this on the rice, and place on the top, in spoonfuls, a quarter of a pound of raspberry jam. (“*Cassell's Dictionary of Cookery.*”)

191. Rice. American Mode.—Wash and pick the rice. Lay it on a clean dry cloth on the table; now take this cloth up by the edges with both hands, and hang it in a saucepan with the centre within two inches of the bottom, and with the edges of the cloth hung over the outside of the saucepan. Previous to this have an inch and a half deep of cold water in the saucepan. When all is ready, close down the lid and put on to boil, adding more water as required. Rice thus steamed is cooked to perfection.

192. Rice. Maigre Milanese.—Prepare a good *maigre stock*, and stew the rice in it. Serve hot, piled on a dish with grated Parmesan strewn over. Garnish with neatly-shaped pieces of cold vegetable, which have been dipped in batter and fried in butter. (For *Maigre Stock*, see No. 214.)

193. Rice. Maigre Piedmontese Fashion.—Mince a small onion and fry in butter; when done add half a pound of well-boiled, drained, and dried rice, mixed with the floury parts of three large well-baked potatoes and a tablespoonful of grated Parmesan. Season with pepper, and stir over the fire till all is well intermingled and equally hot quite through; pile on a dish and serve. Some suitable fried savouries, such as button onions, button mushrooms, little tomatoes, salsify fingers, &c., should be neatly dotted over the rice, either in alternate rows round, or from the base upwards. A good brown sauce should be poured round the base. (For Sauce, see No. 77.)

194. Rissables.—Rissables are composed of any savoury-prepared vegetables or farinacea, minced together or separate; or if cheese rissables, they are composed of cheese and bread-crumbs, or cheese and rice, &c. The whole is bound together by being mixed with the yolk of beaten egg. They are shaped like flat sausages, or like fruits with a piece of horseradish inserted in one end to represent the stalk. When ready they are rolled in egg, then in bread-crumbs, again in egg, and again in bread-crumbs, and are then fried to a dark brown. They should be served hot, and garnished with crisped parsley. Their composition is indicated by their special name.

195. Risi Piselli.—Fry some finely-chopped parsley and onions till the latter is a light-brown colour. Have ready five ounces of boiled green peas, and half that quantity of boiled rice (weighed before cooking), and add to the frying onions and parsley, stir till all are well mixed, and serve hot. A very popular Italian dish.

196. Rissoles.—Rissoles are prepared the same as croquettes, but are covered with a good puff paste before frying. They are served piled on a neatly-folded napkin with a sauce accompanying in a sauce-boat. (For Sauce, see No. 77.)

197. Rissotto.—This is to be served in place of soup. Fry shredded onions in butter till both are brown. Pour on to this some rich maigre stock, and add well-boiled rice till the whole is of the consistency of a pottage. (For Maigre Stock, see No. 214.)

198. Rizzolletti of Rice, or Red Lentils.—To half a pound of boiled red lentils add a dessert-spoonful of white sauce, the yolks of three raw eggs, season with nutmeg and pepper, stir over the fire till the eggs are set, and turn out to cool. When cold take a table-spoonful out, which hollow by pressing the bowl of a teaspoon into it, fill this hollow with two tea-spoonfuls of savoury mince; have ready another table-spoonful of red lentils hollowed in the same manner, and turn it on to the one containing the mince. Press together, slip carefully into beaten egg, remove, roll in bread-crumbs, again dip in the egg, and again in bread-crumbs. Slip gently into a bath of boiling oil or butter, and fry to a golden brown. Serve garnished with crisped parsley. Rice can be used instead of red lentils, when they become rizzolletti of rice.

199. Rolled Nouilles.—Cut the nouilles pastry into rounds rather larger than half-crowns. Have ready prepared any savoury mince well seasoned, and place a very small sprinkling on each, and roll up. Lay them carefully in a sancepan, and gently cover with a good maigre stock, and simmer slowly for an hour. (For Maigre Stock, see No. 214, and for Nouilles see No. 147.)

200. Roulettes.—Make a savoury jelly, and when cold cut into suitable shapes, dip in beaten egg, roll in bread-crumbs, again in egg, and again in bread-crumbs, and fry in boiling oil or hot butter. The roulette is named from the leading ingredient from which the jelly is to be composed.

201. **Rolls.**—Vegetarian Meat.—Mince some underdone vegetables, as indicated by the name of the roll noted in the *menu*, such as salsify, mushroom, tomato, onion or a stiff jelly prepared from brown lentils or red or white haricots, and pound it smoothly with a third of its weight in fresh butter and a seasoning of pepper. Make some good forcemeat, and form it into small rolls about three inches long and half an inch thick; moisten these with water, and cover with one or two layers of the pounded meat. Fold them in puff paste, fasten the ends securely, and bake in a well-heated oven, or fry in oil or butter as desired. Serve them on a neatly-folded napkin. "The forcemeat may be made as follows:—Mix a quarter of a tea-spoonful of finely-minced lemon rind, with four ounces of finely-grated bread-crumbs, add pepper and a pinch of grated nutmeg, and a quarter of an ounce of mixed sweet herbs, finely powdered. Break into the mixture two ounces of sweet butter, moisten with the yolk of an egg, and work lightly with the fingers till it is well mixed." ("Cassell's Dictionary of Cookery.") Any farinacea mixed or not with a suitable vegetable can be used, if made savoury.

202. **Salads.**—All the standard cookery books give receipts for the production of salads. In most instances their names indicate their leading flavour or ingredient. When following these cookery-book receipts, and a pure diet is the rule of the household, always employ lemon juice for vinegar, and if acids *must* be had, and lemon juice cannot be obtained, the juice of unripe grapes, sour oranges, or the strained liquor of sour boiled apples, &c., can be employed as less injurious; but understand, that this is not here recommended, but only mentioned as the least of two evils. Where fish or flesh is directed in the receipt-book, substitute with nicely-cooked tomatoes, mushrooms, or salsify.

If indigestion is a trouble that has to be considered, avoid uncooked, or large leafy vegetables.

Fruit Salads might be more introduced into the English homes with considerable benefit. They are very easily prepared by arranging the fruits, nicely cleansed and picked, either whole or sliced, as the nature of the ingredient renders requisite, in alternate layers, with sifted sugar, mixed with desiccated cocoanut, ground walnuts, minced Brazils, &c., and fresh cream between; or when this latter cannot be obtained, little lumps of Devonshire cream can be tastefully dotted throughout the whole mixture. Lemon juice, orange juice, the pressed juice of the grape, pomegranate, currant, &c., can be poured over the whole just before serving.

203. **Salsify (à la Crème).**—Prepare a white sauce of butter, flour, and milk, seasoned with a little cayenne. When ready, and thoroughly hot, drop into it cold boiled salsify which has been cut into pieces of an inch in length, and stir till it is hotted through. Turn into a hot vegetable dish, and squeeze lemon juice over.

204. **Salsify, Scalloped.**—Make a thick salsify purée by forcing well-boiled salsify through a sieve, and working it to a cream with butter. Butter the scallop shells, line them with bread-crumbs, put

in the hot purée, sprinkle with more bread-crumbs, put three little pieces of butter on the top of each, and brown in a hot oven. Serve with a squeeze of lemon on each.

