









THE  
FRUGAL HOUSEWIFE'S MANUAL :

CONTAINING

A NUMBER OF USEFUL RECEIPTS,

CAREFULLY SELECTED, AND WELL ADAPTED TO THE USE  
OF FAMILIES IN GENERAL.

To which are added

PLAIN AND PRACTICAL DIRECTIONS

FOR THE

CULTIVATION AND MANAGEMENT OF SOME OF THE MOST USEFUL

CULINARY VEGETABLES.

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BY A. B., OF GRIMSBY.

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**Toronto:**

Guardian Office, No. 9, Wellington Buildings.

J. H. LAWRENCE, PRINTER.

1840.



## ERRATA.

Page 2, Receipt 3, read, "beat in nine whole eggs, meaning the yolks and whites at the same time,) and one pound of sifted sugar; then add a glass of brandy," &c.

Page 17, Receipt 45, for "corners," read *cores*.

Page 22, Receipt 56, for "coarse, stained leaves," read *coarse seamed* leaves.

Page 23, Receipt 58, for "wash them well together," read *mash* them well together.





## ADVERTISEMENT.

The design of this little Manual is to put house-keepers in general on an equality in respect to the art of cooking. Some cooks use the same ingredients as others, but from the want of knowing how to proportion them their cookery is much inferior.

The compiler takes the liberty of requesting those who may give the receipts a trial, to be careful to attend to every particular of the directions given, or they may condemn the work unjustly. It may be thought unnecessary to observe trifles; a little experience will convince any one of their importance.

Great plainness has been studied in giving the rule, in order that the cook may understand it readily, without having to read and study until it is time to have the dinner cooking and the table laid.

This little Book of Receipts is submitted to the public, with a hope that it may be kindly received.

A. B.



## HOUSEWIFE'S MANUAL.

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### PASTRY, &c.

#### 1. *To make a Rich Plum Cake.*

Take one pound of fresh butter, one pound of sugar, one pound and a half of flour, two pounds of currants, one of raisins, a glass of brandy, ten eggs, a quarter of an ounce of allspice, and the same quantity of cinnamon. Melt the butter by stirring it until it comes to a cream, then add the sifted sugar, stir it till quite light, adding the allspice and ground cinnamon. First beat the yolks of the eggs a quarter of an hour and work them in; the whites must be beat to a strong froth before they are added; as the paste must not stand to chill the butter, or it will be heavy, work in the whites gradually; then add an orange peel cut in very fine strips, then the currants, stoned raisins, and the brandy, and dredge in the flour slowly. Bake this cake in a suitable tin dish; one with straight sides is the best, as it does not leave a flaring edge to scorch. This cake ought to bake three hours in a hot oven; put several folds of paper under it to keep it from burning, and when the top is brown enough cover it. When taken from the oven put it on a thin cloth and set it on a

sieve or basket lid, without any covering, that the steam may evaporate. You will find that this, and all other large cakes, will be much lighter from this usage.

### 2. *Iceing for Cakes.*

Put one pound of sifted loaf sugar into an earthen basin, with the whites of three new-laid eggs; beat them together until it becomes quite white and light; dust the cake over with flour, and brush it off by way of taking the grease from the outside, which prevents the iceing from running; put it on smooth with a broad knife, and ornament it according to fancy. The iceing must be put on as soon as the cake comes out of the oven. Care should be taken not to brown the iceing while drying it. Put it on three or four times, as it will be smoother than when all laid over at once.

### 3. *A Plain Pound Cake.*

Beat one pound of butter until it is like a fine thick cream; then beat in nine whole eggs till quite light; then add a glass of brandy, a little lemon peel ground fine, and nutmeg if you choose; then work in a pound and a quarter of fine flour; butter the dish lightly, and put it in a moderately-heated oven to bake an hour.

A common plum cake is made in the same way, by adding one pound of clean washed currants, and half a pound of candied lemon peel.

N. B.—When washed currants are mentioned, it is to be understood they are to be dried again before they are used, or they will make the cake heavy.

#### 4. *Sponge Cake.*

Take fourteen eggs, with their weight in sugar, and half their weight in flour, the juice of a lemon, and a nutmeg grated; beat the yolks and whites separately until light; add the sugar to the yolks and beat them five minutes, then add the whites, and dredge in the flour, and set it to bake immediately in a quick oven half an hour.

#### 5. *Ginger Cake.*

Take three pounds of flour, one pound of sugar, one pound of butter rubbed in the flour very fine, two ounces of ginger, a little nutmeg, a pint of molasses, and a gill of cream; make them warm and mix the whole together, and bake them in a slack oven.

#### 6. *Short Ginger Cake.*

Take one pound of sugar, three quarters of a pound of butter, five eggs, five table-spoonsful of thick, sour cream, and two tea-spoonsful of dissolved saleratus, and one pound and a quarter, or a little more, of fine flour, mixed in so that it will be convenient to cut it out according to your fancy, and bake on tins.

### 7. *Ginger Bread.*

Take one and a half pounds of flour, one quarter of a pound sugar, half a pound of butter well rubbed together, one ounce of ginger, a few caraway seeds, twenty-four grains of allspice, twelve cloves, and a little cinnamon; all ground together, and added with a pint of molasses; then work the whole well, and bake it in thin loaves.

### 8. *Cup Cake.*

Take two cups and a half of sugar, one cup of butter, two tea-spoonsful of pearlsh, three eggs, and five cups of flour; all beaten together with such spices as you please to add.

### 9. *Sugar Cake.*

Take one pound of flour, three quarters of a pound of sugar, half a pound of butter, five eggs; mix and drop them by the spoonful on tin, and grate sugar on them, just before you put them in a slack oven. Bake them a light brown.

### 10. *Shrewsbury Cake.*

Mix half a pound of butter well beaten, and the same weight of flour, one egg, six ounces of sifted loaf sugar, and half an ounce of caraway seeds; form these into a paste, roll them thin, and cut them out. Bake on tin, in a moderately heated oven.

11. *Cider Cake.*

Take two pounds of flour, one pound of sugar, half a pound of butter, one pint of cider, cloves and cinnamon, with or without fruit, two tea-spoonsful of saleratus; put the saleratus in the cider, and mix it while foaming.

N. B.—As a general rule, every thing mixed with saleratus should be put in the oven immediately.

12. *Albany Cake.*

Take one pound and a half of flour, one of sugar, half a pound of butter, a table-spoonful of lard, two table-spoonsful of rose water, a little cinnamon, one egg, a tea-spoonful of saleratus; put in a tea cup of cream. Cut them out, and bake them on tin.

\* 13. *Election Cake.*

Take five pounds of flour, two of sugar, three quarters of a pound of butter, five eggs, five large spoonsful of yeast, one pint of milk, and spice as you please.

14. *Black Cake.*

Take one pound of sugar, the same of flour and butter, with ten eggs; beat them well, and add them to the rest; then put two wine-glasses of brandy; nutmeg, mace, and cloves, equal quantities; two pounds of raisins, and the same quantity of currants. Some hours will be required to

bake this cake, with moderate heat. It will keep for six months in a suitable place. You can choose the place yourself; but I would advise you to put it under lock and key.

### 15. *Common Buns.*

Rub four ounces of butter into two pounds of flour, a little salt, four ounces of sugar, a table-spoonful of caraways, and a tea-spoonful of ginger; take warm sweet cream or milk, mixed with four table-spoonful of yeast, and work the whole into a paste, but not too stiff; cover it over with several folds of cloth, and set it to rise. When quite light, make it into buns; put them on a dish in a warm place to rise half an hour; then brush them over with warm milk, and bake them a light brown.

### 16. *Rusks.*

Beat up seven eggs, mix them with half a pint of new milk, in which a quarter of a pound of butter has been melted, add a quarter of a pint of yeast and three ounces of sugar, put in as much flour gradually as will form a paste nearly as thin as batter; let it rise before the fire half an hour, add more flour to make it a little stiffer, work it well and divide it into small loaves, and place them near enough to each other that they will unite, and let them rise again before you put them to bake. These cakes while warm are very good buttered for tea; if they are made with caraway seeds they are nice cold.



### 17. *Puff Paste.*

Take one pound and a half of flour, and one pound of butter; divide the butter into four equal parts; mix one quarter of the butter with three quarters of the flour, roll it out and put thin pieces of the butter over it, and sprinkle it with the remaining flour, then work it up again; continue to roll it out and work it up until the flour and butter are both worked in.

### 18. *A Short Crust.*

Put six ounces of butter or lard to eight ounces of flour, and work them well together; then mix it up with as little water as possible, (cold water is best) so as to have it a stiff paste; then roll it out thin for use.

### 19. *Paste for Tarts.*

Put an ounce of sifted loaf sugar to one pound of fine flour; make it into a stiff paste with a gill of boiling cream and three ounces of butter; work it well and roll it thin.

### 20. *Waffles.*

To a quart of milk add five eggs, one pound of flour, a quarter of a pound of stale, light bread, well soaked in the milk, and a little butter; beat them well together; when baked grate sugar on them. If you mix up the waffles before it is time to bake them, a spoonful of yeast would improve them.

