

# **THE COOK NOT MAD ;**

**OR**

## **RATIONAL COOKERY:**

**BEING**

**A COLLECTION OF ORIGINAL AND SELECTED**

***RECEIPTS,***

Embracing not only the art of curing various  
kinds of Meats and Vegetables for future  
use, but of Cooking, in its general  
acceptation, to the taste, habits,  
and degrees of luxury, pre-  
valent with the

**CANADIAN PUBLIC,**

**TO WHICH ARE ADDED,**

Directions for preparing comforts for the Sick  
Room—together with sundry miscellaneous  
kinds of information of importance to house-  
keepers in general, nearly all tested by  
experience.

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**KINGSTON, U. C.**  
*Published by James Macfarlane.*  
**1831.**







Actual-size reproduction of the original title page.

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A reprint of Canada's first cookbook published in 1831  
to which have been added recipes for present-day use  
and explanatory notes.

**ROY A. ABRAHAMSON & ASSOCIATES**  
Toronto

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*This special edition of The Cook Not Mad, a reprint of Canada's first cookbook, has been prepared for Diana Sweets Limited, Toronto's longest-established restaurateurs, to commemorate their 60th Anniversary in 1972.*



## INTRODUCTORY NOTES

*The Cook Not Mad or Rational Cookery*, because it is the first cook book published in Canada, in 1831, has obvious historic significance.

But what is much more important than it being a "first" is the opportunity this book gives us to peek through the kitchen window at how people lived a hundred and fifty years ago.

Important too is the fact that the book is so readable. You will delight in the turn of phrase, the literary flavour of *The Cook Not Mad*.

We cannot give the same whole-hearted endorsement however, to the flavour of the food resulting from these "receipts". The reader will note that by present-day standards the instructions are very sketchy indeed. Moreover, our ingredients are different, our flour and sugar are much more refined, our eggs are larger, and our tastes are more sophisticated. For these reasons it is inadvisable and hardly possible to use the receipts in the 1831 edition of *The Cook Not Mad*. It is a reading cookbook rather than a "how to" cookbook.

Still, no cook worth her or his salt could resist trying some of the receipts. We have therefore converted twenty-two of the original receipts into contemporary recipes, and these are interspersed throughout the book.

Nostalgia notwithstanding, we assure you the contemporary adaptations are much better than great-great-great-great-great-great grandmother made and served. They are, in fact, great. Try them.

The author of *The Cook Not Mad* is anonymous. It was quite common for authors of early cookbooks to be nameless, or write under a nom de plume. Some were written by women, and society, specifically husbands, frowned on a literary career for women . . . even a culinary literary career.

But more often the author remained anonymous because the material was borrowed . . . shall we say, stolen? . . . from other published works. Despicable though this may seem, it was common practice and quite legal in that there were no copyright laws to make it illegal.

Susanna Moodie, in 1853, complains in her *Life in the Clearings* of American publishers pirating English editions, but goes on to say "'tis an ill wind that blows nobody any good" for the pirated American versions were available in the Canadas at a quarter of the price of the English original.

Much as it may hurt our national pride we must face the fact that Canada's first cookbook was not authored by an anonymous Canadian writer. *The Cook Not Mad* published in Kingston U.C. in 1831 by James Macfarlane was a hardly altered version of *The Cook Not Mad* published in 1830 in Watertown, N.Y. by Knowlton and Rice, who produced further editions in 1831 and 1841. Watertown, N.Y. is some 35 miles south east of Kingston . . . within easy reach, so to speak, of an enterprising Canadian publisher.

James Macfarlane was such an enterprising publisher. In 1824 he bought Kingston's oldest newspaper, the *Chronicle*, and it prospered under his ownership for more than twenty years. As was the custom of the period, Macfarlane also operated a retail book store and stationery department, selling the leading titles of the day and publishing some, including *The Cook Not Mad* under his own name. All new book offerings were naturally advertised in the *Chronicle*, but strangely, no reference was ever made in any issue to *The Cook Not Mad*.

Macfarlane described himself as a moderate Tory "devotedly attached to the Government, but is wedded to no abuses, and wishes to improve the conditions of the people without encroaching upon the prerogatives of the Crown". No modern politician could more exquisitely sit on a fence.

The *Chronicle* under James Macfarlane supported the union of Upper and Lower Canada, but deplored "responsible Government" as a republican concept which would disrupt the imperial connection. This was an understandable point of view in a Tory town whose principal "industry" was the British army garrison and naval base.

Was then the publication of *The Cook Not Mad* a mistake?

The Preface was obviously written for an American readership and not a word was altered in the Kingston edition. The Preface shows a strong anti-European and particularly anti-British bias. It speaks of "good republican dishes" and lavishes praise on Napoleon Bonaparte, certainly no favourite of British authority even ten years after his death.

Was James Macfarlane teetering ever so slightly on the fence and taking a sly dig at the establishment under the innocent covers of a Yankee cook book? Or was the boss out of town and some radicals in the print shop let the Preface slip through as is? Does this account for the fact that Macfarlane published but never advertised *The Cook Not Mad*, and the 1831 Kingston edition is so scarce that we know of only two copies in existence today? Interesting speculation.



May we digress back to Napoleon, since he is mentioned in the Preface, and it may be appropriate in these cook book notes as no leader in history has had more attention paid to his digestive tract.

Opinion as to the nature of Napoleon's illness and the cause of his death in 1821 were very much shaded by political point of view. The French claimed it was disease of the liver, a "way to go" traditionally held in high esteem by the French, for it indicated a life of good eating and drinking. The British, on the other hand, considered him a hypochondriac.

Actually, Napoleon suffered for many years from a gastric ulcer which he treated with merciless doses of rhubarb and calomel, until eventually it turned malignant. Calomel is mercurous chloride, used chiefly as a purgative and fungicide. Even had Napoleon succeeded in conquering all Europe, rhubarb and calomel would have been his Waterloo. Are these the paths of glory?

This would be a logical point to refer to the many potions and remedies in *The Cook Not Mad*. They make fascinating reading but definitely should not be tried without first consulting a physician.

A few facts for historic orientation: Kingston in 1831 had a population of about 4,000. Politically it was a Tory stronghold and its economy was bolstered by the British Army and naval bases. The town was in a period of expansion, reaching its zenith in 1841-43 when Kingston was briefly the capital of the Canada's. In 1835, John A. MacDonald began his law practice in Kingston.

The year 1832 was eventful. The Rideau Canal linking Bytown (Ottawa) with Kingston was completed. Steps were taken to establish the Kingston penitentiary, unfortunately still standing. A cholera plague wiped out ten percent of the population, resulting in the establishment of the Kingston General Hospital.

The content of *The Cook Not Mad* is largely self-explanatory, and is reprinted here for your enjoyment exactly as published in 1831, including the inconsistencies in spelling and terminology. Some of the more archaic terms are explained in a glossary.

While most cook or household books of the period were derived from English works, *The Cook Not Mad* breaks with this tradition and is definitely a North American cookbook. Indigenous ingredients are used: turkey, oysters, cod, pigeons, cranberries, corn, pumpkin, molasses, watermelon. Much space is devoted to the preparation of

coffee, and none at all to real tea. The dyeing of yarn and cloth was obviously a newly-developing art, and these sections will be of interest to our present-day enthusiasts of the creative domestic crafts.

Cookbooks were, of course, really household guides. Along with cooking, they included information on medicinal remedies and all the household occupations which, in less-enlightened times, we called "women's work".

In one of the receipts *The Cook Not Mad* cautions: "*. . . this requires particular attention to render it elegant and grateful*". It reassures: "*. . . we have diminished the expense, without impoverishing the preparations; and the rational epicure will be as well pleased with them as the rational economist*".

And finally "*. . . this affords a sweet repast at any time of day*".

What more could we wish our readers than many a sweet repast.

In the preparation of this edition of *The Cook Not Mad* we are grateful for the assistance of the Douglas Library, Queen's University, Kingston; Mr. H. Pearson Gundy, formerly librarian at Queen's; the Toronto Public Library; and good friends who have shared their knowledge.

Roy A. Abrahamson  
Toronto, October, 1972.

A handwritten signature in black ink, reading "Roy A. Abrahamson". The signature is fluid and cursive, with a large initial "R" and a stylized "A".

## PREFACE

THE science of domestick economy, especially that division which treats of culinary or kitchen duties, has ever occupied the attention of those who have “lived by eating,” from the days of hungry Esau to the present moment. Every nation has its *peculiar dishes*, and so also has every family its own *mode of cooking* them. The *former* is attributable to location — hot and cold latitudes yielding their own vegetables, and being the resort of those animals only whose constitutions are in unison with the climate. The *latter* is owing to the degree of skill possessed by those who prepare the bounties of Providence for the palate.


A Work on Cookery should be adapted to the meridian in which it is intended to circulate. It is needless to burden a country Cookery Book with receipts for dishes depending entirely upon seaboard markets, or which are suitable only to prepare food for the tables of city people, whose habits and customs differ so materially from those living in the country. Still further would the impropriety be carried were we to introduce into a work intended for the *American Publick* such *English, French* and *Italian* methods of rendering things indigestible, which are of themselves innocent, or of distorting and disguising the most loathsome objects to render them sufferable to already vitiated tastes.

These evils are attempted to be avoided. Good *Republican dishes* and garnishing, proper to fill an every day bill of fare, from the condition of the poorest to the richest individual, have been principally aimed at.

Pastry has had more than usual attention, lest, as is common in books of this kind, the good housewife be left without a sufficient guide, not only to keep up her store of the better things for her own family circle, but to be prepared for accidental or invited company.

To meet the objections that may be raised against this little production on the ground of its containing many directions for getting up our most common repasts, let it be remembered that not a few young women enter upon the duties of the wedded life without having been scarcely initiated into the mysteries of the eating department, and

therefore to them the most trivial matters on this head become of importance. The health of a family, in fact, greatly depends upon its cookery. — The most wholesome viands may be converted into corroding poisons. Underdone or overdone food in many instances produce acute or morbid affections of the stomach and bowels, which lead to sickness and perhaps death.

The curing and preservation of meats, &c. claim no small share of notice, for without proper instructions a well meaning wife, will, to use a homely adage, “throw more out at the window than the husband can bring in at the door.”  Some over-genteel folks may smile at the supposed interest the wife, or female head of a family must take in all these concerns; but, suffer the remark, where this is not the state of things, a ruinous waste is the consequence.

It has not been thought irrelevant to remember the wants of the sick-room, so far as to aid the prescriptions of the physician, or indeed render a call upon him many a time unnecessary. Abstinence from our common fare; and partaking of innocent broths, gruels, &c. very often restore a disordered state of the stomach or check inflammation as effectually as the doctors’ potions. It is said that *total abstinence* from food was the most usual remedy with Napoleon Bonaparte, for any indisposition of body; and few men enjoyed better health, or endured more fatigue of body and mind than did this great man throughout an eventful life of nearly fifty years. His last complaint was even said to be hereditary in the family.

This small digression will be overlooked in the preface to a system of Cookery which has for its main object the health of its friends. Temperance in the quality and quantity of our diet contributes more to our health and comfort than we are aware of. It was the remark of an eminent physician upon the inquiries of a patient, “that it was of less importance *what kind* of food we ate, than the *quantity* and the *mode of its preparation*, for the stomach.”

It is not required that every particular be attended to in a receipt for cooking. Directions are given according to the taste of writers, or their knowledge of what is approved by others. Both these criteria may be used with freedom when brought into practice, for “of all sorts is the world made up.” Let every one, therefore, consider the best prescription in Cookery, as nothing more than a basis to be followed to the letter, or deviated from, according to taste and circumstances.

## RATIONAL COOKERY

### *No. 1. A good pickle for Hams.*

One ounce of salt petre, one pint of salt, half pint of molasses to each ham; put your salt petre into the molasses and rub your hams in it, then put your hams into a sweet cask, put your salt into water enough to cover your hams, turn it on to them and turn them often for six weeks. — If the hams are large, add more salt, then smoke them ten days. Beef for drying, done in the same way, also Beef tongues.

### *No. 2. To corn Beef.\**

To one hundred pounds of beef, three ounces salt petre, five pints of salt, a small quantity of molasses will improve it, but good without.

### *No. 3. To pickle one hundred pounds of Beef to keep a year.*

Put together three quarts salt, six ounces salt petre, one and a half pints of molasses, and water sufficient to cover your meat after laid into the barrel. Sprinkle the bottom of the barrel with salt, and also slightly sprinkle between the layers of meat as you pack, when done, pour on your pickle and lay on a stone or board to keep the whole down. Beef salted after this method during the fall or winter may be kept nice and tender through the summer by taking it up about the first of May, scald and skim the brine, add three quarts of salt, when cold pour back upon the beef.

### *No. 4. To salt Pork.*

Sprinkle salt in the bottom of the barrel, and take care to sprinkle the same plentifully between each layer afterwards.

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\* See page 17

Let the layers be packed very snug by having the pieces cut of about equal width, say five or six inches, and placed edge-wise, the rind being towards the barrel. Pork will only take a proper quantity of salt, be there ever so much in the barrel. The surplus answers for another time.

*Caution.* — Although the same brine will answer for pickling beef, as that for hams, and the lean parts of pork, yet the two kinds of meat should not be in the brine at the same time. A small piece of beef placed in a barrel where there is pork, would spoil the latter quickly. A beef barrel, likewise, should never be used for pork, no matter how thoroughly scalded or cleansed.

**No. 5. To roast Beef.\***

The general rules are, to have a brisk hot fire, to be placed on a spit, to baste with salt and water, and one quarter of an hour to every pound of beef, though tender beef will require more roasting; pricking with a fork will determine whether done or not: rare done is the healthiest, and the taste of this age.

**No. 6. Roast Mutton.**

If a breast, let it be cauled, if a leg, stuffed or not, let it be done more gently than beef, and done more; the chine, saddle or leg requires more fire and longer time than the breast, &c. Serve with potatoes, beans, or boiled onions, caper sauce, marshed turnip, or lettuce.

**No. 7. Roast Veal.**

As it is more tender than beef or mutton, and easily scorched, paper it, especially the fat parts, let there be a brisk fire, baste it well: a loin weighing fifteen pounds requires two hours and a half roasting; garnish with green parsley and sliced lemon.

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\* See page 23

**No. 8. Roast Lamb.**

Lay down to a clear good fire that will not want too much stirring or altering, baste with butter, dust on flour, and before you take it up add more butter, sprinkle on a little salt and parsley shred fine; send to table with an elegant sallad, green peas, fresh beans or asparagus.

**No. 9. Alamode Beef.**

Take a round of beef, and stuff it with half pound pork, half pound butter, the soft of half a loaf of wheat bread, boil four eggs very hard, chop them up; add sweet marjoram, sage, parsley, summer savory, and one ounce cloves pounded, chop them all together with two eggs very fine, and add a gill of wine, season very high with salt and pepper, cut holes in your beef, to put your stuffing in, then stick whole cloves into the beef, then put it into a two pail pot, with sticks at the bottom; if you wish to have the beef round when done, put it into a cloth and bind it tight by winding several times with twine; put it into your pot with two or three quarts of water and one gill of wine, if the round be large, it will take three or four hours to bake it.

**No. 10. To stuff a leg of Veal.**

Take one pound of veal, half pound of pork, salted, one pound grated bread, chop all very fine, with a handful of green parsley, pepper it, add three ounces butter and three eggs, and sweet herbs if you like them, cut the leg round like a ham, and stab it full of holes, and fill in all the stuffing; then salt and pepper the leg and dust on some flour; if baked in an oven, put it into a sauce pan with a little water; if potted, lay some skewers at the bottom of the pot, put in a little water and lay the leg on the skewers, with a gentle fire render it tender, frequently adding water, when done, take out the leg, put butter in the pot and brown the leg, the gravy in a separate vessel must be thickened and buttered, and a spoonful of ketchup added, and wine if agreeable.

***No. 11. To stuff a Pig, to roast or bake.***

Boil the inwards tender, mince fine, add half loaf bread, half pound butter, four eggs, salt, pepper, sweet marjoram, sage, summer savory, thyme, mix the whole well together; stuff and sew up; if the pig be large let it be doing two and a half hours; baste with salt and water.

*Gravy for the same.* — Half pound butter, work in two spoonfuls of flour, one gill water, one gill wine if agreeable.

***No. 12. To stuff a leg of Pork, to bake or roast.***

Corn the leg forty-eight hours and stuff with sausage meat and bake it in an oven two hours and a half, or roast it.

***No. 13. To stuff a Turkey.***

Grate a wheat loaf, one quarter of a pound of butter, one quarter of a pound salt pork, finely chopped, two eggs, a little sweet marjoram, summer savory, parsley, pepper, and salt if the pork be not sufficient, fill the bird and sew up. The same will answer for all wild fowls.

Waterfowls require onions. The same ingredients stuff a leg of veal, fresh pork, or a loin of veal.

***No. 14. To stuff and roast a Turkey or Fowl.***

One pound soft wheat bread, three ounces beef suet, three eggs, a little sweet thyme, majoram, pepper and salt, and some add a gill of wine; fill the bird therewith, and sew up; hang down to a steady solid fire, basting frequently with butter and water, and roast until a steam emits from the breast; put one third of a pound of butter into the gravy, dust flour over the bird, and baste with the gravy served up with boiled onions and cranberry sauce, mangoes, pickles or celery.



2. Others omit the sweet herbs, and add parsley done with potatoes.

3. Boil and mash three pints potatoes, moisten them with butter, add sweet herbs, pepper, salt, fill and roast as above.

**No. 15. To stuff and roast a Gosling.**

Boil the inwards tender, chop them fine, put double quantity of grated bread, four ounces butter, pepper, salt, and sweet herbs if you like, and two eggs into the stuffing, add wine, and roast the bird.

The above is a good stuffing for every kind of waterfowl, which requires onion sauce.

**No. 16. To stuff and roast four Chickens.**

Six ounces salt pork, half loaf bread, six ounces butter, three eggs, a handful of parsley shredded fine, summer savory, sweet marjoram, mix the whole well together, fill and sew up; roast one hour, baste with butter, and dust on flour.

*Gravy for the same.* — Half pint of water, half pound butter, three spoonfuls flour, a little salt, and wine if you like.

The same composition will answer for six pigeons, roasted in a pot. The pigeons must be kept from burning by laying skewers on the bottom of the pot, adding three pints water; cover close, let them do one hour and a quarter; when done pour on a quart of stewed oysters, well seasoned with butter and pepper.

**No. 17. To broil Chickens.**

Take those which are young and tender, break the breast bone, season high with pepper and salt, broil half an hour on hot coals. Six ounces butter, three spoonfuls water, and a little flour will make a gravy.

Pigeons may be broiled in the same way in twenty minutes.

*No. 18. To smother a fowl in Oysters.*

Fill the bird with dry oysters and sew up and boil in water just sufficient to cover the bird, salt and season to your taste; — when done tender, put it into a deep dish and pour over it a pint of stewed oysters, well buttered and peppered, if a turkey garnish with sprigs of parsley or leaves of cellery; a fowl is best with a parsley sauce.

*No. 19. To dress a Calf's head — Turtle fashion.*

The head and feet being well scalded and cleaned, open the head, take out the brains, wash, pick and cleanse, add salt, pepper and parsley, and put them in a cloth, boil the head, feet and heartslet one and a quarter, or one and a half hour, sever out the bones, cut the skin and meat in slices, strain the liquor in which boiled and put by; make the pot very clean or it will burn on, make a layer of the slices, which dust with a composition made of black pepper, and one spoonful of sweet herbs pulverised, (two spoonfuls sweet marjoram and thyme are most approved,) a tea spoonful of cayenne, one pound butter; then dust with flour, then a layer of slices, with slices of veal and seasoning till completed, cover with the liquor, stew gently three quarters of an hour. To make force-meat balls — take one pound and a half of veal, one pound grated bread, four ounces raw salt pork — mince and season with above, and work with three whites of eggs into balls, one or one and a half inches diameter, roll in flour, and fry in very hot butter till brown, then chop the brains fine and stir into the whole mess in the pot, put thereto one third part of the fried balls and a pint of wine or less; when all is heated through, take off and serve in tureens, laying the residue of the balls and hard pealed eggs into a dish; garnish with slices of lemon, put in cloves to your taste.

**No. 20. *Calf's head turtle fashion — another way.***

Head and entrails boiled the day before, the liquor of which is to be preserved; then slice the head, feet, etc. in the bottom of the pot, and season with pepper, salt and spices, pounded fine, and mixed together, then another laying of the meat, — then put in as much of the liquor they were boild in as will cover the whole; let it be done over a small fire — the dish is to be garnished with forcemeat balls made of veal. See No. 19.

**No. 21. *To clarify Drippings.***

Put your dripping into a clean sauce-pan over a stove or slow fire; when it is just going to boil, skim it well, let it boil, and then let it stand till it is a little cooled; then pour it through a sieve into a pan.