205. **Sandwiches.**—Whatever is to compose the centre of the sandwich must be in a state of perfection for eating, as there is no opportunity for removing any stalks, &c. Large vegetables can be sliced thin, and laid between buttered bread; small ones can be minced, seasoned, and made into a sort of savoury butter. Savoury sandwiches can be composed of thin toast with gravy poured over, and eaten with a knife and fork, and are very suitable accompaniments to ragoûts, stews, hashes, &c.; or they can be made of short paste, with the cooked savouries either baked in them or added afterwards. Serve them on a neatly-folded napkin, garnished with parsley, with the contents when not a mince, cut into convenient mouthfuls. They must be either really hot or really cold. Cheese sandwiches are great additions to the cheese course; and sweet puff-paste sandwiches, containing a very thick fruit purée, are always acceptable during the sweet course.

206. **Savoy (à la Crème).**—Thoroughly wash the Savoy, pull it to pieces, and rub the leaves on a cloth. Cut each leaf into strips, removing all stalk or hard parts. Thoroughly boil it, and when done, turn into a colander and squeeze all the water out, mince it, and put into a saucepan with two ounces of melted butter in it, seasoned with pepper; stir over the fire for five minutes, then dredge two ounces of flour over it, and add a quarter of a pint of cream. If milk is used instead of cream, use more flour. Dish, and serve very hot.

207. **Sea Pie.**—Vegetarian.—Let your meat consist of mushrooms, tomatoes, salsify, asparagus, or onions. Make a pudding crust, incorporating soaked tapioca instead of, and in the same proportionate bulk (when soaked and drained) as would be used of suet. Line a china pudding basin with this, then put in a layer of potatoes, a thick layer of the meat, and so on alternating till filled up, when pour in a strong well-seasoned gravy, made from the same kind of vegetarian meat, which is employed as the leading ingredient of the pie. Cover with a crust, and tie down tightly with a cloth which has been previously dipped in boiling water and floured.

Boil or steam for two hours, and serve hot.

For all boiled or steamed paste puddings, dumplings, roleys, &c., use soaked and drained tapioca instead of suet as directed above, from which *all* hard lumps have been removed after soaking.

208. **Snows.**—Only those are named in the Menus the receipts for which can be found in most cookery books; but as apple snow may be taken as a type of fruit snows, I will give general directions. Bake middle-sized apples, rub the pulp through a tamis, flavour to taste, stir the same way round for twenty minutes; beat to a stiff froth the whites of a third as many eggs as of apples used, and add while stirring. Pour into a paper mould set into a tin hoop, and bake in a very slow oven.

209. **Solids.**—Fruit solids are composed of fresh fruits or fruits

stewed with Irish or Carrageen moss, passed while boiling through a sieve into a cold wet mould, and served cold on a glass dish with custard or cream poured around. The word *solid* instead of jelly is employed to prevent the dish being mistaken for one of *preserved* fruit. They are also composed of farinacea merely boiled sweet or savoury, and served with a suitable sauce, jams, jelly, fruit purées, &c. These solids sliced or fried in oil or butter, and garnished with parsley or with a little sweet sauce, make most attractive "Twicelaid."

210. **Sorrel Fried in Batter.**—Wash, drain, and dry the middle leaves of the sorrel, dip each piece in savoury batter, and fry in boiling oil, or hot butter till crisp and brown. Serve hot, garnished with parsley.

211. **Sorrel (Stewed à la Française).**—Wash and pick the sorrel, boil in water till quite tender, drain and rub through a wire sieve. Make a good white sauce, and pour over the sorrel. Serve with slices of hard-boiled egg. (For Sauce, see No. 77.)

212. **Soufflé.**—A soufflé is strictly defined as something puffed up, and is served in the form of a baked batter pudding or an omelet, and may be composed of any kind of farinaceous substance, or fruit and farinaceous batter, flavoured variously. They should be elegant in appearance, nourishing and easy of digestion. They are usually baked, but sometimes steamed, and served the minute they are taken out of the oven, being often carried by the cook to the dining-room door with the salamander held over the top to prevent their falling, and thus losing in appearance, and becoming comparatively heavy. Their leading ingredient or flavour is indicated by their name.

213. **Soufflé Maizena Fritters.**—Warm half a pound of butter, two large lumps of sugar, and half a wineglassful of water in a saucepan; as soon as it boils add two ounces of maizena, which you have stirred into half a wineglassful of water, and two ounces and a half of wheaten flour; take the saucepan off the fire, and leave for a quarter of an hour, so that the paste may dry, after which stir in three eggs; if too stiff, add another egg, and plunge a tablespoonful of the paste at a time into boiling oil or butter. Serve when a good colour. (The Menus of Baron Brisse.)

214. **Soups.**—There are three kinds of soups—clear soups, thick soups, and purées (see Purée on page 151). Clear soups are thin, and made of vegetables or fruits; but as fruit soups are not understood or much adopted in England, very few are here mentioned, as directions for their production would not be suited to the scope of this work. Thick soups are composed of either farinaceous, or farinaceous and vegetable ingredients. When merely the name of a flavour, such as "herb soup," is given, a good vegetable stock, with or without farinacea, must be prepared, and the flavourings added at a proper period of the cooking. Bran tea, made of the strength of three quarts of water to one pint of bran, makes a good base for a vegetable stock, and enriches the appearance of the soup when a brownness is desirable. This is also to be commended for its nourishing qualities, and should be systematically employed daily where white flour has been chiefly used in the family.

For producing a darker shade, brown or red haricots, or brown lentils, or the flour of these pulse should be employed. The name of each soup generally indicates its *leading* ingredient or flavour, and it depends upon the talent of the cook to manufacture a dish that is palatable or otherwise. For carrot soup, the carrots should be grated; and for chestnut soup chestnut flour can be used; and for mushroom soup mushroom powder can be procured. All those soups which are mentioned in the Menus under special names, such as Mulligatawny, Julienne, &c., are very well known to cooks, and the receipts for their production are to be found in the standard cookery books, which can be judiciously altered to meet the requirements or principles of the family.

A *purée* is made by forcing the prepared ingredients through a tamis or sieve. *Purées* are composed of vegetables, eggs, chestnuts, &c., for the soup course, and of fruits for the sweet courses.

The pressed-juice of a red beet will give a red colour. For browning, burnt onion is often used, which also gives a flavouring to the soup, and can be purchased at the Italian warehouses for about 8d. a pound.

The following hints for colouring soups is taken from "Cassell's Dictionary of Cookery:—"*Brown*.—It is a very usual practice with common cooks to make the brown colouring as it is wanted by burning a little sugar in an iron spoon, and stirring it into the soup or sauce. By this means the flavour is almost sure to be spoilt. Much the better plan is to make a little browning and keep it stored for use. It will keep for years. Proceed as follows: Crush a quarter of a pound of loaf sugar to powder, put it into a saucepan with a tablespoonful of water, and stir it unceasingly over a gentle fire with a wooden spoon until it begins to acquire a little colour. Draw it back and bake it very slowly, still stirring it until it is almost black, without being in the least burnt. It will take about half an hour. Pour a quart of water over it, let it boil for a few minutes until the sugar is quite dissolved, pour it out, and when cold strain it into a bottle, and store it for use. A tablespoonful of this liquor will colour half a pint of liquid, and there will be no danger of an unpleasant taste being given to the sauce or soup. *Green*.—Pound some young spinach or beet leaves. Press out the juice and put it in a cup. Place this cup in a saucepan of boiling water and let it simmer gently, to take off the raw taste of the juice. Before using it, mix it with a little finely-sifted sugar. *White*.—Use pounded almonds, arrowroot, or cream. *Yellow*.—For a clear yellow, dissolve orange or lemon jelly. For an *Opaque*, pound the yolks of eggs, and mix them with the liquid."