21. *Fritters.*

Fritters should be made of half a pint of new milk, three spoonful of sugar, two eggs, a tea-spoonful of dissolved saleratus, a little salt, and spice if you like; flour should be stirred in until the spoon moves round with difficulty. If they are not stiff enough they will fat soak. Have the fat boiling hot, and drop them in with a spoon; grate sugar over them when done. The more fat they are fried in the less they will soak fat.

22. *To make Sauce for Puddings.*

Have ready a pint of boiling water, in which put a small bit of butter; stir a little flour and cold water quite smooth, then pour it into the boiling water, and be careful to stir it until it boils; then add wine and nutmeg to your taste. Good, pure vinegar will answer instead of wine if you put in but a little.

N. B.—One sauce answers for all kinds of puddings that require sauce. If you choose the old fashioned sauce, viz., sweetened cream, you will find a little nutmeg or cinnamon is an improvement.

23. *A Rich Baked Custard.*

Boil a pint of cream, and cool it so as not to scald the eggs; then take four well-beaten eggs, then add nutmeg and sugar to taste; mix them well, and bake it slowly until it rises; be sure not to let it stand in the oven after it is done.

#### 24. *A Floating Island.*

To make a floating island, take one quart of new milk, put it in a saucepan to boil; take six eggs, beat the whites and yolks separately; then add to the milk sugar to your taste; put in a little brandy and nutmeg, then add the yolks as it comes to boiling; be careful to stir it one way that it will be smooth. Have ready the whites beaten to a froth, with two ounces of sifted loaf sugar; then turn the boiling custard into the dish you intend to send to the table, (a large shallow one is the best) and put the froth you have prepared over it by the spoonful, at a proper distance apart; be very speedy with this part in order that each spoonful may keep its place; then put the dish before the fire with a tin oven-lid over it until the froth is stiffened a little; be careful not to brown it. This is a very ornamental dish by candle-light, together with a dish of snowballs on the opposite part of the table; in exchange for a snowball you get a bit of a floating island.

#### 25. *Snowballs.*

To make snowballs, take clear picked and washed rice, and a fine white cloth in size according to the number you make; put a table-spoonful in a spot, tie it tight that the water will not get in, but be sure to give it room to swell; then put a little salt to the water, and if the rice is coarse boil them two hours; if fine, one and a half will do. When done, turn them on a dish

with the smooth side up, about three inches apart, and sift loaf sugar over them quite thick, to give them the appearance of melting.

The wine sauce is best with them ; but butter and sugar with them is very good if they are kept warm.

#### 26. *Rice Custard.*

Put a blade of mace and a quartered nutmeg into a quart of thin cream ; boil it and pour it off from the spices, and add to it some fine boiled rice and a little brandy or wine ; sweeten it to your taste ; stir it till it thickens, and serve it up in cups.

#### 27. *Rennet Pudding.*

If you have company when you are unprepared, rennet pudding may be made at five minutes notice, if you have a bit of calf's rennet soaked in a bottle of wine ; one glass of this wine will make a sort of cold custard ; if sweetened with loaf sugar and spiced with nutmeg it is very good. It should be eaten immediately after it forms ; in a few hours it will begin to curdle.

#### 28. *Rice Pudding.*

Boil the rice very soft and free from water, stir in a little butter, a pint of milk, and three eggs ; have four ounces of stoned raisins well boiled and clear of water ; put them in and sweeten and spice to your taste ; pour it into your dish and dust flour over it, and put little bits of butter about on the top, and bake it in a slow oven.

29. *Another, much approved.*

Take two spoonsful of unboiled rice, one quart of new milk, a bit of butter the size of a hen's egg, a little cinnamon or nutmeg; sweeten it and put it in to bake slowly; it will do to put it in after the bread comes out, and let it stand until the oven is cold; it is to be eaten cold.

This is a cheap pudding as it is made without eggs.

30. *Bird's Nest Pudding.*

If you wish to make Bird's Nest Pudding, make very good custard ready for baking, take as many good apples as you have custard prepared for; pare them and take the cores out with a small knife that they may be whole; set them in a pudding dish, and pour your custard over them, just so as to cover them; bake until the apples are done, and the custard settles down a little. Eat it while warm.

31. *Any kind of Jam Pudding.*

Make a puff paste, and roll it out about a quarter of an inch thick; spread the jam evenly over it the same thickness, but be careful to save an inch or two without any at each hand; roll it up and twist the paste a little on the ends; (when you serve it out be sure that you cut the end off, and leave it on the dish;) roll a pudding cloth several times loosely round it; give it plenty of

room to rise at each end; fasten it so that the water does not get in, and boil it two or three hours, according to the size.

N. B.—The same care should be taken to prevent the water from getting into the paste of every boiled pudding, that it may be light.

### 32. *Apple Pudding.*

A plain unexpensive Apple Pudding may be made by rolling out a bit of crust made in the way of common tea biscuit, with a little shortening and cream, and saleratus; put to it a very little buttermilk, and as soon as it foams it is a sort of yeast; then add it to the sweet cream, and work it quite stiff that it may not boil pasty; then roll it out, and fill it with quartered apples, and tie it up in a thick cloth; give it room to rise; and boil it an hour and a half, or longer, if it is very large. Any common fruit can be made up in the same manner, and boiled according to the size.

### 33. *Bread Pudding.*

Put a pint of bread crumbs into a stew-pan, with a quart of new milk, and set them to warm; when soaked quite soft, put allspice and ginger in, with sugar to your taste; (if you have a large family, molasses is a good sweetening, and cheaper than sugar) then add four-eggs, and beat it well together. Bake it half an hour. Before it is quite done, put a small bit of butter over it.

34. *Hasty Pudding.*

Take as much new milk as your family will require, with a little salt, and boil it; (some stir in the dry flour, which is improper, as it will be pasty;) take an egg, a crumb of butter, and a spoonful or two of milk, and rub the whole into a sufficient quantity of flour to make it as fine and as dry as rice; then stir it into the milk as it boils, and by the time you have the whole in, it will be done, with the addition of one minute's cooking. Do not scorch it the least, or it is spoiled.

35. *Boiled Indian Pudding.*

Indian Pudding should be boiled four hours, at least. Sifted indian meal and warm milk should be stirred together quite stiff. Put in a little salt and ginger, or allspice, and boil it in a very thick cloth. If the water gets in, it will ruin it; leave plenty of room, as it swells very much. The milk with which you mix it, should be merely warmed; if it be scalding, the pudding will crumble.

36. *Batter Pudding.*

Take six ounces of flour, a little salt, and three eggs; beat them well with milk sufficient to take all the flour. It should be stirred in gradually to have it smooth; butter a pudding dish, put it in, and bake three quarters of an hour.

### 37. *Baked Indian Pudding.*

Scald a quart of milk, and stir in seven spoonful of sifted Indian meal, a tea-spoonful of salt, sugar or molasses to taste, ginger and allspice. Bake it three or four hours, according to the heat of the oven. If you want it very moist, be sure to pour a little milk in after it is all mixed.

### 38. *A fashionable Pie for Dinner.*

Take middling sized sour apples, peel ~~them~~ and core them with a small knife, so that the apples will be whole; to each apple insert the eighth part of a lemon; (the lemon should be boiled in water before it is cut, to soften it) then put the apples into a broad tin stewpan, with just water enough to cook them tender; then have ready a puff paste, made by rule, and roll the bottom crust quite thick; rub the dish well with butter, (a deep pie dish, or shallow pudding dish, is the best) put the crust in, and turn a tea-cup a little larger than the apples bottom upwards, so as to raise it in the centre; place the apples neatly round it, and put a tea-spoonful of jam of any kind into each apple; then put a thinner crust over than the under, and ornament it according to fancy. It is proper to use a knife, fork, and spoon to serve out this pie; and it is necessary to place a knife and fork to each piece for each individual. This pie is to be eaten warm, and when you cut it, be careful to leave the apples whole. Each person can butter and sugar to taste.



39. *Mince Pies.*

Take two pounds of beef after it is chopped, one pound of sugar, and three pounds of chopped apples, one pound of stoned raisins, half a pound of currants, a glass of brandy, nutmeg, allspice, and cinnamon ; a little of each is good, but the most of nutmeg is best : moisten with cider, or water with a little vinegar in it.

40. *Indian Cake.*

Take one quart of sifted meal, two table-spoonsful of molasses or moist sugar, two tea-spoonsful of salt, a bit of butter, (half as big as a hen's egg;) mix it with warm milk, and put an egg or two in ; butter a dish and pour it in ; smooth it over, and let it bake until it is a nice brown. Eat it warm with butter or molasses.

41. *A Cake of Common, Ginger Bread, for Family use.*

Rub in a bit of shortening as big as an egg into more than a pint of flour ; if you use lard, add a little salt ; two great spoonsful of ginger, one tea-cupful of sugar or molasses, one cup of cider that has fermented, and a great spoonful of dissolved saleratus ; put it into the cider ; pour it into the shortened flour, stir it briskly, and put it into the oven while it is in a foam, and bake it twenty minutes.

## JELLIES.

42. *Currant Jelly.*

Take the juice of red currants one pound, loaf sugar six ounces; boil it down till a drop of it will hang on the spoon; take it off immediately, or it will lose its flavour and get thin; turn it into your jelly-pot, and put white paper over it wet with brandy, and close it so tight that the air cannot enter.