*Obs.* — Well-cleansed drippings, and the fat skimmings of the broth-pot, when fresh and sweet, will baste every thing as well as butter, except game and poultry, and should supply the place of butter for common fries, &c., for which they are equal to lard, especially if you repeat the clarifying twice over.

N. B. If you keep it in a cool place, you may preserve it a fortnight in summer, and longer in winter. When you have done frying, let the dripping stand a few minutes to settle, and then pour it through a sieve into a clean bason or stone pan, and it will do a second and third time as well as it did the first; only the fat you have fried fish in must not be used for any other purpose.

**No. 22. *To clarify Suet to fry with.***

Cut beef or mutton suet into thin slices, pick out all the veins and skins, etc. put it into a thick and well tinned sauce pan, and set it over a very slow stove, or in an oven, till it be melted; you must not hurry it; if not done very slowly it will

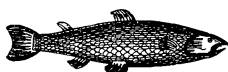
acquire a burnt taste, which you cannot get rid of; then strain it through a hair sieve into a clean pan: when quite cold, tie a paper over it, and keep it for use. — Hog's lard is prepared in the same way.

**No. 23. *Veal Cutlets.***

Let your cutlets be about half an inch thick; trim and flatten them with a knife or cleaver; you may fry them in fresh butter, or good drippings; when brown on one side, turn them and do the other; if the fire is very fierce, they must change sides oftener.

**No. 24. *To broil Beef Steak.***

Have your steak about an inch thick, if tender it is spoiled by being pounded, but if tough pound it well, lay it on your gridiron, broil it quick, have plenty of butter in your dish, pepper, salt, and serve it immediately whilst hot.



**No. 25. *To broil shad.***

Take fresh shad, salt and pepper it well, broil half an hour; make a smoke with small chips while broiling, when done add butter, and wine if agreeable. — Salmon or any kind of fresh fish may be prepared in the same manner.

**No. 26. *To stew Oysters.***

To a quart of oysters put two ounces of butter, if too salt, add some water, pepper to your taste; stew them from fifteen or twenty minutes, by keeping them at a good scalding heat, without boiling; toast a slice of bread, or use crackers, and lay them in a dish, turn your oysters on, and they are ready to serve.

## CORNEB BEEF

(See Receipt No. 2)

3½ to 4 lb. brisket of corned beef  
 ½ lemon  
 2 onions, halved  
 1 teaspoon cinnamon  
 1 teaspoon ground cloves  
 1 bay leaf  
 ¼ cup brown sugar  
 2 cups water  
 ½ cup maple syrup



Choose a lean piece of corned beef from the butcher. Place all ingredients except maple syrup in a pressure cooker. Process at fifteen pounds for one hour. Reduce pressure quickly, drain and discard the spiced juice. Place the beef in a shallow pan or pie plate and drench it with maple syrup. Glaze in a 350 degree oven for twenty minutes to half an hour, turning often, until the beef is crisp and brown on the surface. Slice thinly and serve with hot mustard.

If you do not have a pressure cooker, simmer in water as directed on label for required time per pound, including all ingredients except maple syrup. Glaze when cooked, as described above.

*We can thank the pioneers for corning this good Canadian beef, and modern packers for refining the process, but here is an easy and party-proven success for the table. Hot buttered cabbage is almost a "must" accompanied by boiled new potatoes when "party corned beef" is served. Fresh rye bread sandwiches are a follow-up, another day.*

**No. 27. *Oysters fried.***

Simmer them in their own liquor for a couple of minutes, take them out and lay them on a cloth to drain, and then flour them, egg and bread crumb them, put them into boiling fat, and fry them a delicate brown.

**No. 28. *Clarified Butter.***

Put the butter in a nice, clean stew pan, over a very clear, slow fire; watch it, and when it is melted, carefully skim off the buttermilk, etc. which will swim on the top; let it stand a minute or two for the impurities to sink to the bottom; then pour the clear butter through a sieve into a clean basin, leaving the sediment at the bottom of the stew pan.

N. B. Butter thus purified will be as sweet as marrow, a very useful covering for potted meats etc. and for frying fish.

**No. 29. *Burnt Butter.***

Put two ounces of fresh butter into a frying pan; when it becomes a dark brown colour, add to it a table spoonful and a half of good vinegar, and a little pepper, and salt.

N. B. This is used as sauce for boiled fish, or poached eggs.

**No. 30. *Parsley and Butter.***

Wash some parsley very clean, and pick it carefully leaf by leaf; put a tea spoonful of salt into half a pint of boiling water; boil the parsley about ten minutes; drain it on a sieve; mince it quite fine, and then bruise it to a pulp. Put it into a sauceboat, and mix with it, by degrees, about half a pint of good melted butter; do not put much flour to it.

*No. 31. Egg Sauce.*

This agreeable accompaniment to roasted poultry, or salted fish, is made by putting three eggs into boiling water, and boiling them for about twelve minutes, when they will be hard; put them into cold water till you want them. This will make the yolks firmer, and prevent their surface turning black, and you can cut them much neater: use only two of the whites; cut the whites into small dice, the yolks into bits about a quarter of an inch square; put them into a sauce boat; pour to them half a pint of melted butter, and stir them together.

The melted butter for egg sauce need not be made very thick. If you are for superlative egg sauce, pound the yolks of a couple of eggs, and rub them with the melted butter to thicken it.

N. B. Some cooks garnish salt fish with hard boiled eggs cut in half.

*No. 32. Lemon Sauce.*

Pare a lemon, and cut it into slices twice as thick as a half a dollar; divide these into dice, and put them into a gill of melted butter.

Some cooks mince a bit of the lemon peel, (parted very thin,) very fine, and add it to the above.

*No. 33. Sage and Onion, or Goose Stuffing Sauce.*

Chop very fine an ounce of onion and half an ounce of green sage leaves; put them into a stewpan with four spoonfuls of water; simmer gently for ten minutes; then put in a tea spoonful of pepper and salt, and one ounce of fine bread crumbs; mix well together; then pour to it a gill of (broth, or gravy, or) melted butter, stir well together, and simmer it a few minutes longer.

***No. 34. Soup made of a Beef's Hock.\****

Let the bones be well broken, boil five hours in eight quarts water, one gill rice to be added, salt sufficiently; after three hours boiling, add twelve potatoes pared, some small carrots, and two onions; a little summer savory will make it grateful.

***No. 35. Veal Soup.***

Take a shoulder of veal, boil in five quarts water three hours, with two spoons rice, four onions, six potatoes, and a few carrots, sweet marjoram, parsley and summer savory, salt and pepper sufficiently; half a pound butter worked into four spoons flour to be stirred in while hot.

***No. 36. Soup of Lamb's head and pluck.***

Put the head, heart and lights, with one pound pork into five quarts of water; after boiling one hour add the liver, continue boiling half an hour more, which will be sufficient: potatoes, carrots, onions, parsley, summer-savory and sweet marjoram, may be added in the midst of the boiling; take half pound of butter, work it into one pound flour, also a small quantity summer-savory, pepper and two eggs, work the whole well together — drop this in small balls into the soup while hot, it is then fit for the table.

***No. 37. General rules to be observed in boiling.***

The first necessary caution is that your pots and covers are always kept clean — be careful that your pot is constantly boiling, by this means you may determine with precision the time necessary to accomplish any dish you may wish to prepare in this way — put fresh meat into boiling water, and salt into

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\* See page 27



cold — never crowd your pot with meat, but leave sufficient room for a plenty of water — allow a quarter of an hour to every pound of meat.

**No. 38. To boil Ham.**

This is an important article, and requires particular attention, in order to render it elegant and grateful. It should be boiled in a large quantity of water, and that for a long time, one quarter of an hour for each pound; the rind to be taken off when warm. It is most palatable when cold, and should be sent to the table with eggs, horse radish or mustard. This affords a sweet repast at any time of day.

**No. 39. To boil a Turkey, fowl or Goose.**

Poultry boiled by themselves are generally esteemed best, and require a large quantity of water; scum often and they will be of a good color. A large turkey with forced meat in his craw will require two hours; one without, an hour and a half; a large fowl one hour and a quarter; a full grown goose two hours, if young, one hour and a half — and other fowls in proportion; serve up with potatoes, beets, marshed turnips, stewed oysters with butter.

**No. 40. To dress Bass, and many other kinds of fish.\***

Season high with salt, pepper and cayenne, one slice salt pork, one of bread, one egg, sweet marjoram, summer-savory and parsley, minced fine and well mixed, one gill wine, four ounces butter; stuff the fish — bake in the oven one hour; thin slices of pork laid on the fish as it goes into the oven; when done pour over dissolved butter; serve up with stewed oysters, cranberries, boiled onions or potatoes. — The same method may be observed with fresh Shad, Codfish, Blackfish and Salmon.

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\* See page 44

**No. 41. *To dress a Sturgeon.***

Clean your sturgeon well, parboil it in a large quantity of water, till it is quite tender, then change the water, and boil it till sufficiently done, then hash it as you would beef, adding the usual articles for seasoning. Some prefer it done in the form of veal cutlet, which is, by taking slices of sturgeon, dipping them in the yolks of eggs well beat, then rolled in flour and fried in butter.

**No. 42. *For dressing Codfish.***

Put the fish first into cold water and wash it, then hang it over the fire and soak it six hours in scalding water, then shift it into clean warm water and let it scald for one hour, it will be much better than to boil.

**No. 43. *Chouder.\****

Take a bass weighing four pounds, boil half an hour; take six slices raw salt pork, fry them till the lard is nearly extracted, one dozen crackers soaked in cold water five minutes; put the bass into the lard, also the pieces of pork and crackers, cover close and fry for twenty minutes; serve with potatoes, pickles, apple sauce or mangoes; garnish with green parsley.

**No. 44. *How to keep green peas till Christmas.***

Take young peas, shell and put them in a cullender to drain, then lay a cloth four or five times double on a table, and spread them on, dry them very well, and have your bottles ready, fill them, cover over with mutton suet fat when it is a little soft; fill the necks almost to the top, cork up, tie a bladder and leather over them and set away in a dry cool place.

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\* See page 47

## SUPERIOR ROAST BEEF

(See Receipt No. 5)

*rolled sirloin tip of beef or  
"eye of the round"  
1/2 cup dry mustard  
salt and pepper*

Wipe the beef with paper towelling and sprinkle with salt and pepper. Spread the dry mustard on a sheet of wax paper, and roll the meat in the mustard until well covered, all over. Place on a trivet, in a shallow roasting pan, and insert a meat thermometer in the centre of the cut. Roast at 325 degrees until the thermometer registers "rare", medium" or "well done", as desired. Allow 15 minutes "resting time" before carving.

*The mustard helps the beef retain the juices inside, and the drippings make a dark, rich and flavourful gravy.*

## INDIVIDUAL YORKSHIRE PUDDINGS

(See Receipt No. 100)

*2 eggs  
1 cup flour  
1 cup milk  
1/2 teaspoon salt*

Break eggs into a bowl; add milk, flour and salt. Stir until just blended; it will be lumpy. Pour into eight well greased custard cups. Place on a low rack in a COLD oven. Turn on heat to 450 degrees, bake for thirty minutes, and DO NOT open oven door. Turn off heat, prick with skewer to let out steam and return to oven for ten minutes.

*This method sounds most unlikely, but it really works, and if made ahead, the Yorkshire Puddings can be reheated. The oven is then free for the lower temperature needed for the roast.*

**No. 45. *Beef steak Pie.*\***

Take slices of beef steak half an inch thick, lay them three deep in paste No. 8, adding salt, pepper, and slices raw onion between each laying, dusting on flour at the same time, together with a sufficient quantity of butter — add half pint water; bake one and a half hour. This must be put in an earthen vessel and covered with a crust, as for a chicken pie.

**No. 46. *A lamb Pie.***

Take a shoulder and cut it into small pieces, parboil it till tender, then place it in paste No. 8, in a deep dish; add salt, pepper, butter and flour to each laying of lamb, till your dish be full; fill with water, and cover over with paste, put in a hot oven, take one hour and half.

**No. 47. *A stew Pie.***

Take a shoulder of veal, cut it up, and boil an hour, then add salt and pepper, a sufficient quantity, butter half a pound, add slices raw salt pork, cover the meat with biscuit dough; cover close and stew half an hour in three quarts of water only.

**No. 48. *A sea Pie.***

Four pounds flour, one pound and a half butter rolled in paste, wet with cold water, line the pot therewith, lay in one dozen split pigeons, with slices of pork, salt, pepper, and dust on flour, doing thus till the pot is full, or your ingredients expended, add three pints water, cover tight with paste, and stew moderately two hours and a half.

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\* See page 57

**No. 49. Chicken Pie.**

Take two chickens joint and put them in a pot with four ounces of pork cut in slices, add pepper and salt, boil until tender, turn them out and set away to cool; make a rich paste, with which line the dish half an inch thick, then a layer of chicken with pieces of butter, and sprinkle on pepper and flour; put on your gravy from the chickens, and continue to do so until filled up; roll out a thick crust, bake an hour in a hot oven; serve it up with melted butter and any seasoning you like.

**No. 50. Save all Pie.**

In every family there are pieces of fresh meat left of roasted meats; these take from the bones, boil and season, put in butter and flour; make a paste and place in a deep dish, put your meat in, cover it and bake one hour. All meats can be used in this way and with good paste and seasoning make a clever dinner.

**No. 51. Mince Meat.**

Never hash your meat, it is a poor way of cooking, and is hard of digestion — but take the corned beef that you wish to make use of in this way, put it into a bowl, chop FINE with a chopping knife, then add your potatoes and chop fine with it. Add turnip, beet, or cabbage if you like, and put all into a spider with the addition of butter or drippings; salt, pepper and a little water, warm moderately.

*Another way.* — Cold fresh meat boiled or roasted, chop it fine, make a batter with a couple of eggs, season your meat, do it up in balls, dip them in your batter, make ready hot drippings, butter, or lard, and fry them a fine brown.



*No. 52. A good way to cook Codfish.*

Soak your codfish an hour and a half and let it get scalding hot, but not to boil, it will harden the fish, boil your potatoes and make a gravy of butter, serve it up immediately.

*No. 53. Another way to cook Codfish.*

After soaked as above directed, and cold, chop your fish, to which add three times the quantity of potatoes chopped fine with the fish, put in pepper and salt to season it, do it up in balls, roll them in dry flour, make ready hot lard or butter in a fryingpan, and fry them until a nice brown, turn them that they be brown on every side.

*No. 54. A Tongue Pie.*

One pound neat's tongue, one pound apple, one quarter of a pound of butter, one pint of wine, one pound of raisins, or currants, or half of each, half ounce cinnamon and mace — bake in paste No. 1, in proportion to size.

*No. 55. Minced pie of beef.*

Four pounds of boiled beef, chopped fine, salted; six pounds of raw apples chopped, also, one pound beef suet, one quart wine or rich sweet cider, mace and cinnamon, of each one ounce, two pounds sugar, a nutmeg, two pounds raisins, bake in paste No. 3, three fourths of an hour.

All meat pies require a hotter and brisker oven than fruit pies; in good cookeries all raisins should be stoned. As people differ in their tastes, they may alter to their wishes. And as it is difficult to ascertain with precision the small articles of spicery; every one may relish as they like and suit their taste.



## GREEN SPLIT PEA SOUP

(See Receipt No. 34)

*Ham bone with meat  
2 qt. cold water or chicken stock  
1 onion, quartered  
6 whole cloves, tied loosely in a small cheese cloth bag  
1 lb. green split peas  
1 bay leaf  
1/4 teaspoon savoury  
salt, freshly ground pepper, and monosodium glutamate  
to taste.*



Simmer the ham bone, onion, cloves and bay leaf in water or stock for an hour. Add green split peas and continue cooking over low heat for an hour, stirring occasionally. Remove ham bone, bay leaf and cloves and any pieces of fat from the ham, but add any bits of good ham which may remain on the bone. Blender-whirl until smooth or purée through a seive. Season to taste, with salt, a good grind of pepper, monosodium glutamate and savoury. This soup may be thinned with milk or cream. To make it truly noble, add a tablespoon of sherry per bowl at serving time.

*"The Cook Not Mad" soups of beef's hock, shoulder of veal and lamb sat simmering on the old wood stoves all day, their fragrance tantalizing the appetites of all. This green split pea soup has the same effect.*

*For lunch — how about Hot Green Split Pea Soup, Flower Pot Bread (p. 94) fresh from the oven, old cheese and a cold beer?*

**No. 56. *Apple Pie.***

Stew and strain the apples, to every three pints, grate the peel of a fresh lemon, add rose water and sugar to your taste, and bake in paste No. 3.

Every species of fruit, such as pears, raspberries, blackberries, may be only sweetened, without spice, and bake in No. 3.

**No. 57. *Dried Apple Pie.***

Take two quarts dried apples, put them into an earthen pot that contains one gallon, fill it with water and set it in a hot oven, adding one handful of cranberries; after baking one hour fill up the pot again with water; when done and the apple cold, strain it and add thereto the juice of three or four limes, raisins, sugar, orange peel and cinnamon to your taste, lay in paste No. 3.

**No. 58. *A buttered Apple Pie.***

Pare, quarter and core tart apples, lay in paste No. 3, cover with the same; bake half an hour; when drawn, gently raise the top crust, add sugar, butter, orange peel, and a sufficient quantity of rose water.

**No. 59. *Currant Pie.***

Take green, full grown currants, and one third their quantity of sugar and raisins, to every quart of currants, add half a pint water, proceeding as above.

**No. 60. *Potatoe Pie.***

Scald one quart milk, grate in four large potatoes while the milk is hot, when cold add four eggs well beaten, four ounces butter, spice and sweeten to your taste, lay in paste



No. 7, bake half an hour.

N. B. A bowl containing two quarts, filled with water, and set into the oven prevents any article from being scorched, such as cakes, pies and the like.

*No. 61. Custards.*

1. One quart milk scalded, six eggs, six ounces sugar, two spoonfuls rose water, half a nutmeg — bake.

2. Sweeten a quart of milk, add nutmeg, rose water and six eggs; bake in tea cups or dishes, or boil in water, taking care that it don't boil into the cups.

*No. 62. Boiled Custards.*

One pint of milk, two ounces of almonds, two spoons rose water, or orange flower water, some mace, boil, then stir in sweetening, when cold add four eggs, and lade off into china cups, bake, and serve up.

*No. 63. Rice Custard.*

Boil two spoonfuls of ground rice, with a quarter of a nutmeg grated in one quart milk, when cold add five eggs, and four ounces sugar, flavour with orange or rose water.

*No. 64. Common baked Custard.*

Four eggs beat and put to one quart of cream, sweetened to your taste, half a nutmeg, and a little cinnamon — bake.

*No. 65. A sick bed Custard.*

Scald a quart of milk, sweeten and salt a little, whip three eggs, and stir in, bake on coals in a pewter vessel.

**No. 66. *Apple Tarts.***

Stew and strain the apples, add cinnamon, rose water, wine and sugar to your taste, lay in paste No. 3, squeeze thereon orange juice — bake gently.

**No. 67. *Apple Tarts.***

Pare thin two oranges, boil the peel tender and shred it fine, pare and core twenty apples, put them in a stewpan with as little water as possible; when half done add half a pound of sugar, the orange peel and juice, boil till pretty thick; when cold put in a shallow dish, or pans lined with paste, turn out, to be eaten cold.

**No. 68. *Raspberry Tarts with Cream.***

Roll out some thin puff paste and lay it a pan of what size you choose; put in raspberries, strew over them fine sugar, cover with a thin lid, then bake, cut it open and have ready the following mixture: warm half a pint of cream, the yolks of two or three eggs well beaten, and a little sugar, and when this is added to the tarts return the whole to the oven for five or six minutes.

**No. 69. *Currant and Raspberry Tarts.***

For a tart, line the dish, put in sugar and fruit, lay bars across and bake.

**No. 70. *Cranberries.***

Stewed, strained and sweetened, put into paste No. 9, add spices till grateful, and baked gently.

**No.71. *Gooseberry Tarts.***

Lay clean berries and sift over them sugar, then berries, and sugar, till a deep dish be filled, intermingling a handful of raisins, and one gill of water; cover with paste No. 9, and bake somewhat more than other tarts.

**No.72. *Grapes.***

Must be cut in two and stoned and done like a gooseberry.

**No.73. *Rice Pudding with Fruit.***

Swell the rice with milk and water over the fire, mix fruit of any kind, apples, black currants, or raisins, one egg, boil it well; serve it with sugar.

**No.74. *Baked Rice Pudding.***

Swell the rice as above, add more milk, two eggs, sugar and lemon peel, bake in a deep dish.

**No.75. *A cheap Rice Pudding.***

Half a pint of rice, six ounces sugar, two quarts milk, salt, butter and allspice, put cold into a hot oven, bake two hours and a half.