Directions for thickening soups are given in paragraph No. 77, where hints for colouring soups and sauces will also be found.

215. Soup (à la Savoyarde).—Soak some slices of bread for a few seconds in boiling stock, place them in a deep dish, sprinkle with grated cheese; brown in the oven, and pour some boiling vegetable soup over them. For the vegetable soup take four ounces of carrots, half an ounce of turnips, half an ounce of leeks, two ounces of onions one ounce of celery, and some pepper; cut up the vegetables into thin strips and warm in three-quarters of a pound of butter; when a good

colour, add four pints of liquor, in which haricot beans have been boiled, and the same quantity of lentil liquor ; simmer for four hours. Cut half a pound of bread-crusts into small strips, put them in the soup-tureen, and pour the soup over them. (Menus of Baron Brisse.)

216. **Spanish-dressed Rice.**—Boil half a pound of rice as for curry, then toss it lightly over a slow fire, with a table-spoonful of salad oil till it is a bright yellow colour—unless great care is taken, the rice will burn. Free two large ripe tomatoes from the seeds and juice, and afterwards stir them in with the rice ; add a seasoning of black pepper and grated Parmesan, and serve the rice piled on a hot dish. If ripe tomatoes cannot be procured, a table-spoonful of tomato sauce may be used instead. (“Cassell’s Dictionary of Cookery.”)

217. **Spinach (à la Maître d’Hôtel).**—Thoroughly cleanse and boil the spinach ; when done, drain and turn into cold water, where let it remain a few minutes ; well drain, chop slightly, and season all through with pepper and nutmeg. Place the spinach in a saucepan to steam the moisture off, and when thoroughly hot through, add butter, and shake over the fire till melted, and serve hot.

218. **Spinach, Old-fashioned, Stewed.**—“Cook the spinach in a saucepan with butter and grated nutmeg ; add a little butter and flour, sugar, and cream ; when done, serve with hot strips of light paste.”—BARON BRISSE.

219. **Spinach with Cream.**—Well cleanse and boil the spinach ; wring it as dry as possible in a cloth, thoroughly chop with a little butter, and season with pepper and nutmeg. Turn into a saucepan, and shake well over the fire till hot through, and then for every pound of spinach add one tablespoonful of boiling cream, and simmer gently for five minutes. Serve very hot.

220. **Stewed Fruits, Vegetables, &c.**—In these Menus a stewed vegetable and a vegetable stew are intended to represent two very different dishes. A *stew* is the leading dish, and is served in and perhaps stewed in a specially-prepared gravy or sauce, and the name of it merely indicates its principal ingredient ; whereas that same ingredient directed to be stewed is cooked alone (save any requisite seasoning), and is quite a secondary dish. Many cooks confound stewing with boiling, but this is a fatal error to the production of either a *stew*, or a stewed vegetable. Many fruits, vegetables, &c., are better stewed in an oven in a white earthenware jar with a steam-tight lid, or in a double saucepan. When a “stew” is the first dish of the savoury course, the cook should see that some one or more of the accompanying dishes are comparatively dry in character, and this is why savoury toasts are indicated so often as a companion dish to both stews and ragoûts.

221. **Stuffed Artichokes.**—Parboil the artichokes, drain, let cool, remove the chokes, and fill with a cooked forcemeat ; wrap in well-buttered or oiled paper, tie round with clean white thread, and lay carefully in a buttered dish or saucepan, and stew gently till done. Remove the string and paper, and serve with a sauce flavoured either with lemon juice or mushroom powder, or else in their own gravy

thickened by being reduced by boiling, or by the addition of arrowroot or flour. (For Thickenings, see No. 77.)

222. Stuffed Cabbage (à la Russe).—“Warm a finely-chopped onion in butter, do not let it brown; add some chopped mushrooms, parsley, pepper, a pinch of grated nutmeg, and two or three table-spoonfuls of semolina, and when done take the saucepan off the fire. Pluck the finest outside leaves off your cabbages, and place them on one side. Cut the cabbages into quarters, blanch and drain them; cut out the hard pieces from the centres, sprinkle with pepper, and spread a little of the stuffing between each leaf; tie up the pieces of cabbage to their original shape, with the large leaves placed round them, and boil in water seasoned with onions, carrots, a bouquet of mixed herbs, and a lump of butter. When done, drain them and serve. Hand some melted butter in a sauceboat.”—BARON BRISSE.

223. Stuffed Cucumbers.—Remove both ends, wash and halve the cucumbers lengthwise, and cut out a strip from each middle. Prepare a stuffing of bread-crumbs, onions, and grated cheese, and fill the cavities: lay each half together as before cutting, wrap in well-buttered or oiled paper, bind with strong thread, and bake or stew. Serve hot with lemon juice.

224. Stuffed Eggs.—Shell some hard-boiled eggs, cut them in halves, lengthways: scoop out the yolks, and pound with the same quantity of butter as there are yolks a lump of bread-crumbs soaked in milk, finely chopped parsley and chives, a pinch of grated nutmeg, the same quantity of mixed spice, and two or three raw yolks of eggs; when well pounded, pass through a fine sieve, spread a layer of this stuffing on a dish, fill the empty whites of eggs with the remainder, and brown in the oven, pour some béchamel sauce over them. For the sauce, stir some butter and flour in a saucepan; when melted, add cream and season with chopped eschalots, parsley, and a pinch of grated nutmeg; reduce the sauce and pass through a hair sieve.

225. Stuffed Mushrooms.—Wash the mushrooms, which must be the large flap kind; remove the stalks, drain, dry, and trim them to match in pairs. Lay them on well-buttered toast in a dish, cover closely, and stew gently in an oven till nearly done. Prepare a cooked forcemeat of the stalks, some eschalots, nutmeg flavouring, and when done, make into a dryish mass by the addition of bread-crumbs. Remove the mushrooms from the oven, and place this forcemeat between each pair, and lay on them thin, well-buttered toast; cover closely, and return to the oven for ten minutes. Serve hot.

226. Stuffed Potatoes.—Bake large, well scrubbed, uniform sized potatoes, halve them across breadthwise, and remove a dessert-spoonful of the centre from each half. Whatever kind of forcemeat you desire the potatoes to be filled with, have hot and ready to mix with that which is removed. Pound all in a basin with butter or cream, and return quickly to the baked potatoes, the insides of which should be well buttered. Hot through in the oven, and serve covered with a napkin. Mushroom, onion, cheese, tomato. &c., form excellent stuffings.