N. B.—This should be done with all jellies and preserved fruit.

43. *Another Method.*

Take the juice of red currants and loaf sugar equal quantities. The sugar should be made fine and put in; stir it gently for three hours, put it into glasses, and in three days it will concrete into a fine jelly.

*Another.*—Take one pound of sugar to every pound of juice, and boil it five minutes, if the currants were very ripe; and ten if they were not, as the juice will be thin.

44. *Apple Jelly.*

Take good fair apples, pare and core them; put them to stew with just water enough to soften them; then mash them very fine, and press out the juice by taking a small quantity at a time in a white loose cloth; then to every four pounds of

juice add one of loaf sugar; boil a lemon until it is quite tender in clear water, then take and quarter it, and put it with the syrup to boil; when it is well flavoured take it out, and boil it down until it jellies on the spoon; then put it into small pots that will serve the table once. If you have glass plates, loosen the jelly with a narrow knife, and turn it out whole on the plate, and you will have a handsome ornament on your table.

#### 45. *To preserve Quinces.*

To preserve quinces properly, they should be quite ripe, and if they have any imperfect spots they should be cut off before they are peeled; then pare them, and save the peelings, (but not one of the corners) and boil them in water until soft, take them out and strain the water, and put the quinces in; boil them until there is just water enough to melt the sugar; have it broken fine and put it in; boil them while they remain tender, but not till they are hard, or you might as well have preserved corks well flavoured. Be sure not to neglect the process with the peelings; if you do, your quinces will be hard and unpleasant to the taste.

#### 46. *Peaches.*

It is necessary to take equal weight of fruit and sugar; (loaf sugar is the best, if you intend to keep them the year round) and to every ten pounds of sugar and fruit, add a gill of brandy before they are stewed. All stone fruit that is

not very large, ought to be left whole. Take them before they are very soft, pare them, and lay them in an earthen dish very compact, but not so as to break them ; melt the sugar and pour it over them, but do not have it hot the first time or it will soften them. After a few hours the syrup will be weakened by the juice of the fruit ; it must be poured off and heated again. Repeat this three times.

Tin is much better than brass to stew sour fruit in ; if you have a cooking stove, put your fruit into a large tin dish that will hold as much again as you intend to put into it ; it will be safe to set it on the lid of the stove, and stew them four hours without a cover, if you wish to keep them a year.

#### 47. *Pears.*

Pears should be pared, and the stem left on. One pound and a half of the pears to one pound of sugar is quite enough. Put a lemon quartered to every four pounds. The sugar should be put with the pears as soon as they are peeled, and set them to stew with a little brandy added. Simmer them four hours.

#### 48. *Plums.*

Plums should be pricked over with a stiff pin, to prevent the cracking of the skin. Proceed to preserve them in the same way as peaches, and the same length of time. If they harden skim them out, put them into the jar, and simmer the

juice until it is rich enough, and turn it over them. If you wish to keep them long, set them in the oven after you have taken out your bread; this will case them over the top, so that you can lay a brandy paper over them nicely.

#### 49. *Cherries.*

Cherries should be stoned before they are preserved. You do not then weigh the stones, or the superfluous juice. If you stew them three hours, a pound of sugar will do to one pound and a quarter of cherries. When the fruit is done, proceed to do the same as directed for plums.

#### 50. *Currants, Red, White, or Black.*

Currants should be particularly stemmed and put to stew with very little heat, or they will turn to seeds and skins; let them simmer slowly, as long as they do not harden; if they begin to shrink they must be skimmed out and put in the jar; then boil down the syrup to a jelly, and pour it on them. If you have a supply of cherries and currants preserved, it will be less expensive to use them for mince pies than it is to buy raisins and currants. I have made good pies (without raisins, foreign currants, or sugar,) with good apples, pleasant cider, preserved cherries and currants, well spiced.

#### 51. *Dried Fruit.*

Dried fruit should be well stewed to make it wholesome; stew it until nearly done; then put

your sugar in before it is done, and it will not require as much, for the fruit will be as sweet as the juice ; but if you leave it until it is cold, you cannot get the fruit sweet without making the juice too sweet.

All wild berries should be set to soak in warm water two hours before you use them.

Do not stew them any and they will preserve their shape and colour, and be much better flavoured.

#### 52. *To Preserve Eggs.*

To preserve eggs, take butter without salt and rub the shell with it to prevent the salt soaking through ; then lay them down with layers of salt. Or make a solution of gum-arabic and immerse the eggs in it ; lay them separately on basket-lids to dry. Set them on the shelf overhead in the cellar.

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### PICKLES.

N. B.—The practice of using brass kettles, to give the pickles a fine green, ought to be avoided ; tin ought to be used instead of brass for heating them, and more attention paid to the flavour of the pickle than the colour.

#### 53. *Onions.*

Take the smallest of bottom onions, or the largest of the top ones ; peel them and put them into salt and water for nine days, observing to change the water every day, always putting salt

with it. The tenth day pour boiling water over them, and cover them close to tender them; let them get cold, and then put them in a colander to drain; when dry put them in a jar that can be tied close, and put a few blades of mace, or cinnamon, ginger root, and bell peppers with them, and pour very good vinegar over them, and let them remain close for a number of days. Those who are fond of onions will find them very good and handy for use.

#### 54. *Cucumbers.*

Take small ones, not above the middle size, put them into strong salt and water for nine days; pour it off, and boil and skim it; put some alum in with it; cover the pickles with fresh vine leaves; pour the scalding water over them, and cover them that the steam may not escape; repeat this with new leaves, (but do not add more alum) until they are as green as they are on the vine; (but not as much greener as some have them,) then drain them, and put them in good vinegar, with red peppers and a blade of cinnamon if you choose.

#### 55. *Beets.*

Some boil up a large pot of beets, and quarter them into the vinegar; this is improper; the beets loose all their native sweetness in the vinegar. Boil beets enough for two or three meals only; do not cut them into the vinegar until nearly the time you want to use them; then

slice them round very thin, and send them to the table in the vinegar, with black pepper over them. The same vinegar is best for all the beets you have boiled at once.

#### 56. *Cabbage.*

This is a very convenient and nice article, and is prepared in this way: take good, solid heads, blue, red, and white; trim off all the coarse, stained leaves; cut the top end off the head that you may slice the rounds very even, about half an inch thick; with a small knife take out the core, (if you cut only the closest part of the head it is all the better) then have a straight jar and lay the rounds in; sprinkle a little salt between the layers; heat the best of vinegar boiling hot, with a few slices of blood beet, plenty of black pepper corns, and a few alspice grains; pour it over, and close it tight for a week or two; when you use it put a slice on a plate, and cut it as you would a round pie. You will find that it improves by age.

#### 57. *To Use Cabbage Cold.*

Take a close head and cut it open lengthwise; cut the best of it very fine; put it on the dish that is to go to the table; sprinkle a little salt and pepper through it; take a gill of pleasant vinegar and put a table-spoonful of fine loaf sugar in, and pour it over it. This dish should not be made ready until after the table is laid, or it will wilt. If you wish, you can make up the fragments of the head into an excellent dish: take



and cut it as fine as you can ; then take a bit of butter, as much as will make a gravy with the addition of a gill of water ; melt the butter with the water and put the cabbage in ; cover it close that it may steam tender before you put the seasoning in ; then take three or four table-spoonsful of sweet cream and stir in a little flour quite smooth ; pour it into the cabbage with the seasoning, stir it a minute, then moisten it with vinegar to your taste. If you use it as soon as it is ready it is much the best.

The fashionable way of cooking cabbage-heads whole ought not to be practised. I have examined many after being quartered and pronounced clean, and found worms, snails, and other little creeping things, which would not be very palatable, and might be poisonous.

#### 58. *Red Currant Wine.*

Take five quarts of currants, two quarts of red cherries, one quart of raspberries ; wash them well together ; squeeze out the juice through a strong cloth ; to every three quarts of the juice add two of clear, cold water ; wash the skins with the water, and strain it before you put it in : to every gallon of this mixture put four pounds of sugar ; slice an orange and lemon into it with a grated nutmeg ; put the whole into an open tub perfectly clean, and set it in a dry place to ferment, covering it loosely ; when the fermentation is over it will settle ; skim it nicely, and pour it off the sediment into a close keg ; cork it up

tight, and set it in a cool place. If you choose you may add one quart of brandy. After a few months you must draw it off again into a dry tub; rinse out the keg and drain it free from water; this should be done quickly, that the wine may be returned as soon as possible; cork it up again; and when it is a year old it will be good enough to use at a wedding.

#### 59. *Elderberry Syrup.*

Take one pound of sugar to every pound of juice, and one gill of brandy; boil and skim it; reduce it to syrup; (but not to jelly) cool and bottle it. When you wish to use it, pour a little into a glass, adding water and nutmeg. If the weather is cold, the water should be hot; if warm, it should be cold. This drink is both palatable and medicinal, as it will check bowel complaints. Dried elderberries are useful in a family in the summer season to be used as dried fruit.

#### 60. *Blackberry Syrup.*

Blackberry syrup may be made by taking two quarts of juice and one pound of loaf sugar, half an ounce of grated nutmeg, and as much ground cinnamon, cloves and allspice a quarter of an ounce each, both made fine and added with a pint of good brandy. Boil all together for a short time; when cold bottle it up. From a tea-spoonful to a wine glass may be given according to the age of the person.