**No.76. *A tasty Indian Pudding.\****

Three pints scalded milk, seven spoonfuls fine indian meal, stir well together while hot, let it stand till cooled: add four eggs, half pound butter, spice and sugar; bake four hours.

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*No. 77. Another.*

Three pints scalded milk to one pint meal salted; cool, add two eggs, four ounces butter, sugar or molasses, and spice sufficient; it will require two hours and a half baking.

*No. 78. Another.*

Salt a pint of meal, wet with one quart of milk, sweeten and put them into a strong cloth, brass or bell metal vessel, stone or earthen pot, secure from wet and boil twelve hours.

*No. 79. A Sunderland Pudding.*

Whip six eggs, half the whites, take half a nutmeg, one pint of milk and a little fat, four spoonfuls fine flour, oil or butter the pans, cups or bowls; bake in a quick oven one hour. Eat with sweet sauce.

*No. 80. A Whitpot Pudding.*

Cut half a loaf of bread in slices, pour thereon two quarts of milk, six eggs, rosewater, nutmeg and half a pound of sugar; put into a dish and cover with paste No. 1, bake slow one hour.

*No. 81. Bread Pudding.*

One pound of bread, scald milk and turn on when cut in pieces, four ounces of butter, the same of sugar, four eggs, cinnamon and nutmeg, bake without paste.

*No. 82. A Flour Pudding.*

One quart of milk scalded, add five spoonfuls of flour to the milk while hot; when cool add seven eggs well beaten, six ounces sugar, salt, cinnamon, and nutmeg, to your taste, bake one hour, serve up with sweet sauce.

**No. 83. *A boiled flour Pudding.***

One quart of milk, four to six eggs, nine spoonfuls of flour, a little salt, put into a strong cloth and boiled one hour and a half.

**No. 84. *An apple pudding Dumplin.***

Put into paste, quartered apples, lay in a cloth and boil one hour, serve with sweet sauce.

**No. 85. *Pears, plums, etc.***

Are done in the same way.

**No. 86. *Cottage potatoe Pudding or Cake.***

Boil and pare and mash two pounds of potatoes, beat them fine with a pint of milk, two ounces of sugar, three eggs, bake three quarters of an hour. A quarter of a pound of raisins or currants may be added, or leave out the milk and add a quarter of butter, it will make a good cake.

**No. 87. *Apple Pudding.***

A pint of stewed sifted apple, six eggs, half pint of milk, four ounces of butter, mix the apples and eggs before the milk is put in; add rose water, spice and sugar to your taste, bake it in a rich crust.

**No. 88. *Carrot Pudding.\****

A coffee cup full of boiled and strained carrots, five eggs, sugar and butter of each two ounces, cinnamon and rose water to your taste, bake in a deep dish without paste, one hour.

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\* See page 69

**No. 89. *A crookneck or winter squash Pudding.***

Core, boil and skin a good squash, and bruise it well; take six large apples, pared, cored and stewed tender, mix together; add six or seven spoonfuls of dry bread or biscuit, rendered fine as meal, one pint milk or cream, two spoons rose water, two of wine, five or six eggs beaten and strained, nutmeg, salt and sugar to your taste, one spoonful flour, beat all smartly together, bake one hour.

**No. 90. *Pumpion Pudding.***

No. 1. One quart stewed and strained, three pints milk, six beaten eggs, sugar, mace, nutmeg and ginger, laid into paste No. 7, or 3, cross and checker it, and bake in dishes three quarters of an hour.

No. 2. One quart of milk, one pint pumpion, four eggs, molasses, allspice, and ginger in a crust, bake one hour.

**No. 91. *Orange Pudding.***

Grate the rind of an orange, put to it six ounces of butter, six of sugar, eight eggs, scrape raw apple and mix with it; put a paste into the dish and bars of paste over the mixture.

**No. 92. *Lemon Pudding.\****

Four eggs, four ounces of sugar, one lemon grated with the juice, mix with four ounces of butter, one cup of cream, baked in a paste.

**No. 93. *Marlborough Pudding.***

Take twelve spoons of stewed apples, twelve of wine, twelve of sugar, twelve of melted butter, and twelve of beaten eggs, a little cream, spice to your taste; lay in paste, No. 3 in a deep dish; bake one hour and a quarter.

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\* See page 75

***No. 94. A plum Pudding boiled.***

Three pints flour, a little salt, six eggs, one pound plums, half pound beef suet, half pound sugar, one pint milk; mix the whole together; put it into a strong cloth floured, boil three hours, serve with sweet sauce.

***No. 95. Sago Pudding, for sickness.***

Boil a pint and a half of new milk with four spoonfuls of sago washed and picked, lemon peel, cinnamon and nutmeg, mix four eggs, put paste around the dish, and bake slowly.

***No. 96. Bread and butter Pudding.***

Slice bread and spread with butter, lay in a dish a layer of bread, with currants between each layer, citron, orange peel or lemon, pour on an unboiled custard.

***No. 97. Arrow Root Pudding, for sickness.***

Three table spoonfuls of arrow root mixed with a little cold milk, then stir it into a quart of boiling milk, stir it until cold, add four eggs beaten, sugar and nutmeg, bake half an hour.

***No. 98. Quince Pudding.***

Boil four quinces soft and sift them, add half a pound of butter, six eggs, half a pound of sugar, one pint of milk or cream, spice any kind which you like, bake it in paste.

***No. 99. Eve's Pudding.***

Grate twelve ounces of bread, mix with it the same quantity of suet, the same of apples made fine, the same of currants, mix with these four eggs, a little nutmeg and lemon, boil three hours; serve with pudding sauce.

**No. 100. Batter Pudding.\***

Six ounces of flour, salt, three eggs, beat up well with milk thick as cream, either to boil or bake.

**No. 101. Nottingham Pudding.**

Pare six good apples, take out the cores with the point of a small knife, leave your apples otherwise whole, fill up where you take out the core with sugar, place them in a dish and pour over them batter prepared as batter pudding, bake one hour.

*General Rule.* — Observe always to rub your butter and sugar into every thing that is made hard, and mix it quickly, for if slowly done the cake is apt to be heavy.

**No. 102. Good Rye and Indian, or Wheat and Indian Bread.**

Two thirds Indian scalded and cooled, one third wheat or rye, good yeast, made pretty hard, put into pans to rise; baked one hour and a half in a hot oven.

**No. 103. To make common Wheat Bread.**

To eight quarts of flour put a pint of distiller's yeast, wet up the flour with warmed milk and set it by to rise or ferment.

If you use brewer's yeast, put half a teacupful into a pint of warmed milk, thicken it up a little with flour and let it ferment ten or twelve hours, when it is ready to go into your bread; wet up the flour as before directed with warmed milk and set the dough by to rise or ferment. Bake one and a quarter hours; all over that time does injury.

N. B. Should dough intended for bread ferment so much as to become sour, put two teaspoonfuls of pearlash into a tea cup of warm water and work it thoroughly in, just before going into the oven.

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\* See page 23



*No. 104. Nice Cookies that will keep good three months.\**

Nine cups flour, three and a half of butter, five of sugar, large coffee cup of water, with a heaping teaspoonful of pearlsh dissolved, in it; rub your butter and sugar into the flour, great spoonful of caraway.

## SIX RECEIPTS FOR MAKING

*No. 105. Puff paste for Tarts.*

In the following a whole or part of the eggs may be dispensed with.

No. 1. Rub one pound of butter into two pounds of flour, whip two whites and add with cold water, make into paste, roll in six or seven times one pound of butter, flouring it each roll. This is good for any small thing.

No. 2. Rub six pounds of butter into fourteen pounds flour, eight whites of eggs, add cold water, make a stiff paste.

No. 3. To any quantity of flour, rub in three fourths of its weight of butter, whites of eggs if a large quantity of flour, rub in one third or half of the butter, and roll in the rest.

No. 4. Into two quarts flour, salted, and wet stiff with cold water, roll in, in nine or ten times, one and a half pounds butter.

No. 5. One pound flour, three fourths of a pound of butter, beat well.

No. 6. To one pound of flour rub in one quarter of a pound of butter, wet with three eggs and rolled in half a pound of butter.

*A paste for Sweet Meats.*

No. 7. Rub one third of one pound of butter, and one pound of lard into two pounds of flour, wet with four whites, well beaten; water as much as necessary; to make a paste, roll in the residue of shortening in ten or twelve rollings — bake quick.

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No. 8. Rub in one and a half pounds of suet to six pounds of flour, and a spoonful of salt, wet with cream, roll in, in six or eight times, two and a half pounds of butter — good for a chicken or meat pie.

*Royal Paste.*

No. 9. Rub half a pound of butter into one pound of flour, four whites beat to a foam, two ounces fine sugar; roll often, rubbing one third, and rolling two thirds of the butter is best; excellent for tarts.

**No. 106. *Johnny cake, or hoe cake.***

Scald one pint of milk and put three pints of Indian meal, and a half a pint of flour; bake before the fire. Or scald with milk two thirds of the Indian meal, or wet two thirds with boiling water, add salt, molasses and shortening, work up with cold water pretty stiff, and bake as above.

**No. 107. *Indian Slapjack.***

One quart milk, one pint Indian meal, four eggs, four spoons of flour, little salt, beat together, baked on griddles, or fry in a dry pan, or baked in a pan which has been rubbed with suet, lard or butter.

**No. 108. *Loaf Cake.***

Four pounds of flour, two of butter, more yeast put in than for bread, and made rather soft with milk, let it stand over night, when risen beat twelve eggs, add two pounds and a quarter of sugar, one pound of raisins one of currants, spice, ginger and nutmeg, and beat it all together; let it rise a second time, bake about an hour and a quarter.



*No. 109. To make puff paste rich.*

Half a pound of lard, rubbed into a pound of flour, wet with as little water as possible, and done quick, add half a pound of butter in the course of rolling out four different times, sprinkling flour between each time; roll it up and lay by to make up. — Three quarters of a pound, half each of lard and butter for more common paste and for meat pies, and half a pound in all for invalids and those that wish to be very economical.

*No. 110. To make fruit Cake.*

To one pound and four ounces of flour, put one pound of butter, one of sugar, ten eggs, one pound of currants, half pound citron, spice to your taste.

*No. 111. Soft Wafers.*

One tea cup of yeast, one quart of milk, two pounds of flour, one of butter, ten eggs, one half to remain until risen.

*No. 112. Hard Wafers.*

Two pounds of flour, half pound of butter, half pound of sugar, four eggs.

*No. 113. Cup Cake.*

Four cups of flour, three of sugar, two of butter, one of milk, small tea spoonful of pearlash, spoonful of ginger, essence of lemon.

*No. 114. Washington Cake.*

One pound of sugar, one of flour, half pound of butter, four eggs, one pound of raisins, one of currants, one gill of brandy, tea cup of cream, spice to your taste.

*No. 115. Jumbles.\**

Two cups of butter, two of sugar, three eggs, as much flour as will make it thin, and any good spice you like.

*No. 116. Wedding Cake.*

Eighteen pounds of flour, twelve of butter, twelve of sugar, six of raisins, six of currants, three of citron, twelve dozen eggs, half pound of cloves, one quart of brandy, and as much other spice as you like.

*No. 117. Rusk.*

One tea cup of yeast, seven pounds of flour, one and a half of sugar, one of butter, one quart of milk, eight eggs.

*No. 118. Crullers, sometimes called Miracles or Wonders.*

Six ounces of butter, twelve ounces of sugar, one pound twelve ounces of flour, six eggs, one nutmeg; fry in hot lard.

*No. 119. Fruit Cake.*

Three pounds of flour, one of butter, one of sugar, one quart of molasses, six eggs, one pint of milk, three tea spoonfuls of pearlash, one tea cup of ginger, one of raisins or currants, spice to your taste.

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***No. 120. To make Doughnuts.***

One quart of milk, three eggs, one pound and a quarter of sugar, three quarters of butter, a little ginger, one tea cup of yeast, let it rise, then fry in hot lard.

***No. 121. Dough Cake.***

Two pounds light dough, one pound and a half of sugar, three quarters of a pound of butter, four eggs, cloves and cinnamon, one pound of raisins, one tea spoonful of pearlash dissolved in milk.

***No. 122. Good common Cake.***

Four pounds of flour, one and a half of sugar, one of butter, two cups of milk, two tea spoonfuls of pearlash, spice as you like.

***No. 123. Biscuit.***

A quart of milk, one pound of butter, gill of yeast, made sufficiently hard to rise with flour.

***No. 124. Cake.***

One pound of flour, one pound of sugar, half a pound of butter, half a pint of cream, one pound of raisins, five eggs, one nutmeg.

***No. 125. Muffins.***

One quart of milk, four eggs, small cup of butter, some yeast, to be made stiffer than pound cake, bake it on a griddle in drops.

***No. 126. Soft Gingerbread.***

Three eggs, three teacups of molasses, one teacup of butter, one teaspoonful of pearlash, one pound of flour, one large spoonful of ginger.

***No. 127. Soft Gingerbread with Fruit.***

One pound and a half of flour, half a pound of sugar, half a pound of butter, one pint of molasses, four eggs, one tea cup of milk, two tea spoons of pearlash, one ounce of ginger, one of cinnamon, one nutmeg, one pound of currants.

***No. 128. Sugar Gingerbread.***

One pound of flour, one pound of sugar, six ounces of butter, four eggs, add pearlash and ginger, made hard and rolled out.

***No. 129. Hard Gingerbread.***

One pound of butter, one of sugar, one pint of molasses, one tea cup of ginger, three teaspoons of pearlash, flour enough to make a stiff dough, spice to your taste.

***No. 130. Orange Gingerbread.***

Two pounds and a quarter fine flour, a pound and three quarters molasses, twelve ounces of sugar, three ounces undried orange peel chopped fine, one ounce each of ginger and allspice, melt twelve ounces of butter, mix the whole together, lay it by for twelve hours, roll it out with as little flour as possible, cut it in pieces three inches wide, mark them in the form of checkers with the back of a knife, rub them over with the yelk of an egg, beat with a tea cup of milk, when done wash them again with the egg.

*No. 131. Sponge Cake.*

Ten eggs, the weight of them in sugar; the whites of five in flour, beat the yolks and sugar together, the whites of the other five eggs separately, do not add the flour until ready to bake, add essence of lemon and nutmeg.

*No. 132. Composition Cake.*

One pound and twelve ounces of flour, one pound of butter, one pound and a half of sugar, one pound and twelve ounces of fruit, put into a pint of milk, one tea spoon of pearlash, two nutmegs, one glass of wine.

*No. 133. Whigs, or Wigs.*

One pound flour, four ounces of butter, four ounces of sugar, half a pint of milk, three eggs, tea cup of yeast.

*No. 134. Queen's Cake.*

One pound flour, three fourths of butter, one of sugar, one of currants, two eggs, whites beaten separately and put in just as the cake goes into the oven; butter little tins, fill half full, sift on white sugar.

*No. 135. Another Queen's Cake.*

One pound of flour, pound of sugar, pound of butter, eight eggs, beat separately whites and yolks, rose water, or essence of lemon.

N. B. Let it be observed and understood that all cake is better to beat yolks and whites of eggs separately, and adding the whites just before going into the oven; the butter and sugar to be worked together to a cream, before any addition is made to them.

## TO DRESS AND BAKE A WHOLE FISH

(See Receipt No. 40)

*1 to 4 lb. whole white fish, trout or salmon  
salt, pepper and monosodium glutamate  
1/3 cup white wine*

*Dressing: 4 tablespoons bacon fat or margarine  
3 tablespoons onion, finely chopped  
3 tablespoons celery, finely chopped  
3 tablespoons green pepper, finely chopped  
2 cups bread crumbs  
1/2 teaspoon salt  
1/2 teaspoon monosodium glutamate  
generous grind of pepper  
1/2 teaspoon dill weed  
1 teaspoon thyme*

Wash and dry the fish and sprinkle inside and out, with salt, pepper and monosodium glutamate. Butter the shiny side of a large piece of aluminum foil and spread on a cookie sheet. Lay the fish on top, and fill with dressing, prepared as follows:-

Melt the fat, and add the onion, celery, green pepper, and stir. Fry over low heat for ten minutes. Add the crumbs and seasonings, blend well, and stir-fry for two minutes.

Partially wrap the foil around the dressed fish, add the wine, and enclose the fish entirely.

Bake at 400 degrees. The time depends on the size of the fish — it should be ten minutes per inch thickness, plus an extra fifteen minutes to allow the heat to penetrate the foil. Serve with dill pickles and lemon wedges, and garnish with parsley.





## ROLLED FISH FILLETS

(or as the Receipts say: "Another")

1 lb. frozen fillets of sole  
 ¼ lemon  
 salt and pepper

Thaw and separate frozen fillets, and season both sides with salt, pepper and lemon juice. Mound dressing described page 44 in centre of each piece and roll fillet around it. Stand up in well buttered custard cups and bake at 400 degrees for twenty minutes. Rolls retain their shape when unmolded onto plate.

*This recipe is included in case the fisherman is unsuccessful. It is always wise to have a substitute in the freezer.*

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### *No. 136. Shrewsbury Cake.*

Half a pound of butter, three fourths of sugar, one pound flour, four eggs, spice and wine.

### *No. 137. Federal Cake.*

Three pounds and a quarter of flour, one pound and three quarters of sugar, quarter of butter, six eggs, two cups of milk, one pint of yeast, half a pint of wine, raisins and spice.

### *No. 138. Jumbles.*

One pound and a half of flour, one pound sugar, three quarters of a pound of butter, half an ounce of caraway seed, roll them in sugar.

**No.139. Pound Cake.\***

One pound of flour, one of sugar, ten eggs, ten ounces of butter.

**No.140. Minute Cake.**

Five tea cups of flour, three of sugar, two of butter, one of milk, two eggs, tea spoon of pearlash, fruit and spice.

**No.141. Thanksgiving Cake.**

Six pounds of flour, one pint of good yeast, made over night with warm milk, that it may rise by morning, add three pounds of sugar, two and a half pounds of butter, six eggs, three pounds of currants or raisins, one ounce cinnamon, two of cloves, gill of brandy, bake one hour and a half.

**No.142. Pearlash Cake.**

One pound and a quarter of flour, ten ounces sugar, six ounces butter, a gill of water, one teaspoonful of pearlash.

**No.143. Cream Cake.**

One pound of flour, three quarters of a pound of sugar, half a pound of butter, four eggs, one glass of wine, one of brandy, one pint of cream.

**No.144. Mineral Cake.**

Two cups of flour, one pound and a half of sugar, one of butter, half cup of cream, a little pearlash, four eggs, one glass of wine, nutmeg.

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\* See page 83

## FISH CHOWDER

(See Receipt No. 43)

2 strips bacon  
 1 medium onion, chopped  
 1 large potato, cut in small pieces (diced)  
 1 lb. package frozen cod fillets, thawed  
 1 cup water  
 1 teaspoon salt  
 1 bay leaf  
 ⅛ teaspoon basil  
 ⅛ teaspoon thyme  
 ½ cup milk  
 3 tablespoons flour  
 1 cup cream  
 1 teaspoon monosodium glutamate



In a large heavy saucepan crisp-fry the bacon, lift out and cut into small pieces with scissors. Turn heat low and fry the onions, stirring, for two minutes. Drain off the excess fat and save it. Add the diced potatoes, cod-fish, water, salt, bay leaf and seasonings. Bring to a boil and simmer gently, ten minutes, covered. Remove the fish and separate into large chunks; add again to the water. Blend the saved out bacon fat, flour and milk and add to the fish. Add the cream and bacon bits. Remove the bay leaf and discard. Reheat the chowder ten minutes, but do not boil and stir gently as it thickens. This makes four hearty servings.

*Here's a refinement on the "chowder" of years ago, hearty enough to ward off the fog of a fall night, and almost a meal in itself.*

**No. 145. *Pumpion Pie.\****

One quart of milk, or cream, one pint of strained pumpion, six eggs, add ginger and sweeten to your taste. N. B. We have seen excellent pumpion pie made by nicely paring the pumpion before stewing, and straining it through a cullender in lieu of a sieve.

**No. 146. *An Excellent Cake.***

Two pounds of flour, one of butter, one tea cup of yeast with warm milk, set it to rise, then add two pounds of currants, one pound of sugar, one quarter of a pound of almonds, half pound stoned raisins chopped fine, one nutmeg, cinnamon, allspice, cloves and a peel of lemon chopped fine, a glass of wine, one of brandy, twelve eggs, yelks and whites beaten separately and thoroughly, orange and citron, a quick bake.

**No. 147. *Tunbridge Cake.***

Rub six ounces of butter into one pound of flour, then mix six ounces of sugar, beat two eggs and make with the above into a paste, roll it very thin, and cut with the top of a tumbler, prick them and cover with caraway, and sift on sugar.

**No. 148. *Route drop Cake.***

Mix two pounds of flour, one of butter, one of sugar, one of currants, then wet into a stiff paste with two eggs, rose water and brandy, drop them on tins floured; a short time bakes them.