227. **Stuffed Tomatoes.**—Choose large tomatoes; wash, remove the stalks, and halve by cutting them through flat wise. Remove about half the contents, and fry the remainder of the tomatoes in oil or butter. Take all seeds out of that which has been removed, and mince it with whatever stuffing is used, which may be composed of mushroom, onion, rice, vermicelli, bread-crumbs, &c. This forcemeat should be gently stewed in butter, well seasoned, and then closely packed into the fried tomatoes. Well butter a dish, line with bread-crumbs, put in the stuffed tomatoes fitted as near as possible to their original shapes, sprinkle with a thin layer of bread-crumbs and grated cheese, dot with a few nuts of butter, cover closely, and put in the oven till thoroughly hot through. Before serving, sprinkle with drops of fresh lemon juice.

228. **Potatoes à la Parisienne.**—Chop up some onions very fine, and brown in butter; when a good colour, moisten with either water or maigre stock, add your potatoes, season with a bouquet of herbs and pepper. When cooked, serve very hot. (For Maigre Stock, see Soups, No. 214.)

229. **Tapioca Gratiné.**—Drop ten ounces of tapioca into a stew-pan with a quart of boiling milk; add a slice of butter, sugar to taste, and the grated rind of a lemon. Boil, then simmer very gently, stirring all the time till tender. Pour the tapioca out, and when cool mix four eggs with it. If the eggs are added when the mixture is too hot, it will curdle. Turn into a plain mould, which has been buttered and lined with bread-crumbs. Bake in a gentle oven till brown on the top. Turn out and serve. Tapioca is an excellent and wholesome production, and very useful in families; it may be used in any sort of entremets, such as gâteau de tapioca, soufflé, pudding, pottage, &c., prepared in the same manner as rice. (From "Cassell's Dictionary of Cookery.")

230. **Three-cornered Custards.**—Make a custard as for cheese-cakes, only rather thicker. Prepare a light paste, and cut into rounds of about five inches in diameter; pour custard in the centre of one, fold quickly to a three-cornered shape; repeat this with each, and bake in a brisk oven.

231. **Timbales** are French dishes, the name indicating a metal mould of a rather plain than ornamental description, which serves to hold the farinacea of which the case is composed. For the sweet course, this case is filled with fruits or sweet-prepared farinacea; and for the savoury course, with well-seasoned vegetable or farinacea, together or separately. Their name here always indicates their composition. They should be served with a sauce or custard poured round the base. (For Sauce, see No. 77.)

232. **Toad-in-the-hole.**—Make a good smooth batter or custard of eggs, flour, and milk; season nicely. Butter a baking-dish, lay in it the mushrooms or savoury quenelles, or stuffed (peeled) potatoes, stuffed onions, or whatever you desire to make your toad of, and well cover with the batter. Bake in a moderate oven from one to two

hours till done. It is generally advisable to partly or entirely cook "the toad" first, especially when a custard, which only requires "setting," is used. Cold vegetables which have been left from the previous day's dinner are elegantly re-served in this manner. Always serve hot with a napkin neatly folded round the dish.

233. Toasts (Savoury).—The following is an adaptation of the instructions given in "Cassell's Dictionary of Cookery," for the production of Hamburg toasts:—"Mince finely the leading ingredient, from which the toast derives its name. This must be cooked previously. Put with it any seasoning that may be required; mix it with the sauce, and stir it over a gentle fire until it is thick. Draw it away from the fire for a minute and mix with it the yolk of an egg, well beaten. Stir it over the fire again till it is hot without letting it boil; turn it upon a dish, and let it get cold. Take one or two slices of bread, a quarter of an inch thick; toast them on both sides, and cut them into three-cornered pieces. Spread the savoury mince thickly upon them, and cover the surface with a hard-boiled egg, chopped small. Squeeze the juice of a lemon over them and put them in a brisk oven for a minute or two till they are quite hot. Arrange them neatly on a dish, and garnish with parsley."

Toasts (Sweet).—The instructions given above for the preparation of savoury toast will guide any cook to the ways and means of developing fig, date, cream, and other such toasts for the sweet course. (See Sandwiches No. 205.)

234. Tomatoes au Gratin.—Prepare a rich savoury brown maigre stock, thicken with flour, and add butter, and reduce by boiling to two-thirds its original quantity. Well cleanse the tomatoes, which should be large; pull out the stalks, make a hole at the stalk ends large enough to remove all the seeds with a teaspoon; butter a baking dish, stand the tomatoes in it, and fill the hollows with the preparation. Sprinkle with bread-crumbs, cover closely, and bake in a good oven for fifteen minutes. Serve very hot, with some of the stuffing saved for the purpose, separately in a sauceboat. (For Maigre Stock, see Soups, No. 214.)

235. Tomato Sauce (French).—Cut ten or a dozen tomatoes into quarters, and put them into a saucepan with four onions sliced, a little parsley, thyme, one clove, and a quarter of a pound of butter. Set the saucepan on the fire, stirring occasionally for three-quarters of an hour. Strain the sauce through a horse-hair sieve, and it is then ready for use.—("The Tomato," by WILLIAM IGGULDEN).

236. Trifles are sweet or savoury. Sweet trifles are composed of fresh and dried fruits, stewed and well flavoured and mixed with custard, which is then laid in the trifle dish, over which is piled whipped cream. Layers of macaroons, sponge-cake, or jams may be introduced at pleasure; but a good cookery book should be studied before any of the standard trifles can be produced by an amateur, as fancy has introduced and established many varieties.

Savoury trifles are made in well-oiled paper cases, which can be

home-made or purchased. These cases are pressed into wooden boxes and are filled with a savoury mince, and baked for a few minutes in a brisk oven. They are then sprinkled with bread-crumbs, arranged on a neatly-folded napkin, and sent hot to table.

237. Truffles (à la Serviette).—Thoroughly cleanse and brush the truffles. Smear them all over with butter, and line the stewpan with butter. Put in the truffles, and cover with milk, add thyme, parsley, cloves, bay-leaves, small onions, and a few sticks of celery cut into short pieces. Simmer for an hour, or longer if necessary. Turn into an earthenware dish, and when required, remove and well drain the truffles, and serve cold in a neatly-folded napkin.

238. Truffles (à l'Italienne).—Cleanse, thoroughly dry, and pare eight truffles, cut them into thin slices, and put them into a baking-dish with a quarter of pint of Lucca oil, a table-spoonful of chopped parsley, a pinch of powdered mace, and a little pepper. Let them bake gently nearly an hour, squeeze the strained juice of half a lemon over them, and serve very hot. If liked, a clove of garlic may be minced and put with them. Time to bake one hour. (From "Cassell's Dictionary of Cookery.")

239. Truffles with Egg.—Cleanse thoroughly, dry, and pare a large truffle, stew in butter till tender, then add six well-beaten eggs, a wine-glassful of cream, season with pepper and nutmeg, and stir and beat with a wooden spoon till the eggs are nicely set. Serve hot, and garnish with toast sippets.

240. Turnips, Stewed (à la Française).—Peel and stew the turnips in as little water as possible; when done remove, and make the liquor quite thick by the addition of bread-crumbs and seasoning, which stew for ten minutes, stirring all the time. Turn in the boiled turnips, and add milk and the beaten yolk of egg to form a thick sauce. Stew gently a few minutes longer, and then serve very hot.