### 61. *Meats, with their Sauces.*

To boil meats well, the cook should know how long it will take to cook the piece she is going to put over. There should be water enough to cover it put on cold to prevent the meat from shrinking; if it is fresh the salt should be put in before it boils to raise the scum, which should be taken off as soon as it appears; then put in a little cold water which will cleanse it clear; take off the remaining scum, and your meat will have an inviting appearance.

Make a white sauce for it by taking a little boiling water in a tin dish with a bit of butter; set it on the stove or embers; take thin cream or milk and stir in some flour, fine cut parsley and pepper, with a little salt; pour it into the boiling water, and stir it gradually all the time for a minute. This is good gravy for boiled fowls, with the addition of the yolks of hard-boiled eggs, hashed very fine with the gizzards and liver.

### 62. *Baked Meat.*

Certain pieces will bake to the best advantage if the meat be good: such as loins of pork, legs and shoulders of mutton and veal. My method is, to cut little bits of suet, and with a sharp pointed knife make a gash large enough to insert a bit of it into the leanest part, which will keep it from drying out. Mix a little salt and pepper, and rub it into the meat; put it into the bake-dish, and put bits of butter or meat drip-

pings (that have not been scorched) over it; put some water into the dish to steam it as it heats through; when it is about half done take it out and dredge flour over it, and baste it with the gravy; if you find it drying out too much, put warm water and drippings in; when it is nearly done repeat the dredging and basting again. If you wish to have white gravy, thicken it with milk and white flour; if brown, with scorched flour and water.

You may make it the same for all baked or roasted meats, with whatever additions you may think proper. Tomato catsup improves it.

### 63. *To Regulate Time in Cooking Meats.*

A ham of pork should be well done; if its weight is twelve pounds, it will require four hours and a half in cold weather; four will do in warm, for it will heat through sooner. To prepare it neatly for the table, the skin should be taken off while warm, and ornament it with black and red pepper, then set it by to get cold. Take a sheet of white paper; fold it lengthway, and cut it neatly in fine strips about two thirds of the way towards the centre, and wind it round the joint part; pin it on the under side, and garnish the dish with stemmed parsely.

64. *Mutton.*—To cook a leg of eight pounds will require two hours and three quarters.

*Beef.*—A sirloin of fifteen pounds, five hours. Ribs of beef, from eight to twelve pounds, four hours.

*Veal.*—A fillet of veal, from twelve to sixteen pounds, will take from four to five hours at a good fire.

*Lamb.*—A quarter, of eight pounds, will take nearly two hours.

65. A *Pig* four weeks old will take three hours. It should be filled with a dressing made with stale, light bread; cut the crust off and put it to soak in just water enough to wet it; rub it fine with the rest of the bread, and warm as much milk as will moisten it, with a bit of butter; put sifted sage, salt, and pepper with two or three eggs, and a little summer savory if you choose; mix the whole well together; rub the pig inside and outside with salt and pepper; put the dressing in and leave room for it to rise or it will burst out the stitches. Sew it up, and rub the skin with butter to keep it from blistering.

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## POULTRY.

66. To cook a very large *Turkey* will require four hours; one of ten pounds, three hours; a small one, two hours.

A *Goose* six months old takes two hours and a half, with a moderate fire.

A *Duck* of the same age, one hour and a half.

A full grown *Fowl*, an hour and a half; a middling sized one, an hour and a quarter; a *Pullet*, an hour.

When the skin becomes brown before they are tender, it should be covered over with paper; when they are done take it off, dredge them with flour, and baste with the gravy; set them to brown, and repeat the basting until the flour is brown. This improves the appearance, as it disguises the defects of the skin. Be sure to take out all the stitching before you send them to the table. Sometimes this is forgotten, which makes them appear very awkward.

#### 67. *Broiling Meat.*

This culinary art is very confined, but excellent as it respects steaks. I will give you my practical rule: The fire should be clear, that the fumes from the drippings may draw up or from the meat; cut your steak crosswise of the grain, about three quarters of an inch thick. If it be beef, pound it the same as you would for frying; grease the gridiron that the steak may not stick when turning; salt it only on the upper side when you first put it down, for the salt will draw the juice out, and make it dry. When you turn it, first take a knife and fork, and lay one piece above the other that it may absorb the gravy one from the other, then turn and salt and pepper it. Cook it until it is done, (but not till it is dry) then take it up and put thin slices of butter between the pieces; lay them quite compact, and turn a tin dish over them a few minutes, and they will be moist and good.

### 68. *Veal Cutlets.*

You can have a very good dish by observing this rule, with the same ingredients that others would use in the common way, and have a very inferior one. Take the quarter of veal by the leg, and cut your rounds three quarters of an inch thick (this is much better than to cut it into scraps;) when you come to the bone saw it off; have plenty of butter or drippings melted; lay them in; salt and pepper them on both sides; when they are nearly half done, turn and brown them a little; have ready a rich batter made of eggs, milk, and flour; take a knife and fork and dip the cutlets into it; melt a little more butter that the gravy may not crisp the flour, and then put them to fry until they are brown. Lay them separately on the dish with a bit of butter on each one; do not pour gravy round them to soak the dressing. Hard boiled eggs, sliced and browned in butter, with potatoes, are very nice to eat with the cutlets.

### 69. *To Fry Fish.*

To fry fish whole they should be washed (but not soaked;) dry them with a cloth, and have plenty of drippings or lard in the pan; heat it boiling hot; roll the fish in flour; salt them, and let them brown before you attempt to turn them. When they are done, drain them and send them to the table without gravy. Butter is not good to fry fish in; it will soften them, and cause them to scorch.

70. *To Cook Cod Fish.*

Soak the fish in warm water a few hours ; then pick it in pieces, and put it in a skillet with a little water and plenty of butter, and pepper to taste ; let it simmer until it is getting soft ; put in crackers or bits of toasted bread ; have an egg or two, boiled hard and hashed fine, added ; simmer the whole together a little while, and if it is too dry, put in a little hot water and a small piece of butter. Catsup is good with this dish.

71. *Fricassee Pie.*

If you have a family of boarders you can make a respectable dinner of the fragments. Gather the odd bits of meat, roasted, boiled, and fried ; cut them into small pieces of equal size if you can ; if you have a chicken cut it in small pieces also, and put all together, with what water will cook it tender, and leave a pint or more with it ; put in butter as you can afford, with pepper, (it may not want any salt if the butter is very salt ;) then have a good, light, tender crust ; grease a pudding dish, and line it with a crust a quarter of an inch thick ; put in a layer of the meat, then slice potatoes as thin as a dollar over it, and then a layer of the meat, then potatoes ; the last layer should be meat ; cover it with a crust, and cut a large cross in the middle ; bake it a nice brown ; and before you set it up, look if it is moist enough ; if not roll a lump of butter in flour, lay it in the cross, and pour boiling water on it until



it is melted, and more if it needs it. Set it on the table in the dish it was baked in.

72. *A Minced Dish.*

Take the loose pieces of salted beef and pork ; boil them tender ; take the cold boiled potatoes you may have ; mince the meat, and then put in the potatoes ; mince them together and pepper it ; salt the potatoes only ; have gravy of fried meat heated hot ; put it to fry slowly. If you have beef and potatoes only, it will need a little hot water to moisten it ; stir it until it is hot through, and it is done. This is very handy for breakfast, as you may have it made ready the night before.

You ought to keep a mince knife and wooden bowl for the purpose ; they will save all the odd pieces that do not look well enough to set on the table for boarders.

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NOTE.—If you want to prepare any article mentioned in this Book of Receipts in a larger or smaller quantity than the receipt specifies, it will be necessary to proportion by the receipt.



PRACTICAL DIRECTIONS  
FOR THE  
CULTIVATION OF VEGETABLES.

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73. *Asparagus.*

This is a very delicious esculent vegetable, and easily cultivated, after the first operation of preparing the ground. It requires some of the deepest soil in the garden; a rich, sandy loam is the best. The ground should be trenched or spaded up, and plenty of rotten manure well mixed into the soil to the depth of one foot and a half. Then mark out your beds six feet wide, forming two feet alleys around them, by throwing up six inches top soil on the beds. Next use the rake and hoe, till the ground is well pulverized and made level and smooth. Then mark out your drills one foot apart and two inches deep. Soak the seed twelve hours in warm water; drop it about one inch apart in the row; rake it in, and press the soil over the seed with a board or garden roller. When the young plants are up, hoe them carefully, and keep them clear of weeds through the season. After the second hoeing, pull out the weakest plants, leaving them about four inches apart.

A bed of asparagus, well managed, will produce buds fit for cutting the third spring after sowing. The buds should be cut one inch or more below the surface of the ground. The cutting may be continued until the first of July; then let it grow up, but hoe it frequently till it covers the ground.

*Spring dressing.*—As soon as the ground is dry, so as to work light, separate the stalks from the ground with a hoe, cutting them off beneath the surface, and loosen the surface of the ground all over the beds. Some dry straw, litter or fine brush may be added to these stalks when dry, and the whole burnt together on the ground. This will promote the growth of the asparagus, and destroy many insects' eggs, seeds of weeds, &c. The ground should then be covered one inch thick or more with rotten manure or compost, well incorporated with the soil above the roots; then rake the beds smooth and level. An application of swamp earth, salt or brine spread on the beds, has been found to promote the growth of asparagus.