**No. 149. *Clove Cake.***

Three pounds of flour, one of butter, one of sugar, three eggs, two spoonfuls cloves, mixed with molasses.

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\* See page 85

**No.150. Common Pancakes.**

Make a light batter of eggs, flour and milk; fry in a small pan in hot dripping or lard, salt, nutmeg and ginger, may be added; or when eggs are scarce make the batter with flour, milk and pearlash.

These are most frequently eaten without any trimmings; but sugar grated on, or sweet, or lemon and sugar sauce may be served with them.

**No.151. Rice Pancakes.**

Boil half a pound of rice to a jelly in a small quantity of water, when cold mix it with a pint of cream, four eggs, a little salt and nutmeg, stir in eight ounces of butter just warmed, and add as much flour as will make the batter thick enough; fry in as little lard or dripping as possible.

**No.152. Fritters.**

Make them of any of the batters directed for pancakes by dropping a small quantity into the pan, or to make the plainer sort, put pared apples or lemons sliced, or currants into the batter, any sweetmeats or ripe fruit may be made into fritters.

**No.153. Spanish Fritters.**

Cut biscuits into lengths as thick as your finger, in what shape you please, soak in some cream, nutmeg, sugar, pounded cinnamon and one egg; when well soaked, fry of a nice brown and served with butter wine and sugar sauce.



**No. 154. *Baked Custard.***

Boil one pint of cream and a half pint of milk with mace, cinnamon, lemon peel, a little of each; when cold mix three eggs, sweeten, and fill your cups or paste nearly full.

N. B. Custard pies require a hot oven, but custards in cups are best when put in after the bread is drawn, and receive a slow baking.

**No. 155. *To make Floating Islands.\****

Scald any sharp apples before they are ripe, pulp them through a sieve, beat the whites of two eggs with sugar, a spoonful of orange flower water, mix it by degrees with the pulp and beat all together, serve it on a raspberry cream, or you may colour the froth with beet root, raspberry, or currant jelly, and set it on a white cream, having given it the flavour of lemon, sugar and wine; or put the froth on a custard.

**No. 156. *Ice Cream.***

Mix the juice of the fruits with as much sugar as will be wanted before you add cream which should be of a middling richness.

**No. 157. *Icing for Cakes.***

For a large one, beat and sift half a pound of fine sugar with four spoonfuls of rose water, and the whites of two eggs beaten and strained, whisk it well, and when the cake is almost cold, dip a feather in the icing and cover the cake well; set it in the oven to harden, but do not let it stay long enough to get discoloured; set the cake in a dry place.

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\* See page 89

*No. 158. Apple Jelly.*

Prepare twenty apples, boil them in a pint and a half of water, till quite tender, then strain the liquor through a colander; to every pint put a pound of fine sugar, add grated orange or lemon, then boil to a jelly.

*No. 159. Raspberry Jam.*

Rub fresh gathered raspberries through a sieve, to every pint of the pulp put one pound of loaf sugar broken small, put it into a preserving pan over a brisk fire, when it begins to boil skim it well, stir it twenty minutes, put it into small pots, cut white paper to the size of the top of the pot dip them in brandy, put them over the jam when cold, with double paper tied over the pot.

Strawberry jam is made the same way.

*No. 160. Quince Sweetmeats.*

One pint of water, three quarters of a pound of sugar to one of quinces, put the sugar with the water, and clarify it with an egg, then put in your quinces and boil till tender, then take out your quinces, put them into pots, boil the syrup to a jelly, on a slow fire, try it occasionally with a spoon.

*No. 161. Heart Cakes.*

One pound of fine sugar, one of butter, eight eggs, one pound and a quarter of flour, two ounces of currants, and half a nutmeg grated, to be baked in small tins in the shape of hearts or otherwise.

*No. 162. Queen's Drops.*

One pound of sifted sugar, one pound flour, one of butter, quarter of a pound of currants, any agreeable spice, put drops on a tin about as large as a dollar, sift on sugar, to be baked quickly.

*No. 163. Danbury Cakes.*

Set a sponge with two spoonfuls of good yeast, a gill of warm milk, and a pound of flour; when it is worked a little, mix with it half a pound of currants, half a pound of citron, cloves, cinnamon and other spices pounded fine, prepare paste by rolling it out in small rounds, lay on some of this mixture, cover it with paste, pinch it together and bake it.

*No. 164. Plain Buns.*

Four pounds of flour, one of sugar, a gill of good yeast, a pint of milk with enough of the flour to make it the thickness of cream, let it stand two hours to rise, then melt one pound of butter, stir it into the other ingredients to make it a soft paste, let it lie an hour, mould it into buns about as large as an egg, lay them in rows three inches apart on tins, set them to rise until their size is doubled, then bake them a good colour. By adding seed they are called seed buns, or plums, plum buns.

*No. 165. Derby, or Short Cakes.*

Rub one pound of butter into two pounds of sifted flour, put one pound of currants, one pound of sugar, mix all together with half a pint of milk, one egg, two tea spoonfuls of pearlash, roll it out thin, cut it in round cakes and bake them.



**No. 166. *Jackson Jumbles.***

One cup of butter, one of cream, three of sugar, tea spoonful of pearlash, two eggs, five cups of flour, to be dropped on a tin with a spoon to bake.

**No. 167. *Cream Cake.***

One pound of flour, three quarters of a pound of sugar, half a pound of butter, four eggs, one glass of wine, one of brandy, half a pint of cream, bake.

**No. 168. *Jumbles.***

Half a pound of butter, half a pound of sugar, three quarters of a pound of flour, two eggs, rolled in sugar and nutmeg; to be dropped on tins to bake.

**No. 169. *To make Crackers.***

Take a piece of bread dough as large as a pint bowl; after it has risen, take one tea cup of butter and work in with flour as hard as you can make it, roll and cut it out and bake it in an oven not very hot; then take them out, cool, then put them in a pan and set back into the oven to dry overnight.

**No. 170. *To preserve Beets, Carrots, Etc.***

Boil good brittle beets or carrots, cut and put them in good vinegar, and then partly dry them, make a syrup, pound for pound, and preserve them as other sweetmeats.

**No. 171. *Apple Jelly.***

Pare and boil your apples to a pulp, strain, to a pint put a pound of sugar.

**No. 172. *Buckwheat Cakes.***

Stir up your buckwheat about as thick as cream, put good yeast to it, let it rise, then add a little wheat flour, dissolve a little pearlash and stir it up, add salt then it is ready to fry.

**No. 173. *Rice Snow Balls.***

Put half a pound of rice in a saucepan, boil it ten minutes, drain it on a sieve dry, pare six apples, divide the rice into six parts, spread it on six different cloths, put one apple in each, tie it up loose, boil it one hour, serve it with butter and sugar, or wine sauce.

**No. 174. *Federal Pancake.***

Take one quart of bolted rye flour, one quart of bolted Indian meal, mix it well, and stir it with a little salt into three pints of milk, to the proper consistency of pancakes; fry in lard, and serve up warm.

**No. 175. *Tea Cakes.***

One pound of sugar, half pound butter, two pounds flour, three eggs, one gill yeast, a little cinnamon and orange peel; bake fifteen minutes.

**No. 176. *Tea Biscuit.\****

Two pounds of flour, two spoonfuls of yeast in a little warm milk, mix them together adding one quarter of a pound melted butter with milk, to make it into a stiff paste; bake it in a quick oven, in any shape you please.

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\* See page 105

**No. 177. *Butter Biscuit.***

One pint each milk and emptins, laid into flour, in sponge; next morning add one pound of butter melted, not hot, and knead into as much flour as will with another pint of warmed milk, be of sufficient consistency to make it soft — some melt the butter in the milk.

**No. 178. *Soft Cakes in little pans.\****

One pound and a half of sugar, half a pound of butter rubbed into two pounds of flour, add one glass of wine, one of rose water, eight eggs and half a nutmeg.

**No. 179. *A butter Drop.***

Four eggs, one pound of flour, a quarter of a pound of butter, one pound of sugar, two spoonfuls of rose water, a little mace, baked in tin pans.

**No. 180. *To make Bread with grown flour.\*\****

Take eight quarts of flour, six ounces of butter, one pint of the best of yeast, (this article must be good,) three tea spoonfuls of pearlash dissolved in half a pint of warm milk, add this to the yeast, and after working the butter into the flour, add the yeast, and work up the whole with milk into stiff bread, more so than of other flour: the oven must be heat with light dry wood, but not hotter than for other bread. This method, particularly attended to, will demonstrate that good bread may be made with grown flour.

N. B. In all cases where spices are named, it is supposed that they be pounded fine and sifted; sugar must be dried and rolled fine; flour dried in an oven; eggs well beaten or whipped into a raging foam.

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\* See page 91

\*\* See page 94

**No. 181. *American Citron.***

Take the rind of a large watermelon, cut it in small pieces, allow loaf sugar pound for pound, make a sirup of the sugar, boil two hours slowly, put into pots for use.

**No. 182. *For preserving Quinces.***

Take a peck of quinces, pare them, take out the core with a sharp knife, if you wish to have them whole; boil parings and cores with two pounds of frost grapes, in three quarts of water, boil the liquor an hour and a half, or till it is thick, strain it through a coarse hair sieve, add a pound and a quarter of sugar to every pound of quince, put the sugar into the sirup, scald and skim it till it is clear, put the quinces into the sirup, cut up two oranges and mix with the quinces, hang them over a gentle fire for five hours, then put them in a stone pot for use, set them in a cool dry place.

**No. 183. *For preserving Quinces in loaf sugar.***

Take a peck of quinces, put them into a kettle of cold water, hanging them over the fire, boil them till they are soft, then take them out with a fork when cold, pare them quarter or halve them if you like; take their weight of loaf sugar, put it into a bell metal kettle or saucepan, with one quart of water, scald and skim it till it is very clear, then put in your quinces, let them boil in the syrrup for half an hour, add oranges as before if you like, then put them in stone pots for use.



**BEEF STEAK PIE***(See Receipt No. 45)*

*1¼ lb. beef brisket, trimmed of fat*  
*¼ cup flour*  
*1 teaspoon salt*  
*½ teaspoon pepper*  
*¼ cup oil*  
*3 stalks celery*  
*12 carrots, peeled*  
*2 medium onions, peeled*  
*⅓ green pepper*  
*½ large can tomatoes*  
*½ cup dry red wine*  
*Pastry to fit top of casserole*

Cut beef into 1½ inch pieces, dredge in seasoned flour. Brown all sides in oil heated in large frying pan. Lift meat, and add remaining seasoned flour to oil, to make gravy, using ¾ cup water. Add canned tomatoes and red wine to pan. Peel the outer strings from the celery, using a vegetable peeler, and cut diagonally in one inch pieces. Cut the carrots in similar chunks, green pepper in half inch squares and quarter the onions. To assemble, layer the vegetables in a 2 qt. casserole, add the meat and pour the sauce on top. Cover casserole tightly and simmer in 275 degree oven for four and a half hours. Skim off excess fat. Adjust the seasoning, raise the oven temperature to 400 degrees and fit pie crust on top, slashing the centre. Bake for half an hour uncovered.

*Turn this recipe into "Beefsteak and Kidney Pie" by adding one pound beef kidneys, prepared as follows:- Remove all white membrane from kidneys (scissors are a great help), cut into chunks, and dredge with flour. Brown in hot oil, after beef is removed. Include in casserole before topping with crust, for last half hour of baking.*

*No. 184. For preserving Strawberries.*

Take two quarts of Strawberries, squeeze them through a cloth, add half a pint of water and two pounds of sugar, put it into a saucepan scald and skim it, take two pounds of strawberries with stems on, set your saucepan on a chafing dish, put as many strawberries into the dish as you can with the stem up without bruising them, let them boil for about ten minutes, then take them out gently with a fork, and put them into a stone pot for use; when you have done the whole, turn the sirup into the pot, when hot; set them in a cool place for use.

*Currants and Cherries* may be done in the same way, by adding a little more sugar.

*No. 185. To keep white bullace, pears, plums, or damsons, etc., for tarts or pies.*

Gather them when full grown, and just as they begin to turn, pick all the largest out, save about two thirds of the fruit, to the other third put as much water as you think will cover them, boil and skim them; when the fruit is boiled very soft, strain it through a coarse hair sieve; and to every quart of this liquor put a pound and a half of suger, boil it, and skim it very well; then throw in your fruit, just give them a scald; take them off the fire, and when cold, put them into bottles with wide mouths, pour your sirup over them, cover with a piece of white paper.

*No. 186. To make Marmalade.*

To two pounds of quinces put one and a half pounds of sugar and a pint of spring water; then put them over the fire, and boil them till they are tender; then take them up and bruise them; then put them into the liquor, let it boil three quarters of an hour, and then put it into your pots or saucers.

**No. 187. To preserve Gooseberries, Damsons or Plums.**

Gather them when dry, full grown, and not ripe; pick them one by one, put them into glass bottles, that are very clean and dry, and cork them close with new corks; then put a kettle of water on the fire, and put in the bottles with care; wet not the corks; but let the water come up to the necks; make a gentle fire till they are a little coddled and turn white; do not take them up till cold, then pitch the corks all over, or wax them close and thick; then set them in a cold dry cellar.

**No. 188. To preserve Peaches.**

Put your peaches in boiling water just give them a scald, but don't let them boil, take them out and put them in cold water, then dry them in a sieve, and put them in long wide mouthed bottles; to half a dozen peaches take a quarter of a pound of sugar, clarify it, pour it over your peaches, and fill the bottles with brandy, stop them close and keep them in a close place.

**No. 189. To preserve Cherries.**

Take two pounds of cherries, one pound and a half of sugar, half a pint of fair water, melt some sugar in it; when it is melted, put in your other sugar and your cherries; then boil them softly till all the sugar be melted; then boil them fast, and skim them: take them off two or three times and shake them, and put them on again, and let them boil fast; and when they are of a good colour, and the sirup will stand, they are boiled enough.

***No. 190. To preserve Raspberries.***

Choose raspberries that are not too ripe, and take the weight of them in sugar, wet your sugar with a little water, and put in your berries, and let them boil softly; take heed of breaking them; when they are clear, take them up, and boil the sirup till it be thick enough, then put them in again; and when they are cold put them up in glasses.

***No. 191. To preserve Currants.***

Take the weight of the currants in sugar, pick out the seeds; take to a pound of sugar, half a pint of water, let it melt; then put in your currants and let them do very leisurely, skim them and take them up, let the sirup boil; then put them on again; and when they are clear, and the sirup thick enough, take them off: and when they are cold, put them up in glasses.

***No. 192. To preserve Plums.***

Take your plums before they have stones in them, which you may know by putting a pin through them, then codle them in many waters till they are as green as grass, peel and codle them again; you must take the weight of them in sugar, a pint of water, then put them in, set them on the fire, to boil slowly till they be clear, skimming them often, and they will be very green; put them up in glasses and keep them for use.

***No. 193. Strawberry Preserve.***

Take three pounds large fair strawberries; free from stems or hulls, four pounds sugar, one pound raisins, place these in an earthen pot, first a sprinkling of sugar, then a laying of strawberries, another of raisins, and so alternately till the whole are placed in the pot, set it away in a cool place; if the weather should be warm, frequently sprinkle sugar upon them, by which they will be preserved fresh and good.



*No. 194. Apple Preserve.*

Take half a peck of large russet sweetings, otherwise a fair sweet apple, pare and core them; take two quarts of frost grapes, boil them in one pint water till soft, squeeze out the juice, add to this the juice of one quart currants well squeezed; to this add three pounds of sugar, also four whites of eggs and the shells, beat fine, scald and scum clean, then add one pint brandy, strain it through a piece of flannel, then add the apples, and one fresh orange cut fine; boil gently half an hour over a moderate fire, put them in a stone or earthen jar, set in a cool place, and keep for use.

*No. 195. Damson Preserve.*

Take four pounds sugar and one quart of water, boil and scum clean, then run through a jelly bag, to which add one fresh orange cut fine, and half pint brandy; to this sirup put the damsons, let them do over a gentle fire fifteen minutes; put away for use.

Cherries and Grapes may be preserved in the same way.

*No. 196. A new method of keeping apples fresh and good, through the winter and into summer.*

Take a quantity of pippins, or other good winter apples: take them from the trees carefully when ripe, and before frost, make a hole through each one with a goose quill from stem to eye, fill this with sugar, lay in this position two weeks, till they are a little wilted, then put them in a tight cask, and keep them from freezing.

*No. 197. To preserve bush beans fresh and good until winter.*

Take half a bushel of beans, of a suitable size and age for eating green, string and break them, then put them into a cask,

first sprinkling in salt, then a layer of beans, and so alternately till the cask is full, then add a weak brine so as to cover them; take out for use, and freshen twenty four hours in water, often changing it; boil three hours in fresh water.

***No.198. To preserve Cucumbers.\****

Take large cucumbers lay them in salt and water that will bear an egg, three days, set them on the fire with cold water and a small lump of alum; boil them a few minutes, make a thin sirup with sugar, and turn on them, stand two days, then make a rich sirup, lay them in a jar and turn it on them; put it into the kettle again, simmer five or ten minutes, set it by until the next day, then boil again, put it in glasses, and set away for use.

***No.199. To preserve Parsley fresh and green, to garnish viands in the winter.***

Put any quantity of green parsley into a strong pickle of salt and water boiling hot, and keep for use.

***No.200. To keep damsons.***

Take damsons when they are first ripe, pick them off carefully, wipe them clean, put them into snuff bottles, stop them up tight so that no air can get to them, nor water; put nothing into the bottles but plums; but put the bottles into cold water, hang them over the fire, let them heat slowly, let the water boil slowly for half an hour, when the water is cold take out the bottles, set the bottles in a cold place, they will keep twelve months if the bottles are stopped tight so as no air nor water can get to them. They will not keep long after the bottles are opened; the plums must be hard.

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\* See page 119

**No. 201. Currant Jelly.**

Having stripped the currants from the stalks, put them in a stone jar, stop it close, set it in a kettle of boiling water, half way the jar, let it boil half an hour, take it out and strain the juice through a coarse hair sieve, to a pint of juice put a pound of sugar, set it over a quick fire in a preserving pan or bell metal skillet, keep stirring it all the time till the sugar be melted, when skim the scum off as fast as it rises. When the jelly is very clear and fine, pour it into earthen or china cups, when cold cut white papers just the bigness of the pot and lay on the jelly, dip those papers in brandy, then cover the top of the pot and prick it full of holes, set it in a dry place: you may put some into glasses for present use.

**No. 202. *To preserve plums and cherries, six months or a year, retaining all that bloom and agreeable flavour, during the whole of that period, of which they are possessed when taken from the tree.***

Take any quantity of plums or cherries a little before they are fully ripe with the stems on; take them directly from the tree, when perfectly dry, and with the greatest care, so that they are not in the least bruised — put them with great care into a large stone jug, which must be dry, fill it full, and immediately make it proof against air and water, then sink it in the bottom of a living spring of water, there let it remain for a year if you like, and when opened they will exhibit every beauty and charm, both as to the appearance and taste, as when taken from the tree.

**No. 203. Peach Preserve**

Take half a peck of clingstone peaches, wipe them with a flannel cloth, put them into an earthen pot sufficient to contain

them, fill it up with brandy, let them stand two days covered, then pour off the brandy, to which add half a pint of the same liquor and four pounds sugar; cut two oranges very fine, which add to the sirup, and when boiling hot pour over the peaches; the next day set them in a hot oven, let them stand half an hour, then set them away in a cool place. If the weather should be warm, the sirup must be scalded again in six or eight days, adding thereto another half pint of brandy and one pound sugar, pouring it boiling hot upon the peaches, then set them again in a cool place. This method of procedure will give them a more fresh and agreeable flavour than any mode yet discovered.

Pears taking out the seeds, may be preserved in the same manner.

***No. 204. To dry Peaches.***

Take the fairest and ripest peaches, pare them into fair water; take their weight in double refined sugar; of one half make a very thin sirup; then put in your peaches, boiling them till they look clear, then split and stone them, boil them till they are very tender, lay them a draining, take the other half of the sugar, and boil it almost to a candy; then put in your peaches and let them lay all night, then lay them on a glass and set them in a stove till they are dry; if they are sugared too much, wipe them with a wet cloth a little; let the first sirup be very thin, a quart of water to a pound of sugar.

***No. 205. For brewing Spruce Beer.***

Take four ounces of hops, boil half an hour, in one gallon water, strain it, then add sixteen gallons warm water, two gallons molasses, eight ounces essence spruce dissolved in one quart water, put it in a clean cask, shake it well together, add

half pint emptins, let it stand and work one week, if very warm weather less time will do; when drawn off, add one spoonful molasses to each bottle.

***No. 206. To preserve Eggs from May until May again.\****

Take a piece of unslacked lime as large as a pint bowl, slack it by degrees, when well slacked put ten quarts of water to it and add salt until your eggs will rise, then put them in with care that none get cracked, and lay a cloth on the eggs that will keep them wet on the top.