241. Vegetable Haché. (The following is adapted from "Cassell's Dictionary of Cookery.")—Fry some onions cut in slices till they are of a pale brown. Fry them with butter, and add any kind of vegetables previously boiled. Chop them up, and stew together. Stir well over a slow fire, and when about half done, add some sliced chillies and tomatoes. If the pan be dry, put in a very little more butter.

242. Vegetable Macédoine Maigre is theoretically confined to a garnish or sauce, but is often relished as a leading dish. Those vegetables which are not in season, and cannot be procured bottled, must be wisely substituted with others. Take equal quantities of carrots, turnips, green peas, asparagus peas, French beans, Brussels sprouts, and cauliflowers. With a vegetable scoop cut the carrots and turnips into pieces a quarter of an inch square, or turn them into the shapes of olives, filberts, &c. Divide the cauliflowers and French beans into small, neat pieces. Cook the vegetables separately in plenty of water; when done enough drain and dry them. When the

macédoine is wanted, put into a saucepan as much good white sauce as will moisten the vegetables, toss them lightly in it, being careful not to break them. When they are quite hot, the macédoine will be ready for serving. ("Cassell's Dictionary of Cookery.")

243. **Vermicelli (au lait).**—Boil a quart of milk, and drop lightly into it six ounces of picked vermicelli. Simmer gently, and stir frequently to keep it from getting into lumps. When tender, sweeten it and send it to table.

244. **Vol-au-vent (Savoury).**—A vol-au-vent presents one of the handsomest forms in which the remains of dishes can be served. It is generally filled with a mince, or ragoût, or fricassee, or whatever other name may be chosen; and after the vol-au-vent case is made, there is abundant opportunity for the cook to display her skill, either in the richness and delicacy or in the savoury nature of its contents. A vol-au-vent can be made successfully only with the lightest puff paste. It should be remembered that the puff paste of which a vol-au-vent is made will be much better if it is prepared an hour or two before it is wanted, and placed in a cool situation till required. If the puff paste is not exceedingly light, the vol-au-vent will not rise properly, and so will have a very bad appearance. In rolling it, care must be taken to keep it perfectly square and even at the ends, as unless this is done the pastry cannot rise evenly. The pastry for a vol-au-vent ought to have six turns, and five minutes should be allowed to elapse between each turn. After it has been turned five times, brush the pastry over with lemon juice, and when it is doubled for the last time, fold it in such a way that, when finished, it will be the exact size of the inside of the dish in which it is to be served, and a little more than an inch thick. Cut it evenly all round with a knife that has been made hot in water, so as not to drag the pastry. Place a stewpan lid, or any other shape of a suitable size, within an inch and a half of the outer edge of the pastry, and with a sharp knife make an incision a quarter of an inch deep all round the edge of the lid. Press the inner circle away from the outer one with the point of the knife, to prevent them closing again; this inner circle, when baked, will form the cover of the vol-au-vent. Put the vol-au-vent in a well-heated oven; in half an hour or three-quarters of an hour, if it should appear baked through, take it out of the oven, lift up the cover with the point of a knife where it has been marked, and scoop out the soft crummy centre without at all injuring the walls of the case. It will be evident that if it should be injured in this way, the rich sauce of the ragoût with which it is filled will ooze through the sides and spoil its appearance. Put it in the oven a few minutes longer to dry it, fill with the savoury mince, put the cover on, and serve on a napkin. Careful attention should be paid to the condition of the oven in which a vol-au-vent is baked; if it is not well heated, the pastry cannot possibly rise; if it is too fierce, the surface will be set before the heat has penetrated through the pastry, and this also will keep it from rising. When it has risen a couple of inches, and before it acquires any colour, cover the vol-au-vent with paper to keep it from browning too quickly. If accidentally the walls of

the vol-au-vent should receive any injury, a little piece of pastry should be stuck upon the thin place with the white of egg. The appearance of the vol-au-vent will be improved if it is brushed over with egg after it has risen in the oven.

Vol-au-vent (Small).—To make small vol-au-vents, prepare the pastry, and make the vol-au-vents according to the instructions already given for making a large vol-au-vent. Roll the pastry out to the thickness of half an inch. Two pastry-cutters will be needed—the smaller one the size of half-a-crown, the larger one double the size. If these cutters are fluted, so much the better. Bake the vol-au-vents in a moderately-heated oven; when done enough, lift off the covers, and scoop out the insides as before; dry the pastry, and fill the cavity with any of the fillings which can be prepared for the purpose. Put on the covers, and serve the vol-au-vents, hot or cold, on a neatly-folded napkin.

Vol-au-vent, Sweet, à la Parisienne (Adapted).—Make the vol-au-vent, and have some good jam or stewed fruit ready to fill with. As soon as done take from the oven, sprinkle finely-powdered white sugar thickly on the edges, and hold a red-hot shovel over till the sugar melts. Fill with the fruit, pile whipped cream on the top and serve. ("Cassell's Dictionary of Cookery.")



THE WALLACE IDEAL BREAD.

WE can only treat here of this now moot point in a practical form, as it will be fully gone into elsewhere in a separate pamphlet. Be it understood, however, that all the kinds of bread we are about to advocate are prepared in accordance with the principles expounded in "Physianthropy," * *viz.*:—that no yeast shall be allowed to enter into their composition; yeast, or the white corpuscle, as seen in human blood, being, as we have demonstrated in the aforesaid work, the origin and primary cause of disease in man and animals. Much less should muriatic acid and soda, baking powders or any form of chemicals, inorganic elements or minerals, including common salt, be used in preparing what should be our "staff of life."

We know that, owing to the havoc made by drugs upon our physical constitutions, especially manifested in our masticatory processes, a great demand exists for a raised bread, something similar to that produced by ordinary bakers from wholemeal and yeast, or by the Aërated Company's method, and we also know it has been stated by those who *ought* to know, but do not, that it is impossible to produce a raised bread by other means than those referred to. They persistently deny this possibility, and when shown the bread so made declare that they can see or smell that it is, or that it *must be*, raised by yeast or chemicals, and this judgment is given without applying any scientific test whatever. They forget, or do not know, that bread can be, and has been, raised by mechanically mixing carbonic acid gas alone with the dough, as in the original system introduced by Dr. Daughlish, but now the Aërated Company are making it partly fermented and partly aërated.

It was because we knew that an absolutely pure, wholesome, and toothsome bread was not to be procured anywhere, and without which, as part of our food, no one can finally eradicate organic disease, or become physically regenerated from organic disease, that we set ourselves the task of practically working out this problem—ultimately procuring a reliable baker to manufacture wholesale that which we had produced in our own kitchen and baked in our own oven.

This baker now makes it daily, and has created quite a trade for it among our followers, who know it as "The Wallace Ideal Bread," and he has since opened a second shop from where it can also be supplied, the addresses of which will be found in an advertisement I shall have inserted in this work.

* "Physianthropy, or The Home Cure and Eradication of Disease." Price 1s. In boards, 2s. 6d. Practitioner's copy in morocco, 3s. 6d.