Though this vegetable grows naturally in a poor, sandy soil, yet the sweetness and tenderness of the buds depend much on the rapidity of their growth, which is greatly promoted by richness of soil and good attendance. Beds of asparagus may be formed by preparing the ground as before stated, and transplanting the roots of two or three years' growth, setting them with the crown upwards, three inches below the surface.

A good bed of asparagus, with proper management and strict attendance, will flourish and produce bountifully, for more than forty years, as proved by experience.

*Directions for cooking Asparagus.*—Cut the buds when from three to six inches high; clean them well in cold water, cutting off most of the white part, as that which grows beneath the surface of the ground is apt to be tough and bitter. Take water enough to cover the stalks, and put in salt sufficient to season them well; boil and skim the water, then put in the asparagus. Be careful to take them up as soon as they become tender, so as to preserve their true flavour and green colour; for boiling a little too long will destroy both. Serve up with melted butter or cream.

#### 74. Beans.

A dry, warm soil, tolerably rich, is the best for beans. The ground should be worked fine and mellow. Plant, for early use, from the 20th of April to the 1st of May. The early kinds may be planted in drills two and a half feet apart, and at the distance of three inches in the row, or in hills a foot apart.

The *Early Purple* is the earliest bean, and consequently preferred for early use. The *Early China* and *Early White* are excellent, either for stringing or shelling: they will be fit for use, if the season is favourable, in about six weeks from planting. The *Royal White* is a large, rich

bean, excellent for shelling. This kind should be planted in rows three feet apart, and if in hills, two feet from each other, with four beans in a hill; if in drills, six inches apart in the row. The *Running* or *Pole Beans* should be planted in hills, three and a half feet distant each way. They should be planted as early as possible, in a rich, mellow soil. We prefer setting the poles before planting. For this purpose we stretch a line, and set the poles by it; then dig and loosen the earth, and drop five or six beans in a circle round the pole, about three inches from it, and cover with mellow earth one inch or one and a half in depth. When the plants are well up stir the earth around them, and pull out the weakest plants, leaving three to each hill. This should be done when they are perfectly dry; for beans never should be hoed when wet, nor when any dew is on them.

The green pods of beans may be kept and preserved fresh by laying them down in a jar or tub, with a layer of salt between each layer of beans.

#### 75. *Beet.*

Prepare your ground as early in the spring as it will work light and mellow, by ploughing or digging to the depth of eighteen inches. A deep, rich soil produces the finest roots. If a small bed of the earliest kinds is sown as early as the season will admit, they will be fit for use in June. After making your beds fine and smooth, mark out the drills eighteen inches apart, and one inch

deep ; drop the seeds along the drills, two inches apart ; cover them, and press the soil a little over the seeds. When the plants are up and sufficiently strong, thin them to the distance of six inches apart in the rows. The ground should be often hoed round the plants, and kept free from weeds. Beets for early use, should be sowed about the first of May ; for winter use, two or three weeks later, the beds kept clean through the summer, and the roots taken up before hard frosts in the fall. Care should be taken in cutting off the tops, not to injure the crown.

A good method of preserving beets fresh through the winter is, to lay them in a circular form on the bottom of the cellar, with the roots in the centre and heads outward ; cover the first course of roots with moist sand ; then lay another course upon them, and cover with sand as before, and so on till all are packed and covered.

The *Mangel Wurtzel* and *Scarcity Beet*, also the *Yellow Swedish* or *Ruta Baga* turnip, are often raised to great perfection by field culture, for which we give the following directions :

*Field Culture.*—Select a deep mellow soil ; if not sufficiently rich, make it so with well rotted manure, thoroughly mixed with the soil to the depth of a foot or more. This should be done by ploughing and harrowing when the ground is in good order to work light and fine. You may then throw up moderate ridges with the plough, about the distance of three feet apart. Pulverize and level the top of the ridges with a rake.

Then, with the dibble, or with the fingers, make holes on the centre of the ridge, one inch deep, and eight inches apart; and for beets, drop two seeds in each hole, and cover with fine earth, pressing it a little over the seed. For the Swedish or Ruta Baga turnip, we generally prefer sowing the seed in a bed of light, mellow soil, from the 1st to the 10th of July. After having attained a sufficient size for transplanting, the ground being prepared as before directed for beets, set the plants about ten inches apart in the row; while the plants are young, the ground should be often stirred around them, and kept clean from weeds through the season. The horse plough should be often used between the rows, especially in dry, hot weather.

The average crop of these roots, on good land, with proper management, is about fifteen tons to the acre. The quantity of seed required for the mangel wurtzel, or scarcity beet, is about four pounds to the acre; for the ruta бага or Swedish turnip, about one pound and a half. To quicken vegetation, the beet seed in particular should be soaked twenty-four hours in warm water.

There are various methods of field culture recommended and practised by different people. Some sow the seed broad cast; others in rows on level ground, from ten inches to four feet apart; some sow or transplant on moderate ridges, and others on very high ridges. But those who have had most experience in this branch of agriculture, will doubtless find their own experience and judg-



ment the most successful guide; and those who have not, may follow the directions we have given, with such deviation as the nature, situation and circumstances of their soil, according to their best judgment, may require; and experience will doubtless prove their best teacher in the end.

These roots are highly and justly recommended for feeding milch cows in the fall and winter, and especially in the spring, if well preserved; also for fattening beef and pork. If fed in the raw state, they should be cut fine; if boiled, a little Indian meal or bran may be mixed with them.

#### 76. *Bene Plant.*

This plant, it is said, was introduced into the Southern States by the negroes from Africa, and abounds in many parts of Africa. Probably no plant yields from the seeds a larger proportion of oil, which is said to be equal to the finest Florence oils. Sow the seed the latter part of May or first of June, in a well-dug, light, warm soil, having a southern aspect, as it will not thrive without a considerable degree of heat. Cover it lightly, and let the plants stand about one foot apart. Take a few of the leaves and put them into a tumbler of cold water, and in 15 or 20 minutes it will become like a thin jelly, without taste or color, which children afflicted with the summer complaint will drink freely, and is said to be the best remedy ever discovered. It is supposed that the lives of three hundred children were saved by it a few summers past in Baltimore.

*77. Cabbage.*

This vegetable requires a light, rich, and rather moist soil. The seed may be sown about the middle of May, either in a bed for transplanting, or where they are intended to grow. The transplanting should be done when the ground is light, just before a shower, or in cloudy, moist weather, but never when the ground is wet and heavy. Before transplanting, (if the soil is not free from worms) dip the roots in a mixture made of rich mould and water, with some tobacco dust or juice, soot and ashes stirred in; this is a preventive against worms eating the roots, which often cause the plants to die or grow stump-footed. They should be hoed often while young, at least twice a week; the best time for hoeing is when the dew is on. If lice should appear on the plants, wet them with a strong decoction of tobacco, put on with a small brush, or rubbed on with the hand, or sprinkle plaster over the plants while the dew is on.

Cabbage should be secured before very cold weather; they should be pulled when dry, and placed with their heads downwards, until the water is drained off from the heads, for the drier they are put in the cellar, the better they keep: a cool, dry cellar is the best for cabbage; if they are put in a wet cellar, they will keep best to set them on boards, with their roots up; but if the cellar be tolerably dry, they will be better to set upright, in rows, with a small pole between each row, and their roots covered with earth.

78. *Cauliflower.*

This requires the best of rich, light soil. The early kind is most suitable for this climate. It should be sown about the 20th of September, for spring use; and it requires much care to keep them during the winter. For fall use, they may be sown in a hot-bed in March, or in the open ground about the 20th of May. They should be protected from the northwest winds by walls or hedges, and great pains must be taken in every stage of their growth, as the extremes of heat and cold operate very unfavourably upon them.

*To Cook Cauliflower.*—Cut it when close and white, and of a middling size; cut the stem so as to separate the flower from the leaves below it. Let it lie in salt and water a while; then put it into boiling water, with a handful of salt. Keep the boiler uncovered, and skim the water well. A small flower will require about fifteen minutes boiling—a large one about twenty. Take it up as soon as a fork will easily enter the stem: a little longer boiling will spoil it. Serve it up with gravy or melted butter.

79. *Carrot.*

The long orange, or red, is generally preferred, both for garden and field culture: the short orange is the earliest and deepest color.

*Soil.*—Carrots require a light, mellow soil, with a mixture of sand. The ground should be dug or trenched deep, and well broken up, in

order to give plenty of room for the roots to penetrate into the soil ; it should also be made fine, smooth and level.

*Sowing.*—As the seeds have a fine, hairy furze on the borders or edges, by which they are apt to cling together, they should be well rubbed between the hands in order to separate them. To forward vegetation, they should be soaked in warm water about twenty-four hours, and then mixed with dry sand, so as to separate them as much as possible in sowing. They should be sown in a calm time, and scattered as equally as possible.

The seed should be sown in drills about an inch in depth ; the rows from eighteen to twenty inches apart, so as to give plenty of room to hoe between them. Some recommend from nine to twelve inches, and others, from eight to ten : this may answer in small family gardens, where the land is scarce ; but where there is a sufficiency of ground, the carrots are more easily cultivated, and will thrive better and grow larger at a greater distance.