***No. 207. To make Souse.***

Boil your souse until it will come from the bone with ease, cut it in slices, lay it in a jar, pour on vinegar and tie your pepper in a cloth and throw it in; it is then ready to fry when you wish, and will keep all winter.

***No. 208. To make Coffee.***

A large spoonful of coffee for each person is sufficient when you make for as many as eight, if less, more. To make good coffee twenty minutes is sufficient to boil, and less will do; the yelk of an egg beat and stirred in before boiling water is turned to it, will enrich the coffee; put in codfish skin as large as to clear it; let it stand five minutes after taking from the coals.

***No. 209. A good substitute for cream to put in Coffee.***

Boil a pint of milk and let it cool, beat the yolks of three eggs and stir in, it will make the coffee much richer.

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\* See page 121

*No. 210. To burn Coffee.*

Burn your coffee slowly when you commence, but let the burning increase, burn it a good brown, put it away in a close vessel for future use.

*No. 211. To try Lard.*

In a pailful pot put a pint of water, a large handful of salt, put your lard in and try it fast until the water is boiled out, then let there be a slow and steady fire until the scraps are of a light brown, then strain the lard and set it away, it will be white as snow, and never hurt.

*No. 212. To keep clear of Bedbugs.*

Take the white of four eggs, ten cents worth of quicksilver, put them into a bowl, beat them until a perfect froth, take a feather and dip in and apply it to every part of your bedstead where bugs ever conceal themselves, do this early in the spring, and but once a year, and you will never see a bedbug in your house. Never wet your bedsteads.

*No. 213. To make yeast cakes for yeast.*

Take a quart of distiller's yeast if you can get it, if not the best you can get, add a quart of strong hop water, warm, but not scald your yeast; put as much Indian meal into it as you can conveniently mix, let it stand half an hour, make it into little flat cakes and lay them on a clean board, set them in the sun and dry until perfectly dry, put them in a dry place. When you wish to use yeast, take one cake and put it into a quart of warm water and dissolve it, stir in flour and make it as thick as thick cream, let it stand by a warm fire over night, it is then ready to make your bread in the morning.

## A TASTY INDIAN PUDDING

(See Receipt No. 76)

3 cups scalded milk  
 ½ cup yellow corn meal  
 ¼ cup sugar  
 1 teaspoon salt  
 1½ teaspoon cinnamon  
 ½ teaspoon ginger  
 1 egg, well beaten  
 ½ cup molasses  
 2 tablespoons butter  
 1 cup cold milk  
 ½ cup whipping cream  
 ¼ teaspoon nutmeg

Combine corn meal, sugar, salt, cinnamon, ginger, and blend, stirring into hot, scalded milk. Blend beaten egg and molasses, and add to corn meal mixture. Cook over low heat, stirring constantly until thick, about fifteen minutes. Beat in the butter, and turn pudding into a well buttered 1½ quart casserole. Pour one cup of cold milk gently over the pudding. Bake at 300 degrees for 2½ to 3 hours. Serve warm, topped with whipped cream sprinkled with nutmeg. Serves 6.

*Though seldom seen now, this delicious pudding has cheered and warmed winter appetites through the years. It might share the oven with a meat casserol or a stew.*

### *No. 214. To keep Cheese in the winter.*

Take a clean dry barrel put a little hay at the bottom and then a cheese and put hay between each cheese and around it and keep it covered tight, and in the driest part of the cellar, or in an upper room not subject to frost.

***No. 215. To preserve Butter.***

Put your butter in stone jars, first sprinkle a little fine salt at the bottom, have it free from buttermilk then put a layer of butter as thick as you wish to cut a slice, and continue to sprinkle a little salt between each layer, this will enable you to cut it smooth and not have it adhere to the under layer, cover it tight.

***No. 216. To preserve Soapgrease.***

Make your cask clean, when you throw in fresh rinds or any thing of the kind sprinkle on salt enough to preserve it, the same when you put down hog's inwards and be as careful to keep it tight as any other meat, and you will have no disagreeable smell nor waste of grease by vermin.

***No. 217. To make Boiled Soap.***

For a barrel take thirty-five pounds of scraps or other grease that is made daily in a family, put half the quantity into a five pail kettle, a pailful of strong lie, boil it thoroughly with a moderate fire or it will run over then keep adding strong lie until full, put it in a barrel and add weak lie. — Then take the other half of the grease and proceed as before.

***No. 218. Cold Soap.***

Twenty-five pounds of clear grease, heat it, turn it into the barrel, heat strong lie and turn in, let it stand through the summer. Strong lie and good grease will insure you good soap, cold or hot.



## STEAMED CARROT PUDDING

(See Receipt No. 88)

- 1 cup seedless raisins*
- ½ cup mixed candied fruit*
- ¼ cup blanched, slivered almonds.*
- 1 cup flour*
- ½ teaspoon salt*
- 1 teaspoon baking soda*
- ½ teaspoon cloves*
- ½ teaspoon cinnamon*
- ½ teaspoon nutmeg*
- ½ cup shortening*
- 1 cup packed brown sugar*
- 1 egg*
- 1 cup finely grated raw carrot*
- 1 cup finely grated raw potato*

Combine the fruits and nuts and sift over them the flour, salt, soda and spices. Stir well, to coat the fruit, then add the grated carrot and potato. Cream the shortening, brown sugar, and egg until light and fluffy. Stir the flour and fruit mixture into it, until just well blended. Butter a one and a half quart mould, or coffee can, and spoon in the batter. Cover tightly with buttered aluminum foil, heavy duty, and steam on a rack in one inch of boiling water, covered, for three hours. Serve hot with brandy sauce.

## BRANDY SAUCE

- 1 tablespoon cornstarch*
- 1 cup strong coffee*
- ½ cup packed brown sugar*
- 2 tablespoons butter*
- 2 teaspoons brandy extract, or brandy, to taste*

Combine cornstarch and sugar in saucepan. Add coffee; cook and stir until thick and clear. Remove from heat and add butter. Cool and add brandy. Serve warm with pudding.

**No. 219. *To put up a Leech, say a large tierce.***

Lay sticks across the bottom, then a covering of straw, one peck of lime should come next, after which the ashes, these to be well beaten down several times in the course of filling up, pouring in a pail of water each time after pounding. If you are in no hurry for your lie, water your leech occasionally until it shows a disposition to run at the bottom, then stop until you are ready to commence making soap. It will make two barrels.

**No. 220. *Barley Water.***

Upon one ounce of pearl barley, after it has been well washed in cold water, pour half a pint of boiling water, and then boil it a few minutes; the water must then be strained off and thrown away; afterwards a quart of boiling water must be poured over the barley, and which should then be boiled down to one pint and a quarter, and strained off. The barley water thus made is clear and mucilaginous; and when mixed with an equal quantity of good milk and a small portion of sugar, is an excellent substitute for the mother's milk, when infants are, unfortunately, to be brought up by hand. Without milk, it is one of the best beverages for all acute diseases, and may have lemon juice, raspberry vinegar, apple tea, infusion of tamarinds, or any other acidulous substance that is agreeable to the palate of the patient, mixed with it.

**No. 221. *Gruel.***

This farinaceous nutriment may be made either with grits, oatmeal or Indian meal. When grits are used, three ounces of them, after being very well washed, should be put into two quarts of water and boiled very slowly, until the water be reduced to one half of the original quantity. During the boiling it should be stirred frequently; and, when finished, it should

be strained through a hair sieve. For oatmeal gruel, three ounces of meal must be put into a basin, and bruised with the back of the spoon; small quantities of water being successively mixed with it, and each quantity poured off into another basin, before more be mixed: and this must be continued until about a quart of water be mixed with the oatmeal. The remains of the oatmeal should then be thrown away, and the water in which it was bruised is to be boiled for twenty minutes, stirring it the whole of the time. Sifted Indian meal may be used like oatmeal, only that it needs not so much ceremony. Simply mixing and cooking for a few minutes over the fire does the business.

***No. 222. Prepared Arrow Root for sickness.***

Arrow root forms an excellent nutritive mucilage. Put two tea spoonfuls of the powder into a half pint basin; mix them smooth with a few tea spoonfuls of cold water, and then pour boiling water over the mixture while you continue to stir it, until it forms a kind of starchy looking substance. Sago and Tapioca form a similar mucilaginous substance, and are equally useful for children or as articles of diet for a sick person. As they are both hard, they require considerable boiling before they are completely dissolved. The person who makes a decoction of either must determine by trial if it be too thick or too thin. For a convalescent sick person they may be sweetened and seasoned with a little wine; for a child sweetened only.

Arrow root, thus prepared, may be used in the same manner as gruel. It is well adapted for the food of infants, because it is less liable to ferment than either gruel or barley water; and for the same reason, it is the best fluid nourishment for those who are afflicted with diseases of indigestion. As it is very insipid, it requires either milk, or wine, or acids, to be

mixed with it whichever may suit the taste and state of habit of the person for whom it is intended. It forms an excellent pudding, when prepared like rice, for children who are a little beyond the age of infancy.

*No. 223. White Wine Whey.*

To make this whey, put half a pint of milk diluted with a gill of water into a saucepan, which must be placed on the fire uncovered. Watch the moment when the milk boils, which may be known by the frothing and rising up of the milk to the top of the pan; pour into it, at that instant, two glasses of white wine, and a tea spoonful of powdered sugar, which should previously be mixed with the wine. The curd will immediately form; and, after boiling the mixture for a few minutes, may be separated from the whey, either by letting it settle at the bottom, and then pouring off the whey clear from it, or by straining it through a fine sieve. White wine whey, when drank warm, promotes perspiration; but as it is a stimulant, it cannot be given in inflammatory complaints. When cold, it is a very agreeable beverage in low fevers, and in convalescence, when stimulants are admissible.

*No. 224. Balm, Mint, and other Teas.*

These are simple infusions, the strength of which can only be regulated by the taste. They are made by putting either the fresh or the dried plants into boiling water in a covered vessel, which should be placed near the fire for an hour. The young shoots both of balm and of mint are to be preferred, on account of their stronger aromatick qualities. These infusions may be drunk freely in feverish and in various other complaints, in which diluents are recommended. Mint tea, made with the fresh leaves, is useful in allaying nausea and vomiting.

*No. 225. Beef Tea.*

Is too frequently prepared, by simply boiling a piece of beef in a given quantity of water; but by this method it generally resembles gravy soup more than beef tea, and is then unfit for the use of the sick. — To make it properly, cut half a pound of good lean beef into very thin slices; — spread the slices in a hollow dish, and having poured over them a pint and a half of boiling water, cover up the dish, and place it near the fire for half an hour, and then boil it over a quick fire for about eight minutes. The tea, after having the scum taken off, should stand for ten minutes, after which it is to be poured off clean, and seasoned with a little salt.

Beef tea thus made is a light and pleasant diluent, and very useful when the bowels and stomach are in a weak and irritable state. When used as food for infants, it should always be prepared in this manner; and nothing answers better as a breakfast, for those who are habitually sick in a morning, either from a redundance of bile, intemperance, or other causes.

*No. 226. Veal Tea.*

Is prepared in the same manner as beef tea; and may be used under similar circumstances.

*No. 227. Chicken Tea.*

Is prepared by cutting, in small pieces, a chicken, from which the skin and fat have been removed; and then boiling the pieces, for twenty minutes, in a quart of water, with the addition of a little salt. — The tea should be poured from the meat before it is quite cold. It is useful in the same cases as beef and veal tea.

*No. 228. Toast and Water.*

May be made by pouring over toasted bread either a pint of cold or boiling water. In the latter mode it should be made some hours before it is wanted, that it may have time to become perfectly cool.

In some cases of extreme debility, isinglass is sometimes ordered to be taken in small quantities. An ounce, when dissolved in a pint of boiling water, forms, when cold, a light jelly, a tea spoonful of which may be mixed with tea, or milk and water. A very pleasant beverage may, also, be made of orange juice and water, with the addition of the isinglass jelly.

*No. 229. To preserve Grapes and other delicate fruits.*

Bunches of grapes may be preserved for some time in jars; but each bunch should be wrapped up in soft paper, and every layer of these bunches in the jar covered with well dried bran. The mouth of the jar should be covered with a bladder, or the lid be cemented on with a cement composed of two parts of the curd of skimmed milk and one of lime. But the best method of preserving grapes, is to gather the bunches on the branch to which they are attached, which should be cut about six inches from the bunch, and have both ends of it sealed with common sealingwax. These should then be hung across lines in the fruit-room, taking care, occasionally, to examine them, and clip out, with a pair of scissors, any berries that appear mouldy. If grapes that are not over-ripe be preserved in this manner, they will keep until February. Other and more delicate fruits may also be preserved by wiping them dry to clear away the moisture which they yield after gathering, and then placing them in earthen jars, and covering them with layers of dry sand of about an inch in thickness. Each jar should be well filled, closed with cement, and placed in the fruitroom or a cool place, but where it cannot be affected by frost.

## LEMON PUDDING-PIE

(See Receipt No. 92)

*Pastry for a nine inch pie*

*2 eggs, separated*

*1 cup sugar*

*3 tablespoons margarine*

*3 tablespoons flour*

*2 lemons, juice and grated rind*

*$\frac{3}{4}$  cup milk*

Bake chilled pie crust for ten minutes at 400 degrees. Beat egg whites until firm and glossy, but not dry. In a blender, put egg yolks, sugar, margarine, flour, lemon juice, grated rind and milk. Blend for thirty seconds, at high. Gently fold this mixture into the egg whites, just until well combined. Pour into partly baked pie shell, bake at 325 degrees for 50 to 60 minutes.

If no blender, just cream the margarine, add sugar and flour, cream well and add egg yolks. Beat again and add lemon juice and rind and milk. Combine with egg white as mentioned. "Paste" as mentioned in the original recipe, means "pastry".

*1 cup pastry flour*

*$\frac{1}{2}$  teaspoon salt*

*$\frac{1}{3}$  cup shortening*

*2-3 tablespoons ice water*

Cut shortening into flour and salt with a pastry blender until it resembles coarse meal. Add ice water sparingly, knead two or three times to blend, and roll out to fit pie plate.

*Here's our favorite Lemon Sponge Pudding baked in a pie crust. Easy to serve and a favorite then as now.*



**No. 230. *Proper place for preserving Roots and Fruit.***

The cellar or room where roots and fruits are to be kept should be a dry one if possible, and not subject to freezing. Small double or treble sash windows, and a double door, prevent materially the ingress of frost from these places. A plentiful supply of shelves, and hooks overhead to attach lines are desirable. Shelves fixed up in common cellars will do.

**No. 231. *To keep Onions and other Bulbous roots.***

Spread them thinly on the shelves of such a room as is recommended in receipt No. 230. Potatoes should be kept high and dry from the bottom of the cellar or they will rot, especially as the weather moderates towards spring.

**No. 232. *To preserve Cabbages, Lettuce, and other similar plants.***

These plants may be preserved throughout the winter, in a state fit for use, if they be taken out of the ground with their main roots entire, in perfectly dry weather, at the end of the season, and partially immersed in dry sand. If these and the potatoes be not put into the fruit-cellar, which might be inconvenient, they should be kept in a close dry cellar, of a cold, but not freezing temperature. See No. 230.

**No. 233. *For preserving Fruit.***

There are various methods of preserving fruit. Pears and apples, the most useful fruit in a family, are best preserved in glazed, cylindrical, earthen vessels, large enough to contain a gallon, and closely fitted with covers. One kind of apple or of pear only should be put into the same jar, which should be labelled, to prevent the necessity of opening it to ascertain the kind of fruit it contains. Each apple or pear should be



## SHORTBREAD

(See Receipt No. 104)

½ lb. unsalted butter  
 ½ cup fruit sugar  
 ½ cup rice flour  
 2 cups sifted all purpose flour

Have unsalted butter at room temperature, and cream until light and fluffy with fruit sugar. Sift both flours together and add gradually to butter and sugar mixture. Knead the cookie dough on a lightly floured board just until well blended. Wrap in plastic wrap and refrigerate overnight. Roll dough to ¼ inch thickness and cut in four inch circles, then across, both directions, to make "fans". Prick with a fork once or twice, place on an ungreased baking sheet and refrigerate for half an hour. Bake at 375 degrees for 15 minutes and cool on paper towelling.

*These cookies will "keep good" in a closed tin, (that is, if the family will leave them alone long enough.)*

wiped dry, then rolled in soft spongy paper, and placed carefully in the jar, on which, when it is full, the cover should be cemented, by means of a cement composed of two parts of the curd of skimmed milk and one of lime. These jars may be kept either in the cellar or the room but the former is the preferable situation. Pears thus preserved, will keep until February and March; but they should be taken from the jars about ten days before they are wanted for the table, and placed on the shelves of the fruit-room, and ultimately removed into a warmer room for the last three days.

Baking apples, after they have been gathered a few days,

and have, as the gardener would say, perspired, should be wiped and laid on a dry floor or shelf, and covered over with a linen cloth, which secures them from damp and frost. A woollen cloth will not answer the same purpose; and straw, which is commonly placed over them, gives them a musty and disagreeable taste. Baking pears may be kept in the same manner; but when they are of a large kind, with a strong stalk, they keep much better if they are tied to a string across the ceiling. Apples and pears for baking may be also preserved in hampers or baskets lined with thick paper; and when this method is adopted, the fruit should not be allowed to perspire, but be carried directly from the tree, and packed, carefully avoiding all sorts of bruising, and rejecting every bruised fruit. One sort of fruit only should be put into each hamper, which should be labelled.

Apples are preserved in barrels, and kept in rooms where they will not freeze.

***No. 234. To take grease spots out of clothes.***

Rub on spirits turpentine, then take alcohol and rub with a sponge, it will leave the cloth unsoiled.

***No. 235. Drying and preserving Flowers and Plants.***

Provide yourself with a few sheets of blotting paper, the number to be regulated by the juiciness of the plants; having stretched one half the paper on a table, arrange the parts of the flower or plant to be dried in the manner you think it will afterwards look the best; lay the other half of the paper over the flower or plant as harmlessly as possible; then, with a smoothing-iron, well heated, you may easily extract all the moisture. Keep moving the paper as often as it becomes wet; continue the operation until no moisture comes. The ad-

## JUMBLES

(See Receipt No. 115)

5 tablespoons shortening  
 ½ cup of brown sugar firmly packed.  
 1 egg  
 ⅓ cup molasses  
 2 teaspoons baking soda  
 2 cups flour  
 1 teaspoon ginger  
 ½ teaspoon salt  
 ⅓ cup orange juice

Cream shortening and sugar well; add egg and molasses and beat until creamy. Mix orange juice and baking soda and add alternately with flour, ginger and salt combined, to the molasses batter. Drop by tablespoonful on greased cookie sheet. Flatten with a fork dipped in water, and bake at 375 degrees about 10 minutes. Makes three and a half dozen.

*A soft, hearty, molasses cookie and less generous with the butter than great-grandmother's. Children go for "Jumbles" and you may remember them as a favorite with the characters in "Little Women".*

vantage of this method is, that the flowers so prepared, retain the original colour. If you intend the specimen for a malange, moisten one side of the flower with a strong mucilage of gum, when it will readily adhere to paper. If you wish to preserve is still farther, wash the whole repeatedly with a solution of isinglass, preparatory to its receiving a wash of copal varnish. In this way the plant may be preserved in full colour to an indefinite period. Sea-weeds preserved in the same way, look exceedingly beautiful, as their variety is endless.

***No. 236. Preserving Potatoes.***

Wash them, cut them in pieces, steep them forty-eight hours in lime water, then forty-eight hours in fresh water; dry them in an oven. One hundred parts of fresh potatoes will give thirty so prepared and dried. In this state they may be kept for years, or ground at once into flour. This flour mixed with a third part of that of rye, is said to make an excellent bread. It is likewise proposed to moisten potatoes dried as above, with olive oil, and then to grind them, and use them as coffee.

***No. 237. Preservative against Insects and Blight.***

A correspondent in a German Agricultural Journal, says, "bore a hole in the branch attacked, drop therein two drops of quicksilver, and at the end of two days, all the insects will be found dead."

***No. 238. Extracting Grease.***

If a silk or a cotton dress have been stained with grease, a very excellent method of removing the spots, without taking out the colour, is to grate raw potatoes to a pulp, in clean water, and pass the liquid through a coarse sieve, into another vessel of water; let the mixture stand till the fine white particles of the potatoes have fallen to the bottom; then pour the liquor off clear and bottle it for use. Dip a sponge in the liquor and apply it to the spot till it disappear; then wash it in clean water several times. Two middle sized potatoes will be enough for a pint of water. Be very careful not to wet more of a dress than is necessary, as some delicate colours will look slightly marked even with clean water.