This "Wallace Ideal Bread" can be made with wheatmeal and water alone, with wheatmeal and cow's milk, or with one ounce of unsalted butter to the pound of meal, which is then mixed with water. Made with butter, milk, and meal, it forms a rich yet easily digested and most nourishing bread for invalids, especially when troubled with weakness of the digestive organs. There is another form of this bread which a patient has carried out at home with great success, which consists in adding a couple of frothed eggs in addition to the milk and meal, but this, of course, is more of a cake. It has the advantage, however, that there is less labour required in the manipulation of the dough to incarcerate the air, which imparts to it the necessary power to become spongy or raised in the oven.

The following method of making this bread is the one in adoption by our baker (Mr. Rintoul), and has been taught by him to those patients and followers of ours, who, living at a distance from London, wished to make it in their own homes, to avoid the trouble and expense of its being daily posted to them :—

To every fifteen pounds of finely-ground whole wheatmeal he rubs into part of the meal one pound of pure unsalted butter, and then blends this through the whole. He then forms the bulk on the baking board into the form of a basin, into which he pours nine pints of rather hot boiled water, and quickly works the whole into a soft dough. Next he separates this into two parts, and lifts one part up to the height of his head and brings it down suddenly upon the other, by which means a great number of particles of air become incarcerated in the dough. He repeats this action quickly for say ten minutes, when it is found to become very tenacious and wonderfully elastic, just like baker's ordinary dough when ready to go into the oven. He then "scales" it into two pound parcels and such other quantities as are required. He next shapes them, rubs some dry flour over them, places them in rows on a stout iron plate, and covers them over with tin shapes of suitable sizes, to allow plenty of room for the swelling of the bread under the heat of the oven, which ranges from 400° to 500° Fahrenheit, and which will bake them in an hour and a half.

Each tin should have a small pinhole at the top to allow steam to escape, otherwise they are liable to topple over from steam pressure and thus make them one mass of crust.

For those who have good teeth there is no better or more wholesome bread than the griddle or girdle bread, known in India as Chupattie or Bacacana. We had no other bread than this for years, and ordered it to all our patients till a series of fortunate accidents made us believe that perhaps the "*well-known fact*" that a loaf of light porous bread could not be produced without yeast or chemicals, might be as fallacious as a great many other scientific "*well-known facts*," if put to a practical test. Many, however, still cook either constantly or occasionally the griddle bread, having learnt to enjoy it, and our children are always delighted when it is put upon the table, their masticatory processes, of course, being perfect.

We gave, by request, the receipt for Griddle bread in the last edition of the "366 Menus," and reproduce it here.

RECEIPT FOR UNRAISED AND UNFERMENTED GRIDDLE BREAD.

This bread is usually made from wheat, whole ground, and not too fine. It is cooked on an iron plate, called a griddle, hence its name "griddle bread." * This plate must be placed on the top of a close range, or on the trivet of an open range. A good clear fire should be beneath. Before placing the bread on the plate, it should be made thoroughly hot; but if it quickly burns a little fine white flour (which should be sprinkled on it as a test), it is just that much too hot, and should be moved aside till the proper heat is arrived at.

Measure the meal, and for every two level measures of meal allow one measure of boiling water. Have the meal in a mixing bowl, with a pot-stick or wooden spoon handy. Make a hole in the centre of the meal and pour the *boiling* water into it, stirring all the time till it forms a mass or lump. No kneading is required. Sprinkle the paste-board with fine white flour and turn the mass on to it. This has then to be rolled out into one or more cakes, according to the relative size of the griddle plate to the quantity of dough prepared. Make the cake as near as possible half an inch thick, but rather more than less. It should also be round, and nearly as large as the griddle plate. The edge should not be ragged, but dredged with fine flour and pressed with the knuckles to an even and uniform smooth thickness. Next with a large bread knife cut the cake across and across into four or eight triangular pieces, according to its size. Dredge fine flour on each piece, which rub well in with the fingers, then turn it on the other side with the knife and do the same, so that the surface has a fine smooth appearance. As each piece is prepared, place it, while hot, on the griddle plate. This bread eats better if it is cooked immediately that it is made, which causes it to be wiser to have a large griddle plate, though many prepare several cakes at once, letting each wait till the other is done. Two to three minutes is sufficient time to prepare the bread from the moment the water boils. The time for the cooking necessarily varies according to the heat of the fire, which should be even and not allowed to go down; but from twenty to thirty minutes will be found the average. Amateurs should give it close attention during the whole time, examining and turning each piece as required, or turning the plate round, as the heat is often greater beneath one part than another, for which purpose a handle is always attached to the plate. When done, the bread will be of a light brown, and if tapped with the edge of a knife, will have a *biscuity* crispness. Great care must be taken not to let it burn. As each piece is cooked, it should be reared up on a shelf till cold, and then piled together and placed in a dry closely-covered bread-pan.

* Irish, "griddle"; Scotch, "girdle"; Welsh, "griedell"; Gaelic, "greidil," or "gridiron," from which we get our English term "gridiron," but a "griddle plate" is a flat cast-iron plate, substituted in the provincial parts of England by the "back-stone," upon which oat-cakes, pickellets, &c., are baked, and can be procured from some of the stores, some ironmongers, or can always be made by a blacksmith. It should be round, about the $\frac{3}{8}$ of an inch thick and have a ball handle for convenience in lifting and turning.

It can be eaten the same day as cooked, but is decidedly preferable on the one following.

It can be split, toasted, and buttered, or merely spread with butter, cream cheese, jam, &c., the same as baker's bread.

Many consider it most delicious if fried in Lucca oil. To do this, the bread must first be split and then dropped into absolutely boiling oil, in which it must remain for two minutes, when it requires turning with a couple of forks and frying another two minutes, after which remove it with the forks. No special draining is required; and if the oil was really boiling, and sufficiently deep to well cover it, and the bread properly removed, it will not be at all greasy.

With the dry flour, currants, raisins (See page 110, paragraph 36), stewed apples, caraway-seeds, ginger, or any flavourings can be mixed. Where butter is an objection, a few currants or stewed apples often enable it to be greatly relished by children and adults.

Many cooks rub into the flour a little mashed potato, and consider it a great improvement.

Some practice is required to prepare this bread to perfection; but when once it has established itself in the household, none other will ever be eaten, except by those who prefer the Wallace Ideal Bread.

The American Gems, and Finger Rolls, and Whisks have been most successfully advocated by bread reformers, and the following three receipts we extract from Mr. Hills' pamphlet.*

AMERICAN GEMS.—Into one part of cold water, stir two parts of fine whole wheatmeal. Sift in slowly with one hand while stirring briskly with the other, to introduce as much air as possible. If the batter is too thin, the gems will not retain the air, but will be flat and blistered; if too thick, they will not yield to the air, but will be tough and heavy. Pour the batter thus prepared into a hissing hot gem-pan. The heat should not be greater than will brown the gems in about fifteen minutes, and they are better to bake twenty-five or thirty minutes; a longer time toughens the crust.†

FINGER ROLLS.—These form perhaps the best bread that can be made. Whip up a thin dough with a fork or spoon, sifting in wheatmeal till it becomes quite stiff. Knead well and roll out thin. Leave it till nearly dry, then work into a roll, some $1\frac{1}{2}$ inches in diameter; cut into three-inch lengths, and bake in a quick oven. These rolls will keep fresh for a week.