*Field Culture.*—The best soil for field carrots is a deep, rich, sandy loam. To obtain a good crop, the soil should be a foot deep at least, and well prepared by very deep ploughing and thorough harrowing, so as to make the ground perfectly mellow, smooth and level. It is a matter of importance to wet the seed and cause it to swell, so as to hasten vegetation ; because the weeds are apt to start very quick after sowing ;

and if the seed is not quickened, the weeds will get up and overpower the carrots before they get large enough to hoe. The seed may be sown in drills, as directed for garden culture, or on moderate ridges, from two to three feet apart, and cultivated between the rows with a horse-plough. In hoeing, they should be thinned to three or four inches apart in the rows. Two pounds of seed is considered sufficient to sow an acre of ground in drills of two feet apart.

Carrots are excellent for fattening beef, and for milch cows. Horses are remarkably fond of them. When cut up small, and mixed with cut straw and given them, with a little hay, it is said they may be kept in excellent condition for any kind of ordinary labour, without any grain.

#### 80. *Celery.*

The *White Solid* is considered the best kind of celery. We have had the best crops by sowing the seed the latter part of March, in a hot-bed. After the plants have attained the height of about six inches, they may be transplanted into trenches. Select, for this purpose, a piece of rich ground, in an open exposure; lay out your trenches about eighteen inches wide, allowing six feet space between each trench; plough or spade out the earth from the trenches to the depth of sixteen or eighteen inches, if the depth of soil will admit; put about three inches of very rotten manure into the trench; then throw in upon this manure about five inches of the best soil; mix and stir

the manure and soil well together ; then set your plants by a line in the centre of the trench, leaving a space of four inches between each plant. If the weather be dry, water the plants freely. They should be shaded till the roots strike and the plants begin to grow ; the covering should be taken off at night.

When they have attained the height of ten inches, you may commence earthing them up ; but never do it while the plants are wet. In performing this, care should be taken to gather all the leaves up with the hand while drawing the earth up equally on each side of the row, being careful to leave the hearts of the plants open. Repeat the earthing once a week or oftener, till about the last week in October ; then bury the whole with earth, to remain till time for digging.

Celery may also be raised by sowing the seed in a rich, moist soil, and removing it into trenches as before directed ; or by sowing it in the trenches where it is to grow. As the seed vegetates very slowly, it should be soaked in warm water for twenty-four hours before sowing. To preserve it through the winter, dig it before the ground freezes deep, and pack it away in casks or tubs with dry sand, and keep it in the cellar. Some recommend to cover the ridges with boards, and dig the celery as it is wanted for use. This may answer in a dry, sandy soil ; but in wet or moist soil it is apt to rot and spoil.

81. *Corn.*

The *Early Canada* is the earliest kind of corn we raise, and is preferred only for being several weeks earlier than the common field corn. The *sweet* or *sugar* corn is best for cooking in its green state, as it remains much longer in the milk, and is richer and sweeter than any other kind. It is rather later than the common field corn, and is therefore fit for the table when the field corn has become too hard. Alluvial, or any gravelly or sandy soil, if made sufficiently rich and properly cultivated, will produce a good crop. It should not be planted till the weather becomes settled and warm, and the soil sufficiently dry. It may be planted in hills, like the common field corn, or in a garden in drills, like broom corn: as in this way a larger crop may be produced from the same quantity of ground. Care should be taken that no other kind of corn be planted near it, as by intermixing it will soon become adulterated, and injure the crop. This corn may be preserved for winter use, by parboiling it when green, and cutting it from the cob and drying it in the sun. It then affords a wholesome and agreeable dish when cooked like bean porridge, or what is called *succotash*.

82. *Cucumber.*

The early kinds are most suitable for early planting. For the purpose of obtaining them very early, some plant the seed in a hot-bed, or in elevated hills, will manured with rotten horse-

dung, and covered with glazed frames. But in order to grow fair, handsome cucumbers, the soil should be rich, light and warm, and well mixed with rotten manure ; or a good shovelful may be put into each hill, and thoroughly mixed with the soil in the hill. We generally plant the early kinds about the first of May, in hills about four feet apart each way, elevating the hills a little above the level of the ground. Put in eight or ten seeds into each hill, and cover them half an inch deep with fine earth, and, as in all other planting, press the earth a little over the seeds with the back of the hoe.

When the plants are up, examine them closely, as they are frequently attacked by the yellow bug or fly. To prevent this, take rye flour, sifted ashes and ground plaster, equal parts of each, well mixed together, and dust the plants all over with it. If the plants are dry, sprinkle them with water before you dust them. Snuff, tobacco dust, or the stalks boiled in water, soot, or a decoction of elder and walnut leaves, are all very good to prevent small bugs and insects from injuring any young plants. Keep the ground loose and clear of weeds, and in dry weather water your plants freely. After they have attained a vigorous growth, and the danger from insects is over, they may be thinned out, leaving two of the most thrifty in the hill.

Those intended for pickling may be planted from the 10th to the 20th of June. If the soil is rich and warm, the 20th is preferred. The long



kinds are preferred by some for pickles. The cultivation and management of these is the same as the others, excepting that the hills should be at least five feet apart each way. Some gardeners recommend nipping off the first runner bud of cucumbers and melons, from an idea that they will become more stocky and fruitful.

### 83. *Egg-Plant.*

Sow the seeds in March, in a hot-bed, and plant them out towards the latter part of May, in a rich, warm piece of ground, in rows three feet apart, and at the distance of two feet in the rows. They bear their fruit when about a foot high, which, if rightly prepared, is by many esteemed equal to eggs. Some are very fond of them when sliced and fried with ham.

### 84. *Lettuce.*

Lettuce requires a mellow soil. It should be sown as early in the spring as possible; to insure a very early supply, it may be sown late in the fall—it will then start early in the spring; but to obtain a constant and regular supply through the season, it should be sown every month from March to September. It may be sown broadcast, moderately thin, or in rows from twelve to eighteen inches distant, according to the usual size of the different kinds. Rake in the seed lightly, with a fine tooth garden rake. When the plants are up, stir the ground lightly while it is dry, and clear out the weeds: thin the plants

where they crowd each other. Those intended for large heads should stand eight or ten inches apart: the hardy kinds, such as the *early green*, *early curled* and *ice coss*, may be sown in September, and covered with straw at the approach of severe weather. Or any kind may be sown in a hot-bed in March, and transplanted into the open ground at the proper season.

### 85. *Melon.*

This plant requires a warm, gravelly, or sandy soil, made very rich with well-rotted manure from the hog-pen, or rich old compost, well mixed with the soil. The hills may be formed after the manner recommended for cucumbers. But if the natural soil is not sufficiently warm for melons, then dig a hole of sufficient size, and put in a large shovelful of rotten horse dung; upon this put the compost or rotten hog dung, with a quart of slacked lime: then add some good, mellow soil, and mix it well on the surface without disturbing the horse dung at the bottom. The hills may be made from six to eight feet apart; for watermelons, on rich, warm land, where they grow most thrifty, nine feet is near enough.

Plant about the middle of May, if the weather be warm and the ground in good order. The seed should be soaked a few hours in warm milk and water, with a little soot in it. Put six or eight seeds in a hill, and cover half an inch deep. When the plants become strong and thrifty, so as to be out of danger, pull out the weakest, leaving

only two in each hill ; indeed one would always be sufficient, if secure from all accidents. The ground should be often hoed around the hills, and kept loose and light. If you would raise good melons, you must plant them remote from any other vines ; for in the vicinity of cucumbers, squashes, pumpkins, gourds and the like, they will infallibly degenerate. In this respect, therefore, they require great care and attention. To secure them from the ravages of insects, pursue the directions given for cucumbers. [See p. 46.]

#### 86. *Nasturtium.*

This is an annual plant, a native of Peru, and is much cultivated for the berries, which if gathered while green, and pickled in vinegar, make a good substitute for capers. Sow as early as the season will admit, in drills an inch deep. The plants should be supported from the ground by bushy sticks, or otherwise, in order to have them do well and produce a plentiful crop of good fruit.

#### 87. *Onion.*

Onions require a rich, mellow, soil, rather moist and sandy or gravelly. A heavy, clammy or a dry clayey soil will not do for them. They grow well on an alluvial soil, such as is made by the overflowing of rivers and streams, or from the wash of hills. The ground requires it to be well worked and made completely mellow by ploughing and harrowing, and then raked over with an

iron tooth rake, so as to break the clods and pulverize the soil. If not sufficiently rich, it may be made so by a plentiful supply of good manure, well rotted. Dung from the hogpen is considered the best manure for onions; though any rich and well-rotted manure will answer. The manuring must be repeated annually, because onions have a natural tendency to impoverish the soil; but if well manured, they will do better on the same ground many years. The manure may be put on in the fall and ploughed in. Plough the ground again in the spring, as early as it can be done after the frost is out. Work it over thoroughly, and prepare it for sowing as early as the season will admit.