*No. 239. Preparing Coffee.*

In order to roast coffee properly, the uses of roasting must not be lost sight of, namely, to destroy the hornlike tenacity of the green bean, and to develop its fine scent. Too much heat would destroy the chemical elements which ought to be preserved, and would substitute in their place others which are entirely different in quality. That fine scent which pleases so greatly the admirer of good coffee, is succeeded, when the coffee is over-roasted, by a bitter taste and burnt smell, which is far from pleasant, and even disagreeable. If, on the other hand, the roasting process is under-done, and the heat to which the beans have been exposed, has not been sufficient, then the raw smell of the coffee remains, and of course diminishes the aroma, which requires a certain heat to develop it. There is of course a just medium to be observed. Well roasted coffee ought to have a pale chocolate colour equally spread over it, which is well known to those who are in the use of performing this operation; but it is never necessary to look at the roasted beans, the scent is sufficient; for when the true aroma is developed, and fills the surrounding atmosphere with its delicious scent, then is the time to stop the roasting. After this period, the oil acquires a burnt flavour, a scent somewhat resembling that exhaled by smokers of tobacco is perceived, and instead of good roasted coffee, there is obtained a bad kind of charcoal.

Good raw coffee loses from sixteen to twenty per cent of its weight by roasting; if it loses more it is certainly over-roasted. Many different modes are used, and each has its admirers; but there is in fact only a single rule to be observed, namely, to use the proper degree of heat, and keep it up at the same point until the roasting is finished. Whether the roasting is performed in close or open vessels; whether the coffee is left to cool in the roaster, or is turned out, or even

laid between cloths, appears indifferent. If, indeed, the roasting is carried by accident too far, the coffee should be immediately spread out thin on the floor, to cool as soon as possible. — In all cases, when cold, the roasted coffee should be put into tin-plate boxes, and kept from any moisture.

It being well known that the chemical action of solvents is hastened, in general by reducing the solvent to powder; it is necessary to grind the roasted coffee more or less fine, as it is intended to use the water less or more heated. To reduce coffee to too fine a powder, although it would require only slightly warm water to extract its soluble parts, yet it would be inconvenient in other respects, for the powder would pass through the strainers of the coffee pot, and by also remaining suspended in the water, would render the clearing of the drink difficult. At all events, roasted coffee should never be ground but the moment before it is used, as otherwise it loses much of its fine scent.

It now remains only to say a few words respecting the making of the ground roasted coffee into drink — and here the grand points are, not to lose the fine aroma, and not to extract the bitter, acrid, resinous element of the coffee. To avoid both these inconveniences, it is necessary that the coffee drink should not be made with too much heat; as this would dissipate the aroma in vapours, and cause the water to dissolve the resin. The coffee, therefore, must not be boiled in the water, and still less is it proper to boil the grounds over again with fresh water, as is done by some persons. Coffee drink made from the grounds, when it is added to that made from fresh ground coffee, gives it indeed a fine deep colour, but the taste of the drink is very bad.

It is not even necessary to pour boiling or even warm water on the ground coffee; cold water, if sufficient time is allowed, makes equally good coffee drink, for the elements to be ex-

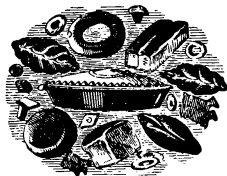
## POUND CAKE

(See Receipt No. 139)

$\frac{1}{2}$  cup margarine  
 $\frac{1}{2}$  cup white sugar  
 $\frac{1}{4}$  cup shortening  
 $\frac{1}{2}$  cup corn syrup  
 1 teaspoon vanilla  
 3 eggs  
 1 tablespoon grated orange rind  
 2 cups sifted cake flour  
 $\frac{1}{2}$  teaspoon baking powder

Grease and line a loaf pan, 9 x 4 x 3 with heavy brown paper, and grease again. Whirl the first seven ingredients in a blender for thirty seconds, at high speed and pour into a mixing bowl. Sift the flour and baking powder. Combine well with blended liquids in three additions. Bake at 300 degrees for one and one quarter hours until firm and golden brown. To enhance the flavour, store when cool for a week before cutting. Pleasant additions are  $\frac{1}{4}$  cup caraway seeds (for old fashioned "seedy cake") or  $\frac{1}{2}$  cup raisins and  $\frac{1}{2}$  cup chopped citron peel. If no blender, beat the first seven ingredients, in given order, until light and fluffy, with an electric mixer. Continue as above.

*Pound cake was originally named for the "pound of sugar, pound of flour" etc., found in the original recipe; an old tale heard often. This modern pound cake is quicker, easier, and cheaper, yet with the same great flavour, texture and versatility as of old.*



tracted from the roasted coffee are extremely soluble in water.—But if the coffee drink is required to be prepared in haste, hot water must be used.

It is universally agreed on by the French amateurs of coffee, that coffee drink is never so good as when, after being made with cold water, or with hot water and cooled, it is heated over again, carefully avoiding a boiling heat. This heating over again is supposed to cause the various elements which produce the fine flavour of this drink, to unite more intimately: and this may be the real fact. The excellency of the coffee sold at Paris is well known; and this is always made one day and heated over again the next day, when wanted. A further advantage attends this knowledge, of consequence to single persons who, in summer time, do not keep a fire in their chambers, that by merely pouring cold water on the ground coffee over night, and straining it in the morning, the strained liquor may while they are dressing, be heated sufficiently for drinking, over a lamp; and this gives coffee a superiority over tea for the breakfast of such persons: as tea requires the water to be boiling hot, in order to extract its virtues; and of course requires a fire to be lighted.

*No. 240. Washing cottons and linen.*

Never wash muslins, or any kind of white cotton goods, with linen; for the latter deposits or discharges a gum and colouring matter every time it is washed, which discolours and dyes the cotton. — Wash them by themselves.

*No. 241. New method of making Jelly.*

Press the juice from the fruit; add the proper proportion of sugar, and stir the juice and sugar until the sugar is completely melted; put it into jars, and, in twenty-four hours, it will become of a proper consistence. By this means, the



### "PUMPKION PIE"

(See Receipt No. 145)

1 unbaked deep 9 or 10 inch pie shell, chilled  
 ¾ cup mincemeat  
 1½ cups evaporated milk  
 3 tablespoons butter  
 2 eggs  
 1¼ cups brown sugar  
 ½ teaspoon salt  
 1 teaspoon cinnamon  
 ½ teaspoon mace  
 ¼ cup maple syrup  
 1½ cups cooked canned pumpkin

Spread mincemeat in a thin even layer in the bottom of the unbaked pie shell. Scald together the evaporated milk and butter. Beat eggs, add brown sugar and beat again. Add salt, cinnamon, mace, maple syrup and pumpkin and blend well. Add the scalded milk and butter. When well combined, pour over the mincemeat pie shell. Bake at 450 degrees for twenty minutes, and at 350 degrees for about 35 minutes or more, or until a silver knife inserted in the centre, comes out clean.

*A favourite for many years, brought up to date.*

trouble of boiling is avoided, and the jelly retains more completely the flavour of the fruit. Care should be taken to stir the mixture until the sugar is completely melted, and fine sugar should be used.

#### **No. 242. Yest.**

To ten pounds of flour add two gallons of boiling water; stir it well into a paste; let this mixture stand for seven hours,

and then add about a quart of yest. In about six or eight hours this mixture, if kept in a warm place, ferments, and produces as much yest as will bake an hundred and twenty quartern loaves.

*No. 243. A good bread.*

A mixture of two parts flour, and one potatoe, makes an agreeable bread, which cannot be distinguished from wheaten bread. It is said that not less than three hundred tons of potatoes are consumed for this purpose in London every week.

*No. 244. Cottage Beer.*

Take a peck of good sweet wheat bran, and put it into ten gallons of water with three handfuls of good hops. Boil the whole together in an iron, brass, or copper kettle, until the bran and hops sink to the bottom. Then strain it through a hair sieve or a thin sheet, into a cooler, and when it is about luke-warm, add two quarts of molasses. As soon as the molasses is melted, pour the whole into a nine or ten gallon cask, with two table spoonfuls of yest. When the fermentation has subsided, bung up the cask, and in four days it will be fit for use.

*No. 245. Foul air in Wells.*

The following simple, but certain preservative, is recommended to all persons who follow subterraneous occupations. — When a well, vault or drain has been enclosed a considerable time, in order to disperse and rectify the suffocating air, at first opening throw down six or more pails of water, and after waiting a quarter of an hour, any one may venture down; the like method should be observed in sinking new wells, especially if the works have been discontinued any length of time.

*No. 246. To wash printed Calicoes.*

Use as little soap as possible, and not with hot water; put in a little pot-ashes, lie or pearlash, and gently swill them, taking care not to rub the cloth too much; wring it out in cold water, and dry it in the open air. By this means many colours are improved — all indeed but such as are mere water colours, and of this kind good cloths are seldom printed.

*No. 247. To prevent Moths.*

In the month of April beat your fur garments well with a small cane or elastick stick, then lap them up in linen without pressing the fur too hard, and put between the folds some camphor in small lumps; then put your furs in this state in boxes well closed.

When the furs are wanted for use, beat them well as before, and expose them for twenty-four hours to the air, which will take away the smell of the camphor.

If the fur has long hair, as bear or fox, add to the camphor an equal quantity of black pepper in powder.

*No. 248. To prevent disagreeable smells in sinks, etc.*

There is generally a close conductor attached to the spout of a sink. In this conductor let a well fitted trap door, or damper, made of tin, sheet iron or wood be inserted, having the arbours or bearings so far on one side of the centre as to cause it to shut of itself after letting the liquid pass through. Checks should be placed under the heavy end of the trap so as to keep it horizontal to the pitch of the conductor when in a quiescent state. Any common house joiner or similar mechanick would sufficiently understand from this description how to put one in.

*No. 249. To make Sticking Paste.*

Every good housewife should know how to make paste, but few do, however. Take wheat or rye flour and stir into cold water until of the thickness of cream, heat it and stir up from the bottom until the whole creamlike appearance has dispersed when it is ready for use.

N. B. To make a very small quantity for some trifling purpose, you have only to mix as above in a spoon and hold it over the blaze of a lamp or candle, and by stirring, it almost instantly becomes good paste.

*No. 250. To transplant trees.*

Let the trees be taken up with as little injury to the roots, and retaining as much of the earth as possible. Saw off the main trunk at such height as you please, also all the limbs, some close to the trunk, others three or four inches from it. Cover where sawed off with tallow, tar and rosin, melted and partly cold. Do not be afraid of this operation; the top will again grow out, in handsome shape too, as soon as the roots will bear one.

In setting out the tree, if any thing more than a mere shrub, let a circular hole as much as four feet across and one and a half feet deep be dug, throwing the turf and top soil in one place and the hardpan in another; throw into the centre a little mound composed of the turf and top soil until high enough to bring your tree up to where you wish it, let it be held upright whilst the roots are carefully laid in their natural position and more of the top soil dashed in around with a shovel. Finish filling up with your hardpan dirt mixed with old foul grass or straw from horse manure with the manure partly shaken out beforehand. After having nearly filled up, tread down the earth observing to keep the tree perpendicular. The earth

## FLOATING ISLAND

(See Receipt No. 155)

*1½ cups milk, scalded*  
*1 egg and two egg yolks*  
*¼ cup sugar*  
*¼ teaspoon salt*  
*2 tablespoons sherry*  
*¼ cup pineapple jam*  
*Meringue: 2 egg whites*  
                   *1½ tablespoons fruit sugar*

Scald the milk in the top of a double boiler. Beat with a fork, one egg and two yolks, sugar and salt until well blended, and add to the scalded milk. Cook over hot, but not boiling water, for ten minutes, stirring frequently. When the custard is smooth and thickened, remove from heat, cool, and add sherry. Chill well.

Make meringue by beating egg whites until soft, stiff and frothy, and add the sugar gradually; continue to beat until stiff and glossy peaks are formed. Drop mounds of meringue on top of a pan of hot water (they float) and brown lightly in a 350 degree oven for ten to fifteen minutes. Lift off with a spatula. To assemble "Floating Island" — pour chilled custard in glass serving dishes, add a spoonful of pineapple or ginger marmalade if desired, and top with a mound of meringue. Serves four.

thrown into this excavation operates as a sponge upon the adjacent ground, drawing sufficient moisture let the summer be ever so dry.

N. B. All shrubbery thrives infinitely better by having the excavation made very large.

**No. 251. *To clean and renew the appearance of painted wood work.***

Dissolve pearlash in water until it becomes slippery; with a sponge or cloth try it on the paint to see if it pretty readily removes fly specks &c. if you judge it too weak add more pearlash till right. Then as with water freely wash your paint, but immediately, say in three or four minutes, follow with water, wiping dry as you can, and end the process by rubbing the parts entirely dry with a dry woollen cloth.

N. B. Be careful not to scatter the pearlash water where it will lay and considerable length of time for it will dissolve or cut through the paint to the wood.

**No. 252. *To kill grass that springs up in seams of flagging or gravel walks.***

Meat brine, or strong salt and water, poured into the seams of flagging or sprinkled freely on gravel walks, for a few times, with three or four days' interval, will completely kill the roots of grass or weeds. — Some people employ a man for a whole day, say twice in the summer to cut out with a case knife, what brine would destroy with a fiftieth part of the trouble.

**No. 253. *To make a whitewash that will preserve its whiteness and not rub off.***

Bruise or scrape raw potatoes and wash the same until you have procured potatoe starch enough for your purpose, (or take common starch,) make it up as common starch for starching clothes and add it to whiting and water made of the right consistence for whitewash, and mix the whole well together. Let the water be a little warm that the starch may more readily mix with the wash.

## CHEESE AND BACON MUFFINS

(See Receipt No. 178)

6 strips of lean bacon  
 2 cups sifted flour  
 4 teaspoons baking powder  
 2 tablespoons sugar  
 ½ teaspoon salt  
 1½ cups grated sharp cheese  
 1 cup milk  
 1 egg  
 3 tablespoons margarine, melted.

Heat oven to 375 degrees. Grease muffin tins well. Fry bacon until crisp, drain dry and snip into small pieces. Combine flour, baking powder, sugar, salt, grated cheese and bacon bits in a mixing bowl. Beat egg, milk and melted margarine together. Pour the liquids into the combined dry ingredients and mix only until well blended. Fill prepared tins  $\frac{2}{3}$  full and bake twenty minutes.

*These muffins are good served hot, with marmalade.*

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### ***No. 254. The only sure way to stop the blaze of a female's dress when accidentally caught on fire.***

If children or adults, let them prostrate themselves on the floor as soon as the clothes are discovered to be on fire and commence rolling in such a manner as to smother the flames, and let blankets, water, or any thing else at hand, be applied as soon as assistance comes. Many fatal accidents might be prevented by observing the above. To stand upright or run is sure destruction.

*No. 255. To remove spots or stains from linen or cotton.*

Put a small quantity of brimstone into a skillet or some such iron vessel and drop in a live coal of fire; having first wet the stained spot with water, lay the cloth over the vessel so as to let the fumes have full access to the stained spot; it will soon disappear or become loose so as to wash out.

N. B. As iron rust spots are pretty obstinate the better way to serve these, is to take, say one part muriatick acid, three parts water, wet the spot and lay the same over a teapot containing boiling water; repeat the operation if necessary.

*No. 256. To remove glass stopples when fast.*

Take a cloth dipped in warm water, (if in cold weather see that the frost is out of your bottle,) wrap around the neck several folds and let it stand a short time, trying the stopple occasionally until it comes out.

*No. 257. To prevent wooden ware from cracking.*

After washing wooden bowls, trays etc. lean them up against something in the pantry, or any where in the shade to dry, and they seldom crack. The fire or sun inevitably ruins them.

*No. 258. To sweeten musty tubs or casks.*

After scalding and otherwise washing the cask clean, capsize it over a portable furnace or kettle, containing charcoal newly set on fire, and let it stand eight or ten minutes, or until partially dried. Let the cask be raised a little so as not to smother the fire. If several casks are to be rectified, throw some small bits of coal on to the furnace each time.



**No. 259. *To preserve Parsnips, Carrots, and Beets all the winter.***

A little before the frost sets in, draw your beets or parsnips out of the ground, and lay them in the house, burying their roots in sand to the neck of the plant, and ranging them one by another in a shelving position; then another bed of sand, and another of beets, and continue this order to the last. By pursuing this method, they will keep very fresh. When they are wanted for use, draw them as they stand, not out of the middle or sides.

**No. 260. *To take mildew out of linen.***

Take soap, and rub it well: then scrape some fine chalk, and rub that also in the linen; lay it on the grass; as it dries, wet it a little, and it will come out at twice doing.

**No. 261. *Necessity of taking off superfluous suckers from shrubs.***

Many flowering shrubs put out strong suckers from the root, such as lilacks, syringa, and some of the kinds of roses, which take greatly from the strength of the mother plant; and which, if not wanted for the purpose of planting the next season, should be twisted off, or otherwise destroyed.

**No. 262. *Eggs, to keep.***

Lest some may think the receipt No. 206 not particular enough we give what may be considered the father of it, which a Mr. Jayne, of Sheffield, England, obtained a patent for in 1791. His receipt is on a large scale to be sure, but a rule below it, to reduce in the same ratio, accommodates it to family use.

“Put into a tub or vessel one bushel of unslacked lime,

## FLOWER POT BREAD

(See Receipt No. 180)

*Temper new clay flower pots — 4 inch pots or 6 inch pots by rubbing inside and out, with salad oil. Bake, well apart on a cookie sheet at 450 degrees for one hour. When ready to use, oil the inside again, and cover the hole with a small circle of oiled foil. It is not necessary to wash the pots after each use, simply wipe clean with paper towelling.*

*2 medium potatoes  
2 cups potato water, unsalted  
3 teaspoons salt  
2 tablespoons sugar  
2 tablespoons shortening  
2 tablespoons yeast  
2½ cups flour (white)  
2 cups whole wheat flour  
½ cup of flour for kneading  
2 tablespoons oil for bowl*

Scrub potatoes well and boil in water until tender. Strain two cups of potato water into a large bowl. Peel and mash the potatoes until free from lumps, (or use a

thirty-two ounces of salt, eight ounces of cream of tartar, and mix the same together with as much water as will reduce the composition, or mixture, to that consistence, that it will cause an egg put into it to swim with its top just above the liquid: then put, and keep the eggs therein, which will preserve them perfectly sound for the space of two years at the least.”

It will be seen that *one ounce* of salt, and a *quarter ounce* of cream of tartar, to every quart of lime before slackened, are the proportions. The quantity of water is well enough described above. For more particulars see No. 206.

potato ricer) and add to water. Add salt, sugar, shortening and cool to lukewarm. Sprinkle yeast on top, and let stand for ten minutes. Beat down the yeast, and add the flour, by cupfulls. Knead on a well floured board until dough is a smooth ball — about four minutes. Pour oil into bowl, add dough, and turn it upside down to have all surfaces oiled. Cover with plastic wrap, and set to rise for an hour in a warm place. Punch down dough and divide into flour pots, rubbed inside with oil. Let rise again until doubled in bulk (about an hour) and bake at 400 degrees for 35 to 45 minutes. Makes three 4 inch pots and one 6 inch pot.

*Grandmother makes no mention of "kneading" in her recipes, and modern ones invariably tell us to "Knead for ten minutes". However, if one's muscles cry for mercy after four minutes, the results with this recipe will be quite satisfactory. The use of potato water and mashed potato adds body and flavour, and the bread stays fresh longer. The flavour of bread baked in clay flowerpots is redolent of brick oven bread.*

***No. 263. Another manner of preserving Eggs perfectly fresh, for twelve months.***

An easy way of preserving eggs is to rub the outside of the shell as soon as gathered from the nest, with a little butter, or any other grease that is not fetid. By filling up the pores of the shell, the evaporation of the liquid part of the egg is prevented; and either by that means, or by excluding the external air, the milkiness which most people are fond of in new-laid eggs, will be preserved for months, as perfect as when the egg was taken from the nest.

***No. 264. To wash Woollen so as not to shrink or Full.***

Never rub soap on to woollen, but previously make your suds, wash, throw them into another tub and pour on clean hot water, and let them lie until cool enough to wring out.

***No. 265. Yests.***

Many people are not aware of the difference between brewer's and other yests, such as distiller's. A wedding day was set; to make a wedding cake the cookery book said, "take one pint of yeast," when unluckily brewer's was used; the cake as spoiled and the wedding postponed.

Half a teacupful of brewer's yeast is as much in effect as a pint or even a quart of distiller's. For the manner of using both see No. 103. Distiller's yeast is always meant if not contradicted.

***No. 266. To expel nameless intruders from children's heads.***

Steep larkspur seed in water, rub the liquor a few times into the child's hair, and the business of destruction is done. This is an effectual remedy. Does it not make your head itch?

***No. 267. To wash white Marino Shawls.***

Wash the shawl in fair suds made before hand; rub no soap on to the shawl, rinse in fair warm water, with two changes if you please; then take a solution of gum Arabick and add to warm water till you think it will produce a little stiffness like starch when dry. Press with a moderately hot iron, before quite dry, laying a clean cotton or linen cloth between the iron and the shawl.