WHISKS.—Stir finely-ground whole wheatmeal flour with water or milk into a stiffish dough; roll into a thin sheet, and cut to shape. Bake on a hot griddle-iron or in a quick oven. The quicker the baking, the lighter the whisks.

* "Vegetarianism, Its Principles and Practice," by A. F. Hills. Price 1d.; to be procured from the Offices of the London Vegetarian Society, 18, St. Bride Street, Ludgate Circus, E.C.

† Gem pans can be procured from the Offices of the London Vegetarian Society, 18, St. Bride Street, Ludgate Circus, E.C. Prices 8d., 10d., 1s. 2d., 1s. 4d., 1s. 6d., and 1s. 8d.

ESTABLISHED OVER A CENTURY.

“THE BAKERY,”

36, Brewer Street, Regent Street, W.,

AND

61, Great Portland Street, W.

JNO. RINTOUL.

THE WALLACE

Ideal Unfermented Wheatmeal Bread.

This Bread is made of a Meal prepared from a selection of the Finest Wheats without yeast or other chemical raising.

The Meal is ground small, nothing being taken from it. It is very nutritious and has none of the irritating influences of ordinary brown or wheatmeal bread; will not produce acidity, or create flatulence or indigestion. Many have assured me of the permanent relief they have experienced from these ailments by a constant use of this bread.

It is sold in Loaves, at 5d., 2d., and 1d. each.

Digestive Biscuits on the same principle, 10d. per lb.

To be had at either of the above Bakeries.

ORDERS BY POST PUNCTUALLY ATTENDED TO.

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OR,

THE HOME CURE AND ERADICATION OF DISEASE.

(*A Lecture delivered by Mrs. C. Leigh Hunt Wallace, at the
Royal Aquarium, London.*)

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PRESS NOTICES.

(From the *Oldham Chronicle*, November 1, 1884.)

C. L. H. WALLACE, Oxford Mansion, Oxford Circus, London, W., is a firm which issues first-class works of a philanthropic, hygienic, and medical kind. Miss Hunt is a most distinguished reformer and physician, and many of her works consist of the oral instruction which she gave to her pupils and patients. Her warehouse is a great centre of attraction for London sanitarians. Her genial manner, her culture, her affluent information, and her sterling accomplishments and ability, draw many to Oxford Circus. She has been urged by several influential persons to issue a vegetarian cookery book, in order to show that this system can provide a separate *menu* of four courses for every day in the year. She has succeeded in doing this in a volume before us—"366 Vegetarian Menus" (pp. 136). The work is the classic on the subject, and if our readers desire to know what wholesome and easily-procured food remains to them after they have renounced the favourite and time-honoured fish, flesh, and fowl, and who also desire to know what varieties of drinks remain after alcohol is forsaken, had better get this charmingly written and gorgeously got-up work. Miss Hunt provides against ignorance as to how to cook these *menus*, for a large part of the volume is a sensible exposition of how to prepare the dishes recommended in the volume. No wonder that the volume is in such great demand, especially when we remember that it costs but three shillings and sixpence. Miss Hunt's patients often asked her to publish the medical and hygienic advice which she has been giving for the past several years in London, and also in the provinces, by correspondence. The authoress has held and taught that attention to what seems minor details, which all could observe, is the most effectual way of keeping the physician out of our homes, and this opinion is fast crystallising into a general maxim.—In a volume, bound uniformly with the one just noticed, and issued at the same price, and entitled, "The Home Cure of Disease" (pp. 128), she gives us a system of hygienics which covers our food, clothing, ventilation, warmth, &c. The volume is beautifully and eloquently written, and its counsels are wise, timely and lucidly put.—Miss Hunt's "Organic Magnetism" (pp. 212) has reached a third edition. No one who knows the excellence and practical usefulness of the work can wonder at this. It is really a great work, and one which covers the whole field of organic magnetism in all its branches and ramifications. Many have written on the subject who know but little of it, and that little has not been learned by experience. Miss Hunt, on the other hand, knows the whole range of the literature of the subject; she refers in this one work to hundreds of volumes, and she has practised magnetism in her professional capacity as a physician for many years. What she says on this mysterious yet useful subject has a weight, an authority, an emphasis unknown in most works dealing

with magnetism. Her high authority has never been questioned. This work is only for thoughtful and well-read persons, and those who desire to know something of the great and mysterious forces which are ever operative in us and around us. Miss Hunt is doing a splendid service to the cause of hygiene and health, in issuing these most valuable volumes.

LECTURES ON THE NEW THEORY OF DISEASE.

AUSTRALIA.

(From the *Harbinger of Light*, December 1, 1883.)

On the evening of Wednesday, 14th November, Miss Samuel delivered a brief, but clear and well-arranged lecture on the new theory of disease which has been laid before the world lately by Miss Chandos Leigh Hunt (now Mrs. Wallace), of London. This subject is of such vast importance that even if Miss Samuel did nothing else but call the attention of the people of Australasia to it, her mission to these countries would have been fulfilled.

She divided disease into two classes—acute and chronic. The former may be illustrated by toothache, gout, biliousness, &c.; the latter class of diseases are of a more permanent and settled character, being occasioned by the affection of some vital organ, such as of the lungs in consumption, or cancer, or tumours. Most of these latter diseases are pronounced incurable by the faculty, and certainly from their mode of treatment the unfortunate patients derive very little benefit. Miss Samuel does not believe in the efficacy of professional medicines, and she claims to hold the same opinions in this respect as some of the most eminent physicians who hold legal diplomas. For instance, she quoted from Dr. Majendie, that “Medicine is a great humbug”; from Sir Astley Cooper, that “The science of medicine is founded on conjecture, and improved by murder”; from Sir John Forbes, that “In a large majority of cases diseases are cured by nature, in spite of the doctors,” and so on.

Human blood, said Miss Samuel, is composed of minute particles, termed the corpuscles of the blood; of these there are two sorts, the red or blood corpuscles, and the white or colourless corpuscles. Those who are in good health have a predominance of red corpuscles in their blood; while those who are in bad health, as in the last stage of consumption, have a predominance of colourless corpuscles in their blood. She quoted from Professor Huxley to show that physiologists consider “that in some way or other these red corpuscles are derived from the colourless corpuscles”; but the steps of the process *have not been made out* with perfect certainty. And again, “the origin of the colourless corpuscles in themselves is *not certainly determined*; but it is *highly probable* that they are constituent cells of particular parts of the solid substance of the body,” &c., thus showing what indefinite knowledge is in the possession of scientists as to these corpuscles.

Miss C. Leigh Hunt announces that her instructor has discovered that brewers' yeast, so much used to cause fermentation in bread and

pus matter from an ulcer, vaccine lymph, and cancer matter, are all identical with each other, and all produce white corpuscles when treated in separate vessels and allowed to stand till fermentation proceeds. And what is still more startling, that each white corpuscle is a living animalcule, which lives independently, and which is seen under observation to produce its like; and that human beings are, by their use of improper food, continually developing and multiplying these parasites in their own bodies, and thus yielding themselves up to be the prey of those parasitical animalcules.