When the ground is sufficiently leveled and pulverized, stake out your rows, draw your garden line, and make your drills about sixteen inches apart, so as to afford sufficient room for hoeing between the rows. The drills should not be more than an inch in depth; if the ground is moist, three-fourths of an inch will answer. The seed (if good) should be sowed sparingly. Many are very apt to put in too much seed, and, of course, must thin out a large portion, or have a crop of small onions. Good seed, well put in, will not fail to come up well. After the seed is in, rake lightly over the drills, lengthwise; and when the seed is all covered, if you have a small, light garden roller, (which should be kept in every garden,) draw it carefully over the bed from end to end of the rows, till the whole is rolled. If you have no roller, take a long board and lay it

lengthwise on the rows, and walk on it; then move it to the next row, and proceed on in this manner till the whole bed is pressed. This will make the seed come up more even and equal.

When the onions are fairly up, the weeding and hoeing should be immediately attended to. If they are too thick, thin them out so as to let them stand two or three inches apart; but this should be carefully done, so as not to disturb those that remain. It is better to do the thinning by degrees, at each successive hoeing, rather than all at once, as the little black grubs will sometimes thin them off too rapidly. The ground must be often hoed and kept clean of weeds, or they will not do well.

Onions will sometimes run to scallions, having a thick, stocky neck, and little or no bulb. To prevent this, some recommend breaking the tops down when they have attained their full growth. But if the ground is suitable and well prepared; if good seed is sown, and properly cultivated, there is little danger of scallions; besides it is not a very good practice to break the tops down. The onions will be ripe in' September. When the tops are sufficiently dry, pull the onions and let them lie a few days in the sun to dry; then gather them up and house them. They may be kept through the winter by spreading them on shelves in a cool, dry cellar. Some prefer bunching them up which is a very good plan to keep them dry. A damp, warm cellar will cause them to sprout and rot, which should be avoided.

88. *Parsley.*

This plant should have a good, rich soil, and may be sown at almost any time. For early spring use it is sometimes sown in the fall, and the ground covered with straw; it is also sown early in the spring—also in March, April, May or June. But as the seed vegetates slowly, it should be soaked in warm water from twelve to twenty-four hours. In order to hasten vegetation, some recommend mixing sulphur with the water. If sown in the spring and frequently cut, the plants shoot up more thick and stocky, and afford a plentiful supply through the whole season. It should be kept free from weeds.

89. *Parsnip.*

This vegetable requires a deep, rich, mellow soil, free from stones and coarse gravel. A sandy loam is accounted the best. If the soil be suitable, it will not require much manure, as parsnips do not impoverish the soil like onions, and they may be raised from year to year on the same ground. As the seed is very light and vegetates slowly, it should be soaked or kept wet for several days before sowing. Let the ground be ploughed, or dug, and worked deep, and well harrowed and raked over, so as to make a smooth, level surface. Sow the seed in drills, eighteen or twenty inches apart, and as early in the season as the ground can be prepared, the earlier the better, to insure a good crop. The seed may be covered an inch or more in depth.

As parsnips require the whole season to come to maturity, and are not fit for use till ripe, other seeds that come off early may be sown with them, such as lettuce, radishes, and beets or carrots that are to be pulled early in the season, when the roots are small.

When the plants are two or three inches high, let them be thinned so as to stand from four to six inches apart. Hoe them and keep them clear of weeds till the leaves get so large as to cover the ground; after which they will need no further attention till you come to dig them. Some let them stand in the ground through the winter, and they are generally considered the better for it, provided they are dug as soon as the frost is out of the ground, for if they are left until they begin to start, their good qualities are much impaired. But if they are dug in the fall, they should be put into a cold cellar or out-house and covered with earth or sand, as they are liable to dry up in a dry room if left uncovered. They ought to be dug carefully, without cutting or bruising, nor should the tops be cut close, nor the side roots be cut off; otherwise they are apt to rot or turn bitter where they are cut or bruised. If put into a warm cellar they are apt to sprout, which soon spoils them; but frost will not injure them at all, neither in the ground nor in the cellar, if covered with sand or earth.

Parsnips are often raised in fields to very good profit; for besides their uses in a family, they are excellent food for neat cattle, sheep, hogs, or

horses. Beef fatted on parsnips is said to command a higher price in England than fatted in any other way. Milch cows fed on parsnips are said to give richer milk, and yield more butter, than from any other food. Hogs are also said to fatten very easily on them, and to produce superior pork. All these things prove parsnips to be a very valuable crop, and well worth the farmer's attention.

### 90. *Peas.*

There are many varieties of peas ; we however cultivate but four or five kinds. For the early kinds the soil should be strong and rich ; and moderately rich for the later kinds. Fresh stable dung is considered injurious to peas. A sandy loam, enriched with decomposed vegetable matter, will produce good peas. Swamp muck spread on the ground and ploughed in, is a valuable manure. For early crops, more especially, the soil should be light ; and a dry, warm soil is the most favourable. All peas raised in a garden, in order to produce a good crop, should be supported with branching sticks or brush. They should be sown in drills, the smaller kinds two inches in depth, at least, and the larger kinds still deeper, four inches ; some say six inches is none too deep, as they take better hold of the soil, which in a light soil is a great advantage.

We commonly plant two rows, five or six inches apart, for one row of sticks. The space between the rows of sticks must be regulated according to the size of the different kinds of vines : for



the *Early Frame*, *Early Petersburgh*, or *Early Washington*, about three feet apart; the *Large Marrowfat*, or *Green Marrowfat*, require at least four feet space. As the plants rise to three or four inches in height they should be well hoed and cleared of weeds, and the soil drawn up around them while the vines are dry; this should be continued as they rise higher. When from six to ten inches high the sticking should be done. Let the sticks be fixed firm in the earth, so as not to be blown down by hard winds. The sticks or brush, as to the height, must be regulated according to the height of the peas; some grow much taller than others, and of course need taller brush to support them.

*Field Culture.*—The common method of raising field peas is to sow them broad-cast. In this case they should be sown much thicker than many farmers sow them, and be ploughed in. There is very little danger of burying them too deep; it is said they will vegetate and come up if buried a foot deep. Peas sown thin are very apt to fall down, and, if the season be wet, they will rot on the ground; but if they are sowed thick, they will cling together and support each other, and yield much better by having more benefit of the sun and air.

Many people are much troubled with buggy peas, especially in the old settlements. This is occasioned by a small brown bug that deposits its eggs, or larva, in the young pods. The only effectual remedy against this, that we know of, is

to sow the peas late ; so that they will not blossom till the period of depositing the larva is past. For this purpose they should not be sown before the 10th of June. We are informed that a respectable farmer in Rensselaer county sowed his peas on the 10th of June six years in succession, and never found a bug in them ; while his neighbours, who sowed earlier, had their peas filled with bugs. If your seed peas contain bugs, we would recommend to scald them by putting them into a tub or pail, and pouring in boiling water enough to cover them, and stirring them briskly about a minute ; then pour off the water and add a little cold water to them and sow them soon. This will destroy the bugs without injuring the peas ; and they will vegetate the sooner. But if your peas are buggy, your ground will require more seed : because when the chit of the pea is destroyed by the bug in it, the pea will not come up.

#### 91. *Pepper.*

As these require the whole season to come to maturity, they must be sowed early. Our method is to sow them in a hot bed very early in the spring, and cover them with glazed sashes, when the weather is cold, to prevent injury by frost. They will be large enough to transplant in May, and may be transplanted in rows about two feet apart each way. Hoe them well and keep them clear of weeds ; and if the soil is light and warm, they will come to maturity in good season. The squash pepper is reckoned the best for pickling.

92. *Pepper Grass, or Curled Cress.*

This will grow on any common soil ; but a light, rich soil is the most favorable to it. It should be sown in drills, about twelve inches apart, for the convenience of weeding, and may be put in at any time from early in the spring to September. When it is up sufficiently large for salad, it may be cut up as it is wanted for use ; but it soon becomes too large and tough, and therefore should be sown once in two or three weeks in order to ensure a constant supply through the season.

93. *Radish.*

A light, sandy, warm soil produces the best radishes. For the long tap-rooted kinds the ground should be ploughed deep, and well worked over to make the soil mellow. They do not require a very strong soil ; but if not sufficiently rich, it may be manured with swamp muck, or other light vegetable mould. A little lime and strong ashes mixed with this manure, or strewed in the drills before sowing, will be highly beneficial in quickening the growth of the plants and destroying worms, which, in some soils, nearly spoil the roots : for the more rapid the growth, the more tender and better is the root ; and for this reason it is difficult to have good radishes very early in the season without raising them in a hot-bed, or in a very warm soil. Hence those raised in June or July, (if the season be not too

dry) generally grow the quickest; and if eaten when young are the most tender and crisp, though they will do well in May, and even in September, if the weather be warm.

To ensure a constant supply of good radishes, they should be sown once a fortnight during the warm season. They may be sown in drills twelve or fourteen inches apart, and covered half an inch deep. They must not be left too thick, as it tends to make the tops run up while the roots will be small and stringy, and consequently tough.

The black or winter radish does not require so much attention: its culture is much the same as the common turnip, and for winter use may be sown about the same time.

#### 94. *Sage.*

This useful herb requires a good rich soil, and may be sown in drills, about two feet apart. When of sufficient size for culinary purposes, it may be thinned out as it is wanted. The plants intended to be kept over winter must finally be left at the distance of two feet each way. These may stand through the winter, covered with straw or litter, or they may be taken up and put into the cellar. After the first year they will grow and bear seed a number of years in succession; but new seed should be sown once in three or four years, as young roots produce the most thrifty shoots. The leaves that are to be preserved for use, may be collected and dried, and packed away for future use.