**No. 268. *To manage Feather Beds.***

As often as a bed is thought to need airing, lay it exposed to the out door air, high and dry from the ground, and in the shade. Do not lay out until the sun has been up long enough to drive away the morning moisture, and take in before evening.

It is an erroneous notion that beds should be exposed to the sun. The warmth extracts the oily matter in the quill end of the feathers and makes them rancid. By being always aired in the shade, this oily substance in time becomes concrete and inodorous.

**No. 269. *To clean Brass.***

Take a rag wet with spirits turpentine, and dabble in rotten stone and rub your ornaments; after which finish with a dry rag and rotten stone.

**No. 270. *To preserve furs from Moths.***

Sprinkle in Scotch snuff plentifully to the roots of the furs, tie in a pillow case and hang up or lay away where they will not be likely to have other things thrown on them. When wanted, let them lie one day in the sun, whipping them first, and they are ready for use.

**No. 271. *Dried Beef.***

Beef is always corned and dried in the course of the winter months; the method of pickling which, has already been spoken of in No's. 1, 2, 3, and the *caution* under No. 4. Before fly time in the spring, make flannel bags into which put and tie up closely your drier beef and hang up in a dry cool place.

*No. 272. To keep Hams in the summer.*

There are various methods, but the most sure is, before fly time, to roll each ham in a cloth or wrap faithfully in swingle tow, and lay down in a barrel packed in charcoal some broken, so as to pack close, or common house ashes. Let them be completely covered and enclosed on all sides, to guard against the ingress of flies, and you have nothing else to fear.

There is another way which we have known to succeed for several years in succession, and the philosophy of the process is good: Before fly time in the spring make a bag for each ham out of good thick factory cloth, dip it in strong salt and water and dry, alternately, for three or four times, when put in your hams, tie up close, and hang up in a dry cool place. The cloth becomes saturated with salt, which on drying, chrystalizes, and forms an impervious barrier to flies and is quite air tight.

*No. 273. Observations on Puddings and Pies.*

The quality of the various articles employed in the composition of puddings and pies varies so much, that two puddings, made exactly according to the same receipt, will be so different one would hardly suppose they were made by the same person, and certainly not with precisely the same quantities of the (apparently) same ingredients. Flour fresh ground, pure new milk, fresh laid eggs, fresh butter, fresh suet, &c. will make a very different composition, than when kept till each article is half spoiled.

Plum puddings, when boiled, if hung up in a cool place in the cloth they are boiled in, will keep good some months; when wanted, take them out of the cloth, and put them into a clean cloth, and as soon as warmed through, they are ready.

MEM. — In composing these receipts, the quantities of eggs, butter, &c. are considerably less than are ordered in other cookery books; but quite sufficient for the purpose of

making the puddings light and wholesome; — we have diminished the expense, without impoverishing the preparations; and the rational epicure will be as well pleased with them as the rational economist.

Milk, in its genuine state, varies considerably in the quantity of cream it will throw up, depending on the material with which the cow is fed. The cow that gives the most milk does not always produce the most cream, which varies fifteen or twenty per cent.

Break eggs one by one into a basin, and not all into a bowl together; because then, if you meet with a bad one, that will spoil all the rest: strain them through a sieve to take out the treddles.

Flour varies in quality as much as any thing.

Butter also varies much in quality. — Salt butter may be washed from the salt, and then it will make very good pastry.

Lard varies extremely from the time it is kept &c. When you purchase it, ascertain that it be sweet and good.

Suet. Beef is the best, then mutton and veal; when this is used in very hot weather, while you chop it, dredge or sprinkle it lightly with a little flour.

Beef-marrow is excellent for most of the purposes for which suet is employed.

Drippings, especially from beef, when very clean and nice, are frequently used for every-day crusts and pies, and for such purposes are a satisfactory substitute for butter, lard, &c.

Currants, previous to putting them into the pudding, should be swelled or plumped: this is done by pouring some boiling water upon them: wash them well, and lay them on a sieve or cloth before the fire; pick them clean from the stones; — this not only makes them look better, but cleanses them from all dirt.

Raisins, figs, dried cherries, candified orange and lemon-peel, citron, and preserves of all kinds, fresh fruits, gooseberries, currants, plums, damsons, etc. are added to batter and suet puddings, or enclosed in the crust intended for apple dumplings, and make all the various puddings called by those names.

Batter puddings must be quite smooth and free from lumps; to ensure this, first mix the flour with a little milk, add the remainder by degrees and then the other ingredients.

If it is a plain pudding, put it through a hair sieve; this will take out all lumps effectually.

Batter puddings should be tied up tight; if boiled in a mould, butter it first; if baked, also butter the pan.

Be sure the water boils before you put in the pudding, and keep it steadily boiling all the time; — if your pot or vessel sets in contact with the coals the pudding often burns.

Be scrupulously careful that your pudding cloth is perfectly sweet and clean; wash it without any soap, unless very greasy; then rinse it thoroughly in clean water after. Immediately before you use it, dip it in boiling water; squeeze it dry, and dredge it with flour.

If your fire is very fierce, mind and stir the puddings every now and then to keep them from sticking to the bottom of the saucepan; if in a mould, this care is not so much required, but keep plenty of water in the saucepan.

When puddings are boiled in a cloth, it should be just dipped in a basin of cold water, before you untie the pudding cloth, as that will prevent it from sticking; but when boiled in a mould, if it is well buttered, they will turn out without. Custard or bread puddings require to stand five minutes before they are turned out. They should always be boiled in a mould or cups.



Keep your paste board, rolling pin, cutters, and tins very clean: the least dust on the tins and cutters, or the least hard paste on the rolling pin, will spoil the whole of your labour.

Things used for pastry or cakes should not be used for any other purpose; be very careful that your flour is dried at the fire before you use it, for puff pastes or cakes; if damp it will make them heavy.

In using butter for puff paste, you should take the greatest care to previously work it well on the paste board or slab, to get out all the water and buttermilk, which very often remains in; when you have worked it well with a clean knife, dab it over with a soft cloth, and it is then ready to lay on your paste; do not make your paste over stiff before you put in your butter.

For those who do not understand making puff paste, it is by far the best way to work the butter in at two separate times, divide it in half, and break the half in little bits, and cover your paste all over: dredge it lightly with flour, then fold it over each side and ends, roll it out quite thin, and then put in the rest of the butter, fold it, and roll it again. Remember always to roll puff paste from you. The best made paste, if not properly baked, will not do the cook any credit.

Those who use iron ovens do not always succeed in baking puff paste, fruit pies, &c. Puff paste is often spoiled by baking it after fruit pies, in an iron oven. This may be easily avoided, by putting two or three bricks that are quite even into the oven before it is first set to get hot. This will not only prevent the sirup from boiling out of the pies, but also prevent a very disagreeable smell in the kitchen and house, and almost answers the same purpose as a brick oven.



**No. 274. *An excellent Ketchup which will keep good more than twenty years.***

Take two gallons of stale strong beer, or ale, the stronger and staler the better; one pound of anchovies, cleansed from the intestines and washed, half an ounce each of cloves and mace, one quarter oz. of pepper, six large roots of ginger, one pound of eschalots, and two quarts or more of flap mushrooms, well rubbed and picked. Boil these ingredients over a slow fire for one hour; then strain the liquor through a flannel bag, and let it stand till quite cold, when it must be bottled and stopped very close with cork and bladder, or leather. One spoonful of this ketchup to a pint of melted butter, gives an admirable taste and colour, as a fish sauce, and is by many preferred to the best Indian soy.

**No. 275. *To die Cotton Yarn of a deep blue.***

Take one pound of logwood chipped fine or pounded, boil it in sufficient quantity of water until the whole colouring matter is extracted; then take about one half gallon of this liquor, and dissolve in it one ounce of verdigris and about the like quantity of alum; boil your yarn meantime in the logwood water for one hour, stirring it well and keeping it loose.

Take out your yarn, and mix the half gallon containing the verdigris and alum with the other, then put your yarn into the mixture and boil it four hours; stirring it, and keeping it loose all the time, and taking it out once every hour, to give it air, after which dry it, then boil it in soap and water, and it is done.

The above preparation will die six pounds of cotton yarn an elegant deep blue. After which put as much yarn into the same liquor and boil it for three hours, stirring it as before, and you will have a good pale blue, or if you wish for an elegant

green, boil hickory bark in the liquor and it will produce it.

This receipt has been proved satisfactorily from experience, and it is a cheap mode of obtaining the above mentioned colours.

**No. 276. *Dutch Beef.***

Take the lean part of a round of beef, rub it well, all over with brown sugar, and let it remain so five or six hours, turning it as many times in the pan or tray where it is placed; then, salting it well with common salt and saltpetre, let it remain a fortnight, only turning it once a day. At the end of that time, roll it up very tightly in a coarse cloth, set it in a cheese or other press, for a day and a night, and hang it to dry in the smoke of a chimney where a wood fire is kept. It should be boiled in a cloth; and when cold, is to be cut off in thin slices for use.

**No. 277. *A cheap and excellent Custard.***

Boil in a quart of milk, a little lemon peel, a small stick of cinnamon, and a couple of peach-leaves, sweeten it with a few lumps of sugar, and rubbing down smoothly two table-spoonfuls of rice flour in a small basin of cold milk, mix it with the beaten yelk of a single egg, then take a basin of the boiling milk, and well mixing it with the contents of the other basin, pour the whole into the remainder of the boiling milk, and keep stirring it all one way, till it begins to thicken, and is about to boil; it must then instantly be taken off and put into a pan, stirred a little together, and it may be served up either together in a dish, or in custard-cups, to be eaten hot or cold.



**No. 278.** *Curious and simple manner of keeping Apricots, Peaches, Plums, etc., fresh all the year.*

Beat well up together equal quantities of honey and spring water; pour it into an earthen vessel, put in the fruits all freshly gathered and cover them up quite close. When any of the fruit is taken out, wash it in cold water, and it is fit for immediate use.

**No. 279.** *Art of Dying or staining leather Gloves to resemble the beautiful York tan, Limerick dye, etc.*

These different hues of yellow brown, or tan colour, are readily given to leather gloves by the following simple process. — Steep saffron in boiling hot soft water for about twelve hours; then, having slightly sewed up the tops of the gloves, to prevent the die from staining the insides, wet them over with a sponge or soft brush, dipped into the liquid. The quantity of saffron, as well as of water, will of course depend on how much die may be wanted; and their relative proportions, on the depth of colour required. A common tea cup will contain a sufficient quantity for a single pair of gloves.

**No. 280.** *Cheap and excellent Blue for Ceilings, etc.*

Boil slowly, for three hours a pound of blue vitriol, and half a pound of the best whiting, in about three quarts of water; stir it frequently while boiling, and also on taking it off the fire. When it has stood till quite cold, pour off the blue liquor; — then mix the cake of colour with good size, and use it with a plasterer's brush in the same manner as white-wash, either for walls or ceilings.

## TEA BISCUITS

(See Receipt No. 176)

$\frac{3}{4}$  cup lukewarm milk  
 1 tablespoon sugar  
 1 envelope yeast  
 2 cups all purpose flour  
 1 teaspoon salt  
 $\frac{1}{3}$  cup melted butter

Dissolve sugar in the warm milk, add the yeast and let stand for ten minutes. Mix flour and salt in a bowl. Add melted butter, partially blend; beat yeast and milk with a fork, and add to flour, salt and butter. Blend and turn out on a floured board. Knead until only smooth, about twenty times. Roll out, half an inch thick, and cut with a cookie cutter. Place on a greased cookie sheet in a warm place. Let batter rest and rise for  $\frac{1}{2}$  to  $\frac{3}{4}$  of an hour. Bake at 425 degrees for ten to twelve minutes.

*Here is a quick bread that is almost like a dinner roll. In fact it could be described as "half tea biscuit, half dinner roll." Yeast, as the pioneers used it, instead of our customary baking powder, gives a distinctive flavour. The experimental cook could add herbs (dill weed) or spices, or  $\frac{1}{2}$  cup of grated cheese, as desired. These "Tea Biscuits" are also good split and toasted.*

### **No. 281. Ready mode of mending cracks in Stoves, Pipes, and Iron Ovens.**

When a crack is discovered in a stove, through which the fire or smoke penetrates, the aperture may be completely closed in a moment with composition consisting of wood ashes and common salt, made up into a paste with a little water, and plastered over the crack. The good effect is equally certain, whether the stove, etc. be cold or hot.

**No. 282. *Dairy secret for increasing the quantity of Cream.***

Have ready two pans in boiling water; and on the new milk's coming, take out the hot pans, put the milk into one of them, and cover it over with the other. This will occasion, in the usual time, a great augmentation of the thickness and quantity of the cream.

**No. 283. *Tincture for the Teeth and Gums.***

Mix six ounces of the Peruvian bark with half an ounce of sal ammoniac. — Shake them well a few minutes every time before the tincture is used. The method of using it is, to take a tea spoonful and hold it near the teeth; then with a finger dipped in it rub the teeth and gums, which are afterwards to be washed with warm water. This tincture not only allays the toothache, but preserves both the teeth and gums, and makes them adhere to each other.

**No. 284. *An admirable beverage for a weak Constitution.***

Boil as much pearl, or Scotch barley, in pure water, as will make about three pints, then straining it off, and, having in the meantime, dissolved an ounce of gum Arabick in a little water, mix them, and just boil the whole up together. The barley water need not be thick, as the gum will give it sufficient consistence. It must be used milk warm, and substituted as a common drink in place of beer, etc. at meals.

**No. 285. *French method of purifying rancid or tainted Butter.***

Let the butter be melted and scummed as for clarifying, then put into it a piece of bread well toasted all over. In a minute or two the butter will lose its offensive taste and smell, but the bread will become perfectly fetid.

**No. 286. *Permanent Red Ink for marking Linen.***

Take half an ounce of vermillion, and a drachm of salt of steel, or copperas, let them be finely levigated with linseed oil, to the degree of limpidity required for the occasion. This ink, it is said, will perfectly resist the effects of acids, as well as of all alkaline lies. It may be made of other colours, by substituting the proper articles instead of vermillion, and may be used with other types, a hair pencil, or even a pen, but in the latter case it will be necessary to thin it still more than it can be done by oil, by the addition of spirits of turpentine, so as to enable it to flow.

**No. 287. *Mode of whitening Straw for Bonnets.***

In 1806 a new method of whitening straw was discovered in Germany. This consists of steeping it in muriatick acid saturated with potash. The straw thus prepared never turns yellow, is of a shining white, and acquires great flexibility.

**No. 288. *For the cure of Corns, Callous Heels, etc.***

Melt any quantity of common soap, by putting it in small pieces into any vessel, placed in a saucepan of hot water over the fire. When melted, add to it an equal quantity of coarse sea sand, sifted, however, from the very coarsest particles, still keeping it over the fire, until the sand becomes equally hot with the soap. — Then pour it into a cup or glass, to serve as a mould, keeping the mould hot by means of hot water, or otherwise, until the mixture is completely pressed into a solid mass. When it becomes hard, this washball, rubbed occasionally with warm water, against corns, or callous heels, will render them quite soft and easy.

**No. 289. *Preserved apples.***

Make a sirup of sugar and water, into which put a stick of cinnamon, and some orange peel, clarify it with the white of an egg, boil it and strain it, then put in the apples whole, pared or otherwise, as you like, and stew them over a moderate fire till they look clear.

**No. 290. *An excellent way to preserve Pumpions.***

Boil and strain them through a sieve fit for pies, put them into dishes and dry them in the oven or sun till hard and dry — lay them up for use and they will keep for years. When to be used, dissolve it in milk and it is as good as when first boiled.

**No. 291. *Arrow Root Jelly for sickness.***

If genuine, is very nourishing, especially for weak bowels. Put into a saucepan half a pint of water, a glass of sherry, or a spoonful of brandy, grated nutmeg and fine sugar; boil once up, then mix it by degrees into a dessert spoonful of arrow root, previously rubbed smooth with two spoonfuls of cold water; then return the whole into the saucepan: stir and boil it three minutes.

**No. 292. *Eggs for sickness.***

An egg divided, and the yelk and white beaten separately, then mixed with a glass of wine, will afford two very wholesome draughts, and prove lighter than when taken together.

Eggs very little boiled, or poached taken in small quantity, convey much nourishment; the yelk only, when dressed, should be eaten by invalids.



**No. 293. *Caudle for sickness.***

Into a pint of fine gruel, not thick, put, while it is boiling hot, the yolk of an egg beaten with sugar, and mixed with a large spoonful of cold water, a glass of wine and nutmeg. Mix by degrees. It is very agreeable and nourishing. Some like gruel, with a glass of table beer, sugar, etc. with or without a tea spoonful of brandy.

**No. 294. *A Flour Caudle for sickness.***

Into five large spoonsful of the purest water, rub smooth one desert-spoonful of fine flour. Set over the fire five spoonsful of new milk, and put two bits of sugar into it: the moment it boils, pour into it the flour and water: and stir it over a slow fire twenty minutes. It is a nourishing and gently astringent food. This is an excellent food for babies who have weak bowels.

**No. 295. *To mull Wine.***

Boil some spice in a little water till the flavour is gained, then add an equal quantity of port, Maderia, or sherry, some sugar and nutmeg; boil together, and serve with toast.

**No. 296. *Coffee Milk for sickness.***

Boil a desert-spoonful of ground coffee, in nearly a pint of milk, a quarter of an hour; then put into it a shaving or two of isinglass, and clear it; let it boil a few minutes, and set it on the side of the fire to grow fine.

This is a very fine breakfast; it should be sweetened with sugar of a good quality.

*No. 297. Apple Water for sickness.*

Cut two large apples in slices, and pour a quart of boiling water on them; or on roasted apples; strain in two or three hours, and sweeten lightly.

*No. 298. A Moorish method of cooking beef, as described by Capt. Riley, the shipwrecked mariner.\**

“Mr. Willshire’s cook had by this time prepared a repast, which consisted of beef cut into square pieces, just large enough for a mouthful before it was cooked; those were then rolled in onions, cut up fine, and mixed with salt and pepper; they were in the next place put on iron skewers and laid horizontally across a pot of burning charcoal, and turned over occasionally, until perfectly roasted.” [*Query*. — Does he mean that the skewers be run through the pieces of meat? we think he must, as it would be difficult to make such small pieces lie *on the skewers*, without falling through into the fire; especially when the meat came to be turned.] “This dish, continues Capt. Riley, “is called *cubbub*, and in my opinion far surpasses in flavour the so much admired beef-steak; as it is eaten hot from the skewers, and is indeed an excellent mode of cooking beef.”

*Remark*. — How would it do to cut up flakes here and there on our common steak pieces, and put under pieces of raw onion, pepper and salt, and fasten the flap down by means of little wooden pins or pegs, to be pulled out after cooking?

*No. 299. To pickle Peppers.*

Take out the insides, put them into a brass kettle of water, let them scald, but not boil, for four days in succession, afterwards put them into cold vinegar.

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\* See page 111

## CAPT. RILEY'S CUBBUBS

(See Receipt No. 298)

*1½ lb. sirloin steak, 1 inch thick, cut in 1 inch cubes*  
*2 teaspoons seasoned meat tenderizer*  
*4 quartered tomatoes*  
*2 tablespoons dry mustard*  
*16 whole mushroom caps, washed.*  
*1 large onion quartered, separated into layers*  
*1 green pepper, cut in 1 inch squares*

*Marinade for steak as follows:*

*¼ cup dry vermouth*  
*¼ cup cider vinegar*  
*¼ cup salad oil*

*Mock Bordelaise Sauce:*

*1 can golden mushroom soup*  
*⅓ cup dry red wine*  
*2 teaspoons lemon juice*  
*½ teaspoon monosodium glutamate*

Treat beef cubes with meat tenderizer as directed and let rest for half an hour. Place the meat in a shallow dish. Shake marinade ingredients in a glass jar, and pour over meat. Cover and refrigerate overnight, turning once or twice. To prepare for the skewers, drain meat cubes and sift the dry mustard over all sides. Prepare vegetables as directed, and divide equally in groups of four. Thread meat and vegetables alternately on twelve inch skewers and season with a generous shake of salt and pepper. Broil six inches from white hot charcoal, or in a five hundred degree oven, six inches from top element, for a period of six minutes. Cooking time may be increased depending upon personal taste. Turn cubbubs to brown on all sides. Serve them on a platter of hot cooked rice, either blended wild or plain, and ladle Mock Bordelaise Sauce, piping hot, over meat and rice.

## DYING

N. B. The few following receipts are taken in full or in substance from "The Family Directory in the Art of Dying, by J. & R. Bronson" printed at Utica 1826, a valuable and cheap work which every curious housewife should have. It is for sale generally by the booksellers.

\*\*\* Let it be observed that brass, copper, or well tinned vessels should always be used in dying; iron would destroy most colours.