We conclude our notice of this simple and unobtrusive lecture to point out that nothing more sensational has ever been brought before us on this subject, nor can its importance be overrated. We trust that soon Miss Samuel will have an opportunity, in a larger hall, and before a larger audience, of repeating these wondrous and instructive facts. She informs us that this theory of disease has arrested the attention of the thinking classes of England, and that from its simplicity and its self-evident truthfulness, it is rapidly gaining ground.

Further, it may be noted, that our distinguished friend, Mrs. Hardinge Britten, is so deeply impressed with the value of this theory of disease, that, speaking of the little book on the subject, "Physianthropy," published by Mrs. Chandos Leigh Hunt Wallace, a few months ago, she says emphatically in the *Medium* of August last: "This book instructs us how to live so as to make the body a fitting temple for the Holy Spirit to dwell in; and if I were a millionaire, and disposed to invest my wealth in procuring the highest good for my fellow-creatures, I should deem my purpose accomplished could I purchase copies of this work, and place them in the hands of every thoughtful individual of my generation."

INDIA.

(From the *Arya*, January, 1884.)

PHYSIANTHROPY: or the Home Cure and Eradication of Disease. By Mrs. C. L. Hunt Wallace and "Lex et Lux." London: Wallace, Philanthropic Reform Publishing Offices, Oxford Mansion, Oxford Circus, W.—Here is a book of a gentle, loving, and generous heart with sympathy for all sorrows, and an earnest longing for the happiness of human kind. We should neglect a solemn duty if we omitted to notice this collection of wise thoughts, resulting from practical knowledge, issued under this title by a lady whose name has already been introduced to our readers. Mrs. C. Leigh Hunt Wallace is one of those gifts which Providence bestows upon mankind but once in many centuries—a boon that is a blessing for all times. Humanity is her debtor, and shall ever remain so. The book appears to be her latest but by no means her only effort for the good of mankind. What a wonderful teacher is this book of 120 pages!—no line that can be dispensed with—no word needless or too much. Every topic that relates to the health of mankind and eradication of disease is treated here so simply, wisely, and practically, that the oldest head may learn,

whilst the merest tyro is instructed. Of a surety no man or woman should be without this invaluable counsellor. As long as life shall last, and pain is the lot of humanity, in consequence of the numerous ailments that flesh is heir to, there will be blessings on the authoress of this book, and the future will have more cause than the present to bless her name.

ENGLAND.

PHYSIANTHROPY: or the Home Cure and Eradication of Disease. By Mrs. C. L. Hunt Wallace and "Lex et Lux." London: Wallace, Philanthropic Reform Publishing Offices, Oxford Mansion, Oxford Circus, W.—To the Editor.—Dear Sir,—Noticing in your last week's issue an advertisement of the above work, I ask permission, as one of its ordinary readers, to offer a few words of comment on its contents. Being wholly unacquainted with its authors, whom I have never met, I trust I may be considered as a disinterested witness; nevertheless, deeming that the best means of promoting the welfare of the immortal spirit is to furnish it with as perfect an instrument as possible for its expression, in the shape of a healthful mortal body. So I feel it to be only an act of duty to commend this admirable little work to the attention of all who may not yet have perused it. Besides giving, as it professes to do, a complete system of cure, and eradication of disease, it informs the student of the best means of prevention, and treats philosophically and rationally the subjects of dress, diet, temperance, cleanliness, ventilation, hygiene in general, and all that contributes to sanitary conditions, and purity of mental and physical life. It should be added, moreover, that the methods prescribed in this book are equally applicable to the cottage and the palace, and the *modus operandi* is within the reach of all classes and conditions. Were I a "millionaire," and disposed to invest my wealth in procuring the highest good for my fellow-creatures, I should deem my purpose accomplished could I purchase copies of this work and place in the hands of every thoughtful individual of my generation. As I find the price of this invaluable little treatise is limited to the modest sum of 3s. 6d., I trust that what I cannot in my own person accomplish may be undertaken severally and singly by those whose eyes may meet these lines, and that Mrs. Wallace's "Physianthropy," or—as I should prefer to call the work—How to live, so as to make the body a fitting temple for the Holy Spirit—may become one of the hygienic bibles of "the new dispensation."—EMMA HARDINGE BRITTEN.

(From the *Rawtenstall Free Press and Haslingden and Rossendale Observer*, January 26, 1884.)

PHYSIANTHROPY: or the Home Cure and Eradication of Disease. By Mrs. C. Leigh Hunt Wallace. London: Wallace, Philanthropic Reform Publishing Offices, Oxford Mansion, Oxford Circus, W. pp. 120—This work is divided into three parts. Part I. consists of a lecture whose title is that of the whole volume. The lecture deals

with the causes, expression, and cure of disease. Mrs. Wallace is perfectly familiar with our medical literature. She has a clear and independent mind, and shows in this lecture that she well deserves her great reputation as a healer. Her counsels as to food, bathing, drugs, &c., are of the first importance, and if properly attended to would not only heal but prevent much disease. Part II. consists of "special directions for the home cure and eradication of disease," and is divided into five sections. Section I. treats of "food and drink"; section II. "clothing"; section III. "sun, ventilation, and warmth"; section IV. "washing," and section V. "bathing." These sections are elaborated in one hundred and nine paragraphs, and for the sake of reference each paragraph is numbered. In a clear, chatty, straightforward, and business-like way Mrs. Wallace pours forth words of wisdom. She has keen insight of human nature. She is a wide and accurate observer, and a woman of remarkable common sense. Every line of the book is made to add something substantial to the volume. There is no rhetoric, no oratory, and no word-painting. Mrs. Wallace is too earnest to waste words, and so every sentence is a word of sound advice. Part III. is entitled "an absolute science of medicine," and here the marvellous medical skill of the authoress is seen. If she rejects some of the more common methods of treating disease, it is not because she is ignorant of chemistry, physiology, and pathology, for she knows these sciences well, but she prefers a method of her own, which she has practised with success for a number of years, and in this part of her volume she describes most of the ills flesh is heir to, and how best to treat them. Mrs. Wallace has nothing to conceal; she places her case honestly and fairly before the reader, and appeals to his experience, observation, and common sense. We have said enough to induce our readers to order this enthralling and important volume for themselves. The work is gorgeously got up, and is issued at the low price of three shillings and sixpence.

366 MENUS AND COOK'S GUIDE, BY THE SAME AUTHOR.

(From the *Oldham Chronicle*, July 12, 1884.)

This is a most remarkable production. It gives us a soup, a savoury course, a sweet course, a cheese course, and a beverage, with all their suitable accompaniments for every day in the year. Not a dish or drink is repeated during the year, all are arranged according to their season, and yet fish, fowl, flesh, and intoxicants are never once put on the table. The book is divided into the months of the year, and every month is divided into days, and each day has its own dishes and its own drinks. The "Cook's Guide" gives practical instructions for the production of the 366 Menus. The work is so written that the dullest cook can grasp the explanations and the directions. The volume, which is attractively got up, deserves a place in every house. It cannot but prove invaluable to all who desire to live well yet economically.

(From the *Herald of Health*, May, 1884.)

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(From the *Batley News and Birstall Advertiser*, Aug. 23, 1884.)

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