95. *Salsify, or Vegetable Oyster.*

This vegetable, in appearance, resembles a small parsnip; it is raised annually from the seed, and may be cultivated in the same manner as parsnips or carrots, and is as easily raised.

It is a vegetable highly esteemed by those best acquainted with it.

There are various modes of dressing and cooking this vegetable. It is very excellent boiled and mashed up like squash and turnip, with a little salt and butter. Some make soup of it; in that case it should be boiled and mashed fine in order to increase the flavour of the soup; a few pieces of salt codfish added, gives it a good relish. Others prefer it parboiled, and then sliced up and fried in batter, or without. A writer in the *Massachusetts Agricultural Repository* observes, that "In its taste it so strongly resembles the oyster, that when sliced and fried in batter, it can hardly be distinguished from it;" and adds, "If your gardeners would introduce it into market, and our citizens once try it, there would be no danger of its ever failing hereafter to be raised. It is in eating from November to May, precisely the period in which our vegetable market is most deficient in variety."

96. *Summer Savory.*

This plant will grow in almost any soil. It may be sown in drills about twelve or fourteen inches apart, so as to pass a hoe freely between

the rows. Let it be kept clean from weeds, and if it comes up too thick, let it be gradually thinned out as it is wanted for use, and it will not require any further trouble. To dry it for winter use, it should be cut when in blossom, and spread on the floor of an upper room or garret, where it can have air, and not be exposed to the sun. When it is sufficiently dry, tie it up in bunches and wrap it in paper, or put it away in clean bags for future use.

#### 97. *Spinach, or Spinage.*

The round leaf spinage, which is the most useful kind, may be sown in April. It requires but little space in a family garden; one row of a suitable length, on the border of a garden, or beside the alley, will suffice; but the value of the plant for greens depends much on the richness of the soil. It requires some attention while young to keep it clear of weeds; and if the weather be dry, it will need watering.

#### 98. *Squash.*

Squashes require to be treated much after the manner of melons and cucumbers. The *Lima Cocoanut*, or *Valparaiso Squash*, as called by some, should be planted early, on a rich, warm soil, as it requires the whole season to come to maturity. This and the *Winter Crook-neck*, as they produce running vines, require to be planted in hills at the distance of six or eight feet; but before they begin to run, the weakest plants

should be taken out, leaving not more than two in a hill. The *Summer Crook-neck*, and the *Summer-Scollop*, being what are called *Bush Squashes*, as they have no running vines, may be planted on hills about four feet apart each way. These must be cooked while young and the skin tender, as they are unfit for the table after they begin to be hard. The *Summer Crooked-neck* is esteemed as the richest and best Summer squash we cultivate; but it is not so productive as the *Summer-Scollop*. The *Lima Cocomut*, when baked in the oven, is considered by some to be equal to the *Carolina Potatoe*, to which, in taste, it bears a near resemblance. The first seeds we planted of this squash cost us sixpence a seed.

#### 99. *Tomato, or Love Apple.*

This plant, while growing, has somewhat the appearance of a hill of potatoes. It is a South American plant, and bears its fruit on the branches, much resembling the squash pepper. We shall notice but two kinds, the large and small, of which there is no material difference, except in the size, and the ripening of the smaller kind a little sooner; but the larger kind is generally preferred for common use.

To obtain early fruit, the seed should be sown in a hot-bed, or in boxes of light, loose earth, about the middle of March. The bed or boxes should be exposed to the rays of the sun as much as possible, and be secured from the frost, and have a sprinkling of water when the earth appears

dry. The plants may be carefully removed into the open ground as soon as the season will permit. They may be set in a row along the border of the garden, allowing three feet distance between the plants, and be supported by a fence or trellis ; or they may be planted in rows at four feet distance each way ; but in this case, care must be taken to keep the branches from the ground, which may easily be done by setting small crotches on each side of the rows and laying small poles on them.

This will preserve the goodness and increase the quantity of the fruit.

Tomatoes may also be brought to perfection by sowing the seed in a warm, light soil, about the first week in May ; and if the situation be favorable, with good management, the product will be abundant.

There are but few who relish the tomato at the first taste ; and few who are not extremely fond of it when properly cooked and they become accustomed to it. It is considered by physicians and others acquainted with its effects, not only a very delicious, but a very harmless and wholesome vegetable ; indeed, some will give a decided preference to a dish of *tomato stew* or a tomato pie, when properly prepared, to any thing of the kind in the vegetable kingdom. The experience of several years in raising and using this vegetable in various ways, enables us to recommend it to all who are desirous of obtaining a cheap and delicious fruit for the table. There is no vegetable more easily raised, and none better pay the culti-



vator where they are generally known. They are used in various ways, either raw, with sugar, or stewed, or in fricassees and soups ; for catsup or gravy for meat, and for pies and preserves, as well as for pickles and sweet-meats.

For the information of those not acquainted with the tomato, who may wish to try the experiment, we give the following directions for preparing and cooking. Take them when ripe and red, dip them into scalding water, and take off all the skin, cut in quarters, and scrape out the seeds ; then put them into a clean stew pan and let them simmer about fifteen minutes, then put in a little butter and pepper, stir them a few minutes and they are done. Some prefer adding some crumbs of wheat bread, or grated crackers. For pies or preserves the tomato requires a little more sugar than the peach to make it equally palatable. The process of making is much the same as with other fruit. Tomatoes may be preserved fresh by covering them with sugar. The green fruit is often pickled, like the cucumber or pepper. When prepared according to the following directions, they make an excellent sauce or gravy for meat or fish.

*Tomato Catchup or Catsup.*—Collect the fruit when fully ripe, before any frost appears, squeeze or bruise them well, and boil them slowly for half an hour, then strain them through a cloth, and put in salt, pepper, and spices to suit the taste ; horse-radish added is an improvement ; then boil again and take off the scum that rises, so as to

leave the liquor in its pure state ; keep it boiling slowly until about one half of the juice is diminished ; then let it cool, and put it into clear glass bottles, corked tight, and kept in a cool place for use. After standing awhile, should any sediment appear in the bottles, the liquor should be poured off into other bottles, and again corked tight.

#### 100. *Turnip.*

The *early flat turnip* may be sown for early use in March or April—also in May and June for summer use, as those sown early become rather tough and stringy, and run up to seed in the latter part of the season. They may be sown broadcast or in drills, fifteen or sixteen inches apart, and thinned out to three or four inches distant in the rows ; and if the soil is good, light and mellow, they will thrive well, and afford a healthy and nourishing variety to other summer vegetables. The *Flat Field Turnip* is the most suitable for fall and winter use, and should not be sown till the 20th of July or 1st of August, or still later ; some prefer the 10th of August. In a favorable season they will do well if sown the last of August or first of September. But it is not safe to sow so late, as the cold season may set in early and stop their growth.

Newly cleared land is found to be the best for these, as it generally produces the largest and sweetest turnips, and they are less exposed to the depredations of insects. A sandy or gravelly loam is reckoned the most favorable soil ; and

they will generally do well if sown on a green sward that has been turned up to a good depth the preceding spring, and yarded with cattle or sheep, with repeated harrowing during the time, in order to mix the manure with the soil. Before sowing, plough the ground again, make it smooth and level with harrowing; and at a time when the ground is sufficiently moistened with rain, sow your seed broad-cast or in drills, as you choose; but care should be taken not to sow too thick, and even then they will doubtless require a considerable thinning. If sown broad-cast, it will require more labour to thin them out and keep them clear from weeds, though the first labour will not be so much as sowing in drills. They should be thinned to the distance of six or eight inches.

Turnips are often injured by the ravages of a small black fly, which, in the quickness of its motions, very much resembles a flea. Against this there are various preventives recommended. There is perhaps none better than that mentioned by *Abercrombie*, which is, to soak the seed in sulphur water, at the rate of an ounce of sulphur to a pint of water, which will be sufficient for soaking three pounds of seed. Some recommend sowing ashes or lime over the ground after the seed has come up. This will generally have a good effect if sowed when the dew is on.

Turnips are an excellent and very healthy vegetable, if properly cooked and dressed; but many people spoil them in the cooking. If boiled

in the water, with corned or salted meat, (which is a common practice in many families,) they should not be peeled at all. Turnips raised in a suitable soil, will be fair and smooth, and of a sweet flavour, and, when first pulled, will wash white and clean without peeling. After being gathered and stowed away in the cellar awhile, the dirt adheres to them ; they may then be put into a pail of warm water, so as to moisten the skin, and scraped with a knife, and washed clean, fit for the pot, without the least necessity of peeling. A turnip is surrounded with a coat or skin under the scarf skin, which in a common sized turnip is nearly the thickness of an orange peel. This skin, in peeling, is often cut through, by which means the turnip, in boiling, becomes completely water-soaked, and the sweetness is boiled out ; it is then unfit for the table. A better way of cooking turnips, or potatoes, is to steam them instead of boiling them in water.

But good, sweet turnips, raised in a suitable soil, having no rank taste in them, are much better cooked by cutting them into small pieces and stewing them, as the Yankees do their pumpkins for pies. While stewing, mash them up in the kettle, and, when sufficiently done, take them up and dress them with a little salt and butter.

For *Yellow Swedish* or *Ruta Baga* turnip, see page 37.





## I N D E X.

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