**No. 300. *To die a Scarlet Red on Woollen Cloth, Yarn, Shawls, Fringe, or any kind of Woollen articles.***

Before the directions are given to die this beautiful colour, it will not be improper to state that a strict attention to neatness, and a careful observance of the rules laid down will be necessary; which, if followed, there will not be the least difficulty to accomplish the dying of this colour in families.

To die one pound of woollen, it will require the following articles, which, when procured at the druggist's each kind should be written upon to prevent any mistake in using them. Two ounces of spirits of nitre, half a drachm of salt petre, pounded, two drachms of salammoniack, pounded, one quarter of an ounce of grained tin, also, one ounce of cochineal, pounded fine, half an ounce of starch, four drachms of turmeric, pounded.

Use the same proportions to die any number of pounds.

In the first place, prepare the compound of aqua fortis, which should be made at least two days before you colour the scarlet. It is prepared in the following manner, and the quantity of which is calculated to die one pound of woollen.

Take a clean glass bottle of a suitable size, put in two ounces

of spirits of nitre, add to it as much clean rain water, also two drachms of salammoniack, which is pounded fine, and half a drachm of fine salt petre. Shake them together until they are dissolved; then add one quarter of an ounce of grained tin; these small pieces of tin are to be put in one at a-time, letting it dissolve before putting in any more; so proceed until the whole is dissolved. After the compound is made, then stop the bottle close with a wax or glass stopper. In using it be careful to take the clear liquor only.

*Directions to grain the tin.*

Melt block tin over a fire, then pour it from a distance above of four or five feet slowly into a basin of cold water. By this process, the tin will be cast into thin and loose parts, and is then fit to be dissolved as before mentioned. Tin is sometimes procured at the druggists already grained; in that case, it is ready to be dissolved in the spirits of nitre or aqua fortis.

*Dying the Scarlet*

1. Prepare a tin, brass, or copper kettle with about five gallons of clean soft water; bring it nearly to scalding heat, then add one ounce of cream of tartar, one third of an ounce of cochineal which is finely pounded and sifted through gauze, and four drachms of pounded turmeric. Make a quick fire, and when the liquor almost boils add nearly half of the clear compound already prepared, and mix it well with the die.

2. The liquor is now brought to a boil. The cloth, yarn or woollen articles being before well cleansed, wet and drained, is now to be entered: dip it while boiling for one hour and a half. If it is yarn or garments, they are to be continually moved or stirred with a stick, and if cloth where it is a sufficient quantity, it is to be run briskly on the reel.

3. The woollen is now to be taken out, drained, cooled, and rinsed in cold water. Empty out the die, and add as much clean soft water as before; then dissolve half an ounce of starch in a little warm water, and add to the water in the kettle.

4. Bring the water to a scalding heat and skim it; then add two thirds of an ounce of cochineal, being the remainder, also add a little before it boils the remainder of the prepared composition, which you must be careful to use only the clear part, and when put in the die it is to be well mixed.

5. The die is now brought to a boil, and the woollen entered, which is to be stirred about as before. Boil it about an hour and a half; it is then to be taken out and aired, then rinsed and dried.

N. B. Fulled cloth must be napped and sheared before it is died scarlet. After it is died and rinsed, then tenter it, and lay the nap with a clean brush. Press it in clean papers, not very hot, as that would tarnish the colour.

**No. 301. *To die a Crimson Colour on Woollen Cloth, Yarn, Flannel, Shawls, Network, Fringe, etc.***

For one pound of woollen it will require the following articles, viz: one ounce of cream of tartar, two ounces of alum, one ounce of cochineal, two drachms of salammoniack, one quarter of an ounce of pearlash, six ounces of wheat bran.

Use the same proportions to die any number of pounds.

1. Prepare a brass or copper kettle with about four gallons of rain water or soft spring water; bring it to a scalding heat, then add one ounce of fine cream of tartar, and two ounces of alum, pounded fine. The liquor is now brought to a boil, and the woollen entered and stirred about in the die, while boiling, for one hour and a half.

2. In the next place, take out the woollen and air it; then rinse it slightly in clean water. Empty away the liquor, and

add as much clean soft water as before. When the water has become blood warm, add about six ounces of wheat bran, tied up in a bag.

3. Now bring the liquor to a moderate heat, and take off the scum as it rises to the top: then take out the bag and add one ounce of cochineal that is pounded fine and sifted. The dye is now brought to a boil, and the woollen put in and stirred or turned round while boiling for one hour, then take it out and rinse it in clear cold water.

4. The dye is now to be emptied away, and as much water added as before. When the liquor is as warm as the hand can be endured in it, dissolve therein 2 drachms of salammoniac which is pounded fine: then enter the woollen, and move it about hastily for five minutes; it is then to be taken out and drained.

5. Now add one quarter of an ounce of pearlash, or about two spoonfuls: mix it well with the liquor, and when the dye is almost scalding hot put it in the woollen and move it round for about ten minutes: it is then to be taken out, aired and rinsed; which completes a crimson that is permanent and beautiful.

***No. 302. For a Rose Colour, or Pink on Woollen.***

For one pound of woollen. Two ounces of alum, one ounce of cream of tartar, one ounce of tin composition, one third of an ounce cochineal.

Take two ounces of alum, pounded, and one ounce of cream of tartar, dissolve these in a small quantity of hot water, then add to this about one ounce of tin composition, and stir it well.

Next put a suitable quantity of soft, clean water into a very clean brass kettle, bring it to a scalding heat, then add one third of an ounce of best bright cochineal, pounded fine, and

sifted through a piece of gauze. Boil fifteen minutes, stir it and add the alum liquor, and stir again; now enter the woollen, and work it one hour and a half at a gentle boil. For a very full pink it will require half an ounce of cochineal, per pound of woollen: dry in the shade.

N. B. The woollen must be equally moist when put in the dye.



*No. 303. Green on Woollen.*

To dye one pound of cloth, yarn, flannel, or any kind of woollen articles, it will require the following ingredients:

One ounce and a quarter of oil of vitriol, one quarter of an ounce of indigo, one ounce cream of tartar, two ounces of alum, eight ounces of fustic.

Use the same proportion of articles to die any number of pounds.

In the first place prepare the chymic or compound of oil of vitriol and indigo, which is made in the following manner.

Take a glazed earthen cup or pot of a suitable size, and put in one ounce and a quarter of oil of vitriol, then add to it one quarter of an ounce of Spanish flote or best Bengal indigo, which is to be pounded fine and sifted; then stir the mixture hastily with a stick, which is necessary in order to mix it well and produce a regular fermentation; this should be done until it has done working: then add half a table spoonful of water, and mix it together and it will be fit for use in one day.

Should the compound not work or ferment after stirring it, you may conclude the oil of vitriol is not good, and had better not be used.



*Dying the Green*

1. Prepare either an iron, brass or copper kettle, with three gallons of water, which is sufficient for one pound of woollen. When the water is scalding hot, add one ounce of cream of tartar, and two ounces of alum; then bring it to boil and put in the woollen; boil it about one hour and a half, stirring it in the liquor occasionally during that time. It is then to be taken out, drained and aired.

2. You will now add some water to the kettle to make up the deficiency caused by boiling; then add to the liquor two thirds of the compound of oil of vitriol and indigo; mix it well with the liquor, then put in the woollen, keeping the liquor at only a scalding heat, and often moving it about in the die. When the woollen has been in the die half an hour, it is to be taken out, aired and rinsed.

3. In the next place add eight ounces of fustic chips to the liquor, which are to be put loosely in a thin coarse bag, and boiled about an hour and a half. The bag is then to be taken out, and the woollen put in and boiled gently little more than an hour, airing the woollen once in that time. It is then to be taken out and aired.

4. You will find at this time you have produced a green. Should it be found to bear too much on the yellow, then add a little more of the compound to the die, and put in the woollen again; or if it is too much on the blue shade, boil up a little more fustick in the liquor. In this way you may vary the shade according to your fancy. If you want a light green, use the less fustick and compound. After it is died, air and rinse it.



**No. 304. *To die a common Black on Woollen.***

For twenty yards, or sixteen pounds of cloth or yarn, it will require two pounds and a half of copperas, two ounces of blue vitriol, eight pounds of logwood, two pounds of fustick.

Use the same proportions to die any number of pounds.

1. Prepare a kettle with a sufficient quantity of water to admit your woollen to be worked in the die without being crowded; bring the water to a scalding heat, then put in the cloth or yarn for a few minutes. When it is wet thoroughly, take it out and drain it.

2. In the next place put in two ounces of blue vitriol. When both are entirely dissolved, bring the liquor to a gentle boil, stir up the die and put in the cloth or yarn. (In dying woollen yarn, observe that it should often be stirred about in the die with a stick: the same way also should be practiced in dying small quantities of flannel cloth; but it will be found necessary to use a reel to die cloth in large quantities;) run the cloth for one hour, and air it once in that time; it is then to be taken out, aired, and rinsed well.

3. The copperas liquor is now to be emptied away and the kettle rinsed and filled nearly full of water; then add eight pounds of logwood chips and two pounds of fustic chips, which are to be boiled about two hours, then add some water and take out the chips.

4. The cloth is now to be put in and run while boiling for half an hour; then take it out and air it. Add half a pound of copperas to the die, and when it is dissolved, enter the woollen and run it for half an hour longer; then air; rinse, and scour it well.



## DILL PICKLES

(See Receipt No. 198)

4 one quart sealers  
 1 4qt. basket small pickling cucumbers  
 4 cloves of garlic  
 24 peppercorns  
 4 whole cloves  
 4 dill flowers  
 Syrup: 3 quarts of vinegar  
       1½ quarts water  
       1¼ cups coarse salt  
 Bring to a boil.

Wash and sterilize the sealers by heating in an oven 250 degrees for half an hour. Scrub and dry the cucumbers. In each jar place one clove garlic (peeled), six peppercorns, one whole clove and a head of dill flower. Pack the jars with cucumbers, and fill with hot vinegar syrup. Seal the jars tightly. The pickles will be ready to serve in two weeks.

*"To Preserve Cucumbers" as described in Receipt No. 198 appeared as a major operation. Our recipes have changed very little, except that we now label them "pickles". Here is a fine but simple dill pickle with a superior flavour and a hint of garlic.*

### **No. 305. To die Madder Red on Woollen.**

To die one pound of goods, take three ounces alum, one ounce cream of tartar, eight ounces madder, half an ounce of stone lime, (and the same proportions for a larger quantity.) There are three processes to obtain this colour. The

1st Is to communicate the *mordant* or *set* to the goods, as

follows: Take the three ounces alum, break fine, and the one ounce cream of tartar, put the same into five gallons of soft water, in a brass or copper kettle, and after bringing up to a boil, put in the goods and boil two hours, when they are taken out, aired and rinsed and the liquor thrown away.

2ndly Take the eight ounces of (good) madder, break fine, put into same kind of kettle and same quantity of water as aforesaid, bring the die up to a scalding heat, but not to boil, put in the goods and let them remain in one hour at the same heat; stir about the goods well whilst in the die, take them out, air and rinse as before.

3rdly Add to the die just described half a pint clean lime water made by slacking the half ounce of stone lime, and after settling pour off the clean part into the die. — The die being again at the scalding heat put in the goods for about ten minutes, take out and rinse immediately.

*No. 306. Yellow on Woollen.*

To die one pound; three ounces alum one ounce cream of tartar, one pound fustick; — proceed exactly as with madder red, except as varied, see below, by

1stly Using the alum and cream of tartar, four gallons water, boil an hour and a half.

2ndly Tie the fustick chips in a coarse cloth bag, and put to four gallons water, boil two hours, when the goods are to go in for one hour, boiling the while.

*No. 307. Nicaragua Red on Woollen.*

To die one pound, three ounces alum, one ounce cream of tartar, eight ounces nicaragua; proceed as with madder red, except as follows, by

1st Two pails water, scalding heat, add alum, pounded,

## PRESERVING EGGS

(See Receipt No. 206)

*The business of "putting down" eggs appears almost as awkward as fishing them up again, out of great wet tubs of "unslacked lime". With today's freezers, when eggs are cheap and plentiful, we suggest you freeze eggs, as follows:-*

- Whole: 8 medium eggs make one pint. Break eggs and blend thoroughly with a fork. For dessert use — add 1 tablespoon sugar. For scrambled eggs or savouries — add 1 teaspoon salt. Freeze in plastic containers, well covered.
- Whites: separate carefully and freeze in usable quantities, (e.g. 3 or 4 at a time.) Package and close tightly. Add nothing to egg whites. When thawed at room temperature, they make meringues etc., just like fresh egg whites.
- Yolks: or "yelks" as the old Receipts would have it. Freeze in usable quantities, adding ½ teaspoon salt to each 4 egg yolks. Wrap well to exclude air.

*In each of the above freezing operations, buttered custard cups are useful containers. When frozen solid, remove the eggs, whole, whites or yolks, and wrap closely in plastic wrap. They will keep at zero degrees for six to eight months.*

cream of tartar, boil, put in goods, boil one hour and a half.

2ndly Two pails water, nicaragua chips in a coarse bag, boil one and a half hours, take out the chips, put in the goods, boil gently one hour, keep stirring, take out etc.

*No. 308. Orange colour on Woollen.*

To die one pound of goods, one ounce anatto or otter, two ounces pearlash, proceed exactly as with madder red, except as varied, see below, by

1stly Proper kettle, two and a half gallons water, add the anatto cut fine, tied in a thin cloth bag, add the pearlash, boil one hour.

2ndly Take out the annatto bag, and put in your goods, stir around, scalding heat, one hour, take out rinse, etc.

*No. 309. Some of the most probable methods of preventing damage to trees, etc., by sundry insects.*

Some vegetables are offensive to all insects; such as the elder, especially the dwarf kind, the onion, tansy, and tobacco, except to the worm that preys upon that plant. The juice of these may therefore be applied, with effect, in repelling insects; and sometimes the plants themselves, while green, or when reduced to powder, particularly the latter, when made into snuff.

Set an onion in the centre of a hill of cucumbers, squashes, melons, etc. and it will effectively keep off the yellow striped bug that preys upon those plants while young. Perhaps to sow a few tobacco or onion seeds in the hill, when planting, would have the same effect; and the growing plants from these seeds could be taken away, when no longer wanted as protectors.

Of other substances, sulphur is perhaps the most effectual, as every kind of insect has an utter aversion to it.

Powdered quicklime is deadly to many insects, and perhaps offensive to all.

Whitewash, with a little sulphur added; urine kept until

quite offensive added to soap suds and cowdung; a strip of sheepskin with the wool outwards, combed loose, bound tight; a ring of tar and oil; a strip of oiled paper with the lower edge standing out like the rim of a hat, well greased with soft grease or oil; all are said to be good preventives by forming rings or bandages around the bodies of trees, from three to four inches wide.

A strong decoction of tobacco, or onions, old urine, soap-suds, either of these applied boiling hot to the roots of trees, after first taking the earth away so as to give free access to the parts where the insect lies which is to come up and do the mischief, is said to be effectual. All to be done early in the spring.

It is said that caterpillars will take shelter under woollen rags, when put on trees where they resort; from which they can be easily taken and destroyed.

Gardens that are infested year after year with worms and vermin of every kind are much benefited by sowing over with salt at the time they are spaded in the spring, some days before seeds are put in.

QUERY. How would a solution of Gum Arabick answer, made pretty slippery, with sulphur enough added to give colour, applied with a feather? Let the composition be applied to the under sides of the leaves as well as all other parts above ground, and even close down into the dirt. The gum would tend to keep the sulphur where it was put; and the night air and evaporation would keep the gum soft enough not to injure the plant by stopping the pores. The hint might be carried farther, by putting any thing that is said to be most offensive to insects with gum, and applied as aforesaid; dissolve the gum in old urine — mix soot — powdered quicklime — a dose of calomel, one or all of those.

CANKERWORM. — The female of this insect comes out of the ground very early in the spring, and ascends the tree to deposit her eggs, which she does in suitable places in the bark; where they are brought forth, and the young brood live on the leaves of the tree.

The only effectual remedy is, to prevent the insect from ascending the tree; and this may be done in various ways; but the easiest perhaps, is as follows:

First scrape off the shaggy bark round the body of the tree, to the width of two or three inches; then make up a mixture of lamp, tanner's, or blubber oil, with suitable proportions of sulphur and scotch snuff; and with a brush lay this on the scraped part forming a ring round the tree an inch or two wide; and no insect will ever attempt to pass this barrier, as long as the composition has any considerable moisture left in it.

Let it be repeated when it inclines to harden; though perhaps this is not necessary. Let it be done early in the spring, before the insect comes from the ground.





*No. 310. Explanation of Terms.*

ALAMODE, according to the fashion or prevailing mode.

CATCHUP, or KETCHUP, a liquor extracted from mushrooms, used as a sauce.

CHAFING-DISH, a dish or vessel to hold coals for heating any thing set on it; any portable grate for coals.

CODLE, to parboil, or soften by the heat of water; as by placing one vessel containing fruit into another containing water to communicate heat.

FARINACEOUS, consisting or made of meal or flour; as a FARINACEOUS diet, which consists of the meal or flour of the various species of corn or grain.

FORCEMEAT, a kind of stuffing, probably any sort of stuffing may be called forcemeat.

FRUIT, in cookery signifies, raisins, currants, prunes, figs, or any similar things cured by being dried with or without sugar. Green fruit is usually spoken of by its species, as apples, etc.

GRAVY, the fat and other liquid matter that drips from flesh in roasting, or when roasted or baked, or a mixture of that juice with flour.

GRITS, the coarse part of any meal.

To POT, to preserve seasoned meats in pots, as potted fowl, fish, or fruit.

SWEET-HERBS, such herbs as are aromatick, (not spicy,) summer savory, sweet marjoram, thyme, parsley etc. are sweet-herbs.

SWEET-MEATS, any fruit preserved in sugar.

SAUCE, (is not Gravy, see GRAVY,) a composition to be eaten with food, for relish.

**FINIS**

## A GLOSSARY OF TERMS

- Alamode* — see Receipt No. 310.
- Bell metal* — alloy of approximately 80% copper and 20% tin.
- Bolted* — sifted.
- Brimstone* — sulphur.
- Bullace* — wild, sour plum.
- Caudle* — warm drink.
- Cauled* — skinned.
- Chafing-dish* — see Receipt No. 310.
- Chine* — back bone.
- Codle* — see Receipt No. 310.
- Copal* — hard, lustrous resin.
- Emptins* — (emptyings) the yeasty sediment or residue of cider or beer; yeast.
- Farinaceous* — see Receipt No. 310.
- Forcemeat* — see Receipt No. 310.
- Frost grapes* — nearly black, acid, small grape growing in small bunches, native to eastern North America.
- Fruit* — see Receipt No. 310.
- Gill* —  $\frac{1}{4}$  pint.
- Gravy* — see Receipt No. 310.
- Grown flour* — flour made from grown wheat. That is, wheat kernels that have sprouted before they are reaped because of excessive wet weather at harvest time.
- Grits* — see Receipt No. 310.
- Hair sieve* — sieve made of twisted strands of horse hair on a wire or wooden frame.
- Hardpan* — hard sub-soil.
- Heartslet* — little heart.
- Hurt* — spoil.
- Indian* — corn.
- Isinglass* — form of gelatine.
- Ketchup* — see Receipt No. 310.
- Leech* — the percolation process in making lye.
- Lights* — lungs.
- Malange* — mixture, or mixed display.
- Marshed* — mashed.
- Neat* — ox.
- Paste No. 1, 2, etc. to No. 9* — see Receipt No. 105.
- Pearlash* — potassium carbonate, an alkaline salt used to neutralize acidity that may develop in dough. Also, has similar properties to phosphates in detergents; a less effective but less pollutant cleanser.
- Peck* — 8 quarts.
- Pluck* — heart, liver, lungs.
- Pot* — see Receipt No. 310.
- Pumpion* — pumpkin.
- Quartern* — loaf made of the quarter of a stone (14 lbs.) of

- flour. The quartern loaf weighed about four pounds.
- Rotten stone* — polishing powder.
- Sauce* — see Receipt No. 310.
- Sea pie* — meat stewed in a saucepan with a cover or crust of dough.
- Slack* — to mix lime with water. Unslacked lime is solid lime.
- Souse* — pickled head, ears, feet of a pig.
- Spider* — frying pan with three legs or feet.
- Stopple* — stopper.
- Sweet-herbs* — see Receipt No. 310.
- Sweetings* — variety of apple.
- Sweet-meats* — see Receipt No. 310.
- Swingle tow* — short flax, hemp or jute fibres left after the plant has been swingled, or flailed.
- Tenter* — to stretch on a frame.
- Tierce* — cask of about 42 gallons.
- Treddles* — cords which unite the yolk to the white of the egg.
- Try* — to render.
- Whiting* — chalk.
- Yelks* — yolks.
- Yest* — yeast.



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